



वसुधैवकुटुम्बकम्  
vasudhaiva  
kutumbakam



MONTHLY GLOBAL NEWSLETTER



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## Message from *Sadguru Sri Madhusudan Sai*

### **The One World Family**

**I**n a world torn by strife and narrow domestic ideas, the thought of considering everyone as one family is the most healing and redeeming one. And this is the idea we live everyday as we travel around the world. The Sai family expands everyday to include more and more people from different continents and countries, and that's what happened during the whole of November as we travelled and met many in the USA, while many travelled and met us in India.

The month of November saw the legacy of Bhagawan Sri Sathya Sai Baba reach newer geographies, while in India we opened more centres of service.

The Clarksdale Clinic in Mississippi shifted to the new larger space, while five new Sai Swasthya centres opened in Karnataka. The aim being one - to serve the poorest of our family without any charges, for how could we charge our very own people?

The celebration of the Sri Sathya Sai Award for Human Excellence had seven wonder women of India receive the citation and the medal for their relentless service to the rural geographies, a tall order by all standards.

The devotees from around the world converged at Sathya Sai Grama to pay homage to their Master on the 98th Birthday with more commitment to love and serve in His holy name.

And the message to one and all was -

**Who are we? One World Family!**

**What do we do? We Serve Each Other.**

**How do we do? With Unconditional Love.**

**When do we do? All The Time.**

**Where do we do? Everywhere.**



## At the Forefront



### 23 November 2023 – 98th Birthday Celebrations of Bhagawan Sri Sathya Sai Baba

#### The day was observed as ‘Seva Divas’ in dedication to selfless service

- Inauguration of FIVE Sai Swasthya Wellness Centres – providing essential primary healthcare services like preventive diagnostics
- Launching of 31 publications in 19 major world languages, including 26 books and 5 audiobooks. Notably, the final volume of the Sri Sathya Sai Uvacha series - Sri Sathya Sai Uvacha - Vol 20
- Distinguished guests, Mr K H Muniyappa, Minister for Food and Civil Supplies, Government of Karnataka, Cricket legend Mr Sunil Gavaskar, and Sarod Maestro Amjad Ali graced the event, and shared profound thoughts on service and spirituality

#### Saguru Sri Madhusudan Sai on Bhagawan Sri Sathya Sai Baba’s 98th birth anniversary

Saguru highlighted that a divine incarnation is a manifestation of mercy and compassion for humankind and assumes a physical identity, not forgetting the true divine nature. He emphasised that we are fortunate to have known and been guided by the divine incarnation. “The purpose of Bhagawan’s incarnation was to save all mankind and bring them ultimate joy and bliss. Love and service are essential in the path towards self-realisation.” Saguru expressed that world peace and harmony would be attained through spirituality and concluded by encouraging all to continue striving until the goal is reached.



# In Focus

## 28 October - 15 November 2023 – Sowing Seeds of Love: The Compassionate Odyssey of Sri Madhusudan Sai across USA

As Sadguru Sri Madhusudan Sai departed from California back to India after a three-week trip across the United States of America, one can only be filled with awe and inspiration to witness the various facets of expansion of the burgeoning mission of love and service, and the phenomenal pace at which hearts are getting transformed, adding new layers and new dimensions to this global humanitarian mission.

**Sri Madhusudan Sai Global Humanitarian Mission** is the overarching name of this accrescent altruistic undertaking, (Trusts and Foundations in India and around the world are embraced under this umbrella brand) which is becoming a compelling shared vision amongst every person who gets touched by its work.

Ever since Sri Madhusudan Sai landed in New Jersey on October 28, meeting multitudes of people, morning and evening, city after city - all the way from New Jersey to New York to Connecticut to Washington DC to Mississippi to Cincinnati, and then to Texas, before landing in



Corporate Event at the residence of Mrs Swathi and Mr Sri Atluri

San Jose on 09 November 2023, was the agenda. In New Jersey, Sri Madhusudan Sai was decorated with two special recognitions. The first was a recognition by a Joint Legislative Resolution by Senator Diegnan, and Assemblymen Karabinchak and Stanley, the Senate and General Assembly - State House, Trenton - New Jersey. The second was the Senate Commendation by Senator Ven Gopal, who recently won the elections by a landslide victory. Two key gatherings to welcome Sri Madhusudan Sai and meet him in Jersey were held at the residences of Mrs Swathi and Sri Atluri, Managing Director of BNY Mellon, and Dr Rekha and Mr Soma Rao.



Corporate Event at the residence of Dr Rekha Rao and Mr Soma Rao



Sri Madhusudan Sai with little Rishi at Liberty Island

The next stop was New York by road to fulfil the wish of a four-year-old boy who wanted to spend his birthday, going on a walk with his Divine friend! And so, it was granted, a walk around the Statue of Liberty, on Liberty Island. An innocent request was attended to with gracious benevolent all-encompassing love by Sri Madhusudan Sai.

From New York, the next morning was another road trip to Hamden in Connecticut to bless a couple, Shanti Kunchaparty and Venkat Reddy, who had earnestly prayed for Sadguru's presence in their home. In the evening, a small gathering of 15 people from various ethnicities was introduced to the ancient Indian thought of One World One Family through a riveting and thought-provoking discourse by Sri Madhusudan Sai.

Sadguru Sri Madhusudan Sai with Mrs Shanti Kunchaparty and Mr Venkat Reddy



Corporate Event at the residence of Mr Ashok and Mrs Smitha Siddhanthi



Sadguru's visit to Capitol Hill

The next morning, after a short flight to Washington DC, an evening with a select group of alumni from IIT ensued. They were all accomplished individuals in the society, and eager to find ways to partner with the various initiatives of Sri Madhusudan Sai, which resonated with their vision. "Without partnerships and collaborations one cannot progress forward", reminds Sri Madhusudan Sai always. The next day, Sri Madhusudan Sai was invited to visit Capitol Hill, the seat of the U.S. government, home to the domed United States Capitol, Senate, Houses of Representatives, and the neoclassical Supreme Court.



