



वसुधैवकुटुम्बकम्
vasudhaiva
kutumbakam

MONTHLY GLOBAL NEWSLETTER



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Message from Sadguru Sri Madhusudan Sai

Life is a Game, Play it

What has spirituality got to do with Sports, one may ask. To this our answer is that the entire creation itself is considered as a divine sport.

The concept of '*līlā*' or divine play is mentioned in our scriptures attributing the whole act of creation as a sport of the divine who revels in this game of life as '*līla vinodana*', highlighting the idea of enjoying activities, including sports, as a form of spiritual expression.

Bhagwan Sri Sathya Sai Baba said, "*Life is a game, play it*". Having been blessed with this rare human life, one must live it in the spirit of sportsmanship. Losses and gains are a part of life and accepting them with equanimity without losing enthusiasm to play this game of life, is highest spirituality.

But this January, the idea of sports took a different global dimension when the legends of the cricketing world came together to play the One World One Family Cup, in the spirit of a global family that celebrated sports. The newly built Sai Krishnan Cricket Stadium was inaugurated with the cricket match that furthered the cause of our mission of *vasudhaiva kuṭumbakam* – One World Family.

While one team eventually won and the other lost the match, there was no enmity or bitter feelings. The spirit of one world family was evident when one brother hit a winning sixer on the ball of another brother, and yet they both hugged and celebrated the game.

When you know both the sides are yours, there wont be 'us' vs 'them', and that is the way to a united world, the true *rāma-rājya*. That is precisely the way the annual sports and cultural meet in our *gurukulams* was celebrated with mixed teams from all campuses, no one truly lost but all of them won!

Swami Vivekananda said, "*Be strong my young friends; that is my advice to you. You will be nearer to heaven through football, than through the study of the Gita*", well this time it was through cricket for a change!



At the Forefront

18 January 2024 – A Friendship Cricket Match to win the One World One Family Cup

Venue: Sai Krishnan Cricket Stadium, Sathya Sai Grama, Muddenahalli

Captained by the Little Master – Sachin Tendulkar and the Prince of Cricket – Yuvraj Singh, legendary Indian and International Players came together to play a first-of-its-kind Friendship Cricket Match

Legendary Cricketer Dr Sunil Gavaskar invited the cream of the crop from the Cricketing World, alongside Sadguru Sri Madhusudan Sai, to play the One World One Family Cup

Two teams – ‘One World’ and ‘One Family’, synonymously going together, came together with about 24 players from 7 nations to play a T20 match for ‘One Cause’ – a cause which uplifted the spirit of humanity, by lifting up a ‘friendship cup’ – the ‘One World One Family Cup’ which denotes the power of unity, the strength of a common humanity, and the feeling of a collective social responsibility.

National and International cricketers from seven nations – **India, New Zealand, Sri Lanka, England, South Africa, Australia and Bangladesh** came together in the spirit of ‘One World One Family’ and played in the spirit of brotherhood to demonstrate to the world the cause of a common humanity which is bound by interconnectedness and harmony.

In the exciting match that ensued, Sachin led team, ‘One World’ won the T20 format led OWOF Cup. The friendly match featured a stellar lineup

of legendary cricketers, including Naman Ojha, Upul Tharanga, Alviro Peterson, S Badrinath, Ashok Dinda, Ajanta Mendis, Harbhajan Singh, Monty Panesar, RP Singh, Danny Morrison, Parthiv Patel, Md Kaif, Darren Maddy, Alok Kapali, Romesh Kaluwitharana, Jason Krejza, Muthiah Muralidaran, Mkhaya Ntini, Chaminda Vaas, Venkatesh Prasad, and the dynamic brothers – Irfan Pathan and Yusuf Pathan.

The stadium, christened as Sai Krishnan Cricket Stadium, is a five-petaled field consisting of 3,500 seats across four galleries, and a centre stage, with a circular cricket deck of 70 metres radius done with perfect 3 pitches, to welcome its first set of players ever, to play with a sportive spirit for the cause of uniting the world through sports. The stadium will be open for conducting national and international matches in the coming future.

Over 150 dignitaries graced the match on stage and about 3,500 audience cheered for the match, most of whom also included students who receive free education at the schools established by the Sri Madhusudan Sai Global Humanitarian Mission.

At the Forefront



Bharat Ratna Awardee Sachin Tendulkar expressed:

“It’s a huge honour to be here and take part in this special occasion. As a child, I was a very naughty. My parents were extremely patient with me and at the same time, concerned about my likes and dislikes. They encouraged me in sports. When my energy was channelised to doing what I like to do, I dreamt and realised my dream to play cricket for India. Sports taught me to get back focus and purpose. The Sri Madhusudan Sai Global Humanitarian Mission is also working towards nurturing the sports talents of students. Today, when I stand here next to Sadguru Sri Madhusudan Sai, I really applaud his vision and contribution to the world. I had the privilege to visit the mission’s hospital in Palwal and Navi Mumbai. Both the hospitals were brilliant, but there was one thing missing there – a billing counter. I have never visited a hospital which doesn’t have one. All the treatments there are free of cost. Thank you on behalf of the cricketing fraternity who is gathered here to contribute in whatever possible way we can. I’m truly honoured to be here.”

Padma Bhushan Awardee, Dr Sunil Gavaskar said in a statement:

“Sports has the power to inspire and unite. Initiatives like these, beyond the boundaries of cricket, reflect the true spirit of humanity. Congratulations to everyone who came forward readily to promote the cause of social responsibility and philanthropy through this beautiful game of cricket. I express my gratitude to these legendary cricketers who have come together on this platform to advocate for the cause of One World One Family.”

Sri Madhusudan Sai, Founder, Sri Madhusudan Sai Global Humanitarian Mission, expressed,

“One World One Family Cup,’ is aimed at creating awareness about embracing all as our own. This friendly match will be an annual affair to embody the spirit of a sportive sportsmanship, fraternity and cooperation. The future plan is to build a multi-faceted coaching center that will include a badminton academy, world class swimming pool, archery academy, etc. for the lesser privileged. I see sports as an inclusive platform where individuals with varied interests and backgrounds can participate. The aim is to nurture young talent and provide equal opportunity to every child who is interested in sports.”



At the Forefront



The One World One Family Cup

Amidst cheers of One World One Family alike, the friendship match indeed served its purpose of promoting the feeling of unity and collective joy.

The Sai Krishnan Cricket Stadium at Sathya Sai Grama is poised to become a beacon of excellence, not just in the realm of cricket but also as a symbol of harmony and collaboration. It will be open to everyone and looks forward to hosting regional matches as well.

At the Forefront



Two key initiatives to empower the grassroots sports talent in India was launched. 'Sports for All' initiative led by Sachin Tendulkar and the 'Sunil Gavaskar Cricket Academy.' Few children were presented with their sports kits by Sachin Tendulkar and Sri Madhusudan Sai, as a mark of encouraging them to pursue sports.



Inauguration of Sai Krishnan Cricket Stadium

The gracious presence of some iconic members from the legendary 1983 Cricket World Cup team added to the excitement of the event. They not only witnessed the friendly match but also expressed their solidarity for the noble cause of 'One World One Family.'

It was not just a game; it's a new awakening to the feeling of Oneness through Sports.



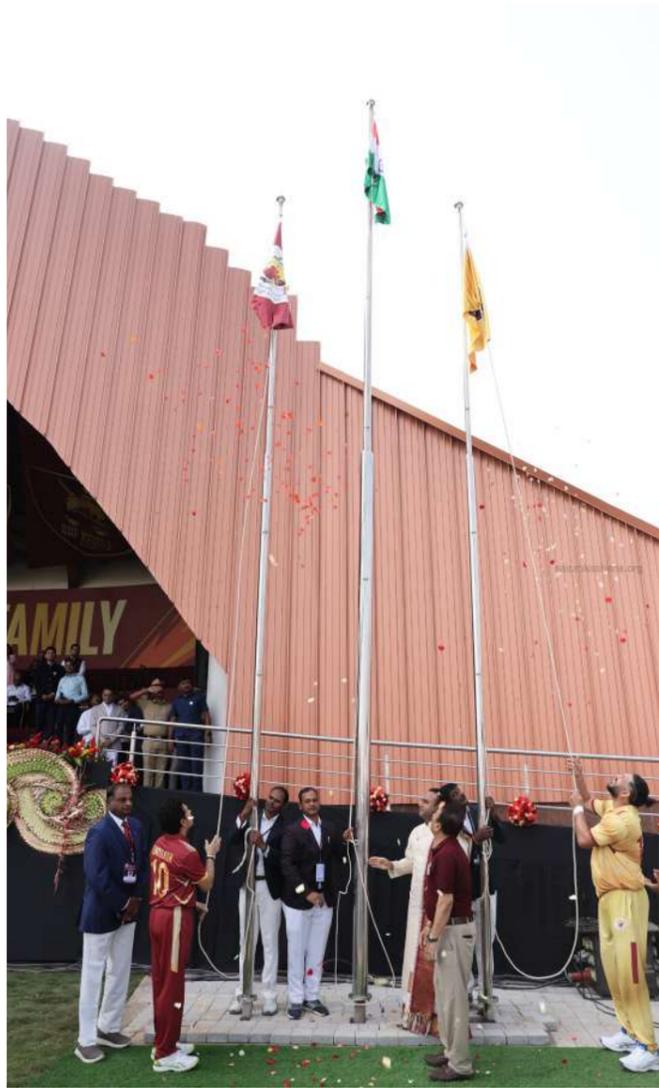
Lighting the Olympic Flame



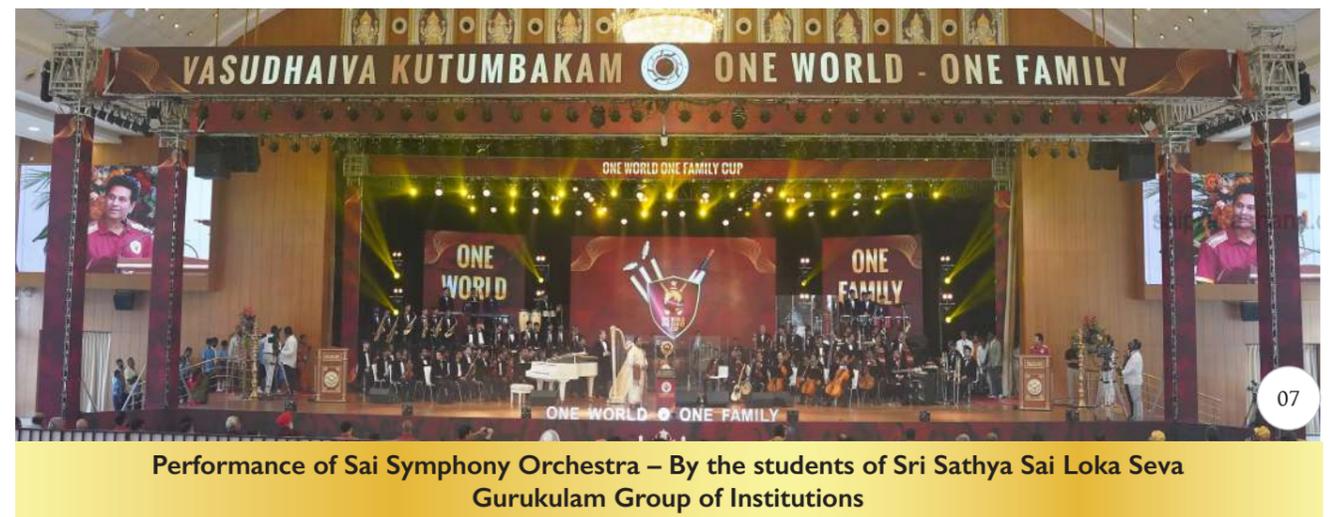
The Flag March by representatives from 114 countries



