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Message from *Sadguru Sri Madhusudan Sai*

The Tale of Two Sailands

The Fiji Islands tucked away in the South Pacific in the middle of nowhere, well almost; and the island of Sri Lanka – the so-called tear drop in the Indian Ocean, though oceans apart literally had the same tale to tell, as the gift of new life was given away ceremonially in the two islands after successful paediatric heart surgeries.

While in Sri Lanka, a team from Sanjeevani Raipur mended the six little hearts; in Fiji it was the team of surgeons and medical professionals led by National University of Singapore that returned 21 little hearts back to their mother's arms. The collective good done across the two islands divided by salty waters but united by sweet selfless love is much beyond the number of surgeries done free of cost.

As the surgeons of Singapore returned from their mission at Fiji, they openly and proudly declared the hospital a 'national asset'; while in Sri Lanka in a ceremony attended by the who's who of the nation, the hospital was called the 'timely help' that the country needed at the time of crisis.

Just think about it, children from Sri Lanka and Indian doctors; children from Fiji and life savers from Singapore, and a whole lot of invisible others from tens of countries working behind the scenes to tell one story – the love story of humans who love other humans as their very own.

As the Sanjeevani Centres are all gearing up to celebrate the 10th anniversary of their services which has given the precious gift of life through surgeries and interventions to over 22,000+ children across the world, what can be more fulfilling than working for children's hearts with all our hearts in heart shaped hospitals, that take in the bad blood of misery of an impending death and give out the good blood of joy of a new lease of life! This is the tale we are here to tell and tell it every day to everyone till all of our stories become one, that of selfless love and service to all.

Yes, pinch yourself if you must, this is for real that the world is changing for the better, one person at a time across islands that are oceans apart yet close in the heart.

More good is in the offing with more free hospitals opening to celebrate the 10th anniversary of Sanjeevani Centres across India in the sacred month of November only to tell you more tales of transformation, be all ears and all hearts!



01 and 02 October 2022 – India Startup Festival (ISF), Sathya Sai Grama, Muddenahalli

Bringing Together Industry and Society for Charity by Doing What is Never Done and by Doing it in Style

The first edition of the India Startup Festival (ISF) was hosted at Sathya Sai Grama, Muddenahalli, Karnataka. The festival witnessed the conglomeration of the largest network of masterminds from the ‘startup ecosystem’ of India to redefine the future of the startup revolution in India. About 75+ investors, industry experts, venture capitalists, mentors, speakers, new-age startups, entrepreneurs, and CEOs of Fortune 500 companies from across India participated in the Festival.

Successful Unicorns (company with a valuation of one billion USD and above) and Soonicorns (soon to be a Unicorn) were part of the ISF. The organising team of ISF extended certificates of recognition to Unicorns like Zerodha, Acko, Open, and Darwinbox; and Soonicorns like Jagal, Simplilearn, MoEngage. A unique term ‘junicorn’ was coined for felicitating a young mind, Master Joshua, the teenager who developed a phishing tool and cyber security programme, and later started a company ‘Bug Bounty.’

Objective:

- To explore, collaborate, relook at opportunities and thereby redefine the startup revolution by supporting entrepreneurs
- To build a solid ecosystem that shall help young entrepreneurs realise their full potential

At the inauguration of the festival, Mr J A Chowdary – Founder, General Chair of ISF, welcomed the delegates. He presented the idea of creating an ecosystem of togetherness and support in order to manifest an ‘Aatma Nirbhar Bharat’ for which Honourable Prime Minister of India, Mr Narendra Modi has started an *Abhiyan*.

One Rupee App, a brainchild of Sadguru Sri Madhusudan Sai was also launched on iOS and android platforms making it available to every citizen of India. A rupee a day, shared for the betterment of the society, is the new digital way of living a life of compassion and charity. What is better, with the One Rupee App, every rupee can be customised to serve the needy through free education, nutrition, healthcare and much more.

During the event, Mr B N Narasimha Murthy, Chancellor of the Sri Sathya Sai University for Human Excellence was conferred with the **Life Time Achievement Award** by the India Startup Festival by recognising his commitment and dedication in imparting free values-based education to the rural poor of India.

