



वसुधैवकुतुम्बकम्
vasudhaiva
kutumbakam



MONTHLY GLOBAL NEWSLETTER



Issue 25

April 2023



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Message from *Sadguru Sri Madhusudan Sai*

One World One Family

The whole of April saw us travel across the Americas, from Argentina to Atlanta, from Tennessee to Texas, from Colorado to California, ultimately leading us to Fiji Islands for the first anniversary celebrations of the children's hospital at Suva. Wherever we went, whoever we met, one common feeling that permeated every place was that despite our diversity and differences, we are one world and one family united in love.

People asked us as to what is the solution to the problems of the world, the answer was simple as told by our *upanişads* – the narrow-minded ones think selfishly, whereas for the broad-minded ones the whole world is one family – *vasudhaiva kuṭumbakam*. When we all feel that we are members of the same world family, we will do everything in our might and more to help each other selflessly. This is the message that we are not just speaking about but actually practising. The various centres of service and spirituality established around the world, be it the newly opened Centre for Love and Peace in Buenos Aires which strived to bring diverse religions and thoughts together in unity, or the new People Shores Centre at Atlanta in Georgia, which aims to provide jobs to people in pursuit of life, liberty and happiness,

or the free health centre at Clarksdale, Mississippi that serves the underinsured and uninsured communities with love and compassion, or the children's hospital at Fiji that has now served over 200 children with open heart surgeries for free—it is all about love that shines through this idea of one world one family. And when people asked us as to why all these services are free to all, we simply asked them back as to how else would it be when everyone is a family.

This is the most needed message the world needs to hear today. I am glad that we are able to not merely talk but actually walk the message, which is now inspiring global leaders who told us openly as to how much they appreciate our message and our work. We are here to make the world not merely a better place to live in, but actually a global family where each lives for the other and all live for God.

Our journey is still on with the next destination being Australia, but again, we are going to be there to tell the same truth to the aboriginals and the immigrants, the elite and the ordinary, the politicians and the peasant that we are One World One Family.

Sri Madhusudan Sai
From the sea side ashram
at Fiji Islands





26 April 2023 – Global Pediatric Cardiac Conference, Fiji

Theme: Paediatric Cardiac Care in Fiji and the Pacific Islands

Goals:

- To discuss both regional and global care paradigms of congenital cardiac care for the underserved especially in the developing world
- To track quality and efficiency of such a system
- To discuss aspects of anaesthetic care, surgical techniques, paediatric heart failure, nursing education for paediatric cardiac care and many other such areas

Objectives:

- Identify key needs of congenital cardiac care in underserved international areas
- Formulate a manpower and infrastructure plan for a centre serving such patient populations
- Describe management of paediatric heart failure and explore future trends of care
- Set up anaesthesia in an underserved area and develop regional techniques to help with pain control following paediatric cardiac surgery
- Develop a system for continuous learning and keep up to date on the latest congenital cardiac advances
- Highlight the role of the Sri Sathya Sai Sanjeevani Children’s Hospital in Paediatric Cardiac care for Fiji and the South Pacific Islands



Conference Co-chairs

Dr Shaun Setty

Adult & Pediatric Cardiothoracic Surgeon USA
The Larry and Helen Hoag Foundation Endowed Chair in Paediatric Cardiovascular Surgery
Medical Director of Paediatric and Adult Congenital Cardiac Surgery
Chief, Division of Cardiothoracic Surgery, Long Beach Medical Centre, California, USA



Dr Krupali Tappoo

General Practitioner, Tappocity Medical Centre
Director Sanjeevani Hospital Fiji
Assistant Professor in Family Medicine, Fiji National University



Speakers



• Prof Afksendiyos Kalangos

Professor and Cardiothoracic Surgeon
President and Founder of Kalangos Foundation
President and Founder of Global Forum on Humanitarian Medicine in Cardiology and Cardiac Surgery
President and Co-Founder of Global Heart Network Foundation (Greece/Switzerland)



• Prof Dr Laszlo Kiraly

Head Pediatric Cardiac Surgeon, National University Hospital of Singapore



• Dr Ignacio Lugones

Chief, Pediatric Cardiac Surgery Unit, Children’s General Hospital, Buenos Aires
“Dr Pedro de Elizalde”, Buenos Aires, Argentina
Co-Director, PhD Studies Department, Favaloro University, Buenos Aires, Argentina



In Focus

26 April 2023
– Global Pediatric Cardiac
Conference, Fiji



Speakers



• **Dr Ranganathan Ananthasubramanian**
Anaesthetist, Intensivist, Senior Specialist
and Head of Department of Cardiac
Anaesthesia, Royal Hospital Muscat, Oman



• **Dr Jordan Wood**
Anaesthesia and Pain Medicine
Conjoint Senior Lecturer,
University of Otago, New Zealand



• **Dr Maryanne One'asi Harihiru Kora'ai**
Pediatrician, Colonial War Memorial
Hospital, Suva, Fiji



• **Dr Jennie Peterson**
Assistant Professor, Johns Hopkins University
School of Nursing
DNP Clinical Nurse Specialist Track Coordinator



Speakers



• **Ms Franchesca Harris**
Bedside Nurse in Cardiovascular ICU
Stanford Children's Hospital



• **Ms Deborah Pegg**
Clinical Nurse Educator PICU - Queensland
Children's Hospital, Brisbane, Australia



• **Ms Helen Martino-Bailey**
Nurse Manager, Sri Sathya Sai Sanjeevani
Children's Hospital

26 April 2023
- Global Pediatric Cardiac Conference, Fiji

Honourable Deputy Prime Minister of Fiji, Professor Biman Prasad

"I am excited and grateful to have the kind of people like Dr Krupali and Sumeet Tappoo, who is doing this work for the children of Fiji. I recently visited the hospital complex at Muddenahalli in India and also the medical college that was recently inaugurated by the Honourable Prime Minister of India. The complex invokes compassion, a sense of service and a sense of humanity. To me, it was deeply spiritual and a reminder of what service to humanity involves.

We, in the Government are espousing the philosophy of investing and supporting all the initiatives in our country and around the Pacific to ensure that our people get the best medical care. At this juncture, the Sri Sathya Sai Sanjeevani Children's Hospital is a blessing for our children. I can vouch for how grateful the people of this country are and how grateful those parents are who have benefited from having their children treated by this hospital."



Message of Sadguru Sri Madhusudan Sai

"Fiji is called the big brother of the South Pacific region, and in that spirit of brotherhood, Fiji is reaching out to children in other South Pacific Island nations who also need the same help as children in Fiji. There is something special about Fiji, may be its warmth, hospitality, niceties, kindness, and all all-embracing culture. When you land in Fiji, the first thing you see in the airport is 'Welcome Home.' This culture is something that endears Fiji towards us and us towards the Fijians.

When we serve Fiji's children, we serve our children. They are not strangers to anyone. The kind of work that is happening in Fiji is a prototype for the rest of the world."



Sadguru's Vision for Fiji

Our next milestone is to ensure that we do more surgeries this year. The first year, you were testing the waters, trying to build teams and bring teams from around the world. We performed surgeries every alternate month and took another month to recover from the strain and stress. This year, we shall perform surgeries every month, with the help of our visiting teams. I hope that in a year or more, when we celebrate the second anniversary of the Hospital, we will be able to have a permanent team here, of surgeons and the entire medical team, so that this becomes a regular daily running hospital. That will be our vision in another two years.

We don't want to import doctors and nurses from all around the world. We want to train and develop Fijian medical professionals into competent surgeons and other medical professionals. We have to make Fiji self-sufficient in paediatric cardiac care. We should build an excellent team and make this a 'Centre of Excellence.'

The free medical college in India will help in selecting people from Fiji, and train them, give them internships, observerships, and other kinds of degrees that are required for them to practice paediatric cardiac skills or medicine in Fiji Island itself.



Service and Spiritual Activities



“Service is the ultimate expression of Love”, says Sri Sathya Sai Baba. The Centres for Human Development of the Sai Global Federation of Foundations are the beacons of hope for the world with the twin goals of spreading the light of love and the joy of service.

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

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

“Service is the ultimate expression of Love”

Region 1

Australia



Heart of Love Foundation, Australia



Sociocare (Nutrition)

Young kids of Australia came forward to spread awareness about Congenital Heart Disease in children and raised funds for children’s heart surgeries.

Handmade keychains and necklaces were sold by kids and the funds were diverted to save the lives of Fijian children, who were undergoing life-saving surgeries at the Sri Sathya Sai Sanjeevani Children’s Hospital at Suva, Fiji.

Indonesia



Yayasan Prema Sai Pooja (Prema Sai Pooja Foundation)



Sociocare

- The foundation distributed **270 packets of food** to needy individuals in Bali
- A blood donation activity was conducted, where **18 individuals donated blood**



Japan



Home of Universal Peace

Sociocare (Nutrition)

In the month of March 2023, the volunteers cooked and distributed **474 packets of meals** to the poor and needy, at three locations.