At the Forefront



At the Forefront



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

In Focus

01 January 2024 – New Year Celebrations,
Sathya Sai Grama, Muddenahalli

A New Year Health Hamper

Inauguration of Cardiothoracic and Vascular Surgery (CTVS) Department at Sri Sathya Sai Sarla Memorial Hospital, Muddenahalli, Chikkaballapur, Karnataka

The only Centre which will provide completely free of cost super-speciality cardiac treatment in the district of Chikkaballapur

A state-of-the-art Cardiothoracic and Vascular Surgery (CTVS) Department in a remote rural area with the right kind of specialists and infrastructure, offering services completely free of cost is nothing short of a miracle. Now, the people of Chikkaballapur do not have to travel 70 kilometres in search of cardiac services.

How did it happen? The call of the heart triumphed over other considerations, and that is how so many specialists, doctors and nurses came from far and wide, India and abroad to join the medical mission that will provide free healthcare to all the people, irrespective of whether they are rich or poor, Indian or foreign, rural or urban.

The Status-Quo

In Karnataka, 36% of young adults between 40 to 60 years of age die from coronary artery disease. Premature deaths due to heart disease, stroke and diabetes has increased over the years.

Doctors Say

- First ninety minutes after the heart attack is extremely crucial and is therefore called as the golden hour
- Treating the heart attack within this timeframe with primary PTCA or medication can help salvage the heart

Honourable Minister of Law, Parliamentary Affairs and Tourism – Mr H K Patil inaugurated the Cardiothoracic and Vascular Surgery Centre which will function 24/7 for all the cardiac emergencies including coronary artery disease, rheumatic disease and congenital heart disease.

In Focus

Salient features of the Centre:

- A dedicated cardiac OT, ICU and heart-lung machine
- Cath interventions like Angiogram and Balloon Angioplasty, and Stent Placements will be performed
- CHD surgeries in children will be performed
- Heart and chest surgeries which includes open heart by-pass surgery, beating heart procedures, and valve replacements will be done

A world-class 'Centre of Academic Surgical Excellence and Research' and a 'Homograft Valve Bank' were also inaugurated.



Mr H K Patil – Honourable Minister of Law, Parliamentary Affairs and Tourism, Government of Karnataka inaugurated the Cardiothoracic and Vascular Surgery Centre along with Sadguru Sri Madhusudan Sai

In Focus

What is a Homograft Valve Bank?

The heart valve bank procures human heart valves from suitable donors for valve replacement or valve reconstruction surgery of the diseased. Heart valves from donors who have pledged to donate his/her heart after death are used for this purpose.

Sri Sathya Sai Sanjeevani Centres for Child Heart Care commenced its first ever Cardiovascular Tissue and Homograft Valve Bank in Central India at its Nava Raipur centre in November 2022.



In Focus

Conferment of Gift of Life Certificate



Muhammad receiving the 'Gift of Life Certificate'

Name: Muhammad

Age: 5 years

Treatment: Patent Ductus Arteriosus Device closure



Akash K A receiving the 'Gift of Life Certificate'

Name: Akash K A

Age: 17 years

Treatment: Atrial Septal Defect closure

Divine Discourse – A Summary

vasudhaiva kutumbakam – One World One Family is the idea with which we work and this is the only reason we do what we do. Hence the Cardiothoracic and Vascular Surgery Department has been given as a gift to the world on the New Year’s Day. Would anyone charge for a gift? Hence, all the services are provided free of cost, regardless of whether one can afford it or not.

Dr Hiremath, Director of Valve Bank and Academics CTVS, Senior Consultant and Chief Cardiac Surgeon of Pediatric, Thoracic and Vascular Surgeries at Sri Sathya Sai Sarla Memorial Hospital, has brought the idea of a free heart valve bank, which is a very futuristic idea. Heart valves which are synthetically made and installed in the hearts of people suffering from diseases, will now be replaced with natural tissue heart valves from people who are willing to donate their hearts after their demise.

A healthy heart is a blessing. When we are summoned back from this earthly plain, we can always leave behind our homograft valve, for the several people who need one, India being the capital of cardiac diseases.

Sri Madhusudan Sai Institute of Medical Sciences and Research is a one-of-its-kind medical school which has been made available for the poorest of the poor rural students in the country, so that they may become doctors, surgeons and medical professionals who could serve the rural geographies.

Finance cannot dictate whether or not one can become a doctor, whether or not one can have access to quality healthcare. This is our firm conviction.

What can we all do together?

- Promoting the idea of bringing medical education to the poor rural students who do not have the same level playing field as the urban students
- Curating shorter training programmes for cardiac surgeries, especially paediatric cardiac surgeries, which otherwise take longer time to train, thus encouraging more students to take up these courses
- Creating a DNB course for a shorter duration can train students in cardiac surgeries in a shorter time, instead of doing two or three programmes after MBBS. This will help create a lot of healthcare professionals for the country.

We would commence integrated CTVS programmes in the next year, to be able to give it to the students of our country and the world.

To realise this great vision that all should be happy, all should be healthy, we must all participate in a collaborative manner and each of us must do whatever is possible in our capacity. Everybody’s participation and effort are equally important.

Today is a new chapter in our healthcare story. We have had so many such firsts. The first heart hospital for the Eastern Province of Sri Lanka came up in August 2022, where so many impoverished people who otherwise lacked access to healthcare, are getting treated at the Cath Lab completely free of cost.

In the year 1991, Sri Sathya Sai Baba established the first completely free of cost Super Speciality Hospital at Puttaparthi. Whatever we do is a spark from that great flame of service that Baba lit, which is now lighting up several lives through free healthcare.



Mr H K Patil – Honourable Minister of Law, Parliamentary Affairs and Tourism

Mr H K Patil remarked:

“The Hospital infrastructure and services, made available to people who cannot afford them, are no less than the facilities available in developed countries. The Sri Madhusudan Sai Institute of Medical Sciences and Research is a role model to all healthcare institutions out there, to serve with compassion and kindness. This Institution has given more importance to the culture of kindness, which is the need of the hour.”

In Focus

09 January 2024 – South India Content Summit 2024, Bengaluru

The South India Content Summit 2024 was organised by Fourth Dimension Media Solutions to understand the rapid transformation and remarkable growth of the content creation industry in South India.

The summit was inaugurated by Mr Hemant Nimbalkar, IPS, Commissioner of the Department of Information and Public Relations, Government of Karnataka.

Sadguru Sri Madhusudan Sai was one of the dignitaries present at the event, along with Dushyanth Sridhar – Founder of Abhinava e-Patashala, Mr Kartik Sharma – Group CEO of Omnicomm Media Group, Mr Gopakumar – COO of Bhima Jewels, amongst others.



In Focus

Sri Madhusudan Sai's Keynote Address – A Summary

Going back to the rescue of our scriptures, which by itself is an ocean of content, we can borrow some ideas. It says:

सत्यं ब्रूयात् प्रियं ब्रूयात्, न ब्रूयात् सत्यम् अप्रियम् ।

प्रियं च नानृतम् ब्रूयात्, एष धर्मः सनातनः

satyaṁ brūyāt priyaṁ brūyāt, na brūyāt satyam apriyam

priyaṁ ca nānṛtaṁ brūyāt, eṣa dharmah sanātanaḥ

Meaning: Speak the truth always, speak only pleasant things, do not speak the truth which is unpleasant.

- Speak the truth, nevertheless speak it in a pleasant way.
- Do not speak untruth, even though it is pleasant to hear

The responsibility and accountability of what we speak and how we speak rests on every human who has a tongue to speak.

Creating content has to be follow the two principles of Responsibility and Accountability.

- Responsibility is about speaking the truth in a pleasant way
- Accountability is about not speaking untruth even if it is pleasant

Media – The Fourth Pillar of Democracy

- Create content which is based on truth
- Speak real facts, but speak it in an acceptable, pleasant, understandable, and inspirational way
- A pleasant untruth should never be spoken about, though it may create a sensation and sell faster
- Create inspirational content for children especially, as their exposure to the kind of content in social media, has a great influence on them



Sow a thought, reap an action
 Sow an action, reap a tendency
 Sow a tendency, reap a habit
 Sow a habit, reap a character
 Sow a character, reap a destiny

Thus, the content we create is what we see in the minds of people, and from here on it creates their destinies.

Mark Twain said, "A lie can travel halfway around the world while the truth is still putting on its shoes."

During these times of technology, artificial intelligence, and deep faked internet, a lie can travel a million times faster around the world,

while the truth is still figuring out how to present itself. So, this is the time of huge responsibility, especially for the media personnel.

The four pillars of our democracy: Legislature, Executive, Judiciary and Media must stand together and discharge their respective duties in an independent and efficient way.

Let's work together to spread good to more people in the world, so that the world becomes a better place to live in, than we received from our grandfathers and forefathers, and we leave behind a better world for our children.



