



वसुधैवकुतुम्बकम्
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MONTHLY GLOBAL NEWSLETTER



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Message from *Sadguru Sri Madhusudan Sai*

Be a yogi – Selfless and Fearless

There is nothing in this world as pure and sacred as the true wisdom of the Self. The one who leads a life of purity and self-control attains that wisdom; being established in that wisdom is *yoga*. We must put efforts on the path to become a *yogi*. *yogis* are the ones who give everything and take nothing; they think about the welfare of others all the time; they serve God in all beings without expecting anything in return. These *yogis* attain the highest Divinity.

Compared to a *yogi*, a *tyāgi* is a person who gives more than he takes, which is good, but still not sufficient to attain the highest wisdom.

As 2023 ends and 2024 begins, we must do a self-audit to see how we can become a *yogi*, without a trace of selfishness. This is the kind of life we must lead this new year.

Let's make a resolution that we become more loving, kind, compassionate, giving and forgiving this new year. An incremental improvement day after day will help, for little improvements everyday will lead to perfection. Only a pure selfless soul is perfect. Let's surrender to the Divine; be selfless; be fearless, and do good to the world.

Let's march forward with this inspiration to attain the highest wisdom and the highest happiness.

Blessings for the New Year.



At the Forefront

28 December 2023 – Karnataka State Dr Gangubai Hangal Music and Performing Arts University Conferred Honorary Doctorate to Sadguru Sri Madhusudan Sai

The Honorary Doctorate was personally awarded to Sadguru Sri Madhusudan Sai at Sathya Sai Grama on 28 December 2023 for the Fifth Annual Convocation of Karnataka State Dr Gangubai Hangal Music and Performing Arts University, which was held on 18 October 2023 at Mysore



At the Forefront

28 December 2023 – Karnataka State Dr Gangubai Hangal Music and Performing Arts University Conferred Honorary Doctorate to Sadguru Sri Madhusudan Sai

The Citation (translated into English)

Karnataka State Dr Gangubai Hangal Music and Performing Arts University, Mysore Fifth Annual Convocation

Sri Madhusudan Sai spearheads a unique global mission across 33 Countries. Since 2011, Sri Madhusudan Sai has established institutes of excellence in Education, Healthcare, Nutrition and Spirituality across the world.

28 educational campuses, a University in South India through the Sri Sathya Sai Loka Seva Gurukulam Group of Educational Institutions, and three institutions abroad (Nigeria, Laos and Australia) are providing free values-based education to nearly 5,000 boys and girls. To ensure accessibility and inclusivity, the institution also supports primary education of over 5,000 children from Government schools through the Bharath Rashtra Nirman Vidyaarathi Nidhi, a unique initiative of Sadguru Sri Madhusudan Sai.

At Sathya Sai Grama in Muddenahalli in Karnataka, near Bengaluru airport (South India), which is also the epicentre for all the global service activities, a totally free 360-bedded multi-specialty hospital treats over 1,200 patients every day, and is also the teaching hospital for India's first free medical college - the Sri Madhusudan Sai Institute of Medical Sciences and Research, which was inaugurated by the Honourable Prime Minister of India, Shri Narendra Modi on 25 March 2023.

Guided by the vision – In Rural, For Rural, By Rural, this first-of-its-kind medical college shall nurture medical doctors with ability, nobility, and stability who shall dedicate themselves to serve the underserved, particularly in rural India, where their need is the most.

Today, ten speciality hospitals in India (five paediatric cardiac care, and five mother and child hospitals) and three hospitals abroad (Fiji, Sri Lanka, Nigeria and a medical centre in USA) are providing free healthcare. Over 27,000 free paediatric cardiac surgeries have been done successfully through the Sri Sathya Sai Sanjeevani Hospitals.

The Annapoorna morning nutrition programme nourishes 3 million school-going children every day in India in 40,000 schools across 23 States, 5 Union Territories, and 5 countries.

All services are offered absolutely FREE of cost to all without any discrimination. The incredible impact of these free initiatives of Sri Madhusudan Sai is indeed making a tangible difference in the lives of millions every day.

Recognising his services, this citation and honorary doctorate are conferred on him on the Fifth Annual Convocation of Karnataka State Dr Gangubai Hangal Music and Performing Arts University on 18 October 2023.

At the Forefront

28 December 2023 – Karnataka State Dr Gangubai Hangal Music and Performing Arts University Conferred Honorary Doctorate to Sadguru Sri Madhusudan Sai

Sadguru Dr Sri Madhusudan Sai's Divine Discourse – A Summary

First and foremost, I place my humble gratitude at the feet of Bhagawan Sri Satya Sai Baba for enabling us to serve Him in so many people around the world, which has brought great joy, a great sense of fulfilment, and purpose to all our lives.

I accept this Honorary Doctorate on behalf of every one of you, because it is the collective effort of all of us that has brought success and greatness to this mission. This applies to the people who work here and those who support us from around the world.

A Mention of Gratitude to all

Recollecting the 5Gs – Godliness in Action, Goodness beyond Boundaries, Grandness of the Mission, Greatness of the Mission. Groundedness in Professionalism, I would like to add the sixth G, which is 'Gratitude.'

Sri T B Jayachandra is a friend of our institution, a friend of all-weather because he was the one who stood by us five years ago to help in the establishment of the Sri Sathya Sai University for Human Excellence under the Private University Act of the Government of Karnataka. I convey my gratitude to him for having done his part in this great mission.

Our gratitude also goes to Professor Nagesh V Bettakote, the Vice Chancellor of Dr Gangubai Hangal Music and Performing Arts University, established in the great memory of Dr Gangubai Hangal, by the Government of Karnataka. He took it upon himself to honour us all.



I offer my gratitude to God for giving us a sound body and mind, for the abilities, intelligence, and resources to do His work in this world.

Gratitude to His people, millions of children (boys and girls) and thousands of patients who allow us to serve them.

Gratitude to everyone who supports this mission from around the world.

Gratitude to all our people who work day and night, without seeing the clock and calendar days, holidays and festivities to make this mission come true, by working for the cause of the needy.

This mission has been built on the collective sacrifice of thousands of simple-hearted people from around the world who have given their everything to support and help the beneficiaries of this mission.

At the Forefront



Sri T B Jayachandra – Former Minister of Law and Parliamentary Affairs, Government of Karnataka



Professor Nagesh V Bettakote – Vice Chancellor of Dr Gangubai Hangal Music and Performing Arts University, Mysuru

He Walked, We Followed

Bhagawan Sri Sathya Sai Baba led us on this path and established first-of-its-kind free of cost educational institutions, healthcare institutions, and water projects for all the people of the parched districts of Rayalaseema. He led us all by His example of sacrifice and service. My courage to envision and execute several humanitarian service projects free of cost has been borrowed from Bhagawan Sri Sathya Sai Baba who took the lead first.

Courage – A Rage of Concern

The courage to serve others comes from the idea that all are ours. From where does a mother get her courage when she sees her baby suffer? From where does a father get his courage when he sees his children and his family suffer? From where does a brother or a sister get their courage when they see their sibling suffer? Courage comes from an intrinsic feeling that someone is our very own, and hence we would do anything in our might to help them.

Everybody belongs to us and we belong to all is the idea of One World One Family – *vasudhaiva kutumbakam*. In this world of today, which is being divided increasingly because of wars, conflicts, and ideologies, the only way to save it from the looming disaster is through this idea of Oneness. We all belong to the same family of humanity.

We have set out on this path to serve the society selflessly—this itself is our power, our courage and nobody can deter us from this path.

Our Students – Our Torchbearers

The success of this mission depends on the students. They shall march forward in this mission with selflessness in their heart and the courage that comes out of selflessness as their guiding light.

My vision is to create thousands and thousands of people like me who would also have the same kind of selflessness and fearlessness in their heart with which they will march on and will serve many more people. This will be the success of this mission.

At the Forefront

Music – The Core Subject of Sri Sathya Sai University for Human Excellence

Like Dr Gangubai Hangal Music and Performing Arts University, our University also helps children pursue the field of arts. We are in the process of building a *nāda gurukulam* in Muddenahalli, with a vernacular architecture that will bring back the ancient gurukula system, where children will learn this knowledge of music and other art forms under the tutelage of a *guru*.

Music in Daily Life

Music is basic to our existence. The first lub-dub of the heart that starts in the womb is a rhythmical music. Sound is considered God in our culture – *nādā brahma*.

Music is everywhere – it is there in a mother's lullaby, it is there in our happiness when we hum a happy tune, or in our sadness when we express it through a sad tune, or in our excitement when we tap our fingers in rhythm, or even when we withdraw into silence. Silence is also a form of music.

Creation is Music

The *taittirīya upaniṣad* explains how creation came into existence. From the Supreme Divinity, came in succession Space (Sound), Air (Touch), Fire (Shape/Form), Water (Taste), Earth (Smell), Vegetation, Food, and Human Beings. Of these, sound is the basis of the whole creation. The presence of Sound is the presence of Divinity. The quality of sound we hear determines our feelings.

Music for Healing

In classical music, each *rāgā* has an effect on the minds of people. We will be shortly commencing research on how *rāgās* can be used for music therapy. There will be scientific study undertaken to apply different *rāgās* at different points in time to ensure that the patient is able to heal or recover from the sickness. The Indian *rāgā*, *melakartā* and *tālā* system is so deep that this kind of a system cannot be found anywhere in the world.

At the Forefront

Music to Metamorphose Space

Music or sound is a part of space. Space is everywhere—within us, around us, above us, and below us. If we change the sound, we can change the quality of space around us. If we speak good words and sing good songs, it can change everything around us.

In *nāṭyaśāstra*, Bharata Muni says that *gīta*, *nāda* or *anunāda* (the resound) – singing, playing of musical instruments and chanting of holy verses can transform the space and render a particular place completely pure and free from all the sins. Such a place becomes auspicious.

Music for Divine Connect

Music has the power to connect us to the Divine and to ourselves. God loves music. We need to learn good music sincerely to praise God and sing His glory. This can enlighten and elevate the one who is singing and also the ones who are listening.

Let music be used for the right cause for which God has created it in the first place. While all music is divine, the purest form of music is the music that is spiritual and devotional. Music came from the *vedas*, which came from God. Hence, let us dedicate music back to God.

