



वसुधैवकुतुम्बकम्
vasudhaiva
kutumbakam



MONTHLY GLOBAL NEWSLETTER



Issue 27

June 2023

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From Brahman, To Brahman, Of Brahman





Message from *Sadguru Sri Madhusudan Sai*

Vande Sai Paramparām! – Salutations to Sai Paramparā!

In Guru Gita, as taught to Mother Parvati by Lord Shiva, it is mentioned that there is nothing beyond the Guru – *na guroradhikam tatvam!*

In the Indian culture of *sanātana dharma*, the *guru* is placed above God, for a Self-realised *guru* alone is capable of showing God to an earnest disciple. This year's Guru Purnima, which was celebrated on 03 July, carried forward the greatest of all traditions – the *Guru Paramparā* to the next generation, as the next batch of students graduated from the portals of the University on the Second Convocation of Sri Sathya Sai University for Human Excellence. It was historical, as it saw the Constitutional Head, the Honourable President of India, give away the medals to the students. In her convocation address, she not merely praised the special efforts being made to give higher

education to girl children, but also foretold that the University will be one of the best institutions in the world, as it has very capable people behind it.

Imagine a small hamlet of Muddenahalli, that was an unknown sleepy village till a decade ago, has risen to prominence in the whole world, only due to the glorious *guru paramparā*, the sacred *Sai Paramparā!*

Today, as more students graduate and tread this holy path illumined by the greatest of all *gurus*, Bhagawan Sri Sathya Sai Baba, this *paramparā* finds itself at the core of all that is being done here, and that is the greatest hope for all humanity.

And not just the students but anyone who is an earnest student of spirituality, here is a part of this *paramparā* – the *Sai Paramparā*.



At the Forefront

03 July 2023

- Smt. Droupadi Murmu presided over the Second Convocation of Sri Sathya Sai University for Human Excellence



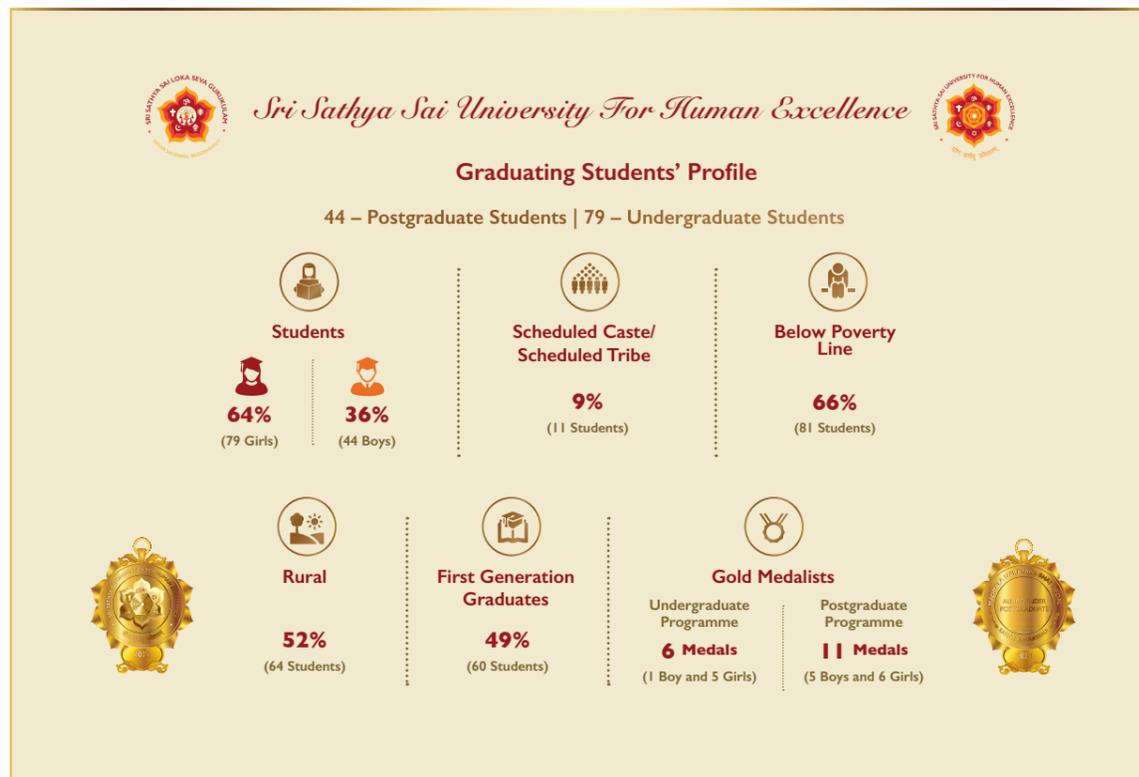
Sri Sathya Sai University for Human Excellence celebrated its second Convocation on the Guru Purnima Day this 03 July 2023. Smt. Droupadi Murmu, the Honourable President of India presided over the Convocation which was held at Sri Sathya Sai Premamrutham Auditorium from 4:15 p.m. to

5:15 p.m. at Sathya Sai Grama. Sri Thaawar Chand Gehlot, the Governor of Karnataka as the Head of the State was also present for the Convocation.

Here is a brief glimpse into the profile of the graduating students.



Gold Medallists with the Dignitaries



At the Forefront

03 July 2023

– Smt. Droupadi Murmu presided over the Second Convocation of Sri Sathya Sai University for Human Excellence

The University also conferred Honorary Doctorates on six accomplished personalities in six different fields of social relevance.

Left to Right (Only Honorary Doctorates):

Sports and Fitness – Mr Pullela Gopichand, Chief National Coach for Indian National Badminton Team and Former Indian Badminton Player

Education – Professor Vijay Shankar Shukla, Regional Director, Indira Gandhi National Centre for Arts (IGNCA), New Delhi

Music and Arts – Ganakalabhushana Vidwan Dr R K Padmanabha, Legendary Carnatic Vocalist

Healthcare – Dr Pratima Murthy, Director of National Institute of Mental Health and Neurosciences (NIMHANS)

Social Service and Philanthropy – Mrs Tulsi Munda, Environmentalist

The sixth Honorary Doctorate was conferred for Science and Technology to Professor Ajay K Sood, Fourth Principal Scientific Adviser, Government of India, in absentia.



At the Forefront

03 July 2023

– Smt. Droupadi Murmu presided over the Second Convocation of Sri Sathya Sai University for Human Excellence

The President's Address



well if provided with an opportunity. I am also happy to know that more than 50% of the graduates today are first generation graduates. I believe that this Institution will become a world class institution in the coming days.”

“I am happy to be here in this beautiful campus of Sri Sathya Sai University for Human Excellence. My greetings to those students who are receiving their degrees today. Along with this, I specially want to greet those who are being awarded the Honorary Doctorates for their excellent contribution towards various fields of life. The ideals of Sri Sathya Sai Baba are guiding this Institution. He believed that education should not be limited to academic excellence only, rather education should promote holistic development of an individual's character by instilling moral values and societal consciousness. My special greetings to all those people, who are associated with this task of social service. I am very happy to know that more than 66% of students in this University are girls. And today, out of 17 gold medallists, 11 medallists are girls. It is my observation that girls are doing

The Governor's Address



“In this Southern Indian State of Karnataka, amidst an exquisite environment rich in culture, this tree of education is giving inspiration to one and all. Several innovative experiments in free nutrition, free education and free healthcare are happening here, based on Sri Sathya Sai Baba's messages of 'Love All Serve All' and 'Help Ever Hurt Never.' योग: कर्मसु कौशलम् – yogah karmasu kauśalam means 'Perfection in action is Yoga'. Yoga brings divinity in action, and this is the motto of Sri Sathya Sai University for Human Excellence. My greetings and best wishes to all the members of this University for the integration of modern education with spiritual education.”

The Founder's Address



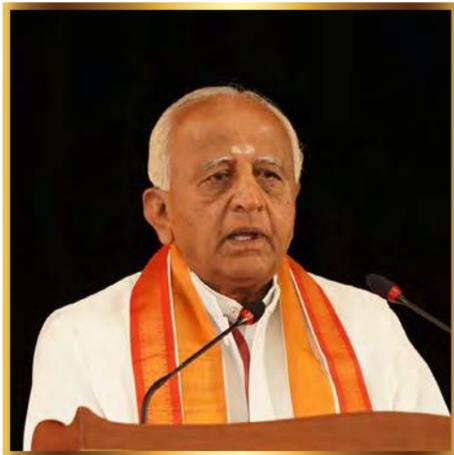
“On this day of the auspicious Guru Purnima, we offer our salutations at the lotus feet of Bhagawan Sri Sathya Sai Baba, who is our guru. यत्र नार्यस्तु पूज्यन्ते स्मन्ते तत्र देवताः। - yatra nāryastu pūjyante ramante tatra devatāḥ - where women are worshipped, all Gods reside in that place. यत्रैतास्तु न पूज्यन्ते सर्वास्तत्राफला क्रियाः॥ - yatra itāstu na pūjyante sarvāstatrā phalāḥ kriyāḥ - where women are not worshipped, there all endeavours fail. The success of all our endeavours—building a University in a remote rural area and providing free of cost education to many children coming from below poverty line and marginalised sections of the society, especially promoting girls' education, is because we worship women in letter and spirit at our Institutions. The worship is done by providing girls with equal opportunities, safety and security. I am proud to say that out of 17 gold medallists, 11 of them are girls.

The śikṣāvalli of taittirīyopaniṣad gives four main thoughts:

- सत्यं वद। - satyam vada - speak the truth at all times. Know the truth that all are one
- धर्मं चर। - dharmam cara - do what is right at all times. Serve the Divine in all
- स्वाध्यायान्मा प्रमदः। - swādhyāyānmā pramadaḥ - continue to practise what you have learnt by using it for the welfare of all. Upgrade your skills and knowledge continuously.
- आचार्याय प्रियं धनमाहृत्य प्रजातन्तुं मा व्यवच्छेत्सीः। - ācāryāya priyam dhanamāhṛtya prajātantum mā vyavacchetsīḥ - offer the dearest offering to the guru, by continuing the lineage of teaching and learning

As guru dakṣiṇā on this day of Guru Purnima, I expect that each of our student, in their life time, should educate 1,000 more children from the rural, tribal, and underprivileged areas.”

The Chancellor's Address



“Sadguru Sri Madhusudan Sai is leading the experiment in education that was started by Bhagawan Sri Sathya Sai Baba, towards its culmination and fulfilment. The philosophy of integral education which was gifted by Baba to the world is being perfected by Sadguru Sri Madhusudan Sai, who is the spiritual heir to Baba. Baba said, “The soul of education is education of the Soul.” The synthesis of material education and spiritual education is proclaimed in muṇḍaka upaniṣad - द्वे विद्ये वेदितव्ये इति ह स्म यद्ब्रह्मविदो वदन्ति परा चैवापरा च - dve vidye veditavye iti ha sma yadbrahmavidō vadanti parā caivāparā ca. This means that two kinds of knowledge exist, which is parā (knowledge about the creation) and aparā (knowledge about the creator). While aparā vidya confers the means of livelihood, parā vidya confers the highest purpose of human life, which is to expand the horizons

of one's consciousness and identify oneself with the whole of existence. Only such balanced personalities can create harmonious societies. Our education model strives to create such personalities who are adept at both parā and aparā vidya, which moulds them into gurus, and not just teachers. A teacher is one who instructs the students, whereas the guru constructs the students. So far, 63 students who have passed out of our University, have joined back our mission of selfless service at our own educational institutions. A participatory model of education in which all students, parents, and staff come together to serve the society is our model.”