Exclusive Interview with Sadguru Sri Madhusudan Sai on PuthuYugam (Tamil TV Channel)

Key Messages from Sadguru's Interview:

Media - The Content Champions

- Create the right kind of content for consumption of people, especially for the younger generation so that their understanding and perceptions are directed in the right way
- Content should be used effectively, productively and for the greater good of the society
- Content should not just be entertaining, but should also be informative, inspirational and motivational
- Right words spoken with the right attitude and right understanding, will create the right effects - actions and reactions
- Sensational content which is unnecessary and which do not create the right kind of understanding should be avoided, as it can be detrimental to societal progress
- Laws and provisions which verifies and ensures good and useful content should be deployed

India in 2024

- 2024 will be a landmark year for India both in terms of leadership, as well as economic progress
- India will be the spiritual leader that will give the right kind of value system to the entire world
- *vasudhaiva kutumbakam* - One World One Family said the G20 Presidency and same is the motto of our organisation, and this principle of India will urge us to discharge our duties towards the welfare of the entire world

The Role of Tamil Nadu

- Tamil Nadu, being the most ancient civilisation and culture, not just of India, but of the entire world, has a lot to offer not just as a State, but as a force that can shape the destiny of the entire country
- Its saints and leaders like Bharathiyar have sung calling out to the people of the county to join hands and work towards the progress and development of nations

Our Projects in Tamil Nadu

- A school for tribal girls at Dindigul since June 2020
- A school for boys at Kodaikanal since August 2023
- A school for boys at Tenkasi will come up soon. Groundbreaking ceremony for this school will be performed in February 2024

In Focus

25 January 2024 – Divine Discourse on Lord Rama

Satsang with Sadguru Sri Madhusudan Sai, Sathya Sai Grama, Muddenahalli

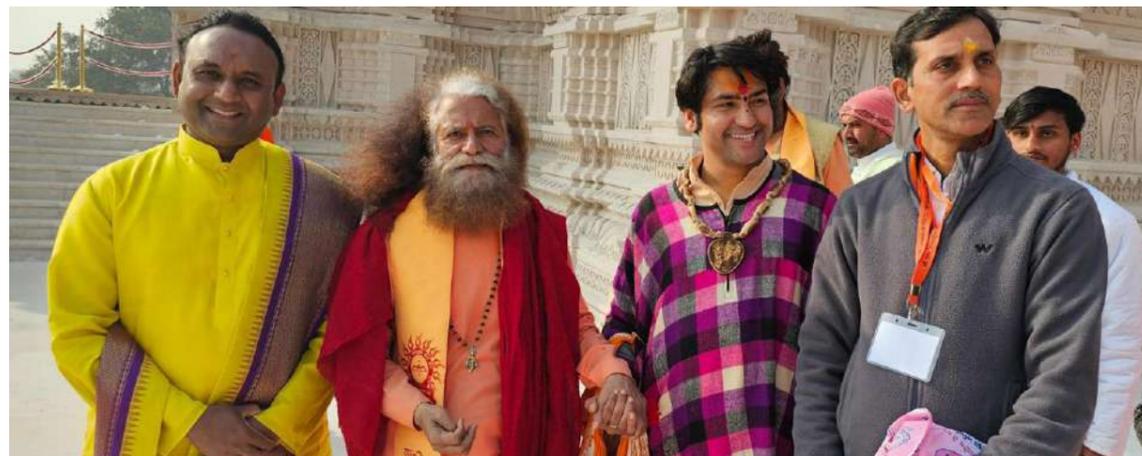
The Ram Mandir in Ayodhya (India) has a rich history, spanning centuries of faith, devotion, and struggle. The temple is not just a religious place but also a symbol of unity, dedication, and hope for millions of Indians.

The reconstruction of the mandir represents the culmination of a long-awaited dream. This marks the beginning of a new chapter in the history of India, signifying the enduring values and beliefs cherished by the people.

Under the leadership of the Sri Ram Janmabhoomi Teerth Kshetra Trust, and together with the members of Vishwa Hindu Parishad, Sri Rama Janmabhoomi support campaign (in Karnataka) commenced from Sathya Sai Grama, Muddenahalli.

In *tretā yuga*, the army of monkeys, which assisted Sri Rama to meet Mother Sita, built a bridge over the ocean. Even today, we remember them as exemplars of devotion, faith, dedication, sacrifice, and surrender. In *kali yuga*, to facilitate the convergence of Bhagawan Sri Ram and His devotees, another bridge is being constructed and that is the bridge of Sri Rama Janmabhoomi Teerth Kshetra. This is the fruit of intense penance and sacrifice of the last 450 years, that we are receiving this opportunity in this *kali yuga*.

Sri Madhusudan Sai attended the inauguration of the Ram Mandir at Ayodhya and met several dignitaries and spiritual leaders.



Sadguru Sri Madhusudan Sai with Swami Chidanand Saraswati

In Focus



Sadguru Sri Madhusudan Sai with Mr Sachin Tendulkar



Sadguru Sri Madhusudan Sai with Sri Suresh Bhayyaji Joshi – Senior Member of RSS



Sadguru Sri Madhusudan Sai with Sri Dinesh Chandra – Chief Patron, Vishwa Hindu Parishad

25 January 2024 – Divine Discourse on Lord Rama

Satsang with Sadguru Sri Madhusudan Sai,
Sathya Sai Grama, Muddenahalli

Divine Discourse - A Summary

Lord Shiva exhorts Parvati about the *mahā mantra* of *rāma nāma* – *śrī rāma rāma rāmeti rāme rāme manorame; sahasranāma tattulyam rāma nāma varānane*.

Meaning: One name of Lord Rama is equal to thousand names of Lord Vishnu in the *sahasranāma*. My mind is absorbed in the Divine consciousness of Lord Rama while chanting His name.

Lord Rama – Why is He so special?

Firstly, He is an avatar of Lord Vishnu, and hence He deserves all the praise and adoration.

Being a Lord Himself, He behaved and worked just like an ordinary human being, to set an example to the rest of the world. Though He was subjected to all kinds of problems, miseries and sufferings, He shone forth as an ideal example of dharma or right conduct in the midst of all kinds of adversities. Hence, He is called the *maryāda puruṣottama* as He idolises *dharma* – *rāmo vighrahavān dharmah*.

A Spiritual Sensation

The *prāṇa pratiṣṭhā* of Lord Sri Rama by the Sri Rama Janmabhoomi Teertha Kshetra at Ayodhya, after thousands of years is a significant moment in the timeline of Indian civilisation.

The amount of enthusiasm and inspiration it has ignited not only in the hearts of religious leaders and spiritual Godmen, but also in ordinary people who walked barefoot from their hometowns in the biting cold to have the darshan of Sri Rama, was indeed a spectacular sight to behold. The kind of devotion it has inspired in the hearts of young and old has created a contagious spiritual sensation.

The King has Come, His Kingdom Shall Follow

Sri Rama is not just an *avatār* or incarnation of the Supreme Consciousness, but is also a national leader. What He did for Ayodhya as the King, is what every national leader should do for his country and his fellow citizens.

When Rama has come, *rāmarājya* simply follows. Where there is the King, there has to be His Kingdom. The kingdom must be ruled according to the principles of the king – *yathā rājā tathā prajā*. Rama being the *maryāda puruṣottama*, His *prajā* must also behave accordingly.

My hope for this *prāṇa pratiṣṭhā* is that *rāmarājya* will be restored. The *ādarśa* puruṣa that Sri Rama is should inspire Bharatiyas to walk His path. It is one thing to celebrate a person, but it's another thing to emulate the personality. Rama *pratiṣṭhā* is the celebration of the person. However, emulating His principles of *dharma* is the true celebration.

The Guru's Adoration for His Disciple, Rama

babhūva bhūyo bhūtānām svayam bhūḥ iva sammataḥ – This verse, from the Valmiki Ramayana is the reply that Sage *vasiṣṭha* gives King *daśaratha* when he enquires about his sons, who had completed their education at the *gurukulam*. Sage *vasiṣṭha* was praising the sons of King *daśaratha* that they were like Lord Brahma himself, as they were Divine.

What were the qualities that Lord Rama and His brothers exhibited?

sarve veda vidah śūrāḥ – adept in all the *vedas* and *śāstras*

sarve jñāna upasampannāḥ – knowledgeable and skilled both in worldly and spiritual sciences

sarve samuditā guṇaiḥ – repository of all virtues that emanate spontaneously from within

sarve lokahite ratāḥ – constantly engaged in the welfare of all

Sage *vasiṣṭha* further describes by saying – *teṣām api mahātejā rāmaḥ satya parākramaḥ, iṣṭaḥ sarvasya lokasya śaśāṅka iva nirmalaḥ* – Among the brothers, Rama, who is resplendent like the tranquil moon, and who has 'truth' as His armour, is the dearest one to the whole world.

Sita and Rama – Clarifying the Conceptions

The many questions about why Rama did what He did at several junctures of His life, were all based on *dharma* only.

The Rama who had to send His wife, Sita to the forest while she was pregnant, is the same Rama who walked thousands of miles and built a bridge on the ocean with monkeys, birds and beasts to fight a war against the mighty kingdom of Ravana, that had an army of 33 crores of *rākṣasas*. Rama fought with each of them in a *dharmic* way with just a bunch of monkeys, stones and sticks, without even having a chariot, weaponry or army. Rama won the war and brought Sita back.

Rama questions mother Sita in the presence of all His subjects, just to prove her chastity and purity, so that the question in the minds of the people will be settled. *lakṣmaṇa* creates a pyre of fire and Sita jumps into it only to come out unscathed. Lord Agni says that mother Sita is absolutely pure and there can be no doubts regarding this. With all the honours, Rama and Sita return to their kingdom with pompous celebration and joy, and rule the kingdom justly.

Rama, as a noble king, always keeps his ears to the ground to know what is going on in His kingdom. When He heard that people were still questioning Mother Sita, He commanded *lakṣmaṇa* to leave Sita by the side of the river where *vālmiki's āśram* was, since Sita wanted to spend her gestational period in a spiritual ambience. Rama knew that *vālmiki* alone would look after mother Sita and His children. Though Mother Sita felt sad about the turn of events, she, being a wise queen herself, understood that Rama has to keep up His name as the king, as that is His greater responsibility, and she accepts Rama's decision, so that the kingdom can be in harmony and peace.

In Focus

The Thumb Rule of dharma that Rama followed

त्यजेत् कुलार्थे पुरुषं ग्रामस्यार्थे कुलं त्यजेत् |
ग्रामं जनपदस्यार्थे आत्मार्थे पृथिवीं त्यजेत् ||

*tyajet kulārthe puruṣaṁ grāmasyārthe kulam tyajet |
grāmaṁ janapadasyārthe ātmārthe pṛthivīm tyajet ||*

Meaning: An individual can be renounced for the sake of the family, a family for the sake of the village; a village for the sake of the country and even the earth for one's own highest good or for the highest *dharmic* conduct.