Key Highlights

- The festival was also virtually witnessed by more than **1.5 lakh delegates** from across the globe
- **1500+ Startups** under multiple heads participated in the Startup pitch contest, where the top 100 were selected and invited to be at the festival to pitch their vision. From this group, the top ten made it to the recognised list who will be supported and mentored by the core group of ISF
- Themed exhibitions, round tables and panel discussions on critical areas like women empowerment, fintech, education, rural health and nutrition, and knowledge sessions were held
- Pitches to investors and opportunity to share, exchange and network with the best minds in the startup space of India was facilitated



Fireside chat

- A Fireside Chat with Sadguru Sri Madhusudan Sai where Sadguru through his immense spiritual as well as entrepreneurial knowledge answered a series of questions with convincing and practical answers
- Launch of ‘Gossip Corner’ – a women’s entrepreneurship programme
- Ten startups were qualified out of hundred pitches and were declared as the best startup ideas with regard to concept, innovation, sustainability and several other key factors. All the top ten startup companies were recognised with citations by ISF. Following are the startups in the chronological order of their rankings:
 1. Zero Touch
 2. Quantonaut
 3. Codetantra
 4. Samaaro
 5. Axial Hero
 6. Microwin
 7. Ving Room
 8. Ingo
 9. Atomstate Technologies
 10. Banashri Renewable Energy

Key Points from Sadguru Sri Madhusudan Sai’s Message

- Being a good example to the society is the best service one can do to the society. Be an example in your own way. As a teacher, a doctor, a businessman, or a venture capitalist, be an exemplary one
- We are here not to rule, but to serve. We are here not to take, but to give. We are here to love, and to do our bit for the betterment of society through our ventures
- Rural India, the bottom of the pyramid is where the fortune lies. Unless we build rural India through education, healthcare and nutrition, where children are well educated, healthy and skilled, where are you going to get the next generation workforce, consumers and customers from? A demographic dividend will be a distant dream
- Per capita has to reach the last person so that everybody has enough in their hands to spend and grow this economy
- Startups must think about rural India and take innovative ideas to solve the rural issues. Your dream of becoming a unicorn may get prolonged; however measure your success in terms of the impact you create—a billion smiles that you can create rather than a billion-dollar valuation

Below, From left to right

Mrs Sirisha Voruganti – MD, JCPenney

Mrs Mamatha Madireddy – MD, HSBC

Mrs Revathi Kamath – Angel Investor

Mr S Sivakumar – CEO, Agri & IT Businesses, ITC Leadership

Sadguru Sri Madhusudan Sai – Spiritual and Social Leader of the Global Mission of Nutrition, Education, and Healthcare

Mr J A Chowdary – Key Architect, Indian Tech Industry and General Chair, ISF 22

Mr Madan Padaki – Founder and CEO, 1BRIDGE and President, TiE Bangalore

Mr Ramani Iyer – Co-Founder, Justdial

Mr Anil Shetty – Politician and Changemaker

Mr B N Narasimha Murthy – Chancellor, Sri Sathya Sai University for Human Excellence





- Right Ideas, Right Investors, Right Innovators, Right Mentors, Right Opportunity and Right Match—all of these should come together
- Three key words for venture capitalists:
 - o Availability or accessibility to the rural
 - o Affordability for the rural
 - o Agreeable solutions in tune with the rural culture
- There is so much potential in rural India. Through your enterprise, work with rural India by educating children, bringing skills through technology and new ideas. This is the way to become a 40 trillion-dollar economy with every single citizen's per capita being equal and enough for them to take care of themselves and anybody else in need
- Collaboration is the key and only when we collaborate, we can celebrate the hundredth year of India as a developed nation and not a developing nation
- The *īśāvāsya upaniṣad* says – *tena tyaktena bhujjithā* – consume with sacrifice; *mā grdhaḥ kasya sviddhanam* – don't take away what belongs to others. This not only means not taking away what already belongs to another person; but means that everything that we do not need doesn't belong to us; it belongs to another person who has a greater need for it
- The one who is educated can educate another person, one who is wealthy can share wealth with the poor, and the one who is healthy can take care of the unhealthy. The idea is to give others anything more than what we need
- 'Giving' and 'Taking' can be put as four quadrants on a X axis and Y axis respectively.
 - o Capitalists take but do not give
 - o Socialists give as much as they take. They aim for equitable society
 - o Minimalists take less and give less—no harm, no help
 - o Spiritualists give but do not take. They work hard to give and not take. They accept whatever comes back to them naturally by virtue of giving
- Mahatma Gandhi's *carkha* signifies self-dependence, a symbol of *ātmanirbhar*, and this is why startup economy is important. *carkha* symbolises a startup where every person is self-employed, creating something for the use of others
- The ancient Indian barter system respected each other's trade and crafts. A potter's pots and a weaver's clothes had to be shared with each other for they need each other and their products
- In the olden days, spiritual organisations like temples were centres of social development, and the Lord was the owner of all the endowments that came from Kings and Patrons.
 - o Temples took care of everybody's welfare—*gurukulams* that imparted education free of cost were associated with temples, food was served to all, and *vaidya* or mid-wife associated with the temple served the village without charging a fee
 - o Socio-cultural programmes and trade fairs were conducted for people to exhibit their craftsmanship

