



वसुधैवकुटुम्बकम्
vasudhaiva
kutumbakam



MONTHLY GLOBAL NEWSLETTER



Issue 22

January 2023



Contents

Message from Sadguru Sri Madhusudan Sai	01
At the Forefront	
• 14 January 2023 – Inauguration of SaiSure Nutraceuticals Manufacturing Factory, Muddenahalli	02
• 14 & 15 January 2023 – Fifth Anniversary Celebrations of Sri Sathya Sai Sarla Memorial Hospital. Inauguration of Blood Bank, CT scan, and Third Operation Theatre	03
• 15 January 2023 – Makara Sankranti Celebrations, Sathya Sai Grama, Muddenahalli	06
• 17, 19 & 20 January 2023 – An Evening Divine with Sadguru Sri Madhusudan Sai at Hyderabad and Mumbai	08
• 18 January 2023 – Inauguration of Sai Swasthya Centre, Kaghaznagar, Telangana	11
• 21 January 2023 – Heart to Heart – A Conversation between Mr Nikunj Dalmia, Managing Editor ET Now and Sadguru Sri Madhusudan Sai	12
In Focus	
• December 2022 – Sri Sathya Sai School, Laos receives Certificate of Excellence	15
• 03 & 04 January 2023 – International Conference for Multidisciplinary Research, Sri Lanka	16
• 08 January 2023 – Sri Sathya Sai Annual Sports and Cultural Meet for Boys, Kalaburagi, Karnataka	17
• 13 January 2023 – HKU University of the Arts Utrecht and International Rhythm Course exchanges 'Letter of Interest' with Sri Sathya Sai University for Human Excellence	18
• 17 January 2023 – Visit to Sri Sathya Sai Vishwaniketanam, Ballari district, Karnataka	19
• 18 January 2023 – Visit to Sri Sathya Sai Prasanthi Niketanam Junior College for Women, Siddipet, Telangana	20
• 18 January 2023 – Sri Sathya Sai Loka Seva Gurukulam Group of Institutions bags Top Education Brands Awards 2023 for Two Categories	21
• 22 January 2023 – SANJHI 46th Rotary District 3190 Conference, Bengaluru	22
• 22 January 2023 – A Chief Guest Invitation to the Annual Higher Education Scholarship Distribution Programme, Karnataka Arya Vysya Charitable Trust (KAVCT), 2022-2023	23
• 26 January 2023 – Sri Sathya Sai Annual Sports and Cultural Meet for Girls, Sathya Sai Grama, Muddenahalli	24
Service and Spiritual Activities	25
Region 1	
• Australia	26
• Fiji	27
• Japan	28
Region 2	
• Middle East	29
• Nigeria	30
Region 3	
• Croatia	31
• Greece	31
• Poland	33
• Turkey	33
Region 4	
• Argentina	34
• Brazil	35
• Canada	35
• United States of America	36
My Inner Journey	
• Time to Act	37
Lessons for Life	39



Message from *Sadguru Sri Madhusudan Sai*

Well Begun is Half Done

2023 began with a string of good deeds starting with the visit to the emerald island of Sri Lanka to further the cause of paediatric cardiac care in the ignored eastern coast, which is inhabited by thousands of war widows and orphans. A hand-shake with the century old Eastern University of Sri Lanka is paving the way for better collaborations. The first cath lab in that region is to arrive soon, and we hope to make another flying visit to inaugurate that in quick time.

The auspicious northward movement of the sun as it crossed the Tropic of Capricorn heralding longer days and shorter nights, and bidding adieu to the cold winters in the northern hemisphere, was celebrated as sankranti by inaugurating the multi-nutraceutical manufacturing plant Sai Sure, equipped with the cutting edge Austrian machinery, which is all set to manufacture high quality indigenous nutrition products to fight the hidden hunger in rural areas. Some lip-smacking ready to eat snacks have also joined the menu.

Sri Sathya Sai Sarla Memorial Hospital celebrated its fifth anniversary on the same day, by serving over 180,000 outpatients and 3000+ inpatients in the last one year, all for free. It is now the medical college teaching hospital, and therefore took the next strides of adding the new state-of-the-art blood bank and a Computed Tomography (CT) Machine to its portfolio of services, while also performing cath procedures on young babies in the new cath lab. Right outside the hospital, the 250,000 square feet Sri Sathya Sai Rajeswari Memorial Academic Block rapidly progressed, to be inaugurated soon.

While this happened on nutrition and healthcare side, the education mission celebrated decentralised sports and cultural meet at Gulbarga University campus for boys, and at Muddenahalli as well as Kondapaka campuses for the girls—a proud moment for the institutions and its patrons to see ambidextrous young students who could play the brass instruments on one side, and also hop the poles of the Chinese lion dance with ease and grace on the other side. Girls surprised the crowds with their newly acquired taekwondo skills and enthralled all with their classical dance performances—seemingly the opposite ends of the pole.

While this happened in and around the institutions, many meetings with corporates and professionals were organised in metropolitan cities like Hyderabad and Mumbai to create more awareness about our work. The Mumbai visit also saw the first convocation of the six Post Graduates at the Sanjeevani Hospital, in association with the Maharashtra University of Health Sciences. A new Sai Swasthya Centre also got inaugurated at the tribal remote town of Kagaznagar in Telangana, in quick succession from the first one in Vizag which was inaugurated in December 2022.

Abroad, at Fiji, the team of doctors from Mumbai Sanjeevani Hospital performed the 100th surgery in a landmark moment for the Sri Sathya Sai Sanjeevani Children's hospital, a watershed moment for the Sai Prema Foundation at Fiji, duly acknowledged by the PM of Fiji islands.

So much in the very first month of the year seems like a lot, but for us who live only to serve, it's just the beginning of a great movement to unite the whole world as one family in selfless love and service. Begin with love and end in service, or begin with service and end in love—either ways it is definitely well begun, but nevertheless only half done!



At the Forefront

14 January 2023

- Inauguration of SaiSure Nutraceutical Manufacturing Factory, Muddenahalli, Karnataka

SaiSure – A Sure Step Towards Eradication of Hidden Hunger

Since the year 2019, when SaiSure, a multi-nutrient supplement was conceived by the Sri Sathya Sai Health and Education Trust, it has been the main source of morning nutrition for about 1.2 million school-going children who are being served by the **Annapoorna Morning Nutrition Programme**. It has also served several **expecting and lactating mothers, toddlers and pre-schoolers** through the **Divine Mother and Child Program**.

A Fortified Food

SaiSure comes in two categories – malt-based or millet-based, in different flavours like cardamom, apple, orange, and chocolate, blended with the necessary macronutrients and micronutrients.

'SaiSure Ragi Cereals Health Mix' and ragi-based sweets have been formulated in alignment with the International Year of Millets, which has been announced by the United Nations, to promote nutri-cereals in the country and the world, under the leadership of India.

Formulated by a panel of specialists which included doctors, nutritionists and experts in public health, the composition of 'SaiSure' was approved by the Central Food Technological Research Institute (CFTRI), Mysore and the State Food Laboratory, Bengaluru. It was manufactured at a FSSAI Licensed, FDA approved, WHO-GMP certified manufacturing facility in Bengaluru (Karnataka) with the highest quality standards.

SaiSure Nutraceutical Manufacturing Factory, Muddenahalli, Karnataka



The Debut of SaiSure Nutraceutical Manufacturing Facility

A state-of-the-art six-floor nutraceutical manufacturing facility for 'SaiSure', was inaugurated by Sadguru Sri Madhusudan Sai at Sathya Sai Grama, Muddenahalli in the Chikkaballapur District of Karnataka, on the eve of *makara sankranti*. Close to 750 tons of SaiSure multi-nutrient mix will be manufactured at this facility every month.

With over 2 billion individuals afflicted with hidden hunger globally, and one in three children suffering with hidden hunger, 'SaiSure' is a sure-fire way to eradicate hidden hunger.

At the event, Sadguru Sri Madhusudan Sai said,

"The vision of Annapoorna Morning Nutrition Programme is that no child should go to school hungry ever, and the manufacturing facility will help in tackling the problem of hidden hunger by producing this micronutrient supplement. Only healthy children can build a healthy nation."

