



वसुधैवकुटुम्बकम् vasudhaiva kutumbakam

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Message from Sadguru Sri Madhusudan Sai

Do good, Be God!

In the auspicious month of *aświn* (Mid Oct-Mid Nov), the nine-day celebrations of *navarātri* culminating in the *rudra homa* in Sathya Sai Grama was a sight for Gods to see.

But who truly is God?

The Sri Rudram from Rig Veda worships the divine as *śankara* – शं करोति इति शंकरः – *śam karoti iti śankarah*. *śam* means good or welfare. The one who does good to all for their welfare is verily God.

As we celebrated the festivals and prayed to the Gods and Goddesses, we reminded ourselves of the sacrifices made by Gods and good people for the welfare of all—something that all of us strive to do everyday throughout the world.

One of the nine names of Mother Goddess worshipped on the ninth day is *siddhi dātri* - the one who bestows success, both material and spiritual. Her grace as the very embodiment of success has led to the admission of the first batch of medical students in the world's first totally free medical college here in Muddenahalli. 55% of the students come from families with less than \$300/- of monthly income—for them this college is a boon beyond expectations. From concept to completion in less than two years, this is an achievement that can happen only with the divine grace of *siddhi dātri*.

Good begets good, and during Dussehra, a celebration of transition happened at Sri Sathya Sai Loka Seva Gurukulam Group of

Institutions. In keeping with the ancient *guru-śiṣya paramparā*, the baton of responsibilities was passed on from earlier generations to the next one, as the senior *tyagā jīvīs*, who had crossed 60 years, handed over the charge of several of our institutions to the new batch of post-graduates men and women missionaries, who would now carry the light of knowledge to the next generation, and it shall go on for ever. This good shall perpetuate itself through more good people.

While Muddenahalli was agog with spiritual and social celebrations, the students of Sai Symphony brass band travelled to Singapore to present their music in front of the Eighth President and First Female President of Singapore, who was all appreciation for the opportunity presented to these students from challenged backgrounds, just like her.

The travel to South East Asia opened more doors for collaborations in Hongkong, Malaysia, Laos and Singapore, inspiring more people to do more good. While the message of 'One world One Family' spread around the world, we as the 'Sai Family' rededicated ourselves to doing more good for more people, as we prepared for the sacred month of November.

Adi Shankara exhorts us to do good day and night and remind ourselves of the ephemerality of the world and permanence of God. We shall abide by this and do more good to be more God and less human.



24 October 2023 – The *sīmollaṅghana*: Crossing Over to Embrace New Changes

The Handing Over of *kartavya daṇḍa* by the Experienced Elders to the Enthusiastic Youngsters

Divine Discourse – A Summary

Now is the Divine Time

Time is worshipped as God in the Indian scriptures. *mahārudra* is also known as *mahākāla* – the God of time. Right things must be done at the right time without any hesitation. Time is Divine and when divine things are done in divine time, it leads to divine results. Ours is a Divine institution which is run by the Divine.

There could not have been a better time than this day and this hour to undertake this next step in the mission, which is to pass on the responsibility of running these institutions to the next generation of students.

This time is historic. Today, we may not know the gravity of what has happened, but in years to come, this day will be remembered again and again in great awe and wonder—as to how this mission propelled itself from nothing to a global mission, where no child should be left behind and every child should get the basic right of education, healthcare and nutrition or whatever be the requirement of that child.

Selfless Prayers are Always Answered by the Lord

King *bhāgīratha* prayed to Lord Shiva for water, to save his people. He said, “Oh Lord Shiva, I am not capable of doing anything; I can only pray to you; I submit and surrender myself to you and I will do as you wish. Please help my people.” *śaṅkaro iti śaṅkaraḥ* – the one who confers prosperity and happiness to all is *śaṅkara*. Lord Shiva assured King *bhāgīratha* that He will bring the *ākāśa gāṅgā* – the Ganges that flow in the subtle world to this gross physical world. But the impact of the flow would be so much that nobody would be able to bear it. Therefore, He brought ganges on to His matted locks, tied her up so that her flow and intensity is controlled. Then He released her onto this Earth, for all the people to quench their thirst. Thus, King *bhāgīratha*’s prayers were answered; *ākāśa gāṅgā* came down as *dharani gāṅgā*. This is why Ganges is also known as *bhāgīrathi*, to honour the prayers and penance of King *bhāgīratha*.

In today’s times, Madiyala Narayana Bhat is King *bhāgīratha* and Sri Sathya Sai Baba is Lord Shiva who brought the ‘Ganges of Education’ so that ignorant, illiterate, poor children can receive free education. With the help of education, they shall look after themselves, their kith and kin, and also give back to the society.

A Human Dreamt, and the Lord Fulfilled his Dream

It was Madiyala Narayana Bhat’s dream and vision to build a mighty army of *tyāga jīvīs* who would perform the task of transforming the nation by going to every village in the country and transforming those villages. But destiny had something else in store, and he had to leave his body early, leaving everybody confused, and in a way desperate to know what to do next.



This Mission is Verily the Mission of Madiyala Narayana Bhat

At that time, Bhagawan Sri Sathya Sai Baba gave an interview to Narayana Bhat’s mother; placed His hand on her head, wiping away her tears of sorrow and grief. All her tears disappeared the very next moment and peace prevailed her broken and grieving heart, and then the Divine assurance was given – “Not 60, not 600, not 6,000 but 60,000 *tyāga jīvīs* will come in the future to run this mission.” Today, we are just seeing the signs of the Divine prophecy coming true.

Madiyala Narayana Bhat’s dedication built this Loka Seva Mission with the help of *tyāga jīvīs*, who sacrificed their everything for the sake of thousands of children. After five long decades of their striving with little resources, a new chapter is beginning today.

My *pradāna pālakās*

I am so proud of these first batch of *pradāna pālakās*, because they have graduated or post-graduated from our own University and have committed themselves to a life of service to the Nation through this particular ‘mission of free education.’

These youngsters are such wonderful youths—they are so promising, they are dedicated, committed to the cause of giving education—not

just the education that will help us fill our bellies, but that which will redeem us from this cycle of birth and death, and make us realise who we truly are. This is the kind of education that these children have set out to impart to the world.

We have tested these youngsters. They were in various campuses after their graduation for two or sometimes even three years, doing all kinds of jobs during their internship programme. They completed their post-graduation subsequently, and now have gone back to take care of the campuses under the guidance of elders for one or two years. Only after these, they have been given this responsibility to take charge.

