



वसुधैवकुतुम्बकम्
वसुधैवकुतुम्बकम्

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Message from Sadguru Sri Madhusudan Sai

Expansion is Life

“**E**xpansion is life, Contraction is death”, said Baba. The journey of a river is of expansion. Starting as a trickle from a far off mountain and growing into a gurgling stream, then joining others to form a rivulet, and meeting more of them to become a mighty river and finally merging in the expansive ocean, is the life of a river and so is the story of life. This mission of love and service inspired by Bhagawan Baba, expanded once again in February to touch and transform millions more.

Annapoorna now serves morning nutrition to 9 million children from 3 million a month ago! The Sri Sathya Sai Sarla Memorial Hospital now has two additional operating theatres; and a new multispecialty hospital – Sai Arogya in rural Andhra Pradesh joins the ranks of our temples of healing, under partnership with a similar Trust. A new Sai Swasthya Wellness Centre has opened in February, and these centres are adding up to 15 now. A new educational campus in South India at Tenkasi is on its way to be the third campus in Tamil Nadu. A higher educational campus is to come up in the name of Madiyal Narayana Bhat, the Founder of Muddenahalli educational

campus, in his birthplace of Alike, on his 100th birth anniversary in 2026. Two more countries, Syria and Iraq are now a part of this global mission to serve more needy people. This mission is vibrant with life’s energy of expansion.

Doing more good to more people in more ways was our motto for this year—just two months into this year and we already have tens of millions joining this world family as beneficiaries.

‘I to We to He’ is the expansion that individuals undergo even as the mission grows to more geographies. Bhagwan Baba said, “*My life is my message, expansion is my life.*” And being His people, expansion should be our life too, and our life should be His message.



At the Forefront

22 February 2024 – Sri Sathya Sai Annapoorna Trust Launched State-Wide Morning Nutrition Programme with Government of Karnataka

Now, Karnataka’s every government school-going child is guaranteed morning nutrition through the Annapoorna Nutrition Programme

At Vidhan Soudha, a state-wide launch of the Annapoorna Morning Nutrition Programme took place in the presence of the Honourable Chief Minister of Karnataka – Sri Siddaramaiah. This nutrition programme is the brainchild of Sadguru Sri Madhusudan Sai, with the motto – ‘Let no child go to school hungry ever!’ Karnataka has been the hub of Annapoorna’s services for the past nine years, and what started with just feeding 50 children in Karnataka, growing in phases to about 3,62,243 children across 5,085 schools, has today whizzed through the whole of Karnataka embracing under its loving care an additional 55 lakh children.

With this, almost all the government school-going children in Karnataka will receive their morning nutrition through a unique multi-nutrient supplement, ‘SaiSure’, specially customised for children. A ragi-variant or a malt-variant of SaiSure will be supplied to all the government schools by Annapoorna, and all it takes is to mix the SaiSure Health Mix along with the milk that is given to all children by Karnataka’s Ksheera Bhagya Programme. SaiSure can also be partaken with jagger and water.

The farming community of Karnataka is also benefitting in a big way as Annapoorna purchases organically-grown ragi millet through the Subhiksha Organic Farmers’ Multi-State Cooperative Society Ltd, which offers a seamless



transaction from farmers to consumers, thereby compensating the farmers fairly enough for their livelihood, much above MSP.

Sri Sathya Sai Annapoorna Trust, in collaboration with the Government of Karnataka, Karnataka Milk Federation and the Department of Primary and Secondary Education made this launch a successful one. The event was also graced by important dignitaries from the Government of Karnataka like Sri Madhu Bangarappa – Minister of Primary & Secondary Education, Sri K H Muniyappa – Minister for Food, Civil Supplies & Consumer Affairs, Dr Shalini Rajneesh – IAS Officer, Sri Ritesh Kumar Singh – IAS & Principal Secretary, and Sri T B Jayachandra – Member of the Karnataka Legislative Assembly.

At the Forefront

Annapoorna Morning Nutrition Programme is today India’s largest one for morning nutrition, as it serves 90 lakh children throughout India, in 25 States and 5 Union Territories.

The Honourable Chief Minister of Karnataka said in his speech:

“Since 2013, the Karnataka government’s Ksheera Bhagya initiative has supplied milk to government school-going children five days a week. A budget of about INR 731 crores has also been approved for this programme this year. By launching SaiSure, which addresses nutritional inadequacies, prevents anaemia, and promotes children’s holistic development, Sri Sathya Sai Annapoorna Trust has added even more value to our efforts. I would like to thank the Trust on behalf of the Government and all the beneficiaries for this fantastic initiative.”

Sri Madhusudan Sai in his address remarked:

“I wish for the happiness and welfare of all. Alongside Ksheera Bhagya and Anna Bhagya, today ‘SaiSure Bhagya’ is also reaching students. Just as children are divine, farmers are also Gods as it is they who feed the nation. Through SaiSure, ragi millets are being sourced directly from farmers at good rates thereby ensuring their well-being and sustainability.”



Laurels for Prashanthi Balamandira Trust

08 February 2024 – The Sushruta Award

Named after Maharishi Sushruta, who authored the Sushruta Samhita, which is considered the most important surviving ancient treatises on medicine and the foundational text of Ayurveda, the Sushruta Award celebrates excellence in healthcare.

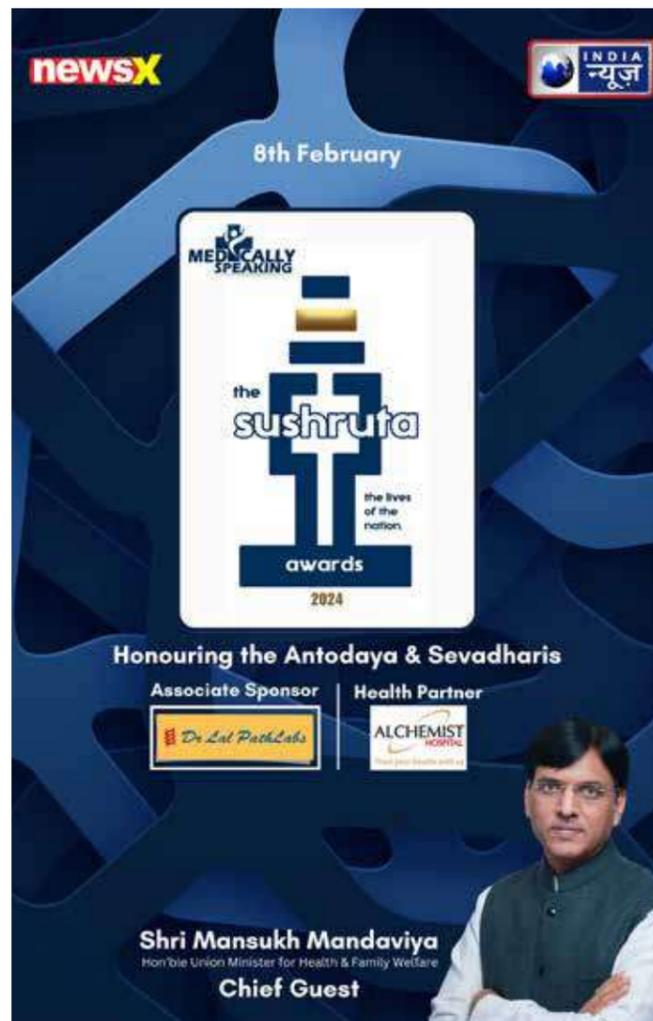
Prashanthi Balamandira Trust was conferred the Sushruta Award 2024 for its service to Bharat in the field of Health. The Award was received by Sadguru Sri Madhusudan Sai who leads the humanitarian service activities done by the Trust.

Contribution by Prashanthi Balamandira Trust to Healthcare

- Established a completely free of cost 360-bedded multi-speciality hospital, Sri Sathya Sai Sarla Memorial Hospital at the village of Muddenahalli in Karnataka

Operating since 2018, the hospital has attended to over 543,131 outpatients, 21,966 inpatients, and conducted 10,506 surgeries—all without charging even a penny from the patient.

- Established India's first completely free of cost private rural medical college – Sri Madhusudan Sai Institute of Medical Sciences and Research, which has commenced since September 2023



Out of 50 students admitted for the first-batch, 32 students come from rural areas whose income levels are below 300 US dollars a month.

- Supports its sister healthcare institutions – Sri Sathya Sai Sanjeevani Centres for Child Heart Care towards free paediatric heart care services

Organised by Medically Speaking, which is the digital asset of ITV Network, Sushruta Awards is Indian TV's first televised health awards.