Understand Rama by being Rama

Rama sacrificed the greatest wealth and joy of His life, His wife and children, for the sake of the greater good of His kingdom. Having sacrificed thus, He remained an *eka patnī vrata*, and performed many *aśvamedha yajñas* with a golden Sita by His side.

Whatever Rama did, He did it for the sake of the greater good of all.

Rama – The National Hero

Rama should not be looked at as a religious icon, and but should be adored as a national leader, who worked for the greater good of all by upholding *dharma*. He is an example for the whole world to follow.

Rama represents his qualities, his personality.

- Rama's life teaches us how to be a good brother, son, friend, husband, king, father, and even a good enemy without any malice
- Rama protects everyone who takes refuge in Him

sakṛdeva prapannāya tavāsmīti ca yācate

abhayam sarva bhūtebhyo dadāmyetad vrataṁ mama
Anyone who says "Oh Dear Rama, I belong to you. I surrender to you", He immediately assures His protection.

When *vibhīṣaṇa* surrenders at Rama's feet, everybody suspects him, since he is Ravana's brother. However, Rama accepted him without a moment's thought.

He protected His subjects, at the cost of His own life, by being like a father and mother who nourishes and takes care of their children.

Rama upheld *dharma* all the time. In His pursuit of *dharma*, He sacrificed so much of His individual life and comfort.

What is *rāma rājya*?

The *vālmiki* Ramayana says that nobody in Rama's kingdom uttered lies. Everyone followed their *dharma*. Everyone was endowed with virtues, good qualities and ideas.

Everyone performed their duties happily, without any comparison or greed, because everyone worked for the welfare of everyone else.

The Ramayana is not just a religious text, but it is a way of life.

Our duty is to bring back *rāma rājya* or *prema rājya*, where we love each other and serve each other with the heart of Rama. We should think, feel and act in the way Rama would think, feel or act.

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

A Fitting End to 2023 – Spreading Love Through Liquid Love

The Fiji National Blood Service under the Ministry of Health and Medical Services declared an emergency for ‘Blood Donation Drive’ as there was a critical shortage of blood in the country.

Sai Prema Foundation in collaboration with Fiji National Blood Service organised a Blood Donation Drive at two prominent locations in Suva – Cost.U.Less Supermarket and MHCC Shopping Centre during December 2023, which is the ‘season of giving’ – the ‘season of Christmas.’



25 donors came forward to donate their blood to save several lives. Fresh fruits, juices, and biscuits were distributed to the donors.

‘Be a Hero’ Blood Donation Drive is an initiative of Sai Prema Foundation ever since 2016. This initiative has saved over 13,127 lives as on date.

Did you know?
One blood donation can save three lives.



Region 1



Nutrition

Hao Ren Hao Shi introduced the concept of mobile charity, where a 14-foot lorry carried essential provisions to distribute it to needy elderly living at few identified residential areas in the vicinity.

Volunteers of the 1Youth packed nearly 30 essential provisions and distributed them to 150 residents.



Region 2



10 January 2024 – Sadguru Sri Madhusudan Sai at Dr Tony Nader’s Birthday

Sri Madhusudan Sai, Chief Honorary Guest at Dr Tony Nader’s birthday celebration, praised Nader’s commitment to serving humanity. Dr Tony Nader (Maharaja Adhiraj Rajaraam) is the successor to Maharishi Mahesh Yogi and head of the international Transcendental Meditation® Organisations in over 100 countries.

Sri Madhusudan Sai inspired all to believe in their divinity, act selflessly, and collectively strive towards a world where joy, health, and happiness will prevail for all.



Region 2



14 January 2024 – Sixth Anniversary of Sri Sathya Sai Sarla Memorial Hospital and Inauguration of V K Pillay Library

Sri Sathya Sai Sarla Memorial Hospital Turns ‘Six’ this January

A hospital dedicated to the service of the nation started with very simple beginnings at the remote village of Muddenahalli, in the holy precincts of Sathya Sai Grama in the year 2018. It was christened ‘Sri Sathya Sai Sarla Memorial Hospital’ to symbolise the potency of what the coming together of Divine Grace and a devotee’s devotion can achieve. Late Mrs Sarla Indulal Shah was an ardent devotee of Bhagawan Sri Sathya Sai Baba, who dedicated all her life for the service and upliftment of women and children through the Sri Sathya Sai Seva Organisations ever since the late sixties.

Thus, the Sri Sathya Sai Sarla Memorial Hospital, was named after her, and ever since 2018, the Hospital has flourished in stages, not only in its infrastructure and facilities, but also in terms of the number of lives it has restored and healed selflessly, without charging even a penny from the patients.

Departments

- General Medicine
- Paediatrics
- Obstetrics and Gynaecology
- ENT
- Rheumatology
- Pathology
- Community Medicine
- Physical Therapy
- Dentistry
- Psychiatry
- Endocrinology
- Cardiology
- Neurology
- Foetal Medicine
- Plastic Surgery
- Dermatology
- Ophthalmology
- Podiatry
- Radiology
- Orthopaedics
- General Surgery



Surgeries
10,506



Outpatients
543,131



Inpatients
21,966



Doctors
149



Newborns
2,851

Region 2



Divine Discourse – A Summary

Sri Sathya Sai Sarla Memorial Hospital works with the motto – *sarve santu nirāmayāḥ* – let nobody be sick, may all be healthy. Unfortunately, should one fall ill, this hospital stands to serve them without any conditions, consideration, or expectations. This is the unique feature about this hospital.

A little boy whose father was unwilling to present himself to our hospital to sign the consent form, only out of fear that he would be asked for money, which he wouldn't be able to pay—one can only imagine the relief the father would have experienced when he would have been told that he doesn't have to shell out a single penny. That relief is my relief. That healing is my healing. That joy of the mother and father is my joy.

The Significant Milestone of Sarla Hospital

The Sarla Memorial Hospital which was in its infancy stages for many years, suddenly grew to become the teaching hospital of the medical college by increasing the number of departments and faculties, by adhering to the necessary requirements and norms.

In just the last two years, the Sarla Hospital has achieved a lot, and all the credit goes to the entire team of Sarla Hospital, who rose to the occasion to support the establishment of the medical college. This is the most significant achievement of the medical college.

Today, we inaugurated the CTVS department, with an idea to produce our own surgeons, anaesthetists, intensivists, ICU staff, nurses, and paramedics by training them in one of the finest skills of pediatric cardiac surgery.



Saviour for children, Solace for mothers, Salve for fathers

Students have to take this honour of being a part of a global chain of hospitals that offers completely free of cost services, with commitment and conviction. Together, we shall be able to give life back to so many helpless children who are born to mothers who are equally helpless, give relief to those fathers who feel hopeless because of insurmountable financial conditions for healthcare. To all those children, fathers and mothers—our students will be the saviour.

We are doing God's work. God takes over when we offer ourselves as an instrument to God. He does whatever He wants to do through us. This is the beauty and blessing you have in this hospital, which you won't get anywhere else. Once the Divine takes over, His power, ability, skills, knowledge, and wisdom will flow through you.

Region 2



Doorstep Consultations

Sai Swasthya Wellness Centres are getting established in various villages and towns, so that patients can find their nearest location for primary care consultations. More than 100 centres will come across the country by January 2025.

Rise to the Occasion

We have been growing by adding more services to our hospitals, every time we find a need, so that we do not turn away any patient. Yet, the need is big, when so many patients are still waiting to get their surgery done, for they may or may not see another day, if their surgery is not performed today. To overcome the limitations and offer services for all, we need all of you to join hands and rise to the occasion.

Grab the Opportunity; You may know or know not its glory

Many hospitals are inspired by our example and are requesting us to take over their hospitals by sending our staff to work there. Thus, the chain of hospitals which we have started as a small venture will grow into a global chain of hospitals, with hundreds of hospitals under its wings, serving thousands of patients daily. We shall grow from-strength-to-strength year after year. The 400-bedded facility will come up in the year 2025, and much more work will come our way. The opportunity to be a part of this

glorious healthcare mission is yours. Seize this opportunity, for there is definitely the factor of some merit which has brought you here, making you a part of these institutions.

Love Each Other Despite Everything

Serve with the attitude that patient is our God. The leadership team has to treat all the staff in the hospital as their own family. Even while we are concerned about patients' welfare, let us be concerned about each other's welfare too and help each other.

We must love each other, despite knowing each other's faults, deficiencies and shortcomings. The culture of concern, not just for the patient but for each other, is extremely important.

This mission is Divine, and anybody who joins this mission will also become Divine. The coming years are going to be very glorious. Everything will manifest, because the power of selflessness is where the power of God is.

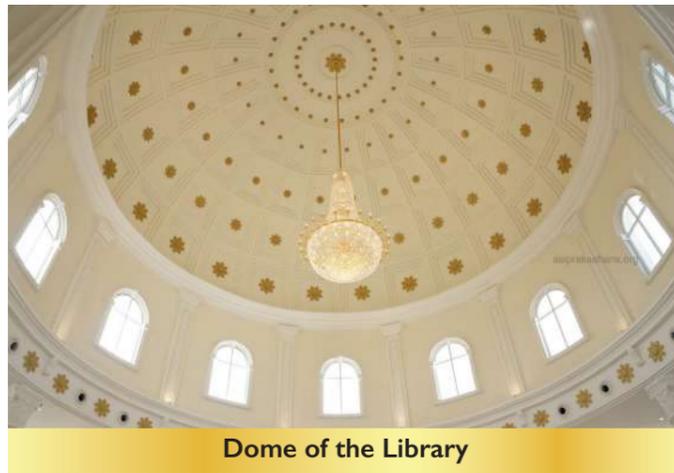
Region 2



Inauguration of V K Pillay Library, Sri Madhusudan Sai Institute of Medical Sciences and Research

An exemplar devotee and a perfect instrument of the Lord, Professor V Kandasamy Pillay from Singapore is one of the gems in the list of devotees of the Lord, like Sri Indulal Shah who lived only to serve the Lord until his last breath, Smt Sarla Indulal Shah who championed women's welfare, and Dr C Rajeswari who established the Sri Sathya Sai General Hospital in Whitefield.

