

SMSF Newsletter is a quarterly newsletter that will provide updates, announcements and notifications on SMSF activities and events.

In words of our Rev. Master,
"This publication will essentially focus on the spiritual needs of human beings, how they are being or trying to be fulfilled by the Sahaj Marg philosophy and practice ..."

Archives of these newsletters will be available on SMSF website
<http://www.sahajmarg.org/newsletter/smsf-newsletters>

For suggestions on the newsletter, contact
smsf.newsletter@sahajmarg.org

Featured in this issue

CREST: We feature the activities at CREST, Kharagpur and Sadhana Programs at CREST, Bangalore

Retreat Centre: We include a report on activities of Pune Retreat Centre.

SPURS: We feature activities at SPURS retreat ranch.

Health: We cover the medical centre activities at Chennai and Satkhol.



(above) Rev. Master during the recent South America and Oceania Seminar

Activities at CREST Kharagpur

CREST Kharagpur has been now designated a Centre of SRCM. Brother Chandra Mohan Vaidya has been appointed Centre in Charge. There has been a lot of activity in the past few weeks with several new introductions. Below are details of seminars held in this quarter.

Seminar on Character Formation August 8-12 2010

Master has always emphasized that the onus for character development is squarely on our [abhyasi] shoulders. His guiding hand came in the form of a seminar on 'Character Formation' at CREST, Kharagpur. With 6 sisters and 8 brothers attending the 3-day program, the serene 5-acre campus containing separate dorms, a vast library, adequate kitchen, Master's cottage and an imposing meditation hall surrounding a central lush green garden completed the setting. While the subtle, inner invisible

work is inexpressible, the mechanics of the seminar was as follows.

The program was very dynamic and interactive; from the outset, we felt a continuous injection of confidence and courage towards character formation and development. Starting with emphasis on our daily Sadhana where, meditating deeply, *we slip into the heart of hearts; the importance of anchoring oneself in this personal preparatory work* was stressed.

The motivating talks on 'Power of thought', 'Willingness to change' and 'Brotherhood and teamwork', gave us many hints and valuable tools in assessing our character and, most importantly, practical directions for constructive action. Centering ourselves before every session and reading the *Whispers* 'from the heart' gave us a practical demonstration of developing sensitivity throughout the seminar.

CREST Centres are resident schools where abhyasis in batches of 50-100 undergo intensive training in different aspects of human existence-- physical, intellectual, moral, and spiritual. The first CREST Centre is located in Bangalore. The second CREST Centre is located in Kharagpur near Kolkata.

More details are available on our Mission's website at:
<http://www.sahajmarg.org/smw/w/crest-overview>

Quotes from participants of Seminar on Character Formation

"Being at CREST was like being carried through the time machine of 'change'".

"The transformative experience was akin to the formation of a pearl in the shell".

"A fresh start to an accelerated spiritual progress and [has been] instrumental in having a complete transformation in my approach to spirituality".

"The *Whisper* readings were fundamental in understanding the importance of sadhana".

"I could feel His presence and blessings every moment during my stay here".

"It felt as if Master is holding my hand and taking me ahead".

The group discussions were instrumental in stirring up our hearts and taking a new look at our belief systems and prejudices in order to adjust oneself as fittingly as possible so that our thoughts and acts resonate with the inner Master. The program was interspersed with a number of inspiring anecdotes, group discussions and tasty chai 'n' snacks that created a sense of liveliness and brotherhood among us. The seminar culminated with each one of us sharing our action plans for character development in the days to come. The overall aspects that struck our heart during the seminar are:

- *Eagerness to change* that begins with creating self-interest.
- *Obedience to Master's principles* is the first step in Character formation, with the foundation clearly summarized in the ten maxims; until one reads and immerses in their essence, it is not possible to surrender to Him.
- *Constant awareness* of our thoughts by keeping a check on oneself, admitting faults and becoming truthful to see what must be changed in one's character, with nothing overlooked at all levels.
- *Build the will* to change by applying it again and again with one-pointedness. Both surrender and will are complementary and important part of sadhana.
- *Succession of efforts and utmost perseverance* are essential until the end.
- *Be patient* and let change operate on us so that our best shows through in both happy and unhappy moments. Do not judge anyone, anywhere, anytime.
- Sow a thought, you reap an act; Sow an act, you reap a habit; Sow a habit, you reap a character; Sow a character, you reap a destiny - You are the creator of your own destiny.