The event was graced by the **Honourable Minister of Health and Family Welfare, Dr Mansukh Mandaviya.**

Sri Madhusudan Sai thanked Dr Mansukh Mandaviya for all his support, especially in the admission of rural students who could not have gotten the opportunity to pursue medical education elsewhere, if not for this college.

Looking forward, Sri Madhusudan Sai expressed anticipation for further collaborations and productive partnerships with the Government, NGOs, and like-minded philanthropists across the country to further the noble mission of providing accessible and quality medical education and healthcare to those in need.

Sri Madhusudan Sai said:

"We are honoured to receive this award, which is a token of appreciation for what we do for the poorest, the last and the least people, the nameless, the voiceless, the faceless people who also deserve the same quality of healthcare as all of us do. Along with the Government, ours is to build a Bharat where there is nobody who suffers from any disease and should there be someone, he/ she should have access to good healthcare to get rid of that disease."



Laurels for Prashanthi Balamandira Trust

26 February 2024 – Prashanthi Balamandira Trust Rings Opening Bell on Social Stock Exchange

Prashanthi Balamandira Trust (PBT), a Charitable Trust and Organisation in consultative status with the Economic and Social Council (ECOSOC) since June 2023, has been officially registered on the National Stock Exchange's Social Stock Exchange as a Social Entity – Not for Profit Organisation. The Trust is a unit of Sri Madhusudan Sai Global Humanitarian Mission and is spearheaded by Sadguru Sri Madhusudan Sai.

Regulated by SEBI and facilitated by the NSE, SSE empowers non-profits and social enterprises to raise capital while encouraging transparency and public disclosure. The SSE listing perfectly aligns with the Trust's goals of accountability, good governance, and the expansion of its philanthropic work.

The target segment of the social enterprise consists of underserved or less privileged population segments or regions recording lower performance in the development priorities of Central or State governments and therefore PBT ticked every criterion put forth by NSE.

This unique platform provides:

- New avenues for social enterprises to finance social initiatives
- Increasing visibility and transparency in fund mobilisation utilisation by social enterprises

This move of going public will help the Trust gain the necessary aid from like-minded individuals, corporates, HNIs, and philanthropists.

Sri Madhusudan Sai said:

"We are delighted to join the Social Stock Exchange, a progressive platform that recognises the crucial role of voluntary organisations in nation-building. This step will further bolster stakeholders' trust in our capability to drive large-scale sustainable change."

The Prashanthi Balamandira Trust looks forward to leveraging this opportunity to further its mission.



Laurels for Prashanthi Balamandira Trust

NGO 1A rating for Prashanthi Balamandira Trust

CareEdge is a knowledge-based analytical group offering services in Credit Ratings, Analytics, Consulting and Sustainability. It is India's second highest rating agency. NGO 1A is the highest grade on a fifteen-point scale.

This top rating reflects Prashanthi Balamandira Trust's outstanding Highest Delivery Capability and High Organisational Capability for impactful programmes and services. The 1A designation awarded in 2024 highlights the Trust's continued excellence in serving the Sri Madhusudan Sai Global Humanitarian Mission.

About Prashanthi Balamandira Trust:

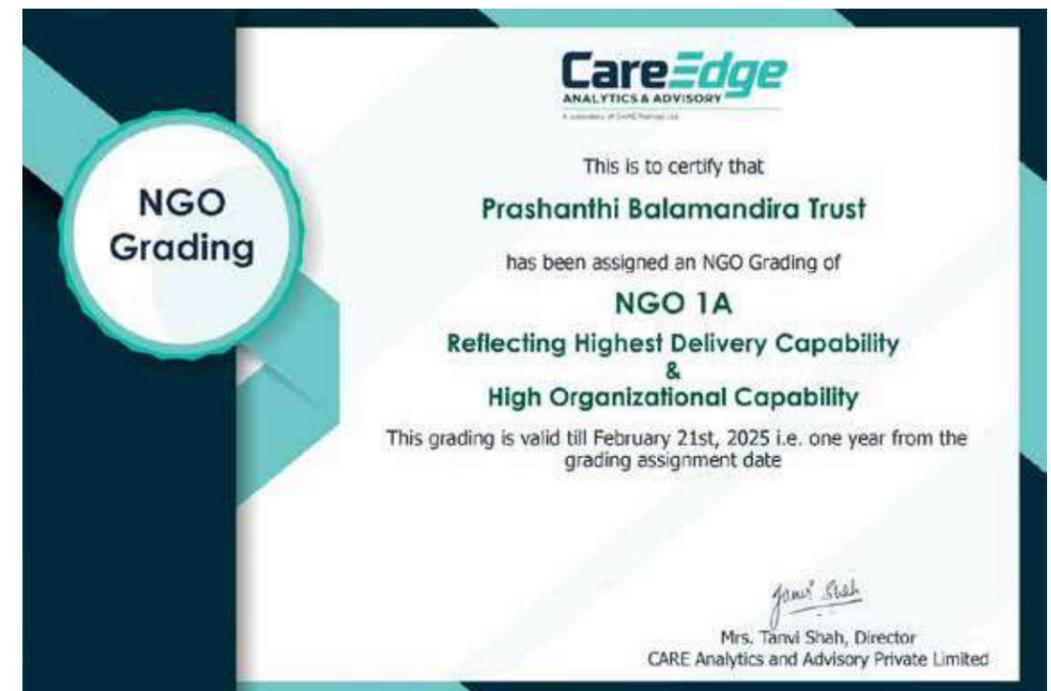
Education: Manages and operates the 22 Educational Campuses (and an additional 6 Campuses through its allied Trusts) from Grade Six till Doctoral studies.

Healthcare: Established a 360-bedded multi-specialty hospital to make quality healthcare accessible for all, without any charges which is also the teaching hospital for the totally free-of-cost medical college.

Nutrition: Supports the nutrition needs of thousands of children annually, by joining hands with its sister Trust – Sri Sathya Sai Annapoorna Trust.

All the services and initiatives are absolutely free of all costs to the beneficiaries.

For more info - <https://www.pbmt.org/>



In Focus

17 February 2024 – Inauguration of a new Sai Swasthya Centre at Kodaikanal, Tamil Nadu

It is now 15 Sai Swasthya Wellness Centres in India and the first centre in Tamil Nadu

Sri Madhusudan Sai officially inaugurated a new Sai Swasthya Wellness Centre at the Kodaikanal town of Tamil Nadu to provide free primary healthcare services for the needy.



Inauguration of the 15th Sai Swasthya Wellness Centre

In Focus

Divine Discourse – An Excerpt

'yaadum oore yaavarum kelir' is a verse in Tamil which means "All towns are ours and all people are our kin.' This is our mission – One World One Family, and it is with this motivation that we are doing service activities in the fields of Nutrition, Education, and Healthcare.

A gurukulam (school) for the boys of Kodaikanal commenced last year in August 2023 and this year, it is this primary care medical centre.

Kodaikanal, though a small place will see big services happening. A hospital will come up at Kodaikanal very soon.

A 50-bedded hospital will also come up at Vattalagundu in the Dindigul district of Tamil Nadu in another two years. People from Kodaikanal can access this hospital for speciality health services.

At Muddenahalli in Karnataka, we also have a 360-bedded facility which can be used by people, specially for heart and brain surgeries.



In Focus

19 February 2024 – Sadguru Sri Madhusudan Sai visits Tenkasi (Tamil Nadu) on a mission

Tenkasi is now a new member of 'One World One Family'

Tenkasi is a place of spiritual significance in the South of Tamil Nadu, specially blessed to be the 'kasī' of the South. The Vishwanathar Temple, Kutraleeshwarar Temple (the citra *sabhā* out of the five *sabhās* of Lord Nataraja) and Sankarankoil Temple are some of the well-known temples at Tenkasi.

Ground-breaking Ceremony for a new school at Tenkasi

Sri Sathya Sai Vishwanathaniketanam, aptly named in the praise of Lord Vishwanatha, will be the school for boys from Higher Primary level (Grade 6) at the Pottalpudur village of Tenkasi.

The auspicious ground-breaking ceremony was performed for this school by Sadguru Sri Madhusudan Sai through ceremonious rituals propitiating Gods for the noble beginning.

The school at Tenkasi will be the third free school in Tamil Nadu after two schools in the Dindigul district – Sri Sathya Sai Meenakshiniketanam (for girls) at Vattalagundu and Sri Sathya Sai Anandaniketanam (for boys) at Kodaikanal.