Caption for the picture on the right – Page 05. From left to right:

Dr Thothathri Venugopal – Registrar (Evaluation), Sri Sathya Sai University for Human Excellence

Professor K M Mahadevan – Registrar (Evaluation), Dr Gangubai Hangal Music and Performing Arts University

Sri T B Jayachandra – Former Minister of Law and Parliamentary Affairs, Government of Karnataka

Sadguru Sri Madhusudan Sai – Founder, Sri Madhusudan Sai Global Humanitarian Mission

Professor Nagesh V Bettakote – Vice Chancellor, Dr Gangubai Hangal Music and Performing Arts University

Sri B N Narasimha Murthy – Chancellor, Sri Sathya Sai University for Human Excellence

Dr Srikanta Murthy K – Vice-Chancellor, Sri Sathya Sai University for Human Excellence



08 & 09 December 2023 – Global Health Conference, Sathya Sai Grama, Muddenahalli

India's First Free Private Rural Medical College, Sri Madhusudan Sai Institute of Medical Sciences and Research organised a Global Health Conference on the theme – **Augmenting Synergies for Universal Healthcare**, co-hosted by AIIMS New Delhi, at Sathya Sai Grama (30 minutes from Bengaluru International Airport) on 08 and 09 December 2023.

This global healthcare conference aimed to create a dynamic platform for:

- Cross-industry collaboration
- Fostering dialogue between key contributors of the healthcare sector from pharmaceutical industry leaders, regulators and researchers, to hospital administrators and medical professionals, healthcare technology innovators, Government officials and policy makers, insurance companies, academicians, and medical students.

Over the two days, talks by prominent healthcare specialists, panel discussions on key themes by experts from different sectors of healthcare, alongside networking opportunities to foster connections and partnerships took place.

Dr Mansukh Mandaviya, Minister of Health and Family Welfare, Government of India sent a letter carrying his message, an excerpt of which read:

“It is great to see that the Sri Madhusudan Institute of Medical Sciences and Research is focusing on creating a holistic ecosystem for ensuring last-mile access to healthcare services. Initiatives like yours will ensure that competencies are built in our ecosystem for effective healthcare service delivery for India’s citizens and will promote ‘role-based’ learning rather than ‘rule-based’ and ‘competency-based’ learning, and also enhance policy-making in the field of healthcare and pharmaceuticals. I must appreciate the effort that you all have put in. I am confident that the discussions during the Conference will be of high order and will be in line with the vision of creating a developed India by 2047.”

Dr M Srinivas, Director of AIIMS New Delhi said in his opening remarks:

“When Sadguru Sri Madhusudan Sai visited AIIMS, he said that ‘character’ and ‘culture’ are very important in an education system, including medical education. Following the MOU we signed, today AIIMS and Sri Madhusudan Sai Institute of Medical Sciences and Research are co-hosting this Global Health Conference. Sri Madhusudan Sai’s institutions are a unique example of how free treatment and free medical education are given. I am very happy that the conference is deliberating on affordable and equitable healthcare. We, the tertiary centres take care of the super specialties, while Sri Madhusudan Sai’s institutions are also focusing on primary and secondary care, which is really commendable.”



Global Health Conference – Day I – Inauguration

From left to right:

- Mr Dharma Data – Former Drug Control Director, Andhra Pradesh, and Advisor, Sri Madhusudan Sai Institution of Medical Sciences and Research
- Dr Minu Bajpai - Executive Director, National Board of Examinations, and Former Dean of Academics, AIIMS New Delhi
- Sadguru Sri Madhusudan Sai – Founder, Sri Madhusudan Sai Institute of Medical Sciences and Research
- Sri B N Narasimha Murthy – Chancellor, Sri Sathya Sai University for Human Excellence
- Mr Ramesh Babu P – Chairman and Managing Director, SMS Pharmaceuticals

Dr Minu Bajpai, Executive Director, National Board of Examinations in Medical Sciences (NBEMS) and Former Dean, AIIMS New Delhi said in his keynote address:

“Our country is short of 15 lakh specialists and currently we produce only 65k postgraduates every year seemingly impossible to cover the gap. In order to spike up the postgraduate students, the intake of undergraduates must be increased through the tripartite model of National Board, Medical Colleges, and Private hospitals. Looking at the awe-inspiring service provided by Sri Madhusudan Sai Institute of Medical Sciences and Research, I am going to propose the board to make this institution a centre in South India for conducting National Board examinations and also to be one of the 25 centres of National Centre for Skill Development to be launched by National Board soon.”



Dr Minu Bajpai, Executive Director, National Board of Examinations in Medical Sciences (NBEMS)

Mr Dinesh Gundu Rao, the Minister for Health and Family Welfare, Government of Karnataka attended the valedictory session and expressed his feelings:

“I was always looking forward to be invited to this holy place and witness the glorious work that is being done here. The work that is happening here is simply astounding. Setting up a private medical college in a record-breaking time span is laudable. It isn't easy to achieve such a huge milestone in such a limited duration. Even for the Government, to achieve such an enormous task of establishing a medical college and hospital is difficult. I was awe struck to see the seamless functioning of the Hospital and the Medical College during my walkthrough. Sri Madhusudan Sai Institute of Medical Sciences and Research has given a ray of hope to the entire humanity. Government facilities have always faced multiple challenges in terms of quality and delivery of healthcare. But this Institution has achieved it. The number of surgeries and services provided absolutely free of cost is truly inspiring. I would love to extend all the support from the Government of Karnataka and looking forward for meaningful collaborations in making healthcare accessible and affordable to all.”



Sri Dinesh Gundu Rao, Honourable Minister of Health and Family Welfare, Govt of Karnataka, addressing at Global Health Conference

From left to right:

- Dr C Sreenivas – Trustee and Chairman, Global Chain of Sri Sathya Sanjeevani Hospitals
- Dr Sunil Gavaskar – Trustee, Sri Sathya Sai Sanjeevani Hospitals
- Mr Ravi Uday Bhaskar – Director General, Pharmexcil Council
- Ms Uma Chigurupati – Executive Director, Granules Ltd
- Ms Megha Ved – Director, Corporate Affairs, Concord Biotech
- Sadguru Sri Madhusudan Sai – Founder, Sri Madhusudan Sai Institute of Medical Sciences and Research
- Mr Nikhil Teja Reddy – Executive Director, MSN Labs
- Mr Ramesh Babu – Chairman and Managing Director, SMS Pharmaceuticals
- Dr A V M Velumani – Founder, Thyrocare
- Mr Naga Malleswara Rao – Managing Director, Gland Chemicals
- Sri B N Narasimha Murthy – Chancellor, Sri Sathya Sai University for Human Excellence



Global Health Conference – Day 2 – Morning



Global Health Conference – Valedictory Session

From left to right:

- Dr C Sreenivas – Trustee and Chairman, Global Chain of Sri Sathya Sanjeevani Hospitals
- Dr Sunil Gavaskar – Trustee, Sri Sathya Sai Sanjeevani Hospitals
- Sadguru Sri Madhusudan Sai – Founder, Sri Madhusudan Sai Institute of Medical Sciences and Research
- Mr Dinesh Gundu Rao – Minister for Health and Family Welfare, Government of Karnataka
- Sri B N Narasimha Murthy – Chancellor, Sri Sathya Sai University for Human Excellence

'Gift of Life' Ceremony



Baby Malashree receiving Gift of Life Certificate

Name: Baby Malashree
Treatment: Sepsis NICU Management and Pre-term Birth Management Care

Baby Malashree was kept in NICU for 26 days, of course! – absolutely free of all costs.



Krishna Seervi receiving Gift of Life Certificate

Name: Krishna Seervi
Age: Six years
Treatment: ASD Device Closure



Dr Karthik Ramesh, Founder & CEO, Sentinel AI ML Labs
An alumnus cum professor of several premier institutes
A former student of Sri Sathya Sai Institute of Higher Learning

Launch of National Healthcare Hackathon (Second Edition)

Hackathon addresses several healthcare issues that the country is facing today. A healthcare hackathon generally lasts for a few days and involves participants such as doctors, nurses, patients, engineers, designers, and entrepreneurs. The participants form teams and work on a specific challenge such as improving patient care, developing new medical devices, or creating health-related apps...etc. Over 72 hours of the Hackathon Campaign, various students came together virtually to hack technology problems and find solutions, thus using technology as an intervention.

Postgraduate students of the Sri Sathya Sai University for Human Excellence participated in the hackathon

Hackathon Results

The 72 hours Hackathon organised by Thyrye Digital, Planotech Group and hosted in hybrid mode at IIIT Sri City witnessed participation of over 230 institutions with first day submissions of 131, that culminated to top 20 and ended with top 3 solutions being recognized as top winners.

Sri Sathya Sai University for Human Excellence (SSSUHE) received a special recognition for developing a solution to detect cardiac issues using the sound of heart beat.

The jury particularly was impressed with the social impact and humanitarian focus of the SSSUHE solutions, that would contribute not only to the national but global healthcare stack of solutions.



Divine Discourse – A Summary

An Ancient Prayer

ॐ सह नावतु ।

सह नौ भुनक्तु ।

सह वीर्यं करवावहै ।

तेजस्विनावधीतमस्तु मा वद्विषावहै ।

om saha nāvavatu | – Let us be protected together

saha nau bhunaktu | – Let us enjoy whatever is being taught and learnt

saha vīryam karavāvahai | – Let us strive together and work hard

tejasvi nāvadhītamastu | – Let the effulgence of knowledge that radiates through our interaction (between the teacher and the student) brighten our minds, and let the knowledge stay with us

mā vidvīṣāvahai | – Let us not be the cause of hostility and sorrow to each other. Let us be kind to each other while we learn and teach

om śānti śānti śānti || – Let peace prevail in our body, mind and spirit

This ancient Indian prayer is chanted before any auspicious beginning, and hence it applies to this Conference as well, wherein we wish that we are protected throughout the Conference, we enjoy the proceedings, we work hard and strive to come up with solutions and outcomes that this Conference intends to generate, we are mindful of our duty towards constructive action after this Conference, and we remain kind to each other to forge new partnerships and collaborations to bring happiness and prosperity to all.

What is Universal Healthcare?

This recent times' idiom, was an ancient Indian thought, when we prayed *sarve santu nirāmayāḥ* – may everybody have good health. This only means – may nobody be unhealthy, and even



if they are unhealthy, they should have access to good healthcare. Health is a collective phenomenon. COVID has taught us that nobody can remain healthy individually; we have to remain healthy as a collective society.