We wholeheartedly encourage all brothers and sisters to benefit from the programs at CREST (Kharagpur) and forge ahead with their efforts on character formation. May our gratitude

to Master for this golden opportunity reflect in our successful actions towards character formation, and by becoming what we should be. Our heart-felt appreciation goes to the facilitators and the center staff for creating a loving atmosphere and working in His remembrance.

Youth Program for Character Formation - August 26-29 2010 Sessions on Aug 26th, 2010

Introduction

All participants were divided into 4 groups. Each group was given a secret chit at the beginning. Then participants were asked to introduce themselves. Participants were asked to interact with one member in the group and know as much as possible about that person. After 5 minutes of interaction, they were asked to talk about that member. The participants had to explore about the concerns, likes and dislikes, instead of the formal (resume) details about the co-member. This was intended as an ice-breaker to allow the participants to open up with each other.

After the introductory session, the chits revealed one quote about character formation which was given by our Master. Each quote signified 4 important aspects of character formation viz, value of time, inside-out, morality, and speak what you mean and mean what you say.

A theme was declared, which would be discussed during the circle time, the next day. The theme was "**Listening without Judgement**". The participants were asked to apply this, starting from that moment until the circle time and to share their experiences and observations while doing so.

Sessions on Aug 27th, 2010

Session 1: Attitude

Presenter: Sis. Snehal.

Subjective summary: Attitude was expressed as an aspect to be developed and inculcated over time. As the speaker mentioned, we inherit a certain attitude due to *genetic, psychic* and *environmental determinants*. Attitude is

CREST Kharagpur - Calendar

Nov. 19-26, 2010 - Character Formation Workshop for International Candidates - eight-day programme, including a three-day session for facilitators.

Dec. 1-5, 2010 - Basics of Character Formation - 3 day Seminar for Abhyasis

Jan. 9-15, 2011 - Basics of Character Formation - 5 day Seminar for Abhyasi

Jan. 26 to 30, 2011 - Basics of Character Formation - 3 day Seminar for Abhyasis

Feb.10-13, 2011 - Character Formation for Youth

Feb. 23-27, 2011 - Basics of Character Formation - 3 day Seminar for Abhyasis

a person's outlook/ perception towards various elements in life. Qualities like humility, acceptance, proactive response and sense of responsibility help in developing the right attitude for character formation. Past experiences largely influence a person's attitude and hence we need to keenly observe ourselves in the way we are moulding our attitudes.

"Humility has to be developed and one should feel that I am the worst thing in this universe". - Chariji

Activities during the session:

1. Video - Master's video on character formation was played at the beginning of the session.

2. Glass activity - 3 glasses were placed. One was partially filled with sand, second was clean and the third was kept upside down. Water was poured on all three of them which resulted in dirty water in the first glass, clean water in the second glass and the water was spilt around the third glass. In this activity the water signified transmission that flows continuously from Master and the three glasses represented the attitude of (us) abhyasis. The dirty glass was related to an abhyasi with an adulterated character. The clean glass was related to one who is always ready to accept what he gives and keeps himself prepared. The toppled glass represented an abhyasi who is oblivious of his transmission or who is not ready for it.

3. Observe the surroundings - In this activity all participants were asked to visit the facility and choose a place that they connected with. After 10 minutes the participants were called back to the lecture hall and were asked to reflect on their thoughts at their chosen spot, why they chose the spot and what their initial thoughts were. When the participants reflected on their thoughts and responded to the above questions, it revealed a pattern in their attitudes and each one perceived the same spot in a different way.

Session 2: Willingness to change
Presenter: Sis. Veronica.

Subjective summary: Master says, "Evolution before and after human life is automatic and evolution during human life is the responsibility of the person". It is dynamic and is subject to change. A person hence, has to be willing to change. On the materialistic dimension, a person constantly orients himself during a day or at any given moment with various elements around him. Then a plethora of choices emerge, out of which he intends to choose the one that is cohesive and which creates harmony.