Visit to the Hindu Temple of Greater Cincinnati

## In Focus

### Sowing Seeds of Love: The Compassionate Odyssey of Sri Madhusudan Sai across USA



Satsang at the residence of Mrs Jayanthi Ramesh and Mr Ramesh Dharmaraj

After an eventful day, it was time to proceed to the next destination, Mason in Cincinnati, to bless the couple Mrs Jayanthi and Mr Ramesh Dharmaraj. From the airport, Sri Madhusudan Sai proceeded to The Hindu Society of Greater Cincinnati upon an invitation from the Chair and President. In the evening close to 75 people were invited to the residence of Mr Dharmaraj for an intimate gathering aptly titled, 'One World One Family.' The next morning, after spending precious time with the family and talking about the grand global vision and the various new initiatives for the coming year, Sri Madhusudan Sai departed for Clarksdale in Mississippi.

The Mississippi Delta is known for its high poverty rate and challenging medical statistics. According to the United Health Foundation, Mississippi's population ranks as the least healthy of all 50 states. The Mississippi Department of Health states that much of the State's impoverished population has the highest prevalence of obesity, heart disease, hypertension, stroke, diabetes, renal disease, and cancer. Keeping this as a need, the Sri Sathya Sai Sanjeevani Medical Centre was inaugurated in 2019, primarily for women and children from Coahoma County who have no insurance, and otherwise would be unable to receive adequate health care. The facility was in one section of the PeopleShores Clarksdale building, leased from the Economic Development Authority of Coahoma County. The goal of the Medical Centre was to begin serving patients one day a week, and increase the number of days of service per week, as per the demand.

The demand did grow to care for more outpatients; this resulted in the Coahoma Country graciously offering clinic space on the Northwest Mississippi Regional Medical Centre campus to the Divine Will Foundation (DWF), Sri Madhusudan Sai's Foundation set up in the USA to coordinate the service initiatives within the country, and beyond its shores. The Sri Sathya Sai Sanjeevani Medical Centre has been set up in the United States under the auspices of the Divine Will Foundation. "We shall not refuse any patient. Whether someone can afford or not, we must find a way to serve every single patient who will walk through the doors of this medical centre", will be the motto of the Sri Sathya Sai Sanjeevani Medical Centre said Sri Madhusudan Sai, at the inauguration of this larger facility, which can only be seen as the outcome of the



With County Officials, Mr Isaac Tigrett, Dr Shaun Setty and Dr David Cornsweet

## In Focus



Inauguration of Day Care Centre at PeopleShores

power of love. And when love rules, miracles eventuate! Young and old, County/State officials and residents of the community, well-wishers from far and wide, from within the USA and beyond its shores, had all gathered to witness this inauguration, with hope in their hearts and gratitude in the eyes, for here was someone who truly considered all His own!

A soul-stirring spiritual Satsang with nearly 150 followers was also organised at Clarksdale, which brought more purpose to every heart. A special meeting with the 'Education for All' team also took place, and Sri Madhusudan Sai reminded all to spread the message that 'Good is God.' He also inaugurated a day-care centre at PeopleShores, after meeting with the leadership team and guiding them about their next phase of expansion. With a mission to create employment opportunities for youth in the US, PeopleShores is committed to generating a positive social impact in the communities in which it operates.



Visit to Karya Siddhi Hanuman Temple in Frisco, Texas

From Clarksdale, Sri Madhusudan Sai proceeded to Dallas in Texas to attend two events, connecting with corporate leaders and social innovators. He was also invited to visit the Karya Siddhi Hanuman temple at Frisco, which was established by His Holiness Sri Ganapathy Sachchidananda Swamiji.



Corporate Gathering at Dallas - Importance of Giving Back to Society

To share His compelling shared vision with more like-minded individuals, and to touch more souls and remind them about the true meaning of their lives, Sri Madhusudan Sai, having successfully finished touring the East Coast, Mid-West, and the South regions of the USA, proceeded to San Jose in California.

Soon after landing in the afternoon, Sri Madhusudan Sai proceeded to the Stanford University's School of Medicine, upon their invitation to speak on his free healthcare model, and about the newly established medical college. A very consuming conversation between Dr Desiree LaBeaud (physician-scientist, epidemiologist, and professor in the Division of Paediatric Infectious Diseases at Stanford University's School of Medicine) and Sri Madhusudan Sai transpired.



## In Focus

### Sowing Seeds of Love: The Compassionate Odyssey of Sri Madhusudan Sai across USA



With Mr Anand Kuchibhotla, Founder of the University of Silicon Andhra

On 10 November, at the University Silicon Andhra, an event - 'India Rising: Make in India - Healthcare - Startup India - Rural India' was organised by the global alumni of IIT - the Wheels Global Foundation in collaboration with the Heart-to-Heart Foundation, which is Sri Madhusudan Sai's charitable body in the USA which helps forward the compassionate healthcare mission. Delivering his keynote address, and talking about the need for the stronger sections of society to support and help the weaker, he said, "India comes with a refreshing message, as ancient and timeless,



Addressing the global alumni of IIT

and modern and timely too, which is *vasudhaiva kutumbakam*. When you are a family, how do you charge those who cannot pay? Darwin's theory is a jungle rule - survival of the fittest. Survival of the weakest should be our way - that of the most weakest and the most vulnerable. This is a human society, not an animal society. The stronger, healthier, and educated members of the society should help those in need to build an equitable society. Consciousness is Divine. Scientists are talking about connectedness in the unified field theory etc. This one presence in everything is divinity. We will naturally feel and respect each other. How will you behave then? Live and consume with a sense of sacrifice - *tena tyaktena bhujitha*. Need should be the way of life. Living life on the principle of need, and not on greed, is the idea from India."

Thereafter, Mr Anand Kuchibhotla, Founder of the University of Silicon Andhra presented about the University and submitted possible areas of collaboration with the Sri Sathya Sai University for Human Excellence. Sri Madhusudan Sai announced the MoU exchange during his next visit to California and also added that students from the music department of the University will visit the USA for a concert in various cities.

After private meetings with various corporates that evening and the next day, Sri Madhusudan Sai addressed a gathering of devotees on Diwali, the festival of light, before departing to Los Angeles. He said, "I have been lighting many lamps from east to west coast (of USA), and Clarksdale has been the brightest light!"

The next day, Sri Madhusudan Sai departed for Los Angeles and arrived at the city of Corona, where a public Satsang was organised in the evening for the devotees on the auspicious occasion of Diwali. After a few more meetings, it was time to depart back to India.