Healthcare

Sri Sathya Sai Sanjeevani Hospitals Trust served the following cases of healthcare needs this month:

- Two cases of consultation for infant care
- Two cases of consultation for children with intellectual and developmental disabilities
- Two cases of consultation for children infected by COVID-19
- Two cases of consultation were provided for children with disabilities, not needing therapeutic intervention, rehabilitation and education. The mothers of these children were advised about the child’s growth plan, based on the developmental status and characteristics of the child



Region 1



Sai Prema Foundation



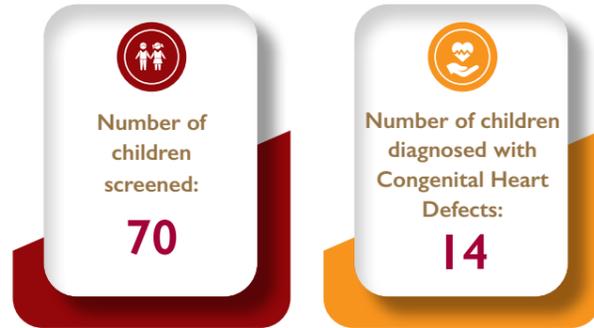
Sai Prema Foundation Fiji

Healthcare

Screening Hearts Across the Sea Belt

Sri Sathya Sai Sanjeevani Children's Hospital in Fiji expanded its horizons and reached out to children in Kiribati, one of the island countries in the continent of Oceania, for a three-day heart screening camp at Tarawa, the capital city of Kiribati.

Ministry of Health of Kiribati brought the children from the surrounding islands to the main Tarawa Hospital, where the Sanjeevani team from Fiji screened children, who would have otherwise been left without a place to go to, for there are no facilities available for paediatric cardiac services at Kiribati.



Some of the defects found were Ventricular Septal Defects (VSD), Pulmonary Stenosis, Cyanotic Tetralogy of Fallot (TOF), Acyanotic Tetralogy of Fallot, and Patent Ductus Arteriosus (PDA).



Region 1



24 April 2023 – Seva Day, Sai Prema Ashram, Fiji

Nisa Bula! – This is a Fijian greeting which wishes auspiciousness and good health.

24 April is for us not a day for mourning, crying, lamenting, and recollecting the past. We shall rather celebrate this day, year after year, by doing more in the holy name of Bhagawan Sri Sathya Sai Baba to continue his legacy of love and service.

Fiji has lived up to its promise every year by doing more. The number of surgeries done on children, though is just 200, has really changed the culture of Fiji. This is what has happened in Sri Lanka, USA, and will happen in Turkey as well in the near future.

People will unite by transcending all their limitations and will celebrate this legacy of Love and Service. This is the greatest gift we can give our Master.

As long as we love all and serve all, just as He did, we shall remain grateful disciples of our Master. Otherwise, nothing else can match His grace and benevolence on us.

Sumeet Tappoo will be here as a Sadguru to take you all on this path, fearlessly, selflessly and shamelessly. This is just to set an example that any of you can do it, irrespective of your country, religion, philosophy, language, education or economic status.



Region 1



**24 April 2023 – Seva Day,
Sai Prema Ashram, Fiji**

Story of the Two Birds in *munḍaka upaniṣad*

The lower bird tasted bitter and sweet berries and felt sad or happy. This continued until one day it looked up and saw the upper bird sitting peacefully and equanimously without eating any berries, but just being a witness and enjoying itself. The lower bird started aspiring to be like the upper bird, and started hopping from one branch to the other to get close to the upper bird. Upon reaching there, it realised that there was no upper bird at the first place. There is only one – the witness or the supreme consciousness.

The thought that identifies one as the lower bird, makes one finite and limited. But when one realises that he is nothing but the upper bird, he gives up all pursuits, except the pursuit of truth and peace.

The steps of love and service is to be taken by all, one step at a time to hop to the upper branch.

Pursuit of this life is to be one with the upper bird.

That upper bird was Bhagawan Sri Sathya Sai Baba, the paramātmā. The illusory lower bird is the jīvātma.



Where is Bhagawan Sri Sathya Sai Baba now?

He is everywhere, in you, me, as you, as me, and as everything else, animate and inanimate.

The consciousness is that witness which animates and powers, governs and energises all of us. Everything we do, think, speak, and act is because of that one power, one energy, one divinity.

That upper bird is what we all are. If we think we are all different, we will be plunged into days of sorrow and happiness. But the day we realise that only one divinity is common to all of us, we will be freed of all limitations and become infinite.

Follow the Master

Our method is that of selfless service to feel unity and oneness. This is the method of our master, and this is what we are all here to do. On this day, we are here to recommit ourselves, rededicate ourselves and promise ourselves that we will continue this legacy of love and service through which we will realise that we are not different.

A Guru's Plea

I am always there pecking on you—'come on, we will rise together.' I am ready to come down to the lower branches to pick another bird and take it up. So, I will be there around, don't worry for a long time—until I make enough of you, climb up those branches and ensure you become one with your true Self. That is my job, and I will be doing that. Try to make it easier for me.

Just do what the Master says. If the Master says – love and serve, you simply love and serve. If He says – be fearless and selfless, simply become fearless and selfless. His shall always be the final word in our lives.

Do Good and Be God

Region 1



**27 April 2023 – First Anniversary
of Sri Sathya Sai Sanjeevani
Children's Hospital, Suva, Fiji**

Dr Krupali Tappoo, Director of Sri Sathya Sai Sanjeevani Children's Hospital

Many asked us as to why we were building a children's heart hospital when we did not have a well-established adult cardiac programme. But, how can we not help these innocent children born with a defect in their hearts for no fault of theirs? Can you imagine the plight of the parents who know there is treatment available in the world, yet they cannot access it because they cannot afford it?

Our dear Sadguru and members of Sai Prema Foundation Fiji realised that this is a very unfair proposition that has fallen upon the people of Fiji and the South Pacific Islands.

This hospital was created with the vision to alleviate the suffering of the children of Fiji and the Pacific, and ensure that no financial burden befalls their parents.

The hospital's vision is to emerge and become the most important paediatric cardiac care centre for Fiji and the South Pacific Islands.



**25 Life-saving surgeries
were conducted in 8 days**

73 lives were saved by our visiting teams around the world before inauguration of the hospital.

As of 26 April 2023, 214 lives have been saved, and these are not just 214 lives. These are 214 family members, mothers, fathers, brothers, sisters, grandmothers, grandfathers, uncles, and aunties, who experience joy. This is the power of goodness. This is the power of humanity.

Six visiting teams came over to Fiji from United States, National University Hospital Singapore, Sanjeevani Hospital India, and the Heart4Kids team from Starship Hospital New Zealand.

The Sanjeevani team has performed almost **12,000 free echocardiograms** in our children's heart screening centre and at **over 20 public health facilities, hospitals, and health centres** around Viti Levu island, at the towns of Labasa, Bua, and Savusavu in Vanua Levu island, Taveuni island and at Levuka in Ovalau island.

25 life-saving surgeries were conducted in 8 days from 17 to 24 April 2023 by a visiting team from United States, Australia, India, Oman, and New Zealand.

9 children from Solomon Islands and **4 children from Kiribati** had their heart surgeries done.

Region 1



27 April 2023 – First Anniversary of Sri Sathya Sai Sanjeevani Children’s Hospital, Suva, Fiji

Dr Shaun Setty – Paediatric and Adult Cardiac Surgeon, Larry and Helen Hoag Foundation Endowed Chair in Paediatric Cardiovascular Surgery at Miller Children’s Hospital in Long Beach, Southern California

“We saw a whole variety of congenital heart defects. All of these children who have done their surgeries have done well.

One of the children who was six months old had trouble breathing and feeding. The comment from the mother on the first day made the team’s day, when she said – ‘this is the first time I see my baby breathe normally, and this is the first time I see my baby feed normally.’

It was nice to see several children playing soccer with the balloons in the ward on days two and three after the surgery.”



Honourable Prime Minister of Fiji, Mr Sitiveni Rabuka

The Sai Sanjeevani Hospital stands today because of the Sai Prema Foundation, a registered non-profit charitable organisation. This 25 million paediatric facility is a matter of great pride, as Fiji is the first country in the region to establish such a hospital. While it serves the children of Fiji, it has also opened its doors to children from across the Pacific. Before opening this hospital, there was no paediatric cardiac facility available in Fiji or in the Pacific, and a family would have had to pay more than 100,000 FJD for overseas treatment. I thank Sadguru Sri Madhusudan Sai for his vision to provide essential medical services absolutely free of cost to all without any discrimination.

Sadguru Sri Madhusudan Sai’s Message

I am impressed by the Fiji Prime Minister’s vision for his Government when he said – ‘Let Love Shine.’ He told his people that love should be the way for the country of Fiji, so they can progress in unity and peace.

When a child smiles after a successful surgery, it is love that shines through his/her smile. When a mother sheds happy tears for having her baby back in her arms, hale and hearty—it is love that shines through her tears. When a father walks into a hospital with a lot of worries and anxiety, and the burden of guilt that he could not do enough for his child, and is suddenly unburdened from that guilt—in his relief, it is love alone that shines through. Love alone shines again in the hearts, hands, and heads of our staff, surgeons, doctors, medical practitioners, and nurses. Our hospital is a labour of love, built painstakingly by the Sai Prema Foundation and supported out of love by people around the world.

Our organisation’s motto of ‘loving all and serving all’ perfectly aligns with the Prime Minister’s vision of having love alone as the fundamental core value to guide all our thoughts and actions.