My faith and conviction are that these youngsters will do much better than all of us. To all the devotees who have lovingly sacrificed for the sake of this mission, to them I want to assure that this mission is in very safe hands. These youngsters will take this forward. Your sacrifices will never go waste, it will only multiply with time.

What it really means to be a *pālakā*?

pālakā is a very deep and holistic word, because God is a *pālakā*. God takes care of us, nourishes and protects us. This means that being a *pālakā* is not just an academic responsibility, but is one that has to nurture these children into Divine beings. It is a much bigger role than just taking care of certain academic duties.



At the Forefront

24 October 2023 – The *sīmollaṅghana*: Crossing Over to Embrace New Changes

A Lesson for the Youngsters from the Elders

The *tyāga jīvīs* have given their life to this mission. Yet, they were so agreeable to step down and mentor, train and teach the youngsters so that in a year or two they could hand over the charge to the youngsters. With complete detachment, they accepted the transition.

10 years ago, the *tyāga jīvīs* were sent away to far off lands, to unknown districts to start campuses there, where there was no electricity, water and road. They stood in sun and rain to build the campuses and shelter so many children. They ran those campuses for these many years. And yet, when it was time to give up, none of them resisted. This is something the youngsters have to learn. This is the example that the elders have set for the youngsters.

This is No Exaggeration. It is Plain Divine Truth

The plain and simple Divine truth is that this is the mission that is going to transform the world, and these are the boys and girls who will do that. This is the Divine command and we will do whatever it takes to make it happen.

Let this mission continue to grow from strength to strength, every passing year, till we achieve the goal of one campus in every district of our



country. This will ensure there is at least one good model of education for all other institutions to take inspiration from. For that to happen, we need not just 60, not 600, not 6,000, but 60,000 of you to build this mission of serving the entire country and the world.

We may be a couple of hundreds or a few thousands today, but mark my word—in one more decade, you will see all that which I am saying, happen in front of your eyes. These youngsters will create 100 more like them.

Never lose this sequence

Let your heart tell your head what needs to be done; then head should direct your hands. Head should not hear till the heart has spoken.

Listen to the Whispers of your Heart

The stillness in our heart is God's presence. God whispers as your intuition and tells you what should be done and what should not. Once that intuition is spoken, there are no more arguments after that. We should simply go by what the intuition has spoken. If 10 people are sitting in a room praying for an answer to one problem, and if they all get the same answer, that is intuition. Intuition is one and the same in everyone; it cannot change. Go by that intuition, and it will be the right thing to do. Take everybody along; it may delay things but it will never allow things to go wrong. This is my piece of advice to the youngsters when they take charge of campuses.

How do you know something is God's will?

Ask your heart. Let not your ego and individuality interfere with God's will. When intuition speaks as God's will, it is a very peaceful and calming feeling. You have no fear; and you are full of energy and enthusiasm to execute it. That kind of enthusiasm has no labour or effort; it is an effortless enthusiasm. Check every time before you take every decision, whether you are feeling that way; if not, wait a moment, go back to a quiet corner, pray sincerely and you will get the answer. You will then be able to take the decision. Let us turn within and ask that Divinity which is equal for all. It is as much yours as it is mine.

The Easiest yet the Most Potent is to be an Instrument of God

nimitta-mātram bhava savya-sācin – just become an instrument of the Divine and everything will happen as the Divine will. Nobody can stop it.

I am only an instrument and I know it so very well, and that is why I am asking you also to be an instrument of the Divine.

Our Mission is no Ordinary One

This mission is possible because God is with us. We shall continue to serve and transform everyone into Divine beings. All of you will become *pālakās* at some point in time, because our mission is endless. Everybody will have an opportunity to do their part in this great mission of transformation through education, health, nutrition and all other kinds of social and spiritual services.

Till every child has been embraced and taken care of, our mission goes on. Beyond my lifetime, beyond their lifetimes and even your lifetimes, this Mission should continue. Let this mission continue for eternity.

The Secret of Success

The permanent solution that will sustain this mission beyond names, forms, people and places is to connect to the Divinity within. This is the most important skill-set needed. Your *icchha śakti*, *kriya śakti* and *jñāna śakti* should be guided by your *caitanya śakti*.

With this I'm sure, these youngsters will be able to achieve and conquer new peaks. You will be able to go to distant places and start new institutions in times to come and give this education or whatever be the need to many more children.

I'm sure you have a glorious future. Your success is my success. Not only mine, but also the success of all the sages and saints of this country. We will not stop till we reach the goal and that is our mission. Let us always remember the sacrifices made by Madiyala Narayana Bhat and his band of *tyāga jīvīs* for all these years. And above all, the Divine grace of Bhagawan Sri Sathya Sai Baba, without which none of this is possible.

Words of Assurance from the guru Never Fails

Special blessings to the parents of these children, who have so lovingly and selflessly offered their most prized children for the sake of others children. I will look after your welfare, your parents' welfare and anything and everything that you need in your life. The same assurance goes to our elders also. They will be looked after lovingly till the very end, and will be considered the most important and venerated member of this beautiful family of Sai.



In Focus

19 October 2023 – Sadguru Sri Madhusudan Sai delivered the Keynote Address at the 2023 Annual London Global Convention organised by the Institute of Directors at the House of Lords, United Kingdom

An elite group of audience comprising of personalities from the government, accomplished individuals from the society and corporate leaders from various countries were present.

An Excerpt from Sadguru Sri Madhusudan Sai's Message

"In a world that is rapidly getting polarised, politically, socially, economically, and the divide between the haves and have nots is growing by the day, there is a great need for partnership to work together with everyone from all sections of the society, or what I call – the tripartite model of sarkār (Government), samāj (Society at large which includes Corporates), and saṁsthā (Social Service Organisations that work at all times for the welfare of the last and the least). It is important to find ways to identify the right kind of partners.

When India celebrated the G20 presidency, our Prime Minister borrowed the idea for G20's motto from one of India's ancient scriptures, which is thousands of years old.

The concept originates in the vedic scripture of mahā upaniṣad (Chapter 6, Verse 72):

अयं बन्धुरयं नेति गणना लघुचेतसां |
उदारचरितानां तु वसुधैव कुटुम्बकं ||

ayaṁ bandhurayaṁ neti gaṇanā laghucetasāṁ |
udāracaritānām tu vasudhaiva kuṭumbakam ||

Meaning: Considering some as ours and some as others is the way of the narrow-minded; considering all as our own family is the way of the broad-minded.

This is the message India brings to the table. Apart from being the youngest population in the world, India has a very progressive and decisive government; it has achieved so much of advancement in technology and in other spheres of social and economic development. Nevertheless, and in addition to these, to a conference like this, India brings the spiritual and cultural aspect which talks about the welfare of all.



