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Message from *Sadguru Sri Madhusudan Sai*

Together in it!

In the last two years, the cycle of creation-sustenance-destruction was fierce with the pandemic all around. While on one side there were COVID positive mothers giving birth to COVID positive children whose future hung in balance without enough medical support, on the other side loved ones were dying breathless for the want of oxygen in front of the eyes of their helpless kith and kin. Amongst the several challenges that humanity faced, medical care not being equally accessible, affordable and available to all was the most critical one.

While the haves still had their way through prohibitively expensive medical care, the have-nots did not receive even the least of the medical attention.

It was then that the Sai fraternity came together to build a multi-speciality hospital at Muddenahalli that served patients free of cost without any discrimination. Children were operated upon successfully; mothers delivered healthy babies; the sick received compassionate care; and thus the phoenix of hope rose from the ashes of despair.

In this new year 2022, the most important task that needs to be undertaken is to build a sustainable and structured way of providing free medical care for ever, not just to those who will have to come to the doorsteps of

our hospitals but to take our hospitals to their very doorsteps. While on one side ten new Sanjeevani mother and child hospitals are being developed across the length and breadth of India, of which five are already underway, on the other side the first-ever totally free medical school under our University is making strides.

Accessibility to high-end medical infrastructure and availability of well-trained medical staff around-the-clock is the new model that is being developed now. With treating and teaching coming together in the hallowed land of Sathya Sai Grama at Muddenahalli, a new page is being turned in the educare and healthcare mission of Sai.

Even as I write this note to you, we are working every day and every night with hope and prayer that this noble vision is achieved within this year so that we can reach out to more and more needy individuals as quickly as possible. Training students to be inspired and committed doctors and nurses, and building world-class healthcare infrastructure in the remotest parts of the country shall occupy our hands, heads and hearts for this year and years to come, and we are all together in it.



At the Forefront

January 18, 2022 – Ground-breaking ceremony of the Sri Sathya Sai Sanjeevani Mother and Child Hospital – ‘Mamatva’, Kondapaka, Telangana



Sacred Offerings made to Mother Earth during the Foundation Stone Laying Ceremony of Sri Sathya Sai Mother & Child Hospital, Kondapaka, Siddipet District, Telangana



The Sri Sathya Sai Sanjeevani Chain of Hospitals urges itself forward to excel in its own capacity every day by bestowing ‘sanjeevani’ or ‘immortality’ through good health, by ensuring robust physical health as a precursor to mental and spiritual health for mother and children – the main facets of the society. As part of the Sri Sathya Sai Sanjeevani Child Heart Care Hospitals that already covers an ecosystem of preventive, curative and educative model of holistic healthcare, it is further spreading its wings by commencing specialised centres for mother and child health that stands for the very love of a mother – ‘mamatva’, known as Sri Sathya Sai Sanjeevani Mother and Child Hospitals. Sadguru Sri Madhusudan Sai who is the guiding light of this healthcare mission, acts

the Divine Will to provide healthcare to one and all completely free of all costs. The Sri Sathya Sai Sanjeevani Child Heart Care Centres have completed 10 years since its establishment in the year 2012 and to commemorate the tenth-year anniversary celebrations, **10 mother and child hospitals** will be established across the country.

The first Sri Sathya Sai Sanjeevani Mother and Child Hospital in the premises of Sri Sathya Sai Sanjeevani Centre for Child Heart Care at Nava Raipur Atal Nagar, Chhattisgarh was inaugurated by the Governor of Chhattisgarh, Ms Anusuiya Uikey on September 13, 2021. This hospital has successfully treated **3,140 pregnant mothers** and delivered close to **200 babies** as on date, and has thus given the needed encouragement and thrust for doing more for the sake of mother and children.

Just after the holy beginning of ‘sankranti’ on January 14, 2022, which marks the auspicious time for progress and prosperity, Sadguru Sri Madhusudan Sai along with Sri C Sreenivas – Chairman of Sri Sathya Sai Health and Education Trust, and other dignitaries, laid the foundation for the Sri Sathya Sai Sanjeevani Mother and Child Hospital at Kondapaka in Siddipet District, Telangana on Monday, January 17, 2022. Mr Farooq Hussain, Member of Legislative Council, Government of Telangana; Mr Rambabu V Katragadda, Managing Director of Pulse Pharmaceuticals Private Limited; and Dr Padma S Veerapaneni, Director of KIMS Hospital, Hyderabad and Chairman of RiSE Foundation, India were present at the event. To commemorate this happy occasion, a baby shower ceremony was celebrated for a few expecting women at the College premises and the happiness of their hearts felt like a blessing to the successful commencement of this noble endeavour.

Sadguru Sri Madhusudan Sai said in His speech that expecting mothers are considered divine since they bear selflessly the responsibility of bringing forth the next generation, and thus serving them is like serving the Divine Mother Herself. This new hospital will be built adjacent to the Sri Sathya Sai Prasanthi Niketanam Junior College for Women, and Sadguru Sri Madhusudan Sai announced that the inauguration of the hospital will be celebrated along with the fifth anniversary of the College on June 01, 2022.