A much-accomplished academician from Stanford University who met Sri Madhusudan Sai for the very first time, interacted for a few minutes, learnt about the initiatives which are based on the 'One World One Family' philosophy that He is propagating as He goes around the world selflessly and tirelessly day in and day out, blurted out, "This to me is - Love in Action - something which I had only heard about!"

Let the miracles continue!

## In Focus

### 21 November 2023 - MoU between Sri Sathya Sai Sanjeevani Hospitals and Children's Heart Link, USA

**Children's Heart Link, USA inks MoU with Sri Sathya Sai Sanjeevani Hospital, Navi Mumbai to enhance healthcare for children suffering from Congenital Heart Disease in India.**

Sri Sathya Sai Sanjeevani Centre for Child Heart Care in Navi Mumbai is a hospital without a billing counter which provides free-of-cost treatment to children with congenital heart disease. Sri Sathya Sai Sanjeevani Hospitals are in 3 states in India and have done over 28,000 child heart surgeries free for children from across India and 15 developing countries.

Children's Heart Link a US-based Organisation signed a MoU with Sri Sathya Sai Sanjeevani Hospital with a focus on enhancing healthcare for children born with heart disease and expanding training opportunities to ultimately save more lives.

This is a unique partnership for Children's Heart Link in India. As a charitable hospital, Sri Sathya Sai Sanjeevani Centre for Child Heart Care is operating with considerably fewer resources than its for-profit counterparts. "They are dedicated to providing vital medical care to children with heart disease; care they might not otherwise receive," said Jackie Boucher, President of Children's Heart Link during the MoU signing ceremony.



Dr C Sreenivas, Chairman, Sri Sathya Sai Health and Education Trust, and Ms Jackie Boucher, President, Children's Heart Link with the MoU

## In Focus

“This partnership shall bring in the latest medical expertise and know-how techniques from reputable paediatric cardiac specialists associated with Children’s Heart Link and Children’s Mercy Kansas City, USA to Sri Sathya Sai Sanjeevani Centre for Child Heart Care. This will help in providing world-class paediatric cardiac care to poor and needy children who are treated free at Sri Sathya Sai Sanjeevani Hospital,” opined Dr Snehal Kulkarni, Mentor-Paediatric Cardiology, Sri Sathya Sai Sanjeevani Centres for Child Heart Care.

Chairman of Sri Sathya Sai Sanjeevani Hospitals, Dr C Sreenivas during this ceremony highlighted the importance of Child Health as an Investment towards Human Transformation rather than treating it as an expenditure.

Prisha Kute, a 5-month-old baby who underwent Open Heart Surgery, and 14-year-old Kunal who underwent EP Study and Ablation received Gift of Life Certificates from the Children’s Heart Link team.



Prisha receiving gift of life certificate



Kunal receiving gift of life certificate

## In Focus

### 23 November 2023 – The 7th Edition of the Sri Sathya Sai Award for Human Excellence

**Themed “Rural Upliftment – Women of Excellence” honoured seven outstanding women. From empowering the visually impaired to championing sanitation and advocating for girls’ rights, stories of these women resonate as exemplars for the world.**

**W**e celebrate and applaud the selfless contributions of these exceptional women who make a tangible difference in rural upliftment.

In His keynote address, Sri Madhusudan Sai expressed that these women achieved so much for the people in a selfless way and represent the



real women’s power in India. These women are not from large organisations; they are not backed or funded by huge NGOs, and they are not part of large policy-making groups. Yet individually, each of them has worked so hard to do whatever they could to make the lives of people better. These are the examples that the world needs to celebrate.

The Chief Guest, Sri C. P. Radhakrishnan, Honourable Governor of Jharkhand, expressed his delight at the ceremony and commended the remarkable work being recognised. He particularly highlighted Sri Madhusudan Sai’s exemplary teaching about serving society in the best possible way. The event served as a powerful reminder of the positive impact individuals can make through selfless service to humanity.



# In Focus

23 November 2023 – Sri Sathya Sai Award for Human Excellence



# 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



## Sai Prema Foundation



### Healthcare

#### Pinktober at Sri Sathya Sai Sanjeevani Medical Centre

In the month of October, the Sai Prema Foundation celebrated Pinktober along with various NGO partners.

Fiji Cancer Society, Make a Difference, Foundation for Education of Needy Children in Fiji, Being Helping Hands Fiji, Mama Ashy Projects, and Solo Moms Project joined hands with Sai Prema Foundation to celebrate Pinktober.

- From 23<sup>rd</sup> to 27<sup>th</sup> October, 132 rural women underwent medical consultation.



The consultation included breast examinations, pap smears, and general health checkups.

Apart from the consultation, the Fiji Cancer Society also provided awareness and general information about breast cancer, its symptoms and identification, and how to perform self-breast examinations.

295 children underwent heart screening at the heart screening centre in Fiji. Mothers who accompanied the children also underwent general health check-ups.



# Region 1



## Sai Prema Foundation

### Educare

Sai Prema Foundation Fiji conducted a free Meditation Workshop at the University of South Pacific, Suva for a month.

- 80 Participants took part in this workshop and benefitted from it.
- The workshop covered a wide range of meditation techniques, deep breathing practices, and enhanced mindfulness and awareness.

- The sessions have helped them to be calm and composed in all situations, increased mindfulness and awareness in daily life, enhanced focus and concentration, and provided the ability to derive a greater sense of inner peace and well-being.
- The free Meditation Workshop concluded on a positive note offering valuable meditation practices to the participants thus contributing to the well-being and personal growth of all participants.



# Region 1

## Indonesia



### Yayasan Prema Sai Pooja (Prema Sai Pooja Foundation)



#### Nutrition

- **400 children** were served breakfast in an elementary school in Sidan Village, Gianyar district.
- **90 food packets** were also distributed to needy individuals.



# Region 2

## India



### 15 – 19 November 2023 – The 52nd Senior and 34th Young Musicians State Music Conference



The Sri Sathya Sai University for Human Excellence hosted a music conference at Sathya Sai Grama. This event is a significant celebration, uniting accomplished musicians exemplifying the universal language of music.

The core of the university's values is a dedication to nurturing human excellence. This conference serves as a testament to that commitment, highlighting the profound impact of music in fostering unity and cultural exchange.

#### Divine Discourse - Valedictory Session

#### The lineage of teaching and learning should continue forever

Sadguru Sri Madhusudan Sai expressed his gratitude for the event and highlighted the

importance of music. He emphasised the belief that wherever the devotees sing the glory of God, He establishes Himself. He praised for bringing joy and divinity to the already sacred place, Sathya Sai Grama.