At the Forefront

30 June and 01 July 2023
- Global Education Conference
(Second Edition)



GLOBAL EDUCATION
CONFERENCE

30 June and 01 July 2023
Educating the Heart

Sathya Sai Grama
Muddenahalli, Karnataka, India

“Educating the heart’ – Global educators, academicians, teachers, professors, and policy makers from the world over united for this Conference to deliberate on the ways to implement a global system of education that shall educate the heart of the younger generation. For in the depths of the heart, is where one can find one's true self – the most sacred spot indeed, which is seldom explored. ‘The sacred is always a secret,’ said an anonymous saying. So true! The wise ones who have pursued this exploration steadfastly have excavated the gems of human values and have generously taught its knowledge to all, by being exemplars of those values themselves. This Conference was a confluence of such experienced educators who shall share their sagacity from the abyss of their heart, to develop a roadmap for the future of education systems globally under the categories of K12 Education, Higher Education, Medical Education, with a special and a most important session on Mental Health Education.

“Educating the mind without educating the heart is no education at all.”

- Aristotle



At the Forefront

30 June and 01 July 2023 – Global Education Conference (Second Edition)

Day 1 – Friday, 30 June 2023

Inaugural Session: 9:00 a.m. to 10:00 a.m.

Session 1 – 10:30 a.m. to 12:15 p.m.

Theme: Student-Centric Curriculum Planning in the K-12 years

Session Chair: Prof Saroj Sharma – Chairperson, National Institute for Open Schooling, India

Speakers and Topics:

1. Mr Gavin McCormack – Montessori Trained Teacher, Montessori Australia Ambassador, Co-Founder of Upschool.co and EducationInfluence.com, Australia
Topic: Sparking the Joy of Learning within Each Student



2. Mr Bimlesh Kumar – Principal Director of Programme Strategy and Operations, Reach to Teach, India

Topic: Helping Children Reach their Potential



3. Prof Saroj Sharma – Chairperson, National Institute for Open Schooling, India

Topic: Scaling with Values



4. Prof J S Rajput – Former Director, National Council of Educational Research and Training (NCERT), India

Topic: The Role of Teachers in the Implementation of NEP



5. Mr Raj Nehru – Vice-Chancellor, Shri Vishwakarma Skill University, Government of Haryana, India

Topic: Vocational Training Opportunities at School Level



At the Forefront

30 June and 01 July 2023 – Global Education Conference (Second Edition)

Session 2 – 1:30 p.m. to 3:30 p.m.

Theme: Integrating Values-Based Learning into the Mainstream K-12 Education System

Session Chair: Dr Sarina Molina – Associate Dean and Associate Professor, School of Leadership and Education Sciences, University of San Diego, United States of America

Speakers and Topics:



1. Dr Neil Hawkes – Founder, International Values-Based Trust, United Kingdom

Topic: Practical Methods of Implementing Values in Everyday Classroom Situations



2. Dr Shilpa Pandit – Associate Professor, Ahmedabad University, India

Topic: The Importance of Practising Mindfulness and Contemplative Pedagogy



3. Ms Meghaa Ahuja – Head of Training and Pedagogy, A M Naik School, Mumbai, India

Topic: The Role of Values and Purposeful Learning in Transforming a School Community



4. Dr Sarina Molina – Associate Dean and Associate Professor, School of Leadership and Education Sciences, University of San Diego – United States of America

Topic: Educating the Whole Child: The Role of Teachers in Nurturing Empathy in Students



5. Mrs Sangita Naidu – Values Educationist – Australia

Topic: Teacher Education through 'Guru Vikas' Programme

Cultural Programme: 6:30 p.m.

Symphony Orchestra Performance by the students of Sri Sathya Sai Loka Seva Gurukulam Group of Institutions



Day 2 – Saturday, 01 July 2023

Session 3 – 8:30 a.m. to 10:45 a.m.

Theme: Human Values in Higher Education as a Pathway to Nurturing Better Citizens of the World

Session Chair: Mr B N Narasimha Murthy, Chancellor, Sri Sathya Sai University for Human Excellence

Speakers and Topics:



1. Swami Sarvottamananda – Vice-Chancellor, Ramakrishna Mission Vivekananda Educational and Research Institute, India

Topic: Spirituality is the Foundation



2. Professor Emeritus Tan Sri Dato' Dzulkifli Abdul Razak – Rector, International Islamic University, Malaysia

Topic: Practical Ways to Instil Social Responsibility in Students



3. Dr Zainal Abidin Sanusi – Associate Professor, International Islamic University, Malaysia

Topic: Values-Based Education as a Path towards Fulfilling the UN Sustainable Development Goals



4. Dr Craig Shealy* – Executive Director, International Beliefs and Values Institute – United States of America

Topic: Moral Education to Enhance Teacher Practice



5. Prof Terence Lovat – Emeritus Professor, University of Newcastle, Australia

Topic: Integrating Ancient Indian Wisdom and Values into the Curriculum



6. Mrs Rekha Ramachandran – Founder and Secretary, Disha Bharat, India

Topic: Integrating Ancient Indian Wisdom and Values into the Curriculum

*Virtual Participation

At the Forefront

30 June and 01 July 2023
- Global Education Conference
(Second Edition)

Session 4 – 11:00 a.m. to 12:45 p.m.

Theme: Values-Based Medical Education: Bringing Compassion to the Healthcare System

Session Chair: Dr Sujatha Rathod – Director, Medical Education, Government of Karnataka, India

Speakers and Topics:



1. Dr B N Gangadhar – Professor Emeritus, Department of Integrative Medicine, NIMHANS, India

Topic: Importance and Urgency of Developing Service-Mindedness in Medical Education



2. Dr Anita Saxena – Vice-Chancellor, Pt BD Sharma University of Health Sciences, New Delhi, India

Topic: Is Hidden Curriculum and Focus on Competence Driving Health Care Professionals away from Core Values of Compassion/Empathy?



3. Dr M Srinivas* – Director, All India Institute of Medical Science, (AIIMS) New Delhi, India

Topic: Competence without Compromising Compassion in Medical Education



4. Dr Ignacio Lugones – Chief Paediatric Cardiac Surgeon, Children's General Hospital of Buenos Aires – Argentina

Topic: The Importance of Humanitarian Healthcare Projects to Build Compassion



Session 5 - 2:15 p.m. to 4:00 p.m.

Theme: Addressing Mental Health in Students

Session Chair: Dr Jane Hawkes – International Trainer in Values-Based Education and The Inner Curriculum, United Kingdom

Speakers and Topics:



1. Ms Dilshad Khurana – Head Counsellor (Helpline), MPower – India

Topic: Shattering the Stigma and Encouraging Conversation



2. Prof Navin Kumar – Professor, Department of Psychology, University of Delhi, India

Topic: Multi-systems Approach for Nurturing Happy Children and Young People



3. Dr Shruti Niraj – Senior Clinical Psychologist, Sri Madhusudan Sai Institute of Medical Sciences and Research, India

Topic: The Importance of Compassionate Teachers



4. Mr Nikhil Singla – Country Director, Emory University, India

Topic: The Role of Teacher-Student Relationship in Students' Wellbeing



5. Dr Jane Hawkes – International Trainer in Values-Based Education and The Inner Curriculum – United Kingdom

Topic: Values-Based Interventions for a Happy Classroom



6. Dr Georgina Brunton – B Med, FRANZCP, Cert Child and Adolescent Mental Health, Australia

Topic: Inculcating Human Values for Mental Well-Being

Valedictory Session: 5:30 p.m. to 7:00 p.m.

At the Forefront

01 July 2023

- Value Educating India
Launch of Values Education
Textbooks

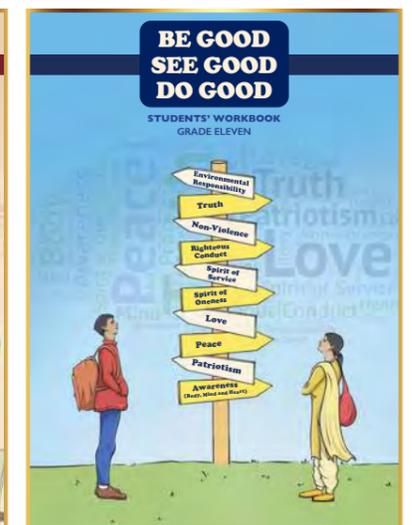
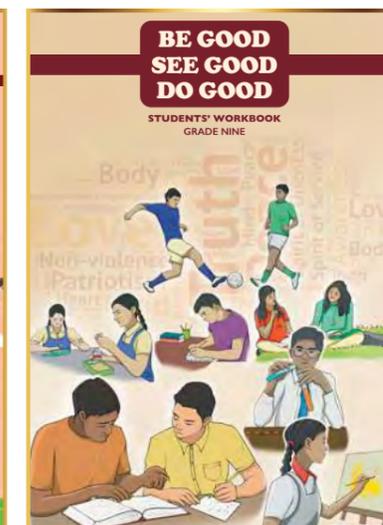
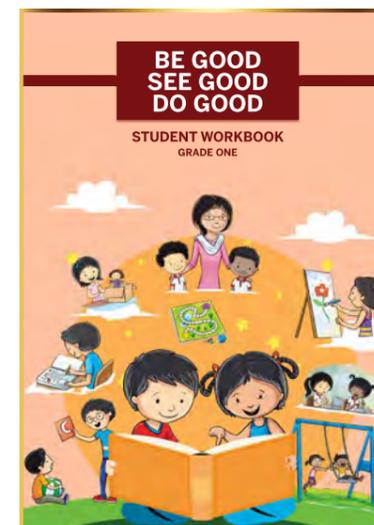
The Prashanthi Balamandira Trust, which is a pioneer in the field of values-based education for more than 40 years now, has espoused the cause of 'human values' passionately by practicing it in their own schools, which is currently spread across various districts of Karnataka, Telangana and Tamil Nadu as 27 Campuses.

With immense love for children and concern for their future, the Trust has taken a resolute step to take values-based education to every school in India, through the curation of 15 Values Education Textbooks for children from 3 years to 18 years of age, that is from Kindergarten to Grade 12, titled – **Be Good, See Good, and Do Good**.

10 Values – Truth, Righteous Conduct, Peace, Love and Non-violence, Patriotism, Spirit of Oneness, Spirit of Service, Environmental Responsibility, and Awareness (body, mind, and heart), have been elucidated with greater depth based on the age of the child, by simulating the child's characteristics at every level. Interesting stories, role modelling and activities that calls for participation even by the parents and the community is the Pedagogy adopted.

Assessment methodologies have been introduced through case studies, peer review, observation of behavioural changes in children and documenting positive impact created on the surroundings.