ॐ सर्वे भवन्तु सुखिनः ।

सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु ।

मा कश्चित् दुःख भाग्भवेत् ॥

sarve bhavantu sukhinaḥ

sarve santu nirāmayāḥ

sarve bhadrāṇi paśyantu

mā kaścit duḥkha bhāgbhavet

Meaning: May all beings be happy. May all beings be healthy. May everyone see only good and auspiciousness everywhere, and may nobody have any sorrow.

This is the vision of ancient India. It always worked for the welfare of all. Borrowing from these great ideas, our organisation is working continuously towards universalisation of healthcare, education, nutrition and other basic needs.

To put it in perspective, we have spent over 200 million USD in the last decade to provide completely free nutrition, education, healthcare, and other sociocare necessities. One may wonder, as to how this was possible, as we don't run businesses!

We are in the business of love, where we give love and receive much more love back; we never have a loss in our business at all, come what may. And in this business, I have received support from several like-minded individuals, corporates and governments from across the world, and this is why we are able to serve people in so many parts of the world. A large part of these services is being done by many individuals; but, the right kind of partnerships can make the work more efficient.

Many are on the other side of the bridge and we have to extend support and help them cross the bridge. It's up to us, those who were privileged to have education, shelter, a good job, good income and security, to help others in need. This is the way we can build better societies. If we as partners in progress can do what we do best in our respective fields of governance, business and charity by supporting each other, we can achieve efficiency in delivery of needs to the rural doorsteps."

Sadguru with the Anugraham Charitable Trust team, Institute of Directors team, and the team from India



In Focus

19 October 2023 – Celebration of ‘World Values Day’

The world over celebrated ‘World Values Day’ on 19 October 2023

For the Sri Sathya Sai Loka Seva Gurukulam Group of Institutions, it is simply about celebrating the value of ‘Love’ and bringing love to everything one thinks, speaks or does.

Bhagawan Sri Sathya Sai Baba said ‘Love is the undercurrent of all human values.’



The logo of World Values Day was also represented by the ‘Heart’ which is the seat of ‘Love’, and the theme was ‘Values Bring Us Together.’

This theme cannot be more apt any time than now, when the most unsaid yet understood need is to emerge our innate human values to bring about harmony and peace in the world through collective action in the spirit of ‘One World One Family’.

10 human values – Truth, Righteous Conduct, Peace, Love, Non-violence, Patriotism, Spirit of Oneness, Spirit of Service, Environmental Responsibility, and Awareness (body, mind, and heart) was created as a poster and sent to all the educational campuses, as a starter and guide for children to celebrate ‘World Values Day.’

Children made posters, did arts and crafts, painted, participated in debate and essay writing, delivered speeches, and enacted skits to portray the values practised by inspiring personalities such as Mother Teresa, Sathya Harishchandra, and many others. Mime performances were enacted on the theme – ‘Save Environment, Save Life.’ Children rendered beautiful songs to highlight the importance of unity and harmony.

‘World Values Day’ indeed redirected everyone back to their most cherished way of life, which is to ‘Love All Serve All.’



In Focus

30 October 2023 – More Kudos Comes Our Way!

Sadguru Sri Madhusudan Sai, who is currently on a visit to the East Coast of the United States of America, was honoured with two special recognitions, for his commendable contributions in the areas of rural healthcare, nutrition and education across 33 countries with the vision of ‘One World One Family.’

The two recognitions are as follows:

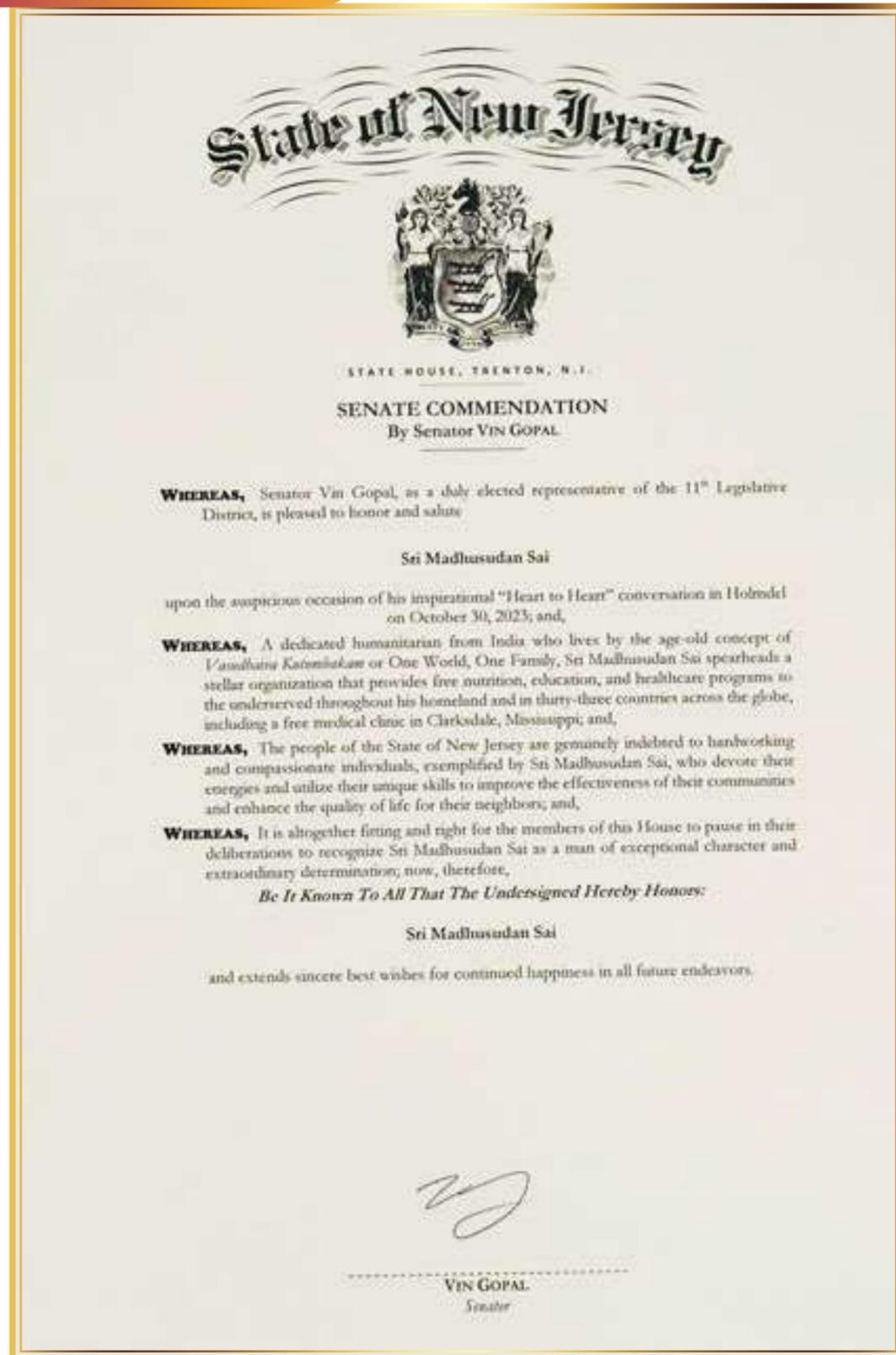
- A Joint Legislative Resolution passed by Senator Diegnan and Assemblymen Karabinchak and Stanley at the Senate and General Assembly, State House, Trenton, State of New Jersey to acknowledge Sadguru Sri Madhusudan Sai for his humanitarian efforts in furtherance of common good



