



Resolve for a progressive India

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ON 1st NOV THIS ARTICLE ABOUT OUR ASHRAM GOLU APPEARED. WE WELCOME YOUR FEED BACK.

“Navaratri has come and gone. Among the many kolus we admired and secretly rated, our vote for the best should go to the one at Sivananda Orphanage. Three hundred children, 80 senior citizens and staff members celebrated Navaratri at the ashram with a beautiful doll arrangement, songs, slokas and speeches. A student performed the puja.

About 40 km from Adyar on the Chennai-Chenglepet highway, and located in a spot called Mangalapuri, the lush 14-acre campus has a few new and old buildings and two huge meeting halls. The new structures house the dormitories and kitchen for the children and the elderly. Across a maidan are more buildings where the kids attend school. How do children end up in the ashram? A few months ago, the staff found a day-old baby wrapped in a plastic bag lying on the steps. Then, a hotel nearby called up to say that they had found a baby in a toilet. Local policemen too call with similar finds. Not surprisingly, more girls are unwanted than boys.

The orphanage takes these abandoned waifs into its fold. Sometimes, a father, a mother or a relative brings in a child saying they can no longer afford to care for it. These children are fed, clothed, cared for, educated and given some vocational training before they leave after the completion of Class X. The ashram has done it for 50 years.

As you tour the compound, the one aspect that stands out is the cleanliness all round. The neatly-made two-tier beds, the personal effects, plates in the dining hall, the giant washing machine, the study area and the solar-power-driven great urns in the kitchen, all speak of efficient organization and the excellent training given to the children. Three British volunteer-girls share their appreciation of the highly structured life of the boys and girls. "These destitutes need the closeness of a family like any other children," says S. Rajaram who with his wife manages the ashram - a legacy from his parents. "That's why we celebrate festivals and invite guests. Interacting with other people gives these kids a sense of belonging. It helps them feel less isolated and gain confidence to achieve what the others are doing outside the ashram."

So what happens to the kids once they move out of the sheltered ashram life? "This is where we need help from citizens of Chennai," says Lakshmi Rajaram. "After a regulated, disciplined life at the ashram, the kids find it difficult to come to terms with the

sudden freedom. Institutionalization leaves them shy and fearful, and some recoil at the thought of being in a family. With no means to support themselves and no confidence to face a disordered world, there is every possibility they will go astray."

"We are trying to upgrade the school to Class XII and want to introduce vocational education. The major hitch in this enterprise is our inability to send the kids to the city for training. We are not happy about their being on their own all day."

"We would be extremely grateful if individuals and corporate houses could come here to run vocational courses for high schoolers during week-ends. We do need funds to feed and clothe the children," adds Headmaster Swaminathan. "But what we need more is help from service-minded people. We are acutely short-staffed in primary and middle school. We could do with a counselor for the children, someone they can talk to about their fears, someone who will give them faith and assurance to face the world outside. The boys somehow manage a life for themselves. It is the girls who walk into a problematic future."

Rajaram plans to expand the activities of the ashram. A training center for the disabled, a women's hostel, a polytechnic, computer courses and a hospital are some of the schemes on the cards. He welcomes participation of Chennaiites in his ambitious plans.

Log on to their website www.indiadirect.com/sivananda-ashram

Call their office at (044) 236 9444 / (04114) 52345 or

e-mail sivanand@md2.vsnl.net.in

Find out what you can do for the ashram's children.

Sivananda Ashram started by Dr Mrs. Mangalam and Sri S.V. Iyer as the founders of this noble organization, is presently catering to the needs of about 300 tiny tots and around 60 odd senior citizens. The founders were advocate and Doctor by profession. They were influenced by Swami Sivananda, when they met him at Rishikesh during a pilgrimage trip, to Haridwar and Rishikesh, Uttar Pradesh. They earned material wealth well but were longing for a direction to achieve the Supreme Goal in life. They pleaded to Swamiji to guide them, and also to bless them. Swamiji impressed by the elderly couple advised that in the materialistic life one does not get peace of mind. They pleaded to Swamiji to pave the way to reach the Supreme power and Goal in life for which they are restless past some time.

Swamiji explained to them that all that we have in this world in form of assets, money in the commercial banks will not come with us and that only wealth saved in the Spiritual and the service Bank alone is relevant for the Almighty. He said since both are educated and well established in city of Chennai and are vulnerable to the shortcomings of modern society they can establish home for children and senior citizens and by that mitigate the problems

of the suffering humanity with love and affection and achieve great satisfaction, peace of mind and tranquility. Moreover the real pleasure in life is to help the people who are in distress help them solve their problems and thereby make them happy. Seeing the happiness and joy in of the needy and downtrodden is the greatest pleasure in life. With these advices this ashram was established in the year 1945 and that Sri

S.V. Iyer established the DIVINE LIFE SOCIETY IN TAMBARAM Swamji also visited the Tambaram branch and conducted discourses and influenced many in this part of the country. Swamiji has also written about the devoted services of the founders in his books and also requested people to take their advise from them to do NISHKAMYA SEVA. This is how the Swamiji motivated and constantly contacted and guided the founders until he he attained the Lotus feet of Almighty.

I am also forwarding certain credentials of Swamiji to Sri S.V. Iyer and Dr.Mrs V. Mangalam, the founders of the ashram, to give you an overview of their association.