A Conference for Coming Together and Working Together

Healthcare should be made accessible, affordable and equitable to all citizens of the world. The idea of this Conference is to ensure that the different units of the society like Governments, Industries, Private Institutions, NGOs, Social Service Organisations and Civic Body Organisations work together to ensure the entire world is healthy through universalisation of healthcare.

The borders between pharmaceutical industry, healthcare industry and healthcare technology industry have all merged, and hence they can no longer work in silos. They all have to come together to deliver healthcare. A DNB course on 'AI in Healthcare' is about the usage of artificial intelligence to develop predictive algorithms and treatment protocols. Thus, technology is also part of healthcare.

The knowledge gathered through this Conference must be put as a framework or a structure and should be implemented as meaningful action, by forging partnerships till it helps the last person in the country.

Government's Endeavours

The Pradhan Mantri Jan Arogya Yojana (PMJAY) introduced by our Honourable Prime Minister, Mr Narendra Modi and Dr Mansukh Mandaviya, Minister of Health and Family Welfare, Government of India is the largest universal health coverage programme offered by any Government in the world, as it covers over 50 to 60 crore people in the Country through Central and State schemes. Ayushman Arogya Mandir are wellness centres, one lakh of which are mushrooming all over the country—this is a great initiative taken by the Government to make healthcare reach the rural population. Corporate Social Responsibility is another path-breaking programme that exists in the country. In India, the policy makers have made CSR mandatory, which is a good step.

The Missing Middle

There is a big middle-class who are the 'missing middle.' A 2021 report presided over by Dr Vinod Paul mentions that almost 40 crore Indians fall into the middle-class category. They are neither so poor that they can be covered under Ayushman Bharat, nor so rich that they can pay for private insurance. They are the missing middle and they often get into bankruptcy.

Every year seven crore Indians are pushed into extreme poverty because of healthcare costs, of which 60% becomes out-of-pocket expenses. Healthcare has become a large business today, wherein people's emotional and physical pain are utilised to do business.

Despite everyone's good intentions, and so many hospitals being part of PMJAY, we still need to see how pharmaceutical industries, device manufacturers and hospitals with their infrastructure can make healthcare move accessible and affordable for all.

Also, manpower and capacity building are crucial, especially for speciality services. While General Physicians might be available in rural areas, there is a great demand for specialists.

Our Healthcare Model

We are a low-cost, economies of scales, no-frills model, where the per-patient cost is very less. We are trying to utilise the services of the Generic Pharmaceutical industry to make high-quality low-cost generic medications available to people. We are very happy that device manufacturers, equipment manufacturers and pharmaceutical industrialists are supporting us in whatever way they can to reduce the cost further, so that we are able to achieve the Ayushman Bharat rate card costs, or maybe even lower to make our model an efficient model of healthcare delivery.

We are also an empanelled Hospital through the Ayushman Bharat scheme. We are working along with them to see how the gaps can be addressed, so that the last person can access affordable healthcare.

As an Institution, we are more than committed to ensuring that the visions of the Government are completely manifested and implemented in the rural areas—be it through Simulation Centres, Skill Development Centres or even Artificial Intelligence-based Healthcare centres.

Apart from capacity and manpower building, culture and character building of healthcare professionals is very important. Our definition of civilisation and culture is simply – concern for others. Looking after each other, being sensitive to the needs of others, is the culture building that we want to do. Ethical doctors who do the right thing for the patient, not right thing for profit-making, is the kind of doctors we must produce.

True India

The India that we belong to never charged anybody for fundamental services. Our temples were *annaṣṣetrās* where any hungry person could get a meal. Travellers of those days could walk in good faith and knock at any door to be served a meal, water, and even a little place to rest, as there were no lodges and restaurants. The *gurukulam* or centres of education were run for free, where both the rich and poor children could receive and benefit from the same quality

of education. *vaidyās* were part of temples and they served people selflessly through medical care.

Healthcare is a service. It is not to be treated like a mere profession. In the ancient Indian model, the *vaidyās* were affiliated to temples or public service institutions, and they never charged anybody. The welfare of these *vaidyās* were taken care of by the community, the Kings and the rich. The services were equitable and universal, without any discrimination. The services were rendered selflessly and thus the quality of service was the highest, without any ulterior motive or agenda. This is the model we want to bring back.

Ancient *vaidyās* were *sarvaguna sampanna*. They were their own pharmacists, pathologists, and knew their diagnostics. They never differentiated that certain specialities were not for them, and hence they treated all the patients with adept knowledge about various aspects of medicine.

Indianising Fundamental Public Services is our goal

We, as an institution believe in the ancient Indian ideals of providing nutrition, education and healthcare as the fundamental right of every person.

How do we tell a hungry child who hasn't had his meal in the morning about the greatness of India? What gratitude would such a child carry in his heart for the country or the people of the country? What patriotism can we expect from a child who goes hungry every day, when the rest of the society eats to its fill.

To create a country where every child gets his right to nutrition, education and healthcare, whether his parents can afford it or not, is the vision. It is the collective duty and responsibility of the entire society to provide for those who cannot access basic needs for themselves.

"A journey of a thousand miles begins with a single step", said Martin Luther King. We took a single step of faith together to serve the most underserved and unserved geographies of our country and the world, by providing free of cost healthcare, education and nutrition to all. Thousands of nameless and faceless people from countries around the world like America, Australia, Middle East, Europe, Japan and Singapore contributed selflessly towards the cause with an idea that we are one global family.

The Greatest Unifying Force

The need of the hour is a feeling of oneness. The feeling that we are one global family and that we must look after each other's needs, can only make this world a better place to live.

The legacy of Bhagawan Sri Sathya Sai Baba is to build a better world where everybody lives for each other, and all live for God, everyone works for each other, and collectively, they work for God by doing God's work in the world. This is the kind of world we are looking at creating, and all these institutions are baby steps towards achieving that great vision of one unified world where nobody goes hungry, remains uneducated or unhealthy.

Everybody should have a roof above their head, clothes on their body, and everything required for leading a simple and comfortable life. This is the kind of equitable world that we are working towards to create.

A Unique Model of Free Healthcare Education

Our humble effort to make healthcare education free is with the idea that children who do not have to pay for their education, do not have to worry about recovering cost of their education by making money. They would be ready to serve in rural areas even for less compensation.

Our medical college imparts medical education, along with nursing and paramedical courses for no cost to the students. The most deserving, poorest of the poor students, 55% of whom are coming from families with less than a monthly income of 300 USD, are being educated here. These students, without any burden of debt or worry, will be more open to serving the society and sacrificing for the greater good of society.

A special provision was approved by the Government for us—since as an Institution, we provide free seats for all the students, they should commit themselves to a service tenure of as many years as they study in our Institution. Indeed, our medical students are very committed and dedicated. Many students have assured us that they are here for a lifetime mission of service. One of the parents mentioned that they feel safe enrolling their daughter here, as it is the safest medical college they can find in the country. The students also grow well academically with the kind of clinical material that they get here, thus exposing them to very good training. We have a very good faculty, many of whom joined us because they were inspired by the idea that healthcare and health education should be delivered free.

Vision for the Medical College

- We will work with district hospitals to ensure that our students are getting enough exposure to clinical load and materials
- We have MOUs exchanged with the right kind of partners
- We can create some fast-track courses where the super specialisation or sub-specialisation can happen in a shorter tenure
- Our students must develop capabilities and skill sets to understand the entire spectrum

of healthcare delivery, and not stop with just medical knowledge. We should be able to work with all societal stakeholders to further the cause of good healthcare. This is the future that we look forward to

- We want to expand and serve the rural regions of Karnataka by opening many diagnostic and wellness centres, which will be connected through the 'hub and spoke model' with our college. This will cater to any patient from any part of Karnataka who needs immediate medical attention. They can be easily transported to our hospital, given all the care they need, and sent back to whichever place they come from. The entire spectrum of care is free, with no out-of-pocket expenses, and this is the partnership that we want to have with the Government of Karnataka

Rural India has immense potential. Taking children from rural India, giving them opportunities, training them through capacity building programmes, and putting them back in rural India is the best way to serve rural India.

Let's all play our roles to be on a roll

Industry should make medicines that are more affordable and available by cutting the cost of supply chain and delivery systems, and helping reduce the cost of manufacturing and distribution, so that institutions like us can deliver healthcare to many more people within the same budget.

Capacity building through DNB programmes, exchange programmes for students and faculty to enable knowledge-sharing, for example – between AIIMS and Sri Madhusudan Sai Institute of Medical Sciences and Research, collaborative research programmes, problem-solving measures, involving IT industry into the healthcare domain,

exploring telemedicine and predictive medicine, championing technology in healthcare are various ways in which a robust healthcare system can be built.

Bringing integrated courses in healthcare, like a 6+1 years course, instead of 10 to 15 years, and thereby compressing the training period for speciality care can be implemented. Capacity building becomes a slow process if it involves 10 to 15 years for young doctors to start doing general surgeries, and greater number of years to do something like a paediatric cardiac surgery. Reducing the training period does not mean giving poor training—but in the context of our hospitals, where there is a good amount of case mix, case load, and training facilities available for paediatric cardiac care, like found nowhere in the world, the time for training can be reduced so that students can become surgeons faster. Given the case load, they are sure to become better trained doctors.

Say ‘Yes’ to Technology: Technology has penetrated into healthcare so much so that, machines do jobs like monitoring, alerting and even advising. A doctor without a proper understanding of technology cannot be a doctor in the near future. He has to be a part engineer and a part doctor – may be a hybrid. This is the kind of healthcare model we need for a country like ours.

Technology is the only way to deliver healthcare to the rural doorsteps.

Several units of healthcare have to compliment and supplement each other so that a new model of healthcare can be given to the world – a kind which is truly universal, not just in paper.

Centres of Healthcare should turn into centres of excellence that provide the highest quality healthcare for no cost, and such centres should come up at every village, town and district. The cost could be to the society, the Government, or the NGOs, but there should be no cost to the beneficiary.

Fireside Chat Show – Legendary Sunil Gavaskar with Sadguru Sri Madhusudan Sai

Can you elaborate on the concept of ‘universalisation of healthcare’ and how we can implement this in Bharat to begin with? How do you think your medical college and hospitals will participate in this glorious concept?

Health is a fundamental right. Anybody who is sick deserves a treatment that can cure them. Everyone deserves good health, as one cannot do anything in their life without good health.