In Focus



Sage Agastya and Tenkasi – An old yet an eternal connection

When the celestial wedding of Lord Shiva and Mother Parvati took place in Mount Kailash, Mother Earth lost her balance as all Gods, Goddesses, and Sages gathered at Kailash. In order to set the balance back, Lord Shiva commanded his dearest devotee, Sage Agastya to go to the South and balance the energy. Sage Agastya and his devout wife, Lopamudra implicitly obeyed the command of the Lord, and came to the South, to Tenkasi, and converted it into the spiritual sanctuary of Lord Shiva.

In remembrance of Sage Agastya and in praise of his devotion and sacrifice, the school block of Sri Sathya Sai Vishwanathaniketanam will be called 'Agastya' and the hostel block will be called 'Lopamudra.'

In Focus

Sadguru Sri Madhusudan Sai said:

“At this campus at Tenkasi, lakhs of children will study over several years. Tambiran Swamigal of Dharmapuram Aadeenam made a selfless request that we build a hospital at Tenkasi so that the underprivileged belt from Madurai, Virudunagar, Sivakasi, Tuticorin, all the way till Kanyakumari can benefit. By working together with the Aadeenam, we should be able to achieve it. We can start with a 100-bedded multi-speciality hospital and slowly increase the capacity to a 300-bedded hospital. To start with, we can build a clinic facility. All of these will definitely manifest.”



Sadguru Sadanam – A home for Sadguru Sri Madhusudan Sai at the newly venerated school ground premises in Tenkasi

In Focus



Sri Ramesh Dharmaraj and Smt Jayanthi Dharmaraj – Devotees who have pledged to support the cause of free education for boys through the construction of Sri Sathya Sai Vishwanathaniketanam

In Focus

26 February 2024 - Inauguration of Sai Aarogya Multi-Speciality Hospital, Kuchipudi, Andhra Pradesh

Sai Aarogya, the recently inaugurated free multi-specialty hospital at Kuchipudi, Andhra Pradesh, is a joint endeavour between University of Silicon Andhra, Kuchipudi and Prashanthi Balamandira Trust. Initially focussed on mother and child healthcare services, it plans to expand services in the field of paediatric cardiac care in the coming years.

With the potential to significantly improve quality of life for over half a million residents in about 150 surrounding villages, President of University of Silicon Andhra, Dr Anand Kuchibhotla, shared his amazement about the work done by Sri Madhusudan Sai Global Humanitarian Mission.



In Focus

In his address, Sri Madhusudan Sai assured that the hospital will serve all people free of cost. This hospital reflects the ever-expanding mission to do more good to more people through partnerships with like-minded organisations and help the society.

Sri Madhusudan Sai said:

“Sri Sathya Sai Baba said that we should not do business with health, education, and nutrition. Considering everyone as a family, we are not taking a single penny from anyone for any of our services. This is the command of Baba. So, from today onwards, this hospital will provide all kinds of treatment, totally free of cost.”



President of University of Silicon Andhra, Dr Anand Kuchibhotla felicitating Sadguru Sri Madhusudan Sai

Service and Spiritual Activities



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

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

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

“Service is the ultimate expression of Love”

Region 1

Australia



Heart of Love Foundation, Australia



Sociocare

Heart of Love Centre for Human Development hosted another edition of ‘Heal Love Pray’ programme for the women.

About 15 women from the local community and neighbouring areas, of which some even came from as far as Ipswich (Brisbane), attended the programme. The programme consisted of:

- Guided meditation
- Breathing exercises
- Creative art activities including painting through visualisation
- Sessions on connecting to the inner light – ‘I am Light’ was the message and the group went through an experiential process to realise it within themselves. A song titled ‘I am Light’ was rendered by the group



- A workshop on ‘Creating Sacred Spaces’ through active listening and deep engagement was conducted by a professionally trained Coach

A group sharing for new ideas and views to enrich the programme for the upcoming sessions was held.

Gifts were given away to all the participants and a raffle was conducted for three specially done handmade mosaic art pieces.

The attendees brought gifts for other women-in-need, which will be used for distribution by the Centre.

Mutual bonding was one of the key aspects of the programme, and the entire session smoothed the path for the same through activities, tea-breaks and the like.



Region 1



Sai Prema Foundation



Healthcare

Health Expo at Garden City, Raiwaqa, Suva

The medical personnel from Sri Sathya Sai Sanjeevani Children’s Hospital and Sri Sathya Sai Sanjeevani Medical Centre at Suva took part in a two-day Health Expo at Garden City, Raiwaqa in Suva, which is a densely populated area with many low-income families.

Several healthcare organisations including non-governmental organisations offered their health services at the expo, by the coming together of healthcare specialists from all over Fiji.

How did Sanjeevani participate?

- Heart screening was conducted for children at the Health Expo

Over 60 echocardiograms were conducted, of which some were referred for further investigation and treatment

- Awareness-building about congenital heart disease and rheumatic heart disease was done amongst parents and children
- Spreading the word about the free services offered by Sri Sathya Sai Sanjeevani Children’s Hospital and Medical Centre towards children’s heart care, was done through distribution of informative pamphlet



Elderly Residents of Father Law Home visited Sanjeevani Medical Centre at Fiji

Sri Sathya Sai Sanjeevani Medical Centre hosted the elderly residents of Father Law Home, an aged care centre in Fiji, and conducted free general medical check-up. Blood sugar, blood pressure and other vitals were checked by the nurses at the medical centre. The in-house doctors conducted thorough examination of every patient, and the dietician at the medical centre provided useful information about redoing the diet chart for them for better health and wellness.

Refreshments and tea were served to all the elderly, and some quality time was spent interacting with them and giving them the ‘family feeling.’

“To care for those who once cared for us is one of the highest honours.”

Tia Walker



Region 1



Yayasan Prema Sai Pooja (Prema Sai Pooja Foundation)



Nutrition

Every Saturday is an opportunity for the Foundation to serve fresh breakfast for about **100 children** at an elementary school at Gianyar Regency in Bali.

Educare

Traditional Balinese instruments are taught to children every Sunday, to keep alive the Indonesian culture and tradition.



Hong Kong



Nutrition

Feed Hong Kong

In the month of January 2024, **800 to 1,000 boxes of meals** were distributed on a weekly basis at several places in Hong Kong.

Region 1

Malaysia

*Sai Ananda Foundation,
Kuala Lumpur*



Nutrition

Celebrating the Festival of Thaipusam by Feeding the Needy

Thaipusam is a term coined by joining the name of the Tamil month (Thai) and the star (Pusam) under the constellation of 'Cancer', the confluence of which when aligned with a full moon night, brought about a Divine event as per Hindu mythology. The evil which was oppressing people for a long time in the form of the demon, Surapadman was won over by Lord Muruga (also known as Subrahmanya or Kartikeya), thus relieving all celestial beings and humans alike from the atrocious power pangs of the demons.

The Batu Caves, which is also known as the 10th hill of Lord Muruga, is dedicated to His worship, and every year the festival of Thaipusam is observed here with much fervour.



1.7 million devotees gathered at the Batu Caves on 25 January 2024 to celebrate the festival of Thaipusam in the traditional way.

Sai Ananda Foundation organised an extensive cooking spree and prepared about **7,500 appetising meals** to be distributed to devotees who had travelled from faraway towns and villages. From purchasing vegetables and spices, to cutting and cooking, the volunteers did it all themselves as per the Malaysian Tamil gastronomy.



Region 1

Singapore

Nutrition

- Youths of 1Youth Singapore supported Hao Ren Hao Shi with the school project at Feng Shan Primary School for packing and distribution of provision items to needy families.

By involving the students and teachers of Feng Shan Primary School to pack the provision items that were procured, it was a meaningful time spent together in the act of giving.

About **60 beneficiaries** were given away the packed provision items.

- **1,000 Chinese New Year goodies** were packed and distributed to needy residents.



Region 2

India



01 February 2024 – Maha Ganapati Homa

Sri Sathya Sai Loka Seva Gurukulam Group of Institutions propitiates 'the value of gratitude' over all else, and hence paying homage to those subtle energies that are constantly engaged in sustaining and protecting the world, is an integral part of the Institution's culture.

Keeping with its principles to revive the spirituality behind science and religion, homa or sacrificial rituals are performed on the first of every month.



Maha Ganapati Homa was performed across all the campuses of Sri Sathya Sai Loka Seva Gurukulam Group of Institutions on 01 February 2024.

Sadguru Sri Madhusudan Sai blessed the children of Sri Sathya Sai Loka Seva Veda Gurukulam on the day of the homa and explained that Lord Ganesha is the Lord of our senses. Ganesha represents buddhi or the power of discrimination which guides our senses, and advised the students to seek Lord Ganesha's blessings to show them the right path always.



Region 2

India



10 February 2024 – Sadguru Sri Madhusudan Sai – Special Guest at Rotary District 3203 Conference

The third conference of Rotary District 3203 was a three-day event organised at Adlux International Convention Centre, Ernakulam District of Kerala.