In the spiritual dimension, seeking harmony is simpler since we do not have to take a decision out of the choices. There is only one choice, which is oneness with the Divine.

Activities during the session:

Tabulate what you want to change: We need to think of one thing that we really want to change in our life but we are unable to do it because of some lag in us. Write down what you want to change and in 2 columns write what are the benefits you get by not changing and what are the benefits you get upon changing it. Choose the benefits you want and accordingly bring the change in your life.

Session 3: Life Spaces

Subjective summary: This involved understanding the 4 spaces of life in which we participate on a day to day basis trying to bring a balanced existence. The 4 spaces are - social space, worker space, abhyasi space and mission space. We involve in these spaces by interacting with the various peer groups and one's self. Participants were divided into the 4 spaces. They had to develop and enact a skit which depicted the members, values and culture of that space. This allowed us to think about the subtle elements that persist in these spaces, further allowing us to understand how to balance the four spaces and tackle the members of those groups.

Values derived and steps to implement in real life were sadhana, surrender, faith, constant remembrance.



(above and left) Participants of the Youth Program for Character Formation

Sessions on Aug 28th, 2010

The theme for this day was Constant Remembrance. We were all reminding each other about the theme all through the day hoping that we could remain in constant remembrance.

Session 1: Teamwork and Brotherhood

Presenter: Br. Ramalingam

Subjective summary: This session focused on building a team, how to behave in a team and what is the real meaning of brotherhood. There was emphasis laid on the 9'o clock universal prayer and how it helps in bringing all of us together in one thought, one consciousness. Apart from this, we got more clarity on who a leader is and the difference between 'group' and 'team'.

Activities during the session:

Score as much as you can: This game was about scoring as much as we could for the group. It brought out the true characters of participants during real time scenario where we need to apply our ethics and check out morality. It was about losing something individually to gain with the brotherhood. It involved choosing the scores carefully such that all 4 groups get a balanced score and hence gain as much as each group could.

Session 2: Morality and Ethics

Presenter: Br. Deepak.

Subjective summary: This topic provided clarity on the differences between morality and ethics. An easy solution given by Lalaji for us to decide to speak frankly with others is to fulfill the criterion in order as follows - the statement needs to be true, kind and necessary.

Activities during the session:

The 10 maxims, stated for abhyasis to follow were mapped to the 10 features under *Yama* and *Niyama* of *Ashtanga Yoga*. At the end of mapping session, the participants felt that all the features of *Yama* and *Niyama* were in some or the other way a part of each maxim.

Session 3: 10 Maxims

Presenter: Br. Rishi.

Participants were divided into 5 groups and each group was given 2 maxims. We had to enact a play (without dialogues) which showcased the maxim. The other participants had to guess the maxim. At the end of the play, they also had to derive the type of attitude one needs to develop to inculcate the maxim into one's life.

Unwinding session

After a wonderful dinner, all participants sat down together to share

jokes and songs, and played a short game of dumb charades. There were long gaps of silence in between, during which we enjoyed the divine atmosphere. We retired for the day after this one hour interaction.

Sessions on Aug 29th, 2010

Session 1: Power of Thought

Presenter: Br. John.

Subjective summary: "Thought is a powerful action", is what Master says. The speaker emphasized a great deal on the meaning of the quote. He mentioned that prayer is a thought with divine will. A video was played which described power of thought and experiments conducted on water molecules by inducing them with different thoughts and observing reactions on them. Our body is filled with about 80% water. The water molecules in our body react to our thoughts and respond by changing shapes. This helped us infer how important it is to think positive. The speaker was kind to give one of us a one dollar coin to be handed over to someone who we think deserves it the most for the quality that we admire the most. (I still have the coin).

Activities during the session:

We were asked to sketch our life on a paper in which we had to include 3 most

important things in our life, the 3 things which we are aiming at, visualise our life with those three things and how we perceive our life. We were given time to introspect on space that Master, mission, spirituality, family, and ambition occupied in that sketch.