In spite of social disparities and financial inequalities, ancient India ensured that healthcare was provided to all. The concept of ‘Universal Healthcare’ was practised then. What was the mechanism followed to make it happen? – ‘Giving for free as fundamental a thing as healthcare’ was the only way followed then, to achieve the vision of ‘Universal Healthcare.’

- *vaidyās* of ancient India were not just professionals, but were healthcare institutions walking on two legs. They had an in-depth knowledge about medicine. They knew to prepare their own medicines using their indigenous knowledge systems, as there were no pharmaceutical industries at that time
- *vaidyās* treated the patients based on their need, and patients out of gratitude would offer whatever they could to the *vaidyās*, which necessarily wasn’t money, but some articles or products that they produced
- *vaidyās* and *vaidyālayās* were affiliated to and patronised by the local temple or institutions, kings or rich philanthropists. Thus, delivering healthcare and supporting each other in the society was a concerted effort
- Also, infectious diseases were very common in those days, and it were often contagious. This was also why the kings, philanthropists and *vaidyās*, as a matter of duty, provided healthcare facilities for free to all, to ensure everybody’s protection in the society



Healthcare Then and Now: Nowadays, infectious diseases are under control, except for the recent COVID. Several non-communicable diseases and other life-style diseases are not plaguing and troubling people at large, and this is one of the reasons why people are not sensitive to the idea that everybody should be healthy for the overall societal well-being.

Medicines in those days were largely prepared from plant-based ingredients which they could grow in their backyard or they took it from forest areas or wherever it was available, and necessary research was also done without any consideration for monetary gains. The population was comparatively smaller then, the cost of healthcare was far lesser, the scope of delivery was far more localised, and hence the *vaidyās* could deliver healthcare easily.

But today, the dynamics of healthcare has changed.

Today, with a large population in a large world, if we want to achieve effective healthcare delivery, all units of society will have to come together. It has to be a multipronged approach, wherein the Government, the society at large, individuals and NGOs have to work together to make ‘Universalisation of Healthcare’ a reality.

What are healthy individuals of the society doing for the sick?: Currently, the situation is that the one who is sick or suffering is doing all in his capacity, spending his savings for healthcare, in order to survive. But the question is – what is the healthy half of the society doing? It is the responsibility of the ones who are healthy to take care of the ones who are sick, with the help of their resources—be it their personal resources or the collective resources of the community.

Let's all pitch in with a sense of sacrifice: The Governments are finding ways to diligently deliver healthcare, especially to the rural masses. But, most of the Governments of the world are already stretched and they do not have the capacity or the budget to take care of the entire population's well-being. Here comes the Indian idea of sacrifice. Immortality is attained only through sacrifice. The larger society which comprises of institutions, businesses and corporations, must also pitch in to provide healthcare to the people who absolutely cannot afford. This is the priority.

Universalising health education to universalise healthcare: The cost of healthcare education is so high. Naturally, the medical students need to recover the investment, because of which the healthcare costs have gone up. We must find ways to subsidise the healthcare education or make it available at a much cheaper price or find other models of participation like sponsorships or scholarships.

Reducing the healthcare education cost is another key aspect to making healthcare universal. This is one of the important steps to be taken for 'universalisation of healthcare.'

Health is a Choice: More than anything else, people should be aware that remaining healthy is a choice. Other than some of the genetic issues like congenital heart diseases which are beyond our control, several NCDs are lifestyle issues which can be avoided, thus reducing the healthcare burden on everybody.

Being concerned about each other and providing for each other's requirements without thinking we are different from others, but considering everybody as our own is the idea of *vasudhaiva kutumbakam*.

What are your ideas around setting up a Pharmacology Course as part of the Allied Courses in your Medical College?

While the pharmaceutical industry produces medicines, it is the right kind of distribution in a legitimate way which ensures that the patient is getting the best out of all the efforts being put. Pharmacology course will provide an opportunity for those who want to be part of pharmaceutical industries or become Pharmacists. This apart, in our college, we would also encourage the students of MBBS, Nursing and Paramedical Studies to also learn a little bit about pharmacology, so that they have fair knowledge about everything, just like the *vaidyās* of the ancient days who were 'One Shop Stop' for everything. Hence, we are looking at introducing the Pharmacology course.

Based on the ethos of *sarkār, samāj, and samsthā*, please tell us about the importance of coming together as a society to uplift everyone without any boundaries.

Universal Healthcare was started through the 'National Health scheme' in UK from where this idea took roots and it's been running for couple of decades. Slowly, many other countries like Switzerland, USA, Japan, etc. took to this route of universal healthcare in their own models and customised it to their own countries.

In recent times, India has taken the step under the Prime Minister's Universal Health Coverage Scheme - PMJAY Ayushman Bharat. Government is doing its part, but the biggest problem is the quality of healthcare delivery at the rural doorsteps.

With around 27,000 hospitals in India, a quarter of them are not even actively participating. Only 20,000 hospitals are active, out of which 15,000

hospitals are government hospitals and only 5,000 hospitals are private hospitals, which may not be there in remote rural areas, or not fully functioning or not having all the facilities. This is where the private sector or NGOs can come into picture—it would be a help if they can keep a certain portion of their profits, beds or facilities to provide for the needy in a subsidised way. It can be incentivised by the Government.

NGOs like us, which are working completely on a free basis, have to be incentivised. The cost of pharmaceuticals, consumables, devices or technology can be subsidised or given for free. Ayushman Bharat scheme can work together with a hospital like us which wants to serve the rural poor. This will be a good working model. This is what is called the *sarkār, samāj, and samsthā* model.

You have always said that whatever work we do, we must do it for the benefit of others, and that every service activity must lead to our own transformation. How can the work we do every day become the reason for our transformation?

This world is called the *karma bhūmi*, as everyone who is born in this world must perform actions; nobody can escape actions, which is precisely why a huge portion of the *bhagavad gītā* is dedicated by Lord Sri Krishna to explain to Arjuna about the concept of action, the types of action, the ways to undertake action and dealing with its results, and the power of action to transform the performer of the action.

I simply say that 'all good is God' and 'all service and selfless work' is spirituality. Every action which is not driven by greed, but is based on need is permitted by our scriptures, and all these actions are spiritual actions. Just do your duty honestly, ethically, and legally, and do it with a sense of devotion and dedication. If have a little extra beyond your requirements, help the people who are around you. This kind of life itself is a spiritual life.

In India, from ancient times, there was nothing like a separate spiritual life. Everybody led a life that was already spiritual. They all followed their *dharma* and that is spirituality. *dharma* to me, means 'doing good.' Whatever be your profession, you do it well to the best of your abilities to give the best to the society. As a natural outcome of your efforts, money will follow, name will follow, and certain positions will follow. Right to perform an action is definitely your right; but right to the fruits of action is something that the Lord does not permit. Do actions because you are bound to do actions. That's good enough spirituality.

What can the healthcare industry do to help in 'capacity building'?

If we do not build capacities, we will not be able to deliver services to all the people of the country. A lot of initiatives are being taken by the Government towards skill building and capacity building—many educational institutions are being set up, medical schools are coming up in every district and a lot of nursing schools are coming up.

However, for a couple of decades, we did not foresee the kind of requirement that we would be having, and we didn't work towards producing enough academicians. We have doctors who are specialists and are working in corporate hospitals. They do their clinical work, but many have not taken to the path of teaching. Today, we don't have enough professors. Even if we build an infrastructure, we don't have people to run them.

Industries can help by setting up centres for capacity building, subsidising the education cost of these centres, so that even the poor people can afford and they also can eventually participate in the mainstream. Industries can patronise the institutions which are trying to reach out to the underprivileged sections of the society. Government should find mechanisms to incentivise those industries that participate in such ventures. This will help in capacity building.

In Focus

25 December 2023 – Christmas Celebrations, Sathya Sai Grama, Muddenahalli

Practice JOY and Become Immortal: The JOY of Christmas is Jesus First, Others Next, and Yourself Last. We can lead a joyful life if we keep God first, everyone else's interests next, and ourselves last. By this kind of sacrifice alone, does one become immortal. The life of Jesus Christ is that of a life of sacrifice, and hence His birthday is celebrated today.

Who is a true disciple of the Lord? Even at the point in time when Jesus Christ was put through so much suffering, He only prayed for forgiveness for those who harmed him. He did not carry any malice, hatred, revenge or other bitter feelings for anyone.

We will be a true disciple of the Lord, if we live like Him by living His message of Love and Forgiveness.

It takes no effort to love the Lord, because the Lord loves us. However, it is difficult to love each other, because we lack the capacity to forgive each other.

If we can love each other just as the Lord loves us, we would be a true disciple of the Lord. Peace to the world is possible only through Love and Forgiveness.

Being a Conduit of His Love and Peace: Let us be worthy of the love of the Lord, be His messengers, be living examples of His love, so that wherever we go, we will channel peace and love to one another. This is what will heal this world. This is what will keep us all together as humanity. What we need to do for the world today is to keep laughing, singing, and serving.

"Love thy neighbour as thyself", said Jesus. Today, the whole world has shrunk into a small global village, and hence our neighbours are everyone in this world. Love should be our uniting factor.

If we all can live and work together as a team by subduing and dissolving our differences for the greater good of society, then we can create a better world for each other and for generations to come. This is the mission – One World One Family.

In Focus



The Singapore Devotees: The Santa Clauses of our Mission



In Focus

25 December 2023 – Christmas Celebrations,
Sathya Sai Grama, Muddenahalli

A Message from the Sai Symphony Orchestra:

One World, One Family, One Orchestra. Like the various sections of the orchestra, which are different, but produce beautiful music when they come together in harmony, giving joy and happiness for everyone—similarly as members of One World One Family, we may have our own culture, traditions, festivals, philosophies, beliefs, and ideologies, but when we come together and harmonise ourselves into one family feeling, the world will become a beautiful place.



In Focus

25 December 2023 – Christmas Celebrations,
Sathya Sai Grama, Muddenahalli



In Focus

30 December 2023 – Exchange of a Memorandum of Understanding between Silicon Andhra University, USA and the Sri Sathya Sai University for Human Excellence, India

Sri Sathya Sai University for Human Excellence was established by Sadguru Sri Madhusudan Sai in 2018 to provide free of cost, quality higher education with global standards of excellence based on ancient Indian ethos, and to contribute towards the moulding of individuals with competent hands, brilliant head, and compassionate heart for universal welfare.