ATTACHMENT NO 1

P.O. SIVANANDA NAGAR Dist
Tehri Garhwal, U.P., Himalayas,
INDIA

Sri. S.V. Aiyar, Tambaram

Glorious Atman,
Salutations. Thy kind letter of the 22nd. I have offered prayers to the Lord for your health. May God bless you with good health and quick recovery. Kindly follow the advice of the doctors. God is with you. He will look after you. You are dear to the lord. Remember Him constantly. May God shower His blessings on you all.

Thy Own Atma,
Sd. Sivananda

ATTACHMENT NO 2

SWAMI SIVANANDA
A BORN KARMA YOGIN
(by a Disciple)

Having restrained all the senses, even-minded everywhere, intent on the welfare of all beings verily they also come to me.

- Gita XII - 4

Serve the creature, more than the Creator. Bible

Swami Sivananda was a great doctor in Malaya. One of the first things, therefore, that he did after getting initiated into Sanyasa was to find out ways and means of healing sick.

With this end in view he started the 'Satya Sevashram' in Lakshmanjhula. A look at the location of the dispensary there will prove the wisdom of Gurudev. It was just at the 'entrance' to the footpath to Badrinath - the only route available in those days. No pilgrim to the Himalayan shrines could miss the sight of the dispensary. The pilgrims had no more to take the trouble of going to a hospital; the hospital had been brought to them instead. From this dispensary, Gurudev used to distribute medicines to the neighboring villagers, the Sadhus, and the pilgrims.

Sickness is common among those who are forced to lead an extremely austere life living on meager rations of ill-nourishing food, Gurudev helped the local Sadhus in two ways: first by helping them to regain their health, and secondly by teaching them by his own example that it was foolish to neglect the body, the Temple of God which is as necessary for the realization of God as the vital Prana itself.

He instilled in them a desire to lead a well-regulated life with plenty of exercise, yoga asana, Pranayama, walking and even simple games. He impressed upon them the absolute necessity of keeping the body healthy without which no spiritual Sadhana is possible.

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When the need arose, Gurudev was ready to do any service. His broad physical frame and his extraordinary muscular strength were often of great service to him. He went on a pilgrimage to Gangasagar along with the aged Maharani of Singhani. Pilgrims had to wade through the waters of the sea for a few yards; and the Maharani could not do that. Swamiji at once lent his broad shoulders. The Maharani was reluctant; but without the least hesitation he carried her on his shoulders to the boat.

He put Sadhu Leik, a European Sannyasin, in a Charpoi (Cot), carried him on his head and admitted him in the Punjab - Sindh Kshetra Hospital in Rishikesh.

When Swamiji was at Swargashram, Sri. Swami Jnananandaji, an elderly disciple of his, was ailing. Gurudev carried him on his back to Rishikesh and from there took him to Lucknow where he was admitted in the hospital for treatment.

Gurudev knew no danger, which he could not face, for the sake of service of the Lord's children. The presence of danger or even of a risk to life itself did not deter him from, but rather goaded him to render, the service. Dangerous cases of smallpox and cholera were to him a greater manifestation of the Divine, which demanded his constant attention.

Even the thought could not get an entry into his heart that he might get the infection and might himself succumb to it.

When a Sadhu in Kailash Ashram had a severe attack of smallpox, Swamiji was sent for. He was at the bedside of the patient immediately and stayed there throughout the day and throughout the period of his illness, rendering him every service. Gurudev felt that he got new strength and new power, instead of getting infected with the disease, from the very

source of power and Strength. His heart melted at the suffering and he had a more continuous remembrance of God than he would otherwise have had. He would often deny himself food and sleep in the service.

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During the early days of his life at Swargashram, he had earned a reputation for daring to venture into regions where those who had any love of life would not even peep. Anantanandaji was suffering from cholera of a virulent type. People feared to approach anywhere near his Kutir. Swamiji was in constant attendance at his bedside. He would with his own hands clean the bedpan and wash the excreta from the patient's body. When Sr. Veeraraghavachari's disciple similarly suffered, it was Swamiji who volunteered to attend on him. Sr. Swami Kalyanandaji was wonderstruck at this service and, as a mark of his admiration, built a shed near Swamiji's Kutir at Swargashram; 'Whatever you give with your miraculous healing hand will cure me,' he would say.

Swamiji had absolutely no Ghrina (contempt) to handle the offensive discharges of patients. When his own disciple, Sri Swami A, was ailing, Gurudev, readily and without the least hesitation, inserted his own finger into the rectum of the Swami and removed the faecal matter.

When an opportunity for service presents itself, Swamiji grasped it. He allowed no consideration to make him hesitate.

Swamiji would visit Lucknow during his tours and stay in the Place of the Maharani. The old woman was fond of 'hukkah' (the smoking pipe) and her servants were often lax in their duties. Early in the morning, Gurudev would place the hukkah, without the knowledge of the Maharani, ready at hand. She had a liking for soda which she invariably took early in the morning. Her servants might neglect to give her soda at the appointed time; but the honored guest, Gurudev, whom the Maharani had adopted as her guru, would anticipate his disciple's needs and would keep the soda ready and hand it to her at the appropriate moment.

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Service should be of the aggressive type. He once remarked humorously, "you should not be diffident when a patient approaches; you should assure him that you are giving the best medicine and that he will surely get well soon. You must go to the patient and say, come to me and I will heal you in a day! Be aggressive in service; and the Lord will crown your efforts with success."