- Capitalism and Socialism have to meet and find a middle path, where production is accompanied by equal distribution. Through ISF, our institution has become the common ground where great businesses and ideas have met with socialists who want to serve the society
- 'The Walk for Peace' initiative through the One Rupee App could pool in 1.45 lakhs. For an institution like ours, it may be a small amount, but for the child who is saved at our hospital and for the family of that child, this amount means a lot
- Assuming the GDP per Capita of India to be 2300 USD today, and GDP per capita PPP (Purchasing Power Parity) to be 8,000 USD, 25 years down the line, when this child finishes education and becomes an engineer, doctor, or businessman, or even if he/ she is an ordinary contributing Indian, and contributes 2500 USD per year to the country's GDP, in 25 to 30 years of his life, he would contribute 250,000 USD or about 2.5 crores of value. This is the impact of that 1.45 lakhs which was used to save the child
- Creating teachers and doctors are of paramount importance in today's India. 10 lakh teachers are missing from Indian schools. 2.5 crore children are born in India every year and most of them are in rural areas

where there are no schools or teachers. After the COVID, primary school enrolment has fallen and higher education enrolment is less than 25%, which means 75% of the students who pass from Grade 10 or 12 do not join any University. Especially the enrolment of rural women in higher education is dismal. These causes have attributed to tremendous loss in the country's GDP

- Our University and the upcoming Medical College will produce teachers, doctors, nurses, and paramedics to fill the gap in quality as well as quantity
- You invest in a human, and that is the real startup, which gives infinite Return on Investment
- Gandhi's Talisman says, "I will give you a talisman. Whenever you are in doubt, or when the self becomes too much with you, apply the following test. Recall the face of the poorest and the weakest man [woman] whom you may have seen, and ask yourself, if the step you contemplate is going to be of any use to him [her]. Will he [she] gain anything by it? Will it restore him [her] to a control over his [her] own life and destiny? In other words, will it lead to swaraj [freedom] for the hungry and spiritually starving millions? Then you will find your doubts and your self melt away." This is the message we need to take home.



In Focus

An Evening Divine with Sadguru Sri Madhusudan Sai
Venue: Colombo, Sri Lanka
Date: 24 October 2022
Host: Cricket Legend, Deshabandu Aravinda de Silva

An evening to repose and recollect the joy of saving the lives of little children was savoured at the harbour city of Colombo, hosted by the Former International Sri Lankan Cricketer, Deshabandu Aravinda de Silva. Sadguru Sri Madhusudan Sai was present to reminisce and share his joy of working for children, especially in the healthcare spectrum for the last 10 years through the Sri Sathya Sai Sanjeevani Centres for Child Heart Care.

With the inauguration of Sri Sathya Sai Sanjeevani Hospital at Batticaloa, Sri Lanka on 09 August 2022, Sadguru Sri Madhusudan Sai is on a mission to address one of the main causes of infant mortality, which is 'Congenital Heart Diseases.' At Sri Lanka, providing health care Free at the point of delivery, with equitable coverage and of good quality is one of the development mandates for health services.

To complement and to add on to the government's wonderful universal healthcare coverage to all citizens, and to assist the great

work already being carried out by Lady Ridgeway Hospital, the Sri Sathya Sai Sanjeevani Hospital was established at Batticaloa by the Sri Sathya Sai Karuna Nilayam Foundation. The Sri Sathya Sai Sanjeevani Hospital joining hands with the Lady Ridgeway Hospital shall definitely shorten waiting lists and save the lives of more children who need immediate cardiac care.