Benedictory message delivered by Sadguru Sri Madhusudan Sai



Inauguration of Outpatient Clinic by Mr Rambabu V Katragadda, Managing Director of Pulse Pharmaceuticals Private Limited



At the Forefront

January 18, 2018 – Commencement of Outpatient Services at Sri Sathya Sai Sanjeevani Mother and Child Hospital – ‘Mamatva’, Yavatmal, Maharashtra



Mr Om Prakash (Bachu) Kadu, Minister of State - Women and Child Development, Government of Maharashtra unveiling the plaque along with Sadguru



Baby shower ceremony conducted to expecting mothers



Sadguru emphasising on the significant and unified roles played by 'Samaj-Sarkar-Sanstha' in meeting the healthcare goals of the country

On Tuesday, January 18, 2022, yet another Sri Sathya Sai Sanjeevani Mother and Child Hospital's commencement of outpatient services began at Yavatmal, Maharashtra in the presence of Sadguru Sri Madhusudan Sai; Mr Om Prakash (Bachu) Kadu, Minister of State – Women and Child Development, Government of Maharashtra; along with the Chairman and Trustees of Sri Sathya Sai Health and Education Trust. This Centre shall be dedicated to the people of Maharashtra, and shall provide the entire spectrum of mother and child care, including

gynaecology consultation, ultrasonography, ante natal care services, well baby clinic, essential medicines, pathology, micronutrient supplementation, dietetics and counselling—and all these services shall be rendered Totally Free of Cost.

Speaking on the occasion, Mr Om Prakash (Bachu) Kadu said, *“In the poverty stricken Vidarbha region of Maharashtra, the Hospital comes as a boon for the tribals of the State of Maharashtra and the neighbouring States as well.”*

Further enumerating the importance of this model, Sadguru Sri Madhusudan Sai emphasised on the significant and unified roles played by 'Samaj-Sarkar-Sanstha' in meeting the healthcare goals of the country. He shared that the Hospital is envisioned to grow to provide quality care to the various rural regions of Maharashtra and the neighbouring States. This Hospital is in furtherance to the various screening and diagnostic outreach services undertaken by the 'Sachikitsa Prasarak Mandal' headed by its Secretary, Mr Prakash Nandurkar in the Yavatmal district of Maharashtra. The event also witnessed a baby shower ceremony celebrated for a few expecting women at the hospital in the divine presence of Sadguru Sri Madhusudan Sai.

The Sri Sathya Sai Sanjeevani Mother and Child Hospitals shall share its 'mamatva' to many more mother and children by commencing new centres in other parts of the country including Uttarakhand, Odisha, Haryana and West Bengal during this year.

The 'Temple of Healing' in development – Sri Sathya Sai Mother and Child Hospital, Yavatmal, Maharashtra



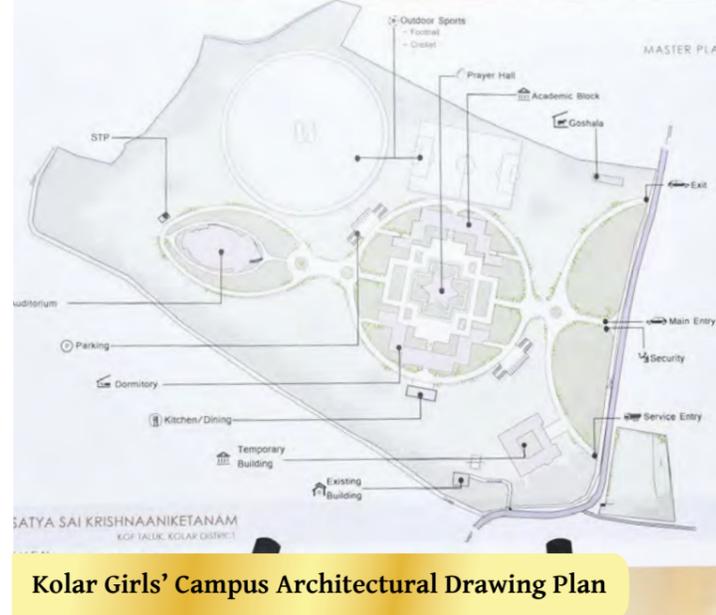
Children of Yavatmal district in Maharashtra, previously operated at Sri Sathya Sai Sanjeevani Centres for Child Heart Care receiving their Gift of Life Certificates



January 19, 2022 – Ground-breaking ceremony of Sri Sathya Sai Krishnaniketanam, a new educational campus for girls at Kolar District, Karnataka

Education as a prerequisite to empowerment of the society is the undeniable fact to which societies across the world is waking up. True knowledge in the form of education has to be given to all liberally and universally irrespective of one's economic background, gender, caste or religion. And what is true knowledge – the realisation of the 'One' within and without us, knowing which one knows everything is true knowledge! With this superior motive, Sadguru Sri Madhusudan Sai works incessantly to bring real knowledge to the doorsteps of every child, especially to the ones who have been left behind due to the inequalities that have soared through the canvas of humanity through centuries. And thus, the need for values-based integral education that shall take care of the heart of the child by preserving its innate purity, nurture the head of the child with beneficial inputs, and strengthen the hands of the child with skill and service.

In this direction, the mission of 'educare' that started in its full vigour ever since 2012, has



today seen 26 educational campuses, out of which five campuses are exclusively to promote girls education from Grade Six till Doctoral studies. Women, who are the foundation of every family and society, need to be provided equal opportunities for progress and thus a new Campus for girls – Sri Sathya Sai Krishnaaniketanam at Kolar district (Karnataka) has been planned as per the omniscient will of the Divine. Sri K H Muniyappa, Former Member of Parliament, Kolar Lok Sabha Constituency along with other dignitaries in the divine presence of Sadguru Sri Madhusudan Sai performed the Bhumi Puja (Ground Breaking Ceremony) for the Campus today – Thursday, January 20, 2022. Keeping in conformity with the COVID protocols, a handful of local residents and others who had helped in the land search had also gathered.

Sri Govinda Reddy, Chief Liason Officer of the Prashanti Balamandira Trust, commenced the programme by profusely thanking all the State and Local officials and influencers for joining hands and working together for procuring the land for Sri Sathya Sai Krishnaaniketanam Campus. He expressed collective gratitude to Sadguru Sri Madhusudan Sai for establishing yet another Campus, where values-based education shall be provided free to the rural girls of Karnataka.