- A Senate Commendation by Senator Vin Gopal for Sri Madhusudan Sai’s exceptional character and extraordinary determination



In Focus



Service and Spiritual Activities



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

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

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

“Service is the ultimate
expression of Love”

Region 1

Australia



Heart of Love Foundation,
Australia



Sociocare

Heal Pray Love – Women for Women

Heart of Love Centre for Human Development has initiated a women's circle called **Heal Pray Love** with the mission of nurturing supportive sisterhood between the women of their local communities.

It offers its members the opportunity to hold space with compassion, learn from each other, and to share from their heart.



In order to promote a feeling of inclusion and oneness, local aboriginal elders, elderly women who are single, single mothers, and minority groups will be part of the 'Heal Pray Love' community.

Some of the interesting activities that were performed by the women were:

- Crystal bowls sound bath
- Sacred Fire ceremony
- Drumming and singing together for Mother Earth
- New Moon Intention Setting
- Hot Cacao Ceremony
- Dream Catcher Mandala Art Therapy
- Silent walking meditation
- Guided grounding and nature meditation



Region 1

Fiji



Sai Prema Foundation



Healthcare

14 Little Hearts Restored in Just Five Days

Healing Little Hearts UK, a non-profit organisation that provides life-saving surgeries for children in developing countries, was at **Sri Sathya Sai Sanjeevani Children's Hospital** in Fiji with their **24-member team**, from 11-17 September 2023.

Dr Prem Venugopal, a surgeon from Queensland Children's Hospital in Australia led the team which consisted of:

- Two surgeons
- Two operation theatre nurses from Papua New Guinea



- An Anaesthetist from United Kingdom
- A Cardiologist from John Hunter Hospital Newcastle, Australia
- A Clinical Pharmacist from New Zealand
- Nurses from Queensland Children's Hospital and Royal Children's Hospital (Melbourne), Australia
- Staff of Colonial War Memorial Hospital, Suva, Fiji
- Staff of Sri Sathya Sai Sanjeevani Children's Hospital, Fiji

Not only the children of Fiji, but also children from countries around the South Pacific such as – Kiribati, Tuvalu, Solomon Islands, and Vanuatu were saved from their fatal Congenital Heart Disease, for no cost what so ever.



Region 1



GBAC STAR™ Accreditation for Sri Sathya Sai Sanjeevani Children's Hospital, Fiji



Sai Prema Foundation Fiji

Sri Sathya Sai Sanjeevani Children's Hospital Fiji has been accredited with the Global Biorisk Advisory Council (GBAC) STAR™, which is a global 'Gold Standard' accreditation. This is the first time ever that a Hospital in Fiji has been granted such a prestigious international accreditation.

What is GBAC STAR™ Accreditation?

- Global Biorisk Advisory Council™ (GBAC) is a division of 'International Sanitary Supply Association (ISSA)' cleaning industry, which helps organisations demonstrate their commitment to protecting the health and well-being of their customers and employees in a safe, responsible and sustainable manner
- GBAC provides training, education, consulting, accreditation, and certification services that are needed to build a healthier and safer world for everyone, everywhere
- GBAC STAR™ facilities and organisations use their accreditation to support and show their commitment to health, wellness, sustainability and resilience
- GBAC STAR™ Accreditation can support an organisation's commitment to the United Nation's Sustainable Development Goals by assisting in achieving their ESG

(Environmental, Social and Governance) objectives related to infection prevention programmes

GBAC Senior Director, Dr Gavin Macgregor-Skinner along with Mr R J Patel and Ms Gosia Baran travelled to Fiji from the United States to conduct 'Cleaning for Health' workshops for infection prevention and facilitated the on-site hospital assessment at the Sri Sathya Sai Sanjeevani Children's Hospital.

Dr Macgregor-Skinner said, "By taking this most important step to pursue GBAC STAR™, Sri Sathya Sai Sanjeevani Children's Hospital Fiji has received third-party validation towards implementing best practices and evidence-based protocols for cleaning, disinfection, and prevention of infectious diseases, thereby demonstrating its preparedness and commitment to safe operation."

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

"We are truly humbled to have received this global accreditation from the Global Biorisk Advisory Council (GBAC). We successfully demonstrated compliance with the programme's elements, which ranged from standard operating procedures and risk assessment strategies, to personal protective equipment, emergency preparedness, and response measures."

Lives Saved (as of September 2023)

Over **240 children** saved through heart surgeries

Over **13,500 free echocardiograms** conducted

Region 1



Sai Ananda Foundation, Kuala Lumpur



Learning 'Bhagavad Gita' at the 'Garden of Bliss'

Ananda Ashram literally translated to 'Garden of Bliss' was indeed charged with Divine bliss when 20 members of the core team gathered for a session on learning Bhagavad Gita from Sadguru Sri Madhusudan Sai's discourses, followed by meditation in the woods.



Region 2

India



08 October 2023 – Sai Spoorthi 2023: Annual Alumni Meet and Annual Day of Each One Educate One Foundation

Rekindling the *spūr̥ti* (enthusiasm) of Alumni towards living a life of Love and Service

Sai Spoorthi, the Annual Alumni Meet of Sri Sathya Sai Educational institutions and the Annual Day of the Each One Educate One Foundation, took place on 08 October 2023 at Sathya Sai Grama, Muddenahalli. Approximately 350 alumni from various parts of the country enthusiastically joined the festivities to pay homage to the institution that has significantly influenced their life journeys. All the alumni pledged to recommit themselves to the mission of transforming rural India through education. The event also witnessed the convergence of patrons of the E1E1 Foundation, to celebrate the shared mission of empowering the lives of underserved rural communities.