These text books have been curated by individuals passionate about values-based education for children and contributed to its content based on their experience as teachers, parents, child psychologists and authors.



At the Forefront

01 July 2023

- Value Educating India

Launch of Values Education Textbooks

Below from Left to Right:

Dr Srikanta Murthy - Vice-Chancellor, SSSUHE

Prof Terence Lovat - Emeritus Professor, University of Newcastle, Australia

Prof J S Rajput - Former Director, National Council of Educational Research and Training (NCERT), India

Sadguru Sri Madhusudan Sai - Founder, SSSUHE

Swami Atmapriyananda - Pro-Chancellor of Ramakrishna Mission Vivekananda Educational and Research Institute

Swami Sarvottamananda - Vice-Chancellor, Ramakrishna Mission Vivekananda Educational and Research Institute

Sri B N Narasimha Murthy - Chancellor, SSSUHE



At the Forefront

04 July 2023

- Leadership Conclave

A Good Leader is also a good servant, who needs to combine effectively the triad of the Brain that orchestrates, the Heart that invests compassion and the Hands that wield competence. And in addition, the singular quality that makes a good leader is the quality of Selfless Love, exhibited through the unity of thought, word, and deed. The need of the hour is transformational leadership, and not just transactional.

This Leadership Conclave on the theme, 'Nurturing a Values-based Leadership Approach' discussed the four topics - To Be, To Do, To See, To Tell across four sessions. These sessions examined different aspects of creating and institutionalising a values-based leadership behaviour in different areas of human endeavour. Leaders from several walks of human activity - Education, Business, Government, Society, Religion, shared their rich experience and ideated on the process of creating, developing and nurturing a model for values-based leadership.

Inaugural Session: 8:30 a.m. to 9:30 a.m.

Session 1 - 9:45 a.m. to 11:15 a.m.

Theme: To Be

Session Chair: Professor A Anantharaman - Former Faculty, Harvard Business School, USA; Provost, St Joseph's Institute of Management, Bengaluru

Speakers and Topics:



1. Mr Madan Padaki - Founder and Chief Executive Officer, 1BRIDGE, India

Topic: A Good Leader vs a Great Leader - What Is the Need of the Hour?

2. Dr Neil Hawkes - Founder of Values-Based Education (VbE), UK

Topic: Walk the Talk: The Role of Self-Awareness in Effective Leadership

3. Mr Kamal Bali - President and Managing Director, Volvo Group, India

Topic: Being Guided by Our Inner Compass

4. Mr Lakshminarayana K R - Chief Endowment Officer, Wipro, India

Topic: Being in the Moment: Cultivating Presence and Focus



At the Forefront

04 July 2023

- Leadership Conclave

Session 2 – 11:20 a.m. to 12:50 p.m.

Theme: To Do



Session Chair: Mr Deenanath Harapanahalli – Founder and Chief Executive Officer, LifeCykul, India

Speakers and Topics:



1. Mr Mohit Nirula – CEO, Columbia Pacific Communities, India

Topic: Leading for a Social Purpose



2. Mr Somdev Devvarman – Former Professional Indian Tennis Player, India

Topic: Developing Resilience through Success and Failure



3. Mr Ranjan Chak – Venture Partner at Oak Investments and Former MD of Oracle, India

Topic: Climbing the Ladder without Compromising Values

Session 3 – 2:00 p.m. to 3:15 p.m.

Theme: To See



Session Chair: Ms Gitanjali J B – Co-Founder and Chief Executive Officer, Himalayan Institute of Alternatives, Ladakh, India

Speakers and Topics:



1. Mr Mamadou Kwidjim Toure – Founder and CEO of Ubuntu Group, Cameroon

Topic: Taking Everybody Along - I Am Because We Are



2. Mr Aron D – CEO and Chairman, Ambika Inc, USA

Topic: Seeing the Strengths to Tackle the Weaknesses



3. Mr Rajesh Babu – Chief Operating Officer, Akshayakalpa Organic, India

Topic: A Happy Team, A Happy Organisation, A Happy Society



4. Ms Mynoo Maryel – Founder of The POEM (Palace of Extraordinary Miracles), United Arab Emirates

Topic: Leading with Intuitive Intelligence – Seeing All Perspectives

At the Forefront

04 July 2023

- Leadership Conclave

Session 4 – 3:20 p.m. to 4:45 p.m.

Theme: To Tell



Session Chair: Mr Indushekhar B – Vice-President, Volvo, India

Speakers and Topics:



1. Mr Amit Sharma – Managing Partner, Global Delivery, IBM Consulting, India

Topic: Leading with Empathy: Communicating and Connecting with Your Team



2. Mr Nikhil Dey – Life & Leadership Coach, Executive Director of Adfactors and Founder of soul2sole coaching, India

Topic: Mindful Listening and Navigating Difficult Conversations



3. Mr M V Narayana – Senior Adviser, Expert Consultant, HCL Foundation, India

Topic: Motivating the Team by Recognising Good Work

Session 5 – 4:50 p.m. to 6:20 p.m.

Theme: Women and Ethics in Leadership – Panel Discussion



Session Chair: Ms Suparna Chadda – UN Women Awardee and Founder of Simply Suparna Media Network, India

Speakers Panel:



1. Ms Kristin Engvig – Founder President of WIN, Inspiring Women Worldwide, Norway



2. Ms Prerana Langa – Chief Executive Officer, YES Foundation, Aga Khan Agency for Habitat, India



3. Dr Snehal Donde – Principal, Hillary Visa Oswal College, Fulbright Scholar and Dean of Administration, Bhaktivedanta Research Centre, India



4. Dr Kiranmai Pendyala – Corporate VP, HR, AMD Greater Asia and EMEA, UPS India Technology Center, India

Valedictory Session – 6.30 p.m.



In Focus

14 June 2023

– A History in Making

**Reviving the Indian Model of Healthcare
AIIMS (New Delhi) and Sri Madhusudan
Sai Institute of Medical Sciences and
Research shook hands through an MOU**

A Memorandum of Understanding was signed between India's premier institute All India Institute of Medical Sciences, New Delhi and India's first free medical college, Sri Madhusudan Sai Institute of Medical Sciences and Research at AIIMS Delhi. Dr M Srinivas, Director of AIIMS Delhi and Sadguru Sri Madhusudan Sai, Founder of India's first free medical college, exchanged the memorandum of understanding to jointly work in undergraduate and postgraduate education in healthcare; to formulate and promulgate modules of teaching methodology; to facilitate projects of national importance in healthcare services with special focus on primary healthcare, preventive health and telemedicine; to give combined impetus to augment research and innovation; and to enhance scientific and academic collaboration, training and interaction in healthcare services and medical education.

Dr M Srinivas's Speech Extract

"The collaboration between AIIMS and Sri Madhusudan Sai Institute of Medical Sciences and Research will transform good doctors into extraordinary healers. Spirituality and Compassion are the two key tenets to excel in any field, especially in the field of healthcare."

Sadguru's Speech Extract

"The culture of India prays for everyone, not just for oneself, and does everything possible to manifest this prayer as service to the needy. Today is a momentous day and I'm sure it's history in making when, we as an institution, are joining hands with the topmost institution of healthcare in India, the All India Institute of Medical Sciences (AIIMS) at New Delhi. Sri Madhusudan Sai Institute of Medical Sciences and Research will give completely free of cost medical education, including nursing and paramedical sciences to rural students who cannot afford quality medical education."

The two watchwords for healthcare and medical education are Competence and Compassion. We are all born compassionate. The idea of this medical school is to preserve and nurture compassion in healthcare professionals, while at the same time provide an opportunity for them to become very competent medical professionals.

We also have a super-speciality paediatric heart hospital. In India, it generally takes between 10 to 12 years to become a good paediatric cardiac surgeon, and stretching it this long creates disinterest in students. At Stanford and other places in US, there are six to seven years courses for paediatric cardiac surgery, during which time they are provided with good training and enough experience. Hence, we would like to work with AIIMS to reduce the training period for paediatric heart surgeons.

In Focus

14 June 2023

– A History in Making

**Reviving the Indian Model of Healthcare
AIIMS (New Delhi) and Sri Madhusudan Sai
Institute of Medical Sciences and Research
shook hands through an MOU**

There is a huge need for infusing values in health care, especially values like compassion, service, sacrifice, and respect towards colleagues and patients. At our hospitals, the spiritual value we practice is to allow patients to go to the prayer room and do whatever prayer they want, irrespective of whichever religion they practice. All our doctors assemble together and pray every day, especially before every surgery. 'Sai is the surgeon' is the slogan at our Operation Theatres, since we believe that we are just instruments in the hands of the Divine to do God's work. This culture has to be imbibed by our next generation of doctors. Only then, will we be able to relive the scriptural saying - *vaidyo nārāyaṇo hariḥ* - Doctors are God. We go a step further and say, 'Patients are God.' A free model does not mean a low-quality model. Our motto is treatment to the poor, but not poor treatment. We ensure that we always provide high-quality treatment.

I'm sure AIIMS and Sri Madhusudan Sai Institute of Medical Sciences and Research have much to give and take, and learn from each other. We are looking forward to borrowing wisdom and skills from AIIMS to train the poorest of the poor rural students.

Let us work hard to build a totally Indian model of healthcare, patient care, teaching and training which will become a role model for the entire world."

MoU Exchange - Dr M Srinivas, Director - AIIMS, New Delhi and Sadguru Sri Madhusudan Sai



MoU signing between All India Institute of Medical Sciences, New Delhi and Sri Madhusudan Sai Institute of Medical Sciences and Research, Muddenahalli



In Focus



Centre - Mr Allola Indrakaran Reddy, Minister of State for Endowments, Law and Forest, Environment, Science and Technology of Telangana, partaking ragi cereals health mix

Service and Spiritual Activities

05 July 2023 - Annapoorna Turns 11 with an Expansive Bang

She is a giver. She feeds the children of the world and nourishes their body with energy and their minds with love. She just turned 11 on 05 July 2023, and celebrated it by adding to her coterie another 1.8 million children. As on date, her clan has grown to 3 million little cherubs who receive their morning nutrition every day.

Though young herself, she wields the power of goodness that has made over 650 volunteers work for her by serving children in about 23 States and 5 Union Territories of India.

From July 2011 to July 2023, everyday of her journey has been one of expansion and inclusion.

May her tribe grow to make this country and the world a healthy and a happy place for all.

On 20 June 2023, as part of 'Telangana Formation Day Decennial Celebrations', SaiSure Multi Nutrient Health mix morning nutrition programme (Fortified Ragi with Jaggery) was launched by Sri Sathya Sai Annapoorna Trust, as the implementation partner, in collaboration with the Government of Telangana.

The launch programme was held at Jilleguda, Ranga Reddy district, and inaugurated by Smt Sabitha Indra Reddy - Minister of Education of Telangana. Also present were Smt Vakati Karuna IAS - Principal Secretary of School Education, Government of Telangana; Smt Sridevasena IAS - Director of School Education, Government of Telangana; Mr Prateek Jain IAS - Additional Collector; Ms Anita Harinath Reddy - Zilla Parishad Chairperson, Ranga Reddy district.