Sri B N Narasimha Murthy, Chief Mentor of Sri Sathya Sai Loka Seva Gurukulam Group of Institutions and Chancellor of Sri Sathya Sai University for Human Excellence spoke in detail about the glorious continuing and growing mission of Sri Sathya Sai Baba through the education campuses across **19 districts of Karnataka** and now the 20th district at Kolar (Karnataka), including its higher education wing – Sri Sathya Sai University for Human Excellence at Kalaburagi district.

He emphasised that the model of providing values-based primary to university education completely free of cost, was the need of the hour to address the education goals of the country. He appealed for the collective co-operation of all institutions and volunteers to come together to ensure that the construction of the school can commence immediately.

Sri K H Muniyappa shared his experiences with Sri Sathya Sai Baba, whom he revered as his mother, father and guru. He expressed his gratitude to Sadguru for taking up mammoth education and health projects in Karnataka and now taking up Kolar under His divine care by extending the gift of education for girls.

Sadguru Sri Madhusudan Sai shared that He prayed to Sridevi and *Bhū* Devi at Tirupati during His latest visit for their blessings for the new school at Kolar.

Sadguru went on to reveal that the campus has been named 'Krishnaaniketanam' after Sathyabhama, the consort of Lord Krishna.

Sathyabhama who was the incarnation of *Bhū* Devi (Goddess Earth) performed penance in Southern India to gain Lord Narayana as her husband. She thus married Lord Krishna. She too was dark in complexion like Lord Krishna and so was also called as Krishna – a (the dark one). When Lord Krishna got hurt in the battle against the demon Narakasura, she took the bow and bravely fought the demon and freed 16,000 women from captivity. She is an ideal woman who helped other women, so too the children of this girls' campus should help other girls fight the demons of poverty, deprivation and inequality.

Sadguru Sri Madhusudan Sai also shared His plan to commence operations of the Campus with a small school building in June 2022 to begin with and urged everyone to actively participate in this noble cause.

Sadguru Sri Madhusudan Sai along with the Dignitaries on the Dias



Ground-breaking ceremony being done by Sadguru Sri Madhusudan Sai for the upcoming campus



Sri Sathya Sai Karuna Nilayam Foundation, Sri Lanka

To quote the words of Sri Sathya Sai Baba, “I want to tell you all a good news on this occasion. Many devotees have asked Me to build an āśrama, a hospital and other institutions in Sri Lanka. Today, I am ready to do all that, but you should also be ready...A part of the land offered by this youth will be utilised for the āśrama, a hospital and a school in Sri Lanka. You take just one step; I will take one hundred steps. Whether you are youth, elderly, or women with children, all of you should become selfless. Get together to the extent that you can render selfless service.”

The above historic Divine words were said during Swami’s first visit to Sri Lanka on July 04, 2015. Now, six years later, in the village of Kirankulam at Batticaloa, in a **56-acres land**, the **Sri Sathya Sai Karunalayam Medical Centre** stands as a testament to these words and has rendered service to over **15,000 patients from across the country**. Next to the Centre, the **Sri Sathya Sai Sanjeevani Super Speciality Hospital** continues to be built into a beautiful edifice that will soon become a beacon of hope for many. The 56-acres land was offered by a devotee to Swami in the year 2015, and Swami approved of this spot, since the area was affected by a 30-year-old civil war that left behind many war widows and also the irrecoverable disaster caused due to the devastating tsunami that took place in the year 2004.



Ground-breaking ceremony for the Sri Sathya Sai Sanjeevani Super Speciality Hospital, Batticaloa, Sri Lanka

Despite the lack of resources and difficulty in accessing resources, the Sri Sathya Sai Karunalayam Medical Centre was completed in a record seven months’ time. Inaugurated by Swami Himself during His visit in 2017, the Centre renders services to everyone, irrespective of class, creed or religion, **completely free of cost**. The Hospital will soon become a **75-bed General Hospital** and will evolve in the later years into Sri Sathya Sai Sanjeevani Super Speciality Hospital.

Alongside the commencement of these healthcare projects in Batticaloa, a special initiative was started in 2015 to nourish children in Kirankulam. The students of Dharmapuram School, receives banana and milk as a breakfast supplement at the beginning of the school day, five times a week.

In the year 2020, ‘Feeding Programme’ started as per Swami’s advice. This initiative provides fresh nutritious meals that are prepared in the Centre’s Kitchen, to patients who come to the Medical Centre for treatment, as well as elderly and school-going children, from 10:00 a.m. to 2:00 p.m., every day. Due to restrictions during the pandemic, meals were packed and distributed at the doorsteps of the villagers. Many were overwhelmed to receive the food packets, as many of these villagers lost their jobs and their



Food packs being distributed to the hungry

incomes. Till date, **17,800+ parcels** have been distributed. On several occasions, dry ration packs were also distributed to the villagers to assist them during the trying lockdown times.

The Foundation has achieved the following milestones during the past pandemic year:

Education

- Along with regular serving of breakfast to school-going children, shoes and socks were also provided. This was a special project that supported **52 school-going children**

Medicare

- **Sri Sathya Sai Sanjeevani Super Speciality Hospital** in Sri Lanka which comprises of **five specialities**, commenced construction and is steadily underway despite the COVID pandemic situation in the country
- Over **3,000** patients were treated at the OPD and a total of **16,000 patients** have been treated at the Sri Sathya Sai Karunalayam Medical Centre in Kirankulam, Batticaloa
- Since January 2020, nutritious meals and tea are being prepared by the members of the Medical Centre for the walk-in patients

- During the critical stage of the third wave of COVID-19, the Government hospital in Batticaloa made a special request to the Foundation, to assist them in buying a special mask called **C-PAP (Continuous Positive Airway Pressure Therapy)**, which is a life-saving mask. The Foundation was able to support the Government hospital by supplying more than **100 C-PAP masks**

Sociocare

- A village outreach programme commenced during the pandemic to help elderly people and children. Over **150 field visits** were made to distribute over **15,500 meals** to needy individuals/families, around two to three times per week
- In addition, during the lockdown situation, over **1.5 million INR** worth dry ration packs were distributed to over **600 needy families**, who lost their means of income due to the pandemic
- A ‘care package’ which consists of herbal remedies such as coriander seeds, ginger and lime as well as medical packs and masks were distributed to the elders in a village. Under this initiative, close to **200 elders** were handed over the care packs
- During the rainy season, special packages consisting of fungal cream and pain relief balm were distributed to the elders

In the words of the members of the Foundation, “Much gratitude to Sadguru Sri Madhusudan Sai for His guidance and inspiration and sharing with us His journey of love and surrender to His Master. The Foundation and its members pledge to march forward inspired and committed to build better lives for the communities we serve.