Even while walking along the roads he would carry a medicine chest and distribute medicines to the sick. H.H. Sri Swami Tapovanji Maharaj of Uttarkashi used to describe how Gurudev used to carry three bags wherever he went one containing leaflets, pamphlets and note books, another containing fruits, and a third containing common

drugs. On the roadside, he would stop at a hundred places, making kind enquiries about Sadhus and villagers and would give them some medicines and also the spiritual literature and fruits, too. His watchword in regard to selfless service is that the service should seek the patient.

Thus, the service he rendered to the Sadhus and the poor, at Swargashram, was utterly selfless, intensely dynamic and untiring. He felt he was serving the Lord Himself.

A Bhagavata or a devotee who has attained God-realization has no hatred to anything. He is friendly and compassionate. He is without attachment and egoism. He is balanced in pleasure and pain, and forgiving. (Gita: XII - 13)

Egoism or Ahankara is a steel wall that separates man from the Lord or the Immortal Atman. It is a stinking substance that has brought down man from his highest level of Divinity and made him degenerate into a being with base animal instincts and brutal impulses. It is highly powerful and insidious or treacherous in its invasion and onslaught. It brings down a Yogi or an aspirant, who has ascended to a great height on the ladder of Yoga, to a low level in the twinkling of an eye. It assumes various forms, attacks in various way and completely deludes man.

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Egoism is the self-approbation principle in man. It is a Vritti or modification called Asmita that arises in the mind. The same mind assumes the form of egoism when a man begins to self-arrogate. Ahankara manifests first and then comes Mamata or attachment. Ahankara destroys the virtues and peace of mind. An egoistic man is easily up set by trifling things. As his heart is felled with vanity and pride, a little disrespect or harsh work or mild rebuke or censure throws him out of his balance. He hates others on account of his wounded vanity. Hence removal of pride and egoism will pave a ling way towards the eradication of hatred.

Hatred can be removed by the cultivation of virtues such as friendliness, compassion, forgiveness, and eradication of egoism. If you are attached to thing, you will hate that man who tries to take away from you that thing to which you are attached. If you remove the idea of possession and mine-ness and attain the state of Nirmamata (egolessness), hatred will vanish. If you are endowed with the quality of forgiveness, you will excuse that man who tries to harm you or who has done you any harm, and you will entertain no hatred for any body. Cultivation of divine virtues like compassion, forgiveness, etc., will alone thin out or attenuate hatred.

A Sadhaka may be good, intelligent and may practice meditation silently in a solitary place for hours together for number of years, but yet he may not be free from Ahankara. When a man goes against his will or wish, when a man speaks ill of him or criticizes him, when he is not respected, he becomes arrogant and behaves very rudely. Arrogance assumes various forms; one may be arrogant on account of his great physical strength, another may be arrogant on account of his wealth, position and power, a third may be arrogant owing to his scriptural erudition and a fourth may be arrogant owing to his psychic Siddhis, moral virtues, spiritual progress, etc. An egoistic man is easily upset by

trifling things. The cause of Ahankara is undue assumption of importance. It is a modification of egoism. It is Ahankara itself and is born of ignorance.

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A man may renounce the world and live in a cave in the Himalayas for several years, practicing Yoga, and yet he finds it difficult to renounce the ego. When he becomes impulsive he is overpowered by arrogance. He does not know what he is exactly doing. At the spur of the moment he tries to harm or retaliate, and repents afterwards. A Sadhaka should develop patience and forbearance to a considerable extent. Forbearance is the test of saintliness.

ATTACHMENT NO 3

SWAMIJI HONORS THE FOUNDERS
DIVINE LIFE SOCIETY
(ESTD 1936)
RIKHIKESH (Himalayas)
FOUNDER'S AWARD

I have great pleasure in conferring upon Sri Shraddha Ratna Dr. (Mrs.) V. Mangalam, M.B.B.S., J.P., the title of Member, Sivananda Gyana Sabha (MSGS) for her keen spiritual aspiration, her earnest adherence to the principles of Divine Life and sincerity in living a life of selfless service, sadhana, love and purity.

Ananda Kutir
8th Sept. 1948

sd/ SIVANANDA
Founder – President
Sanyas Silver Jubilee Day

ATTACHMENT NO 4

SWAMIJI HONORS THE FOUNDERS
DIVINE LIFE SOCIETY
(ESTD 1936)
RIKHIKESH (Himalayas)
FOUNDER'S AWARD

I have great pleasure in conferring upon Sri Bhakti Bhooshana Venkatarama Iyer, the title of MSGS (Member, Sivananda Gyana Sabha) for his keen spiritual aspiration, his earnest adherence to the principles of Divine Life and sincerity in living a life of selfless service, sadhana, love and purity.

Ananda Kutir

sd/ SIVANANDA

8th Sept 1948

Founder - President
Sanyas Silver Jubilee Day

ATTACHMENT NO 5

“OM”

OM SHRI GANESAYA NAMAH

OM NAMO BHAGAVATHE VASUDEVAYA

UNIVERSAL PRAYER

BY

Swami Sivananda

O adorable Lord of Mercy and Love!

Salutations and prostrations unto Thee

Thou art Satchidnanda (Existence - Knowledge - Bliss).

Thou art Omnipresent, Omnipotent and Omniscient.

Thou art the indweller of all beings.

Grant us an understanding heart,

Equal vision, balanced mind,

Faith, devotion and wisdom

Grant us inner spiritual strength

To resist temptations and to control the mind.

Free us from egoism, lust, greed, anger and hatred.

Fill our hearts with divine virtues.

Let us behold Thee in all these names and forms.

