

# ANNADHAANAM

SACRED OFFERING OF FOOD DURING COVID 2021

The literal translation of Annadhaanam is *food offering* or *giving a meal*. In temples around India, food is offered at no charge to devotees or guests visiting the temple.

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During the Covid crisis in India, Sri Narayani Peedam is offering 1500 food packages per day at the gates of the Temple, and surrounding villages of Thirumalaikodi in the region of Vellore, Tamil Nadu, South India.

Divine Love World Charity, Inc.



**Sri Sakthi Amma  
founded Sri  
Narayani Peedam  
in 1992:  
a spiritual,  
educational,  
cultural & health  
center in  
Thirumalaikodi,  
Tamil Nadu, South  
India.**

**AnnaDhanam began in 1999 at Sri Narayani Peedam, then extended to local schools and local government-run orphanages**





Early days at Sri Narayani Peedam's Annapoorani Mandapam Dining Hall 2003.  
Annapoorani Mandapam, the Dining Hall which takes its name from the Goddess of Food and Grains

***Athithi Devo Bhava :***  
**To treat a guest like God**

# Why is Annadhaanam essential?

Every soul is a drop from the same ocean. Every soul is connected to their physical body. When the physical body feels hunger, the mind and soul get disturbed. When you feed a person, they will feel satisfied and happy. When the body is satisfied, the soul is satisfied.

It is only by feeding a person that one can truly satisfy them. No other form of charity can do this. When someone else is happy, you will also feel happy because we all come from the same Divinity.

# Annadhanam Hall

Six million people visit Sr Narayani Peedam every year from all over India and the world. Everyone receives a free meal. No exceptions.

This is the dining hall in Sripuram where visitors have a sit down lunch everyday, from 12-3pm, when the temple is fully operational.

In all, we serve food to 5000 people a day 8am - 8pm at no cost.



Pre Covid-19 Anna Poorni Mandapam  
Dining Hall January 2020



Pre Covid-19 Anna Poorni Mandapam Dining Hall

## Why is Annadhanam the highest form of giving?

When you serve or honor a person, it is considered the same as honoring the Divine. The Divine is in all. When you see the Divine in each individual, and serve from the heart, this is an even more meaningful way of doing puja (ritual).

# Nutritious food is life and health

The source and nutritional composition of the food provided is excellent as well as health-giving, as guided by Ayurvedic principles. All South Indian meals are served on a banana leaf (composted afterward through Exnora recycling center, so there is no waste.) A typical meal includes locally sourced rice, a vegetable curry, sourced from the Green Sakthi vegetable garden and local farmers; Sambar, a lentil dish for protein and Rasam, a sour-tasting soup with cumin seeds & pepper, which aids digestion and boosts immunity.



**Utilize any opportunity for service  
and you will feel joy.**

**It automatically creates good energy:  
it is the energy of peace and love in  
the world.**



**– Sri Sakthi Amma**



## Offering food parcels during the Covid crisis

Due to the present Covid crisis, the temple is closed and we are serving food in parcels each day at the gates of Sri Narayani Peedam.

We are also delivering food parcels and bags of essentials (rice, dhal, cooking oil etc) to neighboring villages during this difficult period.





Donations of food packages at temple gates while Peedam is closed during Covid crisis & distribution of food parcels to surrounding villages.

***Anna Dhatha Sukibhava***

**Let those providing food be happy**

**Donate here:**

**[https://divineloveworldcharity.org/  
how-to-make-a-donation/](https://divineloveworldcharity.org/how-to-make-a-donation/)**

**Donations are tax deductible for USA residents**

