

## The Vrindavan Chapter – October 2022 "Only love can take my place"

~Paramhansa Yogananda

Radhey Radhey to you all!

Dear Friends,

The festive season is here and the month of September brought with it the blessings of Divine Mother in whose service we all are walking this path of Seva.

Taking our cue from there, the Seva Pilgrimages have taken off and the month of September has seen two groups of Gurubhais from Ananda Sangha Moscow, Russia and Ananda Sangha Palo Alto, USA who came to Vrindavan to serve our Mothers. It was such a life

changing experience for them that our Russian friend Elena said, "I am going back now but I am leaving a piece of my heart here with you". They promised to return every year from now on just to serve the Mothers. Our friends from Palo Alto will be bringing a larger group in the coming year for a week long Seva Pilgrimage in Vrindavan and we are eagerly waiting to welcome all of them. You too dear Friends can come any time individually, with family or in groups to visit the Mothers and take part in the various Seva Pilgrimages which can be pre-arranged. This newsletter will tell you about 2 upcoming Seva Pilgrimages and the details about how you, your friends and family members can participate in these high energy and blessed programs!

This month we will also tell you in detail about our Widow Welfare program called "Matri Seva". Through this program the Yogananda Trust serves and looks after over 3000 elderly

needy widow Mothers in Vrindavan by providing them love, care, a family like environment, all basic necessities like free ration, free daily milk and vegetables, room rent for Mothers living in the community, free Care home facilities for the infirm, free medical care including surgeries and hospitalization and all kinds of need based care. With nowhere to go and no one to turn to, the Mothers have given themselves to us and us to them! We have become their children and at the end of their life we have been given the privilege of carrying out their last rites and subsequent ongoing rituals as well.

Read on to get a glimpse of their Joy and Love through this newsletter and come to visit them so that they can fill your hearts with that love and joy. These are resilient independent women who can teach all of us a thing or two about "How to live in peace and harmony inspite of circumstances".

We request you again to help us spread the word and reach out to more warm hearted likeminded friends in your known circles, introduce us to the CSR Heads of your respective companies, who may be willing to help us by extending financial assistance so that we can

continue to provide this much needed service.

We are truly grateful for your support and good wishes. You are the reason we are able to do this work. Please keep us in your prayers so that we may continue to do more and better. Divine Mother's blessings on you and your family always. In Divine Friendship,

**Program Director** 

Impact

Jayeeta Chakraborty

**MONTHLY RATION DISTRIBUTION** 

(ANNA SEVA)

2 lakh 37 thousand units distributed till date

1894 Units distributed in September '22

MATRI SEVA – ASHRAM (ELDERLY WOMEN CARE IN YOGANANDA TRUST ASHRAM)

**MEDICAL PROGRAM** 

(AAROGYA VARDHAN)

3 lakh 54 thousand OPD Treatments till date

1 lakh 10 thousand plus Surgeries till date

September '22: 1052 OPD, 27 IPD including

**6 surgeries** 

which provide 24 X 7 care for the 78 inhabitants. These Ashrams provide shelter, food, and medical assistance to the beneficiaries, along with a range of programs for emotional and spiritual well-being.



22,695 Servings in September '22

(600 Monkeys, 55 dogs and 45 cows)

## the mothers by engaging them in recreational and developmental activities. It stimulates and improves cognitive functions, emotional state, and creative outflow of energy among the mothers. The activities include chair yoga, ball games, antakshari, board games, book reading, spiritual movie nights, painting and craftwork, etc.

Special Active Aging program is conducted to preserve the mental and emotional health of

Along with Aarogya Vardhan (Medical Care for Destitute in Vrindavan), Matri Seva is one of

the focus areas of the Trust. Under the Matri Seva Initiative, the trust runs care homes

There are 4 Ashrams for elderly and mostly widow mothers in Vrindavan and Radhakund,

known as "Ashrams" where the most vulnerable and ageing women are taken care of.

Energization Exercises and Yoga sessions are conducted every day at the Ashrams. These practices allow the mothers to heal their physical ailments by channelizing their prana, improving the flow of blood in the body, strengthening their muscles and nervous system, and magnetizing their spines. As per the medical records, major improvements in the physical health of the mothers are observed within a few months of doing these exercises daily.



Daily kirtan, chanting, and healing prayers are conducted at the Ashrams by the mothers.

They perform healing prayers for the ones in need, along with chanting of the Gayatri

mantra and the Mahamrityunjaya jaap, on a daily basis. The mothers feel uplifted to help

others with their prayers.