Sadguru emphasised the importance of passing on the lineage of teaching and learning and the recognition and honouring of musicians who have dedicated their lives to music. He also mentioned that grace of God and prosperity come through dedicated practice and *sadhana*.

The integration of young musicians in the conference was praised as a way to continue the tradition and ensure the perpetuity of Indian heritage, culture, and spirituality. Sadguru invited the continuation of such programs and offered ongoing support from the institution hosting the event.

Many artists were felicitated and blessed by Sadguru



## Region 2

India



23 November 2023 –  
Inauguration of five Sai  
Swasthya Wellness Centres

Chikkaballapur, Karnataka



**SAI SWASTHYA**

Wellness Centre  
DIAGNOSTIC + DISPENSARY

The idea of 'vasudhaiva kutumbakam' - the whole world is one family, prospered and perpetuated itself through such a free universal healthcare system that charged no one, but was instead supported by all, for the welfare of all.

This ancient idea was lost over a period, with monetisation and commoditisation of essential services like health and education, until Bhagawan Sri Sathya Sai Baba, breathed a new life into this dying ideology by liberating healthcare services from the financial clutches of modern medicine.

The disparity of healthcare services in rural regions is 'an Indian demographic dichotomy'. Majority of India lives in villages but more than 75% of the healthcare system caters only for a relatively lesser population of cities.



Identifying this Paradox in essential basic rights for healthy life, Sadguru Sri Madhusudan Sai, a humanitarian, a visionary, who keeps healthcare as the prime objective, has started a novel wellness program called 'Sai Swasthya'.

The centres will be in the rural hinterland, serving the underserved, and making healthcare accessible, available, and affordable.

This primary, preventive, predictive, and precise healthcare support envisions the objective of holistic guidance and care with screening, consultation, diagnostics, counseling, and therapeutics.

On 23rd November 2023, five Sai Swasthya Wellness Centres were inaugurated in Chikkaballapur district of Karnataka. They are situated at Manchenahalli Taluk, Dibburhalli - Sidlagatta Taluk, Yaluvahalli (Nandi)- Chikkaballapur Taluk, Vidhurashwtha - Gowribidanur Taluk, and Hampasandra - Gudibande Taluk.

Last month Sadguru inaugurated a Sai Swasthya Wellness Centre at Khajipalem in Bapatla District, Andhra Pradesh. During the inauguration, He announced that by the next Dussehra, it would grow into a Mother and Child care hospital with operating theatres and inpatient services. The Bhumi Puja took place for a 40-bed hospital in Bapatla on the 23rd of November 2023.

## Region 2

India



25 November 2023 –  
Inauguration of  
Balaniketanam,  
Muddenahalli

**Balaniketanam Children Learning Centre**

A momentous occasion unfolded with the inauguration of the Balaniketanam Children Learning Centre, a beacon of education and values for the young minds under the divine guidance of our beloved Swami.

Earlier this year, Swami, revealed his vision to the world. He announced the establishment of a learning centre for the children of our staff, a haven where the purity of their minds would be shielded from the influences of the outside world.

Sadguru Sri Madhusudan Sai in His message compared children to raindrops, explaining that their circumstances and surroundings determine their future. He emphasised that every child deserves a chance to grow and become a good citizen, but not all parents can provide this



opportunity. Therefore, the learning centre aims to create a nurturing environment where children can develop and thrive.

He also pointed out the shrinking period of childhood innocence and the negative influence of technology on parenting. It is acknowledged that children are exposed to harmful cultures and, therefore, must be given the right kind of exposure and influence. He stressed the importance of providing a suitable atmosphere, love, and warmth for children's overall well-being, as they are compared to flowers that will naturally bloom when provided with the right environment.



## Region 2

India 

### 26 November 2023 – Florence Nightingale Lamp Lighting Ceremony for Nursing Students

Sathya Sai Grama, Muddenahalli

The nursing students of the University participated in the Florence Nightingale lamp lighting ceremony, a poignant ceremony symbolising the dedication and compassionate care that defines the noble profession.

Florence Nightingale, driven by a profound calling to serve the needy, devoted her life to nursing and promoting healing. Her emphasis on hygiene, sanitation, and evidence-based practice set the standards for modern nursing.

The event celebrated nursing, acknowledging the profound impact these professionals have on individuals and communities—the lamps' glow serving as inspiration for students to continue their mission with compassion and excellence. As part of the event, the Florence Nightingale oath was also taken by all the students.



## Region 2

India 

### Excerpts from Sadguru Sri Madhusudan Sai's message on the occasion of the Florence Nightingale Lamp Lighting Ceremony

Florence Nightingale took it upon herself to nurse the soldiers back to health. There was no nursing college, courses, or structure in her time. But all she had was just compassion in her heart. She had no support and did everything by herself, so much so that she gave this gift of nursing to the world, which we now know as the course on nursing and patient care. This is how great people have inspired changes that have forever changed the course of human history through their personal example and sacrifice.

Swami Vivekananda said once – “we all just exist. Those who live for others alone live. All others are worse than dead”. Because dead people also will go into the earth and become some nutrition for the insects and worms – at least some *seva*. But living selfishly is no *seva* to anybody.

Human development is not about material comforts, more power in your command, or more control over destiny. The idea of human evolution is to have compassion in our hearts to help those in need without thinking about ourselves too much. And that is how human societies evolve and develop.

The expectation from our nursing college, from our medical college, and all our colleges and schools is to be more compassionate human beings; be more kind, and be more self-sacrificing. Do not worry about your welfare. Anybody who works for others



becomes the responsibility of God, and God will look after such people. God can look after any of us much better. So this is how we should be confident about being kind and selfless. So don't you worry too much about your happiness or your welfare. Think of others; think of helping somebody in need with greater needs. And it is the word of the *upanishad*, of the *vedas*, that you will be looked after.

While we place our gratitude to these great personalities like Florence Nightingale for being an inspiration for what they have done, we should also leave a trail behind.

HW Longfellow's poem is there – A Psalm of Life. It says –

*Lives of great men all remind us  
We can make our lives sublime,  
And, departing, leave behind us  
Footprints on the sands of time*

Continue to serve, learn, grow, help, and find the joy of service within, which will be your motivation and nothing else. And I want to see our hospitals as not just beacons of hope or beacons of service, but they should be beacons of inspiration for all the hospitals in the world.

