



Zone 6 UK and Europe Centenary Pilgrimage 2025

100 Years of Pure Love

Sadhana Meeting 15th January

GMT: 8.00pm | CET 9.00pm





Please note this Zoom session is being
recorded for Admin purposes

Slides will be available on our website
later today

<https://srisathyasai.org.uk/>





Opening Prayers

Video of Swami





Agenda

1. 3 Aums & 3 Gayathri Mantra **(2 Mins)**
2. Video of Swami **(5 Mins)**
3. Welcome from Pratapbhai **(5 mins)**
4. Main content (slides and questions at the end of each section)
 - a. Dates for meetings and Prasanthi Trip **(5 mins)**
 - b. Programmes Offered in Prasanthi **(10 mins - wing coordinators)**
 - i. Bal Vikas Play
 - ii. Musical item
 - iii. Bhajans
 - iv. Vedam
 - v. Talks to our Group
 - vi. Service opportunity
 - vii. Trips out e.g., to Chaitanya Jyothi Museum / Main Hospital / Puttaparthi village / light show





Agenda

c. Sadhana plans **(10 mins)**

- i. Sadhana sheets
- ii. Reading material
- iii. Ceiling on Desires

d. Admin **(10 mins)**

- i. Passport / Visa / Vaccinations / (Baggage allowance..)
- ii. Transport to Prashanthi
- iii. Accommodation
- iv. Ashram Guidelines

5. Q & A and wrap up **(30 - 45 mins)**





Pratap Thakkar

National Council President





Dates of the diary

The pilgrimage starts on Monday 28th July at 7.00am

Please arrive in Prasanthi Nilayam on Saturday 26th or Sunday 27th July (AM)

Sadhana Meetings - [All meetings are mandatory](#)

- Wednesday 15th January - Virtual
- Saturday 22nd February / 1st March- in Regions to coincide with Regional Office Bearers conference
- Saturday 5th April - National meeting at Oxhey Wood Primary School in Region 2 (Watford)
- Saturday 17th May - Regional Meetings
- Saturday 14th June - Final National Meeting (Venue TBC)
- Early July - final prayer gathering





The offerings in Prasanthi Nilayam

Bro. Sathish Kumar
National Spiritual Coordinator





Spiritual Offerings

- Vedam
- Zonal Bhajans
- Zonal Musical Offerings

If you would like to participate in the musical offering or bhajans please register by 28th February.





The offerings in Prasanthi Nilayam

Sis. Vasuki Easwarakumar & Bro. Roni Ramdin
Joint National Bal Vikas Coordinators





The offerings in Prasanthi Nilayam

Bro. Jayesh Patel
National Service Coordinator





Service Offerings

From a service side we are looking into various opportunities whilst we are in India.

This may be in the form of grama seva or help in some way with equipment for a hospital , village, school or orphanage or Prasadam on performance days. We will provide more information on this in the future.

For this we would suggest practicing ceiling on desires and start to save from now, it would be wonderful if we can collectively help in some way.

Put into action: 'Ceiling on Desires'

Practice of the principles of 'ceiling on desires', consciously and continuously striving to eliminate the tendency to waste time, money, food, and energy and utilising any savings thereby generated for the service of mankind."

-Sri Sathya Sai Baba





Service Offerings

Sai Bundles of Joy - Handmade items for newborn babies: Can start making these now and taking them with

Help with admin, manning enquiries office (outside darshan time) making props and costumes for the Bal Vikas play and general help

Everyone can be part of the pilgrimage experience regardless of if they decide to join us or not by helping in some way from now with wherever help is needed , it may be research or admin or helping with the Bal Vikas play or the musical offering or just support or help at regional or national sadhana meetings. Please discuss this with your centre/group /regional coordinators





Sadhana Plans

Sis. Jaina Patel





Sadhana Plans

Why do Sadhana?

Why Gayathri chanting?

Why do collective Sadhana?

Three sets of Sadhana plans have been created for the following devotees:

- Adult
- Children aged 11 to 16
- Children aged 6 to 10

Each sadhana plan includes 2 mandatory sadhana ideas and a list for devotees to select from.