Mr Sunil Gavaskar, Former International Indian Cricketer had virtually joined the event from Australia to share his long-standing comradeship with the Sanjeevani Hospitals and with Mr Aravinda de Silva. Mr Gavaskar is a passionate patron of the Sri Sathya Sai Sanjeevani Hospitals in India and has been passionately spreading awareness for congenital heart defects.

Mr Gary Seaton – Chairman of Hatton Plantations PLC, Mr Kishore – Director of G&G Group of Companies, Singapore, Mr Gowrishankar – Director of Hatton Plantations PLC, and Mr Menaka Athukorla – MD & CEO of Hatton Plantations PLC, were also present at the event.



A Traditional Sri Lankan Welcome Dance



Mr Deshbandhu Aravinda de Silva bestowing the 'Gift of Life' certificate to little Ransilu



Ms Sanuli Imansa receiving the 'Gift of Life' certificate

Key Highlights of the Event

- Six children who were saved from congenital heart anomalies at the Sri Sathya Sai Sanjeevani Hospital were given away the Gift of Life certificate by Mr Aravinda de Silva and Mrs Anushka de Silva. Some of these children were referred by Lady Ridgeway Hospital for surgery
- Memorandum of Understanding was exchanged between Sri Sathya Sai Karuna Nilayam Foundation and Eastern University. Vice-Chancellor of the Eastern University, Prof V Kanagasingam and the Chairperson of Sri Sathya Sai Karuna Nilayam Foundation, Mrs Penny Jayewardene exchanged the MoU
- HD Steth, a diagnostic device with cutting edge technology, was offered to the Eastern University. This futuristic Steth was invented by Mr Arvind Thiagarajan, a scientist from the Bay Area of California, and was developed by HD Medical Group, USA

The speciality about this Steth is that it makes cardiac screening accessible by everyone—even by an individual without any medical background. It is an EKG-enabled Intelligent Stethoscope with real time visualisation of cardiac waveforms, accessible via mobile app and data stored on cloud.

- 'Heart to Heart' – a Question and Answer session with Sadguru Sri Madhusudan Sai was conducted by Mr Aravinda de Silva

The evening ended with a mesmerising music concert by Sandun Dharmawansa, a renowned Saxophonist from Kaduwela, Sri Lanka; and Shenal Pigera, Musician and Pianist from Colombo.

Memorandum of Understanding being exchanged between Sri Sathya Sai Karunalayam Foundation and Eastern University, Sri Lanka



'Heart to Heart' with Sadguru Sri Madhusudan Sai



Sri Sathya Sai Sanjeevani Hospital, Batticaloa, Sri Lanka
Child Heart Surgeries performed 15-18 September 2022

 MASTER B CHANURA METHSARA Age: 7 Years 2 Months Location: Colombo Sri Lanka Surgery: ASD Closure DOS: 15-Sep-2022	 MASTER D PRANSILU DAMKETA Age: 4 Years 8 Months Location: Colombo Sri Lanka Surgery: ASD Closure DOS: 15-Sep-2022	 KUMARI NETHMI SAMASHA Age: 15 Years 6 Months Location: Colombo Sri Lanka Surgery: ASD Closure DOS: 16-Sep-2022
 MASTER HERSHELLE SHERMAN Age: 4 Years 7 Months Location: Colombo Sri Lanka Surgery: SV ASD Repair DOS: 16-Sep-2022	 BABY SANULI IMANSA Age: 3 Years 8 Months Location: Colombo Sri Lanka Surgery: SV ASD Repair DOS: 16-Sep-2022	 BABY MOHAMED VAL Age: 2 Years 10 Months Location: Colombo Sri Lanka Surgery: ASD Closure DOS: 16-Sep-2022

All Services Rendered Totally Free of Cost



“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.

Sai Global Federation of Foundations (SGFF) brings together an international community of organisations which share the common goal of alleviating human suffering, promoting

environmental responsibility and creating new opportunities for those in need. It is a non-religious, non-denominational, non-political group promoting harmony by serving humanity, transcending the barriers of gender, caste, creed, ethnicity, nationality and colour. All Foundations and Trusts under SGFF work independently, collectively and in collaboration by exerting efforts in a focussed and purposeful manner, creating significant impact, throughout the world.

