



वसुधैवकुतुम्बकम्
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MONTHLY GLOBAL NEWSLETTER



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Message from Sadguru Sri Madhusudan Sai

Celebrating Divine as Human and Humans as Divine!

Women have been celebrated, worshipped, and equated with the Divine in the Indian culture, and also in many ancient world cultures.

The *Devīmāhātmyam* worships the primordial creative energy as feminine and sings Her praise by declaring that She alone resides in all as the manifestation of the Supreme Power.

The 97th birthday celebrations of Bhagawan Sri Sathya Sai Baba, highlighted women power by '**Celebrating Shakti**' and conferring the Sri Sathya Sai Award for Human Excellence in seven different categories to seven women from across India. The oldest being 107-years-old, who has contributed immensely towards organic farming in Tamil Nadu; and one of the awardees was an international para athlete who has been awarded over 400 medals in para sports. These wonder women of the world only reminded us that sky is the limit for those who dare. While on one side there were awards for these exemplary embodiments of the divine mother, on the other side in an effort to ease the difficulties of would-be-mothers and new born babies, three new 40-bedded state-of-the-art mother and child hospitals, right from Raiwala in the lap of the Himalayas up north, to Palwal in Haryana and to Jamshedpur in Jharkhand in the north eastern part of the country, were inaugurated as part of the 10 year celebrations of the Sanjeevani hospitals. This apart, a new paediatric heart hospital in Telangana was dedicated for serving children with heart diseases. The culmination of the celebrations at Nava Raipur, the central region

of India, on the grand steps of Sowbhagyam - Human Development Centre, saw 1,800 little patients who were treated in our heart hospitals, and their families converge to light thousands of oil lamps simultaneously to create a Guinness World Record, and also convey their gratitude for the light of life given to them in our hospitals.

Down South in Sathya Sai Grama, Muddenahalli, the epicentre of this global mission of one world one family - saw the opening of the Sri Sathya Sai Sanjeevani Heart Care Centre at our Sri Sathya Sai Sarla Memorial Hospital, which was setup in a record time of a fortnight in association with the largest heart care institution of the South-Sri Jayadeva Institute of Cardiovascular Sciences and Research, Bengaluru.

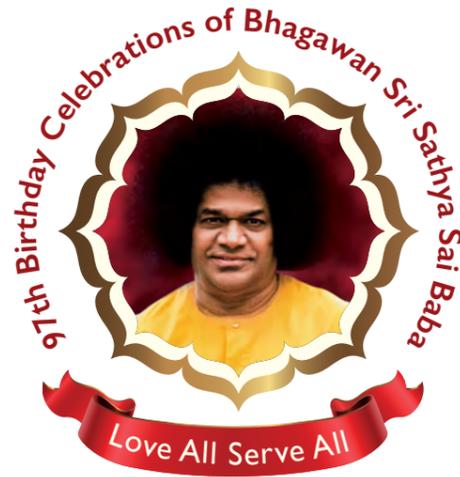
Musicians from around the world descended on this heaven on earth to celebrate music and spread the glory of spiritual music with modern rediscovery. The entire month leading upto November 23rd, the most sacred of all days, was one continuous celebration of divinity in all humanity through several humanitarian initiatives, the best way to offer our gratitude to our Divine Master.

We couldn't have asked for more than to do more good to more people in the holy name of Bhagawan Sri Sathya Sai Baba on His Birthday! Let this celebration of the Divine which descended as human for the ascent of humans to Divine be our true celebration for all times to come.



At the Forefront

Two-day Birthday Celebrations
Venue: Sathya Sai Grama,
Muddenahalli
Date: 22 and 23 November 2022



Bharath Sangeeta Sammelan 2022

To commemorate the 97th birthday of Sri Sathya Sai Baba, the second edition of the Bharath Sangeeta Sammelan 2022 was hosted by the Sri Sathya Sai University for Human Excellence on 22 November 2022.

“Music as a unifying force” was theme of the conference, and across two sessions, musicians brainstormed, debated and spurred out innovative solutions and unique ways to uphold the cultural heritage of India to the current and next generation, to make it palatable and easily understood.



▲ **Session Two - Reinventing Music for the Current and Next Generation** - chaired by **Mrs Rashmi Mallik**, Director of SPICMACAY (Society for Promotion of Indian Classical Music and Culture amongst Youth), the session had the participation of noted musicians - **Vidwan U Rajesh, Vidwan BC Manjunath and Pandit Chetan Joshi.**



▲ **Sri Sathya Sai Sangeeta Shiromani** - a prestigious title was conferred this year upon on **Mrs Aruna Sairam**, the famous Carnatic vocalist, and **Pandit Tejendra Narayan Majumdar**, one of the greatest sarod artists.

▼ **Session One - Art is for Heart** - chaired by renowned carnatic vocalist Padma Shri awardee **Mrs Aruna Sairam** saw the participation of noted musicians - **Vidushi Nirmala Rajashekar, Vidwan KN Shashikiran and Pandit Pattabhirama.**



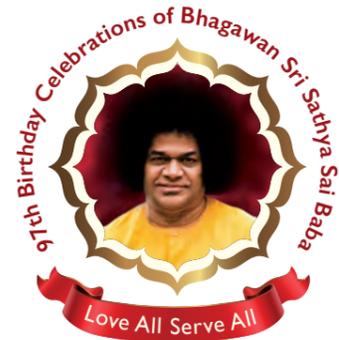
Veena Recital by Vidushi Nirmala Rajashekar

Sadguru Sri Madhusudan Sai said, “Bharath Sangeeta Sammelan is organised to help the next generation learn and appreciate all forms and genres of music. Bharata itself means bhava, raga, tala, out of which bhava is the most important—this reaches and touches the Divinity in all.”

At the Forefront



SRI SATHYA SAI
AWARD FOR HUMAN EXCELLENCE



Sri Sathya Sai University for Human Excellence with the patronage of Aditya Birla Group celebrated the sixth edition of Sri Sathya Sai Award for Human Excellence on 23rd of November, which conferred awards to women who have excelled in various fields of social relevance such as Education, Health, Environment, Woman and Child Welfare, Unity of Religions, Music and Fine Arts, and Yoga and Sports.

The theme this year was - Celebrating Shakti – Women of Excellence, and thus the event was made special by the presence of exemplary women like, Dr Tamilisai Soundararajan – Governor of Telangana and Lieutenant Governor of Puducherry and Dr Neerja Birla – Philanthropist and Chairperson of Mpower, who conferred the awards in the presence of Sadguru Sri Madhusudan Sai to the following exemplary women coming from different parts of India.

