

# Annadanam (Food Offering) Project

Vishva Hindu Parishad of Australia Inc. (SA) crossed another milestone by going in third year of our direct service program for the South Australian Hindu community to serve wider community.

In March 2018, the foundations were laid when VHP SA was invited by City of Unley to participate in the 'Ageing Alliance', which provides strategic advice to the council in matters related to senior citizens in the community.



It was clear that there was a need in the community to care for senior citizens that were living alone and could not cook.



This gave birth to the project 'Annadanam', where we offer vegetarian soul food to senior citizen of South Australian community.

"Annadanam" is made up of two words - 'Annam' which means food and 'danam' which means the act of giving or donating.

Annadanam is called the 'Mahadanam' among the various kinds of danam.

"*Annad bhavanti bhootani*" - these are the words of Sri Krishna in the Bhagvat Gita.





*Annad bhavanti bhootani* means that all creation is sustained due to food. Helping to assuage a person's hunger will win you good karmas in this world and in the next.

The first Annadanam event after COVID-19 restrictions took place on Saturday, 20 February 2021.

The Event was held in Clarence park community centre.



The Support of the community centre allowed VHP SA to take over their kitchen and us to offer free Indian vegetarian food to the gathering guest.



Annadanam event was warmly welcomed by awesome staff, management, volunteers and most importantly our guests who enjoyed the lunch.

Annadanam started with seeking the blessing of Bhagawan by offering prayers.

In the Event we offered real Indian food that we eat at homes with 56 guests and obtained their blessings. VHP SA volunteers made this event successful and are grateful for the opportunity provided to serve our community.

All active participation of our volunteers Rajendra Pandey ji, Venkatesh Gopal ji, Kavita Gourd, Pooja Sharma, Shailendra ji, Poornesh Kumble, Kathir Guru, Divya Pandey, Aditya Rudra Pandey, Deepti Pandey, Anupama and Apeksha Singh and wonderful gathering for their support in making this event successful.

The response was to Annadanam project was very positive and overwhelming.



The volunteers diligently followed and complied with the COVID-19 protocols and organised the entire Annadanam food service with special attention to hygiene.

If you would like to use this opportunity, please contact the Vishva Hindu Parishad of Australia Inc. (SA) to book your place.

The next Annadanam will be organised on Saturday 20 March 2021.



You can be a part of this noble initiative by either donating or by volunteering in the event to help prepare and serve the meals you have provided.

This will enable you to feel the impact your service has and to understand the

significance of a hot meal and a friendly face for people who are ageing alone.

The senior citizens of our community deserve and value our support.

So please, pick a day - a birthday, an anniversary or perhaps a random date which will become significant as you remember people less fortunate – and we will help you run the Annadanam project for that day.

You can help by

- Sponsoring the meal for any amount
- Volunteer to help with cooking and serving the food.



For more information, please write to [contact@vhpsa.org.au](mailto:contact@vhpsa.org.au) or call Deepti on 0428 174 699