From Left to Right: Holding Ragi Cereal Health Mix packet) Mr Dilli Ramababu - Executive, Operations Annapoorna Trust, Mr Vanama Venkateswara Rao - MLA Kothagudem, Mr Anudeep Durishetty IAS, Collector and District Magistrate, Bhadradi Kothagudem



Mr Jogu Ramanna, MLA of Adilabad is feeding Ragi Cereals Health Mix to a child



“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



Nutrition and Healthcare

The volunteers of Heart of Love Foundation served **500 hot vegetarian meals** to indigenous and non-indigenous families at the Kinship Festival. The volunteer's children put up stalls and sold their handmade items to create awareness about the Sri Sathya Sai Sanjeevani Children's Hospital in Fiji.

Health in Kind medical team set up a general medical check-up and well-being station for attendees to consult medical professionals about health-related issues.



Kinship Festival is one of the region's largest cultural events that took place at Murwillumbah in the Far North Coast of NSW. This festival aims to connect and engage indigenous and non-indigenous families with the community, the culture, and the country. Linking them to local support services and programmes through shared learning and participation is one of the main purposes of the festival.



Region 1

Fiji



Sai Prema Foundation



Sai Prema Foundation Fiji

Healthcare

Sai Prema Foundation Fiji celebrated the World Blood Donor Day 2023 by collaborating with Fiji National Blood Service and conducted a blood drive at the city of Suva.

It is commonly said that one pint of blood can save up to three lives. Thus, this blood drive was conducted in lieu of an alarm raised about critical shortage of blood at the blood banks in Suva.

The donors were given fresh fruits, biscuits and fruit juice upon completing their blood donation.

Volunteers of Sai Prema Foundation educated the donors about the importance of giving blood, and also spoke to them about the care to be taken after donation of blood.



Hong Kong



FEED HK
饋香港

LOVE ALL SERVE ALL
愛護眾生 服務大眾

Nutrition

About **3,500 food packets** were distributed in the month of May 2023. The food packets were prepared at the Feed Hong Kong kitchen, which is open 3 times a week.

At Yau Ma Tei district, **120 recipients** of cooked food packets along with dry food packets, were assisted with the distribution by the students of Ying Wah Primary School



Region 1



Sri Sathya Sai Foundation Lao PDR

Blood Collection Drive

In partnership with Lao Red Cross, a blood donation camp was held at the Sri Sathya Sai School. In total, 80 units of blood were collected.

A sumptuous feast was served to the Lao Red Cross staff, volunteers, students and teachers.

Educare

- Spouses of several senior leaders visited Sri Sathya Sai School and were impressed by the free values-based education model. The school administration was commended for the good work done in support of the society.
- The District Office of the Ministry of Education and Sports organised an inter-school programme to celebrate International Children's Day at the Sri Sathya Sai School. The event was graced by the Deputy Governor of the district, the Chief of the District Education Office, and several other dignitaries. Over 400 children and teachers from other schools participated in the event. It was a fun-filled programme with games and cultural activities. All visiting students, teachers and guests were treated with snacks and lunch by the management of Sri Sathya Sai School. The School was presented with a Certificate of Appreciation by the District authorities.



Home of Universal Peace

Nutrition

In the month of May 2023, 249 meals were cooked and distributed at the city of Yokohama with the support of the local Food Bank community which provides rice, drinks packages and long-life food items.

Educare

The Human Excellence Academy of Japan conducted its Part 2 of 'The Road to Infinite Joy' workshop under the facilitator-ship of Dr Ron Farmer and Mrs Suwanti Farmer from Australia. This is a continuation from the Part 1 of 'The Road to Infinite Joy.' In Part 2, more focus is being given to interactive discussions and sharing of the participants' experiences on the topics learnt previously. These sessions will be conducted once a month for the next seven months, with approximately two hours for each session, including Japanese interpretations. It guides participants on practical applications of finding one's authentic joy which resides within every person. The first session focussed on Step 1 - 'Steadying the Mind', which was attended by 17 participants from various parts of Japan.

Healthcare

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

The Trust served the following cases in the month of May 2023:

- Consultation for a 2 years and 9 months old girl suffering from Early Infantile Epileptic Encephalopathy
- Supported the treatment of a five-year-old girl who developed mitochondrial disease

The Trust also held a conference at the foot of Mt Fuji to discuss alternative medicine for Japanese newborns, infants, and children.

Region 1



Singapore

Nutrition

Youth Singapore in collaboration with Hao Ren Hao Shi (HRHS), pack and distribute monthly groceries to low-income residents, palliative patients and migrant workers across Singapore. Another school, Feng Shan Primary School joined HRHS in the month of May 2023, and Youth Singapore facilitated this opportunity of service for the new comers of Feng Shan Primary School.

In the month of May 2023, **1,200 beneficiaries** were distributed groceries.

Educare

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

The topic of 'Happiness' was covered. Children watched a TED video that shared the importance of gratitude, journaling, exercise, meditation and acts of kindness to bring forth happiness from within.



Region 1

Singapore



22 June 2023 – Education Symposium 2023, Singapore

A New Normal in Teaching

Embracing Changes, Enhancing Wellbeing and Managing Expectations Singapore – 22 June 2023

Nelson Mandela rightly said that, “Education is the most powerful weapon one can use to change the world.” The end of education, most importantly is character. It is about learning how to live, and not merely how to make a living. A good education can help children discover their innate beauty and help them unlock their full potential. Keeping this as the inspiration, an **Education Symposium 2023 - A New Normal in Teaching: Embracing Changes, Enhancing Wellbeing and Managing Expectations (An International Perspective)** was organised jointly by 1Youth and the Singapore Teachers’ Union today (22 June 2023) in Singapore at the Paya Lebar Methodist Girls’ Secondary School, where a few hundred teachers from across Singapore were in attendance. Mr

Desmond Tan, Minister of State in the Prime Minister’s Office was the Guest of Honour and Sadguru Sri Madhusudan Sai delivered the keynote address during the inaugural session.

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Region 1

Singapore



In his welcome address, the President of the Singapore Teachers’ Union, **Mr Salleh Mohd**, mentioned that as educators, we have to grow to be more adaptive, cultivate skills to be more effective, become better professionals, and evolve into better versions of ourselves. He urged the educators to envisage the future version of themselves and said that for him personally, it would not just be about living life to the fullest but rather to live a meaningful life to the fullest.

Mr Desmond Tan, Minister of State in the Prime Minister’s Office, in his opening remarks thanked the educators for their hard work over the many years to reap the best education so that everyone could grow as people, society, and a country. He shared an observation from the lives of his three children, about how from parents-teachers conferences at schools it evolved to parents-teachers meetings, and today it was a convergence of all three stakeholders – parents, teachers and the pupil. He added that education will keep evolving as the economy evolves, as technology advances, and as society and parental expectations increase over time.

Sadguru Sri Madhusudan Sai delivered the keynote address next on the **‘Tripod to Success: Joyful Learning with the collective partnership of students, teachers and parents’**. He shared thoughts about the ancient education system in India called *gurukulas*. He explained the meaning of the word *guru*, which means teacher, and *kula* means the lineage of the *guru* or the place of the *guru*. Sadguru said, “Ancient Indians believed that education should not be commercialised, because the moment it becomes a commodity, teachers become service providers, parents become customers, and education becomes a commodity. The whole equation then becomes imbalanced.”



He commented that all the stakeholders, such as policymakers, teachers, school management, parents and students, should come together to ensure a child learns seamlessly and efficiently. However, a large part of the world has parents who are not educated, and he stressed that they should be involved in the education process, by inviting them to participate so that they will understand the role of teachers. Quoting Aristotle who said, ‘Educating the mind without educating the heart is no education at all’, Sadguru went on to say that a lot of new things have happened, but educating the heart is not happening well. “Making better human beings is not happening. Values are not learnt by teaching through technology or by giving lectures. It is grasped when children see these being practiced in their homes, schools, and communities. Education is a participative process, and every child is different. Therefore, the only way that this education system can be made more efficient would be to have teachers, parents, and students work together.”

He concluded his keynote speech by saying, “a child is a world citizen and the responsibility to raise the child is not just of the parents or teachers, but of the whole society. When a child is born, a world citizen is born; and whatever the child does, he or she is going to make a difference to the world at large. Therefore, we are all stakeholders in every child’s development.”

Region 1

Singapore



After the felicitation of the guests, a chat show was held, where Sadguru was asked several questions:

- What inspires you to do all that you are doing? - Sadguru referred to the verse from the Bible which was on the wall of the auditorium - 'And now these three remain: Faith, Hope and Love. But the greatest of these is Love.' - 1 Corinthians 13:13. He said it was only LOVE that inspires him to what he does every day.
- How do teachers introduce this love? - Sadguru took a leaf out of his own life when he was a student at school, and how one particular teacher had recognised his talents and encouraged him by identifying his strengths, acknowledged them and had showered love which had helped him gain self-confidence. This helped him shine as a student who went on to get two gold medals in University. Sadguru said, "Once the child attains self-confidence, the child is capable of doing many more things based on his/her passion."
- How did you get the title of Sadguru? - Sadguru explained that in the spiritual tradition of India, truth means the truth of our existence - who we truly are - that is beyond our bodies and minds. He said, "We are the spirit. The one who teaches this truth is called a Sadguru. So primarily, that is my subject of teaching - the truth of our scriptures and spirituality."
- Being an expert of all content, how do you manage the different stakeholders with the evolution of technology as we have technology that competes with the minds of the children, parents, and teachers? - Sadguru remarked, "whatever be the technology, at the end of it, we need human beings to interact with

other human beings. It can never be discounted and can never be dismissed. The importance of teachers also have increased over time because they had to be there to help the child understand these human emotions, to help them understand how to interact and behave in society. Technology can teach the mind, it cannot teach the heart. For that, you need human beings who live that knowledge and love. And that's why I do not see how teachers can ever become extinct and how technology can take over the entire education system. Technology can make it efficient, but it can never make it complete. That's why we as teachers should always be very proud of what we are doing." He went on to say, "to love children, to love teaching, to love teaching the children and to love the fact that you love teaching the children, is important! That love in teaching and education will never be replaced with technology. Therefore, there is no real competition between the teacher and technology."

- How do you deal with high-achieving parents who want to keep up with times? What are some things done that help educators manage those high-achieving parents who are looking to see the progress in their children? - Sadguru shared that as educators, we have to sit down with the parents and counsel them, and help them understand that just nurturing a student who will evolve with a competitive edge only is not going to help him or her. He went on to say, "Parents need to understand that the child has to learn to cooperate, collaborate, to work in teams, to work with everyone, and to help everybody win. That's the additional task the teachers have to carry. We must do that because we love our children and want to do the best for them. Though it's not in the description, it becomes a part of our job."

