



Paramhansa Yogananda  
Public Charitable Trust

# Vrindavan Newsletter

Paramhansa Yogananda Public Charitable Trust | June 2021

*"Only love can take my place"*  
-Paramhansa Yogananda

**Dear Friend,**

Hope you are doing well. We are regularly praying for you and your family's well-being. All of us at the Paramhansa Yogananda Public Charitable Trust, our Mothers and staff are safe and healthy.

The purpose of this Newsletter is to first and foremost thank you for your support and contribution without which none of this would have been possible. We would also love to introduce to you our Mothers and staff, giving you an insight into all the ongoing activities.

Paramhansa Yogananda Public Charitable Trust started in August 2015 with a vision to uplift the consciousness of society through Seva for the betterment of elderly women in India. With your constant support, the Yogananda Trust is now successfully serving 4500 elderly, destitute Mothers in Vrindavan and Radhakund. All of them are above the age of 60 with health frailties and no family to look after them. We at the Yogananda Trust have become the sons and daughters of these elderly mothers.

We hope you feel through this letter, the joy and love we feel through our service.

***In Divine Friendship,  
Jayeeta Chakraborty***

*Glimpse of our reach over 6 years*

(Overall numbers till now)



**MONTHLY RATION  
DISTRIBUTION**



**DAILY MILK AND VEG  
DISTRIBUTION**



**FREE MEDICAL SERVICES**

238,713 units distributed till date

2,851,546 units distributed till date

provided 473,128 OPD Consultations till date



**FREE SURGERIES**  
92912 patients treated till date



**PASHU SEVA**  
64,425 servings  
(Since 27th March, 2020)



**COVID SUPPORT**  
1051 mothers vaccinated till date

## Serving the Community

The community consists of 4431 beneficiary Mothers who live in rented facilities. The Yogananda Trust currently provides them with complete need-based care; like medical services, daily milk and vegetables, monthly ration, clothing, bedside care etc. **Our Community Care Assistants visit every Mother in the community twice a week to ensure they are all doing well.**

During COVID times, we obtained government approval to distribute daily provision to Mothers' homes. Wearing masks and taking all precautions, our **volunteer staff members distributed milk and vegetables everyday and ration once a month** throughout our community, directly to each Mother's home, ensuring each of them are well nourished.

### MONTHLY RATION DISTRIBUTION

238,713 units distributed till date  
1040 units distributed in April & May

Once a month the Community Care Assistants distribute dry Ration to our Beneficiaries over a period of 8-9 days. Most of the Mothers come to the assigned Ration distribution center along with their ration cards to collect the items. The Community Care Assistants do home delivery for the aged and infirm Mothers.

**Each unit** of ration consists of 5 kgs rice, 5 kgs aata, 1 kilo daal, 1 kilo sugar, 1 liter oil, 100 grams haldi, 100 grams jeera, 1 kg salt (twice a month), 1 soap each for bathing and washing clothes, 50 grams hing, 1 hair oil, 500 grams washing powder.



**In order to obtain food and vegetables now, it is compulsory for every Mother to wear**



**masks, carry sanitizers and maintain social distancing.**

### DAILY MILK AND VEG DISTRIBUTION

2,851,546 units distributed till date  
11,800 units distributed in April & May

The Community Care Assistants reach the respective distribution centers at 9:00 am to receive the delivery of milk and vegetables and the distribution goes on from 10:00 am till noon. Mothers holding their cards make a que and collect the milk and vegetables after entry of the card number is done in the register.

Each unit distributed consists of 250 grams milk, 250 grams potatoes along with 250 grams of another vegetable (eg; tomato, cauliflower, brinjal, ladyfinger, gourd, cabbage etc).



**In order to obtain food and vegetables now, it is compulsory for every Mother to wear masks, carry sanitizers and maintain social distancing.**

## Cleaning Drives

The Yogananda Trust organizes several volunteering opportunities for people to experience the joy of service and the love from our Mothers. Here are some words by a volunteer sharing an experience of one of the 'Cleaning Drives' that we had organised for our community Mothers.