14 & 15 January 2023

- Fifth Anniversary Celebrations of Sri Sathya Sai Sarla Memorial Hospital

Inauguration of Blood Bank, CT scan, and Third Operation Theatre

'Sarla Ma' – the name that rings in the ears of Sai fraternity as the woman who singularly shouldered the Bal Vikas movement of Sri Sathya Sai Baba during its fledgling years, and also contributed immensely to women empowerment in the Sri Sathya Sai Seva Organisations, was honoured by naming this multi-speciality hospital in her name, to commemorate her spirit of service and the values of love and kindness that she personified.

Sri Sathya Sai Sarla Memorial Hospital commenced on the 14 January 2018 as a small out-patient facility, three years from the day Sarla Ma left her mortal coil, exactly on the same day in 2015.

Since then, the hospital has made major strides of selfless service towards bestowing compassionate healthcare on all, absolutely free of all costs, under the leadership of Sadguru Sri Madhusudan Sai.

As of 14 January 2018, over **6,32,000 outpatients** and **21,000 inpatients** have been served.

Every commemoration is a reason for new beginnings that serve more and heal more.

A Blood Bank, a CT Scan Facility, and the third Operation Theatre was inaugurated by Sadguru Sri Madhusudan Sai and Dr Ashwath Narayan C N – Honourable Minister of Skill Development, Entrepreneurship and Livelihood, Government of Karnataka.



The Blood Bank – The First Private Facility in the district of Chikkaballapur

A state-of-the-art 'Blood Bank' to fulfil the need for blood for all in need, completely free of cost; and for the Hospital to be self-sufficient for its own needs, was inaugurated.

Blood – One of the Saptadhatus (The Seven Tissues of the Body)

- Every year, India requires about 15 million units of blood, but manages to collect only 11 million units, resulting in a deficit of 4 million units
- About 12,000 individuals die every day due to non-availability of quality blood
- Close to 0.65 million units of blood and its components are wasted due to lack of proper storage facilities
- In the district of Chikkaballapur, there is only one Government-aided blood bank for a population of 1,744,595 individuals

High-End CT Scan Facility – The First in the district of Chikkaballapur with 80 Slices

A high-end CT scan machine of 80 slices to diagnose even complex diseases in a better and faster way, and perform best quality imaging was inaugurated.

The **Third Operation Theatre** shall help in reducing the overall waiting period of the patients, which houses about 300 in-patients any given day.



14 & 15 January 2023
– Fifth Anniversary Celebrations
of Sri Sathya Sai Sarla Memorial
Hospital

Chiranjeevi Bhava – ‘Gift of Life’
Certificate



Baby of Munirathnam
Age: 3 months
Treatment: Rescued after one month of stay
in NICU



Vinutha Gowda
Age: 1.5 years
Treatment: PDA device closure



SRI SATHYA SAI SARLA
MEMORIAL HOSPITAL

सर्वे सन्तु निरामयाः



Nithyashree
Age: 5 years
Treatment: PDA device closure

Dr Ashwath Narayan remarked:

“This hospital is the place where we can find hope, love, care, and mutual respect. Dedicating oneself for the service of others, and dedicating with a lot of clarity is a great inspiration. The best part is also that the blood bank is of international standards, which would work scientifically without wasting even a single drop of blood.”



Key Points from the Message of
Sadguru Sri Madhusudan Sai

- Human birth is worthwhile only if we serve as an instrument of the Divine, to wipe away the tears and remove the sorrows of those who suffer
- The burden of poor healthcare is so humungous that we must all lift it for those who cannot lift it for themselves
- Sri Sathya Sai Sarla Memorial Hospital is the foundation on which the upcoming medical college will be coming. A seed sown with the pure intentions of Sarla Ma, has today grown into a big multi-speciality facility that is also evolving into a medical college
- The effort of Sarla Memorial Hospital is to give the opportunity of medical education to anyone who has the aptitude, passion, and interest to become a doctor, nurse or paramedic
- Free education has always been the way of our country in ancient times. But, the kind of education that is inspirational and rich with noble ideals is very important
- Cultivating a sense of social responsibility and commitment to a social cause must be incorporated in the education policy
- To wake up with a winged heart, excited to turn work into worship, to turn duty into divinity, and outperform from the previous day, by giving more to the world—is the inspiration that needs to be set for the next generation
- The profession of healthcare service is itself fulfilling; and doing it for free without commercial considerations is a lot more fulfilling. Along with promoting the betterment of society, this will also divinise humans, which is the primary goal
- If we make one doctor and even if he serves 10 patients a day, then in his career span of 30 years, he would have impacted a million lives directly, and may be 10 million lives indirectly. This is the potential of a doctor. Hence it is most important to prepare good healthcare professionals
- Working for the welfare of all day and night, doing what is needed at the right time is a lesson for all of us
- *dharma artha kāma mokśārtham ārogyam mūlamuttamam* – Good health is fundamental to right doing, right earning, fulfilment of right desires, and attaining liberation
- Preventive healthcare is more important than Curative healthcare. Preventive healthcare requires a lot of research, technology and scientific acumen, and hence efforts have to be made in this direction
- *sarkāra* – Government, *samāj* – society and *saṁstha* – institutions have to come together to rebuild the country
- Hospitals have to be *vaidyaśālas* which has both culture and health. The culture of kindness, care and love must be combined with offering healthcare
- The future of medicine is preventive, predictive and precision medicine. We must reach people before they fall sick, and should they fall sick, they must have accessibility to free healthcare

At the Forefront

15 January 2023

– Makara Sankranti Celebrations,
Sathya Sai Grama, Muddenahalli

Divine Discourse

kathopaniṣad says,

न तत्र सूर्यो भाति न चन्द्रतारकं नेमा विद्युतो भान्ति
कुतोऽयमग्निः।

तमेव भान्तमनुभाति सर्वं तस्य भासा सर्वमिदं विभाति ॥

*na tatra sūryo bhāti na candratāraṅkaṁ nemā vidyuto
bhānti kuto'yamagniḥ |*

*tameva bhāntamanubhāti sarvaṁ tasya bhāsā
sarvamidaṁ vibhāti ॥*

Meaning: There the Sun does not shine, nor does the Moon shine; the Stars do not shine, nor is there lightning, or any Earthly fire. But, as that shines, everything else shines in its light; and just as it shines, so does everything else.

The Unseen Light behind the Seen Light

Sun, in our culture and all cultures of the world, is considered sacred and auspicious. Most of the cultures celebrate Sun as a form of divinity, because Sun always does good to others. Without the Sun at the centre of the Solar System, our life on Earth is not possible. Everything else shines in the light of that sunlight only. It does not need any support, because it is self-effulgent.

However, our scriptures go one level deeper and say that Sun is not the ultimate source of light. The light of all lights is that Consciousness which makes us experience the sunlight. Without that consciousness powering us all, we can't even experience the warmth and the light of the Sun. Therefore, Consciousness is the light in whose light even the Sun, the Moon, the lightning, the fire and everything else shines. The most beautiful part is that it says – **everything not just shines when it shines, but it shines as it shines.**

For instance, if there is a red coloured light in the room, everything else will look reddish. In a yellow hue of light, everything looks yellowish. Likewise, in the consciousness of *brahman*, everything appears as *brahman* only.

Oeness – The Only Truth

The snake on the rope, and all the associated fears and worries caused due to it, are only illusory. There was no snake at the first place; it was only an imagination. Similarly, when we realise that it is only the consciousness of *brahman* that shines within and without, we will see this world in its true light, and not as different from us. Oeness is the only Truth. There is no other truth in the world; everything else is a derivative of this truth. The original and the only truth is the truth of the oneness of consciousness.

How to Know Oeness?

Knowing the Oeness is becoming the Oeness. There is no other way. ब्रह्म वेद ब्रह्मैव भवति - *brahma veda brahmaiva bhavati* – the one who knows this truth, becomes the truth. This is the only way to

know this truth. Everything else in the world can be known as something other than you. But, how do you know yourself?—by becoming yourself. By being what you are, you know who you are.

