

SAMBODH VISION

A group of women and men dedicated to the vision of an integrated holistic life style incorporating social commitment and ecological living bringing modernity and tradition into a healthy sustainable harmony.

HOW YOU COULD HELP

The immediate tasks of Sambodh are centered around the development of the village community in Doddaballapur. The charity work of Sambodh is supported exclusively by your generous donations. Please contribute your time, money and voluntary service. We await your response.



VRIKSHA RAKSHA -

Plant and Save Trees

How you can help:

Plant a tree

GORAKSHA -

Protect Cattle

How you can help:

Support towards the maintenance of a Gosala, a home for cows and cattle

VRDDHA SAMRAKSHA -

Home for the aged

How you can help:

Adopt one person

AROGYA SAMRAKSHA -

Free Clinic for the Village

How you can help:

Donate for the building for the clinic

AYUR AROGYA SAMRAKSHA -

Holistic Healing Center

How you can help:

Donate towards the setting up of the Centre

SATSANG HALL-

Temple and Satsang Hall

How you can help:

Donate towards the setting up of the Temple and Hall



SAMBODH FOUNDATION

Bangalore

wishes to inform you

Visit of

HH SWAMI BODHANANDA

1-9 May, 2009

Public Lectures on:

Foundations of Indian Wisdom

Spirituality and Well-being

Power of Mantra and Ganesa Aradhana

Personality Unfoldment: Lessons from
Bhagavad Gita

God-realisation through Self-giving Work

Yoga of Devotion

Mind-transcendence in Patanjali Yogasutras

Public Events:

Classes on Kaivalya Upanishad

Management Development programmes

Siddhi-Vinayaka-Kalasa-Aradhana puja

Satsangs

To know dates and venues:

call **94484 72700** or

Email info@sambodh.org

His Holiness Swami Bodhananda Saraswati

is highly respected in America and India as an accomplished teacher of Vedanta and meditation. Presently, Swami Bodhananda is the Spiritual Founder and Director of 11 organizations and ashrams under the umbrella of the Sambodh Foundation, New Delhi, India (1991); the Bodhananda Research Foundation for Management and Leadership Studies, Trivandrum, Kerala, India (1994); and, The Sambodh Society, Inc. (1997), United States of America. Each ashram and/or organization is unique, tailored to the needs, interests and special capabilities of his devotees engaged therein. Through these organizations, and under Swamiji's guidance, his devotees receive scriptural knowledge, spiritual training and perform social service. In America, Swamiji has given numerous public forums, lectures and meditation sessions in Hindu temples, Christian churches, libraries, homes, businesses and universities. His theme has been to infuse modern society with spiritual values and the individual with the knowledge of his/her spiritual identity. For serious-minded students of Vedanta, he has offered more extensive programs, weeklong seminars and annual retreats on specific Upanishads and the Bhagavad Gita.

You Are Cordially Invited

Siddhi Vinayaka Dharma-Kalasa-Aradhana Puja



"Siddhi Vinayaka Dharma Kalasa Aradhana programme" is envisioned by HH Swami Bodhananda Saraswati. The three objectives of this mantra sadhana is (i) purity of mind, (ii) invoke blessings of Siddhi Vinayaka for health, prosperity and peace, (iii) to remove obstacles in order to fulfill one legitimate desire.

Those who take part in this programme (in India and abroad) chant the mantra and pray for all involved in the programme. Swamiji initiates the person into Ganesa Gayathri mantra. S/he will chant the mantra everyday at least 11 times and deposit a minimum of Re.1 into a Dharma Kalasa (Kalasa will be provided by us). The samkalpa is that at the end of a year one legitimate desire of the sadhaka will be fulfilled. After one year Siddhi Vinyaka Dharma Kalasaradhana programme will be organized in respective places. You will bring the Kalasa there and offer it to Siddhi Vinayaka. The money thus offered will be used for programmes for the uplift of the poor.

The program can be organised in your house or in a public facility. Friends, relatives and whomsoever interested can be invited. During that occasion Swamiji will speak on "the power of mantra". And people interested can receive the mantra and Dharma Kalasa from Swamiji, and His blessings.

To take part in this program
email: info@sambodh.org or
Contact **Sri NGS Murthy** at 080-2343 6100

About Sambodh Foundation, Bangalore

The Sambodh Centre for Living Values in the outskirts of Doddaballapur town, Bangalore is a project of Sambodh Foundation Bangalore. It is situated in the quiet and serene land of 8 acres in the outskirts of Bangalore. The peaceful and green environment here gives an ideal setting for the hub of Sambodh programs. Sambodh Foundation organises a variety of social and spiritual programs with focus on charity work, rural uplift, ecological and spiritual values, and holistic living.

Telephone: 94484 72700; **Email:** info@sambodh.org
Websites: www.sambodh.org, www.sambodh.com

Activities in brief

January 2009

Competitions and Prize Distribution for School children -- Republic Day celebration programme organised by Sambodh Foundation at Amrutha Govt School, Hebbal.



November 2008

Free Medical Camp on 8th Nov 2008. Dr Satyavati (gynecologist) and Dr Sreedvi (paediatrician) did free check up, initial diagnosis and distribution of medicine to the women villagers from Sungattanahalli, and Students of Govt Lower Primary schools at T. Hosa Halli and Sungattanahalli.

October 2008

In the advent of Durga Puja, free notebooks, pens and drawing accessories were given to Govt School kids from T-Hosahalli village, at Sambodh Centre for Living Values. Prayers and games were organised.

September 2008

Awareness sessions were organized for school children of nearby village Govt school, at Sambodh Centre for Living Values. Note Books and Classroom accessories were distributed to poor children at SCLV. This was a sponsored event.

July 2008

Distribution of School bags to the poor students of the Govt Primary School, Hebbal. This was a sponsored event. In the same month a Free Medical Camp was conducted by Dr RV Chakravarthy attended by over 100 patients. Another programme was the presentation of Sambodh Scholarships Award for studious but underprivileged village girls and boys.

Weekly Annadana

Since about seven years every Saturday annadana is organized without fail at the Govt primary school, Amrutha Govt School, Hebbal. The students of these schools are also supported by class room accessories and other educational aids.

Organic Vegetable Garden

An organic vegetable garden is being developed and maintained at Sambodh Centre for Living Values. For nature-fresh greens, french beans, cucumber, okhra, tomato, cherry tomato, chilly, guava, brinjal, avara beans etc. do visit our Ashram in Sungattanahalli, Dodballapur. For more details call 94484 72700