

Om Sri Sai Ram

**Sadhana Program**

**Commemorating Bhagawan's 95th Birthday**

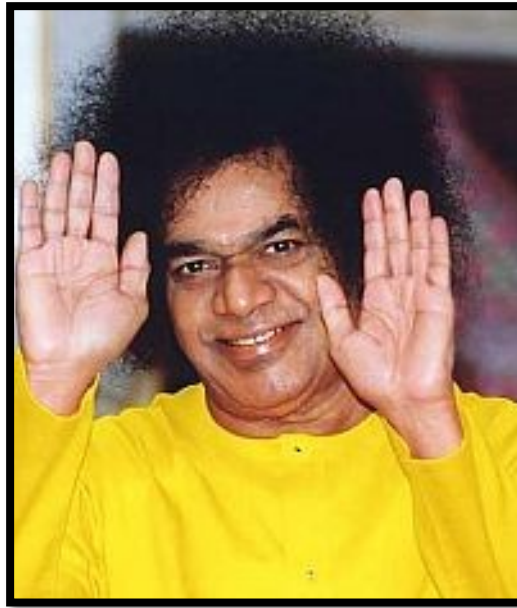
**at**

**Sathya Sai Center of South Bethesda**



Sai Sravan Cherukuri ([president@bethesdaicenter.org](mailto:president@bethesdaicenter.org)), Veda Viswanathan ([vp@bethesdaicenter.org](mailto:vp@bethesdaicenter.org)), Prasad Betadpur ([devotion@bethesdaicenter.org](mailto:devotion@bethesdaicenter.org)),  
Jayantha Ray ([service@bethesdaicenter.org](mailto:service@bethesdaicenter.org)), Imani Gonzalez ([education@bethesdaicenter.org](mailto:education@bethesdaicenter.org)), Rahul Ramnath ([yarep.m@bethesdaicenter.org](mailto:yarep.m@bethesdaicenter.org))

Om Sri Sai Ram



Sathya Sai Center of South Bethesda

95th Birthday Celebrations of Bhagawan Sri Sathya Sai Baba- Sadhana Program

<http://bethesdaicenter.org>

This year you have named My birthday the "Golden Jubilee" of the Avatar (Divine Incarnation), and gathered in vast numbers from all parts of the world. I am sure you have benefitted by the sathsang (holy company). I do not ascribe one particular date in the calendar as My birthday, for I consider the day when divinity blossoms in your heart as My birthday in you. Therefore each of you should individually celebrate such a day as My birthday. **The day when you resolve to practise My advice, to follow My directives, to translate My message into acts of service, and to engage in sadhana—that day is My birthday for you.** The 23rd day of November which you now honour as the day on which I was born, is only like any other day if you celebrate it in a routine, ritual fashion. Adore man; the adoration reaches Me. Neglect man; you neglect Me. Of what avail is it to worship the Lord and to suppress man, His counterpart? Love for God must be manifested as love for man, and love must express itself as service. Through love alone—Love acquired through sadhana, and shared with all as sadhana—can peace be attained, by the individual as well as by the nation. My Life is My Message and My Message is Love. That explains why you have gathered hither in hundreds of thousands.

Sathya Sai Speaks, Vol. 13 Ch. 19, November 23, 1975

Sai Sravan Cherukuri ([president@bethesdaicenter.org](mailto:president@bethesdaicenter.org)), Veda Viswanathan ([vp@bethesdaicenter.org](mailto:vp@bethesdaicenter.org)), Prasad Betadpur ([devotion@bethesdaicenter.org](mailto:devotion@bethesdaicenter.org)), Jayantha Ray ([service@bethesdaicenter.org](mailto:service@bethesdaicenter.org)), Imani Gonzalez ([education@bethesdaicenter.org](mailto:education@bethesdaicenter.org)), Rahul Ramnath ([yarep.m@bethesdaicenter.org](mailto:yarep.m@bethesdaicenter.org))

Om Sri Sai Ram



Sathya Sai Center of South Bethesda  
95th Birthday Celebrations of Bhagawan Sri Sathya Sai Baba- Sadhana Program  
<http://bethesdaicenter.org>

## Sadhana Activities from SSE Wing



### 1. SSE Gratitude Letter: Students to give in-depth gratitude to Swami.

- Each student will write a handwritten letter with a pen to Swami (good penmanship)
- We will collect from teachers and make a binder or collage at the end of the semester and present to Swami at the Center and in Prashanti.

