

# Sathya Sai Centre Leicester Bal Vikas Parents' Open Day

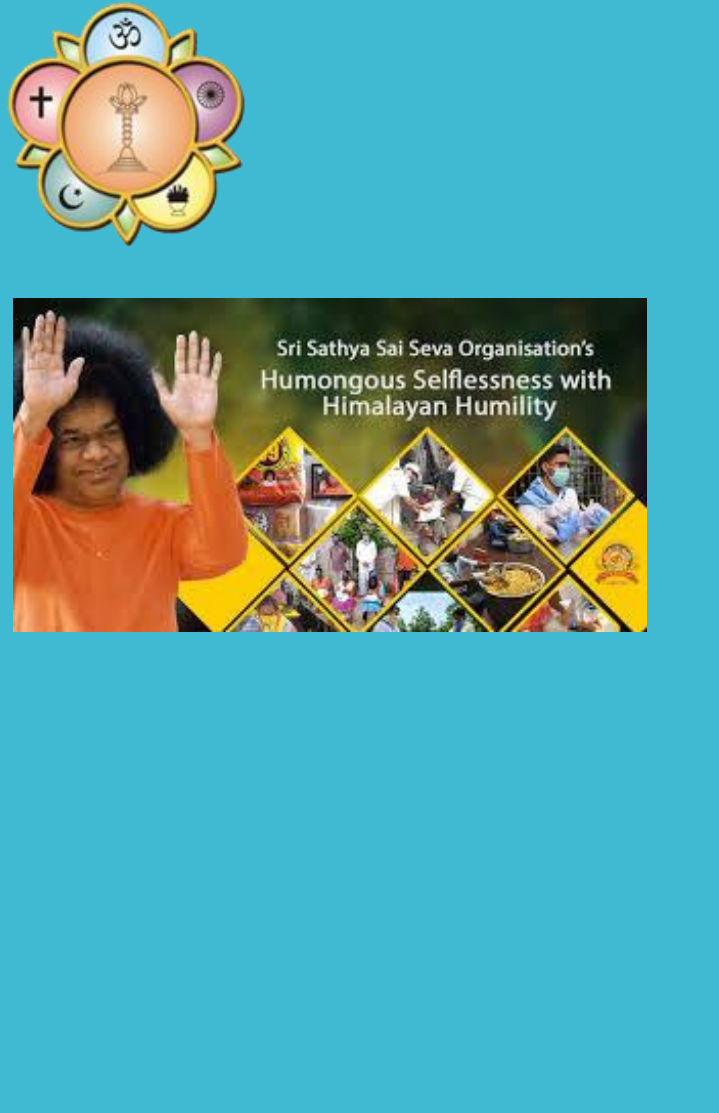
Sunday 13<sup>th</sup> October 2024

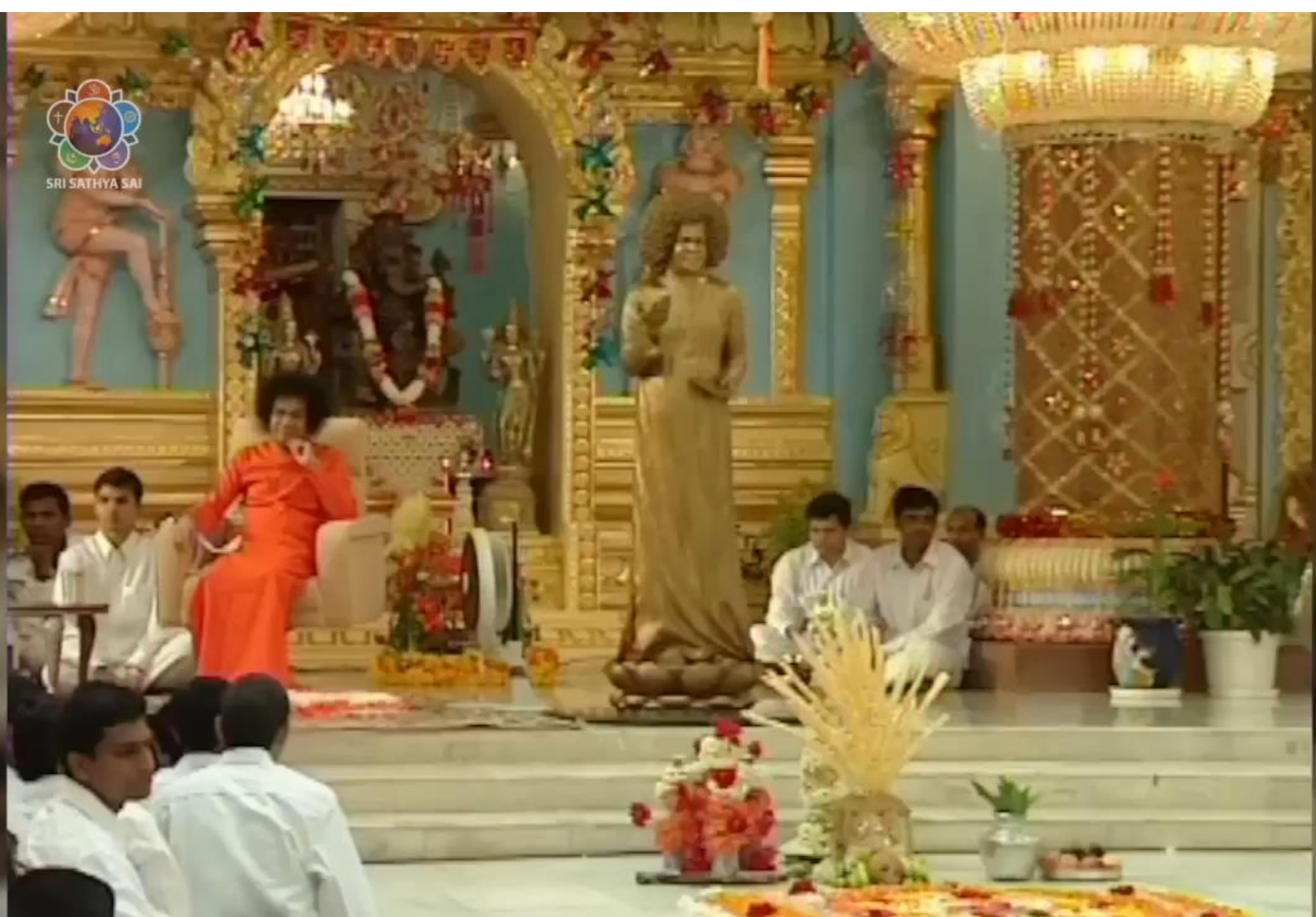


# My humble pranaams at the Lotus Feet of our Dearest Swami.

## Jai Sai Ram To all

- Our Programme for today is :
- Introduction by Bipin Bhai- Centre Chair of Sathya Sai Centre , Leicester
- A short Video on, ` Benefits of attending Bal Vikas classes | A Sweet Little Prayer to Bha by a Bal Vikas Student
- Certificate Ceremony
- Wings Presentations
- Bal Vikas/SSE Prize Distribution
- Aarti
- Thought for the Day
- Announcements
- World Peace Prayer
- Parents then to attend SSE classes with their children.
- Thank you, Jai Sai Ram