Region 1



Sri Sathya Sai Foundation Lao PDR

Educare

Indian Ambassador to Lao PDR, Mr Prashant Agrawal along with Mr Ram Madhav, Former National General Secretary of the Bharatiya Janata Party, India, visited Sri Sathya Sai School at Laos.

Mr Ram Madhav was impressed to find such a big institution of Baba in Laos. He addressed the students and spoke about Baba’s messages of ‘Love All Serve All’ and ‘End of Education is Character.’ The students performed a number of classical Lao and Indian dance and song programmes.



Chairperson, Sri Sathya Sai Foundation Lao PDR felicitating Mr Prashant Agrawal, Ambassador of India to Lao PDR

(Left to Right) - Starting from Place 6 from left:

Brother Avi Sarkar

Monk Khamhoung Toulavanh, Chief Abbot of PhoSai Temple

Mr Ram Madhav, Former National General Secretary of the Bharatiya Janata Party, India

Mr Prashant Agrawal, Indian Ambassador to Lao PDR

Extreme right but one:

Ms Phouthasone Inthamone, Chairperson of Sri Sathya Sai Foundation Lao PDR

The rest of them are students and staff of Sri Sathya Sai School



Region 1

Malaysia



Sai Ananda Foundation,
Kuala Lumpur



Educare

Sai Ananda Educare Centre completed one year of its operations this March 2023, and it was celebrated with a grand Graduation and Awards Ceremony.

The event was attended by children, teachers, parents, and members of Sai Ananda.

Veda chanting, Quran recital, story-telling, musical play, yoga...etc. were performed by the students.



Sai Ananda Educare Centre came into being when the world was facing the aftermaths of the COVID pandemic, and to recompense the situation in the sector of education by providing completely free of cost values-based education to children.

It started functioning from February 2022 to provide education to underprivileged and refugee children in and around the vicinity of Sai Ananda Foundation, Malaysia.

10 little children found their way to the centre in 2022 and today the number has grown to 150 children.

10 teachers are serving at the centre currently.

Sai Ananda Refugee Education Centre, Sai Ananda Kindergarten, and Sai Ananda Tutorial Centre are the three divisions of the educare centre catering to children of different ages and different needs.



Singapore



Educare

Education on Human Values class was conducted for 10-15 children aged 7-16 years.

Gratitude was the topic. A video of a Paralympic athlete, Ezra Frech was shown to the kids to inspire in them the quality of counting our blessings and persevering enough to make possible whatever might seem impossible.

Sociocare (Nutrition)

In partnership with Sunshine Welfare Action Mission Home, food packages and dental kits were delivered to 250 elderly households at SWAMI home.

In the month of March 2023, 1Youth Singapore collaborated with Hao Ren Hao Shi (HRHS) Organisation and packed monthly groceries at West Spring Primary School. The students of the schools were also involved in the activity of packaging. The packed groceries were distributed to beneficiaries at the school.



(Photo source: HRHS)



Region 2



29 March 2023 – MOUs with Tata Steel Foundation

1. MOU was signed between **Sri Sathya Sai Sanjeevani Hospital, Jamshedpur**, and Tata Steel Foundation (TSF). TSF approached Sai Sanjeevani, Jamshedpur to provide quality secondary and tertiary maternal and child healthcare services, totally free of cost, for Jharkhand's rural and tribal expecting women referred by TSF's MANSI (Maternal and Newborn Survival Initiative) programme.

The MANSI programme works on the mode of a public-private partnership that focuses on building the capacity of existing government voluntary health workers (Accredited Social Health Activists or ASHA workers, known as Sahiyyas in Jharkhand). Sahiyyas are provided with training on various parameters that will address the root causes for neonate and infant mortality.

2. **Aarogya Vahini Trust** signed an MOU with Tata Steel Foundation for enhancing public health services in rural Jharkhand. The partnership will provide services such as:

- Screening, detection and referral management for common medical conditions, non-communicable diseases, cataract screening and surgeries
- Screening children for congenital cardiac anomalies
- Screening, counselling and monitoring expecting mothers
- Conducting awareness sessions

Below from Left to Right:
Mr Bhay Bhanjan Saha – Trustee, Aarogya Vahini Trust
Ms Amrita Roy Mukherjee – Chairperson, Aarogya Vahini Trust
Mr Chanakya Chaudhary – Director, Tata Steel Foundation and Vice President, Corporate Services Tata Steel
Dr C Sreenivas – Chairman, Sri Sathya Sai Sanjeevani Hospitals
Mr Sourav Roy – Chief Corporate Social Responsibility, Tata Steel



Dr C Sreenivas, Chairman, Sri Sathya Sai Sanjeevani Hospitals, and, Mr Sourav Roy, Chief Corporate Social Responsibility, Tata Steel signing the MOU

Region 2



31 March - 01 April 2023 – Organic Farming Skill Enhancement Programme and Exhibition, Sathya Sai Grama, Muddenahalli

Diversity of seeds in cereals, millets, vegetables and fruits was the topic discussed at the two-day district level Organic Farming Skill Enhancement Programme and Exhibition that was organised by the Prashanthi Balamandira Trust in collaboration with the Department of Agriculture, Chikkaballapur, Karnataka.

The programme was inaugurated by Sadguru Sri Madhusudan Sai at the grounds of Hrudaya Mandira in Sathya Sai Grama.

Sadguru interacted with all the farmers who had put up their stalls, and listened to them to understand their displays in the exhibition. Many of these farmers had come from the districts of Kolar and Chikkaballapur.

Some of the displays were:

- More than 200 kinds of paddy seeds of Karnataka



- Diverse seeds of vegetables like brinjal, chilly, spinach
- Diverse seeds of fruits like jackfruit, mango...etc.
- Organic fertilisers that enrich microbial content of the soil
- Ancient farming equipments

A seed bank will be established at Sathya Sai Grama to help farmers procure various types of seeds and conserve them.

Participants came from the University of Agricultural Sciences, Bangalore, University of Horticultural Sciences, Bagalkot, the Indian Council of Agricultural Research, ICAR, and the Indian Institute of Horticultural Research, Bengaluru.

Alongside the exhibition, a training programme was also conducted. Farmers interacted with various progressive organic farmers.



Region 2



17 April 2023
- The First International Osteopathy and Physiotherapy Symposium, Sathya Sai Sowbhagyam, Nava Raipur, Chhattisgarh

The Meeting Point of Medicine from Italy and India

The First International Osteopathy and Physiotherapy Symposium was held at Sri Sathya Sai Sowbhagyam at Nava Raipur. The symposium was inaugurated by Dr Marco Pozzi, Director of Paediatric Cardiac Surgery, University of Ancona, Italy.

Dr Vishnu Dutt, Director, Directorate of Medical Education and Training, Government of Chhattisgarh was the Chief Guest.



Dr Ragini Pandey, Chief Paediatric Cardiac Surgeon, Sri Sathya Sai Sanjeevani Hospital, Raipur Centre

Key takeaways from the speakers are highlighted below:

Dr Ragini Pandey, Chief Paediatric Cardiac Surgeon, Sri Sathya Sai Sanjeevani Hospital

Good Osteopaths and Physiotherapists can do wonders in the field of paediatric cardiac care. An exciting teaching programme on Osteopathy is being planned at Sri Sathya Sai Sanjeevani Hospital in Nava Raipur.



Dr Marco Pozzi, Director of Paediatric Cardiac Surgery, University of Ancona, Italy

Dr Marco Pozzi, Director of Paediatric Cardiac Surgery, University of Ancona, Italy

Topic: Better Osteopathy, Better Physiotherapy

"I have had a very long experience with Osteopathy positively impacting the health of children. I had to fight a long battle with the Italian Government to recognise Osteopathy as a specialised medical branch."

Region 2



Dr Marco Petracca, National Counsellor and Treasurer of Osteopath, Italy

Topic: Osteopathic Medicine – From Philosophy to Clinical Practice

Dr Andrew Taylor Still is the Founder of Osteopathy. Although Osteopathy is a young profession, it will immensely benefit infants and newborns. 10-25% of Osteopathic patients are children, and female to male ratio stands at 60:40.

Dr Accorsi Alessandro, Department of Paediatric Cardiac Surgery and Cardiology, University Hospitals Ancona, Italy

Research on Osteopathic Manipulative Treatment (OMT) has given important lessons and several case studies. OMT results in reduction of length of stay and reduction of costs in preterm infants. "My son was treated successfully through a timely intervention of Osteopathy."

Dr Rahul Jain, Assistant Professor of Cardiorespiratory, Government Physiotherapy College, Raipur

It is important for students to learn newer things. Salient basic features of Physiotherapy was explained. Apgar score, sleep cycles, weight, duration of surgery in case of infants/ babies, ICU assessment, etc. were elaborated.

Dr Vandana Patel, Assistant Professor (Rehabilitation), Government Physiotherapy College, Raipur

Physiotherapy is a multi-disciplinary approach aimed towards quick recovery and early discharge of post-surgery patients. "Sometimes, the real superheroes live in the hearts of the small children fighting big battles."

Dr Vishnu Dutt, Director, Directorate of Medical Education and Training, Government of Chhattisgarh

Physiotherapy is an important branch of medical sciences. The Italian Guests have played a big role in popularising Physiotherapy among the young students of the Physiotherapy Colleges all over Chhattisgarh.