Volunteering Opportunities Seva Pilgrimage

Our Seva Pilgrimages gives an opportunity for our volunteers to come to Vrindavan and expe-

Public Charitable Trust

DATES FOR UPCOMING

SEVA PILGRIMAGES

Join us to serve the mothers of Vrindavan and

experience the joy and love of seval

MAKARSANKRANTI SEVA PILGRIMAGE

**HOLI SEVA PILRIMAGE** 

11th-15th JANUARY 2023

22<sup>nd</sup> -26<sup>th</sup> FEBRUARY 2023

rience serving the Mothers of Vrindavan, and exploring the divinity of the holy city.

Paramhansa Yogananda

SEVA PILGRIMAGE

One Day In The Life Of A Sevak - A Life Transforming Experience!

Experience the priceless blessing of serving the Mothers in their homes in Vrindavan as they welcome you with hearts full of

Welcome the day with a

on the Yamuna River,

Temples of Vrindavan.

Sunrise Kirtan and Meditation

also exploring the auspicious

Invite the Joy and Love of Seva to touch your heart in

a way that you will be

changed forever.

To Volunteer Contact - jayeeta@yoganandatrust.org www.yoganandatrust.org

love. Serve by living one day in the life of a Sevak.

~Paramhansa Yogananda

Triptipandey@yoganandatrust.org

**Donate Now** 

Here there is no one to fight with me, no one to taunt me. Everyone talks to me with love

Yes, I like this place a lot. I don't need anything else. We have been given so much care and

love. We are getting food and clothes here. What else do we need? I accept this in the

Send in your Requests for Healing Prayers

If you or anyone who you know is in need of healing,

do share with us your healing prayer

CharitableTrust/

take you."

the care home.

and takes care of me.

lord's name.

I only saw fights at home.

Shreedevi Maa, Ashram 4, Vrindavan

request. 45 mothers and 26 staff members do healing prayers twice a day and would love to pray for your well-being. Send in your healing prayer requests to

nanda-trust/

https://www.youtube.com/c/Yogananda-

Shreedevi Maa They dropped me at Panighat care home. That's how I got this place to stay.

They broke my heart, therefore I came here. Otherwise, I wouldn't have left home. Somebody dropped me at an ashram in Vrindavan. At ashram they asked me "where have you come from?" "Where will you stay?", I said, "I'll stay here." Do you have an identity card. I said No. They said "Get out of here of the cops will come and Then I came out of there. I roamed for several days but didn't get a place to stay. Two boys came and said that they would drop me to Then they brought me here. One boy gave me Rs 100, other one gave me Rs 200.

"The channel is blessed by what flows through it"

nandatrust/

Stay Connected We would love to hear from you on how you are doing and on any suggestions you may have to help us serve better. Forever grateful to you for your love and service. https://www.facebook.com/YoganandaPublichttps://www.instagram.com/paramhansayogahttps://www.linkedin.com/company/yoga-

meeting her first time. Thank you Divisha team and all who co-ordinate Pradnya, Pune on her Circle of Love calls with Jharnaa Maa with Mamta Maa Inspiration strength, and our wrong thoughts into right thoughts. Grow Thou a flower of divine understanding from every seed of activity. With the magic wand of foresight, given by Thee, teach us to transmute the ugly imps of selfish ambition into fairies of all-serving, noble aspirations. Train, Lord, each stallion of desire to become a champion racing for Thine abode. Transform our base ignorance into the gold of wisdom, that it become a liquid stream of spiritual gold, rushing steadily to Thy shore. - Paramhansa Yogananda, Whispers from Eternity Mother Speaks I raised my children alone. I got them married and settled. They had their children. And they started abusing me. They took everything, even my earrings and anklets. They don't have any love for me. I will commit suicide if I don't have any place to stay. But I'll never go back there.

Most joyous chat with Jharna Maa O Infinite Alchemist, spiritualize our weaknesses into

What a beautiful feeling and blessing to connect with the mother devotee soul of Vridavan. Thank you Jayeeta Divisha and Dithi, Kolkatta on her Circle of Love calls If you would like to be part of this Seva and connect with one of our Mothers for a 15 minute video call every week, please contact Divisha on divisha@anandaindia.org, +91 99679 70630.

We are happy to share some testimonials of our volunteers

If you would like to participate in any of the upcoming SEVA Pilgrimages, please contact Divisha on divisha@anandaindia.org, +91 99679 70630 Circle of Love We would again like to thank all the Circle of Love volunteers who are part of this joyous Seva and connect with the mothers through the weekly fifteen minute video call. The mothers eagerly look forward to these calls very eagerly. We have received feedback from our volunteers who are part of this program that they too find the interaction very enriching, and they get to learn many things from the Mothers. Spoke to Mamta ma today she is a loving angel we both sang bhajan also my mother in law sang Krishna's bhajan. Mamta ma giving kisses in end of call. Felt deep love