Let our lives ignited by the Divine Spark of Sai light up our world.”

Distribution of dry ration to the needy individuals and families



Sri Sathya Sai Karunalayam Medical Centre, Kirankulam, Sri Lanka



Sri Sathya Sai Sanjeevani Super Speciality Hospital in its developmental phase





“Service is the ultimate expression of Love”, says Sri Sathya Sai Baba. The Centres for Human Development of the Sai Global Federation of Foundations are the beacons of hope for the world with the twin goals of spreading the light of love and the joy of service. The COVID pandemic wrote tales of ‘distancing’ and ‘isolation’ on the canvas of the world. Human contacts were feared for contact with the virus. This threatened to stall all sources of even the basic humanitarianism that urged people to play the part of a benefactor for a beneficiary who is in need of help. Despite these, the members of the Sai Global Federation of Foundations swore by the value of living for others greater than living for one’s own self and reached out to the ones who needed help more so now than ever before.

“sevā and sādhanā has to go hand in hand”, says Sadguru Sri Madhusudan Sai. While sevā purifies our minds from selfishness, sādhanā helps us get rid of doership and elevates our consciousness. Hence the Centres of Human Development balanced the sevā and sādhanā activities perfectly. The study of ‘Master the Mind’ series, which is a bouquet of talks given by Sadguru Sri Madhusudan Sai on the step-wise path to transcend the mind and experience the true self, was taken up by the members with utmost earnestness and devotion. Guest speakers were also invited from time to time to expound on various spiritual topics.

“Service is the ultimate
expression of Love”

Australia



Heart of Love Foundation,
Australia



Western Australia

In the month of December, four volunteers held a cooking class at a women’s refuge centre after which delicious meals were served to **10 ladies** at the centre. The ladies were happy and appreciative of this wonderful initiative by the Sai volunteers. **Four welcome gifts** were provided to the new arrivals at the refuge centre. A huge box consisting of juicy and pulpy oranges were delivered. Also **24 meals** were delivered to HD Streetwise.

Queensland

Around **660 freshly cooked meals** were served to needy individuals including homeless people in the Central Business District (CBD) and elderly destitute residents on a caravan park, in Queensland.



Victoria

A team of volunteers partnered with a local community hub and provided breakfast items equivalent to **980 meals**. Close to **160 families**, who were going through difficult times, were benefitted. The items mostly included breakfast cereals.

New South Wales

The ever-enthusiastic volunteers took the opportunity to serve **100 meals** a week to the needy individuals at Blacktown and a family in Riverstone. In total, **400 meals** were served in the month of December. One of the volunteers celebrated her birthday with the beneficiaries by distributing cake and sharing her love with others. Two Christmas hampers were also given to a family in Riverstone. Two beneficiaries were inspired to join the volunteers to do service.

Region 1

Japan



Home of Universal Peace

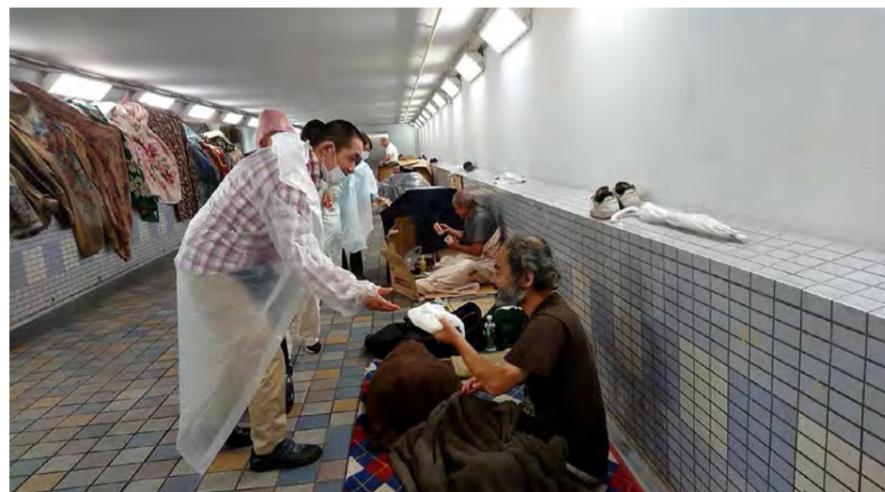
Meals Distribution

In December, a total of **287 meals** were served to the poor and needy in few of the cities in Japan. In the city of Yokohama, approximately **60 home-made lunch** and daily essentials were distributed every Saturday of the month, with the support of a local food bank organisation that provided food materials. In Tokyo, a devotee helped in cooking at a centre for children, who also provides free meals, which serves approximately **30 children** at a time. Some devotees in other parts of Japan outsourced and provided food items to the local food banks who in turn distributed the same to needy households.



General Incorporated Association of Sri Sathya Sai Sanjeevani Hospitals Trust, Japan

In the month of December, the Trust served **two infants** with free general health check-up and connected them to the hospital for necessary treatment.