Pure Love is the Manifestation of Oeness

Oeness manifests itself as pure love for all. For an ant to an elephant, from a baby to an old man, from animate to inanimate—that knowledge of the Self, practically manifests as **purest of love without any expectations and conditions.** So, what you see in the light of that love are these hospitals, schools, colleges, ashrams and centres, which are simply the manifestation of that knowledge, that there is only one.

When we know that all of us are one, we will be able to express that knowledge as love in every thought, word and action. And, what you see outside is simply the manifestation and expression of that truth as love and service.

A *brahmajñāni*'s Presence

What happens when one attains *brahmajñāna*? Will he withdraw from the world and be to himself thinking that the world is only an illusion? No—instead, he will be spreading joy and cheer to one and all by embracing all as his own. Then, more schools, more hospitals, more drinking water projects, nutrition projects happen as its by-products. Look at the shadow and you know what the object is; look at the reflection and you know what the source is; look at all that which has manifested around this place and you know what is happening here. Therefore, the best thing you can do as service to the world is to know who you are. Once you know that, you know everything else. And, in that knowing all the auspiciousness happens.

saṅkrānti – The Time for the Revelation of Truth

saṅkrānti signifies the upward or northward movement of sun. The truth is that the sun does not move at all, but it appears to be moving. Similarly, *jñānodaya* (dawning of knowledge) appears to happen in us, but the truth is that we are always living in that truth, but only unaware of it. There is no uprising, but only a revelation—the revelation that we alone are, and that there is nothing other than that. When we see everything as *brahman*, as one, that is true *saṅkrānti*.

The realisation of truth helps in loving and serving all; but it can be the other way where we love all and serve all, and realise the truth. The various institutions of selfless service are merely enablers to help us realise the truth. *kuru punyam ahoraṭram* – keep doing good work; *smara nityam anityatām* – continuously contemplate on what is real and unreal. These will be possible only by keeping good company. One has to uplift oneself – उद्धरेत् आत्मना आत्मानम् न आत्मानम् अवसादयेत्. Everything depends on what you decide to do with yourself.

This *saṅkrānti* also brings a lot of good and auspicious beginnings for ourselves and for the whole world. Right from here, many things would be started. People from around the world, leaders of the world would arrive here to seek guidance, strength and direction for leading their people in their own lands. This place, like the sun, will shed the light of truth on all humanity, on people who are groping in the darkness of ignorance, selfishness and limited thinking of their existence as mere bodies and minds. This place will shine the light of truth on all of them, and help them realise that we are much more than flesh and bones or thoughts and emotions; we have the spirit, the Self, the truth. This message will be sent out from this place loud and clear to the whole world. So, this place is a very significant place. It has a very important role to play in directing humanity towards divinity in the coming times. Some of it will happen through service activities, some of it will happen through *sādhana*, some of it will happen through *satsaṅga*. This is the divine will—that one will, which does everything. So, we are all fortunate—we are not merely the audience or the witness, but we are the very participants in this great work. We have to put efforts to rise with truth and manifest our innate divinity more and more.

saṅkrānti is a chance to recommit yourself to begin this effort of realisation of the Self and its manifestation as love outside. Rise and realise—this is the idea of *saṅkrānti*. May this light of wisdom, this truth, this knowledge, shine within and without. In this light of truth, may we see everyone as ourselves, we see everyone as one. May that knowledge of oneness manifest as pure love for all beings – sentient and insentient. May that love reach out to the downtrodden, the marginalised, and the suffering, as service. May that knowledge uplift the whole humanity to Divinity.



17, 19 & 20 January 2023

- An Evening Divine with Sadguru Sri Madhusudan Sai at Hyderabad and Mumbai

Dr Sunil Gavaskar with Sadguru Sri Madhusudan Sai - A Heart to Heart Conversation (An Excerpt)

Question: You work so tirelessly and selflessly for the welfare of others day and night, how can we all do something similar?

Sadguru Sri Madhusudan Sai: You are a cricketer; you have worked so hard and played passionately for the country. That was your passion and this is my passion. I feel every child, every human who is less capable, less resourceful, less intelligent, and less powerful, must be protected. Survival of the richest, survival of the fittest, and survival of the strongest, is not the norm of the society; and it should not be. Survival of the weakest, survival of the slowest, and survival of the poorest is the way of this society. And I work towards that, so we can bridge the gaps, and give them an opportunity.

We are all part of this team called society. We can be strong as a society only when the last person is strong enough to take care of himself or herself. I think I have dedicated my life to this cause and this is all that I know, and this is all I want to do. I am sure all of you will also feel inspired and feel like doing something about it. Together we can achieve much more. I am not



AN EVENING *Divine*

expecting everybody to start their institutions individually; it is not possible. But together, these things can be furthered, and that is my hope and my prayer.

Question: You have always said that spirituality should be infused in all that we do. There are many definitions of spirituality. Sometimes people may be religious— going to a place of worship or praying at home, etc. Isn't it spirituality? Or if I may ask, what is spirituality in simple words? Is it the same as being religious?

Sadguru Sri Madhusudan Sai: Spirituality has had different definitions at different times. For those who are familiar with Indian *yugas*, you may know that in ancient times there was a *krita yuga*. In *krita yuga*, spirituality was all about *tapas*. It means that you continuously perform penance, meditate on the higher truth, and realise the Self.

In *tretā yuga*, it was *yajña* - engaging in rituals—that was the way of expressing one's spirituality. In *dvāpara yuga*, the third *yuga*, *dānam* or charity became the way of showing your spiritual disposition. And in *kali yuga*, it is *sevā* - doing selfless service is spirituality.



Religion is a set of rules and regulations to keep the society together, and to conduct it in a disciplined manner. This is similar to how you have rules in any game; but spirituality is the game itself, and not the rules of the game. Spirituality is the way of life.

In *kali yuga* or in these times, we live in a world of inequalities. So, the best definition of spirituality would be selfless love and service. If we serve everybody with pure love and unconditional love, I think it is the best way to express spirituality and grow spiritually too.

Question: How do we involve the younger generation into philanthropical activities? India is rich in young population, but we don't see lots of youth contributing to serving the society.

Sadguru Sri Madhusudan Sai: Youths always look for inspiration. This was true centuries ago, it is true now, and it will be true even centuries later. They always believe in idealism and inspiration, and therefore they will feel inspired by seeing people around them who are role models. This will propel the youth to come forward and do things.

Secondly, we must make service or volunteerism interesting for the youth. It should match their aptitude, their social skills, their passions and interests. You can't ask everybody to go to hospital and insist that they only serve there; some youths may not like hospitals, but they may be sports coaches. They can go to schools and start coaching students. That is their way of giving back.

So, I think mapping the passion and interests of the youths with the opportunity is one thing that we can start with. If they have disposable income, which is more than their need, they may end up otherwise spending it unnecessarily. They may be having an extra pair of shoe or watch or clothes which they don't need. Hence, it is crucial to sensitise them about the needs of the society by exposing them. This is the job of the elders. I think a whole generation of older people have not done this job of exposing children to service activities.

A generation ago, if it was your birthday, you would not be cutting a cake or celebrating in a five star hotel. Your grandparents would have taken you to a temple and they would have carried some food or some money, and would have asked you to give it to those who needed, or would have even taken you to an orphanage. That was how birthdays were celebrated, wherein children were exposed to the idea of service.

But over time, we have made it a very different kind of an affair. We don't expose them to the need of the hour. So, we must train our children, sensitise and expose them to the needs of the society. Firstly, you should be doing *sevā*, because they will tell you - 'don't preach before you practice'. This is how youths are. They should see you doing it, only then they will follow suit. So, please lead by example.



At the Forefront

17, 19 & 20 January 2023

– An Evening Divine with Sadguru Sri Madhusudan Sai at Hyderabad and Mumbai



Question: Speaking from a corporate perspective, can we look at all your initiatives as a social investment which promotes societal good through corporate investment, rather than just a charity? Could you please share your views on this?

Sadguru Sri Madhusudan Sai: It is a social investment. There is no doubt about it. Where are your next generation of consumers going to come from? If they are not educated, and do not have enough money in their hands – the disposable income, how are they going to buy your products and how are corporates going to succeed in their ventures?