Education - Dr Tulasi Munda from Odisha for her contribution to educating adivasi children

Health - Kaushilya Bai from rural Madhya Pradesh for making a difference to the lives of thousands of children by addressing the problem of malnutrition

Environment - 107 year old R Rangammal from a remote village in Tamil Nadu for her exemplary initiatives to promote organic and environment-friendly farming practices

Women and Children - Advocate Gauri Kumari for her incessant fight against Dalit atrocities and social activism to educate and empower women



Sadguru Sri Madhusudan Sai with the awardees of Sri Sathya Sai Award for Human Excellence

Unity of Religions - Dr Biru Bala Rabha for raising her voice against witch hunting and in a way preserving the sanctity of sacred religious customs and rituals without diluting it with misinterpretations or misuse

Music and Art - Folk Artist Dr Tijan Bai for her immense contribution to the folk art of Pandavani

Sports and Yoga - Dr Malathi K Holla for her invaluable achievements in the field of Parasports and her work in helping several disabled children

Praising these wonderful women, Sadguru Sri Madhusudan Sai said, “These seven women are the wonder women of India who have done wonders for the country. It is our singular privilege as a University to recognise all the sacrifices and efforts that they have made.”



As part of the 97th Birthday Celebrations, noted santoor artiste Sri Rahul Sharma, son of the legendary late Pandit Shivakumar Sharma enthralled the audience with his captivating soulful renditions on the 100-stringed instrument.



At the Forefront

10 on 10 - 10 Glorious Years of Sanjeevani

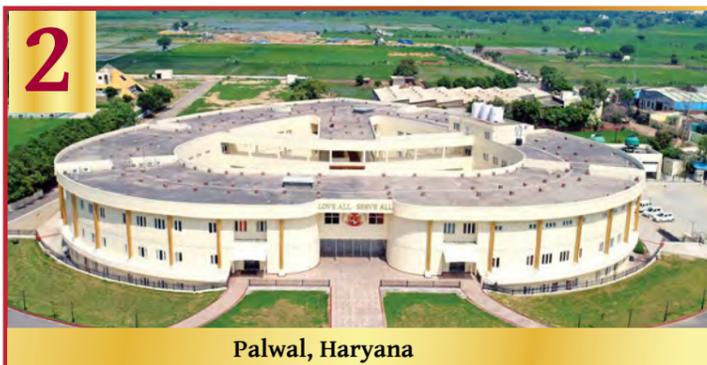
The timeless teaching of Sri Sathya Sai Baba – Love All Serve All serves as the guiding light for a unique compassionate healthcare mission which commenced in the year 1957, and walking in the footsteps of Baba, his disciple Sadguru Sri Madhusudan Sai has also resolved to work for the welfare of children to restore their health without levying a price tag to it.

‘Sanjeevani’ – the sound of the yore, which means ‘life giving’ was chosen as the apt name to string along with ‘Sai’s name’ for the Hospitals founded by Sadguru Sri Madhusudan Sai, to reduce the global burden of congenital heart defects, and it came to be known as the Sri Sathya Sai Sanjeevani Hospitals.



and motivated by the dynamic leadership of Dr C Sreenivas, Chairman of the global chain of the Sanjeevani hospitals who is an exemplar of service, humility, and perseverance.

Realising the need for more paediatric cardiac care centres in the Northern and Western parts of India, two more Sanjeevani Centres for Child Heart Care, coupled with a research centre and a training centre for paediatric cardiac skills were established at Palwal (Haryana) and Navi Mumbai (Maharashtra) in the year 2016 and 2018 respectively.



Palwal, Haryana



Navi Mumbai, Maharashtra



SRI SATHYA SAI SANJEEVANI RESEARCH FOUNDATION

The research centre was established in Palwal which houses India’s first and largest Biobank with over 5,000 samples for Congenital Heart Research.

A training centre offers institutional fellowships, undergraduate and postgraduate paediatric cardiac training, specialised training for paramedical and technical staff, and medical fellowship programmes.

Sri Sathya Sai Sanjeevani Institute of Nursing & Allied Healthcare Sciences offers BSc and MSc Medical Surgical Nursing in Cardiothoracic Care.



A cardiovascular tissue and homograft valve bank has also been established at Nava Raipur to mark ten years of mending little hearts.

The fourth paediatric cardiac care centre commenced in the State of Telangana in November 2022.

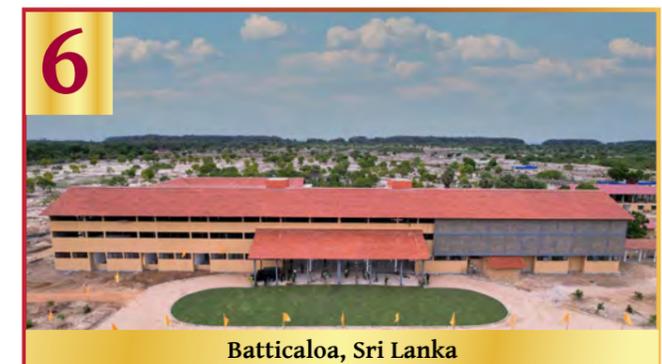


Siddipet, Telangana

A peep beyond the shores of India, made Sanjeevani restless about the condition of children suffering with CHD in other countries, and thus two centres at Fiji and Sri Lanka commenced in April 2022 and August 2022 respectively.



Suva, Fiji



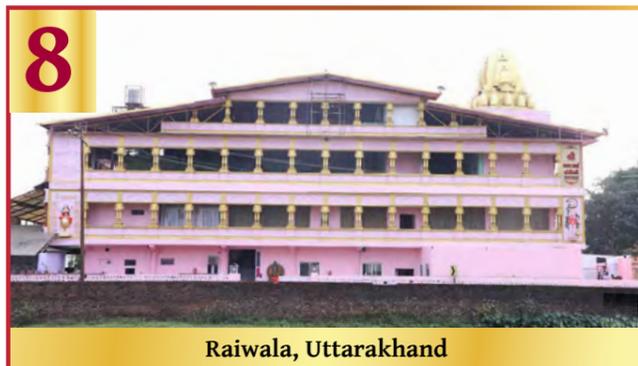
Batticaloa, Sri Lanka



Muddenahalli, Karnataka

And now, Muddenahalli in Chikkaballapur district of Karnataka gets the fifth paediatric cardiac centre with the inauguration of the new cath lab in association with Sri Jayadeva Institute of Cardiovascular Sciences and Research, on the 97th birthday of Sri Sathya Sai Baba.

The 10-year-old Sanjeevani has now embraced 10 locations – FIVE single speciality paediatric cardiac facilities in India, and TWO overseas— Fiji and Sri Lanka, and the THREE new mother and child hospitals in India - Palwal (Haryana), Jamshedpur (Jharkhand), and Raiwala (Uttarakhand), apart from Yavatmal (Maharashtra) and Nava Raipur (Chhattisgarh) which opened a few months ago.



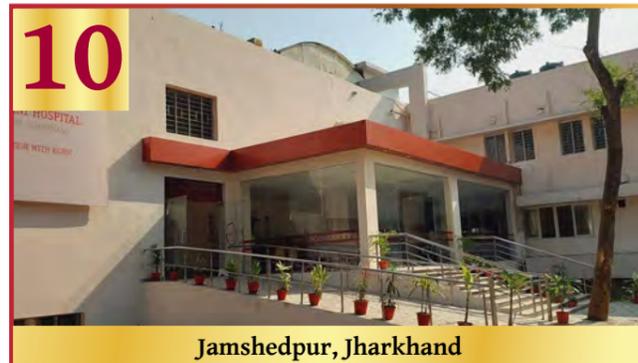
Raiwala, Uttarakhand



Yavatmal, Maharashtra



Palwal, Haryana



Jamshedpur, Jharkhand

Sanjeevani, true to its name, shall always bestow good health and well-being on children. Thus, Sanjeevani's story of the last 10 years is the story of restoring humanity in humans; it is the story that proclaims the power of goodness that is sure to steer back humanity to establish itself in its true essence of 'one world one family' – 10 on 10!