Sri Madhusudan Sai was invited as a special guest on Day 2 of the conference.



Felicitations of Sri Madhusudan Sai by the Rotarians

Region 2



Divine Discourse - A Summary

The Way to World Peace

To be a peaceful individual, and have a peaceful family, community, nation, and world is a fundamental necessity. We chant – *om śāntiḥ* three times, to vibrate and manifest ‘peace’ to our body, mind and soul.

ॐ द्यौः शान्तिरन्तरिक्षं शान्तिः
पृथिवी शान्तिरापः शान्तिरोषधयः शान्तिः ।
वनस्पतयः शान्तिर्विश्वेदेवाः शान्तिर्ब्रह्म शान्तिः
सर्वं शान्तिः शान्तिरेव शान्तिः सा मा शान्तिरेधि ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

om dyauḥ śāntirantarikṣam śāntiḥ

pṛthivī śāntirāpaḥ śāntirośadhayaḥ śāntiḥ

vanaspatayaḥ śāntirviśvedevāḥ śāntirbrahma śāntiḥ

sarvam śāntiḥ śāntireva śāntiḥ sā mā śāntiredhi

om śāntiḥ śāntiḥ śāntiḥ

Meaning:

- Let there be peace in the sky and space, that carries in it the vibration of the entire cosmos
- Let there be peace on earth, from where we produce food. The peaceful vibrations of earth shall then nourish our food, and all life on earth shall be happy
- Let there be peace in water, so that the earth and its beings doesn't face the wrath of water

- Let there be peace in all vegetation (plants and trees), so it is not infected by any disease, and everyone is nourished with the right kind of nutrition
- Let all Gods be happy and peaceful, so that they bestow their bounty on all
- Let there be peace in *brahman* (the Supreme Consciousness), which pervades everything in creation, and so everyone experiences peace in themselves, and no one hurts or harms anyone

Sacrifice is the Secret behind Peace

The *vedas* say that permanent peace is attained only with sacrifice. When we sacrifice our individual likes and dislikes, preferences and desires for the greater good of all, with a ‘family feeling’, we shall attain true peace. A feeling of expansive love towards all and thus sacrificing for other's sake bestows a certain quality of happiness which does not come otherwise. It is only our selfishness that takes away the peace from us.

Giving is Sacrificing

Sri Krishna says that the below four things should never be given up:

yajña-dāna-tapaḥ-karma na tyājyaṁ kāryam eva tat – sacrificial rituals and prayers, charity, austerities and your duties.

Thus, *dāna* or charity/ sacrifice is one of the cardinal values in Indian culture.

Region 2



The Rules of Giving

The *upaniṣad* describe the way in which ‘giving’ has to be happen.

- śraddhayā deyam* | *aśraddhayā'deyam*: Give with a sense of sincerity, do not give without sincerity

Give the best in you, not the undesirable or unwanted

- śriyā deyam* – Give in abundance so that the need of the other person is met.

Do not give less, keeping the person wanting for more. Give as much as to their fulfilment.

- hriyā deyam* – Give with humility

Do not give for the sake of pomp and exhibition. Give silently and quietly.

- bhiyā deyam* – Give with the fear that we are able to give only very little, and we may not be giving enough.

God has blessed all with abundance. So, how much ever we give, it may not be enough.

- saṁvidā deyam* – Give with the knowledge of whom we are giving to and why we are giving, so that they do not misuse the charity.

Investigate and understand the need before giving.

Thus, according to our scriptures, one is not eligible to give just because one has something to give. One becomes eligible to give only if they have these qualities of giving – **sincerity, big-heartedness, humility, and clarity.**

Being Human to Being God

As human beings, one of our basic duties is to perform charity generously. With charity and sacrifice, we can get rid of our unnecessary desires and greed, and this is when a man evolves and becomes a good human being. From being a good human being, he becomes God when his heart melts with compassion, he sacrifices for the sake of others, and does good to everyone.

Evolving towards Godhood is the ultimate goal of life. A selfless, desireless, unconditional state of love which does good to all is Godhood. This is the only way to bring peace to the world.

Rotarians are Role Models

The Rotary Club has been doing its best to help the lesser privileged. The Rotary members of Tiruppur have taken up the project of a cancer hospital with the Government of Tamil Nadu.

The Rotary members have helped us to build cath labs, operation theatres, and donated medical equipment for our hospitals. When we come together as a group, we can do many more things. When more and more good people unite to do more good things courageously and fearlessly, much can be achieved.



Region 2

India 

11 February 2024 – Inauguration of Tennis Academy, ANT Academy International, Doddaballapura, Karnataka

Former Advocate, Sri Adinath Narde began the ANT Academy International in 2011, aiming to nurture young sports talents. This new academy will be the first in Doddaballapur district to focus on encouraging rural talents in Tennis.



Sri Madhusudan Sai unveiled the plaque marking the formal inauguration

Region 2

India 

Divine Message (An Excerpt)

You can always play in some window courts and claustrophobic cityscapes, but being on a rural scape and enjoying the breeze, natural ventilation and the beautiful Doddaballapura weather, I think, this academy is a perfect place to encourage sports. Children will enjoy it.

As an Institution, we are ready to extend support to deserving and talented rural children for whatever is needed – sports equipment, training programme, nutrition, scholarship or sponsorship.



Sri Madhusudan Sai played the first shot



Sri Madhusudan Sai with trainers and students of the Academy

Region 2

India 

Special Visits by Sadguru Sri Madhusudan Sai

09 February 2024 – Sadguru Sri Madhusudan Sai visits Kalady, Kerala

Kalady is the holy birth place of Jagadguru Sri Adi Shankara Bhagavadpada, located on the banks of the Purna river in the Ernakulam district of Kerala.

The Chief Administrator, Sri Surya Narayan received Sri Madhusudan Sai and gave a tour of the *kṣetra* (holy place) – the Krishna temple and the Crocodile Ghat at the banks of Purna river, the spot where Sri Adi Shankaracharya's mother Aryamba, permitted Him to accept the *āśrama* of *saṅyāsa*, which is a direct promotion from *brahmacarya*.

The four *āśramas* (stages in life):

- *brahmacarya* – the stage of gaining knowledge and skills and more importantly spiritual wisdom
- *gruhasta* – the stage of righteous earning in the society and grooming the next generation
- *vānaprastha* – the stage of renouncing materialistic desires and pursuing the path of spirituality and service to the larger society
- *saṅyāsa* – the stage of giving up all external pursuits and be absorbed in the contemplation of the Higher Self



On the banks of Purna river



Sri Madhusudan Sai paying obeisance at the shrine.

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Region 2

India 

15 February 2024 – Sadguru Sri Madhusudan Sai visits Maithreyee Gurukulam, Dakshina Kannada District, Karnataka

Sadguru Sri Madhusudan Sai visited Maithreyee Gurukulam for the first time in the district of Dakshina Kannada, founded in 1994 by social visionaries. Recognising the absence of 'Bharatiyate' (Indianness) and values in mainstream education, the *gurukulam* was founded to revive ancient traditions.

About Maithreyee Gurukulam

Maithreyee Gurukulam started in the year 1994, after detailed conceptualisation of a Gurukul system of education as per authentic sources from the *upanishads*. Forming healthy societies through healthy individuals is the main aim of the gurukulas, and thus it has to cater to the physical, vital, emotional, intellectual and spiritual growth of students.



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Region 2

India 

Keeping this in mind, the Maithreyee Gurukulam was established specially to reinforce the power of women by bringing back to glory the 'brahmavādinī paramparā' (lineage of spiritually based women power).

Some of the salient features of the gurukulam are:

- Five areas of study – *veda*, *yoga*, *vijñāna* (Science), *kṛṣi* (organic agriculture) and *kalā* and *kauśala* (Fine Arts and Performing Arts).
- Spoken language at the *gurukulam* is *saṁskṛt*
- Offers completely free of cost education from Grade 6 to Postdoctoral Studies



Region 2

India 

Announcement of a New Free-of-Cost Higher Education Centre of Sri Sathya Sai University for Human Excellence (SSSUHE) at Dakshina Kannada district

Divine Discourse – An Extract

I feel so proud to look at these children (referring to the children of Maithreyee Gurukulam) speaking in *saṁskṛt* and performing skits in *saṁskṛt*. I feel a great sense of satisfaction looking at these children whose faces have a spiritual glow. I feel at home here, since it is like any of our own campuses—be it the hostel, class, surroundings or temples.