Program on Character formation - September 19-25 2010

The first five day program on Character Formation was held in CREST, Kharagpur from September 19th to the 25th. There were fifteen participants from all over the country and five faculty members. The sessions included some interesting group activities, group discussions and a teamwork project, which was presented in the form of a skit. All the participants were required to take part in the skit and it was a hilarious evening.

Everyone who participated, including the faculty, felt that they had immensely benefitted from the seminar. Each one committed to action points for personal implementation. A true sense of belonging to one large family prevailed and Master's presence was so intense, that no one wanted to leave the venue. Everyone wanted to return for another seminar.

Source: Sis. Lalita Srinivasan

Feedback from a participant of the Five day Program on Character Formation

"I spent one of the most productive times of my life while in CREST, and have come out so very refreshed that my outlook on life has pleasantly changed! I know, it is all Master's work, and am simply amazed at the scale of work He envisions us to do - each one of us!"

I needed to mail you both, to let you know that the warmth that you exuded on this entire program is also what makes this click. Really look forward to meeting you again, soon!"



(above: Participants in Seminar on Character Formation, CREST Kharagpur)

Sadhana Programs at CREST Bangalore



(above, below) Sadhana Program Session at CREST, Bangalore



(above) A Sadhana Program Delegate at CREST, Bangalore

The Sadhana Program for Abhyasis - 58 took place from 28th Sept. to 3rd Oct., 2010. There were 32 delegates participating in it from various geographical locations.

All delegates appreciated the classroom sessions and were happy that many doubts regarding their daily sadhana got clarified. A senior abhyasi sister aged 77 years who has had very little formal education was of the opinion that with

an open heart and an open mind, the barrier of language does not exist.

In their feedback, many delegates highlighted the Golden Hour of Silence, that it made them realise how Master's grace has helped them in all aspects of life. Many abhyasis said that this Program has helped them understand daily sadhana better and promised to be regular in their daily sadhana.

Source: Br. Parthasarathy Patel

(right) Valedictory function

Delegates rendered devotional songs in Hindi, Malayalam and Telugu during this function



Applying for Retreats

Abhyasis who wish to apply for retreats either at the **Malampuzha** or **Panshet** centres may find more information about these facilities and the retreat program at:

<http://www.sahajmarg.org/smw/w/retreat-center-overview>

Abhyasis who wish to enroll for retreat programs may now apply online at the address given above.



(above) Beautiful views of sunset and lake from the Pune retreat center



(above) Abhyasi brother doing volunteer work

Activities of Pune Retreat Centre



(above) The garden in Pune Retreat Center

SMSF Retreat Centre Pune hosted 42 abhyasis for the quarter ending September 2010. The below are the feelings expressed by the retreaters.

1. *Retreaters felt the presence of Revered Master in the entire campus*
2. *Visit to Retreat centre is like a rebirth to an abhyasi*
3. *Visit to Retreat Centre is a Golden opportunity which created a platform to practice Sahaj Marg Sadhana with an inward look that can be continued in the back home situation*
4. *Retreat centre is a "Moment of Truth", which every Abhyasi should experience*

Full day programs were organized for the abhyasis of Pune centre on 29th August 2010 and 26th September 2010. 211 abhyasis and 240 abhyasis attended the programs respectively. Both the programs were organized so that the abhyasis would feel that the programs were meaningful, purposeful and interesting.

The program included talks on the following topics:

1. *Power of Prayer* (with video clips) by Brother Saxena.
2. *Serving Revered Master* by Sister Papiya Benergee
3. *Role of Abhyasis* by Brother K. T. Manjunath

This also included a Skit play by Youth on "Mercy and Love", "Surrender and Sacrifice". Apart from these, there were a few bhajans and an exhibition of Quotations on "Character Formation" picked from SRCM Literature.

Retreaters were engaged in volunteer work for about 2 hours in a day. They observed Golden Hour of Silence between 4:00 pm to 5:00 pm every day. The retreaters normally wake up around 4.00 AM and go to bed around 9.30 PM.

Water Purification Plant and RO system for drinking water were installed during September 2010.