“Service is the ultimate
expression of Love”

Region 1

Australia



Heart of Love Foundation,
Australia



Victoria

By collaborating with Wyndham Park Community Centre which is located to the West of Melbourne, pantry essentials consisting of lentils, rice, milk, pasta, tinned tomatoes...etc., equivalent to **550 meals** were distributed to over **160 families** in September 2022. Other hygiene essentials like toilet rolls were also included in the kits

- Breakfast items worth **140 meals** were provided to families in need by joining hands with the local Anglican Church near Melbourne
- Stuffed toys were prepared by the volunteers for gifting the children who are being treated in the Sri Sathya Sai Sanjeevani Children's Hospital at Suva, Fiji

Queensland

About **425 hot meals** were served to the homeless in Brisbane CBD and destitute living in a Caravan Park, Queensland.



Region 1



Sai Prema Foundation



Completion of 21 Life-Saving Free Heart Surgeries

Sri Sathya Sai Sanjeevani Children's Heart Hospital celebrated 'World Heart Day 2022' to commemorate the happiness of saving the lives of 21 children by giving them a 'Gift of Life' in return for no charges whatsoever. World-renowned surgeons and their able team from National University Hospital Singapore (NUHS) and Sri Sathya Sai Sanjeevani Hospitals, India worked day and night with one-pointed focus to operate and save the lives of these children who would otherwise be left to die of congenital heart disease.



Announcement of South Pacific's First-Ever Paediatric Cardiac Conference – April 2023

Sri Sathya Sai Sanjeevani Children's Hospital, in conjunction with Sai Prema Foundation will be hosting a paediatric cardiac conference in April 2023 – a first-of-its-kind that will happen in the South Pacific Region. The aim of the conference is to give the entire south pacific region the impetus to further its knowledge in this specialised field of paediatric cardiac healthcare and broaden the scope of this care for children coming from the South Pacific Region. The Conference will be attended by distinguished surgeons, cardiologists and specialists from around the world including esteemed and reputed institutions from the USA, UK, Singapore, India, Australia and New Zealand.

Region 1



Home of Universal Peace



Meals Distribution

- In the month of September 2022, over **300 meals** have been served to the poor and needy in various locations across Japan
- In the city of Yokohama, about **60 packets** of boiled and sautéed vegetables, fried dry wheat gluten accompanied with rice and miso-soups were prepared and served to needy individuals

Sri Sathya Sai Sanjeevani Hospitals Trust, Japan

- Free medical consultations were provided to **three elementary school children** suffering with mental illness, by healthcare professionals who volunteered to do this
- Free health examination was conducted for **four infants** at the community centre and were referred to relevant hospitals in Japan for further treatment

Educare – Human Excellence Academy of Japan

A seven-month long online interactive course titled – 'The Road to Infinite Joy' is being conducted by Dr Ron Farmer and Mrs Suwanti Farmer, trainers from Australia, by making it relevant to the Japanese audience using Japanese interpretations.

In the month of September 2022, the second session titled – 'Opening of the Heart' was conducted. About **27 participants** from various parts of Japan attended the session and made the most out of it. Topics such as 'Importance of stabilising the mind', 'How to focus the mind?', etc. were delved upon.



Region 1

Laos



Sri Sathya Sai Foundation Lao PDR

Sadguru Sri Madhusudan Sai visited Laos on the 06 and 07 September 2022 to shower His love on the children at the Sri Sathya Sai School at Laos and also to inaugurate a few new facilities there on 07 September 2022.

- Sri Sathya Sai School for Boys – a new separate building for boys from the Primary section to Higher Secondary section
- A common multi-purpose hall

- Two sports complexes – one for the boys campus and another for the girls campus

With these, the school has expanded on the land to 22,000 sq.ft or 2 hectares in total, thus readying itself to embrace many more children for a values-based system of education completely free of cost.



Region 1

Malaysia



Sai Ananda Foundation, Kuala Lumpur



In September 2022, Shell Gas Station collaborated with 'Ananda Cares' as their CSR partner to support marginalised women. The event was launched at the gas station and was attended by senior officers and management members of Shell Gas Station and SAFM. 'Ananda Cares' is a division under SAFM to provide employment opportunity to the downtrodden and neglected women who are bereft of proper education.