## Region 2



27 and 28 November 2023  
- International Nutri Cereal  
Convention (INCC), Hyderabad

The Annapoorna Trust showcased its initiatives during the recent International Nutri Cereal Convention in Hyderabad and received the Poshak Anaaj Award 2023 for its social impact.

Sadguru Sri Madhusudan Sai delivered a message at the convention, emphasising the importance of millet-based nutrition and India's role as a provider of food to the world. He highlighted the work of the Sathya Sai Annapoorna Trust in providing morning nutrition to three million children across India, particularly through the use of millet-based products. The trust aims to expand its efforts to other states and address the issue of malnutrition in the country. He also discussed the trust's collaboration with farmer associations to source ragi and jaggery directly, providing them with better pricing and livelihood opportunities.



## Region 2



30 November 2023 – 6th  
Multinational Enterprises  
and Sustainable Development  
International Conference (MESD  
'23), University of Delhi

Sri Madhusudan Sai presided over  
Conference at University of Delhi

New Delhi, 30 November 2023: The 6th International Conference of Multinational Enterprise and Sustainable Development (MESD'23) Association, with the theme - **Sustainable Business Strategies, Models and Values: Role of MNE Strategy, National Policies and Global Partnerships** was held on 29 and 30 November, 2023 at the University of Delhi. It was a brilliant confluence of students, research scholars, policy makers, industry delegates and educators, and this evening, Thursday 30 November, the two-day conference concluded with Sadguru Sri Madhusudan Sai presiding over the Valedictory Session as the Chief Guest. Shri Rajeev Kher, (Former Commerce Secretary, Ministry of Commerce and Industry, Government of India) Dr. S P Sharma (Chief Economist and Deputy Secretary General PHD - Chamber of Commerce and Industry), Prof. Rabi Narayan Kar (Principal, Shyam Lal College - University of Delhi), Prof. Ajay Kumar Singh (Head and Dean Department of Commerce - University of Delhi) and Prof. Niti Bhasin (Department of Commerce - University of Delhi) also shared stage at the Valedictory Session.

Addressing the students, makers of this country and the world, who were part of the gathering about **Sustainability** which was the main theme of the conference he said, "India always stood for Sustainability. Whenever we did something, we



always thought if the next generation would be able to continue it, in the smallest to the biggest way. Sustainability was never a discussion or a debate; it was part of the Indian way of life.

When Gandhi Ji was asked to summarise his philosophy of life in three words, he quoted from the *isavasya upanishad* and said 'Tena Tyaktena Bunjitha' - Consume with a sense of sacrifice; don't consume more than your need and leave the rest for others who are more needy. The second part of the same shloka, says - 'Ma Grdhah Kasya Svid Dhanam' - Do not take another man's wealth; this means, do not take from the pool of resources which you don't need. Such wonderful concepts from our scriptures kept our society sustainable. Even if we had the money to buy or the power to acquire, or the position to grab, we never did it. We always took only what was needed, and sacrificed for the sake of others.

Therefore, even in today's time and age, Sustainability is equal to sacrifice - if we are willing to sacrifice a bit of our wants and desires, and share what we have with more people, we will become sustainable. So, in one simple phrase - **Sustainability is 'give more and take less'.**"

Sri Madhusudan Sai went on to talk about the different sects in the society - the capitalists (who take more and gives less), the socialists (who give

## Region 2



more and take more), the minimalists (who take less and give less) and the spiritualists (who give more and take less). He said, “the need of the hour is spiritualism; and in one word, spiritualism is selflessness - to think about others before we enjoy anything and this is the scriptural injunction we bring forth as India. While we say Recycle, Reduce and Reuse, I would like to add the fourth R - Refuse. Simply refuse what you don’t need.”

“Can there be a more solid and fool proof formula for Sustainability?”, he asked everyone.

Concluding his riveting talk, Sri Madhusudan Sai said, “the whole world talks about environmental, social and economic sustainability. Everything boils down to whether we are willing to sacrifice a bit of

our wants and desires for the greater good of all. Thus, the most important value is sacrifice. In the Valmiki Ramayana, the model of sustainability as Ramrajya has been mentioned were all abided by dharma which is - doing the right thing; no one uttered a lie, all were free from greed and happy doing what they had to, and thus, everything was driven by *sathya* (truth) and *dharma* (righteousness). So, let us dream of a developed nation based on the Valmiki Ramayana forequitable and happy societies.”

The evening concluded with Sri Madhusudan Sai giving away certificates to the best research abstracts that were submitted as part of the two-day conference.



## Region 2

### Middle East



#### Nutrition

- In the month of October, close to **2,849 meals** were distributed to the needy by the volunteers of Sai Hrudayam
- **31 Sai Love Kits**, each containing groceries which would last for a month and can prepare about **2,430 meals**. These kits were distributed to the unemployed, which included boys who wash cars for meagre salaries, and other blue-collar workers
- **One Meal A Day - 320 food packets** consisting of fruits, snacks, laban, and juices were served to workers who do the hard manual labour under the scorching sun
- **30 unemployed workers** who were stranded were provided with ingredients for South Indian breakfast - dosa and sambar



## Region 2

### Nigeria

#### Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



#### Healthcare

**A**ruike 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 October 2023, the following services were provided:

- Outpatient consultations were conducted for **810 children** and **1103 adults**
- **208 patients** got their Ophthalmic treatment
- **18 deliveries** were performed



- **173 expectant mothers** were given the necessary antenatal care
- **32 children** were given immunisation
- **20 surgeries** were performed, which included catheterisation, lumpectomy, herniorrhaphy, circumcision, hydrocelectomy, and caesarean section
- **42 radio** diagnostics were performed
- **1,763 lab investigations** were conducted
- **96 patients** were admitted to the hospitals as inpatients



## Region 2

### Nigeria

#### Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



#### Educare

**F**EMMECARE is an innovative program designed to empower young women by teaching them to respect and honour their bodies. It has become a part of the TELA Skills Acquisition Centre by teaching the young ladies how to develop a business of the production of reusable, environmentally friendly, hygienic pads.