Ms Krishna Subhaga, one of the Trustees of the E1E1 Foundation, presented the Annual Report about the activities done by Each One Educate One Foundation for 2022-23.

Three distinguished alumni – Dr Abhishek, an Anaesthetist at Sri Madhusudan Sai Institute of Medical Sciences & Research, Ms Soubhagya, Assistant Manager at Prashanthi Balamandira Trust, and Mr Sriranga, Deputy Chairperson of Sri Sathya Sai Anantaniketanam educational campus at Mysore, shared their profound insights into the rewarding path they have embarked upon by joining back to serve their alma mater.

Alumni Excellence Award

This is one of the significant facets of the Alumni Meet where two exceptional alumni are awarded the excellence award for their commitment to the cause of selfless service and putting others before themselves in the larger scheme of societal welfare.

Alumni Excellence Awardees 2023

Dr Raghupati – Director of Sri Madhusudan Sai Institute of Medical Sciences & Research

Mrs Prathima Santhosh Pai – Donor Relations Manager at the E1E1 Foundation

Guru Vandana – Saluting Exemplary Teachers

Ms Poornima Shankar, Ms Vasumathi Gangappa, Sri Girish H S, Sri Goni were honoured for their wholehearted dedication to the mission of values-based education for several years. It is the unwavering commitment and hard work of every teacher of the Sri Sathya Sai Loka Seva Gurukulam Group of Institutions that the light of knowledge and the grace of gratitude perennially flourishes in the head and heart of every student of the Institution.



Each One Educate One – A People's Movement

Throughout this journey of education and empowerment, the Each One Educate One Foundation has been privileged to collaborate with **over 40 companies and hundreds of individuals** who recognise that education is not merely a privilege but a fundamental right. Together, we have witnessed the transformative potential of education in the lives of countless children and communities. The event acknowledged **ten esteemed CSR partners in attendance and fourteen individual donors** who have passionately championed the Each One Educate One cause for the past few years.

The Chancellor of Sri Sathya Sai University for Human Excellence, Sri B N Narasimha Murthy addressed the assembled gathering, emphasising that the alumni are part of a global mission working towards embracing the whole world as one family by following the principle of 'Love All Serve All.'

In His address, Sadguru Sri Madhusudan Sai, urged the alumni not to deviate from the pursuit of the highest truth, the path of dharma, the welfare of the entire world, kindness to every being, and their duty to God and ancestors. He emphasised that the Each One Educate One Foundation stands as a testament to the successful development of both the workforce (*jana*) and resources (*dhana*). He highlighted the uniqueness of Sri Sathya Sai Education System, which not only imparts knowledge but also empowers individuals through employment, enabling them to inspire and empower many others.

The staff and students of Sri Sathya Sai Loka Seva Gurukulam Group of Institutions rendered a musical recital as part of the cultural programme.

Sai Spoorthi 2023 was indeed a wonderful confluence of alumni, CSR partners, champion donors and patrons.



Region 2

India 

Sadguru Visits Campuses

09 October 2023 – Sri Sathya Sai Vaniniketanam, Gadag, Karnataka



Region 2

India 

09-11 October 2023 – Sri Sathya Sai University for Human Excellence, Kalaburagi, Karnataka

(The First Batch of Medical College Students of the Sri Madhusudan Sai Institute of Medical Sciences and Research visited their Parent University)



Region 2



Region 2

India 

Sadguru Visits Campuses

11 October 2023 – Sri Sathya Sai Premaniketanam, Vijayapura, Karnataka



Inauguration of Science Lab



Inauguration of Computer Lab



Region 2

India 

Sadguru Visits Campuses

11-13 October 2023 – Sri Sathya Sai Prasanthi Niketanam, Siddipet, Telangana



Inauguration of Sadguru's New Residence – 'Tripura'



Region 2

India 

14 October 2023 – Inauguration of Sai Swasthya Wellness Centre at Bapatla, Andhra Pradesh

(An initiative by Sri Sathya Sai Sujala Sravanthi Trust)

The Fifth One in a row and the Second One in Andhra Pradesh

A place touched by the Divine Foot twice – By Bhagawan Sri Sathya Sai Baba in 1964 and now by Sadguru Sri Madhusudan Sai in 2023

Sadguru Sri Madhusudan Sai inaugurated a Sai Swasthya Wellness Centre at Aravinda Ashram, Khajipalem, Bapatla District at Andhra Pradesh.

Sai Swasthya ambulance and two out-patient consultation rooms along with X-Ray and ECG facilities were inaugurated for the service of mankind. Nine expecting mothers were blessed by Sadguru.



Dignitaries Present

- Dr Sri Narasa Raju – Chairman of NRI Hospitals
- Mr Kona Raghupathi – MLA of Bapatla Constituency, Andhra Pradesh
- Mr Karuna Raju and Ms Ramadevi Karuna Raju – MD, Sathya Sai Industries and Director, Sai Aqua Feeds
- Mr Kishore Raju – Director, Royal Marine Foods Pvt Ltd
- Mr DVN Raju – Director, Island Veer Chemie Pvt Ltd
- Mr Anant Varma – Director, Suryavamsi Shrimp Hatcheries Pvt Ltd and Director, Blue Lab Pvt Ltd
- Mr M S N Raju – CMD, SRK Infra Projects, Sri Sai Hatchery and Prawn Culture Pvt Ltd

Dr Narasa Raju, an 80-year-old doctor who is the man behind this centre, shared his journey and insights about this centre, which was initially started by his father, Mr M Krishnam Raju. He also prayed to Sadguru Sri Madhusudan Sai to open a mother and child hospital at the same venue.

MLA Mr Kona Raghupathi promised to extend his help in developing the centre.

Sadguru Sri Madhusudan Sai, in His discourse, blessed everyone, and said:

“sarkār (Government), samāj (Society), and sanstha (Institutions) should work together. Bhagawan Baba often reminded us that this body has been given to us for serving others – paropakāram idam śarīram, and exhorted that we should take care of our body to serve others. God is happy when all his people are happy. This is why we build schools and hospitals to serve mankind. This Wellness Centre will give completely free of cost healthcare services. Patients requiring further treatment will be referred to speciality hospitals. I shall visit this place again for Dussehra next year and by then the mother and child hospital should also be ready.”



Region 2

India



15-24 October 2023

- Dussehra Celebrations,
Sathya Sai Grama,
Muddenahalli

Divine Discourse – A Summary

या देवी सर्वभूतेषु शक्ति रूपेण संस्थिता।

नमस्तस्यै नमस्तस्यै नमस्तस्यै नमो नमः ॥

yā devī sarvabhūteṣu śakti rūpeṇa samsthitā ।

namastasyai namastasyai namastasyai namo namaḥ ॥

To that mother goddess who resides in all as the very energy which animates and gives the ability to undertake any venture or work, we bow down again and again.