The Department of Music and Performing Arts at the Sri Sathya Sai University for Human Excellence was established in October 2020 with a vision to practise, promote and propagate the rich culture of Indian music, so that the *paramparā* of music is seamlessly passed on from masters to the seekers. Today, more than 70 students are currently enrolled under the Department. They are able to follow their passion while training under various courses in Undergraduate, Postgraduate and Diploma programmes in classical dance, vocal music – both Hindustani and Carnatic,

various instruments including Mridangam, Tabla, Harmonium, Flute, Western classical music among others. This has been possible through collaborations with several prestigious institutions and Universities such as Benaras Hindu University, Dr Gangubai Hangal Music and Performing Arts University, Kalakshetra Foundation among others.

Yet another significant collaboration between University of Silicon Andhra and Sri Sathya Sai University for Human Excellence marked the end of 2023, which was not just an academic alliance; it is a celebration of the arts, a commitment to cultural enrichment, and a groundbreaking venture into the realms of **Indian music, dance, and the therapeutic power of music in the medical field.**



In Focus

30 December 2023 – Exchange of a Memorandum of Understanding between Silicon Andhra University, USA and the Sri Sathya Sai University for Human Excellence, India



Mr Anand Kuchibhotla – Founder, University of Silicon Andhra exchanging MoU with Sadguru Sri Madhusudan Sai

Furthermore, the collaboration extends beyond arts into the realm of healthcare. The introduction of music therapy into the medical curriculum is a testament to our shared belief in the healing power of music. This innovative approach recognises that the harmonies and rhythms that have echoed through generations can offer solace, comfort, and even aid in the healing process.

The MoU between the two varsities will extend to **medical research, music and yoga, music therapy and healing, impact of music in prenatal period influencing both mother and the new born – music and pregnancy (garbha saṁskār), yoga and illness, yoga and wellness** – between University of Silicon Andhra and the Sri Madhusudan Sai Institute of Medical Sciences and Research, India's first free rural private medical college which has been

established under the Sri Sathya Sai University for Human Excellence, and inaugurated by the Honourable PM of India, Shri Narendra Modi on 25 March 2023.

Dr Anand Kuchibhotla, President & CEO, University of Silicon Andhra was present at the event and he shared about his elevating experience at Sathya Sai Grama, and in the presence of Sadguru Sri Madhusudan Sai.

Divine Discourse – A Summary

Bhagawan Baba said:

*khanda kandanthara khyathi narjinchina
mahaniyulanu kanna mathru bhumi
paschathya virula paradrolinchiyu
swathanthryamunu kanna samara bhumi
sangitha sahithya shasthriya vidyalalo dhishakthi
chupina divya bhumi
chitra kalala thoda chitramai yunnatti bharatha
bhumi yandu jananamondi
bharatha matha dharma bhagyammu kapada
badhyathanthayu meede bhakthulara, pillalaraa,
vidyarthularaa*

Meaning: This motherland (India) has begotten sons who have earned reputation in continents far and wide. This valorous land has produced warriors who earned freedom for the land by driving away the foreigners. This divine land had shown excellence in the fields of music, literature and other art forms. O devotees, O children, Dear students! It is entirely your responsibility to uphold the righteousness of this land.

We are born in the lap of the great mother India. It is our foremost responsibility to protect and preserve its culture. *saṅgīta* (music), *sāhitya* (literature), *śāstrīya vidyā* (scriptural knowledge), *citrakalā* (painting) and other classical art forms are to be preserved by the people of India, by our devotees and students. This was Baba’s call to the next generation and this is exactly what our University is doing.

Mr Anand Kuchibhotla, the Founder of the University of Silicon Andhra is a spirited revolutionary who in a foreign land sowed the seeds of *bhāratīya* culture in the minds and hearts of people who were otherwise drifting away. His achievement over the last two decades is commendable. The truth, honesty and sincerity



with which he strives hard to promote and propagate our culture really touched my heart, and hence we wanted to partner with him to further the cause of propagating Indian culture amongst the masses of the world—not just the Indians living abroad, but everybody else too.

The students of these two Universities will spread the *bhāratīya* culture to all corners of the world. In today’s time, this is what is known as ‘soft power’ – the power of culture, which will make India the *viśva guru*.

This collaboration is not just about teaching and training interested students, but influencing the way the world thinks by using the soft power of Indian culture, which includes Indian music, art, dance, and other classical forms. This is what will change the world.

Arts forms like music should be taken up by giving up ego and becoming a humble instrument of the Divine. It should be suffused with unconditional love for the Divine. This is the kind of music which can transform the world.

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

All the way from Prague to Pacific to restore the lives of little children

Supported by non-profit organisations like Healing Little Hearts UK and Health in Kind Australia

A 20-member team of surgeons, doctors, and specialists led by Dr Roman Gebauer, an accomplished paediatric cardiac surgeon from Motol University Hospital in Prague, Czech Republic, visited Sri Sathya Sai Sanjeevani Children's Hospital and performed free heart surgeries for the children of Fiji and the South Pacific Islands.

The team also included doctors from Slovenia, Slovakia, United Kingdom, and Australia.

Lives Saved: 14 children

Cases handled (to name a few): Ventricular Septal defects, Tetralogy of Fallot, Aortic Valve repair, and Anomalous Left Coronary Artery from the Pulmonary Artery (ALCAPA)

Lives Touched as of December 2023:



Region 1



Sai Prema Foundation



A new ray of hope for three-year-old Kellyane Young

It's amazing how life can turn out sometimes. There was a moment in time when Micheline Tasso of Vanuatu stared at a blank wall. Her daughter Kellyane Young, three years old, suffered a heart issue that needed surgery. After a successful surgery, the mother was brimming with emotions, and she retold her story.

Micheline Tasso heard about the Sri Sathya Sai Sanjeevani Children's Heart Hospital from another woman who had brought her son to Fiji for a heart surgery.

"My daughter had a heart defect, and I thought the only place we could go to was either Australia or New Zealand. But then, I heard about the Sri Sathya Sai Sanjeevani Children's Heart Hospital from another woman who had brought her son to Fiji for a heart surgery. I went on Facebook and searched for the hospital. I read so many stories about children undergoing surgery and was

very touched by it. This compelled me to get my three-year old daughter, Kellyane Young to Sri Sathya Sai Sanjeevani Children's Heart Hospital at the Nasese suburb in Suva, Fiji. The staff of this hospital showered a lot of love and care on my daughter. My young daughter has now got a second shot at life. With its state-of-the-art facilities, the hospital provides the best medical treatment to young children so that they can live their dreams and live up to the hopes and aspirations of their parents."



Region 1

Hong Kong

Feed Hong Kong

Celebration of the Third Anniversary of Feed Hong Kong and the 98th Birthday Celebrations of Bhagawan Sri Sathya Sai Baba

Nutrition

In the month of November 2023:

- 700 cakes were distributed to street sleepers
- 50 gift hampers were distributed to the needy



Indonesia

Yayasan Prema Sai Pooja (Prema Sai Pooja Foundation)



On the occasion of Bhagawan Sri Sathya Sai Baba's 98th Birthday Celebrations, the Indonesian culture's music and dance were relived through the performance of Gamelan music, Garuda dance, Mask dance, Gopala dance, and Sekar Jagat dance by children and adults.

Nutrition

- 400 children were served breakfast in an elementary school at Sidan Village, Gianyar regency in the Indonesian province and island of Bali
- 90 needy individuals were given basic provision items for food

Environment

A camp for reforestation was organised at Plaga village, Badung regency, Bali. Around 30 individuals participated in the camp.

Healthcare

A blood donation camp was organised. 18 individuals came forward to donate blood.



Region 1

Japan

Home of Universal Peace

Sociocare

Cute Origami Artwork made by children to cheer up other children

The origami (folding paper art) project started in 2021 during COVID times, when kids learnt to make heart-shaped origami for children admitted at Sri Sathya Sai Sarla Memorial Hospital in India.

In the month of October 2023, the kids made 84 heart-shaped origami hearts into which lollipops were inserted. These were distributed to children at Sri Sathya Sai Sarla Memorial Hospital.

Cheer spread and cuteness overflowed!



Region 1



Laos Sri Sathya Sai Foundation Lao PDR



Festive Celebration at Sri Sathya Sai School in Laos to mark Sri Sathya Sai Baba's 98th Year of Birth

Vientiane the capital of Laos, transformed into a vibrant hub of spirituality and festivity as the community gathered to celebrate the 98th Birthday Celebrations of Sri Sathya Sai Baba, at the Sri Sathya Sai School. Acts of compassion, liveliness of culture and profundity of spirituality—all came together to bring love and joy to one and all.

The dawn broke with an air of tranquillity as nine monks, clad in their saffron robes, led the congregation in a series of prayers. Over 1,000 participants, their hearts brimming with gratitude, reverently attended the devotional ceremony, seeking blessings and spiritual nourishment. Following the prayers, the monks were graciously offered alms, reinforcing the deep-rooted values of generosity and respect ingrained in Laotian culture.

As the sun set, the Sri Sathya Sai School set the stage for an enchanting display of cultural brilliance. With hearts overflowing with enthusiasm, school children presented a captivating array of 26 cultural programmes—each act was a testament to their dedication and artistic talents. Nearly 2,000 audiences were mesmerised by the vibrant Lao traditional dances, melodious songs, soulful bhajans, and breathtaking acrobatic feats. The audience erupted into thunderous applause; their spirits uplifted by the sheer exuberance of the performances.

The celebration culminated in a grand banquet, where about 2,000 guests savoured a traditional Laotian vegetarian feast.

A **Blood Donation Drive** was organised at Sri Sathya Sai School in partnership with the Lao Red Cross. **46 individuals** extended their arms in compassion to save other lives. This noble act epitomised the teachings of Sri Sathya Sai Baba, who tirelessly advocated for selflessness and the alleviation of human suffering in the spirit of love and service.



Region 2



India 12 December 2023 – AVPN South Asia Summit, Mumbai



Fireside Chat Show – Legendary Sunil Gavaskar asks and seeks answers from Sadguru Sri Madhusudan Sai (An Excerpt)

What was your inspiration? Can you share with us your story and what inspired you to join Baba's mission?