**FEMMECARE department of SSAI organised a seminar for female students of The Embodiments of Love Academy, St. Peter's College Abor, and Community Secondary School Ebe as they joined the global community to observe the International Day of the Girl Child 2023. The students were happy to attend as the program focused on the importance of Girls' education, their rights, and gender equality.**

The girls were taught about self-awareness, puberty, menstruation, and the ways and importance of maintaining cleanliness during menstruation which includes bathing regularly, drinking warm water, doing exercises, and avoiding taking drugs. The seminar also had a topic on sex education. Finally, the girls were gifted with FEMMECARE products.



The TELA school library aims to collaborate with teachers to support the Nigerian education curriculum, and provide resources and materials to enhance learning.

- It cultivates reading habits in children.
- It develops the self-learning skills of students.
- It helps teachers to improve their teaching expertise.
- It keeps the teachers and management informed of the latest updates in the education sector

#### 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.

#### Sociocare

**Under the Old is Gold Program 147 elderly people** received grocery bags which contained rice, beans, salt, detergent, vegetable oil, sachets of tomatoes, soap tablets, seasoning, and bulbs of onions.

## Region 2

### Sri Lanka



#### Sri Sathya Sai Karuna Nilayam Foundation



#### Healthcare

The cardiac services in the Sri Sathya Sai Sanjeevani Hospital, Batticaloa - Sri Lanka, has been a journey of one step at a time.

In 2022, the Sri Sathya Sai Sanjeevani Super Speciality hospital embarked on few paediatric cardiac surgeries in the Eastern Province for the very first time in the entire history of the Emerald Isle.

This paved the way for the opening of the state-of-the-art Cath lab on 1st June 2023 introducing interventional cardiac care which was never available in the Eastern Province.

Today, as the cardiologists from Batticaloa Teaching Hospital and their entire team of Cath lab staff join hands with Sanjeevani Hospital staff, in the true spirit of cooperation and collaboration, another milestone has been conquered. A totally free of cost private hospital and a Government Teaching Hospital have provided free services in a spirit of selfless service for the very first time in Sri Lanka.



As remarked by Sadguru during the first 100th intervention, "Correcting a cardiac issue is not just helping a patient breathe better, but it is also about returning a bread winner to the family, gifting a mother's care to young children, restoring dignity to an ageing elder, giving a youth back to the country and above all spreading selfless love in the society."

The ongoing journey of the Sri Sathya Sai Sanjeevani Hospital, Batticaloa has mended more than 300 hearts and continues the service of loving all and serving all.

In the month of October 2023:

- 68 patients were treated at the Cath Lab of Sri Sathya Sai Sanjeevani Hospital
- 1301 out-patients were treated with free consultation and medicines at Sri Sathya Sai Karunalayam Medical Centre

#### Nutrition

Food was distributed to 1846 individuals in the month of October 2023.



## Region 3

### Greece



#### 'Ιδρυμα Μοιράζομαι' (Foundation of Sharing)

#### Nutrition

In the month of October 2023, Volunteers of the Foundation of Sharing along with Moirazomai Foundation prepared vegetarian sandwiches and salads for the three Institutions:

- 143 meals were provided at 'Stegi Thileon Agios Alexandros', a Home for about 20 girls, coming from troubled families
- 151 meals were delivered at the Association for the Protection of Minors of Piraeus
- 1,136 meals were provided at the 'Tsougkraneion' 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 EGNIA Foundation

#### Healthcare

- Foundation of Sharing helped an autistic child with the cost of the treatment for a year



## Region 3

### Germany



#### Educare

- **18 participants** had joined the online Bhagavad Gita Workshop which was held twice in the month October. One chapter of Bhagavad Gita was discussed in the workshop



### Poland



#### Misja Prema Association

#### Educare

- In the month of October, four Bhagavad Gita Workshops were conducted online. 27 people participated in the online workshop

#### Sociocare

- The construction and renovation of the Kokoszka Nursing Home in Wroclaw were completed. The association contributed to designing this place for chronically and terminally ill children and young people, who would receive free 24-hour specialised care at this Nursing Home, and it has become the official caretaker of this room

## Region 3

### Turkey



#### Karşılıksız Hizmet Vakfı (Selfless Seva Trust)



#### Nutrition

**A** total of **1,200 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 October 2023, **336 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



- Helped **two medical students** by paying school fees

- **75 needy people** were provided with shoes

#### Healthcare

- **A child with heart disease** was helped with the medical bills

### Kazakhstan



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

#### Nutrition

- In the month of October, volunteers distributed **160 meals** to needy individuals near the Mosque and Cathedral church at Almaty. Meals include sandwiches, tea, chocolates and cookies



# 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 October 2023, a total of **1,985 meals** and **3,619 breakfasts** were provided to the needy
- 1,135 meals** and **1701 breakfasts** were provided to the soup kitchen, La Amistad, Urbino, Entendiendo Lucecita, Copa De Leche Savio at Escobar City, Buenos Aires Province
- In association with Asociación de Cazadores de Escobar (Escobar, Buenos Aires) and Encendiendo Lucecitas, food assistance was provided to **three families**
- At the city of La Plata, 850 meals and 1918 breakfasts were delivered to several soup kitchens



### Sociocare

The volunteers of the Foundation distributed clothes to **50 needy individuals** and **17 pairs of shoes** for children and adults along with **six woolen blankets** made by the volunteers to the needy visitors of the soup kitchens in La Plata.

### Educare

Volunteers of the Amor Y Paz conducted a few activities in the Ashram

- Taketina – a musical meditative process to develop an awareness of rhythm
- Group Meditation
- Chanting of Omkar in a group
- 80 participants joined a virtual Yoga Course twice a month
- Work shop on Bhagawad Gita
- Monthly study circle on Advaita Vedanta
- Workshop on Vegetarian Cuisine
- Recitation of Devi Mantras during Navaratri
- Special meditation for peace during Navaratri



# Region 4

## United States of America



**Divine Will Foundation  
Clarksdale, Mississippi**



**Inauguration of Sri Sathya Sai Sanjeevani Centre at Clarksdale, Mississippi**

Sadguru Sri Madhusudan Sai emphasised the importance of serving and caring for all patients, regardless of their ability to pay, at the inauguration of the Sri Sathya Sai Sanjeevani Centre at Clarksdale, Mississippi.

Sri Madhusudan Sai highlighted the need for partnerships and collaborations to ensure that healthcare is accessible to everyone. The Divine Will Foundation is committed to helping every patient receive the care they deserve.