Who is Mother Goddess?

She is the ultimate supreme source of all energy. Matter is nothing but energy and all energy can be transformed into matter. This is the relationship between matter and energy as established in the equation, $e=mc^2$. Our ancient sages were spiritual scientists who came up with this truth long back when they established that matter came out of energy, and that energy can take the shape of



matter. It may appear that a matter is destroyed, but in truth it has only transformed from one form to another. Its continuity and perpetuity always remain.

The Play of Shiva Shakti

The simplest definition for God as per the Indian scriptures is *satyam jñānam anantam* – Existence, Consciousness and Infinity. Mother Goddess is a manifestation of energy from that formless and nameless *brahman*.

The steady substratum of Shiva, and its manifestation which generates, multiplies and expands infinitely as Shakti, makes this whole world.

Scientists have discovered that all matter is only energy. Spirituality went one level deeper and said that all energy exists on the substratum of a supreme conscious existence of Divinity, which connects everything.

Her Energy Energises Everything

Her energy can take different forms as *iccha śakti*, *jñāna śakti* and *kriya śakti*.

iccha śakti – The energy that thinks, wishes, desires and wills to do something (Represented by Goddess Lakshmi)

jñāna śakti – The energy that is in the form of knowledge itself to help us achieve what we have set to achieve (Represented by Goddess Saraswati)

kriya śakti – The energy or the ability that puts one's will and knowledge to useful action (Represented by Goddess Durga)

Thus, the very ability to think, speak or act is Divine only. Navaratri reminds us about this truth and urges us to use these abilities in a Divine way. Cultivating positive thoughts, positive desires, positive knowledge, and performing positive actions to reach the right goal should be the way of our life.

The Shiva tatva

Shiva is the ultimate principle of consciousness which does not have any form and name. The intermediate stage of *lingākāra* has no particular form, but still is considered as the representation or symbolism of Shiva consciousness.

Rudra is one of the forms of Shiva. Rudra is the one who wipes the tears from the eyes of people. That is why we pray to Rudra to remove sorrow from the lives of all the people by performing the *rudra homa* during Dussehra. Shankara, another name of Shiva, is the one who does good to all. Anyone who sacrifices for the welfare of others becomes a Shankara.

Significance of yajñās

There's a great deep significance in offering ghee, clothes, dry fruits and other things to fire. Fire is energy and all the matter is also energy. When this matter goes into fire, it is turned into energy. All energy represents Mother Goddess, and so, any matter that turns into energy becomes one with Mother Goddess.

yajñās are also a way of paying our gratitude to the Gods.



Do not break this tradition or *paramparā* of teaching and learning

Do not deviate from the path of *dharma*, self-studies, and the path of doing good to others

Do not deviate from the path of rituals and prayers

या देवी सर्वभूतेषु मातृ रूपेण संस्थिता।

yā devī sarvabhūteṣu mātṛ rūpeṇa samsthitā – The One who is the mother of all beings

The Indian culture celebrates women and gives a special regard when it says that the Mother Goddess abides in all in the form of a mother. Wherever women are worshipped, all Gods reside there. Ritually, we may worship Mother Goddess, but spiritually also we must worship her by believing in the Divinity of all women, and giving them respect and opportunities. Mother Goddess is the mother of all – from an insect, to Lord Brahma who is the creator of this Universe.

Durga means the one who destroys all our *durgatīs* (miseries). Living in this world is like crossing the river of fire and she is the boat that takes us to the other side. This is the glory of Mother Durga. Sri Adi Shankaracharya pleads to Mother Goddess by saying that he knows nothing, and just falls and surrenders to the feet of the compassionate Mother who can bestow anything, without even a consideration about one's deservedness.

Let us realise God before our body degenerates. That's so important because old age will come to every one of us. There are six stages or *vikārās*: *astī* (existence), *jāyate* (birth), *vardhate* (growth), *vipariṇamate* (change), *apakṣīyate* (decay) and *mṛyate* (death). Everybody has to go through these six stages. This is why Sri Adi Shankara exhorts that while there is time, we should realise who we are because in one moment all these things can be taken away. We worship time as *mahākāla*. Shiva is also called *mahākāla* – the one who is beyond time, above time and greater than time. But we mortals are all below time, which means under the power and influence of time. So, we can only do so much when the time is still there. Hence, let's utilise it well.

Conquering our lower ideas of being just mortals and elevating ourselves to the idea of immortality is the ultimate message of *navarātri*.

Region 2

India



15-24 October 2023
- Dussehra Celebrations,
Sathya Sai Grama,
Muddenahalli



Region 2

India



29 October 2023 – Sai Symphony Orchestra performed for the Golden Jubilee Celebrations of IIM, Bangalore

An eight-year-old symphony orchestra of the Sri Sathya Sai Loka Seva Gurukulam Group of Institutions played for a standing ovation at Indian Institute of Management, Bangalore for their Golden Jubilee celebrations.

The orchestra comprises of 130 students across the age-range of 11 years to 22 years, who originally hail from some of the remotest rural



corners of India. They are tutored by a Greek American multi-instrumentalist who can play more than 30 instruments, and who is also an accomplished musician, conductor and composer, Mr Dimitris Lambrianos.

Sai Symphony Orchestra is a testament to the power of education and the incredible potential that lies within every child, which is only waiting to be tapped.



Region 2

Middle East



Nutrition

- In September 2023, close to **3,855 meals** were distributed to the needy by the volunteers of Sai Hrudayam
- 41 Sai Love Kits**, each containing groceries which would last for a month and can prepare about **3,690 meals**, were distributed to the unemployed, which included boys who wash cars for meagre salaries, and other blue-collar workers
- One Meal A Day** – 135 food packets consisting of fruits, snacks and juices were served to workers who do the hard manual labour under the scorching sun
- 30 unemployed workers** who were stranded were specially treated to **hot fresh Biryani** (a mixed rice dish which originated from South East Asia)



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 Enugu and Imo. These hospitals provide quality free healthcare services to rural dwellers. Both hospitals offer a wide range of paediatric and maternal healthcare services while treating children and adults from all age groups. In the month of September 2023, the following services were provided:

- Outpatient consultations were conducted for **668 children** and **1,017 adults**
- 195 patients** got their Ophthalmic treatment
- 15 deliveries** were performed
- 206 expectant mothers** were given the necessary antenatal care



- 21 children** were given immunisation
- 12 surgeries** were performed, which included catheterisation, appendectomy, herniorrhaphy, and circumcision
- 1,215 lab investigations** were conducted
- 59 patients** were admitted to the hospitals as inpatients

Gift of Limbs – Restoring Dignity

In partnership with Ishk Tolaram Foundation, Aruike Speciality Hospital conducted the second phase of fixing prosthetic limbs for patients, for whom the measurement of limbs was already done during the first phase.