Capitalism looks at businesses as profit ventures and not as social investments. So, my idea of businesses are that they should be a social investment as you are always solving a problem and serving a need. That is why you are in business; otherwise you'll be out of business. But my next question is, at what cost are you solving the problem? Is it at the cost of the environment, the society, or the governance? If you want the country to grow, you have to invest in the children and their future – it is a social investment or a social responsibility.

If you want to walk fearlessly in the future, and don't want to be surrounded by thugs, goons, criminals, and bandits, then you better invest today in the society. Otherwise, these children will grow up to snatch it from you and your children, because they did not get their opportunity. We will create a terrible society. So, we must invest in social investment.

Apart from Corporate Social Responsibility (CSR), Employee Social Responsibility (ESR) should be encouraged, so that employees voluntarily contribute their resources for the betterment of those who are in need. They can also physically volunteer at certain NGOs as part of corporate programmes, which will also lead to better corporate bonding, and they will surely find a certain fulfilment at the end of the day.

Individual Social Responsibility (ISR) is the most important. Talk to yourself; talk to the man in the mirror; talk to the woman in the mirror. What am I going to do about contributing to the society?

ISR, ESR, CSR – this is the way to make social investment.

At the Forefront

18 January 2023

– Inauguration of Sai Swasthya Centre, Kaghaznagar, Telangana

An Absolutely Free of Cost Wellness and Diagnostic Centre – the Second in a Row

Sadguru Sri Madhusudan Sai says, “If the ‘I’ in ‘Illness’ is replaced with ‘We’, it becomes ‘Wellness’.

Sai Swasthya Wellness Centres are all about bestowing wellness on the community by the coming together of the community with ‘we’ feeling.

After the first Sai Swasthya Centre at Vishakapatnam, Andhra Pradesh which was inaugurated on 18 December 2022, the second centre – **Sai Swasthya Wellness and Diagnostic Centre** has been inaugurated in the small town of Kaghaznagar at the district of Kumuram Bheem Asifabad in Telangana, by **Sadguru Sri Madhusudan Sai**, along with **Sri Koneru Konappa – Member of the Telangana Legislative Assembly, Dr Harish Rao Palvai – a noted Orthopaedician and politician, and Dr C Sreenivas – Chairman of Sri Sathya Sai Health and Education Trust.**



SAI SWASTHYA

Wellness Centre

DIAGNOSTIC + DISPENSARY

Services of the Centre

- Preventive diagnosis – cardiac and foetal echocardiogram scans
- Out-patient consultations
- Rural outreach camps
- Referrals to Sri Sathya Sai Sanjeevani Centres for Heart Care for cardiac interventions

A Mother and Child Hospital adjoining the wellness centre will commence in another six months' time.

21 January 2023 – Heart to Heart – A Conversation between Mr Nikunj Dalmia, Managing Editor ET Now and Sadguru Sri Madhusudan Sai

Mr Nikunj Dalmia, Managing Editor of ET NOW, which is part of the Times Network, one of the leading media houses in India asked various questions during the ‘Heart to Heart’ event held in Mumbai.

Here is an excerpt from the event:

Question: What is the purpose of wealth? Is it a yardstick to define success? Because in Mumbai, when I speak to at least the audience in this room, the definition of success is measured every year with the bonuses we get, with the fund performance and with the kind of wealth we have created.

Sadguru Sri Madhusudan Sai: In our scriptures, we have *dharma*, *artha*, *kāma* and *mokṣa*. *artha* means wealth. Wealth of all kinds - wealth of knowledge, wealth of material things, wealth of mutual fund investments (laughs). But, the purpose of wealth was ultimately to attain *mokṣa* only. The purpose of all other *puruṣārthas*, as we say, was only to attain freedom. So, if your wealth is allowing you to be freer than before, I think that wealth is doing a good job. But, if it's binding you to a schedule, to a kind of life where you have no freedom to choose

to do what makes you happy, then that wealth is coming in the way of your freedom. So, the amount of wealth and the degree of freedom you want, is for you to choose; you must define it. Everybody's individual thresholds are different, and everybody's understanding is also different.

What is the role of wealth in the larger scheme of things? I always say, finance is like blood in the body. It must keep flowing; it must keep moving. If it stagnates or stops, it will create clots, cause strokes and heart attacks, and kill the body. Likewise, if wealth gets stagnated, it will kill the society. And unfortunately, at this point in time in the world, income and wealth inequalities are at its peak.

The world's GDP stands at \$100 trillion today; yet there are countries collapsing from economic meltdown. The number of poor people in the world in the last two years of the pandemic has increased, and 800 million people go hungry to sleep every night. At the same time, the world has added half a billion dollars in India itself—half a billion dollar every day to billionaire's wealth; and the billionaires in India have increased. So, the idea is that wealth is being created and created in tremendous volumes, but it's stagnating in certain hands which is leading to income inequalities. What are the consequences? Well, you will have an angry society, not just an unhappy society; a society which will grow up in anguish, in pain, in anger, and the consequences of it will be very dire.

I always say, a happy individual cannot live in an unhappy family. A happy family cannot exist in an unhappy society. A happy society cannot exist in an unhappy country. And a happy country cannot exist in an unhappy world. You cannot think you can be individually happy because you're wealthy and you have everything taken care of. The Mumbai financial system has a great responsibility to create wealth. At the same time, create a sense of sharing amongst all those who have excess wealth. It is similar to how every part of the body must get the blood supply.

Every year, six million people are pushed into poverty because of out-of-pocket healthcare expenses. Only a quarter of our children enrol for higher education. With an unskilled and incapable future workforce, how can you expect a healthy and happy society in which you want to retire in peace? Can you retire in peace in such a society?

So, my idea is, wealth should be created. It is important. But how much of it should be with each person is a question that you must ask.

The *iśāvāsya upaniṣad* says – don't take another man's wealth. What does that mean? You're not stealing or you're not engaging in a bank fraud and siphoning off funds. The meaning of that is – if you have anything more than your needs, then that belongs to somebody who needs it more. You are not the owner of that wealth; you may be the custodian or the trustee, or even the creator of that wealth, but you are not the owner because somebody's need is greater than yours. And therefore, that rightfully belongs to the person who needs it more than you.

As per our scriptural injunction, if you have more than what you need, it is not yours. It could be your knowledge, wealth, power, or any skills that you own. If we can live by this idea, India will be much better.

Question: How does one define need because what is my need could be somebody's greed?

Sadguru Sri Madhusudan Sai: Again, as I said, need is a very personal thing. I may be happy eating two chapatis and I'm full. Just because the food is tasty and I want to eat more, my stomach is not going to agree. Thus, my need is according to what I can easily and happily assimilate, and not feel overwhelmed or overburdened by it. So, how much wealth is my need? That which helps me sleep in peace and not worry about – ‘what am I going to eat tomorrow or how am I going to educate my children or how am I going to look after my people?’ Anything beyond that, that makes you get up and start checking your portfolios first thing in the morning only to see whether you have surpassed certain benchmarks of certain competitors, is in the greed side of things.

Peace of mind is the barometer or the acid test. If what you have keeps you in peace, then I think you're just living according to need. The moment you start losing your peace of mind for the sake of more, you know that you're getting to the greedier side of things. For every individual, the threshold will be different. Your peace of mind, which is a very internal, very individual, and a personal thing, will help you understand whether you are living according to your needs or getting to the greedier side of things.

Peace of mind is the barometer or the acid test. If what you have keeps you in peace, then I think you're just living according to need. The moment you start losing your peace of mind for the sake of more, you know that you're getting to the greedier side of things.





Question: The pandemic has been a big equaliser; it has divided and united us to fight the virus, but it has divided us in terms of hierarchy. It has left marks and scars for some of us as we've had some difficult experiences. What in your mind, COVID has taught us and what will be the permanent change because of the pandemic?

Sadguru Sri Madhusudan Sai: I think the pandemic was a great leveller. It gave everyone the much-needed pause, to think, to evaluate, to redesign, and to redefine oneself and the society. It has done much good than damage.