Region 1

Singapore



- If there is one tip that you would like to give all teachers to manage the different stakeholders well, what would that be? - Sadguru said, "The one tip is to make friends with everybody and make no enemies with anyone. Be it government, parents, students or others. You should be a friend to all, and enemy to none. And that's a skill that teachers must learn. As a teacher, being friendly is very important. Have a nice smile and do not talk from the head; that doesn't work, as it bounces back. But when spoken from the heart, it definitely goes to the other heart. Love conquers all at the end. If you are genuine and have love in your heart which is pure and unconditional, it has a lot of power. This can do anything that it wants to do. So I think, as teachers, the most important quality is to develop unconditional love for your students, their parents, and everyone in general."

The next speaker was **Mr Kai Low**, the Assistant General Secretary (Appointed) and Deputy Director for Industrial Relations, Corporate Communications and Membership at the Singapore Teachers' Union. He spoke on the topic - **Misaligned and Maligned: Why teachers' rights are more important than the customer being right?** Mr Low said that it is the commonplace view that teachers are accountable not only to students, but to their parents as well. This is largely due to the custodial role that teachers perform, as well as the impact teachers have on the socio-emotional and psychological growth of their students. Yet, it is not untrue that teachers and parents may disagree on the values, mindsets and educational philosophies that are best for the same child. Mr Low touched upon whether in such situations, should teachers abide by the parents, or should teachers respond and overcome complaints that leave them vulnerable, and what has to be done to protect the rights of our teachers without losing our 'customers'.

Mr Gavin McCormack co-founder of upschool.co, a trained Montessori teacher, a children's author, teacher trainer, philanthropist and school principal from Australia was the next speaker, who shared on the topic: **The A to Z of Montessori to Mainstream.** His energetic and passionate talk explored the innovative teaching techniques that can help students become active learners and prepare them for the challenges of the future. He went on to discuss the importance of critical thinking, problem-solving, and creativity in the classroom and also encouraged teachers to explore ways to foster these skills in their students. Speaking on the power of technology, Mr McCormack stressed on how it can be used to enhance learning and create engaging, interactive experiences. But most importantly, his talk focussed on bringing

purposeful learning into every classroom, which ensures that every student has the opportunity to reach their full potential and make a positive impact on the world.

Professor Suma Parahakaran from Malaysia who is a visiting professor and faculty member for the American University of Sovereign Nations and author of several books and book chapters on Education in Human Values, Ethics, and Sustainability, presented on the topic - **Teachers Personal Well-Being and Job Satisfaction.** She shared that to ensure the dominance of our self within our body, mind, and surrounding environment, it is essential to cultivate a strong sense of self or spirit. "The key to ascertain the strength of our spirit, lies in our awareness of the ego process. By consciously observing and understanding our ego, we gain insight into the robustness of our spirit. The knowledge tells us that it is always there for us to be competitive. And the inspiration does not come from knowledge. It comes from our spirit." She went on to say that a teacher's personal experiences of anxiety, stress, and promotion of psychological well-being requires a relook through transformation, and a process of creating and sustaining values with values as an outcome of the teaching process. Professor Parahakaran advised teachers to be the great spirit of love and care. She said, "A great spirit is a billion beings operating with one heart, one mind and one soul. Teach everyone how to love, without discrimination."

Region 1

Singapore



Ms Sangita Naidu, a values educator from Australia presented on the topic - **Teachers as Role Models**. She spoke about the importance of walking the talk, and narrated the story of Ramakrishna Paramahansa, where a mother brings her son to him and requests Ramakrishna Paramahansa to tell the boy to stop eating too many sweets. He sends her home without saying anything but asks her to bring the boy back the following week. When she returned a week later, Ramakrishna Parahamamsa tells him to stop eating sweets. The perplexed mother questions Ramakrishna Paramahansa, as he could have said this straight away when she had brought the son the first time. Ramakrishna Paramahansa simply replied that he had to first practise before preaching.

Ms Naidu said that teachers are the catalysts in the path of transformation for students. Keeping this as the main focus, she shared how Sadguru Sri Madhusudan Sai initiated a teachers' training programme few years ago. Taking each alphabet of the word - T.E.A.C.H.E.R, he had coined the below.

T - Transformation, not merely information

E - Exemplar

A - Awareness of Oneness

C - Culture of the Country

H - Head, Heart and Hand, and its unity

E - Environment

R - Religion

Ms Naidu went on to explain each of the above and the journey of every teacher as he or she traverses towards the goal of a successful and happy classroom.

Emeritus Professor Terence Lovat from the University of Newcastle who worked on the Australian government's National Framework for Values Education was the next speaker who presented on the topic: **Values-based Education and the Student Effect**. He spoke at length about the factors that contribute to teachers' social and emotional well-being, and shared snippets from the world's largest study conducted on values education in Australia, which involved many thousands of students and teachers. He stressed on the inextricable link between student well-being and his or her academic achievement. He said the wisdom of human values has existed for many civilisations, and stressed that the twofold task in implementing the values pedagogy would be - to establish the values-rich environment implicitly and explicitly focus on the values component of curriculum content. Professor Lovat said that we must give importance to an environment where values shape the classroom activity for a happy classroom.

Ms Lauren Yeo, a professional counsellor, an accredited parenting coach and the founder of ReSTART Counselling for Wellness, and lecturer with The National Institute of Education (NIE) Singapore, was the final speaker of the day who presented on the topic: **Navigating Post-Pandemic Changes to Learning Motivation and Psychosocial Challenges-Practical Strategies to Help Children and Teenagers**. Ms Yeo spoke about the distraction in home learning environment which was caused due to changes in perspective, attitude towards learning, and lack of helpful skills during the pandemic. She broke down the psychological changes experienced by students during COVID, into social anxiety/stress frustration, anger bouts, etc., due to insecurity. She also went on to talk about why we need trusting relationships and how to build such relationships.

The one-day Symposium concluded with a panel discussion where all speakers came together to answer many questions posted to them by the audience.

Region 2

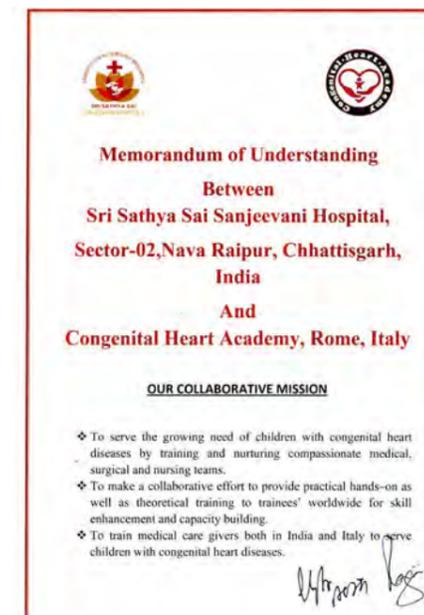
India



13 April 2023 - Memorandum of Understanding between Sri Sathya Sai Sanjeevani Hospital, Nava Raipur, (India) and Congenital Heart Academy, Rome, Italy

The MOU entails the following:

- To serve the growing need of children with congenital heart diseases by training and nurturing compassionate medical, surgical and nursing teams
- To make a collaborative effort to provide practical hands-on as well as theoretical training to trainees world-wide for skill enhancement and capacity building
- To train medical care givers both in India and Italy to serve children with congenital heart diseases



25 May 2023 - Inauguration of Sai Swasthya Wellness Centre, Howrah, West Bengal

On 25 May 2023, Sai Swasthya Wellness Centre was inaugurated at Gondalpara in the Howrah district of West Bengal for offering consultation, diagnostics and dispensary to the rural population.

The inauguration was graced by Swami Atmapriyananda, Pro-Chancellor of Ramakrishna Mission Vivekananda Educational and Research Institute.

Ante-natal care, consultation for hypertension and diabetes, child health counselling, and other such primary healthcare services will be provided by this Centre.



Region 2

India



02 - 04 June 2023 – Staff Orientation Programme of Sri Sathya Sai Loka Seva Gurukulam Group of Institutions

sahavīryam karavāvahai – Together We Shall Work

The three-day staff orientation programme revolved around the principles of unity, progress and success, as emphasised by Henry Ford who said, “Coming together is the beginning, keeping together is progress, working together is success.”

Objective: Aligning with the vision of the Institution and the Founder, Sadguru Sri Madhusudan Sai and understanding individual and collective responsibilities in the respective roles.

The Programme comprised of:

- Inspiring speeches by the Chancellor and Chief Mentor, Sri B N Narasimha Murthy
- Transformational stories of students



- Video presentations on service projects (Nutrition, Education and Healthcare) and Sri Madiyala Narayana Bhat, the Founder of Sri Sathya Sai Loka Seva Institutions at Alike and Muddenahalli
- Intradepartmental group discussions aimed at achieving individual, departmental, and institutional excellence, with spirituality as the guiding principle
- Games for bonding like three-legged race, dodgeball, and tug of war
- An opportunity for participating in Maha Vishnu, Dhanvantari, and Maha Mrtyunjaya Homas and understanding their spiritual significance as elucidated by Sadguru
- Cultural Performances by the Department of Music and Performing Arts
- Quiz programme
- Lunch with Sadguru



Region 2

India



02 - 04 June 2023 – Staff Orientation Programme of Sri Sathya Sai Loka Seva Gurukulam Group of Institutions

Sadguru's Message

Sadguru Sri Madhusudan Sai elucidated the meaning of the Shanti Mantra –

ॐ सह नावतु |

om saha nāvavatu – May all be protected

सह नौ भुनक्तु |

saha nau bhunaktu – May all be nourished together in the process of learning

सह वीर्यं करवावहे |

saha vīryam karavāvahai – May all work together with enthusiasm



तेजस्विनावधीतमस्तु

tejasvi nāvadhītamastu – May the knowledge stay with us and come to effective use

मा विद्मिषावहे ||

mā vidmiṣāvahai – May we not trouble each other with disputes

ॐ शान्तिः शान्तिः शान्तिः ||

om śāntiḥ śāntiḥ śāntiḥ – Let there be peace for all

Sadguru reaffirmed the importance of lifelong learning, attaining global standards, and engaging in multidisciplinary research to strive for excellence.



Region 2



07 June 2023 – Celebration of Fifth Year Anniversary of Sri Sathya Sai Sanjeevani Research Foundation at Sri Sathya Sai Sanjeevani Centre for Child Heart Care and Training in Paediatric Cardiac Skills, Navi Mumbai

Launch and Dedication of Public Health Services for Government Functionaries and Maternal Health Services

The Governor of Maharashtra, Mr Ramesh Bais visited the Sanjeevani Centre at Kharghar, Navi Mumbai to launch and dedicate Public Health Services for Government functionaries and also Maternal Health Services.