## Region 4

### United States of America



With the Board members of the Northwest Mississippi Regional Medical Center



## Region 4

### United States of America



#### 12 November 2023 - Diwali Satsang in Corona, California

Sadguru Sri Madhusudan Sai's main message on Diwali was the concept of oneness and the recognition of the Divinity within oneself and in others. He encouraged all to believe that all are Divine beings, and that everyone and everything in the world is also Divine.

Sri Madhusudan Sai also emphasised the importance of starting each day with the

affirmation of being Divine. He advised everyone to embrace the idea of being divine and treat others with love and selfless service; individuals can bring about positive transformation in their own lives and in the world.

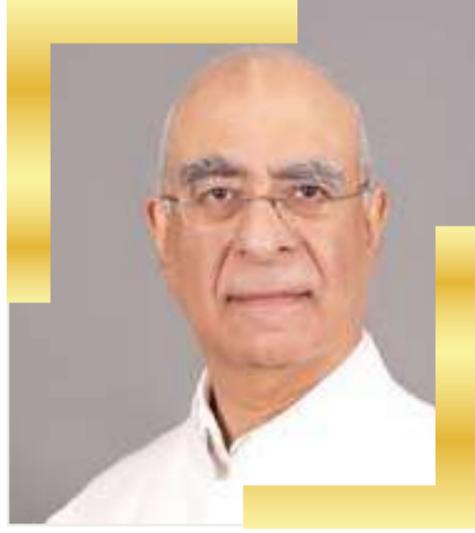
He also mentioned the importance of introducing value education programmes in schools to instil these principles in the younger generation.



## My Inner Journey

**“Take one step towards Me and I will take 100 towards you”**

**– Mr Arvind Chugh**



**M**r Arvind Chugh started his career as a Commodities and Stock Broker. He then went on to manage Commodities Portfolios as a Commodities Trading Advisor. He retired from his career as a Realtor. Currently, he is the Managing Director of Divine Will Foundation, Canada.

**G**radually, I have been discovering through experience the truth behind chapter 18 of Shloka 37 of Bhagavad Gita:

यत्तदग्रे विषमिव परिणामेऽमृतोपमम् |

तत्सुखं सात्त्विकं प्रोक्तमात्मबुद्धिप्रसादजम् ||

*yat tad agre viṣham iva pariṇāme amṛitopamam |*

*tat sukham sāttvikam proktam  
ātmabuddhiprasādajam ||*

That which seems like poison at first, but tastes like nectar in the end, is said to be happiness in the mode of goodness. It is generated by the pure intellect that is situated in self-knowledge.

This has universal applications spiritually and in daily mundane life. I see this as God’s grace in helping me on my way to the final destination. With immense gratitude, I bow down to my Lord and Master Bhagawan Sri Sathya Sai Baba and Sadguru Sri Madhusudan Sai for their gift of growing awareness, and for giving me an opportunity to serve Him in His mission to uplift humanity.

In 1978, my manager gleefully remarked while hiring me in the world of commodities and stocks, “You are a red neck capitalist”. I wore that badge with pride for years. However, life had other plans

for me. The world of commodities introduced me to the world of cycles, that slowly led me to the Bhagavad Gita. I had gone up like a rocket and came down like a shooting star.

In the mid-80s, I was very focused on my commodities trading portfolio management Company and my children. After 8 years of marriage, my Muslim wife with plenty of time as a housewife, rediscovered her religion with the encouragement of her sister and a local fanatic Muslim community leader. Branding me as a kafir, she demanded a divorce when she saw me reading the Ramayana. She wanted me out of the house by January 1, 1987. She felt she was living in sin. I closed my Company. Having been raised with conservative Bharatiya values of one marriage, I didn’t know where to go or what to do and felt lost. She suggested I go to India since I wanted to do that for a long time. It ‘felt’ right. Not one negative thought entered my mind at her suggestion. In retrospect, these painful events were the beginning of a new phase of my life that brought about huge spiritual growth; unbeknownst to me, it was a blessing in disguise.

I first heard about Swami in 1974, when His miracles began to happen in my *maasi’s* (maternal aunt) home in Nova Scotia. Everything I heard about Swami hit the right cord in me, but I was not ready. He, like other ‘gods’, got relegated to my ‘inner puja room’. All that changed in January 1987, when I first saw Him in Whitefield. Ever since then, my love and reverence for Him grew like the rising sun. Like all other devotees, I pined for the coveted interview and jostled for the front row during darshans. You know the drill. I made many trips to Parthi, staying there for months at a time and the world of business became a memory. Then, it was ‘go back, earn money, and come back to Parthi’.

In 1987, I also met my guru. The old Shankaracharya Chandrashekarji directed me to him, his old *śiṣya*. People told me how lucky I was, as that was the first time in decades, he had done that. Only I didn’t know how ‘lucky’ I was. I didn’t realise how the prescribed *sadhana* by my guru and Swami’s grace had started to fill me with ‘*sahanaśakti*’. Back in late 1988, I met my ex-wife over lunch. She was shocked to see me radiating. She remarked, “with what you lost I expected to see a broken man. But you look like you have just come back from a vacation.” After a few months of intense *sadhana*, I felt the pull to be back in Bharat again. And, back I came to Swami’s divine feet. By now, a big transformation was underway. The ‘redneck capitalist’ was no more. The competitive heart was melting into a more caring and compassionate heart. I would still jostle for the front row but now, I would frequently look for a poor old frail villager and give him my front row spot, who I knew would otherwise not have a chance. Swami’s grace also grew overtly like the waxing moon and manifested in many ways in my life. Space does not permit me to tell you old and new stories.



When Swami dropped His mortal coil in 2011, I felt strongly in my heart that He had not left. My unwavering belief was that He was still here, and hence I could not mourn. In December 2015, I attended a *darshan* in Muddenahalli. I ‘recognised’ Swami in communicator Madhusudan the moment I saw Him. He blessed me with permission to take *pada namaskar*; in my very ‘first’ *darshan*. My faith had been validated. Before leaving back for Canada, I remarked to a senior *ashram* official, much to his disbelief, that Swami was going in and out of Madhusudan. The following year, Swami answered my decades-long prayers, and was blessed that I could serve in His mission. From there onward Swami’s presence in my life has been virtually constant. In a discourse in Parthi, Swami had said, “*Take one step towards Me and I will take 100 towards you.*” I can vouch for the validity of that statement, as I have experienced it. But, what does it mean to take the first step?