Sadhana Tracker



Sadhana Tracker – Zone 6 Prasanthi Pilgrimage 2025

Love All, Serve All; Help Ever, Hurt Never

Children aged 6 -10 yrs.

Name: _____ Month: _____

Activities	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Early Morning Prayer																															
Gayatri Mantra, three times a day (Morning, Midday & Evening) or 9 at 9PM																															
Food prayer before meals																															
Night Prayer																															
Five minutes silent sitting																															
Speak Truth																															
Daily acts of kindness (list for inspiration provided).																															

Note & Guidelines

- Use one tracker per month and complete it every day before going to bed or once a week.
- Reflect over what you have achieved daily/weekly and think about how you may wish to improve.
- Thank Swami for his help and guidance regularly throughout the day.

Sri Sathya Sai Organisation United Kingdom CIO, registered in England and Wales:

www.srisathyasai.org.uk info@srisathyasai.org.uk

Facebook: @SriSathyaSaiOrganisationUK Instagram: @SriSathyaSaiOrgUKCIO YouTube: Sri Sathya Sai Organisation UK CIO

Sadhana Tracker – Zone 6 Prasanthi Pilgrimage 2025

Love All, Serve All; Help Ever, Hurt Never

*** Mandatory Sadhana Month: _____ Adults

Spiritual Activity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
***Gayatri Mantra, 108 times a day																															
***Recitation of 108 names of Swami on Thursdays & Sundays																															
Rudram chanting / learning everyday																															
Likhitha Nama Japam (writing Om Sai Ram 27, 54 or 108 daily)																															
15 minutes meditation: Jyothi (Light), Sakti (Power) or Name & Form																															
Succubus (Succubus) and/or early morning prayers & night prayer																															
Family prayers once a week																															
Stand namra/seru in bhakti quality																															

Sadhana Tracker – Zone 6 Prasanthi Pilgrimage 2025

Love All, Serve All; Help Ever, Hurt Never

*** Mandatory Sadhana Month: _____ Children: 11 -16 yrs.

Spiritual Activity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Meditate Five minutes silent sitting																															
***Early Morning Prayer																															
***Gayatri Mantra: 3 times daily (Morning, Midday & Evening) or 9 times at 9PM																															
Food prayer before meals																															
***Likhitha Nama Japam (writing Om Sai Ram 108 weekly)																															
Read Sai literature daily (Sathya Sai Speaks, Vahini series, Daily Quotes, Thought of the day).																															
Speak Truth																															
Daily acts of kindness (list for inspiration provided).																															

Note & Guidelines

- Use one tracker per month and complete it every day before going to bed or once a week.
- Reflect over what you have achieved daily/weekly and think about how you may wish to improve.
- Take a look at the 'Daily acts of kindness' sheet for daily inspiration.
- Thank Swami for his help and guidance regularly throughout the day.

Sri Sathya Sai Organisation United Kingdom CIO, registered in England and Wales: Charity Number 1207697

www.srisathyasai.org.uk info@srisathyasai.org.uk

Facebook: @SriSathyaSaiOrganisationUK Instagram: @SriSathyaSaiOrgUKCIO YouTube: Sri Sathya Sai Organisation UK CIO

and Wales: Charity Number 1207697

[sai.org.uk](http://www.sai.org.uk)

YouTube: Sri Sathya Sai Organisation UK CIO



Sadhana Tracker - Spiritual Activity Adults

Spiritual Activity	
Chant	***Gayatri Mantra, 108 times a day
	***Recitation of 108 names of Swami on Thursdays & Sundays
	Rudram chanting / learning everyday
	Likhitha Nama Japam (writing Om Sai Ram 27, 54 or 108 daily)
Meditate	15 minutes meditation: Jyothi (Light), SoHam or Name & Form
Pray	Suprabatham and/or early morning prayers & night prayer
	Family prayers once a week
	Attend centre/group bhajans weekly
Learn	Read Sai literature daily e.g. Sathya Sai Speaks
Practice	Healthy eating: Have a fruit daily, eat fresh vegetables & home cooked food
	Healthy living: Walk 20 mins every day
	Healthy listening: Listen to soothing music e.g. bhajans, classical music
	Speak softly and lovingly. Be positive.
	Conserve energy: Switch off lights & gadgets when not in use; conserve water
	Practice ceiling on desires: Do not waste food, money & time
Serve	Do service activities
	Protect the Planet: Collect old newspapers/ cans/bottles and dispose them in the appropriate places provided by your local council