Dignitaries present at the Event

Sadguru Sri Madhusudan Sai – Founder of Sri Sathya Sai Sanjeevani Centres for Child Heart Care

Dr C Sreenivas – Chairman of Sri Sathya Sai Sanjeevani Centres for Child Heart Care

Dr Pravin Shingare – Pro-Chancellor of Krishna Vishwa Vidyapeeth at Karad, Maharashtra

Dr Anita Saxena – Vice-Chancellor of Pt.B.D. Sharma Post Graduate Institute of Medical Sciences at Rohtak, Haryana



Mr Ramesh Bais – Governor of Maharashtra

Launch of the ‘Programme of Non-Communicable Diseases Screening of Anganwadi Workers and Government Primary Health Helpers at Raigad district, Maharashtra

This is a joint initiative of:

- Sri Sathya Sai Sanjeevani Hospitals
- National Institute of Public Health Training & Research (NIPHTR)
- The Advanced Centre for Treatment, Research, and Education in Cancer (ACTREC)

Below from Left to Right:

Dr Sunil Gitte – Director, NIPHTR

Dr C Sreenivas – Chairman, Sri Sathya Sai Sanjeevani Centres for Child Heart Care

Mr Ramesh Bais – Governor of Maharashtra

Dr Mahendra Kalyankar – Divisional Commissioner, Kokan Division

Dr Rajiv Sarin – In-charge, Cancer Genetics Unit, ACTREC



Region 2



07 June 2023 – Celebration of Fifth Year Anniversary of Sri Sathya Sai Sanjeevani Research Foundation and Sri Sathya Sai Sanjeevani Centre for Child Heart Care and Training in Paediatric Cardiac Skills, Navi Mumbai

Launch of Sanjeevani’s Maternal Health Services viz Antenatal Care and Sonographic Clinic at the Sub-District Hospital in Panvel, Raigad district, Maharashtra

This is a joint initiative of:

- Panvel Municipal Corporation
- TB Relief Centre, Thane, Mumbai

Below from Left to Right:

Dr Sachin Jadhav – District TB Relief Center, Thane

Dr C Sreenivas – Chairman, Sri Sathya Sai Sanjeevani Centres for Child Heart Care

Mr Ramesh Bais – Governor of Maharashtra

Mr Ganesh Deshmukh – Panvel Municipal Corporation Commissioner

Dr Suhas Mane – Civil Surgeon of Raigad District



Scientific Symposium

Commemorating the Fifth Anniversary of Sri Sathya Sai Sanjeevani Research Foundation, Sadguru Sri Madhusudan Sai, along with esteemed scientists like Professor Moinak Banerjee – Rajiv Gandhi Centre for Biotechnology, Dr J Shashidhara Prasad – Former Vice Chancellor, University of Mysore, Prof Nallur Ramachandra – University of Mysore were present at the event.

Some of the Speakers were:



- Dr Anita Saxena – Vice-Chancellor of Pt.B.D. Sharma Post Graduate Institute of Medical Sciences at Rohtak, Haryana



- Prof S C Lakhota – Professor, Banaras Hindu University



- Dr Rajiv Sarin – Former Director and Professor of Radiation Oncology, and In-charge of Cancer Genetics at Advanced Centre for Treatment, Education and Research in Cancer, Kharghar



- Prof B K Thelma – National Science Chair, Department of Science and Technology, Government of India



- Dr Siddarth Lakhota – Professor, Banaras Hindu University

Several students and researchers from various institutes attended the scientific sessions which were conducted in hybrid mode.

Gift of Life Certificate being awarded to a child



Region 2



13 June 2023 - Memorandum of Understanding between Sri Sathya Sai Health and Education Trust and Government of Odisha

From Left to right members in the picture

1. Dr Nirod Kumar Sahoo, AD Technical, National Health Mission, Odisha
2. Mr T V Subbarao, Senior Associate - Public Health, Sri Sathya Sai Sanjeevani Hospital, Jamshedpur
3. Mr Ravikiran Sreepada, Trust Officer, Sri Sathya Sai Health & Education Trust
4. Dr Dinabandhu Sahoo, TL, SHSRC, National Health Mission, Odisha
5. Mr Adait Pradhan, SPM, National Health Mission, Odisha
6. Ms Brundha D, IAS, Mission Director - National Health Mission, Odisha



Region 2



Sadguru's Favourite Time - Campus Visits

11 June 2023 - Visit to Sri Sathya Sai Loka Seva Gurukulam, Sathya Sai Grama, Muddenahalli



Region 2

India



20 and 21 June 2023 – *upanayan* Ceremony at Sri Sathya Sai Loka Seva Veda Gurukulam, Sathya Sai Grama, Muddenahalli

An *upanayan* ceremony was conducted for eight children at Sri Sathya Sai Loka Seva Veda Gurukulam. The denomination for this *upanayan* is called 'thrayānika dīkṣā' or 'agnihotra dīkṣā', which lasts for three days after the day of *upanayan*.

The Significance of *upanayan*

upanayan qualifies the child to learn and chant the *vedas*

It signifies the formal beginning of *brahmacharya āśrama*, in which chanting *vedas* become one of the basic *dharma*s

It is as sacred as a child taking another new birth and attaining the status of *dvija* or twice born

It gives the right to perform *vedic* rituals and *agnihotra upāsana*, in which the child worships Lord *agni* and performs *agni kārya*

During the three days of the *thrayānika dīkṣā* or *agnihotra dīkṣā*, the child purifies his body with *agni* and not water, by performing *agnihotra* and purifying himself

sandhyā vandana is a mandatory worship for the ones who have undergone *upanayan*. Negligence to perform *sandhyā vandana* nullifies the *upanayan dīkṣā* and hence must be done every day



Region 2

India



Sadguru's Favourite Time – Campus Visits

29 June 2023 – Inauguration of Girls Hostel at Sri Sathya Sai Prashantiniketanam, Nallakadirenahalli, Chikkaballapur



Region 2

India

30 June 2023 – Inauguration of Atal Tinkering Lab at Sri Sathya Sai Loka Seva Gurukulam, Sathya Sai Grama, Muddenahalli

The Atal Tinkering Lab (ATL) has been established at Sri Sathya Sai Loka Seva Gurukulam in Sathya Sai Grama. It was inaugurated by Sadguru Sri Madhusudan Sai, along with Mr Alok Ohrie (President and Managing Director at Dell Technologies, India), Ms Archana Sahay (CSR Head, Dell Technologies, Asia-Pacific & Japan), Mr Ian Correa (CEO, Hope Foundation), and Mr Chandrasekaran (COO, Hope Foundation).

The ATL Lab, supported by the Government of India, NITI Aayog, and Atal Innovation Mission (AIM), is a hub for creativity and innovation. The lab was set up in collaboration with Dell Technologies and Hope Foundation and is equipped with cutting-edge tools like 3D printers, microcontrollers, sensors, tailoring equipment, telescopes, and more.

From Left to right

Ms Archana Sahay - CSR Head (Asia-Pacific & Japan), Dell Technologies

Mr Alok Ohrie - CEO, Dell Technologies

Mr Ian Correa - CEO, Hope Foundation



Many projects were demonstrated by the students, which included Smart Wear for the Blind, Smart Shoes for the Blind, All-terrain vehicle, Automated Fire dousing Vehicle, Self-Water Irrigation System and many more.

This remarkable initiative will empower students to unleash their innovative potential in the field of Science and Technology.

Region 2

India

03 July 2023 – Guru Purnima Celebrations, Sathya Sai Grama, Muddenahalli

Doctors as Students – Institute of Human Values

Guru Purnima always holds special significance for the teacher and the taught. The auspicious occasion this year saw the doctor-students share stage with their inspiring master-teacher. The day will indeed remain etched in the memories of the healthcare professionals working at the Sri Sathya Sai Sarla Memorial Hospital and Sri Madhusudan Sai Institute of Medical Sciences and Research. As a mark of appreciation, Sadguru Sri Madhusudan Sai awarded certificates to 43 healthcare professionals and paramedics who successfully completed the Compassionate Healthcare Course in the Institute of Human Values. This Course has been specially designed for healthcare professionals to help them effectively integrate values into their medical practice. At

the behest of Sadguru's command earlier, many from the healthcare team, from both the hospital and the college at Muddenahalli, embarked on this learning journey despite their demanding hospital schedules. It is noteworthy to mention that many of them managed to finish the Course well within four weeks. The day also coincided with the Second Convocation ceremony of the Sri Sathya Sai University for Human Excellence.

Under the aegis of Prashanthi Balamandira Trust, the Institute of Human Values offer values-based certified courses for teachers, parents, healthcare professionals, management professionals, teenagers, social workers and spiritual seekers through an online learning platform, completely free of cost.

Click here for more details:
<https://www.iohv.org/>



Region 2

The Graduates with their Guru



Post-graduate Girls

Region 2

The Graduates with their Guru



Post-graduate Boys



Under-graduate Girls



Under-graduate Boys

Region 2

India



03 July 2023 – Guru Purnima Celebrations, Sathya Sai Grama, Muddenahalli

Publications Released by the Global Prakashana Team

Sri Sathya Sai Premamrutha Prakashana Global Teams humbly offered 38 publications in 17 world languages and 2 Indian languages in the form of Books and Audiobooks.

Sri Sathya Sai Uvacha Vol 15 – Chinese

God Management and Spirituality 101 – Croatian

Sri Sathya Sai Uvacha Vol 12 and Audiobook Vol 12 – Dutch

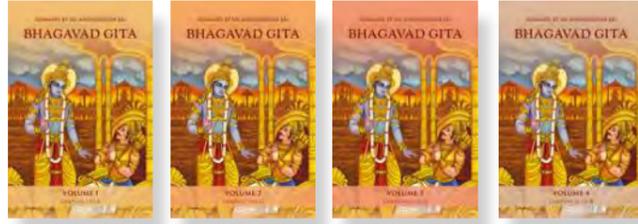
Sri Sathya Sai Uvacha Vol 15 – French

From the Heart Vol 1 and 2, Sanatana Dharma Simplified Part 1 and 2 – German

Master The Mind Vol 1, Vol 2, Vol 3 and Vol 4 – Greek

Spirituality 101 – Hindi

Sri Sathya Sai Uvacha Vol 17 and Spirituality 101 – Italian



Sri Sathya Sai Uvacha Vol 9 – Japanese

Sri Sathya Sai Uvacha Vol 7 and Vol 8, Sanatana Dharma Simplified Part 2, and Sadguru Speaks Vol 1 – Kannada

Sri Sathya Sai Uvacha Vol 16 and Vol 17 – Lithuanian

Sri Sathya Sai Uvacha Vol 12 – Macedonian

Sri Sathya Sai Uvacha Vol 8 and An Innerview A Day – Nepali

Sri Sathya Sai Uvacha Vol 18 and Sadguru Speaks Vol 1 – Polish

Sri Sathya Sai Uvacha Vol 15 and Sri Sathya Sai Uvacha Vol 12 and 13 Audiobook – Russian

Sri Sathya Sai Uvacha Vol 2 – Serbian

Sri Sathya Sai Uvacha Vol 12 and Spirituality 101 – Slovenian

Sri Sathya Sai Uvacha Vol 17 and Spirituality 101 – Turkish

Sri Sathya Sai Uvacha Vol 19, Sri Sathya Sai Uvacha Vol 4 Audiobook, Sadguru Speaks Vol 2, and Bhagavad Gita Vol 1 to 4 Summary by Sri Madhusudan Sai – English

Region 2

India



03 July 2023 – Sadguru Speaks – Guru Purnima Discourse

The *guru stotram* says:

अज्ञान-तिमिरान्धस्य ज्ञानाञ्जन-शलाकाया

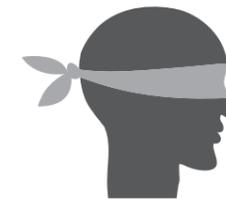
चक्षुर उन्मिलितं येन तस्मै श्री-गुरवे नमः

ajñāna-timirāndhasya jñānāñjana-śalākayā

caḥsur unmilitaṁ yena tasmāi śrī-gurave namaḥ

timirāndhasya means blinding darkness. Just like a person whose eyelids are closed tight and hence he is not able to look around; similarly the darkness of ignorance blinds a person from seeing the truth. A guru is one who applies the ointment of wisdom to such a blind person and allows him to open the eyes (inner eyes) and see the truth as it is.

