



Few Snaps From The Programs & Events Conducted by The Trust



## SELF AWARENESS IMPROVEMENT TRUST Regd 2783/96

No. 1005, 1st Floor, Lakshmana Swami Salai, KK Nagar, Chennai - 600 078.

PH: 044 43530650 Mob 91 99415 48551

Email: [saituniverse@gmail.com](mailto:saituniverse@gmail.com) Website: [mahayogilifetrust.org/sait](http://mahayogilifetrust.org/sait)



# LOVE CARE SHARE PURE BLISS

Dear Friends, Your involvement & generous contributions are very much needed for the day to day welfare activities. Thanking you!

Awareness with Love and Guidance with Care can Transform And Lead Every One towards a Peaceful & Blissful Life !

Guruji Grand Master Satya Pranava Yoga



Let Us Come Together for Our Life Goal - Peaceful Life By "CARING SEVA"  
Let Us Become One for Our Self Goal - Blissful Life By "DIVINE LOVE"  
"Let us Love to Heal the SELF"  
"Divine Life Guide" Guruji Satya Pranava Yoga



## SELF AWARENESS IMPROVEMENT TRUST ®

Dear Sir / Madam,

GREETINGS

SELF AWARENESS IMPROVEMENT Trust's Mission is to create Overall Life Awareness and Holistic Wellness for Self, Harmony & Happiness in the Family, Peace & Prosperity in the Society, Love and Unity in the World. To achieve these Noble and Natural Humanitarian Needs of the Community, Trust is conducting Holistic Self Awareness & Wellness Programs, talk shows, Seminars, Workshops, Counseling, holistic healing & Interactive sessions.

The trust is conducting concurrently social welfare activities to needy & poor with suitable free Seva (service) via Annadanam, children Education needs, free distribution of Cloths to the poor, Medical help, Life counseling, Ancient Wisdom Teaching, Vedic Chanting & Cosmic Prayer for Peace and Prosperity in the Entire World.

Trust is conducting free awareness programs, since its inception regularly for the overall welfare of the society for all age groups. These programs guide people about how to conduct oneself in day to day life successfully and Continuation of the system helps them to progress smoothly towards one's spiritual self goal and at the same in their material life as well.

To undertake the maintenance and running the place of community center ( Meditation Prayer Hall - including the purchase of relevant equipments for the center), daily free awareness programs, conduct free workshops, to publish free articles, books and other relevant materials ( with respect to Self Awareness, Self Improvement, Self Empowerment, Social Awareness, Unity, Peace & Blissful Life), Annadanams and other Free Charitable Activities, We need help and support from Divine Hearts, Donors, Sponsors And Philanthropists.

Dear friends, your involvement and generous contributions are very important for us to sustain our various charitable activities and also help us to expand the humanitarian activities to more and more people. Let us come together and create that wonderful life to all our brothers and sisters.

**Donations received are duly exempted under Sec.80G of the Income tax Act, 1961 vide ref: DIT (E) No.2 (1382) (07-08) dated 20/10/2009. Please contact us for more details.** Thank you in advance for your time, care and support.

Donations can be made through Cheque, Demand Draft etc, CHEQUES AND DD's shall be drawn in favor of "SELF AWARENESS IMPROVEMENT TRUST" and payable at CHENNAI, India and can be sent to the following address, SELF AWARENESS IMPROVEMENT TRUST,1005, Lakshmana Swamy Salai, K.K.Nagar, Chennai-600 078, INDIA

There are many of our brothers, sisters, parents and children gratefully looking for our support & guidance. We are from the one gigantic universal power and we get unlimited enormous energy, if We Unite and tune our self with the same Powerful Universe Intentions, that is **Lovingly Serving Others.**

Love, Care,Share, Serve, Heal, Cure, Pure, Bliss.

With love

For SELF AWARENESS IMPROVEMENT TRUST

Badrinarayanan, Managing Trustee

**Gurujī Satya Pranava Yogi**

## VARIOUS CHARITABLE & WELFARE ACTIVITIES Conducted by the Trust are:

1. AnnaDhanam Seva to needy and on Special Days Food Seva offered to more people.
2. Free Cloths for poor, Monetary Help for children Education, Medical help, and help for other basic Needs of the poor. Service Includes Free life Guidance, Counseling, coaching to Students and Poor. "Real Seva to the mankind for wonderful future"
3. During "Free Life Awareness workshops", Along With AnnaDhana Seva (Free food service), trust offers, Free Self & Life Awareness Guidance for poor, this extraordinary program transforms them to realize oneself and life and leads them to happy life. 'One of its kinds program' offered by the Trust.
4. 'CARE WORKSHOPS' are the Unique Programs, has already created happiness & harmony in many Families with real loving Relationship Awareness.
5. Self Awareness Improvement Trust's Satsangam interacts with poor & needy and assists them to solve life problems. Like minded divine hearts implements humanitarian activities! UNIVERSAL PRAYER UNITES.
6. Uniqueness of these programs is that it is a must for all age groups, via children, students, youngsters, parents, & elders to lead a "wonderful life with overall wellness".
7. The personal Life Awareness areas include all aspects of life via Self, Personality Skills, Discipline, Values, Inter Personal Relationship, Health, Career, Habits, Happiness, Harmony, Peace, Bliss. A "Real life gift"
8. The Holistic Life Awareness program areas includes, Real Self, Physical, Psychological, Emotional, Educational, Financial, Humanity, Environmental, Social, Cultural, Intellectual, Spiritual, Technological... Awareness. "Real Knowledge gift"
9. TALK SERIES & Discourses about Universe, World, Living Beings, Ecology, Spirituality, Ancient Culture, Values Based Life leads one & all towards a Holistic Wellness, Harmony, Peace, Prosperity and Love In Self, Family, Society, World and the Universe. All these systems and programs are developed and presented by Gurui Satya Pranava Yogi, for the all the Sisters & Brothers of this world.

### Regular Programs Includes:

Life Awareness practices, Gurujis Yogam, Holy Meditation, Divine Sarva Dharma Bhajans, universal wellness prayer, holistic healing sessions, Discourses on Material & Spiritual Life Awareness about Unity, Integrity, harmony & peace. Regular life awareness classes, village & community services for overall success of all. All programs are Free, Free Food Seva & Materials\* offered after the programs. All are Welcome.

**AN APPEAL TO ALL:** To undertake the maintenance of premises and running the place of community center, regular monthly expenditures, to conduct daily free awareness programs, to publish free articles, annadanams and other free charitable & welfare activities, we need help from all divine hearts, donors, sponsors and philanthropists.

Dear friends, your involvement and generous contributions are very much needed and important for us to sustain day today activities and also help us to expand the humanitarian activities. Pl join in the Seva and be part of the Satsangam in creating Wonderful World for all.

With everlasting divine love,

Your sevak

**Gurujī satya pranava yogi**