Region 1

Laos



Sri Sathya Sai Foundation Lao PDR

The Lao Red Cross and the Sri Sathya Sai Foundation, in a joint collaboration, organised a blood donation camp in the premises of the Sri Sathya Sai School, Laos. The camp was organised by adhering to strict COVID 19 regulations. **50 units of blood** were collected thus. The blood bank is running precariously low in blood and so the donation drive was extremely crucial at this point in time.



Region 2

Middle East



Desert sevā

The residents of the desert, who are basically the caretakers of camels, eagerly look forward to meet the Sai volunteers from Middle East every single month. This particular sevā has been going relentlessly over the past three years and has resulted in creating a special bond of care and concern between the Sai volunteers and the beneficiaries. It is no longer just an action of kindness. It has surpassed the feeling of helping someone else and has transformed into a beautiful expression of extending helping hands to our own family members in need.

In December, Sai Love Kits consisting of essential groceries like rice, flour, sugar, salt, lentils, tea powder, spices, cooking oil along with daily hygiene essentials like toothbrush, toothpaste, soaps, detergents, shampoos, sanitisers and dish washing liquid, which would last for a month, were provided to **25 beneficiaries**. The kits are capable of providing **1,500 meals** in total.

A Helping Hand to Ferrymen

In a country surrounded by sea water and creeks, ferry services are very common and a part of daily transport regime. The ferrymen often live in very challenging circumstances with meagre salary, shift work and harsh living conditions. They don't have a residence which shelters them and so they are confined to live in open motor boats. When winter arrives, they brave harsh cold winds and breeze with inadequate protection, due to the unaffordability to purchase winter clothing.

In the month of December, Sai volunteers had an opportunity to serve **30 such ferrymen** with the requisite blankets and jackets, as well as monthly groceries. The monthly groceries are equivalent to preparing **1,800 meals** in total.

OMAD – One Meal A Day

As Taibah Amin quotes, “Feed the hungry, the happiness that flows is priceless.” Many volunteers came forward to feed a minimum of one meal a day to the hungry in their surrounding areas. The happiness derived out of this service was indeed priceless! **240 meals** were served this month by **14 volunteers**.



Region 2

Nigeria



Spiritual Self Awareness Initiative

Joy Village Enugu, Nigeria



Aruke Specialty Hospital (ASH) runs two clinical facilities in the remote rural areas in the States of Enugu and Imo. These Hospitals are meant for rural dwellers that cannot access quality healthcare services. Both the Hospitals offer a wide range of paediatric and maternity healthcare services, absolutely free of cost, while also treating children and adults from all age groups. On an average, the Hospitals treat 72 patients on a daily basis absolutely free-of-cost.

In the month of December, a total of **344 children, 686 adults and 120 eye patients** were provided with world class treatment. Close to **16 deliveries** were performed and numerous procedures such as circumcision, catheterisation, and manual



vacuum aspiration were conducted. **300 medical investigations** were also conducted during the month of December.

In addition to this, educare through the Embodiment of Love Academy (TELA) is provided to **1,185 children** and sociocare through Biarienu food programme which feeds an average of **500 children** with hot and healthy meals was done. A total of **16,250 meals** were served in the month of December.



Region 3

Greece



'Ιδρυμα Μοιράζομαι' (Foundation of Sharing)

In the month of December 2021, the Greek devotees and members of 'Mirazome' Foundation, intensified their *sevā* and made efforts to provide institutions who serve the needy, with sweets and Christmas cookies. Large quantities of medicine were delivered to an NGO which organises medical missions both within Greece and abroad.

The devotees got together and packed **100 boxes** of supplies consisting of lentils, beans, rice, pasta, tomato sauce, milk, etc., to the Zoodohos Pigi Humanitarian Association, Alimos; and the Support Centre for Children and Families, Kolonos. These supplies amounted to **8,000 meals** in total.

350 boxes containing twice the number of supplies of the normal packages were delivered to few institutions feeding the poor and needy such as - St Panteleimon Church, Alimos; St Theodori Church, Anavyssos; Isodia Theotokou Church, Vari; A Hug for Children - a Social Support Association, Athens; and The Other Human Social Kitchen. The entire supplies were equivalent to **56,000 meals**.

This month, the Foundation approached the 'Heart Doctors', an NGO famous for their humanitarian work all over the globe. Large quantities of antibiotics, paracetamol, aspirin, syrup for adults and children, and antifungal cream were provided to them to help the needy through their organisation's initiatives.



Just before the festival of Christmas, the volunteers offered around **400 kilograms of Christmas cookies and traditional sweets** to all the institutions which are normally supported by the Foundation, such as - 'EGNYA' and 'ARGO' Foundations for Children with Disabilities; St Andrew Orphanage; Palea Fokea Elderly Home; Support Centre for Children and Families; St Panteleimon Church, Alimos; Municipality of Ellinikon; and the **80 families** in Anavyssos—making about **1,000 people** smile!

To surprise the teenage boys and girls from the 'Support Centre for Children and Families' with Christmas presents, **25 bottles of aftershave balsam** were presented to boys, and **25 eye-liner pencils** and **25 bottles of fragrant shower gel** were presented to girls.

For the very first time, the Foundation volunteers visited the 'PEN Kallitheas' - a shelter fostering young children aged 0-5 years, and provided them with supplies like milk, cheese, yoghurt, biscuits, cereals, fruits, sweets, and hygiene products such as diapers.

The monthly *sevā* of delivering **80 boxes of food and home supplies** to the poor families of Anavyssos continued with the same zeal and enthusiasm like every other month. These supplies amounted to **1,840 meals** in total. **70 pizzas** were delivered to EGNYA Foundation; and **1,200 portions of yogurt, 720 litres of milk and 40 kilograms of feta cheese** were distributed at the elderly homes in Athens and Palea Fokea.