Sadhana Tracker – Ideas for Acts of Kindness

Kindness at home	Write a letter to a sibling telling them why you love them
	Let a sibling take a turn first
	Empty the dishwasher or put the dishes away
	Make someone else's bed
	Offer a sibling a bite of your snack
	Sweep up crumbs off the floor or table
Protect the Planet	Turn the tap off while brushing your teeth
	Make a bird feeder
	Turn off the lights when not in use
	Pick up a piece of litter and bin it
Be kind to others	Make room so someone else can sit too
	Clean up a mess even if it isn't yours
	Bake a cake to take on a playdate
	Offer to play with a lone child at the playground
	Write a giving list instead of a wish list
	Say good morning to everyone you meet on the way to nursery
	Offer help to elderly or vulnerable neighbours
Give to charity	Sort through toys and give unwanted items to charity
	Take food to a food bank

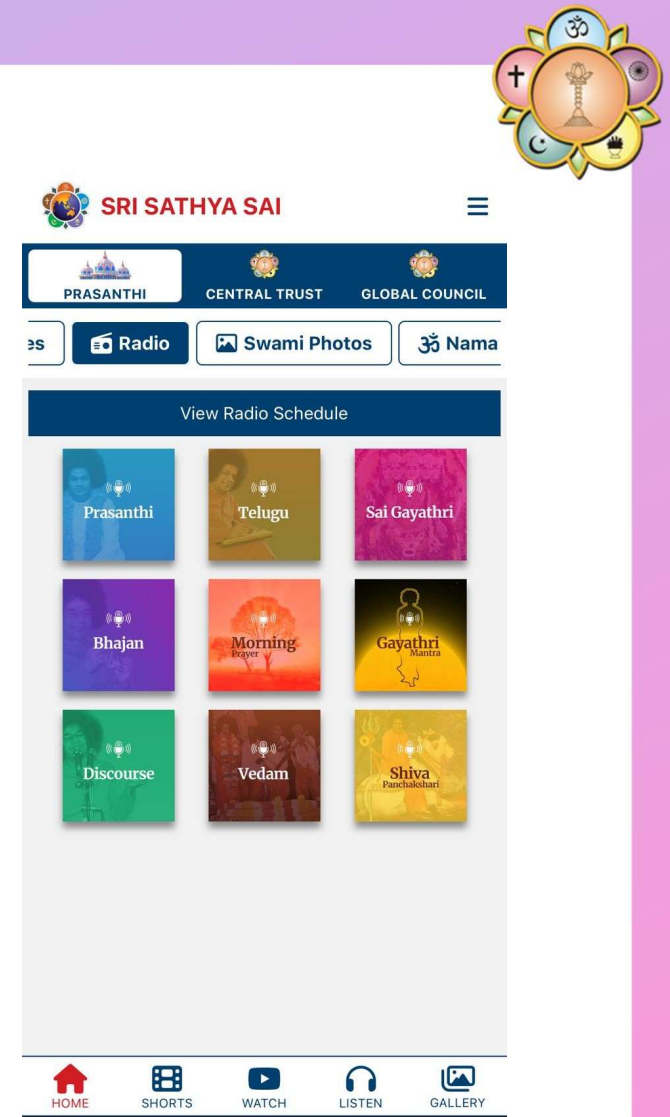
We are born to do only good deeds. Human beings should always help their fellow human beings. Help Ever, Hurt Never. We should not hurt anybody. Sometimes, we hurt others knowingly. This is a greater mistake. God has given mind, intellect, and mind stuff (chittha) to humans to use them in a proper way. It is for this reason that the Vedanta declares, "mind is the cause of bondage and liberation (Manah eva manushyanam karanam bandhamokshayo)." The mind that has been gifted by God to humans should be put on the right path. It is not the real nature of a human being to criticise others, to make fun of them, or to hurt them. One should be devoid of all such evils.

