



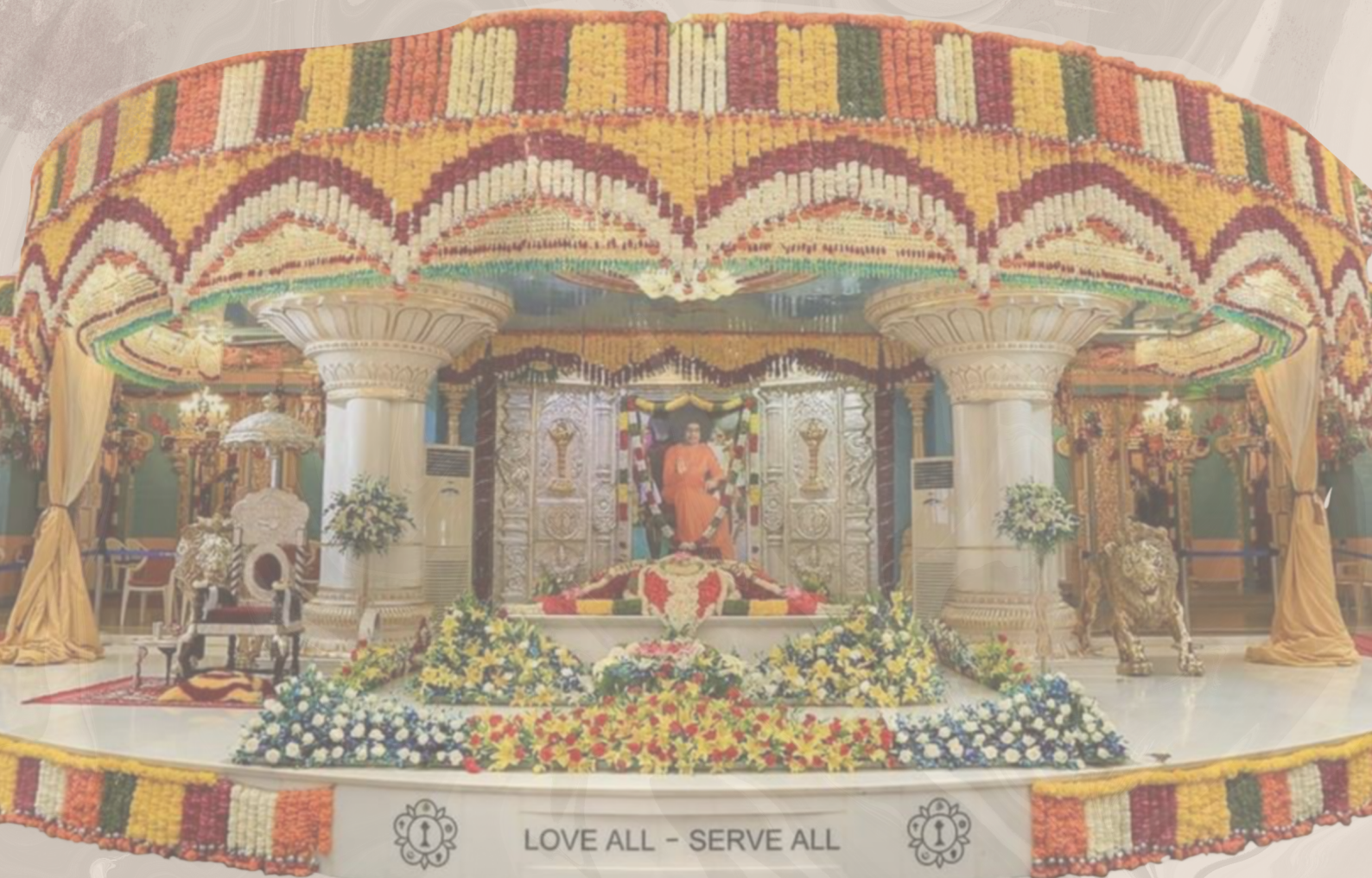
**Sathya Sai International Organisation of Malaysia**

# **Aradhana Mahotsavam**

**SSIOM is paying homage to Bhagavan Sri Sathya Sai Baba with a series of spiritual, service and education programs.**

**Duration: 1-30 April 2021**

**Theme: Gratitude - Live His Message, Be His Message**





# Aradhana Mahotsavam 2021

## Summary of Program

	Spiritual	Service	Education
Daily	Daily Spiritual Practice		
Weekly	1. Online Satsangh & Experience Sharing 2. Online Study Circle	1. Feeding the Homeless, Poor, Needy & Animal Shelter 2. Medical Talk 3. Single Mom Sustainable Biz Mentorship 4. Medical Assistance to Underprivileged Women 5. Blood Donation	Lesson plan for SSE Group 1, 2 , 3 classes in the month of April will be centered on the term 'Gratitude'
<u>24 - 04 - 2021</u>  0530 - 0830 Online Koti Archana / Satsangh  Evening Centres / BU Program  2130 - 2300 SSSIO Global Online Program  2300 onwards SSSIO 24-hour Akhanda Gayatri			





# Spiritual Program

## Daily Spiritual Practices (per SSSIO announcement 19/3/2021)

### 30 Days of Spiritual Practices

1. Chant the mantra "God Is" (Devudunnadu) daily
2. Recite these **Five Prayers** daily:
  - I am God; I am not different from God
  - I am the Akhanda Parabrahman  
(Indivisible Supreme Absolute)
  - I am Sath-Chith-Ananda  
(Being, Awareness, Bliss)
  - Grief and anxiety can never affect me
  - I am ever content; fear can never enter me
3. Samastha Loka Sukhino Bhavantu  
Pray intensely for the welfare of All
4. Sutra Vahini  
Read daily

## Weekly Online Program

- Satsangh / Experience sharing
- Study circle



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# **Service Program**

## **Feeding the Homeless, Poor, Needy & Animal shelter**

Each devotee/centre to identify and serve the needful within your means. For Global Community, devotees can cook a meal and serve on a specific day of their choice.

## **Medical Talk (4th ,11th,18th & 25th April, 2pm to 3.30pm)**

Topic: Covid 19 – a new norm adapting to change; Managing Mental Health; Family Medicine

## **Single Mom Sustainable Biz Mentorship**

Each centre to target minimum one; SSIOM Service grant available.

## **Medical assistance to underprivileged women**

Sponsor by National Cancer Society of Malaysia & Lembaga Perancang Keluarga Negara; Implementation details to be furnished later.

## **Blood Donation**





# **Education Program**

**Lesson Plans for SSE Group 1, 2 and 3 classes in the month of April 2021 will be centred on the theme “Gratitude”**

- Week 1: Gratitude to Mother
- Week 2: Gratitude to Father
- Week 3: Gratitude to Guru (Teacher/Mentor/Swami)
- Week 4: Gratitude to God/Swami/Nature/Life

**The lesson plans will be distributed on a weekly basis**

**Gurus to encourage SSE students to practise Likhita Japam**





# **National & International Program**

**24th April 2021**

## **SSIOM Online Program**

- Koti Archana & Satsangh (5:30AM to 8:30AM)

## **SSSIO Global Online Program**

- Celebrations of His Life, Message and Works (9:30PM - 11:00PM Malaysia Time)
- 24-hours Akhanda Gayatri (starting 11:00PM Malaysia Time)

Note: Respective Centre is free to organise afternoon/evening program, subject to SOP



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