Region 2

Nigeria



Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Educare

The Embodiment of Love Academy (TELA) reopened for a fresh new start for the academic session 2023-24 in the month of September 2023.

The five-day TELA Teacher's EHV (Education in Human Values) Workshop was very educative and interactive. Several resource persons were invited to delve on topics related to being a values-based teacher, which begins with transformation of oneself to be able to impact students in a positive manner.



The students of Cooperative Economics from the Institute of Management and Technology (IMT) Enugu, led by their lecturer, Mr Ossy Obodoechi visited Joy village, to expose their students about how NGOs operate and how they impact the society. It was a truly inspiring visit for their students.

Nutrition

Students of TELA and two other government schools at Ezeagu, which is a local government area of Enugu State, were provided with nutritious meals on all school days, from the beginning of the academic session 2023-24.



Region 2

Sri Lanka



Sri Sathya Sai Karuna Nilayam Foundation



Healthcare

In the month of September 2023:

- **40 patients** were treated at the Cath Lab of Sri Sathya Sai Sanjeevani Hospital
- **1,253 out-patients** were treated with free consultation and medicines at Sri Sathya Sai Karunalayam Medical Centre

Nutrition

Food was distributed to **1,704 individuals** in the month of September 2023.



Region 3



'Ιδρυμα Μοιράζομαι' (Foundation of Sharing)

Nutrition

- In the month of September 2023, the flood-affected area in Greece was specially attended to. The municipality of Karditsa was delivered the following food items:
 - **130 boxes** to feed **130 families**, with items such as milk, sugar, soap, oil, flour, spaghetti, penne, muesli bars, tomato sauce, bread crisps, rice, beans, lentils, chick-peas, that can cook about **9,165 meals**
 - **2.5 tons of legumes** consisting of beans, lentils, rice, chickpeas, which can cook about **25,728 meals**
- Μοιράζομαι Foundation received an honorary award from an association of social workers called 'Koinoniki Stirixi' which translates to 'Social Support', who help to locate families and institutions in need. Mrs Kaiti Sioufa received the award and spoke a few words on behalf of the Foundation
- **100 meals** were provided at 'Stegi Thileon Agios Alexandros', a Home for about **20 girls**, coming from troubled families
- **64 meals** were delivered at the Association for the Protection of Minors of Piraeus
- **836 meals** were provided at the 'Tsougraneion' soup kitchen run by the Church for the homeless
- **80 boxes** of dry ration packages consisting of legumes, pasta, rice, milk, oil, cereals, snacks, as well as other necessities, such as soap and washing powder, were distributed to **80 low-income families**, at the Anavyssos area, in the South of Athens. This amounts to approximately **1,840 meals** served
- **1,200 portions of yogurt, 720 litres of milk, and 40 kgs of feta cheese**, were donated to both the Old People's Homes of Athens and Palea Fokea
- **70 pizzas** were offered to the children and adults with disabilities of EGNYA Foundation
- **35 pizzas** were delivered to the children of St. Andrew Children's Home



Region 3



Karşılıksız Hizmet Vakfı (Selfless Seva Trust)

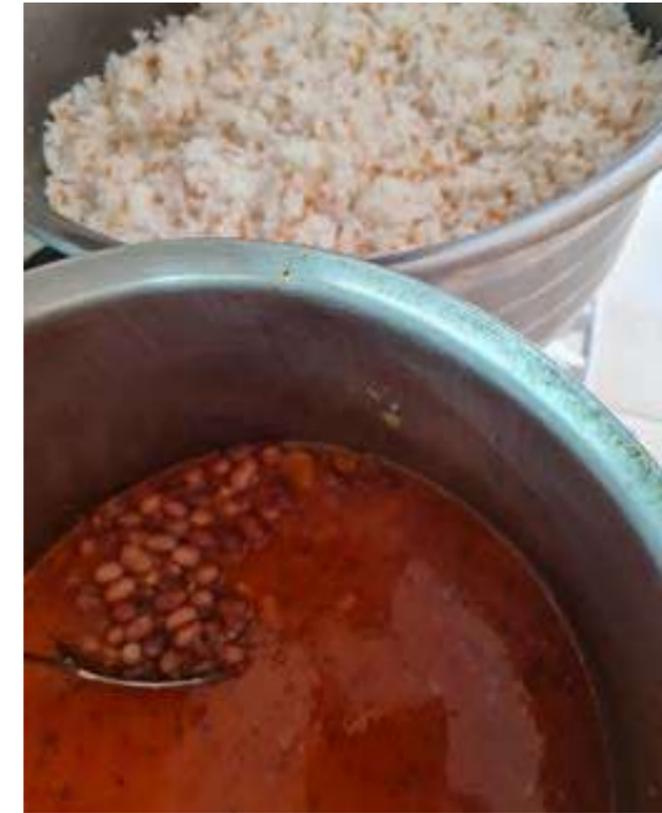


Nutrition

A total of **1,510 meals** were distributed door to door at Şişli, Pendik, Ömerli, and other districts of Istanbul. On a weekly basis, grains or pasta with legumes was cooked and served alongside milk or yoghurt and bread.

Sociocare

- In September 2023, **337 animals** in need throughout several districts of Istanbul were provided with food, water, and in some cases medical care
- **Two home rentals and 11 utility bills** were provided for needy families
- By collaborating with the Head of Uskumruköy district, **10 families** were aided with washing detergent, bleach and softener.



Region 4

Canada

Sai Global Service Foundation of Canada

Nutrition

- In the month of September 2023, **25 packets of groceries** consisting of white bread, Jasmine rice, italpasta penne rigate, coconut biscuits, and canned green peas were distributed to the needy on the streets of Edmonton. **Over 100 bottles of water** were served to the needy
- Food and fruits were served to **458 needy individuals** in Ontario. In total **109 bananas**, **117 oranges**, **66 peanut butter fruit spread sandwiches**, **35 packets of rice and aloo matter (a dish made with potatoes and peas)**, and **31 packets of pasta and sauces** were distributed



Region 4

United States of America

Divine Will Foundation Clarksdale, Mississippi



Healthcare

Clarksdale, Mississippi

In the month of September 2023, **157 patients** were treated at Sathya Sai Sanjeevani Medical Center at Clarksdale.