Region 3

Croatia



Zaklada Ananda (Ananda Trust Croatia)

River of Love - Distribution of food packages

The Ananda Trust in co-operation with the President of the Social Council of Lekenik Stjepan Kušan, launched a charity event called 'River of Love' for socially disadvantaged families to brighten their holidays and to celebrate Christmas in abundance and prosperity. The Trust provided over **21 packages** for families from villages of Letovanić, Stari Brod, Farkašić, Pokupski Palanjek, and Pokupski Vratečki. The fire department of the villages helped the volunteers to pack and distribute the supplies.

'It is not important to do big things, but to do small things with a big heart' - is the motto of the Ananda Trust.

Poland



Stowarzyszenie Love All - Serve All (Love All - Serve All Association)

The Polish Association 'Love All - Serve All' distributed packages containing food items such as oil, fruits, cheese, sugar, milk, juices, etc., to **22 families** which can feed around **87 people**.

The Association continued to co-operate with Association Warsaw Seva to serve hot Indian meals along with cool lemonade to about **1,044 needy individuals**.



Turkey



Karşılıksız Hizmet Vakfı (Selfless Seva Trust)



Once a week, grains or pastas with legumes was cooked and served alongside with milk or yoghurt, and bread. A total of **1,105 meals** were distributed door to door in the districts of Şişli, Pendik and Ömerli. New shoes were also distributed to the people in need in the district of Pendik.

In the district of Uskumruköy, grocery boxes consisting of rice, pasta, vegetable oil, grain shaped macaroni, milk, kashar cheese, tomato paste, salt, toothbrush, tooth paste, woman sanitary pads, nut butter, cookies and snacks for children were distributed to **10 families**. A similar box was also provided to the needy in Şişli District.

The volunteers of the Trust helped **12 economically deprived families** by paying their house rents and bills for utilities such as electricity, water and gas in the district of Şişli.

Region 4

Canada



Sai Global Service Foundation of Canada

The Foundation collaborated with the 'The Mustard Seed Edmonton'— a safe and supportive haven for individuals experiencing poverty and homelessness, and provided grocery items for over **20 families**. The groceries included vegetable soup, grain bread, macaroni and cheese, Arrighi macaroni, Gourmet vegetable crackers, and water.



Lessons For Life

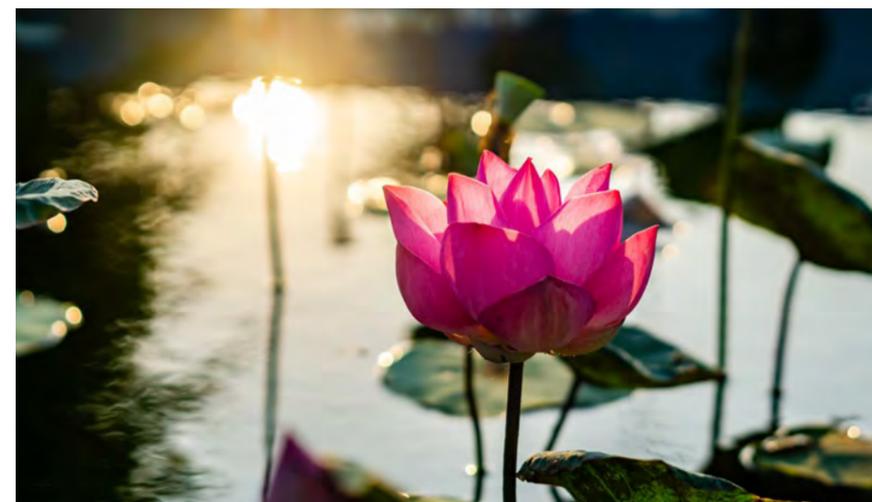
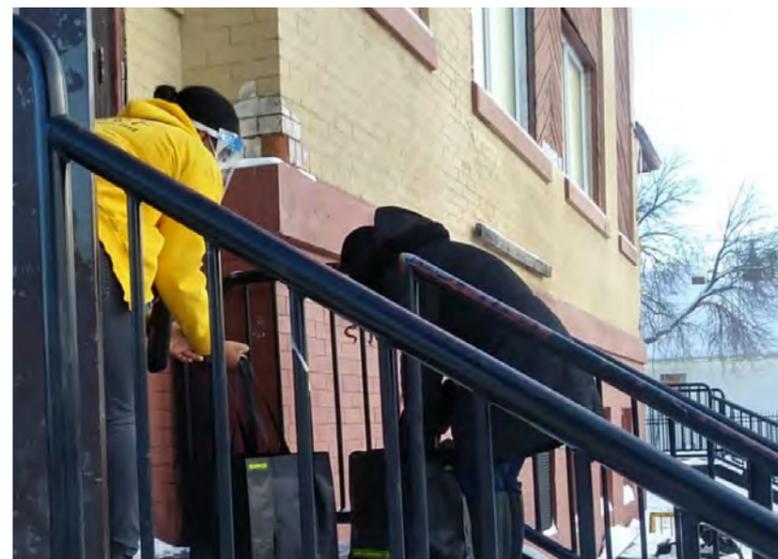
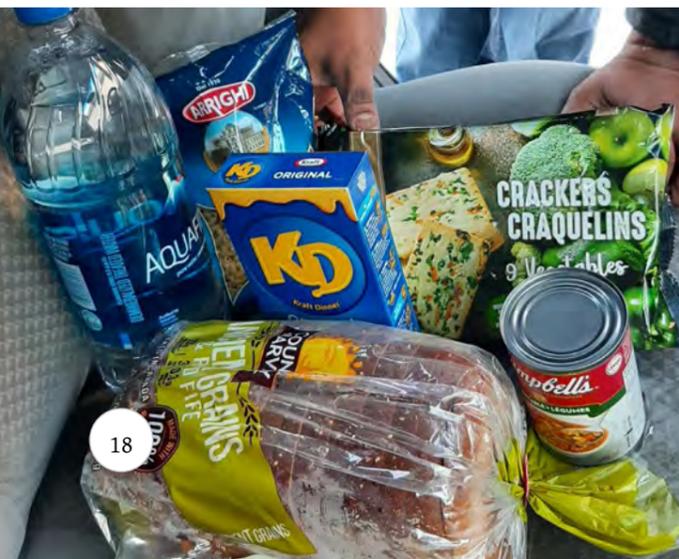
How to remove fear and anxiety, especially in these pandemic times?