Let us serve Thee in all these names and forms.

Let us ever remember Thee.

Let us ever sing Thy glories.

Let Thy Name be ever on our lips.

Let us abide in Thee forever and forever.

GREETINGS FROM SIVANANDA FAMILY

MESSAGE FROM DR.S RAJARAM, SIVANANDA SARASWATHI SEVASHRAM A
CHARITABLE ORGANISATION IN THE STATE OF TAMILNADU CHENNAI.
INDIA

We take this opportunity to introduce about this charitable organization and its inception, growth, and its future. This humanitarian center was established in the year 1945 with three kids with the blessings of SWAMI SIVANANDA OF RISHEKESH, by an elderly couple S.V. Iyer and Dr. Mrs. V. Mangalam. Both the founders of this seva organization earned money as Doctor and Advocate by profession and could not get the real peace of mind and happiness in this materialistic world. Having heard much about His Holiness Sivananda they went with heavy tons of worries and miseries in their heart met him and

requested His holiness to pave the way to get peace and realization of this birth and the real happiness. Swamiji found that the couple are blessed by ALMIGHTY to serve the community blessed them and paved the way in their heart to realize that by serving others you get not only peace of mind but also joy and happiness. Both the founders got the right direction, as any amount of money is not going to come with us and that one has earn more credits in the spiritual bank then the money being deposited in any of the commercial banks. They were advised to start a home for poor orphans old and the weaker sections of the society. Thus SIVANANDA SARASWATHI SEVASHRAM was established. As years rolled on started with a middle school with a humble beginning by Puri Sankaraachraya, funds were augmented from many well-wishers donors and worked day and night with a band of volunteers and collected money from the public established a home for orphan children. In the year 1953 the middle school was upgraded to an elementary school with classes up to 8th std. In the year 1963 the school was elevated to a HIGH SCHOOL and the SANKARACHARAYAR OF KANCHI MUTT HIS HOLINESS CHANDRESKERENDRA SARAWATHI SWAMIGAL BLESSED BY INNAUGURATING THE HIGH SCHOOL. By this period ASHRAM was getting support from GOVT and the Public and people had started supporting and the organization was getting popular with the kind hearted people. Many VVIP s including former PM Shri PANDIT JAWAHLRAL NEHRU, FORMER CHIEF MINISTERS Shri KAMARAJ , Shri ANNADURAI had visited our ashram and appreciated the excellent work done by the founders. In the year 1974 within a gap of 10 days the founders of this noble ashram parted this materialistic world and reached the lotus feet of ALMIGHTY . The present Hon Correspondent of this ashram Mr. S. RAJARAM who was then 19 years old was bestowed the responsibility of taking over all of a sudden an enormous task of running this great organization with his wife LAKSHMI RAJARAM. Both took the challenge and started handling the affairs of this ashram. It appears that both were blessed by God to run this ashram, Mr. Rajaram being a commerce graduate and Mrs. Lakshmi Rajaram a post graduate in Philosophy. Both did their education in Madras Christian College at Tambaram. It was a dedicated job for both of them to work hard to mobilize public opinion raise resources, undertake projects for the growth of this establishment. Since 1974 handling the affairs of this orphanage both have contributed very significantly in all departments. Mr. S. Rajaram is devoted committed and dedicated to the cause. He is foster son of the founders and that his life is dedicated to the welfare of orphans. With his services many new projects were started since 1974 A new project in vocational training unit with the aid from central social board was started and none other then former PM Shri Morarji Desai inaugurated the scheme along with Late Chief Minister M.G. Ramachandram popularly known as M.G.R. Galaxy of central ministers along with Hon Governor Sri Patwari praised the services of the ashram. In the year 1983 a group of 100 Tamil children were affected in the ethnic violence in SRI LANKA were rehabilitated by the ashram at the instance Govt. of India. The ashram has 14 acres of area and that old buildings were dismantled and NEW DORMITORIES, DINNING HALL, LIBRARY, SCHOOL BUILDING COMPLEX, AUDITORIUM, OLD AGE HOME FOR MEN, OLD AGE HOME FOR COUPLE, SANITATION FACILITIES, BATH ROOM, A NEW MODERN KITCHEN WITH SOLAR ENERGY COOKING, A COMPOUND WALL FOR THE ENTIRE AREA

WERE INITIATED, FUNDS RAISED, AND THE TASKS COMPLETED. SINCE 1974 TILL DATE MANY VVIP s SHRI R.VENKATRAMAN FORMER PRESIDENT OF INDIA, SRI RAJIV GANDIJI, FORMER PM, SRI CHANDRASEKAR FORMER PM, SHRI MORARJI DESAI FORMER PM SELVI JAYALAITHA FOMER CM, DR. KAILNGAR KARUNANIDHI FORMER CM GOVERNORS, HEADS OF EMBASSY GOVERNMENT OFFICIALS CINE ARTISTS CRICKET PLAYERS HAVE VISITED AND APPRECIATED THE YEOMAN SERVICES OF THIS GLORIOUS ASHRAM.

Honorary Correspondent Sri S. Rajaram is working as Asst Manager in State bank of Patiala Chennai. This institution rehabilitates destitute women by giving them jobs as housemaids, schoolteachers, nurses, ayahs, sweepers gardeners, and employ them and give them support. Physically handicapped kids are also admitted by giving preference in the orphanage. A primary School with a head master and 7 teachers provides basic education in Dr MANGALAM ELEMENTARY SCHOOL with more then 1000 kids apart from the orphanage from nearby villages get the benefit of free EDUCATION.