-Sri Sathya Sai Speaks, Vol 41 (07 March 2008)

Prasanthi Connect App

Good for Sadhana and information
about events Prashanthi Nilayam

Download from the Apple
Appstore or Google play



Help Needed!



**Video, photography and writing skills
needed to strengthen Media Team**

**Please contact our Media lead Bro.
Amit if you can help**





Admin Overview

Bro. Sakthi Shanmugathan
National Vice President





Passport / Visa / Vaccinations / Baggage allowance

- Please ensure that passports are up to date and are valid for 6 months after travel
- **Visa** - E-visa to India are now available again. Visit the Indian government website at
 - <https://indianvisaonline.gov.in/evisa/tvoa.html>
 - Cost approx \$25 for a 30 day Visa – directly through the Government portal and not through an Agent – we need to reconfirm this nearer the time
- Please ensure that you have travel insurance
- Vaccinations
 - Courses or boosters usually advised: **Diphtheria; Hepatitis A; Tetanus; Typhoid.**
- Baggage allowance
 - Please keep a few kg spare in case we need to donate items in Prasanthi





Travel

- Closest airport is Bengaluru (BLR – airport code)
- Request for Vegetarian Meal (note that “Hindu” meal is not vegetarian) and special services (wheelchair) if needed with Airline
- For each traveller please bring:
 - Passport valid through travel dates and Visa
 - **2 Passport size pictures (for accommodation office)**
 - Photocopies of above documentation in case originals lost during travel
- Provide flight arrival and departure information to planning committee when requested
- **Taxi details can be provided for travel from Airport to Prasanthi**





Accommodation

- All Devotees will need to register on arrival at the accommodation office and pay for their room
- Room allocation will be done either by the accommodation office or our UK Admin team
 - We will collate all necessary information nearer the time
- All devotees coming on the pilgrimage are encouraged to stay together. Usually we are given one or more of the North Blocks for the whole group
- Please stay with the group inside the Ashram during the trip





Planning Teams - Pilgrimage 2025

**Sadhana &
Meeting Content
Planning**

**Music
programme**

**Bal Vikas
Programme**

**Service
Activities**

**Website /
Media support
- Technical**

**Website /
Media support
- Content**

**Admin Team (UK)
Registration
Passports / Visa / Tickets
(UK side)**

**Liaising with
Prasanthi**

**Admin Team (INDIA)
Accommodation &
UK Admin office in Prasanthi**





Much more details in future meetings

- Ashram etiquette
- Canteen times
- Times for bhajans etc
- Bookstore timings
- Shopping Centre timings
- Details of trips to nearby sites
- Ceiling on Desires programme and utilising the saving generated for Service in Prashanthi
- Readings lists
- Study circles





Other miscellaneous points

- **SSSOUKCIO are not responsible for Travel arrangements to Puttaparthi**
 - Can provide you contact details for Reputable taxi companies
 - There will be additional costs for sarees and scarves as in previous years
- **Food allergies / dietary requirements:**
 - **Devotees will need to ask the Canteens personally**
- Registration is open - if you have not registered yet
 - Any details about wheelchairs needed in the ashram will be useful
 - Any medical conditions - you may want to share with a doctor confidentially
 - E.g. refrigeration of medication - we can find out what is possible





Next Steps

- Next Meeting is on Saturday 22nd February or Saturday 1st March in-person in your Region
- Deadline for fully registering for parents and Bal Vikas Children hoping to participate in the play is **28th February**, to allow time for the play to be organised.
- Deadline for other devotees is end of April, to allow time to sort out accommodation.
- Please register individually – this is very important
- Send any questions to: nationalpilgrimage@srisathyasai.org.uk

National Pilgrimage Admin team will respond. There is a microsite on our website which contains more information and will be regularly updated

Website: <https://srisathyasai.org.uk/>





Questions

