

This is a quarterly newsletter that provides updates on SMSF activities. In the words of Pujya Chariji, "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 ..."

For archives of newsletters, visit <http://www.sahajmarg.org/newsletter/smsf-newsletters>.

Featured in this issue

CREST: Activities of CREST, Bangalore are covered.

Retreat Centre: Reports on activities at Retreat Centre at Pune and SPURS Retreat, USA are featured.

Health: Medical centre activities at Chennai are covered.



(above) Respected Daaji watching a tree-planting event at Kanha

Programmes at CREST, Bangalore

During this quarter, three events were conducted at CREST, Bangalore. Renovation work is under way at the facility. Scholars and faculty of the CREST visited educational institutions and other centers.

B.Ed. Teacher's Training Workshop

1 - 2 April 2017

This workshop was held at Panvel in Navi Mumbai. Topic was "Pursuit of Inner Self Excellence" (POISE) whose syllabus was prepared by CREST, Bangalore. Thirty-five teachers and observers participated. Mohandas Hegde, Rajeshwari Hegde and Bhavani Ranganathan from CREST anchored the program. Lalitha Rajagopalan and Meghana Pradhan coordinated from Mumbai.

Faculty Development Program

10 - 14 May 2017

This program was conducted at CREST, Bangalore.

Twenty-six delegates and four facilitators participated. Participants were divided into four groups namely *Purity*, *Devotion*, *Simplicity* and *Love*. Following talks were given by facilitators:

- *Staying connected with the Master:* Somkumar
- *Communicate in Silence:* Manish Agarwal
- *Organizing Heartfulness Programs:* Prasad
- *Sahaj Marg Spirituality Movement:* Bhadrash

Following sessions were also held: *How to read Whispers*, *Use of Will Power and Communicate in Silence*. In the evenings *shram daan* was followed by circle time. Every evening, a documentary was shown; 9.15 pm to 11.00 pm was designated as reading time. On the final day, representatives of each group narrated their experiences. Facilitators gave their comments and suggestions. Prabhakar Ravoori concluded the session.



(left) Participants of Teachers' Training Workshop held at CREST, Bangalore

Seminar: Ancient Treasure of Knowledge 17 – 18 June 2017

Goal of this seminar was to create awareness about cultural and ancient values. This was attended by eighteen delegates and four facilitators.

Following topics were presented by facilitators:

- *Bhagavad Gita principles in our daily life:* Vaijayanti Mala
- *Ancient Gurukul system vs Modern Education:* Dr Mohandas Hegde
- *Upanishad Principles :* Dr Raghavendra Rao
- *Fusion of Ancient and Modern values in Society :* Manish Agarwal

Evaluation of Research Scholars 17 June 2017

CREST Research Committee (CRC) comprising of five members examined the progress reports of the scholars. They gave suggestions to improve the work and publish papers in renowned journals.

CREST Team Visits

- Goa 19-23 April 2017: Heartfulness related activities were held in thirteen schools and colleges. Three meetings with Heartfulness volunteers were held at the Sancoale Ashram.
- Kerala 2 – 6 June 2017: Five events related to Heartfulness and Teachers' training were conducted at different places in Ernakulam and Cochin.
- Mumbai 21 - 30 June 2017: Several half-day sessions, home gatherings, meetings with new Abhyasis and meetings with school authorities for future teachers' training programmes were conducted at Andheri, Mahim and Kalyan localities of Mumbai.

Source: Dr Mohandas Hegde



(above) Participants of Seminar on 'Ancient Treasure of Knowledge'



(left) Participants of the Faculty Development Program



(left) CREST, Bangalore team at Sancoale Ashram, Goa



(left) A photograph taken during evaluation of Research Scholars by CREST Research Committee

Activities at SPURS

SPURS has been renamed to 'Heartfulness Ranch Retreat Center'. It hosted sixteen abhyasis for the quarter ending June 2017. Over this period, no major projects were taken up.

A sample of feedback from retreat participants is below:

- *It felt like coming home after being away. Completely welcomed and loved. An amazing renewal.*
- *I feel like I can absorb more - my cup got deeper.*
- *I always wanted to attain silence and in tune with nature and that was achieved here.*
- *Coming here is refreshing. The outside turbulence is cleared away and the connection becomes more subtle*
- *I felt only Master's grace here.*

Source: Sister Suzanne Garner

Abhyasis who wish to spend a few days here may find more information at: <http://www.sahajmarg.org/smww/spurs-texas-usa>. They may apply online at the address given above.

Activities at Pune Retreat Centre

At Pune retreat, the green environment gives the retreatants a very serene and calm atmosphere for the spiritual retreat and all the visitors go back with an experience of self-evolved spiritual condition.

During April to June 2017, eighty-three abhyasis stayed at the Pune retreat centre and spent 537 person days in all. There were no other activities during this period.

Source: Brother Thiruraman

Applying for Retreats

Abhyasis who wish to apply for retreats either at the **Malampuzha, Pune** or **Kharagpur** centers may find more information about these facilities and the retreat program at: <http://www.sahajmarg.org/smww/retreat-center-overview>. Abhyasis who wish to enroll for retreat programs may now apply online at the address given above.

Medical Centre News

Services of Free Medical Centre at Manapakkam during the period from April 2017 to June 2017

The FMC served 7,854 patients during this quarter. Specialty clinic services were availed by 439 patients. Lab services were availed by about 465 patients. FMC is open on Sundays for emergency services to abhyasis between 9:30 AM to 11:30 AM. Details of the activities in this period are given below.

Categories	Patients	Categories	Patients
Male	2939	Abhyasis	1576
Female	4152	Others	6278
Children	763	Total	7854
Other details	Patients		
In patients	35		

Department	No of Patients	Panel of Doctors
Allopathy	7854	Dr G. Jaya Prasanthi, Dr Anjana U, Dr R. Sulochana, Dr Geetha Naren, Dr G. Gayathri Purnima
Dermatology	399	Dr M. Jayaraman
Gastro Enterology	31	Dr M. Manimaran, MD, DM
Paediatrics	0	Dr Natwar Sharma, DNB, MRCP
Pulmonology	9	Dr G. Raja Amarnath, MD, DM

Pharmacist	Receptionist	Nurses	Others
A. Krishnakumar N. Jamuna Rani	R. Abinaya D. Rajeswari	K. Radhika B. Sathya M. Thenmozhi S. Jayasudha J. Sathya	K.Jaya (Housekeeping) R. Rekha (Housekeeping)

Source: Dr. G Jaya Prasanthi

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