Activities of Ananda Cares

- Skill training programmes for acquiring skill-sets like baking, sewing, t-shirt printing and handicrafts, etc., are organised to empower women
- Medical aid, empathy care, vegetarian meals, monthly provisions, domestic aid and small finance loans are provided to the underprivileged
- Values-based creative educational activities are conducted for the children accompanying their mothers for the skill training sessions

Transportation and vegetarian meals are arranged for the women who travel to the centre for training programmes.



Region 2

Middle East



Distribution of Sai Love Kits

- In the month of September 2022, around **16 Sai Love Kits** equivalent to **1,440 meals** were handed over to blue collar workers comprising of car cleaners, unemployed individuals, security staff, and many more. Every kit consisted of cooking essentials like wheat flour, rice, pulses, spices and condiments, sanitation supplies etc. One of the little girls, the daughter of one of the beneficiaries, was given textbooks, notebooks and stationery items to aid in her education
- On the auspicious occasion of Onam, **five kits** equivalent to **450 meals** were distributed to needy families hailing from Kerala. Every kit consisted of Onam special vegetables along with regular kit items.

OMAD – One Meal A Day

One Meal a day (OMAD) was started as part of 'Feed the world' initiative. In the month of September 2022, a total of **190 meals** consisting of leban, fruits, biscuits, snacks, cooked food, etc., were served to the most deserving beneficiaries



Region 2

Nigeria



Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Aruike Specialty Hospital (ASH) runs two clinical facilities in remote rural areas in the States of Enugu and Imo. These Hospitals are meant for rural dwellers who cannot access quality healthcare services. Both the Hospitals offer a wide range of paediatric and maternal healthcare services, absolutely free of cost, while also treating children and adults from all age groups.

- On average, the Hospitals treat **72 patients** on a daily basis absolutely free of cost
- In the month of August 2022, a total of **460 children, 871 adults** and **120 eye patients** were provided with world-class treatment. Around four deliveries were performed and numerous surgeries such as circumcision, catheterisation, appendectomy, herniorrhaphy, caesarian section, and cervical laceration repair were conducted. Close to 815 medical investigations were also conducted



Heart of Love Children's Home – HOLCH

Presently, the Heart of Love Children's Home is providing holistic care to **34 children** who are deprived of their basic needs.

Neani Farms

The JOY village also helps the neighbouring villages with the provision of rice and other harvests. The rice which was sown a few months ago is ready to be harvested in September 2022. This would serve the dietary requirements of JOY Village and thousands of villagers in the community.

Region 3

Greece



'Ιδρυμα Μοιράζομαι' (Foundation of Sharing)

In the month September 2022, the volunteers cooked delicious dishes like penne with tomatoes, potatoes au gratin, spaghetti napolitana, and cheese pies with fresh salad, juices and ice cream. About **440 meals** were distributed to children at Ark of the World (Kivotos tou Kosmou) and The Good Shepherd.

- **500 cans of milk** were supplied to 'Support Center for Children and Families' along with boxes of juices, cereals, olive oil and pasta.
- A huge aid was extended to an NGO, Heart Doctors' with milk, antibiotics and paracetamol worth € 3,100
- Two children in need—one who needed speech therapy treatment and another child whose school fees had to be paid were taken care of



- **70 pizzas** were offered to children and adults at E.G.N.Y.A, the Parents Association of Individuals with Intellectual Disability. Another **35 pizzas** were delivered to the children of St. Andrew Children's Home
- **80 boxes** of food items consisting of legumes, pasta, rice, milk, oil, cereals, snacks, and other hygiene necessities like soap, washing powder etc., were distributed to **80 needy families**, staying near Athens. These essentials were equivalent to **1,840 meals**
- **1,200 portions of yogurt, 720 litres of milk and 40 kilograms of feta cheese**, were delivered to the Nursing Homes of Athens and Palaia Fokaia, a former community and town in East Attica



Region 3

Turkey



Karşılıksız Hizmet Vakfı (Selfless Seva Trust)



- Once a week, grains or pastas with legumes was cooked and served alongside milk or yoghurt, and bread in the districts of Şişli, Pendik and Ömerli. Close to **3,068 meals** were distributed door to door in the month of September 2022
- **11 families** in the districts of Uskumruköy and Şişli, were provided with grocery boxes consisting of chickpeas, vegetable oil, milk, tea, feta cheese, kaşar cheese, rice, and sanitation and hygienic supplies



- **Five families** were provided with shoes, books and some needed economic support
- **13 economically deprived families** in the district of Şişli were supported by paying their house rents and bills for utilities such as electricity, water and gas, etc.