Dr C Sreenivas, Chairman, Sri Sathya Sai Health & Education Trust

"I am optimistic that the dreams of these doctors will be materialised in the fertile land of Chhattisgarh. Physiotherapists are the unsung heroes and heroines, and I salute them for their tireless efforts in aiding the early discharge of the patients. Physiotherapy has a bright future and students must make the best use of the lectures."

Dr Jitesh Kumar Panda and Dr Rudra Prasad Acharya, Physiotherapists of Sri Sathya Sai Sanjeevani Hospital presented their case studies.

Dr Jagdish Khandeparkar, Eminent Paediatric Cardiac Surgeon and Rtn Raj Dubey were also present at the symposium.

The symposium ended with the National Anthems of Italy and India.

Dr C Sreenivas, Chairman, Sri Sathya Sai Health and Education Trust with the Italian Delegation and Speakers



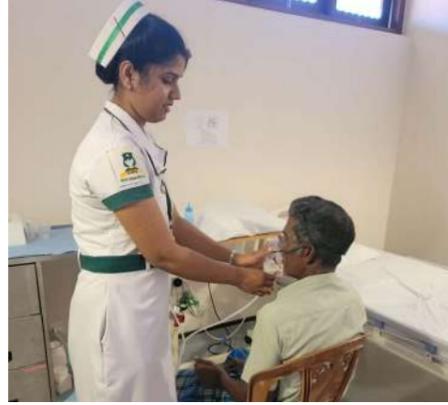
Region 2

Middle East



Sociocare (Nutrition)

- The volunteers of Sai Hrudayam distributed close to **3,366 meals** to the needy during the month of March 2023
- **2,970 meals** worth provisions were delivered to unemployed workers through **33 Sai Love Kits** which contained grocery items for a month
- The winters in Middle East are biting cold when the temperature drops to 10°C, and many boatmen survive in the open, under the sky as their roof. Winter blankets were distributed to **25 such needy boatmen**
- **396 meals** were served through OMAD (One Meal a Day) Seva in the form of biscuits, laban, tea, freshly cooked food etc.



Sri Lanka



Sri Sathya Sai Karuna Nilayam Foundation



Healthcare

- In the month of March 2023, a state-of-the-art Philips Cath Lab was installed at Sri Sathya Sai Sanjeevani Hospital in Batticaloa
The Foundation is gearing up by recruiting medical and paramedical staff to make the Cath Lab operational.
- The Foundation served more than **1,400 Out-patients** at the Sri Sathya Sai Karunalayam Medical Centre

Sociocare

- **1,900 food parcels** were distributed to needy families in the villages



Region 2

Nigeria



Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Healthcare

Aruike Specialty Hospital (ASH) runs two clinical facilities in remote rural areas in the States of Enugu and Imo. These hospitals provide quality free healthcare services to rural dwellers. Both the hospitals offer a wide range of paediatric and maternal healthcare services, while also treating children and adults from all age groups. In the month of March 2023, the following services were provided:

- Outpatient consultations were conducted for **387 children** and **668 adults**
- **158 patients** got their Ophthalmic treatment done
- **24 deliveries** were performed, which included 2 caesarean sections
- **169 expecting women** were given the necessary antenatal care



- **28 children** were given immunisation
- **18 surgeries** were performed, which included surgeries like circumcision, catheterisation, appendectomy, manual vacuum aspiration, cervical tear repair, and herniorrhaphy
- **1,242 investigations** were conducted
- **123 patients** were admitted in the hospitals as inpatients

Educare

- 1,166 students of TELA wrote their End Term examinations
- 300 students who enrolled themselves to learn cricket received their theory lessons on the game of cricket
- International Women's Day was celebrated by TELA teachers by raising awareness about discrimination and the necessity to take action against gender inequality

On 18 March 2023, a few students and staff of Spiritan Self-Awareness Initiative visited Nigerian Correctional Service (a government agency which operates prisons in Nigeria) at Enugu, to commemorate the birthday of their Founder, Late Father Charles Ogada. The students and staff distributed toiletries, detergents...etc. to those in confinement and spent some quality time by doing prayers with them.



Region 3

Greece 

Ίδρυμα Μοιράζομαι
(Foundation of Sharing)

Sociocare

- In March 2023, the Greek volunteers cooked 821 hot meals, which included peas cooked in olive oil, cheese and spinach pies, pasta, and lentil soup. About **1,209 vegetarian sandwiches** and salads were also prepared by them. These were delivered to 'The Good Shepherd', 'Tsougraneion' Soup Kitchen of the Greek Orthodox Church, and to the social kitchen 'O Allos Anthropos'
- 50 boxes** comprising of several food items (pasta, lentils, beans, oil, tomato sauce, rice, chickpeas, etc.) equivalent to preparing **4,250 portions** were delivered to St Theodore Church in Anavyssos



- 80 boxes** of different food items, such as legumes, pasta, rice, milk, oil, cereals, and snacks, along with daily essentials like soap, washing powder, etc. were distributed to needy families, at the Anavyssos area, in the South of Athens. The food items in a box can approximately cook **1,840 meals**
- 1,200 portions of yogurt, 720 litres of milk, and 40 kgs of feta cheese**, were donated to both the Old People's Homes of Athens and Palea Fokea
- 70 pizzas** were offered to the children and adults with disabilities of EGNYA Foundation
- 35 pizzas** were delivered to the children of St. Andrew Children's Home



Region 3

Kazakhstan 

Общественный фонд «САИ»
(Public Foundation "SAI")

Sociocare

- In the month of March 2023, the volunteers distributed about **300 meals** to needy individuals found near the Cathedral and Mosque in Almaty city
- Nauryz which means 'new day' marks the beginning of a new year in Kazakhstan. This day was celebrated by providing food and hygiene products to **6 families of single mothers and widowed mothers**



Turkey 

Karşılıksız Hizmet Vakfı
(Selfless Seva Trust)

Sociocare

- In the month of March 2023, the volunteers continued to do their regular service activities.
- About 77 animals at several districts in Istanbul were provided with food, water, and in some cases, the necessary medical care**
 - 1,660 meals** consisting of cooked legumes alongside milk and yogurt were distributed door to door at Şişli, Pendik, Ömerli, and other districts of Istanbul
 - 6,000 kgs** of charcoal and 6,000 kgs of wood were distributed to 20 families at several districts of Istanbul for heating purposes
 - 229,000 meals** were distributed at Adıyaman Besni, one of the cities affected by the earthquake



Region 3

Ukraine



- In the month of March 2023, the volunteers of Heart of Heart distributed on an average, **60 parcels** with food, hygiene products, and medicines to needy individuals
- **200 packets** containing hygiene products, stationery for children, diapers for disabled children and infants were distributed to displaced families whose houses were destroyed in the eastern and southern regions
- **10 elderly people** who lived in a hostel at Kherson due to de-occupation of the city, were given food parcels once a week
- **400 people** were fed with **hot breakfast** at Kyiv. Bananas were also distributed to many elderly and homeless at Kyiv
- With the support of 'A Light for Ukraine', **35 hygiene kits** were delivered to Christian Humanitarian Hub at Kamianske in Dnipropetrovsk Oblast or province, where more than **1,000 refugee families with kids** are staying
- **30 food baskets** made by volunteers of Heart to Heart were distributed among displaced families
- A Light for Ukraine and Sai Prema Public Institution (Lithuania) helped the volunteers of Kharkiv deliver medicines, underwear, and socks to about **40 people** at a hospital in Kharkiv
- **70 needy individuals** at Slobzhanske were given medicines and food by the volunteers of Kharkiv
- The volunteers bought a power generator for the surrounding villages like Muravlynka, Medvedovka, Lozovenka, Parascovia, Cossack, Aleksandrovka, and Antonov Kathe, to use when there is no power. They also helped the villagers monetarily to buy petrol in an emergency situation
- A young disabled woman from Ivankiv, Kyiv region who can hardly walk because of progressing arthritis was transported to the dentist to have her aching tooth cured



Region 4

Argentina



04 April 2023 – Multi-Faith Conference

Message of Sadguru Sri Madhusudan Sai

Ask Who Am I and Not Who You Are: This centre in Argentina is a beautiful space to connect to ourselves. Here, it is the inner-net and not the internet. Go within, find God within yourself, and see God in the outside.

Seeing Oneness Is Spirituality: We will never be bored of this world if we see ourselves in everything and everyone as Divine.

You can't have your right hand fighting with your left hand because both are yours. If your left leg gets hurt, the right leg takes the weight and supports the left leg—because they both belong to the same body, they are not different. Even if you hurt your eyes with your own finger, you forgive your finger, and not punish it. If you bite your tongue while eating your food, you don't break your teeth in anger. The finger is different from the eye, and the tongue is different from the teeth, yet they all belong to you; you feel they are all me; therefore, there is no hatred for anything.

There is only love, there is only forgiveness, and there is peace. This is the idea of spirituality.



Who is God?

God is selfless love and he serves all selflessly. God's love is equal for all. We are created in God's image. Hence, we have to live like God.

Our true essence is Godhood. Our true essence is Divinity.

Despite our shortcomings, faults, and follies, we are still divine; we cannot be less than that.



Region 4

Argentina



04 April 2023
– Multi-Faith Conference

Where is God?

God is everywhere, all the time. Do not put God away from you.