A HIGH SCHOOL with 10 teachers provides higher education to more then 1500 poor village kids apart from the orphans of SIVANANDA ASHRAM A medical care center with a Doctor is catering the needs of the inmates. The best service one can do to this organization is to visit the ashram personally and see the activities and motivate by your love and boost the morale of our kids. THE ASHRAM HAS AMBITIOUS PLANS OF STARTING A POLYTECNIC FREE OF COST WITH OUT ANY FEE STRUCTURE.

A

COMPUTER CENTER, WORKING WOMEN HOSTEL, A SCHOOL FOR THE BLIND AND DEAF, AND ABOVE ALL AN ARTS COLLEGE FIRST OF ITS KIND WITH OUT ANY FEES IN TAMILNADU SUPPORT FROM THE GOVERNMENT AND PUBLIC IS SOLICITED TO START THE ABOVE PROJECTS

PLEASE VIST OUR WEB SITE www.indiadirect.com/sivananda-ashram for more details. Please devote time to read details and for the pleasure of enjoying the photo gallery and VIP's views about the ashram.

ANY DOUBT OR ANY CLARIFICATION PLEASE MAIL US to sivanand@md2.vsnl.net.in we shall be too glad to respond with pleasure.

BE GOOD DO GOOD. LOVE ALL SERVE ALL

***MAKE OTHERS HAPPY AND FELL THE HAPPINESS IN YOU
BE PROUD TO BE AN INDIAN AND PRACTICE WHAT YOU PREACH SERVICE
TO SUFFERING HUMANITY IS SERVICE TO GOD.
MAY GOD BLESS US ALL TRUSTEES OF THE ASHRAM.***

OBJECTIVES OF SIVANANDA SEVASHRAM AND JOTTINGS DOWN MEMORY LANE

OUR ORGANIZATION'S **PRIME OBJECTIVE IS** **"to serve orphans and poor elders, with love and affection"**, who need help.

"SERVICE TO SUFFERING HUMANITY IS SERVICE TO GOD" said our mentor HIS HOLINESS SWAMI SIVANANDA the saint who advised and blessed the founders of the ashram. We strive to live up to the exaltations of our mentor.

In the process we also strive to be a conduit or a tool, affording a lasting **sense of satisfaction and achievement** for the **philanthropic and kind-hearted noble souls**.

The purpose being born a human being is definitely more full if one can extend even a drop of support in the cause of the deserving community. Is it not?

We try to achieve our primary objective by the following **charitable and non-profit** actions:

1. Provide relief, for the needy at the right time.
2. Serve the sick and the have-nots to its fullest ability.
3. Serve young orphans and old under a single roof, as a rare service, to enable both the young and old deserted to bond together and gain emotional strength.
4. Providing free education, shelter, food, and clothing for the orphans.
5. Provide a conducive atmosphere for the orphans with love and affection, to facilitate them grow self-supporting and responsible individuals.
6. Upliftment of not only the orphans of our Sevashram but also the poor in neighboring villages of our community, by providing primary and higher education.
7. Provide basic medical facility for the poor and needy in the neighborhood of our community.
8. Help rehabilitate destitute and indigent.
9. Encourage and foster fellowship, interaction and camaraderie among the inmate senior citizens, orphans, and neighborhood villagers with involvement, sharing of knowledge and experience, teach and assist in each others work, participation in co-curricular and extra curricular and sports activities etc.

Devotion, dedication, honesty sincerity and above all lots of patience to deal these special kids with a sense of parental touch are the hallmark of our Sevashram.

Sacrifice and ever-compromising attitude to serve the poor and the orphans and working in villages typically rural INDIAN have given us such immense wordily experience. KNOWLEDGE THEY GAIN WILL REWARD THEM THROUGH OUT THEIR LIFE is well understood by our inmates.

Since established in 1945, orphans have been educated and cared for in this institution. It is a great joy to recall some of them went on to gain further education, set up their own small artisan shop and lead a meaningful life.

We received help and support from some of our inmates now established in life. What can be a greater joy?

DOWN MEMORY LANE

Milestones in the Sevashram history:

1945 Established Sevashram. (Couple of lines on activities may be useful)

Started middle school by HH Puri Sankaraachraya (What is the difference between middle school an elementary school?)

1953 Middle school upgraded to an elementary school with classes up to 8th std.

1963 the school was elevated to a HIGH SCHOOL with the blessing inauguration of the school by SANKARACHARAYAR OF KANCHI MUTT HIS HOLINESS CHANDRESKERENDRA SARAWATHI SWAMIGAL

ASHRAM started getting support from GOVT besides from the public

(It would be nice to have good up-to-date milestone section highlighting the growth of the institution)

VVIP Visits (again a chronological order would be impressive. Excerpts of their comments on the Visitors book can also be used)

Many VVIP s including former PM Shri PANDIT JAWAHLAL NEHRU, FORMER CHIEF MINISTERS Shri KAMARAJ , Shri ANNADURAI had visited our ashram and appreciated the excellent work done by the founders. In the year 1974 within a gap of 10 days the founders of this noble ashram parted this materialistic world and reached the lotus feet of ALMIGHTY .