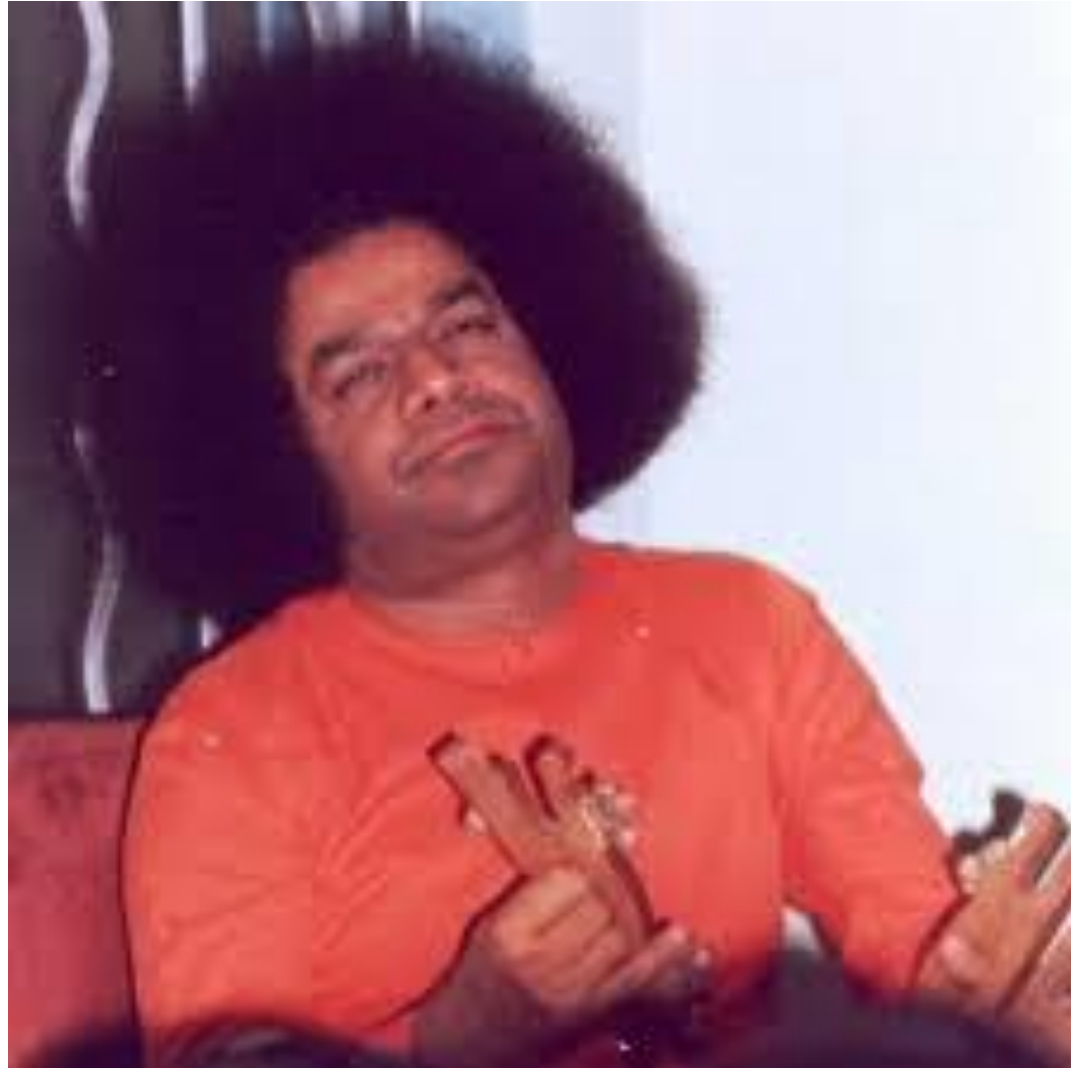


# Spiritual Wing Update

- The home /community bhajans are conducted regularly since the beginning of the year to commemorate Swami's 100th birthday. Our Centre had a target to hold 22 such bhajans. We have achieved this target and will exceed this
- Monthly Hanuman Chalisa are held via Zoom
- Weekly meditation and bhajans are held every Sunday and Major festivals are celebrated with much enthusiasm
- Regular Study circle sessions are held with devotees to discuss interesting topics
- Japam Likham - VR please check correct terminology- has been introduced. This is a National initiative encouraging devotees to focus on Swami and write the Devine name
- In conjunction with the Bhajan coordinator we are encouraging SSE children to get more involved with the bhajan singing at our Centre
- Chanting of Sai Gayatri-Mala is conducted every quarter
- In conjunction with the Bhajan coordinator practice sessions are held regularly to encourage devotees to undertake Naam Smaran and get involved in bhajan singing
- When opportunity presents other faith groups speakers are invited to the Centre to improve our knowledge of different faiths.



# Bhajan Wing







# Service Wing





# Service Wing



## Sathya Sai Centre of Leicester

Sri Sathya Sai Organisation UK

### MOLDOVA FAMILY PARCELS PROJECT UPDATE 2024

#### Moldova Family Parcels Project Update



As an offering to Swami for His 98<sup>th</sup> Birthday we collected food and toiletry items for family parcels to go to families in need in Moldova.

We prepared 101 parcels and at the same time we tried to practice Swami's **Ceiling on Desires** message for the month of November 2023



Sri Sathya Sai Organisation UK

Rob and Holly from the charity TEECH came to the centre on Sunday 26<sup>th</sup> November.

They did a talk about the work they do in Moldova and then we loaded their van with the parcels.



Sri Sathya Sai Organisation UK

## Food Parcels

During December Rob and Holly and other volunteers from the charity TEECH delivered our parcels to the needy in Moldova...

Thank you all for your support with this service activity!



Sri Sathya Sai Organisation UK

[LeicesterSaiCentre.org.uk](http://LeicesterSaiCentre.org.uk)





# Service Wing



## Sathya Sai Centre of Leicester

Sri Sathya Sai Organisation UK

This year we went to Bradgate Park. We had just over 100 guests and volunteers. On arrival guests were served with refreshments and then most of them went to Bradgate Park with volunteers, whilst those staying behind were entertained indoors. There were games such as Family Fortune, Flower Arrangement and Bingo, as well as a sing-a-long. Delicious lunch was served to all guests volunteers, and everyone had a thoroughly wonderful day.