There are two types of education – *parā vidya* and *aparā vidya*. The same was explained by Sathya Sai Baba as *jīvanopādhi vidya* and *jīvita paramāvadhi vidya* (education for a living and education for life). That which enables one to attain the imperishable ātman is true education. The *kaṭopaniṣad* talks about two kinds of horses – *sadaśva* and *duraśva* – the good horse and the bad horse. The horse that obeys the rider is a good horse; the unruly horse is a bad horse. In this campus, I find only good horses – very disciplined students. Institutions like ours should grow. The need of today is institutions like these where our culture is fostered and protected. I assure that I will join hands with this institution to help it grow. Giving women the right opportunity to acquire both *parā vidya* and *aparā vidya*, and enabling them to prosper is the real worship of women. Such worship is happening in this *gurukulam*.

In this very same land of Dakshina Kannada district, Sri Madiyal Narayan Bhat (the Founding Father of Sri Sathya Sai Loka Seva Institutions) formed a band of *tyāgajīvīs* who will work for the betterment of the society. From *tyāgajīvīs*, it



is important to become *yogajīvīs* whose focus is only on God all the time. This doesn't mean we would become indifferent towards the needs of the society. Sri Narayan Bhat was spiritually grounded, yet he continuously worked for the betterment of the society. Bharath is a *siddha saṅkalpa bhūmi* where any selfless intention will find fruition. Just being an instrument of God is enough.

A Special Announcement by Sadguru Sri Madhusudan Sai

A Higher Education institution will be built in the town of Alike and it will be inaugurated for the centenary birth year of Sri Narayan Bhat in 2026. This institution will provide completely free of cost education to the children of that area.

Region 2



20 February 2024 – Sadguru Sri Madhusudan Sai visits the Kasi Vishwanathar Temple at Tenkasi and Meenakshi Amman Temple at Madurai



Sri Madhusudan Sai at Vishwanathar Temple



Region 2



21 February 2024 – Sadguru Sri Madhusudan Sai visits Vanadurga Temple, Madurai

Sri Madhusudan Sai attended the Kumbhabhishekam festival at Vandurga Temple near Sri Sathya Sai Meenakshiniketanam that is built by Judge Thiru Karthik and family.



Region 2



21 February 2024 – Sadguru Sri Madhusudan Sai visits Sri Sathya Sai Meenakshiniketanam, Dindigul, Tamil Nadu

The girls of Sri Sathya Sai Meenakshiniketanam welcomed Sadguru Sri Madhusudan Sai with a traditional mulaipari procession.

Mulaipari

Mulaipari is a farming technique where good quality seeds are sown in earthen pots and their germination capacity is tested before actually sowing them in the next season. Women being the symbol of fertility, they take in procession the mulaipari earthen pots and offer it to the folk goddesses in the villages. The seeds that germinate the best are identified as the best seed.



Sri Madhusudan Sai said:

“One girl’s education is equal to one family’s education. This is my goal. Each one of you can teach a hundred children and not just your family. I have seen so many girls suffer in Africa, Sri Lanka, and even in faraway lands like the Fiji Islands. I cannot go everywhere, but you girls can go. You can go as emissaries, messengers of our Indian culture, and teach this to all the people in the world.”

Region 2



Students showcasing projects depicting their learnings, and offering cultural performances through dance, songs and talks

Region 2

India 

26 February 2024 – Sadguru Sri Madhusudan Sai visits Kanaka Durga Temple, Vijayawada, Andhra Pradesh

The Kanaka Durga Temple at Vijayawada is the second largest temple in the State of Andhra Pradesh, and the form of Durga at the temple is a *swayambhu* (self-manifested one).



Region 2

India 

27 February 2024 – Sadguru Sri Madhusudan Sai visits Bhadrachalam, Telangana

Sri Sita Ramachandraswamy temple, revered as *dakṣiṇa ayodhyā* (South Ayodhya) is located on the banks of river Godavari at the town of Bhadrachalam in East Telangana. Legendary Bhakti Saint, Bhadrachala Ramadasu is said to have renovated and rebuilt this temple along with the devotees, when Lord Rama himself came with his brother, Lakshmana to save his devotee Ramadasu from the imprisonment which was declared by the Sultan then, for having used the kingdom's land revenue to build the Rama temple.

Sadguru Sri Madhusudan Sai said about the temple thus:

This is not a temple built by a king; it is a temple built by devotees. It is this devotion that has manifested in the form of Lord Rama, Sita and Lakshmana here.



Region 2



Divine Discourse – An Extract

Sri Vyasa Maharishi said – अष्टादशपुराणेषु व्यासस्य वचनद्वयम् । परोपकारः पुण्याय पापाय परपीडनम् – *aṣṭādaśapurāṇeṣu vyāsasya vacanadvayam paropakāraḥ puṇyāya pāpāya parapīḍanam*. After writing the 18 *purāṇas*, Vyasa Maharishi said that virtue means to serve others and do good for others. Bhagawan Sri Sathya Sai Baba also said, ‘Love All Serve All’, and this is the dictum which our organisation follows.

आकाशात् पतितं तोयं यथा गच्छति सागरम् – *ākāśāt patitam toyam yathā gacchati sāgaram* – Rain drops from the sky become rivers and flow into the ocean. Similarly, when all of us come together and work in the society, in our oneness, we will be able to achieve so much. From ‘I’ to ‘We’ to ‘He’ is the journey.

To establish Sri Rama’s kingdom, we have to first and foremost invoke the devotion of Rama within everyone. Sri Ramadasu lit the devotional lamp within everyone. And through the devotion of people, this temple has come about.

It is time for *rāma rājyā* to be established. *rāma rājyā* is the kingdom of love. If we love all and serve all, then that is *rāma rājyā*.

Our services in Telangana

- Nutrition: 25 lakhs school-going children are fed ragi malt every morning through the Annapoorna Morning Nutrition Programme
- Education: A free woman’s college is functioning at Kondapaka
- Healthcare: A children’s heart hospital will be ready in the near future



Region 2



28 February 2024 – Sri Sathya Sai Prasanthi Niketanam Junior College, Kondapaka, Telangana



Felicitation of Mrs Padmavati Amma (Mother of Sadguru Sri Madhusudan Sai)



Region 2

India 

22-26 February 2024 – Students Shone Brightly at Yuva Bimba Youth Festival 2024

37th Inter-University South-East Zone Youth Festival, Mysuru

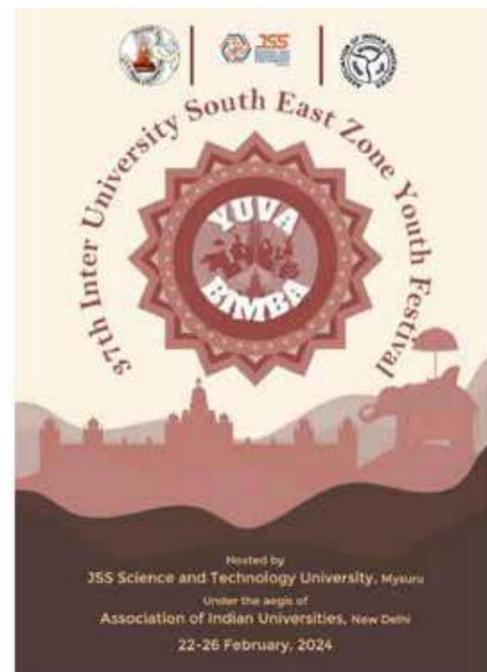
A five-day cultural extravaganza was hosted by JSS Science and Technology University (JSSTU) at Mysuru, under the aegis of Association of Indian Universities (New Delhi), from 22 to 26 February 2024.

The Youth Festival aims:

- To instill a sense of pride in Indian culture
- To facilitate cultural exchange and interaction among students
- To foster the feeling of a higher purpose through culture in the minds of the youth

- About 1,250 students participated
- Many Universities from Karnataka, Telangana, and Chhattisgarh participated
- Competitions conducted: Dance, Music, Literary events, Fine Arts, and Theatre

Students of Sri Sathya Sai University for Human Excellence participated in the competitions and triumphed in 10 contests.



Sri Sathya Sai University for Human Excellence has qualified to participate at the National Level by representing the South-East Zone, and competing in five categories, including Western Instrumental Solo, Classical Vocal Solo, and Group Song. The National event is scheduled to take place at Agricultural University, Ludhiana, from 28 March to 01 April, 2024.