A new project in vocational training unit with the aid from central social board was started and none other than former PM Shri Morarji Desai inaugurated the scheme along with Late Chief Minister M.G. Ramachandram popularly known as M.G.R. Galaxy of central ministers along with Hon

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THY HUMBLE SEVAK

DR.S.RAJARAM
SIVANANDA SARASWATHI SEVSHRAM.

www.sivanandagurukul.org

DONARS WHO ARE INTERESTED IN CONTRIBUTING MAY FORWARD YOUR

DONATION TO
Secretary
"SIVANANDA SARASWATHI SEVASHRAM "
NO 20 KAMBAR STREET
EAST TAMABRAM.
CHENNAI 600059.
INDIA

BIO GRAPHICAL SKETCH OF PADMASREE DR. S.RAJARAM

Sri. S. Rajaram born on 12th April 1952 is the adopted son of the late Sri. S.V. Iyer and Dr. (Mrs) Mangalam, who brought him up in an environment of affection and enabled him to obtain the B.Com, degree and a job with the State bank of Patiala where he has got the V.R.S., from the Chennai Branch recently. His foster parents, who were childless, lavished their affection on their foster son and used their considerable wealth to bring love and hope in to the lives of many unfortunate children by establishing in the year 1945 a children's home for the care of orphans in the name of His **HOLINESS SIVANANDA SARASWATHI**. Sri Rajaram grew up in an environment of love and concern for fellow human beings not circumscribed by ties of blood and at the age of 19 dedicated himself totally to the welfare of children, a cause that was so dear to his foster parents. Since 1974, he has taken on the responsibility of running and developing the "**Sivananda Orphanage**", not as a refuge for human debris but as a home where the rights of a child viz. protection, affection and education are recognized and provided.

The home that had 200 children in 1974 has today 350 children, both boys and girls living in separate dormitories and also giving asylum to destitute women. They are being educated in schools run by the orphanage in which children from the neighboring villages are also studying, thus ensuring that the orphan children are not disadvantaged in any way. The orphanage provides free boarding, lodging, clothing education and recreation to all the children.

The formidable task of running such a large orphanage has not daunted Sri Rajaram nor his enthusiasm for serving humanity dampened. On the other hand, activities of the Sevashram have expanded by the establishment of Dr.Mangalam Elementary School-with a current enrollment of 500 children; the Dr. Mangalam High school with an

enrollment of 800; a free dispensary for medical aid to inmates of the ashram as well as to neighboring villagers; an old age home that presently has 50 inmates both men and women.

Plans have been finalized for the establishment of Technical Training Centre for boys, a Home for Handicapped Children and it is hoped that these will become realities in the not too distant future.

Sri Rajaram Nishkama Karma in the service of the orphans, women, handicapped, destitutes and the aged has been widely recognized and brought him support, recognition and awards from many sources including medals and certificates and in 1983 he was the recipient of the highest and prestigious **National Award for Child Welfare** of the Government of India.

Sri Rajaram is married to Smt. Lakshmi and has two children. His wife also totally involved with him in all his service activities.

Rajaram gets Padma Shri

New Delhi, Jan 25 (PTI) Fifty-year-old S Rajaram of Chennai was today chosen for the Padma Shri award for social work.

Foster son of a childless couple, who founded the Sivananda Saraswati Sevashram on the outskirts of Chennai, Rajaram now manages a group of institutions that takes care of orphaned children, aged destitute and physically challenged.

A winner of the Government of India's prestigious National Award for Child Welfare in 1983, Rajaram's Sevashram takes care of about 300 children, 80 aged persons and destitute women.

Apart from running a high school, which provides vocational and technical education to people also from the nearby areas, the Sevaashram has an old-age home.

Among the children in his Ashram were 50, who were orphaned in the Sri Lankan ethnic conflict.

Reacting to the honour conferred on him, Rajaram said it was a red letter day for him and it would enthuse him for further endeavours in his mission. PTI VSC SKS

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PADMASREE DR.S.RAJARAM

Dr. S.Rajaram was born on 12th April 1952, in the city of Chennai and was adopted by late Sri.S.V.Iyer, Advocate and Dr.Mrs.V.Mangalam the founders of Sivananda Saraswathi Sevashram a charitable organization housing 300 orphan children and around 60 senior citizens.

Mr.S.Rajaram did his graduation in Commerce in Madras Christian College Tambaram and took the responsibilities of taking care of this humanitarian centre in the Year 1974 when the founders left abode in a cape of 10 days. He has rich talents in augumenting resources, contacts to build and to glorify this organization as a leading social welfare trust. In his experiences as a social worker he has faced lot of problems and hardship to run and maintain this institution over a span of 26 Years.

He has memorable events, which in his words he could narrate has events, which are unforgettable. Sri. Rajiv Gandhi our former Prime Minister visited Marai Malai Nagar to participate in the All India Congress meeting. He invited him to visit the ashram and bless the children, which will a source of happiness to the kids as well as it will encouraged the kids and boost the morale. Due to security problem late Sri. Rajiv Gandhi could not visit the ashram. Moreover there were acute water shortage and the kids were with out drinking water. The Palar water connection, which was going through the ashram, was not sanction due to various reasons.

Sri. S.Rajaram was fascinated to learn that Sri.Rajivgandhi was going enroute through in the main road and he took opportunity along with the children of ashram and garland him by with request to stop and Sri. Rajiv gandhi readily obliged. Appreciating the efforts taken by the organization in taking care of the so many un privileged cross section of the society he requested him that if he could be of any help to this organization.

Mr. Rajaram Pleaded that there is acute water shortage and due to various political reasons both the Tambaram and Kattankulathur Panchayat unions are not in a position to give water. He also inform the Prime Minister that to the vandalur Zoo hundreds of animals are being provided the best quality of water and the children who are orphaned for no fault of theirs are being deprived the basic necessity water. Sri.RajivGandhi assured that he will do the needful.