**"I was part of the recent cleanliness drive organized by the Yogananda Trust.** We were a group of three people who went to the house of these 80+ years old women to clean their rooms and courtyard. Having never done cleaning in my own house, it was more than a humbling experience to serve these very warm and welcoming grandmotherly-like-women. We had put on devotional music on our respective phones, and sang at the top of our lungs while taking out the cobwebs. One of the old women quickly cooked us some pakoras seeing us sweating and huffing, and served it with what you would call a million dollar smile! Never felt such love and blessing before. At the end we celebrated phoolon ki holi (flower holi). It was nothing less than divine bliss!"



## Daily Schedule for serving the community mothers

**Before milk and distribution**, our Community Care Assistants guide the Mothers through some Active Ageing activities like Yoga, Energisation, Healing Prayers, Mantra chanting, etc. to keep them physically and mentally healthy.



**After the distribution** each Community Care Assistant goes personally to visit the homes of 20-25 Mothers in his/her assigned areas per day, which occupies the rest of the day. Mothers stay in their own rented rooms. The Yogananda Trust also helps out with some of these rents. During the home visits our Community Care Assistants find out how the Mothers are doing, physically help the infirm Mothers with household chores, chat with the Mothers and spend time with them.



## Yogananda Trust Ashrams

The Yogananda Trust has provided the mothers with a home they can call our own. **79 Mothers and 2 Babas** are staying in 4 of the Yogananda Trust Ashrams. Right from clothing, bedding, sanitation, food to regular facilitation of exercises and activities, we take complete care of them, both physically and emotionally.



## Daily Ashram Schedule



3:30/4 am	Waking up + personal spiritual practices
6:30 -7 am	Morning tea with biscuits + getting ready
8:30 am	Breakfast
10:00 am	Activities: Energisation Exercise, Gayatri mantra chanting, short meditation
12:30 pm	Lunch is served
1 pm	Mothers take a break to rest and freshen up for the evening
4/4:30 pm	Evening tea is served with some light snacks
5:00 pm	Kirtan followed by Mantra Chanting and short meditation
6:30 pm	Mothers get free time to pursue their interests
8:30 pm	Dinner is served after which the mothers retire for the night

This is followed by the **Active Ageing activities** for the next 1 hour carried out by the Active Ageing coordinator.

<b>Monday</b> Antakshari	<b>Tuesday</b> EE + Meditation Board Games
<b>Wednesday</b> Drama	<b>Thursday</b> Pass the parcel
<b>Friday</b> Painting/Rangoli	<b>Saturday</b> Book Reading



## Free Medical Services

provided to 473,128 patients overall  
**provided to 1375 patients in April and May**

There are **11** full-time employees at the hospital looking after the poor patients undergoing treatments and surgeries. The OPD Assistants assist in getting admission into the hospital, communicating with the doctors, explaining the treatment to the patient, and procuring medicines and medical equipment as per requirement. For the ones admitted and undergoing surgeries, the Bedside Care Attendants provide full-time care to them before and after the surgery.



**Free SURGERIES provided**

**92912 patients** treated till date

Along with surgeries under the supervision of only expert doctors, our Mothers receive complete post-surgery care.



## Daily Hospital Schedule

Our Hospital Assistants collect the Mothers who need to see the doctor from their assigned localities of Vrindavan and Radhakund in the Yogananda Trust owned ambulance and/or E-rickshaw. They are brought to the OPD section where our Hospital coordinator is ready with the appointments.



There are some Mothers who come to the hospital on their own and the coordinator guides them and helps them.

**The tasks of the Hospital Assistants are** - Registration of the patients in the OPD counter, taking the Mother to see the doctor as per the token given. As per diagnosis tests are done and medicines are collected, or hospital admission is done.

Hospital Assistants collect the medicines as per the prescription and explain the dosage to the Mothers. If required the Hospital Assistants deliver the medicine to the mothers homes as well.

The Mothers who are admitted in the hospital for any procedure or any serious issue are looked after by the Yogananda Trust appointed 24 hours Bedside Care Attendants for the entire duration of stay at the hospital without whom the hospital will not allow any patient admission.