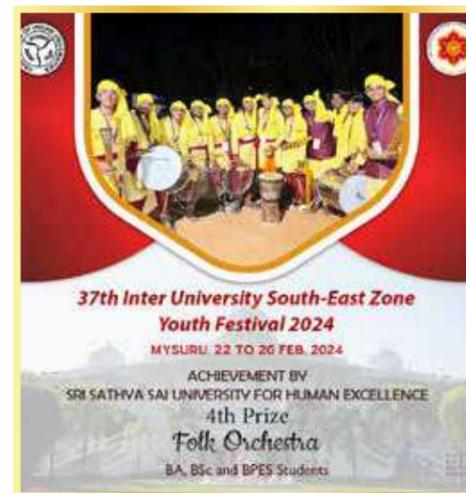
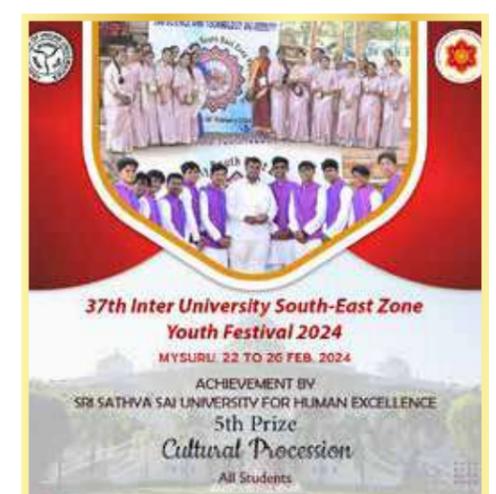
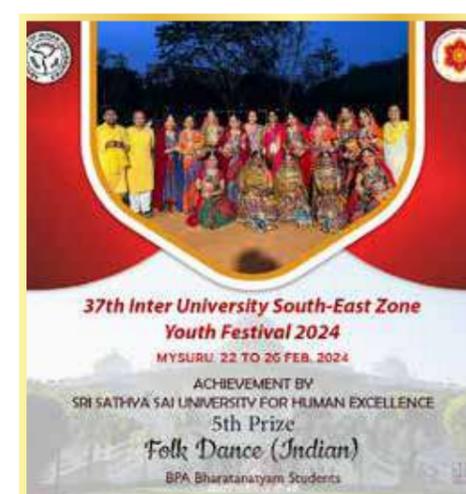
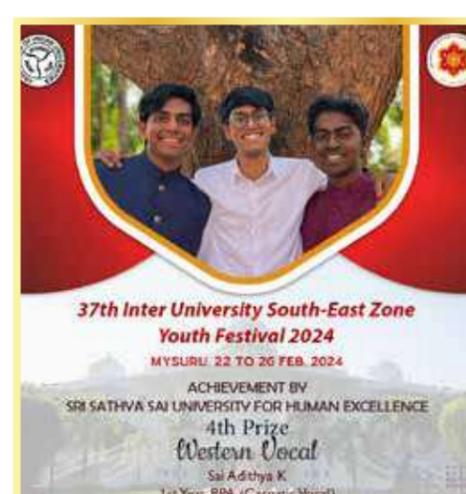
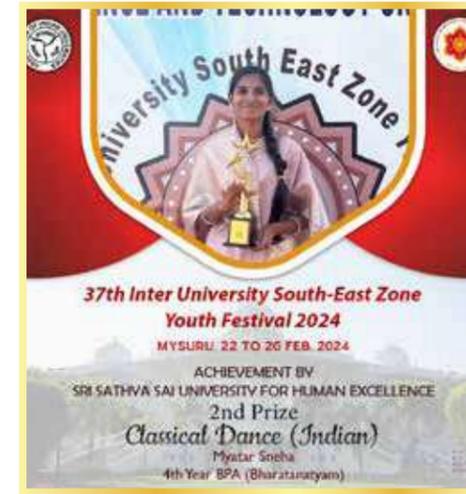
Region 2

India 



Region 2

India 



Region 2



23 February 2024 – BCIC visits Sathya Sai Grama

Business leaders from diverse industries in Karnataka, organised by BCIC Karnataka, visited Sathya Sai Grama, the hub of Sri Madhusudan Sai Global Humanitarian Mission.

The guests were taken on a tour of the campus: SaiSure factory benefiting 9 million children, the cricket stadium which recently hosted the Friendship Cricket Match with international players, and India's first free medical college. A 'Gift of Life' ceremony was also held to present certificates to children who have been restored life through free surgeries.

Sri Madhusudan Sai emphasised ethical wealth creation and responsible profit-sharing for societal well-being. The visit inspired leaders to integrate purpose and compassion into their businesses, fostering a more humane and harmonious world.



Region 2



Divine Discourse - A Summary

Good is greater than God

The whole world is under the control of God, but God Himself is under the control of truth. Truth is subservient to good people. Therefore, good people are greater than God. In every 'good', there is God. Anybody who does good work does God's work.

Today is a gathering of good people, and there is nothing more potent than this coming together of good hearts, minds and hands, because they are capable of generating God's energy which can transform societies.

Always Say 'Yes' to Merge

From a trickle down the mountains, joining other streams, a brook flows. Somewhere down further, a small river or rivulet is formed, and then over a period of time, many rivers join together to finally meet the ocean. Can you imagine what would it be like, if only a river thinks – 'I am from this mountain and you are from another one. So, we cannot meet. We can only flow separately.' If that would be the case, a small stream could



probably quench the thirst of few people only and not more. But the rivers don't distinguish or discriminate between their waters.

Similarly, when good hearts come together, there is a great potency to achieve great things. All that is needed is goodness in our hearts.

Goodness is Selflessness

Desires make our hearts dry and selfish. It is like fire which does not get extinguished so easily, as long as we keep feeding it with fuel. So, the fulfilment of one desire leads to another. The only way is to stop feeding it, so that it gets extinguished one day.



Dr S Devarajan — President, BCIC



Region 2



Uprooting desires all together may be difficult. And hence, there is another way to handle desires. This is to turn our desire into a selfless one.

- Earn wealth, but use it to serve the needy and underprivileged, apart from your own self and your family
- Acquire knowledge, but share your knowledge to make many more people knowledgeable

If wealth, knowledge, power and authority can be used for selfless actions, then the desire to acquire these will not be wrong.

Spirituality and Business say – “We are not at loggerheads”

Earning wealth is never considered sinful or non-spiritual as per our scriptures. *caturvida puruṣārthas* – *dharma* (righteous actions), *artha* (righteous earning), *kāma* (righteous desires) and *mokṣa* (liberation) are the four goals of life. If, through righteous actions, we earn wealth and resources, and use it to fulfil our desires in a selfless way, then our liberation is guaranteed.

Our mission caters to everybody’s needs and it allows everyone to contribute as per their capacities. We are not just a spiritual institution; we also believe in collaborating and serving all.

Our mission is for a little child that needs a cochlear transplant; it’s also for the child who needs a heart treatment and subsequently wants to become a doctor; it’s also for our bus driver who drives the patients in and out. It’s also for business leaders who can contribute in their own might.

jana and *dhana* say – “We go hand in hand”

Both *jana* and *dhana* are important – good people and plentiful resources are both needed.

jana: Identifying the right kind of people who can be mentored, upskilled and spiritualised.

dhana: Involving the society by gathering resources from all sectors and using them well by being cost-conscious.



Region 2



Effective and Efficient

Ours is a cost-effective model, since many of our staff members are professionals who offer their services in an honorary way. Thus, maximum resources are used for the actual cause for which it is given.

Ours is a very efficient system where the patient turnaround time and waiting time is very less.

Hospitals for Happiness

In our paediatric cardiac hospitals, most of the children are discharged in about five days from the date of their surgery. The recovery is very fast in our hospitals because our system gives no stress to the patients and their family members about paying bills for our services.

Our doctors have no targets to accomplish other than to ensure that the patient returns home healthy. So, they work with a sense of

commitment, but no compulsion. They work harder than they would do anywhere else, because they understand the purpose and the passion with which humanitarian services are being done here.

Let’s do what we know best to do

NGOs shouldn’t be involved in money-making ventures, because then they will only be able to partly concentrate on charity, and their remaining attention will go to earning money. Invariably, earning would take the front seat, and serving would take the backseat. Hence, our method is to transform people who are doing well for themselves materially and inspiring them to contribute for social causes.

A business man should not do philanthropy or run NGOs. NGOs should not do business.

Let each person or each societal unit do their job well. This is enough for the society to prosper.