Of course, we lost our kith and kin. We lost a lot of opportunities to grow and develop. Many children are out of school. Many of these social structures got totally dismantled and have to be rebuilt now. Many countries went belly up; they are all bankrupt. But the silver lining is that it has made us more sensitive as human beings. In our pain, suffering and losses, we united and became one. We suffered the same cough, the same pain in our chest, and the same fever. When we lost a near and dear one, we all felt the same pain of loss. It was not different for the poor or rich.

The pandemic sensitised us to the very idea that our existence is fundamentally very unified, very connected. People came out to help others in need. Especially during the second wave of the pandemic in India, the amount of CSR that happened to support is commendable. It has never happened before. And people from around the world supported India especially when oxygen concentrators were not there during the difficult second wave. Similarly, we created vaccines and distributed it to more than 100 countries. Thus, the pandemic did unite us as a human society. We have learnt great lessons that wealth can only go this far and not further. All our power, position cannot help us live further. If a small virus decides to kill us, then we can't do anything. The pandemic didn't spare anybody.

The great resignation in America saw four million people quit their jobs and resort to farming, or they went back to engage in their passion. Money was no more their success parameter in life. They said – it's not for money's sake I will work, I will work for being happy because I do not know at what time this fragile life will break into pieces. Everybody became more careful about how they were spending their time, energy, and resources. And everybody became more considerate to each other. They started valuing time, life, and opportunities.

.....

In Focus

December 2022
– Sri Sathya Sai School, Lao PDR, Laos was awarded the Certificate of Excellence



Sri Sathya Sai Foundation Lao PDR has undertaken a significant initiative to make the Sri Sathya Sai Schools go green. Greening initiatives such as planting grass lawns, flowers and trees have been undertaken.

The school has also undertaken a unique initiative to convert the school to be powered entirely by solar energy. This will be achieved in a phased manner. In the first phase, solar lights are set up in the sprawling campus of nearly 20,000 square metres, which will meet the lighting needs during the nights for both the girls' and boys' campuses. Through this initiative, nearly 5.4 MWH of electrical energy would be generated per month.

In the second phase, the school will go for meeting its daytime electricity needs through solar energy.

The Vientiane Mayor awarded the Sri Sathya Sai School, Laos with the 'Certificate of Excellence' for demonstrating outstanding management and administration skills as an educational institution, and also for being a green and environmentally friendly school.



03 and 04 January 2023 – International Conference on Multidisciplinary Research, Sri Lanka

The Eastern University, Sri Lanka organised a two-day ‘**International Conference on Multidisciplinary Research**’ conjointly with the Sri Sathya Sai University for Human Excellence, India.

The theme of the Conference was ‘**One World One Family.**’ Promoting multidisciplinary research with an intention to embrace all into the possibility of a happy, healthy and sustainable life was the objective of the conference.

The key dignitaries at the Conference were:

- Sadguru Sri Madhusudan Sai – Founder, Sri Sathya Sai University for Human Excellence;
- Prof V Kanagasalingam – Vice Chancellor, Eastern University, Sri Lanka;
- Dr Angela Arulpragasam Anthony – Senior Lecturer, Paediatrics; Former Dean, Faculty of Healthcare Sciences, Eastern University Sri Lanka; and Co-chair of the Conference
- Dr C Sreenivas – Chairman of the Global Chain of Sri Sathya Sai Sanjeevani Child Heart Care Hospitals;
- Prof T Venugopal – Registrar Evaluation; Dean, Research and Innovation, Sri Sathya Sai University for Human Excellence, and Co-Chair of the Conference;
- Dr M Lakshmi Prasad – Managing Director, Sujay Biotech Pvt Ltd;
- Prof Anu Mohammed – Professor of Economics, Jahangirnagar University, Bangladesh;
- Mr Gopal Baglay – Indian High Commissioner to Sri Lanka

Sadguru Sri Madhusudan Sai along with faculty of the Eastern University, Sri Lanka and other dignitaries



08 January 2023 – Sri Sathya Sai Annual Sports and Cultural Meet for Boys, Kalaburagi, Karnataka



In Focus

13 January 2023

- HKU University of the Arts
Utrecht and International
Rhythm Course exchanges 'Letter
of Interest' with Sri Sathya Sai
University for Human Excellence

Hogeschool voor de Kunsten Utrecht (HKU) or the 'HKU University of the Arts Utrecht' is an institution in the Netherlands that offers preparatory courses, bachelor's and master's programmes and research degrees in fine arts, design, music, theatre, media, games and interaction, and arts management.

Currently, the University houses 4,400 students who pursue their higher education at one of the nine schools - Visual Arts, Design, Music and Technology, Games and Interaction, Art and Economics, Media, Utrecht Conservatory, Theater, and Creative Transformation.

International Rhythm Course (IRC), a unit of HKU University of Arts Utrecht, is a series of online and onsite courses to solidify the fundamental expressive qualities of rhythm and explore its rich world to apply to one's own music.

Recognising the innovative and humongous work that the Sri Sathya Sai University for Human Excellence (SSSUHE), Karnataka, India is rendering in the fields of education, music education, human development, and promotion of arts, HKU University in conjunction with IRC exchanged the 'Letter of Interest' with Sri Sathya Sai University for Human Excellence.

This collaboration between the two Universities will create a bridge to exchange knowledge and practical experience in arts education and arts research, and unravel several untouched dimensions in the field of Arts.

Exchange of letter between Prof Ned McGowan - Composer, Flautist and IRC Co-ordinator, and Dr Mysore Manjunath - Carnatic Violinist, Member of the Academic Council, Sri Sathya Sai University for Human Excellence



In Focus

17 January 2023

- Visit to Sri Sathya Sai
Vishwaniketanam, Ballari
district, Karnataka



In Focus

18 January 2023
 – Visit to Sri Sathya Sai Prasanthi
 Niketanam Junior College for
 Women, Siddipet, Telangana



In Focus

18 January 2023 – Sri Sathya Sai
 Loka Seva Gurukulam Group of
 Institutions bags Top Education
 Brands Awards 2023 for Two
 Categories

Sri Sathya Sai Loka Seva Gurukulam Group of Institutions secured two awards as ‘Top Education Brands’, organised by Business World Education, in the below categories:

- 1) Winner in the category of Emerging Higher Education Institution in India
- 2) Silver in the category of Innovative School in India

Sri Sathya Sai Loka Seva Gurukulam Group of Institutions was selected after a rigorous two-tier process by an eminent jury lead by Mr Shiv Shivakumar, Group Executive President, Aditya Birla Group.



In Focus

22 January 2023

– SANJHI 46th Rotary District
3190 Conference, Bengaluru

The two-day conference was hosted by the Rotary Club District 3190 in the city of Bengaluru, Karnataka. The conference began with lighting the lamp after a wonderful SANJHI procession and inauguration of Rotary House of Friendship/ Stalls. Inaugural address was given by the District Governor of the Rotary Club followed by addresses by eminent Rotarians.

On the day two, Sadguru Sri Madhusudan Sai was invited as the guest of honour and He addressed over a thousand Rotarians gathered at the venue. He began his speech by quoting from taittiriya upaniṣad about the art of giving:

śraddhayā deyam (give with sincerity), *aśraddhayādeyam* (do not give with insincere feelings), *śriyā deyam* (give abundantly), *hriyā deyam* (give with utmost humility), *bhiyā deyam* (give with the fear that it may not be enough for the recipient), *saṁvidā deyam* (give with the knowledge of the purpose or need).

He also lauded the efforts of Rotary globally and extended gratitude for the support of Rotarians towards the Sri Sathya Sai Sanjeevani Hospitals.



In Focus

22 January 2023

– A Chief Guest Invitation to the Annual
Higher Education Scholarship Distribution
Programme, Karnataka Arya Vysya
Charitable Trust (KAVCT), 2022-2023

The Karnataka Arya Vysya Charitable Trust (KAVCT) held its Annual Higher Education Scholarship Distribution Programme on 22 January 2023 at APS College Playground, N R Colony, South Bangalore.