The role of a guru: *guru* – *gu* is darkness and *ru* is the remover of darkness.



Darkness of Attachment is removed by the Light of Wisdom

Everyone is capable of knowing the truth within and without. But are unable to see it due to attachment to the world. The *guru* removes this attachment through the light of wisdom and opens our vision to experience the truth.

It is here and now: Spiritual truth or knowledge is not to be brought from outside nor do we have to go somewhere to learn it. It lies within all of us.

Opening the faculty of wisdom: The truth only has to be made manifest to us by helping us open the faculty of wisdom and seeing things as they are.

The role of a guru accessioned for today's times: For the current times, the role of a *guru* is not just in removing the darkness and showing the truth by spiritually elevating the student or the disciple, but also relieving the disciple, from his physical and material sufferings. Only then can the disciple be ready to listen to higher truths.



Region 2

India 



For somebody who is struggling to make two ends meet, who is unable to access quality education in a school or college, or suffering from illnesses, how do we tell about God, *ātman* and *paramātman*? Hence, the role of a *guru* has graciously included that aspect of satisfying the basic material needs of the disciple.

The twin goals of *ātmano mokṣārtham jagat hitāyaca* is the most apt one. Realise the truth and help others realise the same. For this sake, if it means to help others overcome their material difficulties to help them listen to higher truths, we must do that. Hence, our institutions provide both *aparā* (knowledge of the material sciences) and *parā vidya* (knowledge of the spiritual truths).

Our *paramparā*: Our children are the beacons of hope for this world, for they are the ones who will take this mission forward and provide for everybody, both material needs and spiritual truths. They are ones who are going to uplift several downtrodden and poor, and make them eligible and prepared for spiritual wisdom.

Sadguru's Pride – His Children: Some people from very reputed universities asked me as to how our children are joining us back? I told all of them – *'it is because they think this is their mission, not my mission or somebody else's mission. It is their mission to do what we have done for them and other people. They find this is the best place to be and do, and therefore so many of them join us back.'*

The Ultimate Blessing: Our Institutions are run by the Divine, for a Divine Purpose and that Divine purpose is to create more Divine beings like you, who are going to transform many more people in times to come. And everybody is a participant in this process of transformation. Love alone rules this place. Love is very powerful.

cheiyi patti kaapaade deeksha naaku: Baba said these words, which means *'I have a 'vow' – to lead all who stray away from the straight path again into goodness and save them.'* All we need to do is simply to walk in His footsteps of 'Love All Serve All' to reach the truth. All the work that we do is simply to abide by these teachings of loving selflessly and serving selflessly. This much is enough to transform ourselves, to attain the truth, and to reflect Divinity without any distortion.

Region 2

India 

Believe in the power of selfless love and don't have any doubts. As long as we are pure and we are unconditionally loving and serving, we can achieve anything in life. The world can be transformed, and all the problems and sorrows of the world can be removed, if more and more people believe in the power of purity and selfless love.

The Real Graduation: The day when each of our students transform into Divine, capable of loving everybody as Divine and serving everybody selflessly as Divine does, is the day when they shall become the real graduates of our University.

When all of us become the spiritual clones of Divinity, is the day when our mission has achieved what it has to.

I bless that every single graduate of this batch of 2023 will also become my *parāvidya* graduate, attain that Divine wisdom and become one with the Divine. This is the *saṅkalpa* I am making in this *siddhasaṅkalpa bhūmi*.

The Alumni Code:

- Respect everyone and be humble
- Stay true to your purpose
- Look straight and focus, do not get deviated while you walk on this path
- Keep together so that you can help each other walk till the end
- Fill your heart with pure love for all
- Dedicate your lives for the service of everyone, especially the downtrodden and the weak, and find fulfilment in your life

Special Thanks

To the devotees and well-wishers who have provided for all the material needs of our institutions, without asking.

To the teachers who have gone out of their way to solve children's problems, to counsel them and care for them, more than their parents, and also developed the students spiritually.

To the parents who have trusted us with their children.



Region 2

Middle East



Nutrition

- The volunteers of Sai Hrudayam distributed close to 8,157 meals to the needy during the month of May 2023
- 27 Sai Love Kits containing grocery items for a month, worth preparing 2,430 meals were delivered to unemployed workers

Desert Seva:

Sai Hrudayam Volunteers handed over a total of 61 kits worth preparing 5,490 meals to camel caretakers in the interior desert areas. Wheat flour, rice, pulses, oil, spices and condiments along with regular household cleaning supplies were part of the kit

One Meal a Day (OMAD):

237 meals were served in the form of biscuits, laban, tea, freshly cooked food etc.

Sociocare

Support to a stranded family: A family consisting of a father, mother and three daughters aged 17, 14 and 10 were in a crisis, as the family's earning member lost his job and they were found living in and out of their car and hotel lobbies, since they could not pay the rent and school fees. Volunteers of Sai Hrudayam extended their emotional support, found accommodation (a rented home) and provided cooked food, helping them gather their reins.



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 May 2023, the following services were provided:

- Outpatient consultations were conducted for **609 children** and **923 adults**
- 210 patients** got their Ophthalmic treatment done
- 13 deliveries** were performed
- 164 expecting women** were given the necessary antenatal care
- 30 children** were given immunisation
- 20 surgeries** were performed, which included caesarean section, circumcision, catheterisation, appendectomy, lumpectomy, herniorrhaphy, wound repair, and incision and drainage
- 1,253 lab** investigations were conducted
- 106 patients** were admitted in the hospitals as inpatients



Educare

TELA prepared students for the National Examinations under Senior WAEC (West African Examinations Council) and Junior NECO (National Examination Council).

Nutrition

School Breakfast Programme

- Nutritious meals are being provided to over 200 students of TELA every school day
- Biarienu (Come to Eat) programme provided free nutritious meals to over 300 school children at two Government Schools at Ezeagu LGA in Enugu State, in the month of May 2023

Sociocare

Old Is Gold (Elder Care)

'Old is Gold' programme takes care of 147 elderly people by serving food packets every quarter. This activity was undertaken in the month of May for the April to June 2023 quarter.

Region 2

Sri Lanka



Sri Sathya Sai Karuna Nilayam Foundation



Healthcare

The Foundation served **1,479 Out-patients** at the Sri Sathya Sai Karunalayam Medical Centre in the month of May 2023.

On 01 June 2023, a Cath Lab was inaugurated at Sri Sathya Sai Sanjeevani Hospital, Batticaloa. **64 Patients** underwent angiogram procedures in the month of June 2023, completely free of charge.

The entire city of Batticaloa did not have a Cath Lab facility. During the last four years, five medical staff and two doctors drove about 450 kms every month to Jaffna to perform cardiac interventions. Same is the story with the patients, who had to take public transport from Batticaloa to Jaffna for these services.



With the commencement of Cath Lab facility in Batticaloa, which is first-of-its-kind in Batticaloa, it shall serve the people of Batticaloa and the Eastern Province, completely free of cost.

Nutrition

1,820 food parcels were distributed to needy families in the villages



Region 3

Greece



'Ιδρυμα Μοιράζομαι' (Foundation of Sharing)

Nutrition

In May 2023, 1,459 meals were served to approximately 1,167 individuals. The meals were prepared by the members of the Greek Foundation and included cheese pies, potatoes au gratin, spinach pies, Greek-style peas, sandwiches, salads, juices, and chocolates.

The following institutions were the recipients of the meals:

- **1,107 meals** – 'Tsougraneion' Church-Run Soup Kitchen
- **247 meals** – Association for the Protection of Minors of Piraeus (EPA – The Good Shepherd)

Pizzas were delivered to the following institutions:

- **70 pizzas** were delivered to the children and adults with disabilities of EGNYA Foundation
- **35 pizzas** were delivered to the children of 'St. Andrew Children's Home'



- **80 beneficiaries** at the Anavyssos area, in South of Athens received boxes of different food items, which is equivalent to preparing **1,840 meals**, such as legumes, pasta, rice, milk, oil, cereals, snacks, as well as other necessities, like soap, washing powder etc.
- **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

Educare

A laptop was donated to a professor who needed it to conduct online classes for students.



Region 3

Turkey

Karşılıksız Hizmet Vakfı (Selfless Seva Trust)

Sociocare

In the month of May 2023,

- **1,670 meals** consisting of cooked legumes alongside milk and yogurt were distributed door to door at Şişli, Pendik, Ömerli, and other districts of Istanbul
- One child was assisted with a scooter and one family was given an HP Printer
- With the collaboration of the head of the Uskumruköy district, 10 families were provided with basic items like olive oil, tomato paste, salt, rice, bleach, pasta, toilet paper, paper towel, dishwasher detergent, and washing machine detergent.
- **33,600 meals** and **287 shoes** were distributed at one of the earthquake cities, Adiyaman Besni
- Financial support was provided for two house rentals and eleven utility bills



Region 4

Argentina

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



Nutrition

- In the month of May 2023, a total of **2,115 meals** and **3,199 breakfasts** were provided to the needy
- **723 meals** and **832 breakfasts** were provided to the soup kitchen, La Amistad at Escobar City, Buenos Aires Province
- In association with Asociación de Cazadores de Escobar (Escobar, Buenos Aires) and Encendiendo Lucécitas, food assistance was provided to three families
- At the city of La Plata, **1,392 meals** and **2,295 breakfasts** were delivered to the soup kitchens



Sociocare

- All the soup kitchens in La Plata collectively distributed clothes for **25 needy individuals** and 20 pairs of shoes for children and adults

Educare

- At Córdoba, **school supplies** were given away to **72 children** attending a rural school at Fray Luis Beltrán
- Sierra Dorada Children's Home in Córdoba was donated a computer for children to receive training through the NGO, Potrero Digital

Region 4

United States of America



Divine Will Foundation
Clarksdale, Mississippi



Healthcare

Clarksdale, Mississippi

In the month of May 2023, 124 patients were treated at Sathya Sai Sanjeevani Medical Centre at Clarksdale.



Sathya Sai Sanjeevani Medical Centre
(Inaugurated in June 2019)

NEW PATIENTS

5

FOLLOW-UP VISITS

78

CARDIOLOGY CONSULTATIONS

4

DERMATOLOGY CONSULTATIONS

6

MENTAL HEALTH THERAPY

8

MENTAL HEALTH COUNSELLING

20

PPD (TB) SKIN TESTS

3

Lessons For Life

What is the message that is considered crucial for world peace and unity, and who has the authority to convey this message?