Look for God in tiny little things. When you smile at a stranger, greet them with all your love and warmth, and the stranger smiles back at you—that is God smiling at you. When you step forward and open the door for an elderly person, and the person turns around to thank you—that is God speaking to you. When somebody is hungry, and you share your meal with him, and his hunger is satisfied—in that satisfaction, God is satisfied with you. When you help the sick and needy, God is healed.

In the flower that is blossoming this morning, God fills the colour and the fragrance. In the bird that coos on the perfect note, it's God singing to you. In the sun rise, the sun set, and the colours of the sky, it is God and God alone. So also, in your salty tears, when you cry yourself to sleep, God is teaching you a new truth. There is no place bereft of God. It is everything, in everyone, everywhere it is God and God alone.

Let us meet our God every day when we meet our people. We don't need more spirituality than this.

Our Duty: Let us teach our children love and kindness, compassion, and sensitivity to each other's needs and problems. Give them the courage to go out and do something about it. Be rest assured that all will find God.

The purest happiness is when we do something unconditionally for someone.



Region 4

Argentina



05 April 2023
– Human Values Conference

Human Values is about being of some value to someone as a human

परोपकाराय फलन्ति वृक्षाः परोपकाराय वहन्ति नद्यः

परोपकाराय दुहन्ति गावः परोपकारार्थम् इदं शरीरम्

*paropakārāya phalanti vṛukṣāḥ
paropakārāya vahanti nadhyaḥ*

*paropakārāya duhanti gāvāḥ
paropakārārtham idam śarīram*

Meaning: It is for the sake of others that trees bear fruits, rivers flow, and cows yield milk. Similarly, this human body has been given for the sake of helping others.

We are not born for ourselves; we are born for the sake of others. So as long as we live our lives in a way that helps others, we will be happy and doing everything right.

◆ That which is very basic to our existence is our value. That without which we cannot be ourselves is our value. To be able to love and to be able to serve is that which gives every human being his or her value.

The core of all values is simply Love. We are born to love and serve; if we do anything other than loving and serving, we simply waste our time on earth.



◆ You must look after yourselves first so that you are not a burden to anyone, and then with all your knowledge, skills, resources, and abilities, you must help others.

If you only consume so much as you need and share the rest with others, this earth will be heaven. What we make out of this world, whether hell or heaven, totally depends on what we do in our lives.

Societies should not be about survival of the fittest, it should be about survival of the weakest.

Somebody asked me, what is God doing when all these things go wrong here? To them, I said – Yes, God already did something about it. He sent you and me to this earth to carry out His command, do His work, and look beyond ourselves. The responsibility is on us.

You must be the miracle that the world needs today. This miracle is the miracle of love. Love is the most powerful human value.

Love is all about giving and forgiving.

◆ Letting go of selfishness and developing more selfless love makes us better humans.

Do one selfless act a day; it keeps the ego away.



Region 4

Canada



Sai Global Service
Foundation of Canada

Sociocare

In the month of March 2023, 100 meals were prepared and served at the streets of Ontario, Canada

27 packets of meals with rice, potato and peas curry; 46 packets of meals with pasta, sauce, and cheese; 27 sandwiches with peanut butter and fruit spread, along with 50 bananas, 24 oranges, and 12 soup cans



Region 4

United States
of America



09 April 2023
- Easter Sunday, Atlanta, USA



Easter in Atlanta

Message of Sadguru Sri Madhusudan Sai

Easter signifies the supremacy and eternity of the soul over the temporal body and mortal existence.

The disciples of Jesus Christ questioned the divinity of Jesus, since he was gullible to the arrest and the subsequent crucification. Yet, Jesus was so compassionate that He appears to His disciples to give them courage and show them the right path.

The resurrection of Jesus is the fundamental strength and power of Christianity. There would be no Christianity if Jesus Christ hadn't resurrected.

The resurrection confirms that the soul is indestructible. It confirms that we are more than the body, we are the supreme brahman or a spark of that supreme being.

The same truth has been explicated in *kaṭhōpaniṣad*. The common message is that we don't die when the body dies. The one who knows this will be fearless and desireless.

This is the ultimate truth, and to receive it needs lifetimes of preparation.

वेदान्ते परमं गुह्यं पुराकल्पे प्रचोदितम्।

नाप्रशान्ताय दातव्यं नापुत्रायाशिष्याय वा पुनः॥

vedānte paramam guhyam purākalpe pracoditam |

nāprasāntāya dātavyam nāputrāyāśiṣyāya vā punaḥ ||

This is a very secretive knowledge which has to be taught only to eligible individuals who are interested in spirituality. Do not give it to the ones who aren't peaceful in their mind, do not impart it to someone who is not your son or your disciple, so that this knowledge doesn't get squandered away.

The knowledge of this ultimate truth can definitely be shared with ones who are interested, because once this truth is known, there is more positivity, hope, optimism and the ability to accept things as they are.

The moment we accept things, half our problems are solved, and then we find a way around.

For, this is not the first time you are living. So, do not be so overwhelmed. We are all work in progress for several life times, and it might take several more life times too for us to become perfect. Hence, it is important to put in efforts now to get rid of all our selfish desires by replacing them with selfless ones.

All it takes is a change in attitude. Study and acquire knowledge, skills, and capabilities so that you can serve others. Earn money so that you can help others. Eat and sleep, so that you can remain healthy to be of service to others. This way, everything we do can be transformed into selfless service.

Region 4

United States of America



10 – 17 April 2023
 – Corporates in Satsang with Sadguru Sri Madhusudan Sai at USA

Venue: Washington Dc, Memphis, Dallas, San Jose



Better Connectivity, Better Collectivity, Better Well-Being

Developing broadmindedness is a quality to be cultivated in your own interest, because investing in somebody else's future, makes our future secure. A group of children or youth who do not go to schools or colleges, nor possess any job, will prove harmful to the society. This happens when they are not given the opportunity or the encouragement to pursue the right path.

The idea of One World One Family is the idea of interconnectivity. We all share the same future, we share the same planet, and we cannot create our future in silos for ourselves, by not getting affected by something untoward that is happening here or elsewhere.

Prime Minister Modi's G20 Summit's motto says – वसुधैव कुटुम्बकम् – One Earth, One Family, One Future.



Getting down to the brass tacks of free services

All our services are free because 95% of our beneficiaries come from families who earn less than 150 USD a month, and are already burdened with several obligations. If education isn't given free to children from these families, their parents would never send them to a school or college, especially the girls whom they find as a big liability. Many of these children end up in a child labour scenario at mechanic shops or farms. So, unless it's free, there's no incentive for the parents to send their kids to school.

Charging a fee will be about doing injustice to everyone and injustice to our idea as a vision.

The need of the hour is to liberate education, especially medical education, from this triangulating world of commerce.

We are heralding a new world order where education is decommercialised, and health care is decommoditised.

When we do not address the suffering of others, it sooner or later becomes our own suffering.

ayaṃ nijaḥ paro veti gaṇanā laghucetasām

udāracaritānām tu vasudhaiva kuṭumbakam – maha upaniṣad, Chapter 6, Verse 71-72

Meaning – Only narrow-minded people discriminate that some are ours and the others are not. For the broad-minded ones, the whole world is one family.

This is exactly why we provide the fundamental needs of education, nutrition, and healthcare to all completely free of cost.



Dr Nandini Tandon, an Entrepreneur, Venture Capitalist from Silicon Valley hosting the fireside chat show in San Jose



Sadguru arrives at the residence of Dr Dharmesh Patel in Memphis



With Mr Jon Levingston, Executive Director of the Economic Development Authority, Clarksdale



Dr Shaun Setty talking about Sanjeevani and the medical centre at Clarksdale

Region 4

United States of America



10 – 17 April 2023
– Corporates in Satsang with Sadguru Sri Madhusudan Sai at USA

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Subsidy of a different kind

Our model is to see to that the educated educate the uneducated; the healthy ensures somebody else who is in need of access to good health, gets it; the sheltered and clothed takes care of another who needs it. This is our model of subsidising our services, while ensuring that it is completely free for the beneficiaries.

Everybody should participate in everybody's welfare.



Souping up Sustainability

We had nothing but a vision and an idea when we started. But, after 10 years, we have received support from like-minded people and philanthropists from 30+ countries.

Corporate Social Responsibility in India has helped us forge right partnerships to ensure efficient use of CSR funds.



Washington D C

We have partnered, collaborated, and co-created a common future for our rural children and rural people, and this is how we have sustained our services.

We are a 100 trillion-dollar world economy. We are the richest in our history. But the only need is to connect those who want to do something with those who need help.

We would have spent about 200 million US dollars in the last ten years on capital and operational expenditures.

God gives us more because he trusts us with his wealth, talents, knowledge, and abilities so that we can serve His children who are less capable or less able to take care of themselves.



People Vs Money – Where is the demand?

The greater need now is not money, but people. We want the right kind of people to run the organisations. Many schools are closing down in India because of lack of teachers. There are rural hospitals without a doctor, nurse, or paramedical staff.

Thus, the bigger need to make our services sustainable is to get our people to participate in our mission.

Almost 100 of our students from our University have joined us back as teachers and administrators, and 50 of them are girls. They are getting employment with us, by which they can help the next generation.

Another way to do this, is to help the institutions financially.



One Precondition and Several Perks

One condition is that our students must serve in our institutions for as many years as they have studied in our institutions. This gives us trained, competent, and compassionate resources, which make our systems very efficient.