The Trust was able to distribute scholarships worth more than **97.1 million** benefitting around **12,557 students** during the last **14 years** dating from **2008 to 2022**, with the support of philanthropic donors and corporates, and under the stewardship of Dr CA I S Prasad – President of KAVCT. In addition, the 50th golden jubilee year of service to society was commemorated by announcing the establishment of a free hostel for girls. This year, a total scholarship of **INR 1 Crore** was allotted to **900 children** pursuing higher education across the State of Karnataka.

Sadguru Sri Madhusudan Sai – Social and Spiritual Leader for the Global Mission of providing free Nutrition, Education and Healthcare; Parama Pujya Swami Sri Sachidananda Saraswathi – Peetadeesh, Sri Vasavi Peetham; and Sri R P Ravishanker – President, Karnataka Arya Vysya Mahasabha were the chief guests for the event. Various office bearers of KAVCT and numerous philanthropic donors and beneficiary students were the attendees at the event.w

In the benedictory message, Sadguru Sri Madhusudan Sai quoted the *śikṣāvallī* which exhorts that charity needs to be undertaken with a feeling of faith, sincerity, abundance, humility, fear of not giving enough, and right discrimination by assessing the real need of the beneficiary. Thereafter, the scholarship distribution ceremony was conducted wherein the deserving students were given the gift of education by providing them with scholarships.



In Focus

26 January 2023
– Sri Sathya Sai Annual Sports
and Cultural Meet for Girls,
Sathya Sai Grama, Muddenahalli



Service and Spiritual Activities



The 97th birthday of Bhagawan Sri Sathya Sai Baba was celebrated in the spirit of love and service across countries, where Sadguru Sri Madhusudan Sai has sown the eternal message of Baba – ‘Love All Serve All’ by walking the footsteps of Baba himself.

This section presents to you a glimpse of the service activities undertaken by the volunteers of the different Foundations and Trusts of Sai Global Federation of Foundations, with renewed enthusiasm and joy during the months of November and December 2022.

*“Service is the ultimate
expression of Love”*

Region 1

Australia



Heart of Love Foundation, Australia



Sociocare

The northern region of New South Wales was affected by worst floods during the year 2022, which caused many people to be displaced from their homes.

During the Christmas season of December 2022, 'The Heart of Love Foundation Australia' partnered with a local charity - 'The 2484 Community Hub', and the local 'Rotary Club' to host a Christmas gathering for the flood-affected victims in Murwillumbah. Hot fresh meals were served to **200 individuals** and special festive hampers were also given away.



In continued partnership with 'The 2484 Community Hub', and 'Turbans 4 Australia', the Heart of Love Foundation provided Christmas gifts to children.

Turbans 4 Australia is a national charity that helped in sourcing two truckloads of gifts consisting of **600 toys and gifts** that were distributed to children.



Region 1

Fiji



Sai Prema Foundation



Sai Prema Foundation Fiji

Medicare

In the month of December 2022:

A team from Sri Sathya Sai Sanjeevani Children's Heart Screening Centre and Sri Sathya Sai Sanjeevani Children's Hospital at Suva, consisting of nurses, echo technicians, doctors and supporting staff travelled to two healthcare centres in the villages of Korovou and Mokani at Tailevu in rural Fiji, to conduct free child heart screening for about **200 children**. They used the HD Steth (a smart stethoscope which detects heart irregularities) and a portable echo machine for conducting the heart screenings. CHD is a silent killer and often remains undiagnosed, particularly in rural areas where medical centres and healthcare professionals are few and far between.



During these screening camps, **three cases** of Congenital Heart Disease (CHD) and **three cases** of Rheumatic Heart Disease (RHD) were identified.

The children diagnosed with CHD were referred to Sri Sathya Sai Sanjeevani Children's Heart Screening Centre for further screening and assessment. Children diagnosed with RHD were referred to the RHD clinic in Fiji for further assessment and management.

These screening camps are proving to be very effective in reaching out to children who normally would not have access to any sort of heart screening tools.



Region 1

Japan



Home of Universal Peace

Human Excellence Academy of Japan

Educare

The Human Excellence Academy of Japan organised the fourth session titled 'Being Wholeness' of the seven-month course – 'The Road to Infinite Joy', which was conducted by Dr Ron Farmer and Mrs Suwanti Farmer from Australia, along with Japanese interpretations. About **20 individuals** participated virtually from various parts of Japan.

The instructors remarked, "The journey into wholeness means we have to learn to respect the other voice that speaks within us. It means to pay attention to our emotions, thoughts and desires even when they are unpleasant and objectionable."

A guided visualisation was led by Dr Farmer to let the participants experience peace and a sense of balance, by removing all the negativities and submerging them all in the light within. All the participants expressed their joy and gratitude at the end of the session.



Sociocare

Distribution of Meals

In the month of December 2022, volunteers gathered at the community centre and prepared **350 healthy and nutritious meals**, that were distributed at three different locations to the underprivileged and homeless individuals.

On the eve of New Year, Soba noodles were prepared along with fried vegetables as part of the Japanese tradition. Apart from food, sleeping bags were also distributed.



Region 2

Middle East



Sociocare

Desert sevā

In the month of December 2022, a total of **61 kits**, that consisted of wheat flour, rice, pulses, oil, spices and condiments equivalent to preparing **5,490 meals** were distributed.

Cleaning supplies were also provided with the kits.

One of the beneficiary families that just welcomed a new born in their family was helped by providing baby care products.

Distribution of Sai Love Kits

25 Sai Love Kits consisting of ingredients that can prepare **2,250 meals** or a whole month's meals, were distributed to blue collar workers, security staff, cleaners, and unemployed workers. Groceries such as wheat flour, rice, pulses, oil, spices, condiments, and cleaning supplies were present in the kit.

One family was supported with medical requirements.

One Meal A Day – OMAD

Close to **365 beneficiaries** were served with tea, coffee, laban, biscuits and cooked meals in the month of December 2022.

Breakfast sevā

About **100 freshly cooked sandwiches** were served to car cleaners at different locations.



Region 2

Nigeria



Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Healthcare

Aruke Specialty Hospital (ASH) runs two clinical facilities in the remote rural areas 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.

In the month of December 2022, about **189 children and 297 adults** were treated.

- **167 patients** were offered ophthalmic treatment
- **11 deliveries** were performed which included two caesarean sections
- **144 expecting women** were given the necessary antenatal care
- **31 surgeries** were performed, which included surgeries like circumcision, catheterisation, wound suture, appendectomy, cervical laceration repair, herniorrhaphy, hydrocelectomy, bilateral tubal ligation, etc.
- **217 medical investigations** were conducted



Nutrition

In the month of December 2022, **6,500 meals** were served to children during the 13 days of school until the 18 December 2022, as schools had to close down by the 18th for Christmas celebrations.

Sociocare

The Singapore youth joined hands to give a facelift to the Heart of Love Children's Home (HOLCH) girls' hostel. The girls were overjoyed when they moved to their renovated hostel which had a beautiful new look.

Christmas Celebrations at JOY Village

For the very first time, the students, staff, volunteers, devotees and patrons of JOY Village celebrated the festival of Christmas in the presence of Sadguru Sri Madhusudan Sai. Delegates from more than five countries joined Sadguru's entourage for participating in the celebrations. During this visit, Sadguru inaugurated the new auditorium in 'The Embodiment of Love Academy (TELA)', which was equipped with latest technology, and the celebrations took place in the same venue. Various programmes were arranged which included choir, folk dance, speeches, etc.



Region 3

Croatia



Zaklada Ananda (Ananda Trust Croatia)

Sociocare

The Ananda Trust in association with Holistic Center, Center WE, European Institute for Human Values, Sound of Veda Association, and Municipality of Krnjak, distributed around **30 parcels** with food, hygiene products, candles and incense to the needy elderly people.

The elderly and underprivileged at the villages of Mlakovac, Podgorje Krnjačko, Donji Budački, Brebornica, Trupinjak and Poljana Vojnička were provided gift packages which consisted of food, hygiene items, cleaning supplies, candles and incense, in collaboration with Holistic Centre, Municipality of Krnjak.

Special gifts were arranged for children.