It is in the memory of Professor V Kandasamy Pillay that this magnificent library has been established.



Features of the Library

- Area: 11,000 sq.ft.
- Centrally air-conditioned
- Inner and Outer reading rooms with 24/7 accessibility to the outer reading rooms for students
- A compendium of academic literature, e-books, and international publications



Region 2



Professor V K Pillay and his Legacy

A pioneer orthopaedic academician and surgeon of international standing, Professor V K Pillay was instrumental in developing orthopaedic teaching and training in Southeast Asia. He was one of the first devotees from Singapore to come to Baba in the early 1970s. As a mark of his devotion, he offered the Sri Sathya Sai Manonmani Nurses' Quarters to the Sri Sathya Sai Institute of Higher Medical Sciences at Prasanthi Nilayam, in memory of his devout wife. This legacy of devotion, sacrifice, and service continues to this day, starting with his daughter, Dr Roshni Kesavan, son Dr Ravi Pillay, and his wife Smt Shyamini Pillay. Since 2012, the entire family has been a great pillar of support to the Sri Madhusudan Sai Global Humanitarian Mission right from the first educational campus established at Kalaburagi, which grew into a University and now includes the medical college. Following in his father's footsteps, Dr Ravi Pillay is also an accomplished orthopaedic surgeon with 35 years of experience, currently practicing at the Mount Elizabeth Hospital in Singapore. He also dedicates his time every month at the Sri Sathya Sarla Memorial Hospital at Muddenahalli.



Region 2



Inauguration of V K Pillay Library, Sri Madhusudan Sai Institute of Medical Sciences and Research

Divine Discourse – A Summary

saṅkrānti is that auspicious moment when the sun transitions from the south to the north. It denotes that transition that we need to take in our lives to transcend from our limited humaneness to the vast expanse of divinity, which is devoid of any selfishness or self-interest, but full of expansive love which works for the betterment of all. Professor V K Pillay is one of those who had made that transition in his life and hence he will be remembered for ever. He left behind footprints of love and service for us to follow.

Professor V K Pillay was a satisfied man with complete contentment and total detachment. In spite of losing some of his memory during the last stages of his physical life, any talk about Baba would excite him and bring back all the smiles on his face. And he lived a life of a *sannyāsi* in a city like Singapore. He gave away all his assets, closed his bank accounts, and breathed his last in complete peace and attained the highest liberation that he always prayed for. From that great lineage of that great devotee comes, Dr Ravi Pillay and Dr Roshni Pillay, who continue to serve the Lord's mission.

Dr Ravi Pillay and his family support our mission of service to humanity in a great way, without any reservation, hesitation or fear. This is the hallmark of a true devotee.

As devotees of Bhagawan Sri Sathya Sai Baba, *saṅkrānti* means to give up narrow-mindedness, pettiness, limitedness, and selfishness, and to rise higher, to become selfless, fearless, and love and serve humanity, just as Bhagawan did and He still does.

The kind of institutions that we are building, are one-of-its-kind in the whole universe, not just the world, as they are built on the loving sacrifices of so many people, who have chosen to remain nameless. It is my insistence that I put their names, not to glorify them, but just to remind the next generation on whose shoulders they stand today.



Felicitation of Staff

Region 2



Devotees and staff have sacrificed much to make this happen, and this is how the next generation of medical professionals are able to sit here today. Students must remind themselves about the greatness of the people who are enabling them to pursue their education, not because they have an obligation or duty, but simply out of sheer love and compassion. The only way students can pay back their gratitude, is to remind themselves that they are here for a greater purpose – to perpetuate the good that has begun here, by continuing this legacy of doing good to many more people.

Armed with the firm commitment to serve society, my students will walk into the remote rural corners of this country and the world and give hope to the hopeless, give health to those who lack it, and give life to those who are losing one. This is how they will change and transform this world.

Students and staff must rise to the occasion and grab this opportunity of doing good to the world, without any fear of losing their personal time, energy, and welfare. Ultimately, we are all working for the sake of those nameless, faceless, and voiceless people who have nowhere to go, but only our institutions, for access to healthcare, education and basic necessities of life. Let us remember our responsibility and continue to tread this path. Let us not be faint-hearted. Let us not be afraid of sacrificing for the sake of others.

Our upcoming project which is the 400-bedded Capital Building, will be inaugurated for the 100th Birthday Anniversary of Bhagawan Sri Sathya Sai Baba. This will remain as a beacon of hope for the poorest of the poor, the downtrodden, the weakest and the most vulnerable, sending out a message that there is still a place on earth where they will be treated with dignity and respect.



From Left to Right:

Dr Raghupathi A R – Director of Medical Education, Sri Madhusudan Sai Institute of Medical Sciences and Research

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

Sadguru Sri Madhusudan Sai

Dr Ravi Pillay – Accomplished Orthopaedic Surgeon

Region 2

India



15 January 2024 – *saṅkrānti*
Celebrations, Sathya Sai Grama,
Muddenahalli

Divine Discourse – A Summary

ॐ असतो मा सद्गमय ।

तमसो मा ज्योतिर्गमय ।

मृत्योर्मा अमृतं गमय ।

ॐ शान्तिःशान्तिःशान्तिः॥

om asato mā sadgamaya |

tamaso mā jyotirgamaya |

mṛtyormā amṛtaṁ gamaya |

om śāntiḥ śāntiḥ śāntiḥ ||

saṅkrānti is the festival of *saṅkramaṇa* – The
Transcendence from Mortality to Immortality

Life is a journey. The moment we are born, we
are on a journey. Every day we progress a little
more towards our destination. The above prayer
from our *upaniṣad* is the guiding light, which
talks about our journey and our destination.

The journey is from untruth to truth, from
darkness to light, from death to immortality.
Thus, it is a journey from the lower to the higher.
While untruth, darkness, and death/ limitedness
are lower—the ideas of truth, brightness, and
immortality/ infinity are higher.



This is exactly what we mean by saying that the
sun journeys from the southern hemisphere
to the northern hemisphere. It is actually not
about the movement of the sun, but about the
appearance of the sun moving.

Journeying from the untruth that we are born,
we die, and in between we lead our lives—to the
truth that we are beyond the body and mind, and
we as the infinite consciousness always exist,
liberates us from the darkness of selfishness to
embracing the selfless idea of working for the
welfare of all. With this realisation, we get rid
of the fear of death, and thence we know that
'Oneness' is all there is.

Region 2

India



Seek your true existence – The Divinity

A baby always converses in third person, because
it does not identify itself with its name, form, and
relationships. The false identity of name, form,
role, achievements are superimposed upon one's
true existence as Divinity. This rubs on us for too
long a period that eventually we forget who we
truly are. This is where *upaniṣads* come to our
rescue and say that we are in truth the Divine
existence which has no name or form.

An electricity passing through a bulb, a mike
system, or a fan, becomes light, sound and air
respectively. The functionality of the electricity
depends upon the gadget or the equipment it
passes through.

The Divinity which exists in all beings is the same,
though it appears different due to its interaction
with different bodies and minds. This is why we
see differences in the world.

Look Within and Hold on

Inspite of all the differences, our *upaniṣads* call
us as 'One.' *ekamevādvītyam* – there is no two,
but only one. There is no otherness. We see all
the differences because we only have an outward
vision, and not an inward vision. If we see within,
we will know that we are all one and the same.

The moment we turn our gaze inwards and try
to identify our source, the Divinity from which
we are born, and know that the same Divine
current which flows through us all, makes us
see, hear, taste, smell, touch, and do whatever
we do, our vision expands. This is the journey
from the darkness of ignorance to the brightness
of that clarity which emerges, that even if our
body dies, the Divinity within is immortal, as
it has no beginning, middle or end. It is simply
one continuous existence. When this idea draws
upon us, we suddenly feel liberated, fearless and
selfless, because we know that there is nothing
to hoard or hide or fear, because everything,
everyone is 'us' only.

Looking within to see the oneness in all will help
us develop selfless love. This redeeming and
liberating idea that we are all one is the only
remedy to the innumerable sicknesses the world
faces in body and mind.

Mind the Mind

Mind covers the *ātman*, just like how pure white
light can be covered with coloured shades like
red or yellow, which will make everything look
red or yellow. Similarly, the mind is the shade
through which the pure light of *ātman* passes.
If it passes through the idea of hatred, it hates
everybody in the world. If it passes through the
idea of compassion, it has compassion for all.
Mind is nothing but a collection of thoughts,
emotions, habits, and instincts that we have
developed over a period of many life times.

Region 2



Living the Infinite Potential

eko vaśī sarvabhūtāntarātmā – the only one exists in all these existences, which alone is the controller and the Lord of everything.

īśā vāsyam idaṁ sarvaṁ – the whole world is pervaded by the same Divinity.

The Indian philosophy of 'Oneness of Divinity in all existence' alone is the solution to all the problems in the world.

The *tryambakam mantra* says – *mṛtyormukṣīya māmrāt* – free from death. What does freedom from death mean? – freedom from the idea of death, by knowing that we are the immortal spirit. Only this can give us the courage and fearlessness to do great things in life. Your capacity will become infinite, your abilities will expand and nothing in this world will be impossible for you.

saṅkrānti – The Festival of Offering Gratitude to Sun God

saṅkrānti denotes the beginning of longer days, and hence more brightness and warmth, as the cold winters come to an end. It is the time to enjoy the sunlight, sun being the most important in our agricultural economy. It is the time to remind ourselves that everything that happens is because of the Divine. The food we grow, the sun, air, water and earth, the knowledge, skills and beauty, are all His grace.

We worship Sun God on this day, as He is the most fearless and selfless. He burns himself out to give light to others. This idea of selfless sacrifice is what *saṅkrānti* teaches us. Doing good to the world is what makes one godly. The one that exists in the sun also exists in us, but it is expressed there because of its selflessness; it is not expressed here because of our selfishness.

Remove the Cover and Relish the Core

īśā upaniṣad says – *tattvaṁ pūṣannapāvṛṇu satyadharmāya dṛṣṭaye* – I practice *satya* and *dharma*, and so Oh Lord, please remove the cover from my heart. Let my selflessness, my divinity express itself in its full splendour. Let it not be restricted, not be hidden because of my idea of selfishness, death, mortality, and limitedness. Let the beauty and brilliance of my selfless existence in divinity shine forth in all its splendour and glory. I pray thus to – *hiraṇmayena pātreṇa satyasyāpihitaṁ mukham* – to the great glorious supreme divinity who is like *hiraṇmaya*, like the golden sun.