Region 2



A Comedy of Errors

The Rescue from a Rat

- A disciple went to a *guru* and asked for *brahma jñāna* (Knowledge of the Self). The *guru* guided him to go to a mountaintop and perform *sādhana*. The disciple, being very earnest in his desire to attain the Self, wore only one cotton cloth around his waist and carried no other possessions with him, when he left for leading an austere life of penance and Self-enquiry
- While he was meditating, the mountain rats were nibbling at his cloth and made holes in it. To preserve his only cotton cloth, he climbed down the hill to the nearby village to get a cat, so that the rats will be eaten by the cat. The disciple sat back for meditation after procuring the cat
- The hungry cat started devouring the rats, so much so that the rats found their way to escape from the mountain. Now the cat in an alien mountain had nothing to feed on and started mewling continuously
- Unable to bear the sound of mewling, the disciple went down to the village again and asked for a cow, so that he can milk the cow and feed the cat
- The cow fed on the grass in the mountain sumptuously and gave large quantities of milk. The cat and the cow were happy
- But this also did not last—with the onset of summer, the grass dried up. The cow started starving and so did the cat

- Now, the disciple went to the village again and asked for an assistant who can grow grass for him, so that he can feed the cow. The assistant worked all day, but what about fulfilling his basic need to eat something so that he can work the next day. The milk from the cow will not suffice to satisfy his hunger
- Just then, a village maiden passed by and told the disciple that she fell in love with him and would like to marry him, so that she can cook food for him and his assistant. Though the disciple initially resisted, he agreed later thinking the maiden would keep the place, so he can meditate without disturbance
- Everyone was happy now – no rats, the cow and the cat were friends, the assistant had his share of meal every day
- But now, the lady of the story wanted children, so that her time will be engaged while her husband meditates. So now, the disciple who came as a *brahmachari* to pursue the path of renunciation and *sañyāsa*, turned out to be a complete *gruhasta*
- Now, the *guru* came in search of his disciple and wondered if he came to the wrong place—there is a complete change in the set-up. A huge farm, children running around, plenty of labourers, herd of cows, and in between all these were his disciple
- When the *guru* enquired how did it all happen, the disciple replied that it was because of the mountain rat

Thus, the disciple paid a ransom for rescue from a rat, eventually straying away from his goal. NGOs should not do this mistake of trying to get into business in the pretext of sustaining themselves.

Region 2



Your Innate Nature is Your Ideal Role

The categories of people as *brāhmaṇas*, *vaiśyas*, *kṣatriyas* and *sūdras* are based on their innate aptitude and attitude. This is called as *guṇa-karma-vibhāgaśaḥ*.

If your attitude is that of business, do it well, do it ethically and legally, give employment to people, generate resources for society, pay taxes, and share your revenue with the less privileged.

If you are a teacher or a healthcare provider, your aptitude is that of a *brāhmaṇa* who is meant to share knowledge and help people with your skills, without expecting anything in return. A *brāhmaṇa* shouldn't consider commercial gains.

If you are a *kṣatriya* – administrator or politician running a government, you should only govern by framing the right policies. You should not do business or charity. When governments operate social schemes, they are not so efficient in spite of so much money being spent.

This was the ancient Indian system and is the best thought-out way of living. We are thousands of years old. We have tried, tested and figured out what works and what doesn't work in society.

- Businesses should do business and contribute necessary resources
- Government should frame the right policies
- NGOs should do charity and run the social sector by bringing in delivery capabilities

As an NGO, we give all our services completely free of cost to people, because ours is not meant to generate revenue out of our services. We do not have any motive of power, profit or authority. NGOs are the best to run the social sector. It is the responsibility of the society, businesses and the Government to support NGOs with capacity and efficiency, infrastructure and resources.



Region 2

Middle East



Nutrition

In the month of January 2024:

4,632 meals were served to the needy beneficiaries through Sai Love Kits and OMAD Seva.

Sai Love Kits

13 Sai Love Kits containing items like wheat flour, rice, pulses, masala powders, cleaning supplies etc. were distributed to unemployed individuals and needy families, blue-collared workers and young boys at car washing workshops who are always living on less.

The provision items in each kit would help preparing about **4,410 meals**

OMAD Seva

OMAD Seva served about **222 meals** to the needy. This included cooked meals, fruits, and laban (buttermilk).



Desert Seva

36 kits consisting of wheat flour, rice, pulses, oil, spices, condiments and cleaning supplies were distributed to camel caretakers who lived in the interior desert areas. The food items would be equivalent to **3,240 meals**.

Do you know how Sai Love Kits are filled to its bounty every month?

Provision items are contributed by people who are motivated at a personal level to contribute their bit for a selfless cause that looks at and cares for people who are otherwise generally overlooked.

Goodness is contagious!



Region 2

Nigeria



Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Educare

The second term commenced at The Embodiment of Love Academy (TELA) after the Christmas holidays.

Rebeginning is an opportunity for a renewed way, a recuperative hope to do better every passing day. Human values like truth, righteous conduct, peace, love and non-violence form the bedrock of education, and teachers and students alike were tuned to set their minds to a great good start.



Healthcare

Aruike Speciality Hospitals at Enugu and Imo offered its free healthcare services to several needy individuals.

Healthcare Reach for January 2024

- Children: 592
- Adults: 895

Healthcare Services in January 2024

- Deliveries (SVD): 16
- Ophthalmology: 203
- Immunisation: 24
- Ultrasound Imaging: 27
- Family Planning: 6
- Surgeries (Appendectomy, Catheterisation, Circumcision, Wound suture, Lumpectomy): 12
- Lab investigations: 2,145
- Antenatal Care: 155

Overview of Healthcare Services since inception

Out-patient Consultations: 127,789

Deliveries: 482

Region 2

Nigeria

Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Nutrition

Biarenu Breakfast programme serves children of two government schools at Ezeagu, which is a local government area of Enugu State.

Biarenu in Nigerian simply means – ‘Come and Eat.’

Students of TELA are also provided nutritious breakfast every morning.

About 7,500 meals were served to the students in the month of January 2024.

417,920 breakfast meals have been served till date



Sociocare

- A three-day workshop was conducted by the ‘Art of Living’ organisation for children aged 7 years onwards and for teachers. It was called the ‘Happiness’ programme and it helped children and teachers see a better perspective to life and living
- TELA Skills Acquisition Centre imparted some basic skills like sewing to students of TELA and other needy youth in the area to make them self-sufficient and feel self-worthy



Region 2

Sri Lanka

Sri Sathya Sai Karuna Nilayam Foundation



Healthcare

In the month of January 2024:

- **84 patients** were treated at the Cath Lab of Sri Sathya Sai Sanjeevani Hospital
- **1,463 out-patients** were treated with free consultation and medicines at Sri Sathya Sai Karunalayam Medical Centre

Nutrition

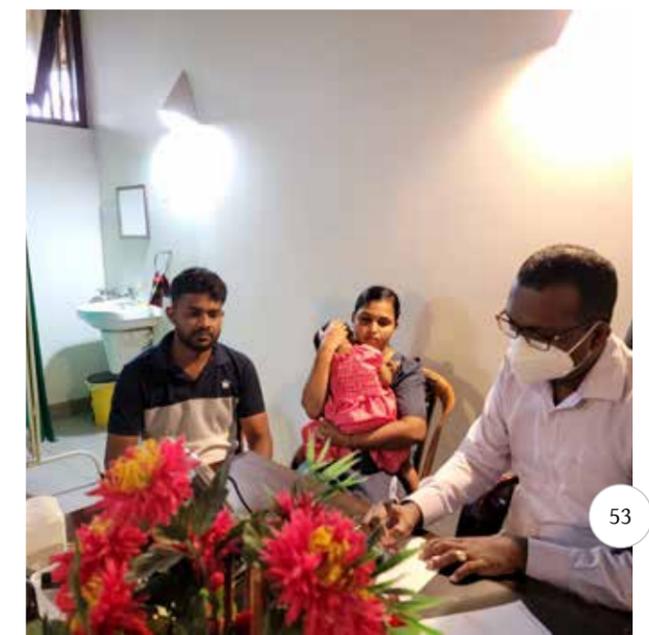
Food was distributed to **1,872 individuals** in the month of January 2024.



Three children from Sri Lankan villages found their hearts back in shape in India

Sri Sathya Sai Karuna Nilayam Foundation referred three children to Sri Sathya Sai Sanjeevani Centre for Child Heart Care at Navi Mumbai, India and enabled their travel to India along with their mothers in December 2023.

Six-year-old Tiyaswin hails from the rural counties of Jaffna district. Diagnosed with a congenital heart defect (Tetralogy of Fallot with an absent pulmonary valve), Tiyaswin had to travel over 400 kms to Colombo for follow-up visits, hoping for his turn for the surgery,



Region 2

Sri Lanka



counting down from the long list to go up the list. However, his own health conditions made it difficult for him to be ready for the surgery, and the long travels he had to undertake with a weak heart made things worsen.

Baby Vikash, just a little over one year comes from a very remote village in Batticaloa district. Ferrying across a lagoon in a barge boat is the only way the villagers of his village commute to nearby towns. Sri Sathya Sai Karuna Nilayam Foundation visited the child's family and learnt about the difficult circumstances that raised this child who needed attention to his tender heart.