### 2. SSE Gratitude on Index Cards (each Sunday):

- Each student to write once a week gratitude to Swami on index card.
- We will collect from teachers and make a binder or collage at the end of the semester and present to Swami at the Center and in Prashanti

### 3. Groups 3 & 4 Bhajan Workshop: -

**Session 1:** Guest Presenters

**Session 2:** Guest Presenters

**Session 3:** Guest Presenters

**Session 4:** Guest Presenters

### 4. Groups 3 & 4 Guest Workshop Speakers: "How to Be a Sai Devotee in 2020"

- Social Media, TV & Movies, and Socializing

### 5. Groups 3 & 4 Guest Workshop Speaker: "Bringing Sai into Your Everyday Life"

- Gratitude for every small thing
- Making Sai your very best friend (BFF)
- Prioritizing your time for Swami

Sai Sravan Cherukuri ([president@bethesdaicenter.org](mailto:president@bethesdaicenter.org)), Veda Viswanathan ([vp@bethesdaicenter.org](mailto:vp@bethesdaicenter.org)), Prasad Betadpur ([devotion@bethesdaicenter.org](mailto:devotion@bethesdaicenter.org)),  
Jayantha Ray ([service@bethesdaicenter.org](mailto:service@bethesdaicenter.org)), Imani Gonzalez ([education@bethesdaicenter.org](mailto:education@bethesdaicenter.org)), Rahul Ramnath ([yarep.m@bethesdaicenter.org](mailto:yarep.m@bethesdaicenter.org))

**6. SSE Bhajans:** SSE students to offer bhajans on selected Sundays in the main bhajan hall.

**7. Groups 1 & 2 (each Sunday):**

- Offer two flowers at Swami's Feet (after Announcements)
- Alternate each Sunday 2 girls/2 boys

**8. Groups 3 & 4 (each Sunday):**

- Read the Thought for the Day before center bhajnas
- Share their Gratitude for Swami (1 student) before center bhajnas
- Distribute vibhuthi after center bhajnas

**9. Group 2 Guest Workshop Speakers: "Sai, My Best Friend"**

- How can you bring Sai into your daily life
- How can you become closer to Sai

**10. Groups 3 & 4 Guest Workshop Speaker: "Tools to Help you Stay Connected to Swami"**

- Daily Practices
- Meditation
- Namasmarana

**11. Group 2 Guest Workshop Speakers: "How Swami Has Helped in My Life"**

- Self-confidence should be the foundation
- Practice dedicating all Actions to Swami

**12. Groups 1 & 2 Bhajan Workshop: -**

**Session 1:** Guest Presenters

**Session 2:** Guest Presenters

**Session 3:** Guest Presenters

**Session 4:** Guest Presenters

**Session 5:** Guest Presenters

**Session 6:** Guest Presenters

**13. Groups 3 & 4 Guest Workshop Speaker: "Spiritual Transformation – Personal Growth"**

- Making time for personal goals daily
- Balancing time between activity and contemplation
- Nurturing and balancing emotions

Sai Sravan Cherukuri ([president@bethesdaicenter.org](mailto:president@bethesdaicenter.org)), Veda Viswanathan ([vp@bethesdaicenter.org](mailto:vp@bethesdaicenter.org)), Prasad Betadpur ([devotion@bethesdaicenter.org](mailto:devotion@bethesdaicenter.org)),  
Jayantha Ray ([service@bethesdaicenter.org](mailto:service@bethesdaicenter.org)), Imani Gonzalez ([education@bethesdaicenter.org](mailto:education@bethesdaicenter.org)), Rahul Ramnath ([yarep.m@bethesdaicenter.org](mailto:yarep.m@bethesdaicenter.org))