Greece



'Ιδρυμα Μοιράζομαι' (Foundation of Sharing)

The Christmas Bonanza

On the eve of Christmas, the volunteers delivered **800 kilograms** of delicious traditional Christmas cookies, known as kourabiedes and melomakarona to the below institutions:

- The Parents Association of Individuals with Intellectual Disability (E.G.N.Y.A.)
- The Association of Naval Parents of Children with Special Needs 'ARGO'
- The St. Theodori Church, Anavyssos
- Estia Constantinople, Retirement Home at Palea Fokea, Greece
- The St Panteleimon Church, Alimos
- The Athens Elderly Home and Poorhouse
- The Support Center for Children and Family
- The Municipality of Elliniko-Argyroupoli
- Minors Protection Association of Piraeus (EPA-The Good Shepherd)

One of the social servants who support children's institutions was also given the Christmas cookies.

The volunteers displayed great love this Christmas by preparing 80 gift bags along with flowers and sent them to the mothers of cancer patients at Elpida Children's Oncology Unit.

A few days before Christmas, volunteers had organised a lovely puppet show for children, which the children enjoyed to their heart's content. A few days later, the same puppet show was reorganised for the children of the Support Centre for Children and Family.

Region 3

Greece



Sociocare

Updates for the month of November and December 2022

Every Saturday, the volunteers alongside their friends, and many newly inspired volunteers gathered together, cooked meals, prepared sandwiches and salads, and distributed to the following Institutions:

- **210 meals** for Minors Protection Association of Piraeus: EPA – The Good Shepherd
- **620 meals** for Ark of the World Children's Home
- **820 meals** for Tsougraneion Greek-Orthodox Church-run Soup Kitchen located at the Centre of Athens
- **50 boxes** equivalent to **4,250 meals** for St Theodori Church, Anavyssos
- **100 boxes** equivalent to **8,500 meals** for St Panteleimon Church, Alimos
- **100 boxes** to the Municipality of Karditsa (Central Greece) which can cook around **8,500 meals**
- **150 boxes** equivalent to **12,750 meals** to the Municipality of Elliniko-Argrypoli
- **250 boxes** to the Municipality of Glyfada which has benefitted **21,250 individuals**
- **250 boxes** through which close to **21,250 meals** were cooked and served through the Municipality of Vari-Voula-Vouliagmeni



- **300 kilograms** of legumes like lentils, beans, chickpeas, etc., were delivered to the 'Tsougraneion', a Church-run Soup Kitchen
- Large quantities of breakfast items such as **500 cans of milk, 50 packs of toasted bread, 200 croissants, 200 muesli bars, 200 boxes of breakfast cereals, 30 jars of tahini, 50 sweet-bread buns, 100 jars of choco-praline paste, 50 jars of strawberry jam, 50 packs of butter**, along with other sweets were delivered to the Support Center for Children and Family
- Cookies to five families

Regular sevā

- **80 boxes** consisting of different food items, such as legumes, pasta, rice, milk, oil, cereals, snacks, as well as other necessities, like soap, washing powder etc., were distributed to **80 underprivileged families**, living in Anavyssos, South of Athens. This amounts to approximately **3,680 meals** in total
- **1,200 portions of yoghurt, 720 litres of milk, 40 kilograms of feta cheese and 35 kilograms of olive oil**, were donated to two Old People's Homes at Athens and Palea Fokea
- **140 pizzas** were offered to the children and adults with disabilities at the EGNVA Foundation
- **70 pizzas** were delivered to the children of St Andrew Children's Home

Region 3

Poland



Stowarzyszenie Misja Prema (Prema Mission Association), Poland

Sociocare

On the occasion of Christmas in December 2022, volunteers from Misja Prema Association delivered large parcels containing homemade dumplings, clothes and toys to needy individuals and children in the cities of Warsaw and Bialystok.

Around **11 beneficiaries** who included single mothers, elderly individuals, physically and mentally challenged individuals, benefitted from this service.

In the city of Wroclaw, packages were delivered to a shelter for cats, known as Raciszowski Koci Raj (A Paradise for the Feline). This shelter was started by a set of young and committed 'cat lovers' who maintained it on the basis of donations and charity auctions. Close to **30 cats** were fed.

Misja Prema Association also collaborated on the project – 'A light for Ukraine' by organising a special fundraising from the Poles for the people of Ukraine.



Stowarzyszenie Love All – Serve All (Love All – Serve All Association)

Sociocare

The Polish Association Love All – Serve All distributed Christmas packages consisting of rice, noodles, cornflakes, oil, sugar, milk, juices, fruits, sweets, etc., to about **10 families** equivalent to **54 individuals**.

Sweets were delivered to **70 children** of the Educational Centre of 'Sisters of Charity' based in the village of Łbiska.

Turkey



Karşılıksız Hizmet Vakfı (Selfless Seva Trust)



Sociocare

- A total of **3,840 meals** consisting of grains, pasta with legumes, milk, yoghurt and bread were distributed door to door at Şişli, Pendik and Ömerli and other districts of Istanbul, in the month of December 2022
- Grocery Kits including vegetable oil, rice, cheese, detergent and softener, etc. were delivered to **10 families** in need
- **34 tow sacks of wood and 37 tow sacks of charcoal** were distributed to **20 families**.
- Two families were also aided by extending financial support
- Utility bills for electricity, water, and gas were settled for **11 households**, and house rent was paid for two households

Region 4

Argentina



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



Sociocare

- During the month of December 2022, **1,560 meals** and **2,400 breakfasts** were served at different soup kitchens across Argentina – Comedor Urbino, La Bonorino, Asociación Cazadores de Escobar, and La Amistad
- Food assistance was provided to three families
- Food supplies were delivered to soup kitchens in the city of La Plata namely Somos su esperanza, Los Gurises, Alma Corazon Crecer, and Los Angelitos. Two needy families in this region were provided with food supplies. A total of **1,717 meals** and **2495 breakfasts** were also served to needy individuals in this region
- The soup kitchens in the city of La Plata received clothes and shoes which were further distributed to children and adults in need. During the festivity of Christmas, toys were gifted to small children



Region 4

Brazil

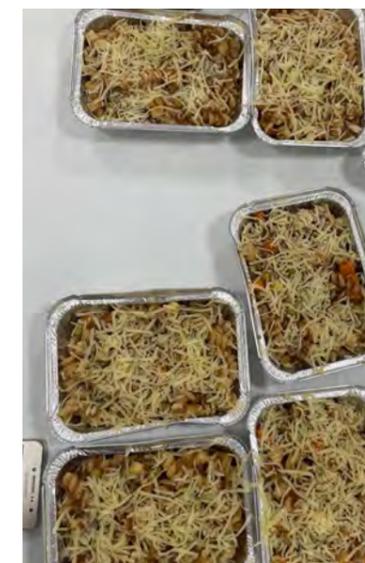


Sai Amor Foundation (Sai Love Foundation)



Sociocare

- The Sai Amor Foundation in December 2022, distributed a little more than **200 vegan meals** accompanied by packaged sweets and water to individuals in need
- **100 hygiene kits** which consisted of soaps, toothbrushes, and toothpastes; **60 kits** of sanitary pads; and toys for **60 children** were distributed



Canada



Sai Global Service Foundation of Canada

Sociocare

- The Sai Global Service Foundation of Canada served over **100 packets** of food consisting of bananas, juice packets, granola bars and blueberry bagels to the homeless individuals residing on the streets in the Edmonton area. The recipients were families with children and elderly members living in tents trying to survive the harsh winter conditions.
- Adults and youths joined in to collaborate with ‘Toonies for Tummies’ – a Foundation in Canada that serves 1 in 3 children of the Edmonton community, who are at risk of going to school on an empty stomach.
- The youths collaborated with YESS (Youth Empowerment and Support Services) in Bonnie Doon, Edmonton which focuses on youths in crisis and hunger. Food packets were distributed to homeless youths.

Region 4

United States of America



Divine Will Foundation



Sathya Sai Sanjeevani Medical Centre Outreach and Education

Committed to the idea that the roots of good health must be established outside of doctors' offices and hospitals, staff at Sathya Sai Sanjeevani Medical Centre in Clarksdale, Mississippi continue to pursue various avenues of community outreach and education.