## Global Service Day



[LeicesterSaiCentre.org.uk](http://LeicesterSaiCentre.org.uk)





## Service Wing



### Sathya Sai Centre of Leicester

Sri Sathya Sai Organisation UK

**This service activity is one of the oldest Centre activities, started nearly 50 Years ago.**

**The Meals on Wheels Service is provided to those elderly members of the community who do not have family or friends to provide them with hot meals during the weekends and bank holidays.**

## *Meals on Wheels*



[LeicesterSaiCentre.org.uk](http://LeicesterSaiCentre.org.uk)



# Service Wing



## Sathya Sai Centre of Leicester

Sri Sathya Sai Organisation UK

The aim was to extend our service to the Elderly in our society, by providing a day of outing at this wonderful time of Christmas.

Swami gives a Vedantic stamp to Service and says 'paropakaaardham idam sariram' – this body is meant to help others. It is the very purpose of this body. Hence seva should become a natural thing for us.

## *Christmas Party for elderly guests*



[LeicesterSaiCentre.org.uk](http://LeicesterSaiCentre.org.uk)





# Service Wing



## Sathya Sai Centre of Leicester

Sri Sathya Sai Organisation UK

**Volunteers from our Centre have been going every Friday, for over 2 years now, to provide refreshments to guests who visit the homeless charity at The Bridge Homelessness To Hope.**

### *Bridge – Friday Lunches*



[LeicesterSaiCentre.org.uk](http://LeicesterSaiCentre.org.uk)





# Service Wing



## Sathya Sai Centre of Leicester

Sri Sathya Sai Organisation UK

**THE BRIDGE**  
homelessness to hope

**FREE  
Eye Checks  
& Spectacles** (if required)

Come to our free eye clinic where our eye care professionals will check the health of your eyes and your sight. If you require spectacles, then we will also provide you with free spectacles.



**Your  
Eye Health Matters**

It's really important to have the health of your eyes checked regularly.

**Please speak to a member of staff to book a time for your free eye check.**



The Bridge • 43 Melton Street • Leicester • LE1 3NB

SRI SATHYA SAI CENTRES OF LEICESTER  
SRI SATHYA SAI ORGANISATION UK



## Bridge - Dental & Eye Clinics

**THE BRIDGE**  
homelessness to hope

**FREE  
EMERGENCY Dental Clinic**

If you are suffering from a dental issue relating to your teeth or your gums then our dentists will provide a free dental check-up and emergency dental work (if required). All of this will be **free of charge**.



[LeicesterSaiCentre.org.uk](http://LeicesterSaiCentre.org.uk)



# Service Wing



## Sathya Sai Centre of Leicester

Sri Sathya Sai Organisation UK



## *Akhand Bhajans*



[LeicesterSaiCentre.org.uk](http://LeicesterSaiCentre.org.uk)



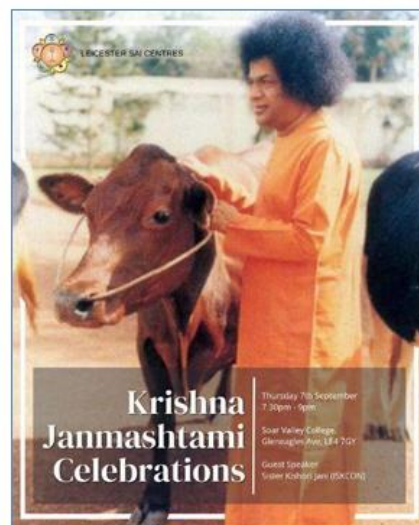


Service Wing



Sathya Sai Centre of Leicester

Sri Sathya Sai Organisation UK



## *Krishna Janmastami*



[LeicesterSaiCentre.org.uk](http://LeicesterSaiCentre.org.uk)





## Ladies Wing

- Hansaben Sisodia, the lead for the Ladies Wing on “Swami’s 100<sup>th</sup> Centenary Project” presented two initiatives:
  1. Knitting blankets for the maternity wards at the Yonibana Sai Hospital in Sierra Leone and the hospitals in Prashanti Nilayam while practicing Ceiling-on Desires
  2. Learning to chant Bhaja Govindam and studying its meaning.

### **Blankets for the Maternity Wards**

- The first initiative is to involve all members of both Leicester Sai Centres (brothers and sisters) to learn how to knit (for those who want to learn) and be given all materials required to knit baby blankets. The aim is to undertake this task whilst practicing “Ceiling On Desires” and to knit 100 plus blankets for Swami’s Centenary Birthday Celebrations.