Source: Brother K. T. Manjunath

Activities at SPURS

You may yourself wish to spend a few days in this very special place in 2010. Should you have questions about coming to SPURS, please do not hesitate to call us at +1-512-301-2104.

The information on SPURS is available on the web at: <http://www.sahajmarg.org/smw/s/purs-texas-usa>. Abhyasis may submit the participation requests online. Once the requests are processed, abhyasis will receive a confirmation along with a welcome package that contains detailed information on the program and the facility. Please e-mail austin@sahajmarg.org for any questions or information.



(above) Leaf from *Bodhi* tree

Recently a sister who had come to SPURS for a retreat said before she left, "This place is so *pure*." A simple observation, but the way she said it, barely holding back tears, it was felt coming straight from the heart. You knew that this was a real experience that she had been gifted with.

The words *pure* and *purity* come up frequently in the talks and writings of the Masters. "Purity of mind and body should be specially adhered to" instructs the first maxim. And in his commentary on maxim eight, Babuji tells us that "We have originated from Purity" and then goes on in a breathtaking expansion of this. Once after I wrote to Master about a particular concern he responded very simply but profoundly: "Purity in all things." I continue to explore the meaning of his response, believing that it will unfold as needed. His pithy statement takes on new and richer meaning the longer we stay at SPURS.

It seems surely fitting to describe the atmosphere at SPURS as one of purity, as our sister has. I think that all of the ashrams and retreat centers of the Mission must be imbued with this pureness that the Masters keep alluding to. What a blessing we've been given to have access to these "Centers of Light," as they've been rightly called.

Living at SPURS we have been able to witness some particular wonders of nature that seem to point to the specialness of this sacred island within



(above) New growth on *Bodhi* tree

the world. Whether these things can be described as originating from Purity or not, I cannot say for sure, but they do evoke a true wonder.

Here is one of the "wonder" stories: Last year, at Master's wish, a *Bodhi* tree was planted on the property. This is the variety of tree that apparently the *Buddha* sat under when he attained enlightenment. Perhaps significantly, they have beautiful, heart-shaped leaves. It is a tree that grows in tropical climates; so there was a question about whether or not it could take the winters of Austin, which can drop below freezing on occasion. The six-foot young tree was indeed planted and given a very thick layer of mulch around its trunk to help it deal with a possible freeze. But the tree's first winter in Austin was one of record-breaking cold. Our thermometer here by the house indicated 14° Fahrenheit (or -10° Celsius) on a couple of nights in January, really bone-chilling for this area.

Unfortunately, the warming sun of spring brought no sign of life from the *Bodhi* tree, even though other shrubs and trees had managed to send out new shoots. Some of us continued to hold out hope that it would eventually come to life, but with no hint of this by July the trunk was cut off at ground level.

In August, a day or so after our return from the North American Seminar (SPURS was closed during this time), we happened to notice what we thought

were weeds growing up in the area where the *Bodhi* had been planted. On closer examination, lo and behold, shoots of green heart-shaped leaves from our special tree had pushed up through the soil! We could barely believe our eyes. What determination the force of life can have!

A second story has to do with the rains that descended on SPURS in early September. The aftermath of Hurricane Hermine brought torrential rains to the Austin area. Over eight inches fell at the ranch in two days, adding to the two inches that had come in the week before. Water flowed like a stream from the ridge east of the house, down through the fields and driveway, carrying large amounts of debris with it— mainly sticks and gravel. Our vegetable garden was converted to a shallow pond. Water managed to flow into the meditation hall as well. Much of the floor was covered with water and the carpets were soaked. Fortunately, we were able to clear out the water very soon and dry the room with fans and air conditioning so that the damaging effects of long-time moisture exposure were averted.