Nava Raipur, Chhattisgarh

At the Forefront

Tenth Anniversary Celebrations at Nava Raipur

The grand 10th anniversary celebrations took place on the lawns of Sowbhagyam at Nava Raipur in Chhattisgarh on 20 November, 2022 in the presence of over 8,000 people. It was an evening of dance, music, lights, and an abundance of love.

After the introductory remarks by Dr Sunil Gavaskar, there was a mass lighting of lamps – Jeevan Jyot. This feat was truly a sight to behold and also achieved the Guinness World Record for the most number of oil lamps lit up simultaneously with a record-breaking count of 3,310 lamps, signifying the lamp of hope that has been lit in the hearts of thousands.

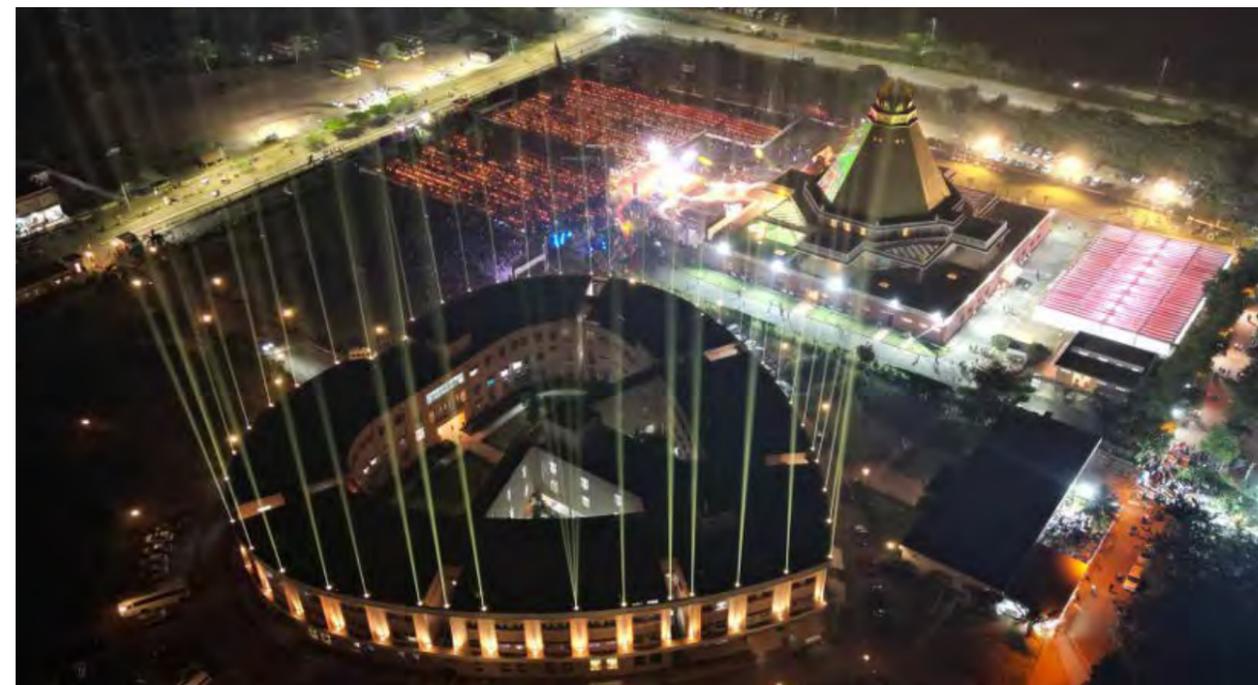
Parents of children who had been operated at the hospital came forward to share their touching and transformative stories. There were also a few dance performances reflecting the rich cultural heritage and diversity of Chhattisgarh.

Several dignitaries congratulated and expressed their best wishes on this occasion, including Brigadier Vignesh Mahanti, who commands the army base of the Chhattisgarh and Odisha Sub Area (COSA), and Mr Job Zachariah, Chief of UNICEF Chhattisgarh.



**Mr Job Zachariah,
Chief of UNICEF Chhattisgarh**

addressed the gathering and expressed that "UNICEF has entered into an MoU with the Sri Sathya Sai Sanjeevani Hospitals and wants to develop this as a national institute of excellence in paediatric heart care and treatment, so that more capacities can be built in research, training etc."



At the Forefront



Sri Sathya Sai Sanjeevani Child Heart Hospital, India receiving the Guinness World Record for lighting 3,310 oil lamps simultaneously



▲ From left to right: Mr Kamalash Shashi Prakash – High Commissioner of Fiji to India, Ms Jacqueline Mukangira – High Commissioner of Rwanda to India, Mr Christopher Okigbo – High Commissioner Nigeria to India, Sadguru Sri Madhusudan Sai – Founder, Sri Sathya Sai Sanjeevani Hospitals, and Dr C Sreenivas – Chairman, Sri Sathya Sai Sanjeevani Hospitals

At the Forefront



Inauguration of Cardiovascular Tissue and Homograft Valve bank, Nava Raipur, Chhattisgarh Date: 19 November 2022

In the august presence of Sadguru Sri Madhusudan Sai, Hon. Health Minister of Chhattisgarh, Shri T S Singh Deo, inaugurated the Cardiovascular Tissue and Homograft Valve Bank at the Sri Sathya Sai Sanjeevani Hospital on 19 November 2022 on the occasion of the 10th year anniversary of the Sri Sathya Sai Sanjeevani Heart Care Centres.

This is the first ever Cardiovascular Tissue and Homograft Valve bank in central India and seventh facility in India. On the same day the first heart was received which was preserved in the bank. This is a new horizon of hope in the field of cardiac transplantation.

This would enable Sri Sathya Sai Sanjeevani Hospital at Nava Raipur to accomplish cardiac transplantation in the near future. All the necessary approvals for this bank were received in a Record-breaking time of 24-hours from the Ministry of Health, Chhattisgarh.

Did You Know?

The homograft bank procures human aortic and pulmonary artery valve conduits from suitable donors for use in valve replacement or reconstruction, especially in the paediatric age group wherein children are born with very hypoplastic or atretic valves and connecting tubes.



Inauguration by Hon. Health Minister of Chhattisgarh, Shri T S Singh Deo



The Department of Nursing and Department of Allied Health Sciences

Date: 30 October 2022

The Department of Nursing and Department of Allied Health Sciences - School of Healthcare Science at the Sri Sathya Sai University for Human Excellence was inaugurated on 30th of October 2022. 17 girls and 3 boys were inducted as part of the first batch of students. In the presence of Sadguru Sri Madhusudan Sai, world renowned Greek-Swiss paediatric cardiovascular surgeon, Dr Afksendiyos Kalangos inaugurated the department by unveiling the plaque, who had just returned to Sathya Sai Grama after performing surgeries at the Sri Sathya Sai Sanjeevani Hospital in Nava Raipur.