# Bal-Vikas Sai Spiritual Education



- Good education is that which teaches the method of achieving world peace; that which destroys narrow-mindedness and promotes unity, equality, and peaceful co-existence among human beings. — Sri Sathya Sai Baba



# Swami's Mission

Bal Vikas /Sai Spiritual Education (SSE) was launched by Bhagwan Sri Sathya Sai Baba in 1969.

**Sri Sathya Sai Baba says: “You must study to become steady. See to it that the Divine Love in your heart is to be steady. The goal of education should not be to just acquire theoretical knowledge but to practically apply it in your life.**



## Aims and Objectives of Bal- Vikas

The Sai Spiritual Education model is an inspirational model, not an instructive one.

- The Aims of Sai Spiritual Education or Bal Vikas are:
- To foster
- character development,
- spiritual transformation,
- self-discipline,
- inculcate the spirit of service towards the wider community,
- practice ceiling on desires
- help children to be fully aware of unity amongst all faiths,
- develop purity and harmony in Thought, Word, and Deed,
- practice of the five inherent human values of Truth, Righteousness, Peace, Love, and Non-Violence and
- learn about the life and teachings of Swami.



Bal Vikas is a 12-year programme for children from 3 to 16 years of all faiths to enable them to manifest their own inner Divinity.

We use Five Techniques to deliver the Bal Vikas Programme:



The Overview of the Bal Vikas Programme:





## Nursery- Reception

- Simple visual guided meditation
- Celebrations of Festivals with hands-on activities
- Simple moral stories
- Arts and crafts
- Simple devotional songs



## Group 1

- Simple slokas of different deities.
- Value Based stories.
- Namavali Bhajans / Value Songs
- Introduction into the Life of Bhagawan Sri Sathya Sai Baba



## Group2

- 🍃 Select Bhagawad Gita Slokas
- 🍃 Select episodes from Ramayana & Mahabharatha
- 🍃 Bhajans / Value Songs
- 🍃 Stories of Saints and Prophets
- 🍃 Unity of Faiths
- 🍃 Life & Teachings of Bhagawan Sri Sathya Sai Baba





## Group3

- Selected Slokas from Bhaja Govindam & Bhagawad Gita.
- Lives of Great Men like Sri Ramakrishna Paramahansa & Swami Vivekananda.
- Bhajans / Value Songs and Indian Culture & Spirituality
- Introduction and Hands-on experience to the Humanitarian Seva being carried out by the Sri Sathya Sai Seva Organisations



## Group4

The basis of the Group 4 program is Summer Showers 1990. The discourses began on the theme of the body, senses, and mind before progressing on to the buddhi(discrimination), ego, attachment, gunas, and Self.

The discourses of Summer Showers in Brindavan 1990 lend themselves both to discussions of simpler aspects of Bhagawan Baba's teachings and a deeper understanding of the Self.



# ASSESSMENT / EXAMINATION

- The SSE Programme is a "personality moulding" educational programme. The objective is the inner transformation and development of the child's personality. Assessment is only a means, not an end.





# ASSESSMENT / EXAMINATION

- **Group 1** - Oral assessment - An internal assessment by the Teachers at each Centre at the end of 3 years (age 9).
- **Group 2** - Written examination at a National level at the end of 3 years (age 12). The final assessment incorporates the internal assessments done during the 1st and 2nd years of Group 2 ( ages 10 & 11).
- **Group 3** - Two projects to be completed by the students in the Second Year and the Third Year, It is marked at the National Level and Results are announced on Baba's Birthday celebrations.



Swami's aspiration was,  
"I hope to see that every  
home becomes a Bal Vikas  
center and every mother a  
Bal Vikas Guru."

# What is the Parental Role?

## SSE Program – Triple Partnership





How can you  
as a parent  
sustain and  
achieve the  
best from the  
Bal- Vikas  
programme?

- Ensure your child/ children attend regularly and are punctual .
- Encourage your child / children to actively participate in all Centre's and National activities.
- Make sure child/children come equipped with the essentials( a note book , pencil/pen and eraser)
- Inform your child's teacher if your child is unable to attend the Bal-Vikas classes. This is helpful for health and safety reasons and also helps the teachers in their planning of the resources for the lesson.
- Enquire from your child what they have learnt from their lesson.
- Speak with the teacher regarding the progress of your child at school and at home . Swami's aspiration was, "I hope to see that every home becomes a Balvikas centre and every mother a Bal Vikas Guru."



We take this opportunity to Thank you for your continuous enthusiasm, help, and support and look forward to many joyous and memorable moments together in the journey of your child blossoming as an individual acquiring human excellence and strong character.







- The end of wisdom is freedom.
  - The end of culture is perfection.
  - The end of knowledge is love.
  - The end of education is character.
- BABA