This brought to mind a time when flooding occurred at Babuji Memorial Ashram in Manapakkam a number of years ago, Master's response was very even about of what had happened. Though I don't recall his words, what impressed me was his acceptance of the situation and how the occurrence took on a deeper meaning. I have since wondered whether the rainfall here was not some kind of cleaning that needed to take place in order maintain the center's purity. There was clearly tangible evidence of change here. Shortly after the rains came and left, the fields of the ranch began to show new life. The vegetation that had turned brown from the sizzling heat of Texas summers and lack of rains became once again green, bringing fresh, spring-like beauty to the landscape. Perhaps this was more a reaffirmation of purity rather than cleaning. Here in this serene atmosphere, an equally serene clarity descends on abhyasis who come to

retreat and find themselves. We invite you to consider coming or returning to SPURS for your own spiritual insights and growth. As Master has said, *"... here we look into ourselves, find ourselves as we are with the courage to look at what we see, and to accept what we see, and then comes the boldness and the determination to change what we see into what it should be."*

What is SPURS to YOU?

Recently brother Rob Klingner interviewed seven abhyasis who attended SPURS in the last couple of years to get their impressions of what it was like to be at SPURS. One of the questions asked was "What is SPURS to you?" Here are the answers:

Denise Amato

"SPURS is 'a poor man's India,' meaning that if you cannot take the time to travel so far to be with him, being at SPURS is one and the same. Your relationship with the Master is one on one while there, you can feel him, see him everywhere and enhance an internal communication with him while you are there.

Christine Valadon

"Go without expectation to SPURS and see what develops. If you are disappointed at the end, wait a few weeks and see what emerges. Then go back. I suffer while I am there, but then it develops into serenity and calmness. In spite of the tornado time I experience at SPURS, I will return every year because when things finally settle down, I feel the benefit of my retreat. That is why I recommend SPURS; the payoff is afterwards to me, same as when I go to India."

Christine Jones

"If you really want the goal of this path and if you really want to know what Oneness with God is, going to SPURS is an opportunity for this to be evoked.... The Soul will be in that state there at SPURS, but you will not know it for a while. The Soul has the memory, but not through the mind. The Soul gets to experience its original home, but you cannot recognize it, because you are

Abhyasis who come to retreat at SPURS have become aware of so many things about themselves. Comments by seven abhyasis on the questions of what SPURS means to them appear in this issue. Each brother and sisters answers the question in a unique way. If you are interested in retreating at SPURS and would like more information, please go to the website <http://www.sahajmarg.org/smw/w/retreat-center-overview> or call 512-301-2104 to talk with one of the caretakers.

trying to sort it out through past experience. But when the Soul was in its original state, it had no past. When you go to SPURS, you are waiting to go into a room within yourself. That door way that is beyond time and space. The gift of SPURS is, you do not have to do anything except show up there and the cleaning begins. Be prepared that, whatever journey is going to unfold for you is going to be different from the next person's. You just go there and let Him work on you."

Bhoopathi Raj Bhupu

"SPURS provided an extraordinary opportunity to go inside of myself and quiet my mind and also from the entire outside world. This is an innovative offering by Master and the Mission, so that abhyasis can make spiritual progress in today's fast and busy world. I found a quote recently which is SPURS: 'In SILENCE alone, can there be union with the Ultimate. In the utter SILENCE of the inner self alone, GOD exists'"

Brian Jones

"SPURS is the place to go for the most accelerated personal growth. A "one on one" with Master. Sometimes when we are in Master's physical presence, it can become a distraction for us [that] everyone is rushing around trying to say hello and to be with him physically, and that becomes the focal point. At SPURS you are one on one with Master internally where the real spiritual work is going on. I recommend everyone should seriously consider going and seeing the benefit for themselves. Both times that I went there, I felt I was getting direct guidance, sometimes directly spoken to me. I have on occasion received clear instruction from Master about very specific issues in my life. I feel that we can develop that type of communication when we retreat for some time and do not depend on our external senses. SPURS is the next level of higher personal training."

Jeane E Appleby

"SPURS was quite a profoundly sweet, loving and palpable connection to Master."

"Go and see what happens. For me, I took to heart the idea of retreat. It was the first time I had ever gone on a retreat, and I went to explore what was being offered to me. Being on retreat meant focusing only on my practice and my relationship with Master. SPURS is a place where it is possible to experience all ten maxims. That possibility is there and it seemed very natural."