These students who join us will be paid on par with salaries given by the Government and they shall be exposed to a wide spectrum of medical cases. While working in our hospitals, the students can also do their Postgraduate studies with us. The students can choose to have a life-long association with us, apart from the pre-conditioned years of their service for us.



Happy Donors – More bang for the buck and the being

There are many volunteers who work for our organisation and this saves a lot of cost for us. Our own students join back our institutions and thus the cost of hiring new resources from outside is almost negligible.

Our administrative cost is less than 1%, and rest goes directly to the beneficiaries.

And over and above these, students trained in our system are tuned to the culture of compassion and service, and this ensures that our system works efficiently and quality of our service is always high.

Many people who are part of our system find spiritual solace and inspiration to do more for the society. This is a give and take transaction where everyone is benefitted.



An Economic Model that Furthers Economy

While on one side, we are an economic model that cuts cost and gives it to the beneficiary; on the other side we are also a model that boosts the economy of the country by giving employment to rural youth and empowering them economically too, which in turn will come of help to their families.



The Need for an Integrated School of Medicine

We wanted to have an integrated school of medicine that allows for both allopathic and ayurvedic intervention. Ayurveda can be very helpful in preventing and recuperating health; at the same time, surgery is essential sometimes wherever it needs to be done.

Introducing Ayurveda, Naturopathy, Siddha and Yoga are important to broaden perspectives in children and help them get a broad understanding about medicine.

We are incorporating some electives into our existing curriculum through credit courses.

We are also working towards commencing a research center that will conduct real time evidence-based research on how Ayurveda, Naturopathy, or any other Indian school of medicine is effective. The findings will be published in reputed journals across the world.

We are working with Maharishi International University in USA, which has one of the most advanced genomic labs. These labs study the expression of genes and shows how these genes express themselves positively after a meditation, yoga or relaxation session.

Region 4

United States of America



10 – 17 April 2023
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Commerce Corrupts; Compassion Cleanses

Ethics are compromised when there is a financial gain, or a selfish gain that may not necessarily be monetary—it could be out of a sense of competition to get the next prize or to outdo your competitor. If we remove selfishness from the equation, ethics will naturally follow.

Maharishi Charaka, the Founding Father of Indian Medicine says –

As a physician I shall always use my knowledge for the welfare of mankind

I shall always be ready to serve patients, even if I am extremely busy and tired;

I shall not harm any patient for the sake of monetary or selfish gains;

Nor shall I entertain a desire for pleasure, greed or wealth;

Immortality shall not emerge even in my thoughts.

Ethics is a law, a pledge that we take and it should be built into the system by policy makers, Governments, and more importantly the leadership team of the institution.

Ethics needn't necessarily be written rules. It is an innate discriminatory power between the right and the wrong. We must have our own internal ethical standards, as an individual, as a society, as a country, and as a community.

The fundamental core of all medical practices is that it should be for the welfare of humankind.



With Mr J A Chowdhury and the team from the US-India Chamber of Commerce in Dallas



Ms Neel Gonuguntla from the US India Chamber of Commerce in conversation with Sadguru at Dallas

A "Heart to Heart" Conversation with Sadguru Sri Madhusudan Sai
 Our planet is facing serious concerns on many fronts today
 We see these concerns manifested in various forms - dangerous global conflicts, climate trends, discord within the society at large, weakening of family bonds, income inequality, mental health issues, the impact of climate change, etc.
 Despite the incredible technological advances and wealth creation in recent decades, the inequalities and suffering in society seem to be gripping, especially for the many millions living in underserved and neglected communities globally.
 Can we find the solution to all this suffering to be similar everywhere as our goal? To help those who are in need, without a second thought. The age old concept of *Vishuddha Buddhadharma* or *One World, One Family*, is the only way and is the immediate need of the hour.
 This interactive evening in Sri Madhusudan Sai's presence is an excellent opportunity for influential leaders to probe, comprehend and be inspired by the impact of the *One World, One Family* vision.
 Understand and experience the power of *UNITY THROUGH DIVERSITY*
SELFLESS LOVE & SERVICE
 When we become **ONE WORLD, ONE FAMILY**
 Please come, learn about this amazing 11 year journey of Love & Service.
 Go home inspired to spread happiness and change the world.



Problem Solvers are not Choosers. They do it all despite the challenges

Our Three Taglines – Reaching the Unreached, Serving the Unserved, and Doing the Undone.

We are problem solvers. All effort is to serve that need that is not being served. Even if we do not know how to solve a problem, we learn to find a way and solve it. We keep reinventing ourselves and rediscovering ourselves based on the need.

One year back, when we started talks about the medical college, my first call was with the devotees from the US. I told them that we must deliver this project of building the medical school within a year to have it inaugurated before the next academic session. Look at how they all rallied around this course, millions were spent in no time, and all these happened because so many of you went out of your way to do the Divine's will. This is why I am so happy with all of you and glad to meet again.



The Genesis of the Medical College was based on 'Need' only

After the Ukraine crisis, many Indian students were stuck in Ukraine, and their future was uncertain. Airlifted and rescued students who came back to India from Ukraine were left without options to continue their medical education. Many from small countries like Bangladesh send their children abroad because it is cheaper there, when compared to private medical education in India.

Region 4

United States of America



10 – 17 April 2023
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900 million people live in rural India, which is more than the population of Europe, North America, and parts of Africa put together.

The state of rural India's hospitals and availability of qualified doctors is abysmal.

Number of aspiring doctors who write NEET exam - **1.8 million students**

Number of students who qualify - **800,000 to 900,000**

Number of medical seats available in India - **100,000**

Number of eligible students left out - **700,000 to 800,000**

Two main reasons: Less number of medical seats and Lack of financial capacity

Result: Society is denied of good doctors or nurses

Good doctors are indispensable for the society. Spending on making good doctors is not an expenditure, but an investment.



A Completely Free Medical College – In the rural, by the rural, of the rural, for the rural

Anybody who deserves to become a doctor should not be denied the opportunity because he can't afford it.

Why would a rural child come and serve in the rural areas when he has to pay a debt of, let's say, \$100,000 at the end of his medical education? That's why we came up with a free model of medical education.

It is not about the poor or rich, but it is about those who want to serve or those who want to make money after their education.

Our largest yardstick is to check whether our students have service-mindedness.

Many of our experienced professors who have joined our medical college have done so, after leaving their lucrative jobs. They said that they were inspired by the idea of a completely free medical college, and it is here that they have found a platform that they wanted.

This medical college is open to the whole world. As a private medical college, we can offer a certain number of seats to foreigners and NRI too.

Many of our medical students are girls and this is an added advantage to the field of Mother and Child Health, as this is one of the areas that need attention.

In free rural hospitals, you get tremendous research opportunities and experience, due to the caseload and case mix.



How did we scale it up?

More and more people approached us for help. We couldn't say no to them. And one after the other, things started happening, and we were on a roll. Most importantly, we had an excellent team.

Professionalism coupled with commitment and enhanced with divine grace, is the secret recipe to our success.

God's grace and good people have supported us from around the world. So, we could never stop.

We have 2,000 people working in our organisation. All these people have joined us in the last ten years.

Everything that was done was divinely orchestrated and humanly executed.



Sow Service and Reap Gratitude

A girl, daughter of one of our cooks came and told me that she wants to become a doctor. She joined our school and later we gave her an opportunity to pursue medical education. Today, she is a doctor and is working in our hospital with a sense of gratitude and joy.

'Gratitude' is the most important thing that we as humans should have in our life. Gratitude must be expressed as help to those in need and this shall perpetuate to the next generation.

Our Philosophy: To create sustainable societies by preparing youth with the quality of gratitude, and thus inspiring them to give back to the society more than what they can take.



What can I do?

All we can do as individuals is to take on board those that are left behind by giving them an opportunity and seeing what they do with it.

- You can teach the students
- You can expose rural students to new ideas in the field of medicine
- You can instill confidence in them
- You can tell more people about our work
- You can participate in service and spiritual activities at any of the centres around the world

It takes the whole world to provide opportunities to every child on this planet.

Region 4

United States of America



10 – 17 April 2023
– Corporates in Satsang
with Sadguru Sri
Madhusudan Sai at USA

Venue: Washington Dc, Memphis,
Dallas, San Jose



Why not Engineering?

We are humans, we need emotions, and we need a human touch. We cannot deal with machines. So, medicine is one area that allows you to share that emotion with somebody else.

Ask Yourself This

We are in a better world than we could have been a hundred years ago. But having said that, is this all that we could do, or could we have done better is the question that we must ask. We must learn from our past and make it better for everybody today.

Can we, as a society, as a group of people, make it better for one person at a time is all that we can ask ourselves.



Saving One Child at a time

One may ask if saving the life of one child is going to make a big difference to the world, because so many children are dying. But, for that one child, that family, it makes a world of difference. We work for the sake of that child.

Goodness is an Exponential Curve, and not a Linear Graph

Goodness can be infectious; it could spread faster than we can imagine.

The circle of love will expand, encompassing the whole world if more and more people join hands.

I am an eternal optimist. I always believe that human beings are born good, because Divinity resides in all. It has to be invoked and inspired.

What does God do?

God loves and God serves. Spirituality is directly related to God. If you do the same as God does, then you are spiritual. All goodness is God, and all selfless love is spirituality.