P.T.O

To the pleasant surprise of all the inmates of Sivananda family water connection was given the next day and that it was not only water flowing from the taps but also the

love and affection of late Sri.RajivGandhi who had for the poor and the weaker sections of the society.

This according to Mr.Rajaram is unforgettable achievement for the children of God. His message to the younger generation is that no one is orphan in the world and that when he himself adopted and have come up in life and that to the level of getting Padmasree Award he is a symbol and testimony to handwork with determination to work for the community forgetting the inferiority complex and that he is a model to the poor and orphans to come up in life and never feel that they are un wanted or secluded in life.

When youngsters have come up in life as Engineers, Doctors Sportsman, Scientist and Scholars and so on and many should come forward to take social work which will give a sense of satisfaction for having served others at the same time life as the meaning and purpose.

Respectfully,

(DR.S.RAJARAM)
Hony.Correspondent.
www.sivanandagurukul.org

BIO DATA OF PADMA SHREE DR. SIVANANDA RAJARAM GENERAL SECRETARY SIVANANDA SARASWATHI SEVASHRAM.

Name : Dr.S.Rajaram
Father's Name : Sri. S.V.Iyer
Date of Birth : 12th April 1952
Place : Tambaram (Chennai)
Occupation : Retired Asst.Manager
State Bank of Patiala
Chennai 600 014.

Detailed Description of Services Rendered by

Dr.S.RAJARAM

For the cause of Social Welfare.

Child Welfare - Destitute Women - Physically Handicapped - Old Age Home - Vocational Training Units - Medical Aid - For the cause of education in running schools - Conducting seminars - National Integration and Community Development - Rehabilitation of Sri Lankan Orphan Children - Providing relief for Bhopal gas Tragedy Victims - Raising resources for the development activities of ashram.

CHILD WELFARE:

The services of Dr.S.Rajaram for the cause of Child Welfare from the year 1975 for both boys and girls who are rendered home less in the streets for no fault of theirs. In the year 1974 Dr.S.Rajaram took the responsibility of running the show with 200 children. The parentless children are given free food, education and shelter with love and affecting and are rehabilitated in providing a job. At present there are 300 orphan children in the orphanage. Every year more than 50 children go out of the institution and are provided with a job in private, public and Government organizations by the initiative

and efforts taken by Dr.S.Rajaram. He has conducted marriages for few children after their education.

The Government of India in recognition of his outstanding services for the cause of child welfare honored him presenting the prestigious National Award for Child Welfare in the year 1983.

The Acharya Swamigal of Kanchi Kamakoti Peetathipathi His Holiness SRI JEYENDRA SARASWATHI SWAMIGAL blessed Dr.S.Rajaram as the best Social Worker and awarded Gold Medal to him in 1984 during his Golden Jubilee Celebrations.

The Rotary Club of South Madras had recognized Dr.S.Rajaram's selfless services and honored him as the best social worker on 2-12-1988.

The U.W.A.Writer's Association awarded its prestigious U.W.S.Leadership Award to Dr.S.Rajaram on 17-8-1989 for his selfless service.

Recognizing the services of Dr.S.Rajaram to the orphan children and to the destitute, The World University Round Table - International Secretariat, P.O.Box 2470. BESON ARIZONA - 85602, USA conferred Cultural Doctorate in Humanities to him on 13-1-1989.

Dr.S.Rajaram's services are being recognized by many outstanding personalities and note worthy associations.

Due to the initiative taken by Dr.S.Rajaram the children of orphanage are not only given free food, education and shelter but also love and affection, which they lack.

Periodical excursions, Film shows, video programs are being conducted to shed the inferiority complex of being an orphan. Due to his initiative thousands of parentless children are well employed, settled in life and became useful citizens of our motherland.

The Tamil Nadu government aids with nominal grand of RS 36/- per month for an inmate. The initiative taken by Dr.S.Rajaram in raising balance amount RS 175/- per month through donations to run the organization in noteworthy.

He has performed last rites for the aged who died in the Ashram.

DESTITUTE WOMEN:

His services for the destitute women by employing them as housemothers, caretakers, cooks etc., to look after the orphan children, is praiseworthy. For every 25 children a housemother or care - taker is employed by giving a new life to children and at the same time the destitute women is rehabilitated.

PHYSICALLY HANDICAPED:

The orphanage gives importance to physically handicapped children who are provided with wheel chair and other accessories to lead a normal life. The children who are orthopaedically handicapped are given education and settled permanently in life.

OLD AGE HOME:

The idea of starting an old age home was mooted by His holiness Sankaracharya of Kanchee Mutt when he visited the orphanage and advised Sri.S.Rajaram to provide the deprived home. It is due to his efforts a home for the aged was started in the year 1985 and inaugurated by **Sri.R.VENKATARAMAN, the then Hon'ble President of India**. There is transformation of love and affection by the old and young. The children who have lost their parents get the love and affection of the foster parents and the old in turn to get the love from the children, as their own kith and kin have discarded them. There are 80 old people at present and the unit will be expanded shortly.

VOCATIONAL TRAINING UNITS:

The idea of providing technical education to destitute women in and around the villages of Kancheepuam District was made to reality when the **former Prime Minister of India Sri. Morarji Desai** declared open a Vocational Training Unit in the year of 1979. Due to his initiative he got a donation of 25 No's Sewing Machines from M/s.Caprihans India Ltd. Due to his hard efforts a building worth Rs.1 Lac was constructed through benefit performance in which Tailoring Unit is house.