Region 4

Argentina



Fundación Sai Prema de Salud, Educación y Valores Humanos (Sai Prema Foundation for Health, Education and Human Values)



During the month of September 2022, around **1,979 meals** and **2,305 breakfasts** were served at several soup kitchens in Comedor Urbino, Buenos Aires, Los Pequeños de Juan y Evita, Refugio Uguet Mondarca, Cazadores de Escobar and La Bonorino

- In the city of La Plata, about **1,325 meals** and **1,205 breakfasts** were delivered to the soup kitchens and two needy families
- Sai Prema Foundation organised special sessions on yoga, English speaking and writing, drawing, and sewing to the children at Hogar Sierra Dorada in San Marcos Sierra. Hogar Sierra Dorada fosters **47 children** who are between the age group of two to seventeen and facing judicial trials



- At the Foundation's ashram – Amor y Paz (Love and Peace), volunteers conducted yoga classes, laughter yoga sessions and chanted divine hymns
- The translation team continues to translate the messages of Sadguru Sri Madhusudan Sai into Spanish
- A virtual meeting was held in the Latin American Institute of Human Values
- A virtual meeting, 'Café de Valores' – Discussion on Values over a Coffee' was held in the Latin American Institute of Human Values. Several Latin American countries had participated in this discussion. A workshop was conducted on the topic – Abordando la propia muerte, which helped the participants to analyse how living a conscious and meaningful life allows one to be prepare for the moment of departure from this plane to other

Region 3

Brazil



Sai Amor Foundation (Sai Love Foundation)



- The Sai Love Foundation distributed **140 hot vegetarian meals** along with sweets and water, shoes and clothes for vulnerable people across Rio De Janeiro
- The Institute for Education in Human Values started to support a full-time preschool by providing meals to **45 students** consisting of breakfast, lunch and soup. In total, the institute supported **1,350 meals** in the month of September 2022



My Inner Journey

'Divinity' Expresses Itself Through the Medium of 'Availability'

– Mrs Namrata Tappoo

Mrs Namrata Tappoo is a qualified pharmacist by profession. She completed her Bachelor of Pharmacy Degree at Otago University in New Zealand. Initially, she was specialising in retail pharmacy in New Zealand, and later moved to Fiji Islands with her husband, Mr Remal Tappoo. Both Namrata and Remal are part of the Sai Prema Foundation in Fiji since its inception.

Since the inauguration of the Sri Sathya Sai Sanjeevani Children's Hospital in April 2022, Mrs Tappoo has been helping with the procurement of Hospital supplies and also assisting with the day-to-day running of the Hospital. She is grateful to be serving the people back in her home country Fiji.

My father was an ardent devotee of Bhagawan Sri Sathya Sai Baba. Every Thursday, he would religiously attend the bhajans conducted at the local Sai Centre. Hence, I was familiar with Bhagawan Baba since my childhood days but did not participate actively in any of the service activities until I got married to Mr Remal Tappoo in the year 2009. Only after my marriage, I learnt more about Baba and His immense service to humanity.

I visited Puttaparthi in early 2010 to have Swami's darśana for the first time with Remal. By His grace, we visited Puttaparthi again in August 2010. It was my birthday and I was seated in Sai Kulwant Hall for Swami's darśana. Later that night, Swami appeared in my dreams. He blessed me with pādanamaskāra and said, "Sorry, I was not able to meet you today." It was an incredible feeling to have such a beautiful dream on my birthday night. The next morning, I shared the dream with my husband.



Though I knew Swami from my childhood, I felt drawn to Him only when He came to Fiji in His subtle form through Sadguru Sri Madhusudan Sai. I had mixed feelings about Swami's subtle form before meeting Him. Immediately after having His darśana, all my doubts evaporated into thin air. We were all ecstatic and blissful to be in His proximity and share our feelings with Him. Ishaan, our son who was two-year-old was fortunate to experience Swami's love at that young age. During this particular visit, Swami asked us to beget another child. In the following year by His divine grace our second son, Krish was born.