"SPURS is designed to live as Babuji suggested, to *"be simple and in tune with Nature."* The landscape is rugged yet beautiful. Sounds of water gurgling over rocks, and the trees swaying in the breeze are nature's voice complementing the silence. There is a natural rhythm to meditating, cleaning, food preparation, hiking, journaling and prayer. Master's presence is clear and reassuring. My will was strengthened, and resistance and doubt seemed to fall away. I also had to face myself in some particular ways and take to heart what I should attend to. I am eager to go back, knowing this experience will be distinct from the last. I welcome what Master has in store for me."

Greg Karch

"For me it was a "spur" to my practice in several respects. First, that atmosphere at the SPURS ranch was so silent and subtle that the experience, whether eyes open or closed, was like a sustained meditation. With individual sittings provided by Tom and opportunity for extra meditations during the day, each meditation was entered at a level that was already subtle, rested, and deep. Second, the atmosphere was very conducive to writing in my journal. Third, I found a pace that enabled me to be more wholly focused on each moment of cooking, eating, walking, writing, praying, meditating, and respecting the brothers who were there with me. Fourthly, just the thought of Master's presence made it easy to be so. A period of difficult dreams came and went. I look forward to going again soon."

Source: Tom Stoner, Resident Prefect
SPURS Ranch Retreat Center

Free Medical Centres (FMC) at Manapakkam and Satkhol have been undertaking many activities towards imparting medical services to the needy. Medical Camps are regularly held in Madurai and many other centres.

Sahaj Marg Physicians Group (SMPG)

SMPG is an initiative involving physicians, medical students, residents, nurses and others in the medical community to offer medical services to the needy through SMSF Medical Centers. As part of this initiative, a database of names of the physicians from all branches of medicine has been completed. A group email address has been set up - smpg@sahajmarg.info.

Source and SMPG Contact is Murthy Gokula (rgokula@hotmail.com or murthyg@msu.edu).

Medical Centre News

Services of Free Medical Centre at Manappakkam

Free Medical Centre at Manapakkam has served a total of 11,573 patients for the quarter July to September 2010. Spirometry camps were conducted (courtesy Lupin Laboratories) and 15 patients benefited. FMC has served 255 number of casualties in the quarter July to September 2010. Following are the details of the medical activities conducted by Free Medical Centre, Manapakkam in this period.

Department	Patients	Panel of Doctors
General medicine	9766	Dr. U. Ravindran, Dr. R. Sulochana Dr. K. Sudheshna, Dr. E. Ellanchelian Dr. S. Kishore
Cardiology	45	Dr V. Vanaja
Dentistry	186	Dr. Swati N. Bhagat Dr. Jagadish Kumar
Dermatology	0	Dr. M. Jayaraman
Gastro-enterology	13	Dr. Manimaran
Gynaecology	65	Dr. Jayanthi Mohan
Homeopathy	479	Dr. S. Balaji Jayasanker Dr. S. K. Ram Subramaniam Dr. Sudha Jagadish Dr. R.Asha Dr. N. Padma Suganya
Ophthalmology	95	Dr. Harshitha Bakshi
Orthopaedics	0	Dr. S. Sivaiah
Paediatrics	813	Dr. B.I. Sasirekha Dr. Natwar Sharma Dr.M.Umakanthan
Physiotherapy	21	Br. N. Siva Subramaniyan
Psychiatry	32	Dr. A.P. Mythili
Pulmonology	18	Dr. G. Raja Amarnath
Urology	8	Dr. Sanjay Sharma
Endocrinology	3	Dr. Ravi Kiran
Spirometry	15	
Neurology	14	Dr.R.Padmini

Staff	Staff	Volunteers
Dr. S. Kishore (Doctor) S. Meenakshi (Pharmacist) M. Kamakshi (House-keeping) P. Gomathi (Receptionist)	A. Radhamani, R. Chitra, S. Soundarya, V.Dheivayanai, C.Ramaya P.Kausalya, R.Karthika (Nurses)	M.Jayanthi A.Radhakrishnan

Satkhol Medical and Dental Activities

Following is the report for Satkhol Medical and Dental Centre for the year 2010:

Following doctors were in the Satkhol medical panel at various months during this year:

Dr.C.K.Prasannakumar, MD
 Dr.Parhar, MD [Homoeo]
 Dr.Rajesh Barde, MD [Homoeo]
 Dr.Gopal Aironi, Homoeopathy
 Dr.Judith Dalmius, Homoeopathy
 Dr.Tomar, MBBS,
 Dr.A.Prabhakar, MBBS; DTCD
 Dr.Saritha Rani, MBBS
 Dr.A.Ravindrakumar. MBBS; DVD
 Dr.C.P.Sharma, BAMS; DPT
 Dr.P.Prakash, MD [Paediatric]
 Dr.Sudhanshu Nigam, MD
 Dr.S.J.Singh, MBBS
 Dr.Reddy Prasad, MBBS
 Dr.Vikas Sexena, MBBS, MD
 Dr.Anoop Verma, MS; ENT
 Dr.N.Hanumantharao, MBBS
 Dr.B.Ramesh Babu, BAMS; FISCA
 Dr.Mansha Singh, MD Gynaecology

Specialty	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
Medicine	137	87	105	154	164	117	114	163	256
Surgery	34	35	42	66	55	71	35	72	94
Gynaecology	7	6	2	1	2	5	2	1	2
Cardiology	0	2	2	1	0	0	6	15	25
Dentistry	70	39	98	15	21	13	17	309	34
Dermatology	46	21	14	28	37	55	22	56	100
Gastro-enterology	55	53	51	80	87	93	40	66	110
Homoeopathy	202	0	27	0	0	0	0	0	0
Ophthalmology	10	12	12	12	13	18	8	19	20
Pulmonology	51	46	56	51	15	35	0	27	69
Urology	9	0	7	8	6	5	25	3	0
Orthopedic	28	36	34	31	29	42	24	25	43
ENT	62	51	60	61	116	130	37	69	165
Dental cases	55	31	78	266	74	-	42	292	39
Male	237	180	204	266	264	270	140	327	393
Female	128	116	166	135	195	185	106	112	278
Children	87	61	60	108	86	129	84	94	247
Total	452	357	430	509	545	584	330	533	918

A specialist camp was conducted at Satkhol from 6th to 8th August 2010. 23 doctors and paramedical staff helped by 18 volunteers conducted this camp.

Department	Patients
Medicine	155
Surgery	64
OBG	134
Cardiology	72
Paediatrics	80
ENT	71
Orthopedic	89
Dermatology	81
Ophthalmology	184
Dental	292
Ultrasound Examination	101
Lab Investigation	155
ECG	45
Total	1523
School health checkups	48
Minor surgery done	12
Free spectacles distributed	92

Doctors & Paramedical staff	Volunteers
Dr.Asha Bansal, MD	Br.Raju Sarin
Dr.Usha Mohan, MD	Sis.Geetha Sarin
Dr.Rahul Mehrotra, DM	Sis.Geetha Pandey
Dr.J.P.Pandey, MS	Sis.Manju Fulera
Dr.R.N.Mishra, MS	Br.Snehil Sharma
Dr.Anurag Katiyar, MD	Br.Jatin Sharma
Dr.Padmalatha, DLO	Br.K.V.Pushparaj
Dr.V.S.N.Raju, D Ortho	Sis.Vandana Chupal
Dr.Menaka Katiyar, MD	Br.Giridhar Bist
Dr.S.C.Gupta, MD	Br.Kripal
Dr.H.K.Singh	Br.Surendar
Dr.Alok Tandon, BDS	Br.Khazana Panth
Dr.Renu Tandon, MDS	Sis.Kavitha
Sis.Charanjeet	Br.B.C.Panth
Br.Rajufulara	Br.Vinod Panth
Br.Giridhar S.Bisht	Br.Satyender
Br.Amal Dey	Sharma
Br.D.Chakrbarthy	Sis.Shalini
Br.Bhavin Patel	
Sis.Rajshri Bhatt	
Sis.Rashmi Pant	
Br.Milind Balerao	
Sis.Swathi Bhalerao	

Source: Br. Dr. C. K. Prasanna Kumar

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