The idea is to get rid of our humanness and embrace the idea of divinity that will redeem us of our selfishness and all the fears in life. Once we have no fear and no selfishness, we can achieve anything in life to do any amount of good to the world. This kind of life alone remains forever, all others die and perish. They alone live, who live for others.

Region 2



19 January 2024 – Annual Sports and Cultural Meet

Sri Sathya Sai Loka Seva Gurukulam Group of Institutions reconvened after four long years for the Annual Sports and Cultural Meet 2024 with much expectancy, joy, and fervour to meet their fellow mates from other campuses, playing together and giving themselves the needed sportive cheer.

Truly, it was a family reunion of all the children and teachers across 28 campuses, basking under the warmth of the immense love that Sadguru Sri Madhusudan Sai showers on them.

The 2024 Annual Sports and Cultural Meet took place at the newly inaugurated Sai Krishnan Cricket Stadium.

Salient Features

- Participation by students from 28 educational campuses
- A colourful spectacular march past featuring 40 squads comprising of 1,500 students

- Oath-taking ceremony followed by ceremonial torch relay, signifying the enduring flame of sporting excellence
- Captivating Performances by Students
 - o Energetic folk dances of Karnataka
 - o Celestial rhythms
 - o Mesmerising lion dances
 - o Gravity-defying feats on celestial wheels
 - o Acrobatics on suspension ropes
 - o Displays of gymnastic prowess
 - o The ancient martial arts of silambam and kalarippayattu
 - o Thrilling bike stunts
 - o Captivating group dance performances

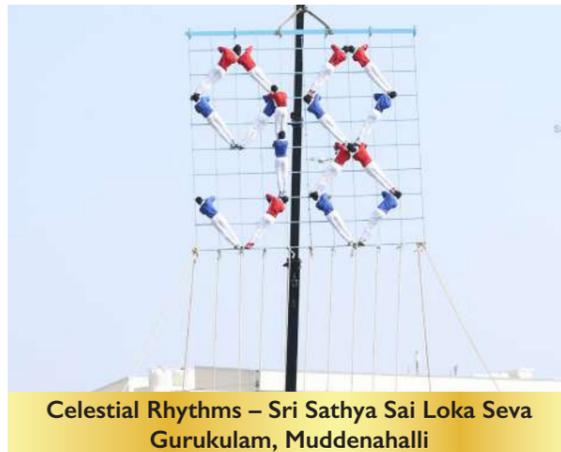
The students displayed their talent with a spirit of unity, athleticism, sportsmanship, culture, creativity, perseverance, and teamwork.



Region 2



19 January 2024 – Annual Sports and Cultural Meet 2024



Celestial Rhythms – Sri Sathya Sai Loka Seva Gurukulam, Muddenahalli



Bike Stunts – Sri Sathya Sai Loka Seva Gurukulam (Grade 11 & 12) and Sri Sathya Sai University for Human Excellence



Gymnastics Display – Sri Sathya Sai Sharadaniketanam, Mandya



Acrobatics on Suspended Ropes – Sri Sathya Sai Sattwaniketanam, Karwar



Lion Dance – Sri Sathya Sai Vidyaniketanam, Kalaburagi



Silambam Performance – Sri Sathya Sai Prashantiniketanam, Kondapaka, Telangana



Group Dance Performance by girls' students of four campuses – Sri Sathya Sai Sriniketanam (Jayapura), Prashanti Balamandira School, Sri Sathya Sai Gayatriniketanam (Doddaballapur) and Sri Sathya Sai Vaniniketanam (Gadag)



Region 2



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Region 2



26 January 2024 – 75th Republic Day Celebrations

Divine Discourse – A Summary

Republic Day is more significant than Independence Day celebrations, and the reason is that just getting independence without knowing how to govern ourselves will lead us nowhere. Unless we know how to use our independence correctly and responsibly, we cannot enjoy independence in the true sense.

The Constitution of India, which was incorporated and implemented on the Republic Day of 1950, gave us the vision, guidance, and do's and don'ts after attaining our independence. When someone is ruling over us, they tell us what to do and what not to do. But when we are independent, and nobody is there to tell us what to do and what not to do, self-governance becomes our strength, and the constitution of India gives us the proper understanding of how to use our independence correctly. Therefore, the celebration of Republic Day is more important, and the true celebration of this would happen when we truly abide by our Constitution's values and principles.

Constitution is not to be debated and discussed in the Court of Law or the Legislature when a decision has to be made. But it is the very life breath, the very spine, the backbone of every citizen of this country. We must live by it. Liberty is the most essential value of independence, but using it is even more important.



“Values are those you either live by or die for. There is no compromise when it comes to values.” So, we either live by the values taught by our Constitution, or we die for them, but we never negotiate. We do not have a compromise. This is the way in which values must be practised in our country.

Over the last 75 years of having the Constitution, we have worked hard towards implementing its dictums, yet some of the fundamental values like justice and equality have not been achieved. There are many people who are still unable to access their fundamental rights of food, shelter, healthcare and education.

To achieve the dream of a developed nation, is not just the duty of the leaders of the nation, but the collective responsibility of all. Each one of us must do our very best and excel in whatever we do to contribute positively to the development of this country.

Max Muller said, *“If India lives, who dies? And if India dies, who lives?”* India is the soul of the world. While other countries may be rich economically, they may be far more progressive. They may have better infrastructure and other facilities, yet that is all external; the internal thing that keeps the world together is the Indian philosophy of *vasudhaiva kutumbakam*, *tyāgenaike amṛtatvamānaśuḥ*, *sarve bhavantu sukhinaḥ*, and *sarve lokahite ratāḥ*.

Region 2



What is India? – The people and culture of India is the true India. When we think of others before ourselves, when we work for the welfare of all without any selfishness, when we sacrifice our individuality for the collective good of all, that is the Indian culture. These values alone will help the world become a better place to live in.

The younger generation must be taught about our spirituality, culture and tradition. The Indian philosophy of *sarvam khalvidam brahma* – everything is divine, everyone is divine, must be taught to the younger generation. This is what will make India a *viśvaguru*.

Each of our students can build institutions that can shelter many more children. They can create a chain reaction where one inspires the other, and the other inspires many more. And that's how we can spread this culture of sacrifice and spirituality to all the people in the country and from there to the whole world.

The time is not far when the whole world will bow down to India for its spiritual effulgence and spiritual strength because the chaos and conflict in the world have no other solution. It cannot be solved by economic progress. It cannot be solved by political means. There is no solution other than the Indian way.

In our institutions, every child is made aware of his or her responsibility to learn the culture and practise it in their real lives. Ours is a working model of the *rāma rājya* that a developed nation is looking at.

janani janmabhūmiśca svargādapi garīyasi – this is the *śloka* from Ramayana, which reminds us that mother and motherland are greater than heaven. Even if our mother is ugly, we don't abandon her for the sake of another beautiful lady elsewhere who looks better. Likewise, even if our country is having problems, it is our responsibility to be a part of the solution, not be a part of the problem.

Our generation should provide solutions to the problems of this country, and some basic solutions that I think of is providing food to the hungry, especially the children; providing education to the needy children; and providing healthcare to the sick; whether they can afford it or not. When we do these, they will carry gratitude in their heart and that gratitude is transformative. Gratitude will inspire them to do good to many more people.

Every citizen of India should be grateful for all the sacrifices made by people in the past, on whose shoulders we stand today as free and liberated citizens of this country. We must never forget their sacrifices; this gratitude will help us do more good to more people.



Region 2

India 

Sports Meet Season – Cultural Programmes

09 January 2024 – Musical Extravaganza by HKU Netherlands and Sri Sathya Sai University for Human Excellence



Region 2

India 

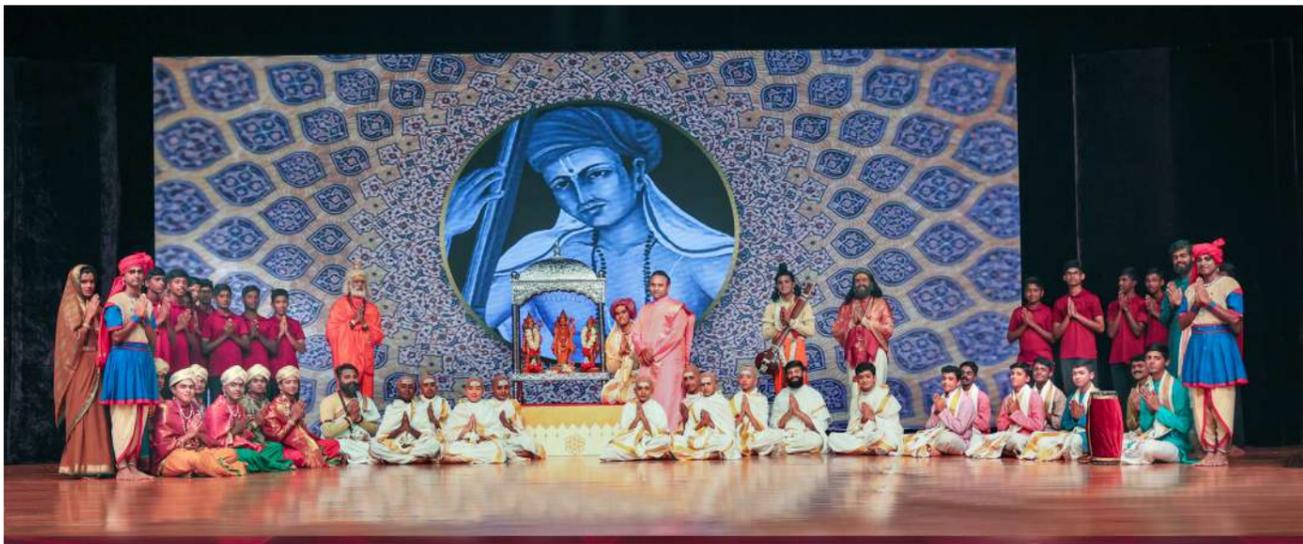
13 January 2024 – 18 days: Dance Drama by Prabhath Productions