**14. Shivarathri Bhajans:** SSE students offering to Swami.

**15. SSE Teachers Training:** South Bethesda hosting the training.

**16. Helping Hands Seva (Shelter for Mothers and Children):**

- Student lead Seva
- So far has fed over 75 Mothers and Children
- Students decide the menu – recipe – ingredients – prepare and cook – delivery

**17. Easwaramma Day Celebration:** SSE student's annual offering to Swami

**18. Region 2 Annual Retreat:** SSE Music Ensemble and LEAP.

**19. Groups 3 & 4 Study Circle:**

(Students will present their essay on a seva project they chose in the 1<sup>st</sup> semester)

***"Hear Our Voices (Inner)"***

- What is the community/societal need I'm addressing
- Why is this an important issue to tackle at the societal level
- What do I hope to learn, what human values tie into this issue
- How can I make a difference on this issue in my daily life

**20. Groups 1 & 2 Study Circle:**

- In-depth learning of their exhibitions from the SSE Fair presented at the end of 1<sup>st</sup> semester
- Open discussion (Q & A) with the Center members

**21. All SSE Groups to chant Peace Prayer:** All SSE students to chant 9 times  
*"Samastha Loka Sukunobhavanthu"* prayer before the class.

**22. SSE Graduation Ceremony:**

- Attendance Awards
- Graduates Speak
- Guest Speaker
- SSE Bhajans

Sai Sravan Cherukuri ([president@bethesdaicenter.org](mailto:president@bethesdaicenter.org)), Veda Viswanathan ([vp@bethesdaicenter.org](mailto:vp@bethesdaicenter.org)), Prasad Betadpur ([devotion@bethesdaicenter.org](mailto:devotion@bethesdaicenter.org)),  
Jayantha Ray ([service@bethesdaicenter.org](mailto:service@bethesdaicenter.org)), Imani Gonzalez ([education@bethesdaicenter.org](mailto:education@bethesdaicenter.org)), Rahul Ramnath ([varep.m@bethesdaicenter.org](mailto:varep.m@bethesdaicenter.org))





**23. The Tree House (New seva activity):** CAC of Montgomery County, MD is dedicated to reducing trauma and promoting healing for child victims  
SSE students will prepare 95 decorated boxes for ages 3 - 18 filling the boxes with items to supply Mental Health Therapy.

**24. SSE Fair: “How I Show My Gratitude to Swami”**

- Groups 1 and 2 tri-fold exhibition
- Groups 3 and 4 quizzes and games

**25 Nine Point Code of Conduct :** (each SSE student will receive a Code of Conduct score card)

- Students to understand and implement Nine-point code of conduct
- Score cards are used to see if any students are struggling with any of the concepts so teachers can help guide them on the application
- All score cards will be collected in early November and we will make a binder to present to Swami at the Center and in Prashanti

Sathya Sai Center of South Bethesda							
		<b>SSE Sadhana Programme</b> <b>Commemorating Bhagawan's 95th Birthday</b>					
<b>Name (optional):</b>		<b>SSE Group:</b>		<b>Month:</b>			
<b>Nine Point Code of Conduct</b>		<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	
1. Daily meditation and prayer.							
2. Group devotional singing or prayer with family members once a week.							
3. Participation in Sai Spiritual Education by children of the family.							
4. Participation in community service work and other programs of the Sai organization.							
5. Regular attendance at the Sathya Sai Baba Center's devotional meetings.							
6. Regular study of Sathya Sai Baba literature.							
7. The use of soft, loving speech with everyone.							
8. Not speaking ill of others, especially in their absence.							
9. Practice placing a ceiling on desires. Consciously and continuously strive to eliminate the tendency to waste time, money, food and energy, utilize the time saved for service to mankind.							