The *upaniṣads* are the only hope for the whole humanity, especially at this point in time. *vasudhaiva kuṭumbakam* – this is the message of the *upaniṣads*, which is the most needed message at this point in time for world peace and unity. Consider everyone as your family; consider everyone as your own, and all the problems of the world will be solved.

All the problems of the world are because of narrow-mindedness and selfishness. If you get rid of both and become broad-minded and selfless, then all the problems can be solved. The issue is narrow-mindedness and the solution is broad-mindedness. The problem is selfishness; the solution is selflessness. And who should preach this message? – only the one who practices it. An Institution like ours, where people come from around the world, and participate in service activities as one global family, alone has the right, the authority and the voice to talk about a message as sacred as this.

This is the message of our seers, saints and sages who had foreseen a world where people will harm each other because of selfishness, and that is when this message of *vasudhaiva kuṭumbakam* or 'We Are One World' and 'We Are One Family' had to be told.

You don't charge fees from your own family for the service that you do for them. Then, how do we charge a fee from anybody who is in need, especially the poorest people who cannot even afford?

So, this is the idea of 'One World One Family.' When you think you are one family, you will do everything in your might, to make the members of your family lead better lives. This is *upaniṣadic* science, which says 'consider everybody as your own, in everybody's welfare lies your own welfare.'



My Inner Journey

From Brahman, To Brahman, Of Brahman

- Ms Pushpa Naidu

Ms Pushpa Naidu is a Trustee of the Sai Global Service Foundation of Canada. She was appointed by Swami to form this Foundation in 2016 with three other trustees in Canada. She is a trained and licensed Early Childhood Educator under the Ministry of Children Services and the Ministry of Education. She is a facilitator with the Institute of Human Development Canada. In an interview at Seattle USA in 2015, Sadguru Sri Madhusudan Sai commanded her to train mothers and parents on how to raise their children in Canada. She has successfully raised her two daughters in Canada and is spreading the same message of love to all mothers, and her subordinates in the Ministry, institutions, and provinces through the Institute of Human Development Canada.

As a seeker of truth and a believer of the existence of God, I always tried to read spiritual books and meet like-minded people in order to expand my consciousness. Through such acquaintances, I could question myself about my own feelings, beliefs and assumptions. However, I cannot call it the beginning of my transformational journey. Doing prayers at home, and going to temples was just a mere routine.

My spiritual journey began when I realised that Bhagawan Sri Satya Sai Baba was the true Supreme *brahman*. When I saw Swami's picture for the first time, I did not believe He was God. However, upon knowing that He is the God Incarnate, the purpose of my life took a turn, and I started taking my first steps to know my true identity. The questions, 'why' and 'how' came to my mind. This is when my transformative journey began.



I am so grateful and thankful to my dearest Bhagawan who gave me an opportunity to be born in the era of His avatarhood. I feel so divinely incomplete when I recall the fact that I did not realise my innate divinity during several previous lives. Now, this golden opportunity to wake up from my slumber and take part in His divine mission has come by. This chance will never be granted again. There is not a day that I don't express my gratitude to Bhagawan for allowing me to be a part of Him and His mission. Being in His mission, I have learnt to love selflessly, and this reaffirms that I am transforming.

I was born and raised in the islands of Fiji in a middle-class Hindu family. My father hailed from Korukonda, Vishakapatnam and my mother's roots were from the Nellore district. Both my parents taught us great values and imparted teachings from the ancient scriptures and mythological characters of Puranas. Every Friday evening, after prayers, my father would sing Telugu bhajans and all of us would enjoy his renditions since he was well-versed in singing in the Telugu language. Again, this was a routine.



I was ten years old when I first heard about Sri Sathya Sai Baba. Miracles were happening at one of our neighbourhood houses, a Gujarati family. We visited their home to see the manifestation, but returned with confused minds. I doubted the phenomenon of manifestation. However, my doubt became the foundation of my belief.

One Friday evening, my father lost his entire pay cheque while walking home from the office. We walked back and forth the same route in search of the cheque, but it was nowhere to be found. We had to surrender to our Divine Lord. My father prayed that if Sathya Sai is the Supreme Lord, the cheque will be found. And truly it happened. With joy and faith, my father placed a beautiful picture of Lord Sai on our altar. My little mind started to question - 'how did this miracle happen?', but within my heart, there were no questions, but only a surge of happiness, I felt that Baba was always there listening. This was the starting point.

I migrated to Calgary Canada in early 1980s and completed my schooling and post-secondary education. I met my to-be life partner, Bimal and got married to him, who is a third-generation Sai devotee. He instilled the faith in me that Sathya Sai Baba was not merely a guru or a teacher, He is the *para brahman pūrṇa avatar*. I did not question, but accepted Swami as my *guru* and God. From that day onwards, my transformation began. I knew intuitively that He was important to me, as I was to Him.

We started doing weekly bhajans and conducted Bala Vikas programmes, and many devotees joined. Every day of ours would begin with activities at the Sai Centre. My husband and I started teaching Bal Vikas students at the Centre, and devotedly practiced Swami's messages of what a good teacher entail.

My transformation began as I tried to practice the five human values of *satya* (Truth), *dharma* (Right Conduct), *śānti* (Peace), *prema* (Love) and *ahimsa* (Non-violence). Practicing the values was indeed challenging but I tried my best.



My Inner Journey

From Brahman, To Brahman, Of Brahman

- Ms Pushpa Naidu

Swami showed His omnipresence and omniscience when He saved my elder daughter, Divya, who had a defect in her heart at the time of birth. I prayed intensely to Swami and I was certain and confident that Swami will take care of her and He did. We waited for Swami to give us a green signal to proceed with the surgery. Swami appeared in my dream and assured that we can go ahead with the surgery and that everything will be ok. Our loving Lord confirmed later on, that He was the one who performed the surgery. Swami, the resident of our hearts, listened to our every prayer.

In June 1990, Swami came into my dream and asked us to come to Parthi on the fourth of July. With His divine grace, we undertook our very first journey to the holy land of Puttaparthi and waited anxiously in the darshan lines for the Lord. Sitting on the sands of Prasanthi Nilayam, singing bhajans and waiting for the Lord was a magical experience. Amidst heavenly bhajans, a hushed silence prevailed when Swami was expected to come.

My eyes were transfixed in the direction of the Lord entering the darshan grounds. There He came, with a captivating smile, gliding slowly and gently, looking in both directions. My eyes immediately teared up, and in the twinkle of every tear drop, I drank in His beautiful form. The first glance at Swami emptied my being. My heart melted into nothingness and a bond was sealed instantly.

I remember running to the interview room, forgetting myself and my belongings. Bhagawan opened the door inviting us in and asked us to sit down. He closed the door and stated, "It's too hot" while turning the fan on. He sat on his swivel chair and scanned each one of us present in the interview room. This was the very first time I heard Swami speak in a relaxed manner. I couldn't believe I was sitting in front of the Supreme *brahman*.

After a brief question and answer session, Bhagawan called us into the small inner room. We placed ourselves in front of Him like His loving children. He then asked "sab kaise hai?", which means, 'how are you all?' in the language we spoke in Fiji. We were all crying, because I remember very vividly, Bhagawan used the same verbiage in 1980 in the same smaller interview room with my mother-in-law.

For the entire duration of our private conversation, Swami allowed Bimal and I to massage His divine feet, all the way up to His knees. An interesting observation, Bimal and I had was that the foot that Bimal was massaging was hairy, and the one I was massaging was very soft and feminine. Swami looked at us and gave a playful smile. He also confirmed that He performed our daughter's heart surgery in Vancouver. He reaffirmed that He is always with us and to never doubt that.

He said to me, "Too many children, open up a primary school." He teased me with a chuckle and revealed some of the very intimate things, and gave us advise on how to always remain pure and divine, and blessed us to continue His work in Canada.

Our family made yearly trips to Parthi and Whitefield. In 1995, he permitted my daughter Divya and I to stay in the ashram for nine months which were our most glorious days with the Lord of Lords. Our second daughter, Upasana, was born in 2000. We were blessed to visit Bhagawan in Kodaikanal for the first time in 2009. Darshans in Kodai were so intimate.

I was attached to His loving form while being at the ashram and attached to His formless nature while being in Canada. The day came when our Lord gave up His physical form in 2011. I was very sad and distressed, but somewhere in my conscience, I was fully confident that He did not go anywhere. Deep inside, I felt reassured that He is still around me. I strived to understand the formless nature of God, and in turn my true nature as beyond the body.

In 2014, we came to know about Swami's subtle form and felt overjoyed. In 2015, we met Sri Madhusudan Sai at Seattle, USA. Without a doubt, I knew that our loving Lord was back in action. We had an interview where Sri Madhusudan Sai translated Bhagawan's words. Swami inquired why we did not come to Ottawa to see Him, and invited us to come to Ottawa in June 2016.

Swami lovingly enquired about my daughter's studies in the field of Psychology. I took the opportunity to ask how I raised my daughters. He explained that raising children in Canada is so challenging and that I did a good job and that they're good girls. He stated that "You are the teacher and I am the principal, I only see the results." He commanded me to educate young mothers on how to raise their children since they lacked experience. I felt I was with my Lord again, as I could feel the same love.

Here are some lovely chats with the Lord in the subtle form:

Swami asked "Whom do you serve?" He then answered himself - "You serve your husband, and he will serve me".

During our visit to Ottawa, Swami gave two lovely sarees to my daughters. While giving, He smiled at me saying, "You have too many sarees in your wardrobe." He knew exactly what he was saying.

Both my daughters wore the sarees given by Swami for another satsang at California, USA. After the satsang, He spotted us in the front row, and He was elated to see that my daughters were donning the same sarees which He gifted them

in Ottawa. He commented saying, "See, look how beautiful and lovely they look. I'm so happy and they are now my girls. I love them and I love you. Very happy".

In the year 2017 when Swami visited Ottawa, I casually remarked to my husband that I may not be able to make it for Swami's birthday, as I had no leaves left. After the satsang, Swami called us in for an interview. This time, He waited with a saree held to his chest. The first words He said were, "Come, come in, I have something for you, I will give you this saree only if you promise to visit me again for my Birthday next year." Without any hesitation, I said "Yes!", realising that He will make it happen. He boasted about the saree, saying, "Look at it, it is so pretty." Swami commanded that I wear the saree and show Him. His love is that of thousand mothers - limitless, pure and selfless.

Bhagawan gives us many opportunities to remind us of the intimate relationship we share with Him, so that it is a reminder for us to hold on to the path laid by Him for us.

In the year 2016, Sri Madhusudan Sai commanded us to form and register the Sai Global Service Foundation Canada. As a Trustee, I understood His expectations and my true purpose in life.

Our prayer, *aham brahma sarvam brahma* made true sense to me. To see and feel God in everyone by loving and serving is the journey and the destination. This was a leap of faith in my journey within. The journey with Swami is so glorious and fulfilling. Now I have realised that our Loving Sadguru Sri Madhusudan Sai is the same *brahman* as our Sathya Sai Baba in Parthi, and there is no difference. Sadguru's discourses have become my directives in life.

Thank you, my Mother Sai for choosing me again and reminding me of my true Self, my inner Divinity. I will remain with you and serve you till my last breath.