Where there is faith, there is no fear. If there is fear, it means that there is no faith. When there is sunlight, there cannot be darkness; darkness is the absence of light. Fear is nothing but the absence of faith. If you develop faith, fear will automatically vanish. What do you fear? What will happen to you? What will happen to you in future? What will happen to your family? What will happen to your money? What will happen to your possessions? You have these fears, because you think that these belong to you. The moment you think that these belong to God and it is God who has to look after them – be it your body, your family, your money, your relations, your properties, your business – everything belongs to God and it becomes God's problem to look after them. The owner of a property has to pay taxes on it, has to protect the property; why should the custodian worry about it? If you consider yourself only a caretaker of God's property, God will look after it.

Remind yourself every moment—are you the one who is able to make your lungs breathe, your heart beat or your food digest? Nothing is in your hands but, without these, you cannot function. When God is doing all these things, why do you not believe that God is the cause of everything else, too? Take everything as God's gift; whether you like it or not, you must take it with joy. Remind yourself, all the time, that nothing belongs to you; at any moment, God can switch it off and the show will end. Be ready, always. The moment you become attached by feeling that 'this is me' or 'this belongs to me'—that is when you suffer fear. Have faith that everything belongs to God and He will look after it. If He chooses not to give you what you want, what can be done about it? How much ever you may try, you will not achieve it, if He does not want you to. Give it up! Give it to God! That is the only way there is. There is no other way of dispelling fear.

“Where there is faith, there is no fear.

If there is fear, it means that there is no faith.”



My Inner Journey

To Rise Again

By Mrs Sumisha Sairaj

Mrs Sumisha Sairaj is a staunch devotee of Bhagawan Sri Sathya Sai Baba for the past 16 years. She is a graduate in Homescience from St. Joseph's College for Women, Alappuzha in Kerala. Sumisha was introduced to the subtle form of Bhagawan Sri Sathya Sai Baba through her husband Mr Sairaj Haridas, whose family were devotees of Baba for many generations. The couple was blessed by Sadguru Sri Madhusudan Sai since the year 2015 and in 2018, they were appointed by Him to be the co-ordinators of Sai Mission in Middle East.

Under the divine guidance and blessings of Sadguru, Sumisha has been instrumental in initiating and executing several service projects, including looking after blue-collar workers with extreme love and care. For Sumisha, it's always 'Sai' first and 'others' next. Moreover, Sumisha with her ever smiling, positive and pleasant attitude stands as an inspiration and role model for all other Sai brothers and sisters in the region.

I have heard of many stories of transformation of people, as to how they have been guided on the right path or were blessed with an opportunity to join the right company, which changed their life for the better. To me, the very fact that I am alive and sane today is a completely transformative experience. God pushed me into deep waters, not to drown me, but to cleanse me.

I grew up as the youngest child in a family of three siblings, in a pious and religious environment. Swami was not known to me until I was married into a family belonging to Sai fraternity. Swami



was the first priority in my husband's family. My early understanding of Swami was that, He was a good-hearted man or a guru who initiated a lot of charitable work for humanity. However, with the passage of time I was totally convinced of His divinity. We were a happy family, blessed with two children and living a busy life in the Middle East. Even amidst the materialism of this country, we were focussed on Swami, through bhajans and sevā. My kids also got into the mould of sevā and bhajans by observing us. After Swami's physical departure, we were left with a huge vacuum in our lives and the fact that there was no Swami to guide both my kids, bothered me so much.

In 2015, in the most divinely ordained fashion, our family was part of the chosen few who had the fortune to witness the subtle phenomenon of Swami. While we exulted at the blessing of being the chosen ones to this phenomenon, little did we know what was ahead in store for us. Early in January, same year, the merciful lord blessed and perhaps strengthened me to face the tragedies that awaited me. My 36-year-old brother who was hale and hearty passed away unexpectedly suffering from cardiac arrest. He

“May this life be only for Him, His work and may it finally help us realise that we are Divine.”

was my elder brother and was the pillar of my family. We were emotionally distraught and when we were still struggling to come to terms with this tragic death, another tragedy struck. In just three months, I lost my two-and-a-half-year-old son to nephrotic syndrome, a form of life-threatening kidney disorder. I dread to walk through those days even in my memories! Before I could recover from this shock, I lost my dear father too. The loss of three important members in my family was overwhelming and unbearable. If I am sane today, if I could come to terms with all the tragedies and accept my situation—I consider that as **my biggest transformative experience**, and this couldn't have been possible without Swami's support and solace.

The first few words which Swami spoke to me in a personal interview on August 2015 were, “Don't cry, I am with you.” I determined to myself that my life ahead shall only be for Swami! Today, I realise that if I am able to smile or laugh in spite of a series of tragedies in my life, it is only because of

Him. I personally felt that every moment of sevā and satsang brought tremendous peace, strength and meaning to my life.