Every year 25 women are given a new life in dress - making. He also ensures that these women students are employed in various Import and Export Garments Manufacturers in Chennai City. Many women are rehabilitated and given a new life by the sincere and dedicated services of Dr.S.Rajaram.

The Tamil Nadu State Social Welfare Board aids by giving salaries to teachers and a sum of RS. 15/- as stipend every month to destitute women.

VOCATIONAL TRAINING UNITS -SECRETARIAL PRACTICE:

It was in the year 1981 a new Unit for destitute women was inaugurated by Sri. N.D.Tiwari, who was then the Hon'ble Minister for Industries, New Delhi. It was due to the initiative of Dr.S.Rajaram, the orphanage got donation of 25 rebuilt typewriters from SP GODREJ an Industrialist from Bombay. The destitute women are given one year training, which is aided and recognized by the department of Social Welfare and Technical Education, Government of Tamil Nadu respectively.

The destitute women are not only given training by also employed in the various organizations, private, public etc., who are well wishers of the organization. It is due to his sustained efforts a new unit with Tamil type writing is started from the current year for the benefit of rural destitute women in and around 25 villages of Kancheepuram district. He was able to manage to get 12 Tamil typewriters for this new project, as donation.

A vocational training unit in condensed course aided by Tamil Nadu State Social Welfare Board was conducted for the failed students in the S.S.L.C. and to give a helping hand to equip them to support financially and also to guide their academic education. Several destitute women got benefited by their education.

MEDICAL FIELD:

The Ashram has a dispensary in which a Doctor takes care of not only the inmates of the institution but also the villagers of Kancheepuram Dist. Due to the initiative of Dr.S.Rajaram free medical aid is given to thousands of poor villagers.

SCHOOL:

The institution runs both primary and high schools headed by Dr.S.Rajaram thereby thousands of rural children are given basic education and eyes are opened to learn knowledge and to come up in life.

A SEMINAR ON PROMOTION OF NATIONAL INTEGRATION AND MASS FEEDING:

Dr.S.Rajaram wrote to the Ministry of Home Affairs, Government of India to sanction grants for conducting 5 seminars and five National Festivals of our Country. The Government accepted his suggestions for a seminar and mass feeding for thousands of villagers for five festivals. Due to his initiative to organization conducted seminar and mass feeding by inviting VIPs and Ministers. Thousands of villagers attended the seminar and the mass feeding which was a very good platform for the villagers to know the reality of life and to create sense of Unity and to promote National Integration.

REHABILITATION OF Sri Lanka ORPHAN CHILDREN:

The riots in Sri Lanka was a rude shock for everyone as the people from Indian origin were badly affected when the trouble started and refugees started pouring in the refugee came in Mandapam near Rameshwaram, Dr.S.Rajaram wrote to the Government of India that he is prepared to admit 50 orphan children who are parentless or helpless in the orphanage and try to rehabilitate them. It was a bold decision. He proceeded to Rameswaram and worked in the relief camp for a week along with Sri.Ramakrishna Mission. He identified the children and fulfilled all the formalities, and gave asylum to 50 orphan children. To admit fresh children is to increase the liability financially, which he took as a challenge.

PROVIDING RELIEF FOR BHOPAL GAS TRAGEDY VICTIMS”

Dr.S.Rajarm offered the Government of Madya Pradesh and Government of India to adopt 50 affected orphan children.

RAISING RESOURCES OF DEVELOPMENTAL ACTIVITIES FOR THE CAUSE OF ORPHAN CHILDREN:

Due to the initiative, sincerity and involvement the orphanage has its own building, furniture's, apart from maintaining a big family of more than 450 inmates including old and young.

Dr.S.Rajaram created awareness among public to involve in festival functions like Deepavali, Pongal etc., by not only money but also by love and affection. His effort has paved the way for giving new life to thousands of orphans and destitute women who are rehabilitated every year with the sense of gratitude and immense satisfaction.

ABOVE ALL DR.S.RAJARAM WAS EMPLOYED IN STATE BANK OF PATIALA AS ASSISTANT MANAGER FOR 26 YEARS AND RENDERING HONORARY SERVICES FOR THE HUMAN CAUSE, WHICH IS PRAISEWORTHY, AND NOTEWORTHY.

AMONG ALL THE AWARDS THE WAS CONFERRED BY VARIOUS ORGANIZATIONS AND GOVERNMENTS IN THE YEAR 2002-2003 THE GOVERNMENT OF INDIA CHOSE HIM FOR THE HIGHEST CIVILIAN AWARD OF THE COUNTRY PADMA SHREE AND THE FORMER PRESIDENT OF INDIA SHRI .K.R NARAYAN HONORED HIM WHICH WAS A GREAT CREDIT TO THE ASHRAM AND THE ASHRAMITES.

HIS CONTRIBUTION TO THE ASHRAM AND TO THE COUNTRY IS REALLY REMARKABLE AND THE HE IS A MODEL TO YOUNGER GENERATIONS TO FOLLOW HIS PRINCIPES AS “ TRUE SERVICE TO SUFFERING HUMANITY IS SERVICE TO GOD”

**BE GOOD DO GOOD LOVE ALL SERVE ALL LOVE THY NEIGHOUR
LOVE THY SELF *******

JAI HIND.