Sai Sraavan Cherukuri ([president@bethesdaicenter.org](mailto:president@bethesdaicenter.org)), Veda Viswanathan ([vp@bethesdaicenter.org](mailto:vp@bethesdaicenter.org)), Prasad Betadpur ([devotion@bethesdaicenter.org](mailto:devotion@bethesdaicenter.org)), Jayantha Ray ([service@bethesdaicenter.org](mailto:service@bethesdaicenter.org)), Imani Gonzalez ([education@bethesdaicenter.org](mailto:education@bethesdaicenter.org)), Rahul Ramnath ([yarep.m@bethesdaicenter.org](mailto:yarep.m@bethesdaicenter.org))

Om Sri Sai Ram



Sathya Sai Center of South Bethesda  
95th Birthday Celebrations of Bhagawan Sri Sathya Sai Baba- Sadhana Program  
<http://bethesdaicenter.org>

### Sadhana Activities from Devotion Wing



- 1. Vibhuthi packing seva** - main bhajan hall.
- 2. Chant Sathya Sai Ashtothram** while offering rice grains - main bhajan hall.
- 3. Group chanting** of Sai Gayathri mantram 108 times twice a week over conference call.
- 4. One Day Sadhana Camp.**
- 5. Likitajapam** - personal sadhana.
- 6. Practice Swami's Nine-Point code of Conduct** - personal sadhana.
- 7. Chant 9 times Samastha Lokah Sukhino Bhavanthu** on every Sunday before Study Circle and after center bhajans.

Nine-Point Code of Conduct



Sai Sravan Cherukuri ([president@bethesdaicenter.org](mailto:president@bethesdaicenter.org)), Veda Viswanathan ([vp@bethesdaicenter.org](mailto:vp@bethesdaicenter.org)), Prasad Betadpur ([devotion@bethesdaicenter.org](mailto:devotion@bethesdaicenter.org)), Jayantha Ray ([service@bethesdaicenter.org](mailto:service@bethesdaicenter.org)), Imani Gonzalez ([education@bethesdaicenter.org](mailto:education@bethesdaicenter.org)), Rahul Ramnath ([yarep.m@bethesdaicenter.org](mailto:yarep.m@bethesdaicenter.org))

Om Sri Sai Ram



Sathya Sai Center of South Bethesda  
95th Birthday Celebrations of Bhagawan Sri Sathya Sai Baba- Sadhana Program  
<http://bethesdaicenter.org>

### Sadhana Activities from Service Wing



1. **Narayana Seva** at DC parks and shelter.
2. **Service Activity at Comfort Cases (National Center)** to support needy children in foster care system.
3. **Service Activity at Manna Food Center** to support needy people of Montgomery County, MD.
4. **Donation of books** at (a) Maryland Book Bank, (b) Gaithersburg Elementary School, (c) Turning The Page at Washington DC, and (d) Montgomery College to support needy students.
5. **Donation of clothes** at (a) National Children's Center, (b) Interfaith Works, and (c) Value Village.
6. **Donation of food items** at (a) Maryland Food Bank, and (b) Manna Food Center.
7. **Baby Hats Knitting Workshop** to support needy infants by donating at local Hospitals
8. Lunch / Dinner Service at **Montgomery County Coalition for The Homeless (MCCH)**.
9. Breakfast service at **Helping Hands Shelter** to support needy mothers with children.
10. Service Activity at **A Wider Circle** to support those who are coming out of poverty / homelessness.
11. Donation at **ECHO** to support low income people and for short term emergencies.