He addressed the new batch of the nursing and paramedical students and said, "I am thankful for the opportunity to be part of a mission to serve vulnerable people of the world. I was blessed to operate on five children suffering from congenital heart diseases at Sri Sathya Sai Sanjeevani Hospital in Nava Raipur.



Dr Afksendiyos Kalangos being felicitated by Sadguru Sri Madhusudan Sai

Currently in the world there are six million children in need of surgical treatment related to congenital heart diseases. Every year 1.5 million new borns are added to this global number. The centres built by Sadguru Sri Madhusudan Sai in India and other countries with love and commitment will definitely bring the needed solution to the health problems of these children, by giving them access to cardiac care as well as by preserving their human dignity.

Remember the fact that you are members of a noble medical mission. It is not a simple profession; it is a lifelong commitment with love and compassion. Treat patients with dignity, humanness and social values; heal them with a compassionate heart during the long years of your mission. Love is the most powerful remedy of all the illnesses and a solution to all the difficulties."

A Paediatric Cardiac Hospital along with a medical college to train paediatric cardiac surgeons, a Research Centre for Diabetes, a Cardiovascular Research Centre, a Cancer Research Centre and also an Alternative Medicine Centre will be established as part of the Prema Yoga Human Development Centre at Seyalar in Turkey. Sadguru Sri Madhusudan Sai announced that the first paediatric cardiac surgery will take place in October 2023.

Good People Change the world

While speaking to the first batch of nursing and paramedical students, Sadguru said, "Good people change the world. It takes a few good people with lots of love in their hearts to change the world. Dr Kalangos and his wife are such good and committed individuals who have been working with children with congenital heart defects in several countries. I was impressed with his commitment, passion and clarity in the vision of his mission when we met at Nava Raipur during the Paediatric Cardiac Conference a few years ago."

Hospital in Turkey

Sadguru also went on to talk about the upcoming hospital at Turkey and said, "Many children with CHD come to our hospitals in India from Middle East and Turkey for their treatment. To reduce the burden of travelling, I have decided to establish a hospital in Turkey by next year. Dr Kalangos will perform the first surgery in October next year at the new hospital; rather this miracle of love will be performed through Dr Kalangos by God.

Love - Core of Healthcare

Love is the core of our healthcare mission. Mother is the first nurse and the nurse is the second mother to every child. I am reminded of a story at our hospital in Nava Raipur where a nurse in the ICU is always full of love and care to all the children, and at the time of discharge children do not want to be sent home! This is the kind of care that our hospitals should stand for. Everyone who comes to our hospital should feel that they are amidst their family. If we are able to achieve

that through our education and work, then we can call ourselves a good hospital.

Love and compassion as mentioned by Dr Kalangos are the most important virtues of a nurse. As you would be spending the maximum time with patients, treat them as your own family. Our new motto of our mission is that we are One World and One Big Family of God. Let us all treat each other in the same way in the spirit of oneness, irrespective of race, ethnicity, nationality and so on.

Bridging the Gap

Our country and the entire world need doctors, nurses and paramedics more than ever. Therefore, I would sincerely expect that all the children will rededicate themselves to the cause of helping patients, by serving our own country especially in rural geographies where we are in need of doctors and nurses. Your first responsibility is to serve rural India, for which this course has been instituted. Migration to urban centres and abroad is making the rural geography suffer a lot. We want to bridge that gap and thus plan to reach out to every rural nook and corner of the country and the world at large. We would like to have more centres in rural communities with the help of technology like telemedicine and many other ways.

Practical Knowledge

I met a MBBS graduate a few days ago who did not know how to perform a simple surgery as they are not allowed to be part of such surgeries during their course. I would like to advise our nursing, paramedical school and the upcoming medical school, to create a pedagogy in such a way that half a day is spent in theory and the other half must be at the hospital from day one for students to learn and assist the existing departments in whatever way they can. We must work towards a practical, learning outcome-based approach in our medical education. By the time students finish their course, they should be able to handle a patient independently with little assistance, and also have a good understanding of technology, administration system and quality patient care."

The first batch of Nursing and Allied Sciences students



In Focus

First and ONLY free Heart Care Centre for Adults and Children in Chikkaballapur

Date: 23 November 2022

Individuals below 45 years of age are increasingly prone to cardiovascular diseases

To serve over 12 lakh residents of the district of Chikkaballapur and the surrounding areas, the Sri Sathya Sai Sanjeevani Centres for Heart Care commenced its fifth centre. To resolve the issue of accessibility and affordability of cardiac treatment, Sadguru Sri Madhusudan Sai initiated this much-needed facility in a record time of 10 days in association with the Sri Jayadeva Institute of Cardiovascular Sciences and Research, Bengaluru. This Centre has been set up at Sri Sathya Sai Sarla Memorial Hospital at Muddenahalli, the multi-speciality hospital which has over 1,000 walk-in patients every single day. The new heart care centre will serve patients absolutely free of cost and will cater to both adult and paediatric cardiac cases.



Inauguration by Dr C N Manjunath and Sadguru Sri Madhusudan Sai

Cardiovascular diseases are the reason for 60% of adult death. The new Sri Sathya Sai Sanjeevani Heart Care Centre which was inaugurated by Sadguru Sri Madhusudan Sai and Dr C N Manjunath - Director, Sri Jayadeva Institute of Cardiovascular Sciences and Research has an advanced Cath Lab with CCU and PCCU facilities.

The new Centre shall be supported by Sri Jayadeva Institute of Cardiovascular Sciences and Research (SJICR), Bengaluru, with whom an MoU was exchanged by the Sri Sathya Sai Sanjeevani Hospitals and the Sri Sathya Sai University for Human Excellence, thus making a collaboration for both research and clinical aspects of cardiovascular diseases.

Sadguru Sri Madhusudan Sai said, "This is a fully functional, state-of-the-art lab which is made in India for curing many hearts by doctors who are also made in India. This centre will soon grow into a dedicated full-fledged paediatric cardiac hospital in Muddenahalli."



Sanjeevani Heart Care Centre

This new facility is a boon for all the residents of the district of Chikkaballapur and the surrounding areas, as the nearest cardiac facility is about 70 kilometres away!

Padma Shri awardee Dr C N Manjunath said, "Fifty percent of deaths in India are due to heart attacks and thirty percent of total heart attacks are below the age of 45. Earlier children were taking their parents to hospitals for cardiac treatment and today parents are taking their children, from the age group 20-45 years, for getting them treated. About eight percent of total patients with heart attacks are women under 50 years of age in India. Bride grooms are shifted directly from the marriage hall to the ICU

due to cardiac arrest. This change is mainly due to the drastic change in lifestyle and increase in the levels of stress. The inauguration of the Sri Sathya Sai Sanjeevani Heart Care Centre in Sathya Sai Grama, Muddenahalli, which is one of its kind, is a true miracle, and we commit to supporting this institution and making it the world's best centre for cardiac care. We consider it as our greatest fortune to be associated with this institution whose hearts are filled with compassion, spirituality, and humanity."