During the initial days of this mission, Bhagawan Baba kept doing things so that I may get in touch with my own Divinity. You need a guru to guide you for a certain period, but you are on your own after that. He put me on this path, and instilled in me confidence and compassion. This idea of compassion inspired by that divinity is not different for you and me. You have to harness it; reach out and dig deeper. Once you are in touch with that, it will inspire you, your intuition will guide you, and that is the God within. With that inspiration, we are here and that is how we do what we are doing.

My intuition said that a free medical college has to come up because this is what God wanted. Then, who am I or you or anybody else to stop it? We had to do what we had to, and things started manifesting on its own.



Our Tale in Clarksdale

During the year 2015/16, when we went to Clarksdale, we learnt that the Southern Mississippi Delta region is relatively poor and many people of southern communities do not have access to healthcare, because they are uninsured or underinsured.

So, we started People Shores in the US, which provides training and employment to young people, especially for the marginalised section. After the training, they also get a job. Today, more than 250 youngsters are engaged across five centres.

We also started a free medical clinic at Clarksdale and no body believed that it could give free services without any agenda. It took two to three years to win the local community's trust, including the doctors. Now, everybody understands our intention and appreciates it.

We are planning to open a centre in every single State in the United States. We can train young people, make them job ready, help them find employment, and come out of the generational poverty cycle.



Sathya Sai Sanjeevani Medical Centre
(Inaugurated in June 2019)



Happiness is Success

You have to define success yourself, and no definition is wrong. To me, success is simply about feeling happiness while doing what you are doing. When you are not satisfied, you are not successful.

Effortlessness and a sense of no burden is success. The most important thing is to find happiness in success, not pleasure or convenience or comfort.



Cancelling Cancers

The only solution to cancer is to go to the root cause. The food we consume these days is made from chemical farming which uses a lot of pesticides and insecticides.

We are starting a programme to improve agricultural practices in India, and going back to the old ways, growing it organic, training the new generation and helping them to build their business around agriculture.

Agriculture has to be made as glamorous as IT, so a child can proudly say that he is the son of a farmer, and he does farming in the right way.

We are also starting an Oncology Department in our hospital, along with like-minded organisations and this can lessen the burden as much as possible.

Region 4

United States of America



10 – 17 April 2023
– Corporates in Satsang with Sadguru Sri Madhusudan Sai at USA

Venue: Washington Dc, Memphis, Dallas, San Jose



Enter with Enthusiasm and Exit with Grace

In the Indian thought, the four classes of *brāhmaṇa*, *ksatriya*, *vaiśya* and *śūdra* are based on people's attitude towards what they should do in the society. The four *āśrama dharmas* determine how one should lead his life.

brahmacharya is the period of learning

grhastha is the period of earning

vānaprastha is the period of returning

sannyāsa is the period of renouncing

Entering through *brahmacharya* and *grhastha*, should also help one to exit through *vānaprastha* and *sannyāsa*.

Learn and earn, and then return as much that there is nothing more left with you to return.

In the thick of materialism, competition, and worldliness, it gives me joy to see the efforts put in by people in USA to grow spiritually. These people are like the lotuses that bloom despite the difficult circumstances and situations.



GPS – Guru Positioning System

Have faith in Guru and have faith in Guru's words; it will lead to your own transformation. Guru knows the way, shows the way, and goes the way. He will take care that he will take you to your destination.

Even if you miss a turn or two, like your compassionate GPS, which will again recalculate the route and gives you another alternative, Guru also does the same. When you miss the instruction and make a mistake knowingly or unknowingly, intentionally or unintentionally, pray to the Guru, "Please guide me again as I have lost my way and sorry that I have lost my way and I have not followed your instructions." Guru compassionately shows you how to come back to the route.

Being an example for others to follow is the best service you can do. Whom can you emulate for you to become an example? Emulate your Guru, your teacher.



Selfless Service – The Fastest Route

Service removes all the obstacles of the mind, the attachments, and the distractions. It helps you purify the mind and make it steady, which is required for further contemplation and meditation.

A selfish mind cannot meditate. A selfless mind can sit quietly for a long time.

Selfless service is the fastest path to self-realisation. Take up that service which suits you, which you are capable of.



How hard should one work in a service organisation?

Just love. Work will happen. When you are passionate about something that you are doing, you will never be tired of it. It will come through you spontaneously.

We are not working 24/7, but loving, caring and sharing 24/7.

When we do exactly what we are born to do, we are happy doing it. Never bored; there's no question of balancing work and life because life is love and joy. You are always satisfied. You are always happy and joyful, and you radiate joy everywhere.

Message for Corporates

- ◆ Follow Ethics and integrity in your business
- ◆ Your job is to create wealth. But do not keep it for yourself. Distribute the wealth
- ◆ Wealth is like blood. It must be circulated in the society and should not be kept stagnant
- ◆ Include 'Education' as one of your key areas of work. It is not just the Government's job

17 April 2023 – Certificate of Recognition for Sri Madhusudan Sai from the California State Assembly

The California State Assembly conferred upon Sri Madhusudan Sai the Certificate of Recognition for his dedicated efforts in establishing free medical colleges, hospitals, and educational campuses that serve underserved rural communities around the world.

Mr Ajay Bhutoria conferring the honour on Sadguru



Region 4

United States of America



Divine Will Foundation



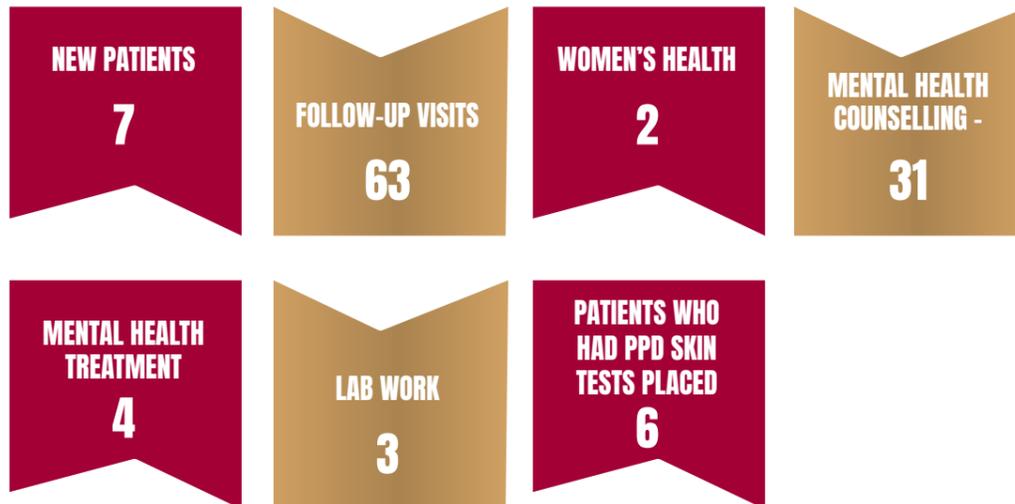
Healthcare

Sathya Sai Sanjeevani Medical Centre,
Clarksdale, Mississippi

In the month of March 2023,
116 patients were seen at Clarksdale
Medical Centre.



Sathya Sai Sanjeevani Medical Centre
(Inaugurated in June 2019)



Lessons For Life

How to inspire children to connect to God?

E It is much to do with your connection with God, as a parent. Your children should get inspired by seeing how you depend on God, and how that helps you to become a better mother, a better wife, a better daughter, or a better anybody... Suppose there is a situation and you deal with it very well, because you say – ‘I consulted the God within who is there with me all the time’, and you start doing the right things, your children will see – ‘Oh! my mother always does the right things, because she is constantly connected with the God within. Maybe I should also develop that connection, then I will also do the right things.’

Unless they know the kind of result they will kind by putting efforts in this direction, they will never put effort. Children study because they

know that they will get marks and then a degree and then get employment.

Likewise, if they see that their mother puts this effort to worship or have a conversation with God every day, because of which she does the right things, she is happy and able to handle tough situations better—then they will feel that there is some benefit out of this practice.

Children simply imitate what parents do or believe. That is why it is important that the parents do the right things. If the parents have a connection with God—not a connection which is ritualistic, regimental, and orthodox, but the connection which is heart-to-heart—children will also develop that.



My Inner Journey

At His Feet, I Found My True Self

- Dr Vimala Subramaniam

Dr Vimala Subramaniam is a Research Officer at the Forest Research Institute of Malaysia. She had specialised in Biotechnology and her research is based on Malaysian traditional herbal medicine, specific to antioxidants and preventive healthcare. Her husband, Mr Ayavoo Arumugam, is a retired architect from the Central Bank of Malaysia. He is currently building the Advaita Anand Ashram at Janda Baik. Her son, Sai Sudarshan has just completed medicine and pursuing internship. Swami has guided their son to specialise in cardiology. Dr Vimala, together with her husband established the Sai Ananda Centre in 2007. Subsequently, in the year 2017, they founded the Sai Ananda Foundation. Their entire life is a picture painted by Swami. Swami had once told them, "You are very lucky because I guide you and I tell you what to do. You don't have to think for yourself!"

I was born to a simple, middle-class family in West Malaysia. My mother was a school teacher and my father a meteorological-weather-man, which housed us next to the airport, together with the air-force army, far away from the city. However, my parents believed in good education, and thus, we travelled many kilometres daily, by public transport, to go to school in the city.