**Our hospital team is always ready 24/7 to cater to all emergency patients.**

## Additional Initiatives

### PASHU SEVA

64,425 servings till date  
9203 servings distributed in April and May

Vrindavan is also home to many animals, dogs, cows and monkeys who wander on the streets. During lockdown, they had become frail and weak, having no food to eat and some



had even lost their lives due to hunger. Our staff took notice of this while distributing ration to our Mothers and began serving these animals daily with adequate afternoon and evening meals.



## COVID SUPPORT 1051 mothers in total vaccinated so far

### 1. Vaccinating our Mothers

**995** of our mothers in the community, and **56** of them in our ashrams have received their first vaccination. **24** ashram mothers have received their second vaccination. More and more of our mothers continue getting vaccinated everyday, hope you too have received yours.



### 2. Masks, Sanitizers Distribution Drive

We ensure that each of our mothers in the community have at all times adequate masks, sanitizers and gloves to ensure their safety. So far we've distributed:

- **5000 - N95 masks (2 masks for each mother)**
- **4000 pairs of gloves (2 pairs of gloves for each mother)**
- **5000 sanitizers**

**We continue to distribute the above at regular intervals.**

## EDUCATION FOR ALL

The Yogananda Trust believes in the 'Education For All' mission and aspires to complement the educational programs for underprivileged children across India.

It funds the **tuition fees** of a total of **112 students**. It supports scholarship programs in 3 schools; Vatsalyagram in Vrindavan, Shikhar Academy in Gajja and Mother Miracle in Rishikesh.



# Our Healing Prayer Community

45 mothers and 26 staff members do healing prayers twice everyday

*"The channel is blessed by what flows through it"*  
*-Paramhansa Yogananda*

Our Mothers are extremely devoted to God and have so much love to give. Many people from various parts of the country often request our Mothers to pray for them and their families. We have thus started a **Healing Prayer group** where our staff and Mothers pray twice everyday for the physical and mental wellbeing of people around the world.



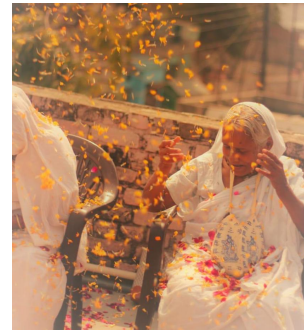
**45 Mothers and 26 staff members who do healing prayers twice everyday.**

## We can't wait to celebrate with you again

*In all these years, festivals have been such a source of love and joy for all of us!*







During Festivals like Holi celebration, Master's Birthday/Mahasamadhi our ashram Mothers and community mothers come together to join us in our special activities. We do Kirtans, Parikrama and Sankirtan, Healing, playing Holi with flowers, partaking in Prasad, etc.

***We missed celebrating with everyone during Holi this year. Sharing with you some joyful memories from the previous years. Our Mothers can't wait for you to come and see them again!***



*Till then, one call from you can light our mothers up!*

### **Circle of love**

This is an online seva initiative open to everyone across India through which all volunteers can **connect with the Mothers over video calls once a week** and create with them a soulful bond founded in divine friendship, love, joy and respect.



*This month we lost our dearest friend and devotee*

**Amlan Da**, our dearest friend and humble devotee of God, moved on to merge in God's light. He served as the Head of Operations at the Paramhansa Yogananda Public Charitable

Trust for 2.5 years, with so much love and compassion, standing by his staff and the mothers in health and sickness. While the void of his physical presence is deeply felt by all of us, his infectious laughter, joy and love will always continue to linger in our hearts. We pray that the Almighty bless his life of selfless service, and rest his noble soul in peace and eternal freedom.



We all have so much to learn from him, who had a heart of gold. Just a few weeks before he left his body, he shared with us a little about his service for all of us.

[Video Link: Amlan ji's inspiration on Seva](#)

### SEVAKS SPEAK

Tune in to these inspiring videos right from our staff, Radha, Tripti and Rama as they share their experiences of serving the elderly Mothers and how this service has transformed their life.



**Sevaks Speak: Radha**

**Sevaks Speak: Rama**

**Sevaks Speak: Tripti**

*Stay connected, continue your contributions*

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.





*Thank you for your generous donations, time and prayers for our Mothers.  
To continue supporting our cause, kindly refer to the links below:*

1. [Impact Guru](#)
2. [Ketto](#)
3. [Milaap](#)



<https://yoganandatrust.org>