Sai Sravan Cherukuri ([president@bethesdaicenter.org](mailto:president@bethesdaicenter.org)), Veda Viswanathan ([vp@bethesdaicenter.org](mailto:vp@bethesdaicenter.org)), Prasad Betadpur ([devotion@bethesdaicenter.org](mailto:devotion@bethesdaicenter.org)),  
Jayantha Ray ([service@bethesdaicenter.org](mailto:service@bethesdaicenter.org)), Imani Gonzalez ([education@bethesdaicenter.org](mailto:education@bethesdaicenter.org)), Rahul Ramnath ([yarep.m@bethesdaicenter.org](mailto:yarep.m@bethesdaicenter.org))



**12.** Distribution of paper products at Lead4Life.

**13. Environmental Service:** Annual Potomac River Watershed Cleanup Service.

**14.** Collection Drive for NIH Children's INN.

**15. Medical Camp.**

**16.** Donation of shoes at Rukundo International, a local organization working for developing nations, helping to build schools and in providing school supplies to support children of villages in Uganda.

**17. Blankets and Winter Care Kit** distribution to support needy people around DC area.

**18.** Fall Gleaning Service at **Miller Farm**.

**19.** Donation of school supplies for needy students of **Montgomery County Public Schools**.

**20.** Service activities during Regional Retreat, Global Akhanda Bhajns and Swami's Birthday.

**21. Ladies Day Service:** Donation of new born baby kits with blankets (after sewing) at NICU, Medstar, Aspire, Queens Hospital, and Baltimore White Marsh 7th Day Adventist Church.

**22.** Donation of soft toys, school supplies, toiletries and books at Comfort Cases (National Center)

**23.** Service Activity (donation of books) at **Maryland Coalition of Families**.

**24. Eye Glass Service** at Arlington, VA to support organizations that distribute the eye glasses free to needy people in developing countries.

**25.** Distribution of school supplies, plastic and paper products for lunch and dinner supplies for needy children and adults at **Family Services, Inc.**

Sai Sravan Cherukuri ([president@bethesdaicenter.org](mailto:president@bethesdaicenter.org)), Veda Viswanathan ([vp@bethesdaicenter.org](mailto:vp@bethesdaicenter.org)), Prasad Betadpur ([devotion@bethesdaicenter.org](mailto:devotion@bethesdaicenter.org)), Jayantha Ray ([service@bethesdaicenter.org](mailto:service@bethesdaicenter.org)), Imani Gonzalez ([education@bethesdaicenter.org](mailto:education@bethesdaicenter.org)), Rahul Ramnath ([yarep.m@bethesdaicenter.org](mailto:yarep.m@bethesdaicenter.org))

**26. Annual donation of home goods at A Wider Circle.**

**27. Cluster Seva:**

1. **P3** Service to support needy students.
2. Smart Sacks for **Glen Haven School** to provide nutritious weekend meals to needy students.
3. Breakfast Service at **Casa De Maryland.**
4. Service Activity at **Montgomery County Public Libraries.**
5. Lunch Service at **Grassroots Crisis Intervention Center.**
6. Dinner Service at **Hypothermia Center** at Reston, VA.
7. Service Activity at **Manor Care.**
8. Home based **Eyeglass cleaning** seva.

Our Humble Pranams at the Divine Lotus Feet of Our Beloved  
Bhagavan Sri Sathya Sai Baba



Sai Sravan Cherukuri ([president@bethesdaiaicenter.org](mailto:president@bethesdaiaicenter.org)), Veda Viswanathan ([vp@bethesdaiaicenter.org](mailto:vp@bethesdaiaicenter.org)), Prasad Betadpur ([devotion@bethesdaiaicenter.org](mailto:devotion@bethesdaiaicenter.org)),  
Jayantha Ray ([service@bethesdaiaicenter.org](mailto:service@bethesdaiaicenter.org)), Imani Gonzalez ([education@bethesdaiaicenter.org](mailto:education@bethesdaiaicenter.org)), Rahul Ramnath ([yarep.m@bethesdaiaicenter.org](mailto:yarep.m@bethesdaiaicenter.org))