Exchange of Memorandum of Understanding



Sanjeevani Heart Care Centre



“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”

Australia



Heart of Love Foundation,
Australia



- ‘Mental Health First Aid Training’ was hosted by the Heart of Love Foundation. Anxiety disorders, panic attacks, depression and dissociative disorders were discussed in the two-day session. The objective of the session was to mobilise and empower communities by equipping individuals with knowledge and confidence to recognise, connect and respond to those experiencing mental health issues
- Discussion, role play, sharing of personal experiences and insights made the sessions interactive
- Many representatives from various organisations participated in the training programme



Region 1

Fiji



Sai Prema Foundation



Sai Prema Foundation Fiji

Free cancer screening for women

- The foundation celebrated Pinktober or Breast Cancer Awareness Month by providing free week long in-reach clinics for underprivileged women from various villages and settlements with the help of Sri Sathya Sai Sanjeevani Medical Centre in Suva
- The Foundation also partnered with Fiji Cancer Society, Make a Difference-Fiji, Foundation for Education of Needy Children Fiji (FENC Fiji), Being Helping Hand Fiji, Housing Assistance Relief Trust (HART) and Solo Moms Club
- **220 women** were screened with breast examination, pap smear and general health checks. They were also empowered with helpful information and symptoms to identify breast cancer and if required to do self-checks on themselves
- Children accompanying the women also received health checks along with heart screenings



Children Diagnosed with Heart Disease in Northern Fiji

- A team from Sri Sathya Sai Sanjeevani Children's Hospital, Fiji visited Northern Fiji and nearby islands to screen children with heart disease. **1,251 children** were screened. The team diagnosed nearly 290 children affected with heart disease
- **133 children** were diagnosed with congenital heart disease (CHD). They are further referred to Sri Sathya Sai Sanjeevani Children's Hospital for ECHO and if required surgeries will also be done in the hospital. 154 children were diagnosed with Rheumatic Heart Disease (RHD)
- Multiple schools and health centres in Levuka, Taveuni, Nabouwalu, Savusavu and Labasa were covered during the screening



Region 2

India



Seventh Ideal Village Conference,
Banaras Hindu University, Varanasi
Date: 11-13 November 2022

The 7th Ideal Village Conference was held at Banaras Hindu University (BHU), Varanasi in view of the Indian Government's major advances in rural development. India's target GDP growth rate of 8.5% per annum will not be possible without a healthy rural economy. Starting with India, this conference initiated a global movement in holistic and integrated rural development. Given the high quality and diversity of topics, speakers, organisations, and participants in the Ideal Village Conferences held at Stanford University over the past six years, the theme for this year's Conference was 'Rural Transformation for Sustainable Growth.' Conference presentations and panel discussions focused on the six categories namely, **Agriculture and Farming, Water and Sanitation, Healthcare and Nutrition, Education and Skill Development, Energy and Environment, and Livelihoods and Sustainability.** Parallel sessions and workshops captured the lessons learnt and best practices from the successful implementation of rural programmes thereby defining the future of global rural development.

In addition, poster presentations were hosted by various academia, industry, government, and local stakeholders in rural development, further enhancing the conference with a vibrant exhibition in all these sectors. Dr Kanwaljeet Sunny Anand – Professor, School of Medicine, Stanford University, California, and Mr Arjun Malhotra – Co-Founder, HCL Group.

All three verticals of the global service mission of Sadguru Sri Madhusudan Sai – Nutrition, Education, and Healthcare were presented at the conference. Mr Anand Kadali – Secretary, Sri Sathya Sai Annapoorna Trust, Ms Bhuvana Santhanam – Director, Global Outreach, Sri Sathya Sai University for Human Excellence, and Dr Shruti Prabhu – Head Public Health, Sri Sathya Sai Sanjeevani Hospital, Nava Raipur Atal Nagar, Chhattisgarh spoke on the nutrition, education and healthcare respectively elaborating the need of the hour and how the solutions to all the issues are being implemented through Sadguru's service mission.

In the keynote address, Sadguru Sri Madhusudan emphasised on the current issues prevalent in rural India while suggesting a realistic and practical approach to resolve them. In His words, "As an organisation, we are present in over 25 States and three union territories. We work in the field of nutrition, healthcare and education mostly in rural areas. India is a country of villages and it is said that India lives in its villages. It was true 75 years ago and it equally holds true even today as 65-70% of Indians are residing in rural geographies. The rural economy contributes to

The delegation from Muddenahalli representing all three verticals at the Conference in Varanasi



Region 2

India



**Seventh Ideal Village Conference,
Banaras Hindu University, Varanasi
Date: 11-13 November 2022**

almost 15-16% of GDP but the per capita income of every individual in the rural economy is far lower than those who work in the industry or services sector. Their income levels are very low and therefore they cannot spend on certain essentials of life like good nutrition, education and healthcare which are supposed to be looked after largely by the government under various social welfare schemes. The healthcare standard says that for every 1,000 patients there should be one doctor and for every 300 patients there should be one nurse. Whereas the doctor to patient ratio is 1:12,000 in rural India. There could be places where the ratio is significantly alarming i.e., 1:35,000.



Dr Rajdip Barai, Dr Phaneendra and Sai Kaushal at the healthcare stall

The rural women continue to work in the fields until eight or nine months of pregnancy. They are the ones who do not go for any ante-natal checkups. Almost 60% of these women never have access to even one ante-natal checkup like an ultrasound, consultation or any advice from a medical expert. 75% of doctors

are missing in from the rural health care centres and therefore there is no possibility of these women accessing proper advice on education, nutrition, medication or even checkups. Maternal and child healthcare is one of the most important sectors in rural India. If a mother is healthy, the child which is going to be born is also going to be healthy but the statistics say that over the last two decades we have lost almost 1.3 million mothers and close to 100-130 mothers per one lakh live births due to pregnancy-related complications during the childbirth, hypertension, anaemia and many other such complications. We have already started Mother and Childcare hospitals in Chhattisgarh and Maharashtra and are going to start few more hospitals in various States of the country covering - Haryana, Uttarakhand, Jharkhand and Telangana.

We have crossed the shore of India and have established hospitals abroad to cater to the rural geographies of Sri Lanka, Fiji and Nigeria because these locations lack access to quality healthcare and even if they can through the private sector, it remains beyond their reach due to affordability. We are also working in the field of congenital heart defects in children and some of these hospitals are paediatric cardiac centres which are the largest chain of paediatric cardiac hospitals in the country and the world providing treatment free of cost. In the last 10 years, we have performed 23,000+ surgeries both invasive and non-invasive and 200,000+ consultations. More than 250,000 children are born with congenital heart defects but they have nowhere to go as the procedures in the private sector are way too costly. The healthcare principles led by Sri Sathya Sai Baba are imbibed in these hospitals which are absolutely free in rendering services and any patient can walk in and receive the entire treatment absolutely free. Consultations, nutrition counselling, medication, accommodation and food arrangements are arranged by the hospitals ensuring there is no further financial burden on these poor parents, mothers and children.