Swami's Mission had begun in Fiji and Remal was completely involved in it. I had a toddler and a baby to be looked after and thus was unable to contribute much to the Mission. I really felt bad and terrible about it. I prayed to Him saying, "Let me contribute a little to your Mission which is moving at a supersonic speed." I joined Sai Prema Foundation's 'Health on Wheels' programme wherein free medical camps were held for the rural population of Tailevu province of Fiji. This was my first endeavour in Swami's magnanimous Mission. I felt immense joy and gratitude for being part of these medical camps and to contribute my services to the needy individuals and families.

In 2017, when Swami visited Fiji, we celebrated Remal's birthday with Swami during the satsaṅga. Swami spoke about Remal's life when he was fighting cancer and how much I had prayed for his recovery. He revealed a few more secrets which I hadn't breathed out to any soul till then. Out of his enormous love and compassion, He blessed me with a gold chain which had a Goddess

Lakshmi pendant, making me feel extremely special as He always does to all the devotees. It was indeed an inexplicable and joyful moment and memory to cherish! On the same trip, Swami blessed our new home by visiting it. Could you ever imagine the glee and bliss when the Lord of the Universe visits your home? It was definitely a dream come true.

The islands of Fiji were once again honoured to receive Swami in the year 2018. The Sri Sathya Sai Sanjeevani Medical Centre was graciously inaugurated by Him and the planning for the construction of the upcoming Children's Hospital had begun. During that visit to Fiji, Swami visited my in-laws' residence, where we had the opportunity to spend exclusive time with Him. He told me that when the hospital is established and begins to function, I should work for it and treat every child who comes there, as my own. At that point in time, coming from the background of a retail pharmacist I wondered, how would I fit in a hospital which specialised in pediatric cardiac surgeries.

By then my children had grown up and had started to attend school. This provided me with more time to dedicate myself in service to others, whether it is co-ordinating a medical camp or helping in the medical centre or managing any activities conducted by the Sai Prema Foundation, etc. Initially, it was quite challenging to organise the camps, but Swami taught me to be persistent

and persevere through the work. Sometimes it looked impossible a task but He made it possible by His grace. What mattered was our availability to carry out His divine work.

In September 2021, Swami sent a word through brother Sumeet Tappoo that I should be officially joining the Sri Sathya Sai Sanjeevani Children's Hospital here in Fiji. Without any delay, I plunged myself into action. A lot of work was to be finished, especially for the inauguration of the Hospital. Swami wanted me to take charge of procuring medicines and consumables for the Hospital. I had absolutely no clue – as to how I would be going to achieve this feat without having any prior knowledge or experience. Pat came the answer from within, "Say yes to Swami and keep yourself available." Adhering to His command, I worked and everything started to fall into place despite numerous struggles and obstacles. He made sure everything happened just in time.

After the inauguration of the Sri Sathya Sai Sanjeevani Children's Hospital, I have personally witnessed the journey of children who were admitted to the Hospital for their treatment and went back home after their successful surgeries. It made me realise the Divinity of Swami and filled my heart with gratitude to be able to be an instrument in His Divine hands. I am so honoured and deeply indebted to Swami for giving me this opportunity to play a small role in His wonderful Mission here in Fiji.



Sometimes it is difficult to work as a team.

How are we meant to work, ideally, as a team?

In a team, ego shouldn't be present. If it is present, then you cannot be a team. Get rid of your ego, so that everybody can work together. It is only when you think, 'I am important,' that there cannot be a team. Sometimes people listen, while sometimes they do not listen. Explain with love. Sometimes you scold but do that also with love, not ego. When ego comes, all unity goes—we must realise this. Accept others as your own, and explain with love. If they do not understand, explain again.

If your son does not understand, you are not going to leave him and say, 'Go away!' You would think, 'You are my son. I have to correct you.' All are ours. If you correct them with that feeling, things will happen. Think of those who forgave your faults with love, who supported you to overcome your shortcomings, so that you could become who you are today. Treat others also with the same attitude of love and concern.