In the year 2018, Swami, handed over to us—my husband, Sairaj and I, the responsibility of being the co-ordinators of Middle-East group. For Him, only our availability mattered! Surrendering completely to Swami and remembering the two magical words, “Yes Swami”, we are making ourselves available for His work. Challenges galore, and yet His work happens with His grace, and this has in fact helped us turn inward. Today, our daughter, Sai Sreelakshmi studies in one of the Swami's educational institutions in Karnataka. Our day begins with Swami, we spend the day with Swami and end the day with Swami and live for Swami alone! The ‘Master the Mind’ series and meditation, sevā and satsang fill our days. Our life's calamitous uncertainties have turned it into opportunities for us to move closer to Him. My earnest prayer to Bhagawan is, “May this life be only for Him, His work and may it finally help us realise that we are Divine.”



My Inner Journey

The Unforgettable Lessons at the Master's feet

By Mr S Thiagarajan

Mr S Thiagarajan is a Senior Industrial Relations Practitioner. He has sat on the boards and committees of several organisations including educational, social and welfare organisations. Mr Thiagarajan has been involved in Sai sevā for over 25 years. Between 2011 and 2021, he was a Trustee of the Sri Sathya Sai Health and Education Trust (SSHET). Currently, he serves on the Board of Advisors of the SSHET. Mr Thiagarajan completed his BA (Hons) at Monash University, Australia and the Executive Development Program at North Western University, USA.

MOur journey with Sathya Sai Baba in the Subtle Form started with the landmark Kodaikanal retreat in 2014. We were fortunate to be part of a group invited to join the retreat. It has been a life changing journey ever since with many lessons learnt at the Master's Feet. In this article we use the term Swami, Sai Baba and Sadguru Madhusudan Sai interchangeably. They are the manifestations of the same Divine Principle otherwise known as the Creator, God, Cosmic Consciousness and so on.

One big change in our lives in recent years has been the serious study and application of spiritual literature, in particular Sai's teachings. Back around 2015, Swami told us to organise regular study circle. Our efforts at this sputtered. The sessions were not sustained, partly because everyone was busy with their personal and professional lives. With COVID, things changed.



Overnight many of us became familiar with using Zoom. Most importantly, Swami embarked on an intensive series of highly illuminating and instructive talks for the students and āśrama residents.

The 'Master the Mind' (MTM) series provided the catalyst for weekly on-line study circles. During these sessions, everyone was encouraged to ask questions and share views on practices prescribed in the talks. At the end of the session, each participant in turn shared their key takeaway. The study circle helped us to reflect on the daily challenges and relate them to Sai's teachings. They made us more aware of our thoughts and actions, and to change our ways for the better. The fellowship in the study circle and the regular sharing by others also helped us on this journey of self-transformation.

Swami has reminded us that ego (*ahaṅkāra*) and attachment (*mamakāra*), the product of the mind, are the root cause of all suffering. One way to overcome the mind is to constantly remind ourselves that 'we are Divine beings having a human experience.' With earnestness, we persevere with the positive affirmations of '*ahaṅ brahmā sarvaṃ brahmā*' and other such thoughts. Through Sadguru we learnt about the *nirvāṇa satakam*. It is a powerful proclamation that we are the ever-pure blissful Consciousness and not the overlay of mind, senses, memories, relationships and other things that obscure our *ātmic* reality. We learnt that one must go beyond an intellectual understanding and strive to experience the Highest Truth. *śraddhā* (faith) and the concomitant *śaraṇāgati* (surrender) and *saburī* (immense patience) are necessary for the spiritual aspirant.

With the '*kaṭhōpaniṣad*' series, Swami hammers home the message - 'the goal of life is Self-Realisation'. For some, overcoming the mind and establishing one-self in the *ātmic* Self may be easy. For others (like us), the Mind is a major stumbling block. Many times, the Mind wanders when we try to focus on the Inner Self. Sai's reassurance that no effort in the spiritual path goes to waste is a great motivator. Even if one has to be re-born, Sai has said one continues from where they left off on *para vidyā* (spiritual knowledge) in their previous life. With *apara vidyā* (secular knowledge), one has to start all over again with each birth, like children learning their alphabets.

With regular practice of Swami's teachings, there have been glimpses of how the Divine Consciousness manifests in our daily lives. For example, many times at work, difficult problems just simply melted away. Such events just leave us in awe and wonder. They motivate us to strive for the achievable goal of *mukti* - a life of peace and deep Divine contentment.

Swami has said that to be Divine is to be selfless. It is not enough to be kind and compassionate. One must do your best to help the needy. We have been provided with many opportunities to be involved in *sevā*. However, with each passing year, it becomes more challenging to balance the books as resources are limited. We take heart and courage from the scriptures declaration that everything belongs to God for He created everything. Our names may be on a title or a deed but we are merely custodians given the opportunity to use all our means to build a better world. In that process we redeem ourselves.

Mother Teresa said, "A sacrifice to be real must cost, must hurt, and must empty ourselves. Give yourself fully to God. He will use you to accomplish great things on the condition that you believe much more in his love than in your weakness."

The foremost example of God using Man to accomplish amazing things is the life of Sadguru Sri Madhusudan Sai. There are also countless more in the fold like Mr C Sreenivas, Mr B N Narasimha Murthy, the *tyāga jīvis* (celibate missionaries), ordinary householders, professionals, young and old who are living a life of high purpose guided by Sai's teachings. They serve as beacons of inspiration for us to be fearless and to do better.

Over time, we have come to realise that everything happens for good and according to God's Will. It's easy to accept the things that happen as we want. However, dealing with adversity and disappointment is not the same. Now we look inwards when such things occur. This practice aids our growth, teaching us lessons on forbearance, humility, kindness, compassion and acceptance amongst other things.

Life is indeed just a game. As Swami has explained, we put in our best effort to play the role given in this drama of life, never forgetting we are the Divine Consciousness and not the body and the mind. It's still a journey to realising our highest Self. Many times, we falter but we pick ourselves up and march on thanks to Swami's teachings. We remain optimistic and resolute reminding ourselves that there's no place to be discouraged, disappointed or depressed. For really this is all an illusion.