The most important thing that we need to do is to create rural healthcare professionals because with the advancements in technology, we really do not need that kind of physical infrastructure anymore such as huge hospitals with multiple equipment and heavy capital expenditure. Instead, we can think of preventive healthcare through the availability of trained professionals like 'Anganwadi workers', 'Asha workers.' Many of them aren't well trained and a training programme has been instituted by us to train them. To date, more than 2,500 Asha workers have been trained in maternal and child healthcare in which they have developed expertise in consultation and medication. My

call to the Tech Industry and IIT alumni will be to create rural healthcare technologies, especially when it comes to prevention so that diseases can be detected early and preventive measures can be taken. We are looking at creating more healthcare professionals from our end for which we have our university - Sri Sathya Sai University for Human Excellence, and are extending this education now to encompass medical education. 50% of the medical college seats are held in private medical schools which are very expensive costing anywhere between INR 1-5 Crores and the cost of medical education has only doubled in India in the last 10 years while it has reduced in Europe and other countries. Around 20 Lakh children appear for the NEET, wherein half of them qualify but not even 10% of them are admitted to the medical colleges due to lack of seats. The gap can be filled by -

- **Train more professionals**
- **Use technology to reach out to the rural geographies**
- **Find innovative ways of bridging this gap between the healthcare need Vs healthcare delivery in rural ecosystems**

Keeping in mind that the methodology must be affordable, accessible and also agreeable to the rural population by matching their lifestyle, livelihoods and their indigenous knowledge of their own healthcare system, etc. We cannot have one straight jacket approach towards everyone. Our healthcare approach must be

inclusive of the indigenous knowledge systems and try to bring a beautiful synthesis between modern medicine and older ways. In our upcoming Medical College that we are instituting in Muddenahalli, Chikkaballapur District of Karnataka, I'm sure that you will be delighted to know that in this college, medical education is going to be provided absolutely free of cost to the rural needy people. Of course, it comes with one condition - after the completion of their education, they must serve in the rural geographies for as many years as they have studied and this applies to Nursing as well as Paramedical courses. My effort is that in the next 25 years of our country (Amrut Kaal), becoming a five trillion-dollar economy shortly. But all this will remain a distant dream unless our demographic dividend is completely reaped. Most of our demography is in rural areas and the effort is to train more healthcare professionals in a rural setup, so that they can stay back in the rural geographies and cater to the healthcare needs of the rural people with a better understanding in terms of the culture and language.

Mother and child healthcare and paediatric healthcare are our focal points as we are now planning to get into diagnostic services across the country and this is possible because we are already present in more than 25 States through our Annapoorna Morning Nutrition Programme. Healthcare and nutrition are not different from each other, they are all interconnected because once you consume healthy food, it works like medicine. We have to get the right kind of nutrition called as 'hidden hunger' or 'micro nutrition.' We found out that providing the right nutrition can be the one-stop solution to many health-related problems observed in pregnant women, lactating mothers, infants, toddlers, school-going children, etc.



Region 2

India



**Seventh Ideal Village Conference,
Banaras Hindu University, Varanasi
Date: 11-13 November 2022**

In the next ten years, we aspire and look forward to setting up one Diagnostic Centre across every Taluka of the country which would count to more than 6,000 Centres across the country. These would be very simple centres working on a rental lease model and we have planned to tie up with 'Jan Aushadhi' model of the Government through which medicines can be dispensed by the Jan Aushadi Centres and diagnostics can be done by our professionals and we are looking at training close to around 5,000 such professionals, who could be school pass-outs or maybe pursuing their under-graduation. There are many girls who can be trained in turn creating rural employment as well and more awareness. All these programmes will be provided free of cost to the people willing to get engaged in them. The tripartite model of samāja (society), sarakāra (government) and samstha (organisation), where the entire society, the corporates and the various other sectors of the society should work hand in hand with the government and organisations like us or NGOs with similar goals which are working or the development of rural India.

Having said this I must also say that this aspect of rural development in healthcare and nutrition is very crucial but it's only one part of it. Healthcare and nutrition are not just physical phenomena but also mental phenomena. Nutrition for the mind is the right kind of education and thought process, and the right kind of inputs and stimulations. We have so much underutilised potential in rural youth and children. They are very innovative, and creative but they lack opportunity so unless we add education also to this scheme, we will not be able to ensure the right kind of mental health in these children. Education cannot be just an accumulation of information or hard facts. It is about a transformative process, developing the creative capacity of the child and thereby engaging the child completely in body, mind and spirit and that kind of education is also crucial for improving mental well-being because healthy minds make healthy bodies. In recent times of the COVID-19 pandemic, we have seen how mental health has become the elephant in the room. No more it can be ignored and especially in children, teenagers and adolescents this has become a major issue.

From Right to Left - Vice Chancellor of the Sri Sathya Sai University for Human Excellence, Dr Srikanta Murthy with Bhuvana Santhanam, Sunil Narang, Sarath Kumar, and Shashank Narayan

EACH ONE EDUCATE ONE FOUNDATION



Nutrition Education Healthcare

So we also have educational programmes for rural youth and children ensuring that they get the same high-quality urban education with all the technology at their disposal, infused with moral, cultural and spiritual principles without being religious. This will ensure that the children have an integrated approach towards education and they grow as wholesome personalities. With a strong body and healthy mind, they tend to become more creative and intelligent, and in spirits, they are happy and enthusiastic to learn and to contribute to society's welfare.



Srikanth and Suchetan Reddy representing the One Rupee App initiative

It must not be forgotten that our country is known for its unique culture, especially in rural India where people are very nice and sweet to each other and concerned about each other's welfare. This human connection is something that is getting deteriorated with the infiltration of technology. The employment opportunities which are available only in cities are causing rapid urbanisation making the rural youth leave the rural shores to go to an urban setup in order to seek a job, giving up their traditional knowledge systems, and practices like agriculture or other craftsmanship. I am a big advocate of ruralisation of India instead of urbanisation of India. But what kind of rural India? Rural India which is at par in terms of its infrastructure when it comes to comparison with the city and at the same time the soft heart, the soul of rural India should also be preserved where people love each other and are concerned about each other. For thousands of years, we have all lived in harmony and it is only India which says 'vasudhaiva kutumbakam' - the whole world is one family. The same is our motto 'One World One Family' and our rural families need our help. So as people who are educated it is our responsibility to educate those who can't afford it. As people who are healthy, it is our responsibility to ensure that somebody who needs healthcare is provided with affordable and accessible healthcare. If we are sheltered and clothed, we must ensure that somebody who does not have it is also given. This way we will create a better world, a better India, a better rural India and I look forward to working with all of you to improve healthcare and nutrition in rural India."