I was a student of Baba. I studied at His University at Puttaparthi. I did my Postgraduate Studies and Masters in Business Administration from there. After that, I worked for a short tenure in the banking sector in Bangalore. And thereafter, upon His command, I quit the job and joined this mission on a full-time basis. It was in 2011 when Baba left His mortal coil. That is when I had visions of Baba, where I could feel His presence. He was guiding me to do certain things, which were not of mine—things that I wouldn't have thought of in my wildest imagination. He talked about hospitals, schools, universities, and many other programmes like Annapoorna Nutrition Programme. We simply followed the guidance which He gave. Again, it was a matter of faith when we believed that we are being guided by a Master like Him. This journey began from there.

Asia's #1 Social Investor Network – Asian Venture Philanthropy Network (AVPN) organised a two-day AVPN South Asia Summit at Mumbai. On the first day, a fireside chat show took place between Former International Indian Cricketer Padma Bhushan Awardee, Mr Sunil Gavaskar, and Sadguru Sri Madhusudan Sai.

Mr Sunil Manohar Gavaskar is actively involved with the Heart-to-Heart Foundation which treats children born with congenital heart defects, absolutely free of all costs. The children treated at Sri Sathya Sai Sanjeevani Centres for Child Heart Care are being taken care of by this Foundation. 'No Bill, Only Dil' is the motto of Sanjeevani Hospitals, and hence there are no billing counters in these Hospitals. He is currently an active ambassador of the Sanjeevani Hospitals, which have been founded by Sadguru Sri Madhusudan Sai. He and his family have been ardent devotees of Bhagawan Sri Sathya Sai Baba for the more than five decades.

Since then, in the last 12 years, we have come this far, in terms of doing various service projects, largely in the three verticals of Nutrition, Education, and Healthcare. According to me, Baba is the greatest philanthropist of this century, because He is the one who brought education to the rural masses, up till university,

Region 2



totally free of cost—thousands like me were beneficiaries of that system. He brought water to the parched millions of Anantapur district and several other dry districts of the South Indian Peninsula, where people did not have water to drink. Even if they had water, it was full of fluorides, which gave rise to a lot of bone diseases. He commissioned the world's largest water project, a privately funded water project way back in the 1990s. He built the first super-speciality hospital at Puttaparthi, absolutely free of cost, in the 1990s—something that was not even thought about by so many philanthropists and great people in the world, that too in a remote village. He led the way and we are just walking in His footsteps.

Baba showed that with good intentions, so much good can be done to the world. Resources will flow, people will come and the path will open itself—this is the faith that He gave all of us. And today, we have been doing this across the world in the spirit of One World, One Family – *vasudhaiva kuṭumbakam*, which was also the G20 Summit motto this year under India's presidency.

Baba taught us that the whole world is a family. When we are a family, we must look after each other. This is our inspiration and this is the mission that is in front of us at this point in time.

How have these principles evolved now, since the inception of this humanitarian mission?

We started with the healthcare vertical by opening free paediatric heart hospitals. Then, we went on to education. In the spectrum of education, we realised over a period of time that we don't have good teachers in the society. The biggest mistake we have made as policymakers and as people in the society in the last two or three decades, is that we didn't encourage teaching as a profession. A lot of people became teachers out of chance, and not out of choice. This is the reason we started a university, which is promoting the idea of education, where every single graduate of the university becomes an educationist, an academician, or a teacher to serve rural India.

SOUTH ASIA SUMMIT DECEMBER 2023

Bringing Fringes To The Fore



Region 2



Annapoorna Nutrition Programme came as a thought when we saw children going to school hungry, and fainting in the prayer assemblies because of lack of nutrition. India, even today, looks bad on that side when we talk about malnutrition, stunting, wasting, and anaemia.

As we went on our journey with treating children suffering from congenital heart diseases, we learnt that mother and child issues were plenty. The reason was lack of maternal nutrition and right kind of care during their pregnancy. We did the backward integration into mother and child care by building mother and child hospitals. Prevention is better than cure is where we are getting to.

We also found that there were no doctors, nurses, or paramedics available to serve in the rural areas. Many of the government hospitals are running with very minimal staffing, and specialists are not there in rural India. Then, we embarked on commencing a medical school.

Medical education today is very expensive and out of reach for rural children. If we want rural doctors, the only way is to give medical education to rural children. However, these rural children do not get an equitable education in English medium and so, how do we expect them to crack a national exam in English medium? These were some of the handicaps and it was definitely not a level playing field. Hence, we worked towards training them, helping them pass the exams, and then joining the medical school.

The Hon'ble Prime Minister is very gracious to come over and inaugurate the medical school. Today, we have 50 students, out of which 18 are girls, the rest are boys, and they are all from rural India. Some of them are children of bus drivers, small shopkeepers, farmers, and single parents. This is the kind of empowerment that happens through our medical school.

As I see it, it's an evolutionary journey—as and when we found there was a need, there was a gap in society, we tried to address it with whatever means we had. We received the help of so many people from around the world who promoted this cause. There are corporates and policymakers, philanthropists, followers and devotees—they all participated and this is how this mission has evolved. I want to see a world where nobody goes hungry to bed, and nobody is uneducated, nobody is unhealthy.

sarve bhavantu sukhinah sarve santu nirāmayāḥ |

sarve bhadraṇi paśyantu mā kaścidduḥ khabhāgbhavet ||

This is an ancient Indian prayer, which prays for the welfare of all. May all be happy, may all be healthy, may no one have any sorrow. This is the vision that we have and we will keep working towards till we achieve it. This is my vision of a developed India. Not the India of \$5 trillion, \$10 trillion, \$30 trillion economy, but the India where everybody has opportunities given to them equally to meet education, health, nutrition, and other fundamental needs.

Region 2



Your service initiatives of nutrition, education and healthcare are given totally free of cost to all. We are very interested to know how you keep it sustainable.

I believe in the power of goodness. I sincerely believe that people are generally good, but they do not have the opportunity to express their goodness. When we connect to good people in the society, they all come forward, step up, and do more than their might, go beyond the call of duty to support these institutions. When we started, we had really nothing in hand except a vision. Today, we have spent 200 million US dollars across the world in the last one decade. This is how we have grown, sustained and scaled. We have worked with like-minded individuals, organisations, NGOs, corporations, and philanthropists, and we try to inspire them to be a part of our endeavours.

We do not have a business model, because we are not into business in the first place. We are a charity and we have a charity model, which means more and more people have to become charitable in the society to support this mission.

Our idea is to sensitise the haves towards the problems of the have-nots, and find meaningful, productive partnerships and collaborations to answer these problems. So far, we are doing well and I think going by the track record, we should be doing well even in the future.

The one reason that attracted me to the AVPN conference is that I felt that there are like-minded people who believe in making a difference in the world. Partnerships is the way forward, and if we all join hands, we can make the world a better place for all.

Region 2



17 December 2023 – Inauguration of the second Sai Swasthya Wellness Centre, Telangana



Inaugurated by Dr M Sanjay Kumar – MLA, Jagtial district



To start with, this centre will cater to out-patient consultations, diagnostics, and Gynaecology consultations.

Region 2

India 

10 & 20-23 December 2023 – It's Campus Time

Noteworthy Moves

- Inauguration of a STEM Lab and Sai Swasthya Wellness Centre at Sri Sathya Sai Sriniketanam, Jayapura, Chikkamagalur district, Karnataka
- Inauguration of Sai Swasthya Wellness Centre, Sri Sathya Sai Sharadaniketanam, Mandya district, Karnataka

10 December 2023 – Visit to Sri Sathya Sai Prashantiniketanam, Nallakadirenahalli, Chikkaballapur, Karnataka



Ani Precious (from Nigeria) delivering a speech



Region 2

India 

20 December 2023 – Visit to Sri Sathya Sai Sriniketanam Jayapura, Chikkamagalur district, Karnataka



Inauguration of Sai Swasthya Wellness Centre, Sri Sathya Sai Sriniketanam



Region 2



Inauguration of the STEM Lab (Sponsored by Volvo Group CSR Trust, India) at Sri Sathya Sai Sriniketanam – Girls Campus



What is STEM lab?

STEM stands for Science, Technology, Engineering and Math. A STEM Lab is a high-tech learning space and a powerful tool for transforming the lives of young girls in India. Primary school girls get exposure to skills like Robotics, 3D Printing, Electronics, Computer programming, and more. By encouraging girls to pursue STEM subjects, India is nurturing a generation of talented and empowered women who will play a pivotal role in shaping the future of the country.



Region 2



From left to right:

- Mr Praveen Kumar Sugari – Program Implementation Associate, STEM Learning
- Mr Krishna Mohan – Executive Council Member, Each One Educate Foundation
- Mr Mahesh Kumar – Corporate Partnership Manager, STEM Learning
- Sadguru Sri Madhusudan Sai – Founder, Sri Madhusudan Sai Global Humanitarian Mission
- Mr G V Rao – Director CSR & External Industry Affairs, Volvo Group India, Member ARAI Governing Council, CSR Expert Committee BCIC, CSR Panel CII
- Ms Madhavi Rao – Wife of Mr G V Rao
- Mr Sai Sumit Rao – Son of Mr G V Rao
- Mr Raje Gowda – MLA Sringeri & Koppa Constituency

Region 2

India 

20 December 2023 – Visit to Sri Sathya Sai Divyaniketanam
Jayapura, Chikkamagalur district, Karnataka

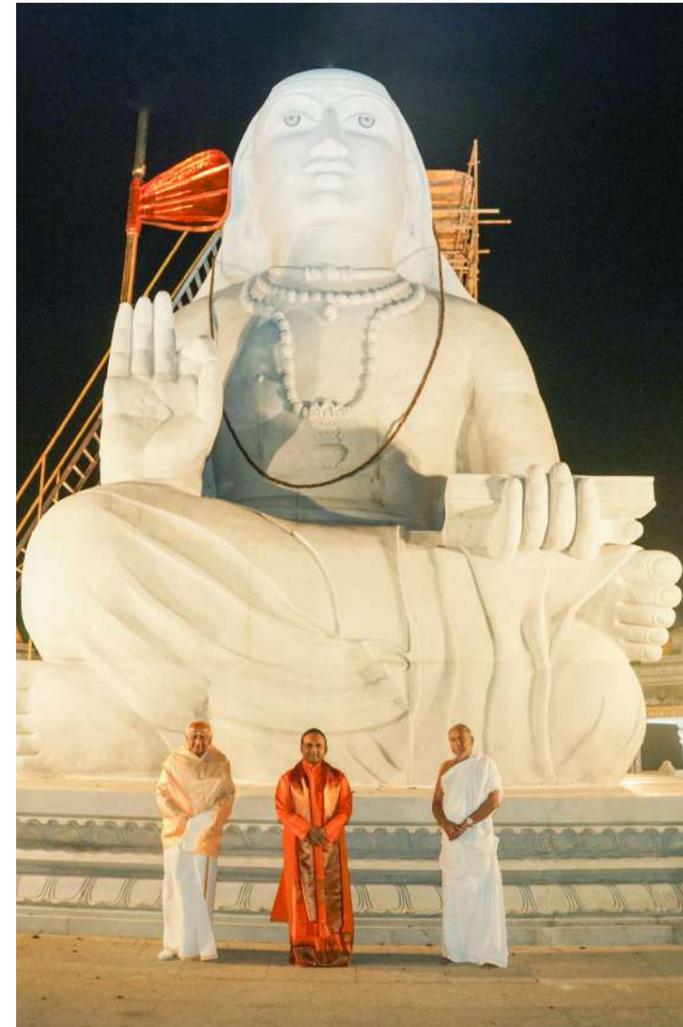


Skit Performance by the students of Sri Sathya Sai Divyaniketanam (Jayapura) to depict the ancient gurukula system of education