Sathya Sai Sanjeevani Medical Centre
(Inaugurated in June 2019)



My Inner Journey

*The Divine Heals, Uplifts,
Transforms and Transcends*

– Mr Orçun Doğan



Orçun Doğan has been working as a Finance Analyst for nine years in a production company along with Mr Rafi Bedikyan (Chairman of Selfless Seva Trust). He is also one of the shareholders of the company. He has taken an active part in the mission of Sai ever since 2010, and has been an active youth leader since 2018. He is currently serving as one of the core members of Selfless Seva Trust, Istanbul. He is also assisting in the work of the āśram and the upcoming paediatric cardiac hospital in Istanbul, and taking part in the translation and editing work of the SSS Prakashana publications.

When I was 13 years old, one fine night when my parents were in deep sleep, I happened to see and hear about Sai Baba on TV for the very first time. The programme was more of criticism about Sai Baba, rather than about His Divinity. This became a vital topic of interest for me – How can a man be God?

Some years later, in 2010, when I was 19 years old, I was going through a period of utter depression that led to a strong urge to kill myself. Then, one

day, I happened to visit the parents' house of one of our old neighbours. The mother was a healer and the house was decorated with the pictures and books of Sai Baba. This reawakened my curiosity and I started to examine who Baba was. There was a strange feeling or an energy that I had never experienced till then.

Thereafter, I learnt about the Selfless Seva Trust in Istanbul, which was founded by the Late Kaya Günata as part of the Turkish Sai Movement. The Trust was rendering service to the needy, conducting study circles and bhajans. I was invited to the Trust's premises where service activities were performed regularly. From that day onwards, thanks to Swami's grace, I am a member of the Trust, and I try to do my best to be an able and available instrument in His Divine mission. I was taking part in the study circles and bhajans; I was also reading and studying spiritual books.

Alongside attending study circles and bhajans, I was also reading and studying spiritual books. But the whole idea of transition of my consciousness to a spiritual plane was not yet clear to me, since I was still dealing with many psychological issues within myself.

In the year 2013, Kaya Günata, whom I owe almost my everything, summoned me to join him for the Computer and Media related activity that was being carried out in a room converted to a studio right within the Sai Clinic, an apartment of the Trust building, where he was being an instrument of Swami in performing spiritual healing for more than 20 years. Every Saturday, I would allocate my whole day for the activity carried out there. He would be working alone in his own apartment, which was only one floor above the Clinic, and I would be working all by myself in the studio, which was more like a 'studio clinic' for me, because on one hand, I was into deep research about Swami and His mission, as we were preparing a visual documentary for the people in Turkey, and on the other hand, I was directly receiving silent spiritual healing right within the Sai Clinic. That changed my life entirely.

Through these sessions of uplifting studies – reading spiritual books and having exquisite intimate moments with our beloved Kaya, who had a priceless treasure of experience and

spiritual wisdom, I was a completely transformed person as compared to the previous version of myself. Those years not only cured the wounds in me, but also helped the Divine emerge from within me. Since then, a number of us, as a dedicated core team, are working for Swami's mission in Turkey.

In fact, I did not have the chance to see Swami in His physical form, and I was thinking that I would never have a chance to see Him. However, one day in 2016, brother Kaya informed us about Swami's mission in the Subtle Form. I immediately felt the urge to go to India with him to experience the subtle phenomenon.

When we finally arrived at the Premamrutham Hall in Muddenahalli, I could experience fast heart-beats and a deep excitement while Swami was gliding through in His Subtle Form. I could not see Him with my physical eyes, but I could feel Him with my inner eye; there was this feeling of 'Swami is here, present in me', and one could also feel it in the way Sadguru Sri Madhusudan Sai's (back then as Swami's communicator) being



My Inner Journey

The Divine Heals, Uplifts, Transforms and finally Transcends US

– Orçun Doğan

totally immersed in Him. It was such a beautiful feeling in my heart, filling the gap of all the previous years and telling me that this is really Swami Himself. That brought about a profound change in me, as I felt Swami very close to me. I felt totally related to Him, totally in Him.

However, I had to leave Muddenahalli a few days earlier, and that made me a bit sad. But Swami was kind enough to enact a small drama on the last night of my stay. After the first *darśan* in the Subtle Form, a brother was kind enough to take me to the juncture going up to Sai Anandam, and made me stand at a point where I could see Swami passing in His car. It was raining too. Swami came in His car, and as He was passing the road up to Sai Anandam, for one moment our eyes met and merged, and He made a gesture with His hand, which was only peculiar to Swami, saying a hearty good bye till our next meeting. That eye contact aroused the Divine in me, and changed something within me. Swami was the same Swami, with only a difference that He was in the Subtle Form. I was not the same any more at all levels of my existence.

Soon after Swami's Divine Visit to Turkey in 2017, thanks to His grace, we, as the core group in Turkey, were blessed with the divine task of working on the translation and publishing of the

Sri Sathya Sai Uvacha books in Turkish. This gave me abundant opportunities to read and ponder upon the subtle messages of Swami in His Subtle Form.

Late Kaya was the one who had helped me to start meditation some years ago, and I was practising it regularly every day. After I came from Muddenahalli, I started to see or rather feel Swami's formless presence along with Brother Madhusudan in my daily meditations. This went on for quite a long time. And today, I can evidently feel that Swami is talking to me within, in His subtle ways, and He has revealed countless proofs that He is within each one of us.

As much as our outer *seva* like helping needy beings, translating Swami's words, or doing media related works for Swami's mission, etc. are essential to our spiritual development, our inner *seva* like getting connected to Swami and being attuned to Him always is very important too. The field for inner *seva* is our spiritual heart, which is the true place for establishing Swami's inner *āśram* eternally.

Keeping that eternal heart-to-heart link with Swami is very vital for realising our true nature. Staying connected to Him, internalising everything, and listening to His answers from within us must be practised always.

Lessons For Life

How can we be sure whether it is the heart or the mind that is speaking?

There are three differences between what the mind tells you and what the heart says. First and foremost, the heart will be consistent in what it tells you. Be it today, tomorrow, the day after, or even after ten years, your heart will not change its stance because of what people might say.

Secondly, the heart will tell you what is good for everyone and not just for yourself.

Thirdly, when you listen to and follow the heart, you will immediately experience peace and joy. However, if you follow the mind, you will experience confusion and guilt.

If you keep following your mind, your mind will become stronger. If you follow your heart, your heart will become stronger. The important thing is that you must follow your heart without fear. Following the heart requires courage. So, follow your heart and be courageous. Then, you will experience peace.