We have 25 schools spread across 20 Districts. We also have three University campuses imparting free education to ensure that more children enrol themselves in the educational programmes and complete their education. The school dropout ratio is very high in rural schools and not more than 25% of children from the entire country enter the portals of a university. Not even one percent of rural girls enter higher education. Such a waste of potential. We are very proud that in our University, we have 50 girl graduates, them being first-gen literates which means their mothers have never gone to school or college. These girls have finished their graduation successfully we are trained under an internship programme for getting hands-on experience. They are then allowed to continue their postgraduate studies with us, absolutely free and another innovation that we have brought is by paying stipends during post-graduation to keep them encouraged and motivated and make their parents permit them to continue their further education.

Region 2

Middle East



Desert sevā

- In the month of October, around **52 beneficiaries** received monthly provisions equivalent to **4,836 meals**. The ration kits included wheat flour, rice, pulses, oil, spices, cleaning supplies, etc.

OMAD – One Meal A Day

- This noble initiative benefited **233 underprivileged individuals**. The items served included tea, coffee, laban, biscuits and home-cooked meals



Sri Lanka



Sri Sathya Sai Karuna Nilayam Foundation



- Three children** who could not be operated at the Sri Sathya Sai Sanjeevani Hospital in Batticaloa in August, were flown with their parents to the Sanjeevani Hospital at Nava Raipur in India. Mrs Penny Jayewardene, the Chairperson of the Sri Sathya Sai Karuna Nilayam Foundation bid them a fond adieu as they departed to India.



- At Nava Raipur, the surgeries were successfully done, and all the three children are well on the path to recovery. During the tenth anniversary celebrations of the Sri Sathya Sai Sanjeevani Hospitals at Nava Raipur on 20 November 2022, Mrs Penny Jayewardene had the opportunity to personally visit the children who were delighted to see her.
- As part of the tree planting tradition, along with Sadguru Sri Madhusudan Sai, Mrs Jayewardene also planted trees with the parents in the premises of the hospital. It was joyous moment when little one of the operated children, Mithun, received his 'Gift of Life' certificate during the event.



Region 2

Nigeria



Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Aruke Specialty Hospital (ASH) runs two clinical facilities in remote rural areas in the States of Enugu and Imo. These hospitals provide quality healthcare services to rural dwellers. 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 an average, the hospitals treat **72 patients** on a daily basis absolutely free of cost
- In the month of October, a total of **310 children, 736 adults** and **120 eye patients** were provided with world-class treatment
- Around four deliveries were performed and other surgeries such as catheterisation, caesareansection, ear syringing, lipoma, hydrocelectomy, etc., were conducted. Close to **816 medical investigations** were also done



The Embodiment of Love Academy – TELA

- TELA reached a milestone of tenth year in the month of October. The centre provides free values-based education to around **1,500 students** from rural backgrounds

Old is Gold

- Volunteers distributed ration kits to close to **130 elderly individuals**



Region 3

Greece



'Ιδρυμα Μοιράζομαι' (Foundation of Sharing)

- Volunteers prepared delicious vegetarian meals, and **360 meals** were delivered to 'Ark of the World' and **80 meals** were delivered to 'The Good Shepherd - EP'
- **100 boxes of food** consisting of beans, lentils, rice, pasta, milk, cereals, biscuits, candy bars, etc. out of which 50 boxes equivalent to **5,000 meals** were delivered to Ag. Theodori Church of Anavyssos and another 50 boxes to the Municipality of Karditsa
- Large supplies of legumes and rice were made to the Municipality of Moschato Tavros, an area South of the centre of Athens. The supplies were equivalent to cooking **27,456 meals**
- **80 boxes** of food items including legumes, pasta, rice, milk, oil, cereals, snacks, and other necessities, like soap, washing powder etc. were distributed to **80 poor families** living in the area of Anavyssos, close to Athens
- **70 pizzas** were also delivered to the children and adults with disabilities of EGNYA Foundation. Another **35 pizzas** were delivered to the children of St. Andrew Children's Home
- **1,200 portions of yoghurt, 720 litres of milk and 40 kilograms of feta cheese**, were supplied to two Nursing Homes in Athens and Palea Fokea



Poland



Stowarzyszenie Misja Prema (Prema Mission Association), Poland

- Considering the winter season, volunteers of the Association collected six bags of warm clothes, heavy blankets and delivered them to the night shelter for the homeless in Warsaw. About 250 clothes (different kinds of jackets to socks) were distributed to **150 beneficiaries**. They also distributed and several packages of sweets.

Turkey



Karşılıksız Hizmet Vakfı (Selfless Seva Trust)



- Once a week, grains or pastas with legumes was cooked and served along with milk or yoghurt, and bread in the districts of Şişli, Pendik and Ömerli. **2,125 meals** were distributed door to door in the month of October 2022
- Around **six families** were provided with shoes, clothing and toys
- The volunteers of the Trust helped **13 economically deprived families** in the district of Şişli, by paying their house rents and bills for utilities such as electricity, water and gas, etc.

Region 4

Brazil



Sai Amor Foundation (Sai Love Foundation)

- The Foundation distributed over **180 hot vegetarian meals** along with packaged sweets and bottled water to needy individuals
- The Institute for Education in Human Values has commenced to support a full-time preschool with meals for 45 students including breakfast, lunch and soup. A total of **2,565 meals** were served in the month of October



My Inner Journey

Everything Begins with A Thought

– Dr Grish Kumar Malhotra



Dr Grish Kumar Malhotra is a medical professional practising dentistry for past four decades. Along with his wife Mrs Seema Malhotra, he has been a staunch devotee of Baba and served in His Divine mission in all the capacities he can. Currently, under the guidance of Sadguru Sri Madhusudan Sai, Dr Malhotra serves as the Chairman of the Anugraham Charitable Trust, United Kingdom.

One of the basic tenets of spiritual awareness, arose in me during my early years as a first generation immigrant child at around the age of twelve. Having been born in Delhi, India and experienced the immigrant journey to the UK from the age of three, our late father had gone to the UK to start a "better life" with the intention of subsequently bringing us over to settle in London a year later, a brave decision to leave his wife and two young children behind to establish a new life in a foreign country. My brother and I were four and three years old respectively. I never stopped admiring his courage, to go to a foreign land with no real contacts and start a life like so many immigrants at that time, nonetheless, we had a relatively happy early childhood in India and finally left in 1967 to London, UK.

At the age of six, it was a steep learning curve for my brother and I to adapt to just about everything there and we had varying experiences dealing with the change in culture after an early Indian schooling. I soon adapted to the culture which was quite different to what I had experienced in India where civility and genteelness were not valued as much and one soon learned to become street wise in the robust East London schools.

Our family grew with the arrival of my sister and with the hard work of my parents we began to establish ourselves in the UK. As with a lot of immigrant families in the UK at that time our parents were working hard to establish roots and to some extent our spiritual journey was outwardly lacking in effort for the sake of adapting and efforts to establish economic stability.

The Asian community was a little disjointed in those early days as it was very small, but I recall that; gradually, there was the establishment of community centres and places of worship that sprang up with the efforts of this generation. The thought of myself being something other than this body would come to me on rare occasions of contemplation from around the age of sixteen, during periods of contemplation.