Region 2

India 

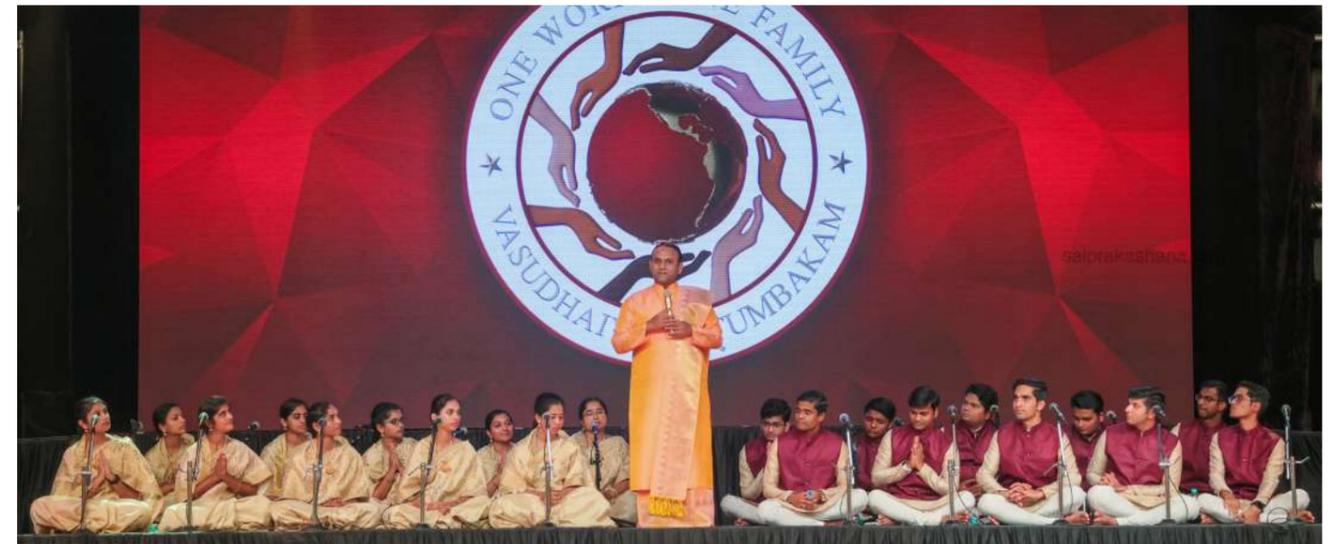
14 January 2024 – Saint Tyagaraja:
Drama by students of Sri Sathya
Sai Loka Seva Gurukulam Group of
Institutions



Region 2

India 

15 January 2024 – Musical offering by
students of Sri Sathya Sai University for
Human Excellence (Department of Music)



Region 2

India 

16 January 2024 – *vasudhaiva kutumbakam*:
Dance Performance by Dr Padma
Subrahmanyam and Team



Region 2

India 

Book Launch — The 'Inner Journey of Educators' by the
authors Ms Bhuvana Santhanam, Ms Sangita Naidu and
Ms Sarina Molina



Students were given away trophies and prizes for
various sports performances that they participated in



Region 2

India 

28 January 2024 – Visit to
Gavisiddeshwara Matha, Koppal



Sri Madhusudan Sai at the Maha Rathotsava of Gavisiddeshwara Jathra Mahotsav, Koppal

Region 2

India 

29 January 2024 – Visit to Sri Sathya
Sai Vishwaniketanam, Hampi



Region 2

Middle East



Nutrition

One Meal A Day – 96 food packets consisting of fruits, snacks, laban, and juices were served to workers who do the hard manual labour under the scorching sun.



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 December 2023, the following services were provided:

- Outpatient consultations were conducted for **678 children** and **1,011 adults**
- **200 patients** got their Ophthalmic treatment done
- **17 deliveries** were performed
- **154 expectant mothers** were given the necessary antenatal care
- **26 children** were given immunisation
- **15 surgeries** were performed, which included catheterisation, circumcision, wound-repair, and caesarean section
- **1,699 lab investigations** were conducted
- **108 patients** were admitted to the hospitals as inpatients

Region 2

Nigeria



Educare

The Embodiment of Love Academy (TELA) conducted a cricket match in the month of December 2023. Four teams – Ron & Sue, Ricky Sharma, Father Charles Ogada, and Anant Rao participated in the match.

Winner of the Trophy: Team Ron & Sue

Best Bowler: Delight Onuorah

Best Batsman: Charles Umeh

Best Fielder: Chijioke Innocent

Best Cricketer: Awodi Richard

Certificates and Cricket T-shirts were given to the winners, while all the participants were given the 'Certificate of Participation.'



Sociocare

Old is Gold

About **147 elderly people** are being taken care of by cleaning their homes, giving them food and other provisions, and also bringing them to hospital for treatment.

TELA Skills Acquisition Centre

A head count of 150 members, consisting of both students and adults were imparted sewing lessons so that they can earn their livelihood and lead a meaningful life.

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 December 2023

Region 2

Sri Lanka

Sri Sathya Sai Karuna Nilayam Foundation



Healthcare

In the month of December 2023:

- **64 patients** were treated at the Cath Lab of Sri Sathya Sai Sanjeevani Hospital
- **1,493 out-patients** were treated with free consultation and medicines at Sri Sathya Sai Karunayam Medical Centre

Nutrition

Food was distributed to **1,864 individuals** in the month of December 2023.



Region 2

Sri Lanka

01 & 02 January 2024 – Divine Visit to Sri Lanka

The New Year for Sadguru Sri Madhusudan Sai begins at the island of Sri Lanka every year, and this year yet again he was at the island, welcomed by the Sri Sathya Sai Karuna Nilayam Foundation at Sri Lanka.

Sadguru Sri Madhusudan Sai visited the Sri Sathya Sai Sanjeevani Hospital and other service facilities at Sri Lanka giving his invaluable guidance, love and support to all the members who are working for the grand global mission of love and service.

Divine Discourse – A Summary

Sri Sathya Sai Sanjeevani Hospital in Sri Lanka is for everyone. Anybody who needs this service should be able to avail it. We would also work on creating awareness and prevention of heart diseases in elders.



Sri Lanka has gone through one of the worst times in the last four to five years, whether it was the COVID or the economic or political crisis. The team has tremendous perseverance, courage, and commitment that worked through all these hard times and ensured that a Cath lab arrived from the Netherlands to Sri Lanka to get installed in this hospital. It is one of the finest Cath labs in the country.

More than the Cath lab, the finest cardiologists, and team of doctors are serving here. I appreciate the sacrifice, service, and commitment to help more people through this hospital.

You touch a heart, you treat a heart, you transform a heart. And then that heart touches many more hearts and transforms many more hearts in return. Then, the world can be a better place and make a truly global family.



Region 3

Croatia



Zaklada Ananda (Ananda Trust Croatia)

Sociocare

In the month of December 2023, Ananda Trust in collaboration with Holistic Centre Krnjak, Love and We Centre, European Institute for Human Values, and ACT Croatia distributed groceries and household items to **30 needy families** at Krnjak.

Six needy persons at Zagreb were given away gifts.



Region 3

Greece



'Ιδρυμα Μοιράζομαι' (Foundation of Sharing)

Nutrition

In the month of December 2023, volunteers of the 'Foundation of Sharing' served many institutions in need.

- **1,320 boxes** consisting of groceries such as legumes, rice, different types of pastas, olive oil, tomato sauce...etc. were distributed to **15 institutions**. The items shall together help in preparing **120,000 meals**
- **1,100 kgs** of cookies were also distributed

Here is a break-up of how and where the 1,320 boxes of groceries and 1,100 kgs were distributed:



- 150 boxes of food and 300 kgs of cookies to the Municipality of Elliniko-Argyroupoli
- 500 boxes of food and 300 kgs of cookies to the Municipality of Vari-Voula-Vouliagmeni
- 150 boxes of food to the Municipality of Glyfada
- 90 boxes of food to the Municipality of Karditsa
- 150 boxes of food to the Municipality of Moschato-Tavros
- 130 kgs of cookies Elderly home in Athens
- 50 boxes of food and 40 kgs of cookies to St Theodore Orthodox Church, Anavyssos
- 70 boxes of food and 50 kgs of cookies to Koinoniki Stirixi

- 50 boxes of food and 70 kgs of cookies to Saint Panteleimon Trachonon Orthodox Church, Alimos
- 60 boxes of food to Zoodohos Pigi
- 50 boxes of food and 80 kgs of cookies to Support Centres for Children and Families in Athens
- 40 kgs of cookies to Minors Protection Association of Piraeus "The Good Shepherd"
- 20 kgs of cookies to 'ARGO' Association of Children with Special Needs: Association of Naval Parents of Children with Special Needs
- 30 kgs of cookies to 'E.G.N.Y.A.' - The Parents Association of Mentally Disabled
- 40 kgs of cookies to Estia Konstantinoupoliton Nursing Home in Palea Fokea

Region 3

Greece 

**‘Ιδρυμα Μοιράζομαι’
(Foundation of Sharing)**

2,135 meals consisting of pasta, potatoes au gratin, carrot soup, cheese pie, spinach pie, and sandwiches, along with salads, sweets, and juice packs were delivered to the following institutions:

- 194 meals were provided at ‘Stegi Thleon Agios Alexandros’, a home for about 20 girls, coming from troubled families
- 240 meals were delivered at the Association for the Protection of Minors of Piraeus
- 1,701 meals were provided at the ‘Tsoukraneion’ soup kitchen run by the Church for the homeless

Every Saturday for ‘Seva’

It has been so much fun and joy over the last few years by the coming together of several volunteers who participated in the service activities. One of the volunteer’s friends organised a volunteering event, inviting some of her colleagues. All of them enthusiastically contributed in cooking and packing food along with the regular volunteers, and were inspired to continue their participation on a regular basis.

More the Merrier indeed!



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 EGNYA Foundation
- 35 pizzas were delivered to the children of St. Andrew Children’s Home



Region 3

Germany 

Educare

- 18 participants joined the online Bhagavad Gita Workshop which was held twice during month of December 2023, and one chapter was discussed in detail.



Kazakhstan 

**Общественный фонд «САИ»
(Public Foundation “SAI”)**

Nutrition

In the month of December 2023, volunteers distributed 130 meals to needy individuals near the mosque and cathedral church at Almaty. The meals included sandwiches, tea, sweets, and cookies.

It was the snow time, and sipping a cup of hot tea by the side of a snowy street by the street cleaners, sent out vibrations of blessings and good will to one and all.

Region 3

Poland

Love All Serve All Association



Nutrition

- The Association distributed Christmas packages with groceries like oil, fruits, cheese, sugar, milk, juices, sweets, etc. to **six families**
- **75 children** from the Special Educational Centre in the village of Łbiski received Christmas packages with sweets



Misja Prema Association

Educare

Bhagavad Gita Workshops were conducted on a weekly basis during the month of December 2023. About **20 members** participated in the online workshop during the four weeks of December 2023.