In the course of my work in managing Divine Will Foundation (Canada), which was founded with Swami’s blessings, I came across the usual challenges. Swami has always been there to guide me; showing me firsthand that He loves everyone equally and always supports *dharma* irrespective of position. Although in theory, one would expect that from Swami, to see it practically is an eye-opener. Our minds are so conditioned by worldly norms. And so, the reverence for the Adhidharmapathi, the Lord of the Universe, grows even more intense, just when one thinks that was not possible. I have realised experientially, there are no boundaries to His ‘righteous compassionate love’.

During COVID-19, Swami taught us many wonderful scriptures through Master the Mind, Kathopanishad, and the Bhagavad Gita series of discourses. Although I had read the Gita before a few times, it was only during His 2-part discourse on Chapter 12 that I became aware of the distinction between ‘regular, dear and dearest devotee’. These discourses have opened up a new dimension of spiritual growth

## My Inner Journey

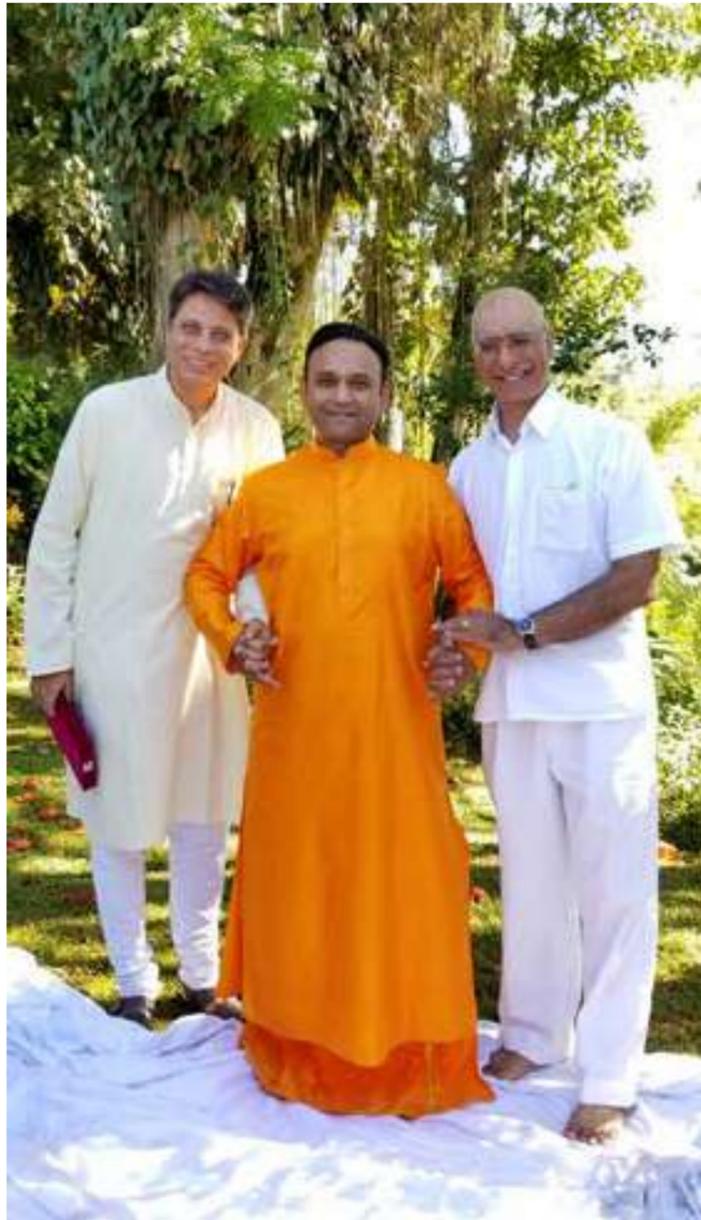
**“Take one step towards Me and I will take 100 towards you”**

**– Mr Arvind Chugh**

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for me together with the daily flow of Swami’s spiritual information in the WhatsApp groups. There were many things I knew from before but the succinct clarity with which our Divine Sadguru discoursed is breathtaking! I know from experience, with *sadhana*, knowledge comes from within. However, the guidance of a guru is still essential because the knowledge one needs for one’s immediate growth may not be available at one’s convenience. In retrospect, concepts like ‘*adhyātmika, adhibhautika, adhidaivika*’ have taken on a new significance for me, with a clearer understanding of the concepts in the various talks. More and more I find that Swami’s teachings are becoming integrated into my thinking patterns in day-to-day affairs. Now, Gita Ch2-46 is clear to me. It is one thing to read it. Another to experience it. I am not there yet, but the fog is lifting.

Looking at my inner transformation with Swami’s influence over these past 39 years, makes me appreciate even more how blessed Swami’s Muddenahalli students are, in receiving spiritual knowledge on a platter. It is my belief that for many of the ‘old Parthi’ students, it was just their good *prarabdha*. However, the new students are what He was talking about when He said back in Parthi, and which He has reiterated in Madhusudan Sai form, that “My students will change the world”. Now, more than ever, I ‘know’ that we are presently transitioning to the Golden Age that Swami spoke about so frequently. For me now, there is no difference between Sathya Sai and Madhusudan Sai. Both forms are ‘facets of the same diamond.’ Looking at the present chaos globally, especially with the WOKE ideology, I chuckle and wonder, how will Kak Bashundji describe this recent kali yuga to Garuda in the next Ramayan!?



## Lessons For Life

**When God is everywhere, why go to the temple?  
Why not pray at home?**

**T**here are places inside the house where the mobile signal is strong and one can hear or speak clearly. Temples are like mobile towers with strong signals where it is easier to speak to God and to hear Him speak to us. Just like a seed has the potential to grow into a huge tree, the *sthala* (place) where a temple is, has great potential and power. It is devotees who multiply this power. Sunlight is everywhere. Put it through a lens and the sunlight will become so concentrated that it can even burn a piece

of paper. This is not possible when the rays of light from the sun are scattered. Likewise, God is everywhere, but He gets drawn more easily when the minds of devotees, which are like the lens, are focused and concentrated on Him. This focused devotion of the devotees transforms the temple into a powerful place. This is called *sthala mahima* – power of the place. Due to the devotees who come and think of God constantly, the place or temple develops a kind of spiritual power. Hence we should visit temples.