In the midst of such busy schedules, one late evening, as the setting sun painted the sky with red and orange hues, we heard a knock on the door of our small government quarters. A young well-built man, in army uniform, stood at the entrance with a broad smile, introducing himself as 'Mr Sai Ram.' Our family of six members had no idea of the term 'Sai Ram'. As my father did not recognise him, Mr Sai Ram explained that he was a new army officer, recently posted for duty. He started speaking about 'Sai Baba



of Puttaparthi' and handed over a book titled 'Man of Miracles' to my mother. My mother, astonished by the strange introduction, started to read the book. She felt a calling from within her heart and planned to visit Sai Baba in Puttaparthi. It was the year 1976, and my parents had no clue where Puttaparthi was, and Mr Sai Ram was nowhere to be found any time later. They approached a friend, and the three of them landed in Puttaparthi, after much difficulty and challenges. Upon arriving at Prasanthi Nilayam, they were offered simple accommodation and dinner, and were summoned for darshan the next morning.

For the first time, my parents laid their eyes on the beautiful, effulgent form of Bhagawan Sri Sathya Sai Baba, who was gliding over the sands of Prasanthi, adorned in an orange robe. Swami uttered the magical words, "Malaysians go.....", inviting them into a small interview room, where he blessed them with materialised vibhuti and gave spiritual guidance. Upon their return, my mother announced to us, the young and elderly family members, "Sai Baba is God, we will follow Him!" My parents, together with other devotees, were instrumental in founding the initial Sai Baba Centre in North Malaysia.

I met Bhagawan Sri Sathya Sai Baba in 1981 when I was 14 years old, during an interview with my family and some devotees. Swami spoke lovingly to all, and spoke to my grandmother in Tamil, since she could not understand English, and enquired, "Are you alright, Amma? I will take care!" This brought her tears of joy. Together with my family, we participated actively in all centre activities. My mother became an EHV teacher and Bal Vikas coordinator. My father chaired the centre for many years, and we served Swami with all our hearts.

In 1996, during an interview together with my husband, Swami spoke about Education in Human Values (EHV) and gave us blessings for conducting EHV class in Batu Caves, Kuala Lumpur. Little did we know that it would grow and expand to become Sai Ananda Foundation Malaysia, carrying the torch of Sadguru Sri Madhusudan Sai.

When Bhagawan Sri Sathya Sai Baba attained Maha Samadhi in 2011, we were not saddened, as we didn't look at it as an end. We were confident that our beloved Master would come back to continue His mission. Swami, in His many mystical ways, showed us signs of His return, further strengthening our conviction. We continued to pray fervently and waited eagerly for every Guru Purnima and Birthday Celebration, hoping to witness the great resurrection. None could come, even close, to the mega mystical master plan of the 'Sukshma Sai', leaving the devotees in awe and wonder.

In May 2014, Swami's first Satsang in Kodaikanal, in the Sukshma form, reached our ears. The same year, a devotee from Puttaparthi had dropped a precious gift for us (Swami's robe) at Dr Ravi Pillay's residence in Singapore, and we were invited to collect the robe and attend Swami's Satsang (in Sukshma form). We were thrilled with the invitation, as we were searching and



longing for Swami. I remember chanting the Sai Gayathri mantra for eight hours, the day prior to our departure, and all the way during the four-hour drive to Singapore. The next morning, with hearts pounding, we entered the majestic hall of Sai Anandam, Singapore, and I was seated on the third row from Swami's chair. For the first time, I witnessed the Sukshma phenomenon, and my skeptical mind immediately rejected the idea. I spoke to Swami in my heart, 'Swami, I am not interested in all these, we have your photo and we have your centre, and we will continue to serve you. That is enough.'

However, when Swami started to speak and deliver His discourse, I was wonder-struck, as I could feel the strong yet gentle energy of love emanating from Swami's chair, touching and piercing me, and tears profusely rolling down my cheeks. I was feeling embarrassed to be crying in public (for no real reason) but I could not stop the tears.

Yes! It was Swami, seated on that chair, unseen to my eyes, but surely felt by my heart. I could hear His words.... His message. I was totally convinced of His presence... somehow... somewhere....in some form or no-form.... He was there!

When the Satsang was over, I looked up hopefully, but Sri Madhusudan Sai walked on without a glance. My heart shattered—I wanted to meet Swami, I wanted to speak to Swami. I ran to the hosting family, trying to introduce myself, but in vain. Politely, but firmly, we were ushered out for lunch. My mind froze. There was only one thing in my mind..... SWAMI! I must see SWAMI! And I started pleading to Swami in my heart, 'Swami! We are in Singapore, nobody knows us here, but You know us..... You know us, Swami! If it is really you, you will recognise us, you will call us. Otherwise, I shall leave, never to return.' And lo! The Lord of the Universe responded to my heart's call. The door opened, and Swami called the Malaysian family, for an interview. We ran in, not knowing what to expect..... the beautiful reunion with Sai Maa.

Swami said, "I am coming to your house. Now that you have seen the Satsang here in Singapore, go back and prepare in Malaysia, I will come soon".

My Inner Journey

At His Feet, I Found My True Self

- Dr Vimala Subramaniam

Thus began a new era with Swami in the form of Sri Madhusudan Sai from 2015 to 2019. Swami was Love, Love, and nothing but LOVE! Swami started many new projects, such as the Free Haemodialysis Centre, which we would have never had the courage to embark on.

Swami said, "I had to pressurise your husband to start the dialysis centre. So many needy patients are waiting for treatment, only I know their anguish."

Swami said, "Form and register a foundation". Today stands Sai Ananda Foundation Malaysia (SAFM) with social beneficiary activities in Medicare, Educare, and Sociocare including a Dialysis Centre, health clinic, dental clinic, medical camps and home visits, kindergarten, tutorial centre, refugee education centre, daily feeding, sewing class, baking and skills training, monthly rations, monthly living allowances for elderly and student sponsorships.

Swami said, "You will see a ring of fire, do not be afraid, just close your eyes and jump, I will be there on the other side to catch you!"

Swami then gave us precise instructions for the construction of a new ashram at Janda Baik, a one-hour drive from Batu Caves, situated in a hilly forest reserve on the Titiwangsa Range of Peninsular Malaysia. Swami blessed the land twice and performed the Bhumi Pooja, when He materialised a black lingam and embedded it into the earth.

Swami named the ashram, 'Anand Ashram' (Hermitage of Bliss) and called it the Kodaikanal of Southeast Asia. It will serve as an Advaita Ashram (non-duality, with no form and name), and teach the highest truths of parāvidya.

The global pandemic and lockdown kept us away from Swami for the next two years, during which time the world received the most precious teachings of *parāvidya*. Starting with the series of Master the Mind, and followed by *kaṭhōpaniṣad*, the doors of the inner journey creaked open. I tried to practice meditation but initially found it difficult to sit still, even for 10 minutes. Gradually, I progressed and completed a 42-day meditation session. One morning, we had over-slept, and at sharp 6 am (our daily meditation time), there was a big loud bang in our bedroom, which startled us and made us jump out of bed. We were woken up, so as not to miss the morning meditation. There were various such experiences, such as beautiful celestial-like music that woke me up for meditation, whenever the alarm clock failed to do so.

In November 2021, just as the borders were beginning to open up, Swami invited us to the 96th Birthday Celebration in Muddenahalli. The Kuala Lumpur International Airport had just opened, but Malaysian Airlines was not flying. We could not find any flights to Bangalore, but when the Lord calls, who can deter us? Finally, taking a long and arduous route, Kuala Lumpur-Colombo-Maldives-Bangalore, we reached Muddenahalli. At the evening darshan, meeting Swami after a lapse of two years, He said, "Somehow you managed to land here!"

After the beautiful, heart-enticing birthday celebration, Swami called us for an interview the next day and showered the love of a thousand mothers.

Seated at His feet, Swami spoke to me directly, looking deep into my eyes, as if locking my eyes, and suddenly..... my mind popped out, and I could visualise my mind, as if outside of me, and it was furious and ugly, troubling and distracting. I was utterly shaken up and shocked. The experience continued for as long as Swami's eyes remained intently on me. For many following days, I was troubled by the experience, as I could not understand what actually happened. Only much later it dawned on me that I could now see my mind, as a separate entity, and I could go beyond. Oh! What a gift in my inner journey!

In 2022, our beloved Guru, Sadguru Sri Madhusudan Sai visited Malaysia and stayed in the new ashram. He told my husband to move and live permanently in the ashram. This left me in the city, fearful of living alone. In the following interview, I expressed my fear to Swami. He looked intently into my eyes, engaging in a conversation. Upon return, I found that my fear had disappeared to a great extent. During other interviews, Swami had sometimes chided me strongly, only to find that great attachments have left me and stumbling blocks have been crushed.

More than the Upanishads, more than meditation, more than self-effort, it is sitting at the feet of Sadguru, that has pushed me deeper and deeper into my inner journey.

The greatest power of transformation lies in His EYES. Among all, this would be my greatest story of inner transformation - at the feet of the Lord!

Finally, Swami told me to quit my job, sell the house and move to Anand Ashram. He said, "I am sending you to Vanaprastha. I will take care!" And my inner journey continues.....