Nutrition

The volunteers distributed Christmas parcels containing food supplies to **five needy families**.



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 December 2023:

- **335 animals** in need throughout several districts of Istanbul were provided with food, water, and in some cases medical care
- Jointly with the head of the village of Uskumruköy, **10 families** were given packages containing vegetable oil, tea, rice, bulgur, flour, pasta, red lentils, green lentils, chickpeas, broad beans, sugar, toilet paper, paper towels, and bleach
- **Two home rentals and 11 utility bills** were provided for needy families
- Need-based help was done for few students pursuing their university education. Bedsheets and clothing were provided to three students and a vacuum cleaner was given to one of them

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 December 2023:

- A total of **2,955 meals** and **5,584 breakfasts** were provided to the needy
- **1348 meals** and **2,135 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, **1,547 meals** and **3,264 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
- At the city of Sierra Dorada, **25 breakfast packets** were distributed
- At the city of San Luis, **60 meals** were distributed to the soup kitchen – Corazones Solitarios



Sociocare

Amor Y Paz Ashram bustles with activities throughout the month. Below is the list of activities conducted for the month of December 2023.

- Weekly Meditation Sessions
- Weekly Yoga Classes
- Biweekly online Yoga course – more than 120 children have enrolled for this course
- Biweekly TaKeTiNa workshops (experiencing the power of rhythm by connecting music, education, entertainment, meditation and inner evolution)
- Workshops conducted for Vegetarian and Vegan cooking, Gratitude to Mother Earth, and Family Constellation

The volunteers of the Foundation distributed **52 pairs of shoes** to needy children and adults

200 needy visitors to the soup kitchens at La Plata were provided with clothes

Educare

- A group of **30 members** chanted mantras (holy hymns) twice a week from the Latin American Mantra Group in Spain
- A special session with Sri B N Narasimha Murthy, Chancellor of Sri Sathya Sai University for Human Excellence, was organised on Advaita Vedanta. The volunteers of Latin America and Spain participated in the session

Region 4

United States of America

**Divine Will Foundation
Clarksdale, Mississippi**



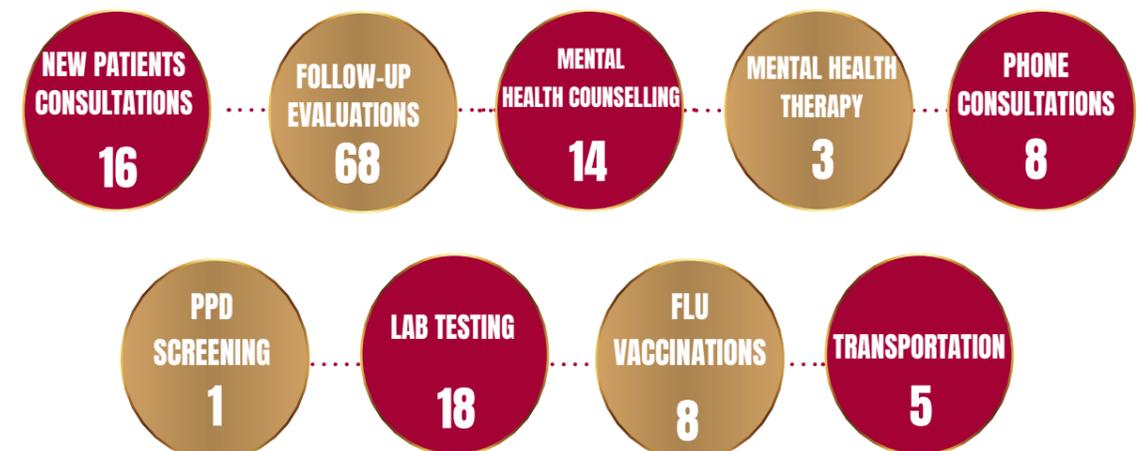
Healthcare

Clarksdale, Mississippi

In the month of December 2023, **141 patients** were treated at Sathya Sai Sanjeevani Medical Centre at Clarksdale.



**Sathya Sai Sanjeevani Medical Centre
(Inaugurated in June 2019)**



My Inner Journey

Mr Borna Lulić

A Divine Odyssey



Mr Borna Lulić has worked in the education field for more than 23 years as a Philosophy teacher, lecturer, facilitator, trainer and coach. He has given more than 1,000 lectures for students and teachers in Croatian schools, and more than 1,000 trainings in the business sector. He always remarked that the epicentre, inspiration and basis for all his work in education was Swami and his teachings. Today he serves in the mission of Sri Madhusudan Sai as a Chairman of the Board of European Institute for Human Values.

When I reflect on my life now, and look 26 years back, there is only one core, steadfast and most beloved central focus – and that is the beloved Bhagawan, dearest Swami. When in the morning I watch the Sri Sathya Sai Suprabhatam video with beloved Sai walking on the sands of Prasanthi – I sigh, melt and thank the orange Love that we had the opportunity to watch, and to live for.

I remember listening to *bhajans* live for the first time on His birthday in 1998 – I was overwhelmed by having been touched by the outpouring of warm love in His devotees.

I remember how, in Prasanthi, I would get up so many times at 4:30 in the morning and rush to the lines, for *omkar*, for *darshan* with the ever-burning and never-diminished hope. This was with the hope that He would look at me again, take a letter, ask something, or invite me for an interview. And no matter how many times Swami looked at me,

took a letter, or invited me for an interview – my desire for Him has never diminished instead continued to grow. Under no circumstance, we could get enough of Swami. We wanted to be constantly immersed in His immense ocean of love.

I also remember how in 2002, after staying there for 3 months, I had to return to Croatia. The pain of separation from Him made me feel as if I was broken to pieces. I fretted and grieved so much that nothing could help. My intense love for God and separation from Him led me to a hell of pain, misery and suffering. Neither a *mantra* nor any name of God, not even the fact that Swami looked at me for a long time while sitting for the last *darshan* could help. And then the inspiration struck with the only option: “Merge with God!” My whole being merged with Him – and there is no more me, no more Borna – there is only Sathya Sai Baba and I am immersed in Him, completely merged with Him.

He gave me the most beautiful period at a young age. I was a member of a Sai centre together with 20 young people and every day we socialised, attended *sevas*, sang *bhajans*, attended morning *mantras*, travelled and organised retreats for Sai devotees. In the summer of 2007, Swami invited us to Prasanthi for a big youth conference. At that time, I was a *seva* coordinator for the youth of southern Europe. In Prasanthi we worked every day from 4 AM till midnight, organising everything that was needed for thousands of young delegates from all over the world. I was the last one to enter for *darshan* and always sat in



the last line, behind everyone. I served with joy and pleasure, ready to be the last every day, without any opportunity to get at least a small glimpse of Him. And then, on the last day of the Conference, as always – His grace enveloped us unexpectedly, suddenly, and abundantly. I was invited to give Him a rose! What a contrast it was! For days I looked at Him from a hundred meters away, and then suddenly I was sitting on the veranda, next to Him. However, I didn't want that grace just for myself. I imagined that through me all the young delegates were giving that rose to Swami and I said: “Swami, this is on behalf of all young people!” And Swami was joyed and returned the rose to me putting it in my shirt pocket.

A few months later, I came again with a large group of 450 Croats and other devotees from the former Yugoslav countries to celebrate His 82nd birthday. It was a project that we had been preparing for 5 years. On that occasion, we decorated the entire Kulwant Hall with thousands of butterflies. Swami was extremely happy with us and rewarded the whole group with watches which He distributed on the veranda. When He asked me during the interview ‘what I do’, I answered that I gave lectures to teachers about His teaching. He said: “Very, very, very

happy!” On that occasion, He materialised a green ring for me. I was told later that many of His teachers and principals of educational institutions wear green rings and that a similar future probably awaits me too.

While I was working as a teacher of ethics and philosophy at secondary schools, His 5 teaching methods and five human values were the cruses of my teaching. Bhagwan's quotes about the importance of teachers, and character building were a universal language understood and accepted by all the teachers during my travelling around Croatia, giving lectures; and serving as the editor of the most popular school magazine for young people in Croatia. I estimate that in 2010, I gave lectures to more than 10,000 teachers. I perceived then that Swami was instigating through me and that a day would come when Swami would again use the fact that He sent me to hundreds of schools throughout Croatia.

Indeed, that dream and ideal came true through the mission of Sri Madhusudan Sai. We were blessed with His visit to Croatia several times. The delight, excitement, and bliss because of the continuation of Swami's mission were indescribable. Most of the devotees in Croatia immediately recognised

My Inner Journey

Mr Borna Lulić

A Divine Odyssey

the same, invisible divine presence and action. Swami announced that He planned to build an *ashram* in Croatia. Likewise, the groundbreaking ceremony was performed in 2017. Although I was involved from the beginning in activities related to the construction of the *ashram* and the establishment of the Ananda Foundation, for me, the greatest grace was when Swami involved me in the Guru Vikas movement. Importantly, the crowning moment was during His stay in Croatia in 2019, when He told us to start establishing the European Institute for Human Values (EIHV).

All this work for Him is His gift. It has paved the way to our transformation from human beings to realising our true, divine nature. Unquestionably, I am aware of the double blessing! Swami's continuous presence and guidance. His visible example of the transformation of the human into the divine which He gave us through the life of Sri Madhusudan Sai, who is today our greatest example and guide, blessing and encouragement, our inspiration and refuge, our Sadguru!

Deepest love and gratitude.



Lessons For Life

Why does atheism continue to exist?

An atheist does not have the right exposure to the knowledge of God. They have been taught about God wrongly - 'God is a judge sitting up in the heaven, meting out punishments and rewards. If you commit sins, you will have to go to hell and get tormented after your death; if you do good, you will go to heaven.' These concepts have created a lot of fear in people.

God is not a judgmental ruler of the universe. God is pure love, the highest of love. Incorrect knowledge - *avidyā* (misconception) is the reason for all the wrong things. *vidyā* (knowledge) is the antidote. You have to teach the right knowledge. We need to ensure that the next generation grows up with the right kind of understanding about religion and spirituality.

Scientists try to prove everything scientifically, logically, and when they are unable to find answers, they simply say - 'Science has not reached there, but one day we'll have an answer for that too.' Thus, they do not accept the existence of Divinity.