In addition to their daily duties of caring for patients at the Centre, staff doctors recently spent time at Booker T Washington Elementary School for promoting the age-old wisdom – *“the best medicine is preventative medicine.”*

With a lively multimedia presentation, the Director of the Centre – Dr Chitra Mani, entertained and educated students, teachers and parents about the importance of maintaining childhood dental health. Dr Mani, whose distinguished career



includes teaching paediatric medicine, was quick to engage the youngsters in spirited interaction as they learnt the importance of oral hygiene and specific techniques to maintain dental health from a young age.

For the second half of the day's programme, Dr Jeanne Lilly – a psychologist working at the Centre, offered a proactive approach to the growing recognition that children suffer stress and anxiety disorders, exacerbated by the uncertainties faced by their parents. Dr Lilly took on the noble challenge of introducing the children to the concept of 'mindfulness' as a method to overcome daily stress, distractions, and other psychological challenges.

My Inner Journey

Time to Act!

– Dr Shaun P Setty

Dr Shaun P Setty is a renowned Paediatric and Adult Cardiac Surgeon working as the Chief of Cardiothoracic Surgery, Long Beach Memorial Hospital and Miller Children's Hospital, California. He is also on the Advisory Board of the Sri Sathya Sai Health and Education Trust. Under the guidance of his Master Sadguru Sri Madhusudan Sai, Dr Setty renders his skills and experience in healing and mending thousands of little hearts through Sanjeevani hospitals established across the globe. He is the son of the devout couple – Mr Ram and Usha Setty, an ardent devotee of Sri Sathya Sai Baba for decades together.

At Puttaparthi, Swami used to tell us that we were in the process of transformation. I used to put together a few 'simple' spiritual weapons such as – *“Be good, do good, see good, this is the way to God.”* This is easy to say, but difficult to put into practice on a daily basis.

“Follow the Master, Face the Devil, Fight to the End, Finish the Game”

– Sri Sathya Sai Baba

“An avatāra descends among humanity with the primary purpose of reminding man of his innate divinity. All that He does and speaks is only to guide and lead mankind on to the path of God and to find ways to help man realise his divinity”

– Sadguru Sri Madhusudan Sai

The Divine resides within – that's what I have been hearing ever since I was 18 years old – our first family interaction with Sri Sathya Sai Baba in Puttaparthi, South India. After many years of going to Puttaparthi and spending time sitting on the ground waiting for our beloved Swami and being able to witness the glory of Sri Sathya Sai Baba with so many personal interactions, the message to me was always the same – Do not get attached to the form but gravitate to the inner divine energy.



But the problem is that, over time the persona and divine energy emanating from Sathya Sai Baba made it impossible for me to do that. His radiance and love were very hard to look past. The question remained – how do we go within or more likely, does He help us to do it? We had the opportunity to see Baba in His physical form in February 2011 and it was a very unusual visit where He was so physically encumbered that I felt confused. How would He be able to function for several more years like this physically? We knew the Divine spirit was still as strong as ever. But, on this visit the overall feeling was different. The very last time I saw Him physically, He was being lifted into His car in His wheelchair and He looked at me with that loving gaze and gave me the biggest smile with a double *abhayahasta* (double hand gesture of fearlessness). One of the professors sitting behind me grabbed my arm, pulled me around, and said, *“People wait for numerous lifetimes to get a blessing like that!”* I pondered why, as it really seemed like a goodbye to me and for an instant, I felt like that maybe this is the last time that I see Him, but the thought quickly vanished, until a few months later. Years later, I realised how special that moment was for me, something I didn't have the foresight



Lessons For Life

How does one bring spirituality into work life? Sometimes, it so happens that how much ever one may try, the world out there doesn't permit one to live in a truly spiritual state. How can one remain spiritual always?

Everything is spiritual. To differentiate between worldly and spiritual is a lack of understanding. *sarva karma bhagavad prityartham* – do everything for God's sake, do it perfectly and consciously offer it to God. Then, even your office work will become 'service'. Avoid getting into the path of unrighteousness.

Stay on the path of *dharma*; then everything will become perfect. After offering everything to God, whatever you gain from it, consider it as God's blessing to you. When something good happens to you, you will not be elated and develop ego; and when you face hardships, you will remember that God is looking after you and not feel depressed. If you do everything for God, it becomes spirituality.

If you practice these two things – discrimination and detachment and offer everything to God, all that you do will become spiritual

With tap water, you can wash your car, clean your pots and pans, and even use it for a sacred ceremony. The sacredness of the activity is not dependent on the water; rather, it depends on your intention – the water is the same.

Spirituality is infused into the activity in accordance with your feeling. Life is the same, your actions are the same, the materials you use are the same—everything depends on your attitude. When you feel that you are doing everything for God, it becomes spirituality.

Do only what God will like, and never do what God will not like—this is discrimination and detachment. Discrimination will tell you what is right and what is wrong; what is truth and what is untruth. *smara nityam anityatām* – always distinguish between what is eternal and what is ephemeral. Give up whatever is not truth—this is detachment. If you practice these two things – discrimination and detachment and offer everything to God, all that you do will become spiritual.



to know the meaning of when it happened. I realised that this is also true of all the things the Divine does—we may not understand till years later, or we may never understand at all.

Fast forward to 2012 when Sathya Sai Baba had sent a message to my parents through Sri Narasimha Murthy to come to India (also to bring me with them) for the groundbreaking ceremony of the Sri Sathya Sai Sanjeevani Child Heart Care Centre at Nava Raipur, Chhattisgarh in November 2012. When we went, I was able to catch up with another dear longtime 'Uncle' in Sri C Sreenivas who invited me to his residence, where in his prayer room, I was able to witness something, I never fathomed. As I waited alone in the beautiful, darkened prayer room filled with lit oil lamps, I witnessed a young student come into the room, place his bag on the ground, take a bow down, clear his throat and sit a few feet behind me where he 'communicated' and conveyed Swami's speech. During the experience, Swami corrected him several times when he had to repeat the messages as Swami like always, was speaking very quickly. The conversation with Swami continued where it left off in February 2011—no explanation of the interim events—but just like nothing happened. He explained details on how the mission was going to explode. Just as quickly as the interview started, it ended, and the student, whose name I didn't even know, left the room and I left much different than when I arrived.

Through Swami and working with the ever-impressive Sri C Sreenivas, I was able to do the first paediatric cardiac surgeries at Raipur and at that point, join the fledgling Sri Sathya Sai Sanjeevani Hospital with a group of people I had never met before. The first days of Sanjeevani had started, and Swami created a group of us as Trustees! It was so very clear to me that the events were completely under Divine power.

In 2013, dear brother Madhusudan came to my parents' abode, Sai Arpanam, in Arroyo Grande, California, USA as Swami's first subtle visit out of India. What a visit that was! Divine Will Foundation was officially created, and Swami's messages and stories brought tears to the eyes of the select group Swami had personally invited. It started the process for me to witness brother Madhusudan transforming from a peer to a friend, from a friend to a respected enlightened soul and from this enlightened soul to the Divine being He is today. Being a spectator to it all, it was an amazing journey, but more significantly an important example to all of us. Is it really possible to ascend to divinity to those who strive and deserve? Amazingly Swami showed us that it was possible. I had also met and befriended a whole new group of individuals who were on the same journey.

What have I experienced from this? – the 'Divine' is an energy that pervades all. We are lucky to be able to experience it twice in human form. Sri Sathya Sai Baba moulded me into becoming a paediatric heart surgeon and kept telling me to wait to see what would happen in the future; Sadguru Sri Madhusudan Sai has taken that and accelerated it to the next step. The discussion of the similarities and differences between the two will go on forever, something that I have avoided contemplating because the divine energy and force is all the same – absolutely no different. If we look hard enough, we see this energy momentarily every day from events in nature to people's random acts of kindness, to experiencing Sadguru Sri Madhusudan Sai's current discourses on scriptures, to those momentary periods within our own beings that transmutes this divinity.

We are not alone in the journey we lead as we are all connected and inter-twined. A large part of the reason why Swami has built the hospitals, schools, and nutrition projects – He is trying to connect us to our inner divine core and our inner journey is just that. Now it's time to act!