Region 2

India 

20 December 2023 – Visit to Sri
Sharada Peetham, Sringeri



Sadguru Sri Madhusudan Sai along with the vattus of Sri Sathya Sai Loka Seva Veda Gurukulam met Jagadguru Sri Sri Vidhushekhara Bharati Teertha Mahaswami ji

Region 2

India 

21 December 2023 – Visit to Sri Sathya Sai Sathyaniketanam, Hassan district, Karnataka



Inauguration of the new hostel – Sai Hrudayam at Sri Sathya Sai Sathyaniketanam



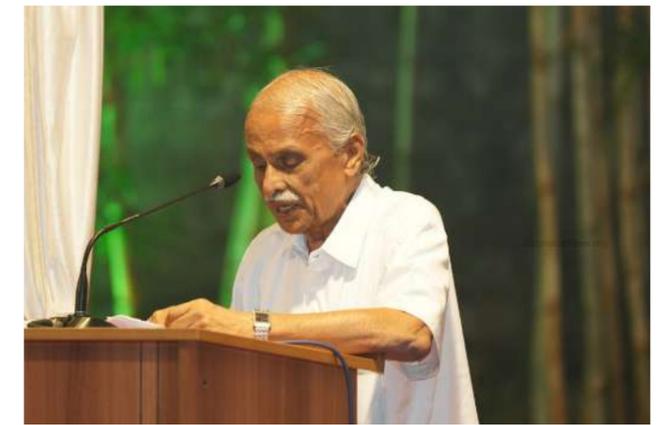
Unveiling the bust of Late Sri H S Dwarakanath, an ardent devotee of Baba who dedicated his life to the service of humanity and played a vital role during the initial days of the construction of Sri Sathya Sai Sathyaniketanam Campus



Region 2

India 

21 December 2023 – Visit to Sri Sathya Sai Anantaniketanam, Mysuru



Region 2

India 

22 & 23 December - Visit to Sri Sathya Sai Sharadaniketanam, Mandya district, Karnataka

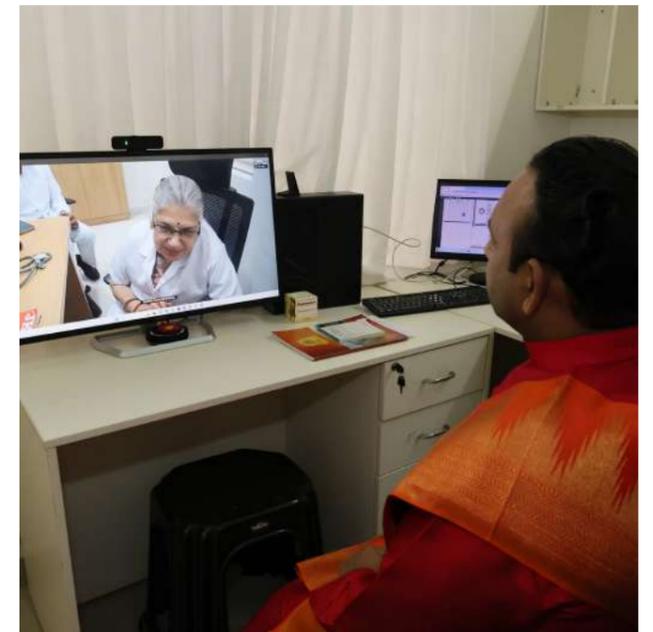


Region 2

India 



Inauguration of Sai Swasthya Wellness Centre, Sri Sathya Sai Sharadaniketanam



Sadguru blessing the Dentistry Clinic

Region 2

Middle East



Nutrition

- In the month of November, close to **12,116 meals** were distributed to the needy by the volunteers of Sai Hrudayam
- 69 Sai Love Kits**, each containing groceries which would last for a month and can prepare about **6,210 meals** were distributed to the unemployed, which included boys who wash cars for meagre salaries, and other blue-collar workers
- One Meal A Day** – **346 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
- Desert Seva** – Volunteers handed over **62 kits** to camel caretakers who lived in the interior parts of desert. The food items like wheat flour, rice, pulses, oil, spices, and condiments in the Kits can serve about 5,580 meals. It also had regular household cleaning supplies.



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 November 2023, the following services were provided:

- Outpatient consultations were conducted for **742 children** and **1,139 adults**
- 220 patients** got their Ophthalmic treatment
- 16 deliveries** were performed
- 186 expectant mothers** were given the necessary antenatal care
- 27 children** were given immunisation
- 14 surgeries** were performed, which included catheterisation, lumpectomy, herniorrhaphy, circumcision, and caesarean section
- 1,699 lab investigations** were conducted
- 108 patients** were admitted to the hospitals as inpatients



Educare

- The Embodiment of Love Academy (TELA) comprises nursery, primary, and secondary schools. Currently, **1,166 children** are provided with free quality education at TELA
- TELA Skills Acquisition Centre trained **150 young students** in tailoring

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.

- Over **8,000 meals** have been served to the students in the month of November 2023



Region 2

Nigeria

24 December 2023 – A Special Christmas Choir: Children from JOY Village, Nigeria performed at Sathya Sai Grama, Muddenahalli

The Amazing Grace Choir consisting of students from JOY Village flew from JOY to spread joy to one and all on the eve of Christmas. About.... children from age ... to, currently pursuing their studies at The Embodiment of Love Academy (TELA) sang in harmony the Christmas Carols praising the birth of Lord Jesus, with much love in their hearts and grace in their movements.

Revered Founder Late Father Charles Ogada had first named the choir as Amazing Grace Children's Choir—and today, as the choir has matured in its melodic rendition, the children in the choir have also grown up to be young teens, and hence the choir is now simply known as **Amazing Grace Choir**.

The choir took one and all back to the baroque period. Some of the songs rendered were also from the Igbo tribe of Nigeria and few others were from the native African land in its original spirit. The choir ended with a power-pact song on the 'Power of Love' and left many a teary eye.

Sadguru Sri Madhusudan Sai was delighted after the choir performance of the children of TELA and expressed His love for the children.

Ibekwe Christopher Ebuka and Ani Chimuanya Precious – The Aspiring Doctors

Christopher Ebuka and Ani Precious came from JOY village to pursue their Grade 11 at the Sri Sathya Sai Loka Seva Gurukulam Group of Institutions, while also prepping for the NEET Exams.

P Aguocha Obinna Mark and Ugwu Sochima Emmanuel – The Aspiring Teachers

Obinna and Emmanuel joined the Sri Sathya Sai Loka Seva Gurukulam Group of Institutions in their Grade 11, and are currently pursuing their undergraduate studies at the Sri Sathya Sai University for Human Excellence.

Late Father Charles Ogada was remembered fondly by one and all for his love and service, and for being a source of inspiration for all.



52 Four students kneeling down: From left to right
Aspiring Doctors: Ani Precious and Christopher
Aspiring Teachers: Obinna and Emmanuel

Region 2

Nigeria

24 December 2023 – A Special Christmas Choir: Children from JOY Village, Nigeria performed at Sathya Sai Grama, Muddenahalli



Region 2

Sri Lanka



Sri Sathya Sai Karuna Nilayam Foundation



Healthcare

In the month of November 2023:

- **83 patients** were treated at the Cath Lab of Sri Sathya Sai Sanjeevani Hospital
- **1,440 out-patients** were treated with free consultation and medicines at Sri Sathya Sai Karunalayam Medical Centre

Nutrition

Food was distributed to **1,846 individuals** in the month of November 2023.



Region 3

Croatia



Zaklada Ananda (Ananda Trust Croatia)

Educare

On 23 November 2023, **1,300 teachers** attended a workshop on human values.



Greece



'Ιδρυμα Μοιράζομαι' (Foundation of Sharing)

Nutrition

In the month of November 2023, volunteers of the 'Foundation of Sharing' prepared vegetarian sandwiches and salads for the following three Institutions:

- **189 meals** were provided at 'Stegi Thileon Agios Alexandros', a home for about 20 girls, coming from troubled families
- **164 meals** were delivered at the Association for the Protection of Minors of Piraeu
- **1,573 meals** were provided at the 'Tsougraneion' soup kitchen run by the Church for the homeless

Apart from the above, the following activities continued like every month:

- **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 yoghurt, 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 EGNVA Foundation
- **35 pizzas** were delivered to the children of St. Andrew Children's Home



Region 3

Kazakhstan



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

Nutrition

In the month of November 2023, volunteers distributed **120 meals** to needy individuals near the mosque and cathedral church at Almaty. The meals included sandwiches, tea, chocolates and cookies.



Poland



Misja Prema Association

Educare

In the month of November 2023, **five Bhagavad Gita Workshops** were conducted online. About **22 members** participated in the online workshop.