I think I stumbled upon the realisation that "all the answers are within us" during one of these rare occasions as I felt that I could transport myself to any place in the universe but my body would remain where it was. This at the age of around fifteen was probably the beginning of some spiritual awareness stirrings within that would later return. Continuing with our life in the UK it was not the most salubrious of schools in east London, but our father would emphasise the importance of education to us. He, himself having completed MA in economics in India and we all secured university places to his tremendous joy.

We lost our father at the age of fifty two when he succumbed to his third and final heart attack and this, naturally had a profound effect upon our family unit. A few years before his demise, he was good friends with the late Mr Kundra, the one who established the North Indian canteen in Puttaparthi and also Mr Tandon (my future father in law), who introduced him to Sathya Sai Baba, they were in the process of setting up the East London Sai Centre, which was the first one in London.

My father developed a great interest in Sai Baba and would attend bhajans with my mother and play harmonium to support the centre which began to grow rapidly, interestingly he would occasionally assist Seema (my future wife) by providing her with Indian classical music cassettes for the Balvikas plays she used to write. He soon developed a close friendship with the Tandon and Kundra family.

I was at that time studying dentistry at Birmingham University, living a student life with all the distractions of university life with occasional visits home where I could see that my father was developing a great love and commitment to Sai Baba, and it was not unusual to find Romi Tandon, Seema's brother coming to meet with my father with slides and books on Puttaparthi and be in discussions together whilst I only had a mild interest at that time.

I did attend bhajans occasionally, however had not developed a huge interest as yet. With the untimely demise of my father, the well-being of our family was left on the shoulders of my elder brother and I at the age of twenty one. I later went through my father's things and found

many books on Swami which had been well studied as evidenced by the well thumbed pages and annotations and underlining of passages. My interest in spirituality began to grow, and I remained supportive of the Sai Centre, however my journey proper would commence with my marriage to Seema who introduced me further into the Sai Fold. Her devotion and strong, unwavering belief and faith in beloved Swami was palpable and she was instrumental in putting me on the right path as mentioned by Sadguru in an interview. She had a profound effect on our children in their formative years.

My faith grew steadily after marriage, and with further regular visits to Puttaparthi, in the Divine presence of our Lord, it would soon become our annual place of pilgrimage. By Swami's grace I got the opportunity to serve as a dentist to serve in the General Hospital in Puttaparthi for two weeks every year during these annual family trips, sometimes I would come twice a year and this continued for a period of ten years. My next phase ran parallel with this and I was fortunate enough to meet with Dr Surendra Upadhyay, an ophthalmologist who conducted medical camps around the world, he was instrumental in introducing me into seva and I remain grateful to him for this.

I also was fortunate enough to meet with Dr Satish Babu and Dr Suresh Kodapala on these camps in Russia and also indeed Alike, and from there my connection with Muddenahalli started and we took the opportunity to visit respected Narasimha Murthy at that time. I think I found my true calling in working in these medical camps around the world in Russia, Africa Malawi, Sierra Leone, Sri Lanka –after the Tsunami, on a regular basis.

My Inner Journey

Swami's presence showed itself on a few occasions and he would leave His calling card. I recall a time in Russia when I was treating patients in particularly challenging surroundings in poor infrastructure and limited equipment, I was praying to Swami to work through me, when there was the most intense aroma of fresh vibhūti that came from nowhere and on completion of the treatment, the patient burst into tears of joy and the wonderful smell disappeared as suddenly as it had started.

My faith in Swami grew and I would on occasion be in tears during Darshan in Puttaparthi as He would give a benevolent smile and lift a hand in blessing. With the final departure of Swami in his physical form, my family and I were saddened but our belief was never shaken.

Subsequently with the visit of Narasimha Murthy Anna and Dr Satish Babu to London in 2013, when Swami was visible to Murthy Anna in the light form, we were intrigued and excited. We had our first interview in Mandya campus in August 2014 where we were convinced that we were in the presence of our Lord. He then came to London two weeks later and granted us the boon of staying with us whenever in London. Subsequently with the formation and registration of the Anugraham Charitable Trust, UK which is privileged to be the representative trust for Swami's mission in the UK. The important thing that should be realised is that of "consistency of character" ie to be in harmony with thought word and deed, in medical parlance, when considering the ethical behaviour of clinicians, the litmus test has always been the question. "How do you operate when no one else is looking?" Because at that time the only one to judge us is ourselves and choices are all with us as to how diligent we are without an observer.

If we are talking of transformation and inner journey, I would say that my inner transformation accelerated actually after Swami left His mortal coil, where I connected very much with Swami in sukṣma śārīra and subsequently with Sadguru Sri Madhusudan Sai. The clarity and directness of his communication and coupled with divine insight in everything has served to strengthen my resolve to move faster along the journey to HIM. The advent of the "master the mind" series of discourses and the Kathopanishad series has been a gift to mankind, and I find myself watching and listening repeatedly, the delivery and content is undoubtedly profound and Swami has emphasised that if all the work of seva and hospitals and schools etc is achieved but our own transformation has not been achieved, then nothing has been achieved. However, if the mission is not achieved, but our own transformation is achieved, then everything has been achieved. It is up to us to aim for transformation, the very word can be broken down, **Trans** and **Form**, **Trans** - to go beyond, and **Form** ie our form, therefore, to "**go beyond the form**" is our starting point, Swami once said to us, that when we pass over to the other side on death, "we will simply laugh at how little effort we made on realising who we really are, and by the same token, how much importance we gave to our worldly existence." Swami has so benevolently and patiently guided us all to follow the correct path and it is our duty to put this into practice. He lovingly and patiently, like a mother perseveres with us whenever we falter, it is indeed a boon to us all to be associated with such a personality and also our responsibility and duty to be worthy of all this compassionate teaching. I pray that HE keeps us all close to him so that we change from being "**work in progress**" to the "**finished article**".

Lessons For Life

What is unity and how to develop the kind of unity which can unite the world?

Unity is not external, it is internal. Unity of thought, word and deed is true unity. Only when you have that kind of unity, do you achieve purity. Selfless love is purity and, eventually, you will attain divinity. Once you experience the divinity within yourself, you will see divinity everywhere. The lack of external unity is because there is no unity within you. When you achieve internal unity, you will also get external unity. The world is full of reflection, reaction, and resound. What you see in the world, is the reflection of what you feel and imagine. Therefore, you should say what you think; you should do what you say. You should think deeply before speaking. Conflict happens when you follow the mind. When you follow the heart, unity is very easy to

attain. The mind, which is dependent on place, time and circumstances, keeps on changing. The heart within you always tells you the same thing. The body is like a water bubble – do not follow the body; the mind is a mad monkey – do not follow the mind; follow the heart! As far as you possibly can, follow the heart, and then unity will develop within you. Because of fear, hatred, and jealousy, you are not able to unite thought, word, and deed. Why is someone not able to attain unity in a group, be it family or office or society? There are only two reasons – lack of humility and lack of courage. Only when you have both humility and courage can you attain unity. Thus, when internal unity is attained, external unity is but a natural consequence. When you develop unity within yourself, then you will also unite the world.