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 the month of November 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
- **2,360 kgs of firewood** and **1,000 kgs of charcoal** were distributed to people in need in the district of Şişli,



Ukraine



Heart to Heart Foundation

Nutrition

- More than **30 baskets** containing food, vital hygiene items including diapers were distributed to the needy
- **500 packets** of hot breakfast were served to the hungry

Sociocare

- **30 pairs of socks** and **35 seasonal shoes** were distributed to the homeless, the elderly and children
- A mother and her nine-month-old baby, Adele Luhina were assisted to reach the Kyiv Heart Institute for necessary treatment
- Five-year-old Sonya Bilous along with her mother Natalie in Alexandria, were provided assistance to reach the Children's Centre for Cardiology at Okhmatdyt in Kyiv
- 12-year-old Yulia Boyko and her mother were assisted with railway tickets, housing and taxi to undertake the needed orthopaedics treatment in Kyiv

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 November 2023, a total of **3,751 meals** and **3,411 breakfasts** were provided to the needy
- **1,827 meals** and **1,631 breakfasts** were provided to the soup kitchens – La Amistad, Urbino, Encendiendo Lucecitas, 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 **five families**
- At the city of La Plata, **1,924 meals** and **1,620 breakfasts** were delivered to several soup kitchens
- At the city of San Carlos de Bariloche, **160 breakfast packets** were distributed in the neighbourhood of Barrio el Vivero

Sociocare

- The volunteers of the Foundation distributed more than **40 pairs of shoes** to needy children and adults
- On 23 November 2023, which is Bhagawan Baba's 98th Birthday, also celebrated as Seva Day, special gifts were given away to **150 students**

Educare

- A group of **30 members** chanted *mantras* (holy hymns) twice a week from the Latin American Mantra group
- Weekly yoga workshop was conducted for adults



Region 4

Brazil



Amar e Servir Association (Love and Serve Association), Brazil

Asatsang was organised on the occasion of Bhagawan Sri Sathya Sai Baba's 98th Birthday Celebrations.

Nutrition

In the month of November 2023, volunteers distributed **705 meals** and **480 water bottles** to needy individuals

Education

- **Two Human Values Workshops** were conducted, in which, in total, **35 members** participated

Sociocare

- Meditation sessions for universal peace were conducted four times during the month of November 2023, in which **70 members** participated
- **112 members** immensely benefitted from Reiki Therapy sessions
- **12 members** participated in a Healthy Eating Workshop

Healthcare

- In the month of November 2023, volunteers supported **five skin cancer surgeries** along with **pathological tests**



Region 4

Canada

Sai Global Service
Foundation of Canada

Nutrition

- In the month of November 2023, **25 packets of snacks** were distributed to the needy. The packets contained macaroni and cheese, fruit cup salads (three in a packet), bowlful pasta with neapolitan sauce, gourmet milk, chocolate-covered biscuits, and strawberry flavoured cream filled wafers
- In collaboration with Hope Mission Canada, **200 meals** were distributed to needy individuals
- **100 toys** were distributed to kids for upcoming Christmas festival



Region 4

United States of America

Divine Will Foundation
Clarksdale, Mississippi



Healthcare

Clarksdale, Mississippi

In the month of November 2023, **183 patients** were treated at Sathya Sai Sanjeevani Medical Center at Clarksdale.



Sathya Sai Sanjeevani Medical Centre
(Inaugurated in June 2019)



My Inner Journey

We are His Mission

- Mr Ram Narayan



Mr Ram Narayanan is a testament to the enduring power of commitment and determination, and his remarkable journey in the Vision Care Industry is inspiring. With an unyielding passion for his field of work, he has not only weathered many a storm of challenges and uncertainties, but has emerged much stronger and successful each time. Today, he is heading the AMEA (Asia Pacific, Middle East, and Africa) division of a global manufacturer of ophthalmic instruments in the Vision Care Industry.

I started my career as a trainee engineer with a vision care industry based out of Bangalore. The promise of the 90s brought me to Singapore, but the job profile I landed with was like feeding peanuts to my elephantine appetite. I was in my mid-20s, all fired up to carve out a career in vision care, but this job seemed to offer me empty promises. Very soon, my excitement about landing in Singapore with prospects of exposure to cutting-edge technology started waning. I was going through a low point and was quite disheartened about how things were taking shape. I decided to wade through the phase without divulging much to my parents and siblings back in India.

Looking back, I see that this challenging phase and the turmoil it caused in me was Baba's calling card to make an entry into my life. Around that time, while visiting a family friend, I heard about Bhagawan Sri Sathya Sai Baba from an acquaintance there, who eventually became my wife. It was His kind indulgence that during that first intro-talk about Baba, as we walked by a road, we saw right across the traffic light, a larger-than-life-size Baba's portrait in His elegant yellow robes adorning a brand-new prayer hall. Unbeknownst to both of us,

a new Sai Centre had been inaugurated just about a couple of months before. Our hearts leapt at this pleasant discovery, and we made our way into the majestic mandir at 133 Moulmein Road. The elevating ambience and soulful bhajans completely swept us. As always said, there is no check-out when you check-in to Sai Fold; indeed, this was the case with us.

His bhajans, fantastic humanitarian work, the multi-faith approach to prayer, and most importantly, His devotees were energetic, loving, and youthful—all of these captivated me completely towards Him. My inner engagement with Baba was total.

He became 'Swami.' My prayers to my loving Swami while waiting for a breakthrough in my career were answered generously. Swami reciprocated my one baby step towards Him with immense grace in the form of a satisfying career shift. Soon, I was back to doing what I was passionate about.

To my utter surprise, a senior Chinese colleague welcomed me with a Swami's picture and a vibhuti packet on the day of my joining. I couldn't have asked for a better start; this is my 25th year with the same company that Swami chose for me. Amidst our career and starting a family, we started engaging in all the Sai Centre activities. We were occupied on the weekends with Sai Spiritual Education - SSE classes, bhajans, and seva.

Fast forward to 2009, my elder son joined Sri Sathya Sai Primary School at Puttaparthi, following Swami's instruction through a dream - "Go to My Village and study in My school." He was barely eight years old then. Swami's instruction to action happened within a week with no time to reason or react. My younger son followed his brother and joined the same school when he turned eight. Swami's biggest blessings on me are my family and the fact that we are treading the same path together.



Swami's commandments, like ceiling on desires, living frugally, daily prayers, self-restraint, and many such sadhana practices, were all part of typical middle-class familial grooming. In that sense, there was not much transformation to be forged, and we were sailing easily. The only remarkable achievement on our part was paying heed to Swami's dream call and sending our two sons to Puttaparthi for their schooling. That taught us some tough lessons on detachment and left us more free time to dive into all Sai activities - seva, spiritual, or SSE.

My understanding of Swami's message then was to be in the world but not allow the world to get into me. Live minimally so that we have enough left to contribute to seva opportunities. I thought this path of service and bhakti would confer freedom from desire, bondage, and ultimate salvation. Since both my boys were already in Swami's School at Parthi, they could easily own up to these values and were facilitating us on this path of minimalism. We thought we were all set till Swami started unveiling new plans in 2014.

When Swami left his mortal coil, it roused an inexplicable waiting deep down my heart; I was looking forward to some new beginning, feeling thoroughly convinced that this was not how Swami would end His mission. I was certain there was more than it appeared to be, and my waiting would not be in vain.

During birthday celebrations in 2008, Bhagawan Sri Sathya Sai Baba announced a new campus in Muddenahalli. Swami gave a part of this seva opportunity to the devotees of Singapore. As a part of this seva, He paved my first visit to Muddenahalli in 2009. Our loving lord Himself re-connected the divine umbilical cord to a new beginning even before He left His body. Our first impression of Muddenahalli was 'Heaven on Earth', and it remains that way.

In our minds, Swami was never limited to the petite 5'3" frame, because we have experienced Him many times with the same intensity and presence 1000s of miles away in Singapore. We were already attuned to the idea of Swami operating through dreams, messages, and channels, at times using all these modes in tandem, leaving no room for any ambiguity in His sequence of instruction. Therefore, it was not a surprise when we came to know about Sadguru Sri Madhusudan Sai. Thus, accepting Sri Madhusudan Sai as the very form of Swami happened to all of us seamlessly. It took us months to even recognise that this was also by His grace. Thank you, our dear Swami and beloved Sadguru, for this blessed gift of harmony and understanding.

When Sri Madhusudan Sai guided us to move our sons from Puttaparthi to the Muddenahalli campus, it paved the way to higher spiritual lessons. We were not yet signed up for 'Surrender.' Sadguru led us through that challenging phase and helped us grow more in faith and surrender. My sons decided to renounce their residency

My Inner Journey

We are His Mission

- Mr Ram Narayan

status in Singapore to be in His mission without a Plan B. On numerous occasions, we have caught ourselves using the words Swami, Sadguru, and Baba interchangeably while referring to both Sathya Sai Baba and Sadguru Sri Madhusudan Sai without any confusion in our hearts. I feel this is one major leap in our understanding of God and *guru tatva*. I did not have any overt affiliation to any form, and at the same time, showing complete love and gratitude towards both in equal measure helped me arrive where I am today. Hours spent in assimilation of His *advaitic* wisdom from the series 'Master the Mind' has helped me reach here with strong conviction.

We are the generation that seeks proof by live demonstration. Every moment of His life, Sadguru demonstrates one key message of Bhagawan Sri Sathya Sai Baba - "My Life is My Message." Having arrived there, Sadguru is nurturing us - "Come and stand with Me and enjoy the scenery." By His grace, we have come this far, and for every step we take, He is readily shining the light on the



next few. All that we need to do is to have faith and tread along.

He is an endearing little brother to an elder, a chatty friend to a teen, a playful mother to a lovelorn child, and a funny colleague with whom you can joke without qualms. But all at once, we become completely aware of 'Who He is!' Amidst all the casual jokes and puns, we must never once take His physical presence and time for granted. He is a teacher in the league of Adi Shankaracharya and Ramakrishna Paramahansa. We are fortunate that He found us deserving and chose us. Let us put all our efforts into our transformation process, make Him proud and succeed in His Mission. As He says - "You are My Mission."



Lessons For Life

How can I still my mind when I am meditating?

Just as the body is energised by the food you eat, the mind is energised by the breath. When you are angry or excited, you tend to breathe very fast. When you are calm, your breathing is slow and steady. Therefore, the mind can be controlled using the breath. When too many fickle thoughts come to mind and disturb you, slow down your breathing and take deep breaths. By doing so, you deprive the mind of the energy it requires to move about frantically. With the energy supply thus cut off, the mind will slowly settle down. Once it settles down, things will become clearer. Therefore, practice deep, long breathing.

In the initial days of practice, people will inhale and exhale quickly because they do not have the capacity to hold; but, with practice, you will get better at it. Inhale for a duration, hold for the same length of time, and exhale for the same duration - this is the right method. Eventually, you should be able to hold your breath for longer time while inhalation and exhalation should reduce. In effect, you have to practice deep breathing. This will help you control your mind and improve your meditation.