Seven-year-old Tharunika fainted in her classroom a year back, and dropped out of school. She was later diagnosed with Tetralogy of Fallot. She also hails from a village in Batticaloa.

Tiyaswin and Baby Vikash were operated upon successfully at the Sanjeevani Hospital in Mumbai. Tharunika received advanced investigation and consultation, but her case will be treated with a different approach, for which surgical intervention will be determined at a later stage.

The children and their mothers returned to Sri Lanka on Sankranti day, signifying a new beginning, overwhelmed with gratitude for the love and compassion they experienced at Sanjeevani.

Overview of Healthcare Services since inception

Out-patient Consultations: 36,599

Cath Lab Procedures: 550

Cardiac Surgeries: 11

Meals Provided: 69,230



Tiyaswin receiving Gift of Life Certificate



Baby Vikash receiving Gift of Life Certificate

Region 3

Croatia



Zaklada Ananda (Ananda Trust Croatia)



Educare

- A workshop on the course 'Dynamic Parenting' was attended by 10 parents
- 'Team work for cooperation and synergy' workshop was conducted at a vegan restaurant for 17 employees
- Education in Human Values workshop titled 'Life is a Play' was attended by eight primary school kids
- A teachers training workshop titled, 'Achieving better cooperation and communication' was conducted for 27 kindergarten teachers
- A workshop on the course 'Mindful Teaching' was attended by 20 school teachers
- 'Master Chef in Class' was a session conducted for 15 primary school teachers



Germany



Spiritual Care

18 participants attended online sessions on Bhagavad Gita, which was conducted twice in the month of January 2024.

Region 3

Greece 

'Ιδρυμα Μοιράζομαι'
(Foundation of Sharing)

Nutrition

In the month of January 2024, the members of 'Foundation of Sharing' gathered together every week to cook delicious traditional vegetarian meals like green peas, cheese pies, penne with cheese...etc. and prepared sandwiches, and distributed them to the following institutions.

- 137 meals to St. Alexander Girls' Home (Stegi Thileon Agios Alexandros)
- 187 meals to Association for the Protection of Minors of Piraeus
- 1,292 meals to 'Tsougkraneion' soup-kitchen
- 80 boxes consisting of dry ration and other items, consisting of legumes, pasta, rice, milk, oil, cereals, snacks, soap, washing powder etc. were delivered to 80 needy families at the Anavyssos area in the South of Athens



Approximately 1,840 meals can be prepared from the provision items provided

- 1,200 portions of yoghurt, 720 litres of milk and 40 kgs of feta cheese were provided to the Old People's Homes of Athens and Palea Fokea
- 70 pizzas were offered to the children and adults with disabilities at EGNYA Foundation
- 35 pizzas were delivered to the children of St. Andrew Children's Home



Region 3

Poland 

Misja Prema Association

Sociocare

The Misja Prema Association supported needy families in Wroclaw and Warsaw.

- A single mother and her two sons in Wroclaw were in dire need of help. Both the boys were under the care of a hospice for several years due to terminal illness

The Association supported the family with food, household supplies, wet wipes, two pairs of sweatpants for the boys and two quilts.

- In Warsaw, the Association supported three needy individuals by providing them with about 30 kgs of food items

Spiritual Care

Bhagavad Gita online workshops were conducted on a weekly basis during the month of January 2024. About **20 members** participated in the online workshop.



Turkey 

Karşılıksız Hizmet Vakfı
(Selfless Seva Trust)



Nutrition

A total of **1,232 meals** were distributed door to door at Sisli, Pendik, Ömerli and other districts of Istanbul.

Sociocare

In the month of January 2024:

- **335 animals in need** throughout several districts in Istanbul were provided with food, water, and in some cases, with the necessary medical care
- **120 sacks (1,320 kgs) of charcoal** were distributed to families in need
- Two home rentals and 11 utility bills were paid for needy families



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 January 2024:

A total of **1,833 meals** and **3,774 breakfasts** were provided to the needy in the following cities:

- Escobar City, Buenos Aires Province: **975 meals** and **1,504 breakfasts** were distributed in the following soup kitchens – La Amistad, Urbino, Encendiendo Lucecitas, Copa De Leche Savio and Cazadores de Escobar. Food assistance was also provided to five families
- La Plata City, Buenos Aires Province: **748 meals** and **2170 breakfasts** were distributed in the following soup kitchens – Somos Su Esperanza, Los Gurises, Alma Corazón Crecer and Los Angelitos
- San Luis City, San Luis Province: **60 meals** were provided at the soup kitchen, Corazones Solidarios
- Oran, Salta Province: **100 meals** and **100 breakfasts** were distributed to children



Region 4

Argentina

Sociocare

- At La Plata city, Buenos Aires Province, the volunteers distributed clothes to more than **100 people** and gave away **12 pairs of shoes** to needy children and adults at the soup kitchens
- At Bariloche City in Rio Negro Province, a girl who had to undergo surgery for a broken clavicle was assisted with the purchase of surgical materials
- At Orán, Salta Province, volunteers held a holiday camp for **25 children** for four days at the Cóndores School of Football and Human Values. This school educates **60 children** and **24 teenagers**. The children played a championship titled 'vasudhaiva kutumbakam' inspired by the recent cricket tournament that was held at Muddenahalli in January 2024



Spiritual Care

Amor Y Paz Ashram bustles with activities throughout the month. Below is the list of activities conducted for the month of January 2024.

- Weekly Yoga Classes
- Weekly vocalisation and singing practice
- Monthly family constellation (a group therapy which helps to identify, understand and reconcile issues that led to breakdowns within the family)
- Virtual Yoga Training attended by more than **120 teachers** and parents, in turn to teach their children
- Mantra chanting conducted by the Latin American Mantra Group on Wednesdays and Thursdays, and attended by participants from Argentina, Brazil, Chile, Bolivia, Mexico and Spain
- Translation of the messages of Sadguru Sri Madhusudan Sai into Spanish

Region 4

Brazil

Amar e Servir Association (Love and Serve Association)

Nutrition

234 meals were served to homeless individuals on the streets of Rio de Janeiro City.

196 meals were served to the homeless individuals at Recife

Educare

Human Values Education workshops were conducted online twice during the month, wherein 14 members participated. The theme of the workshop was – ‘How can we apply values in our daily lives?’



Canada

Sai Global Service Foundation of Canada

Nutrition

In the month of January 2024:

- 50 packets of snacks were served to the homeless in Edmonton. Each packet contained banana, 100% mango and orange juice, and nutri-grain strawberry rolled oats
- Over 100 bottles of water were served to the needy on the streets of Edmonton

Educare

The Foundation conducted a values-based workshop at MacEwan University, Edmonton, on the topic – ‘The importance of rendering selfless service to Canadian friends living on the streets with no food and shelter.’ Over 30 staff members and students attended the workshop.



Region 4

United States of America

Divine Will Foundation Clarksdale, Mississippi



Healthcare

Clarksdale, Mississippi

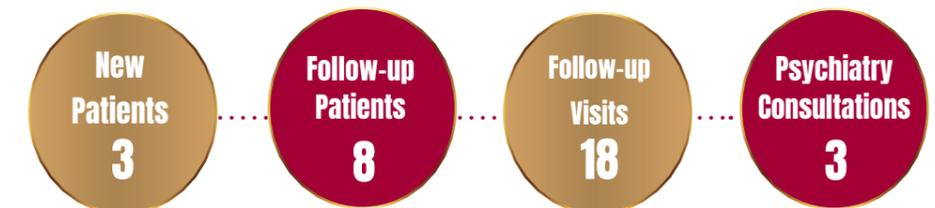
In the month of January 2024, 207 patients were treated at Sathya Sai Sanjeevani Medical Centre at Clarksdale.



Sathya Sai Sanjeevani Medical Centre
(Inaugurated in June 2019)



Mental Health Counselling:



My Inner Journey

Mr Ramon Quek

Journey to Divinity –
From Love to Love



Mr Ramon Quek was born in the tiny, South East Asian Island of Singapore. At a tender young age, he was baptised as a Christian at the Roman Catholic Church. A self-made businessman, he and his wife Aileen migrated to Australia in December 2000. Since his first meeting with Sai Baba in 1975, there has been no turning back for him. He authored his first book at the command of Sri Sathya Sai Baba, 'Language of the Heart', in the year 1994, in which he shared his experiences with the Lord during his physical sojourn. He was commanded to share his experiences in the second book, 'Language of Love - Sthoola Sathya Sai to Sookshma Sathya Sai' about his inspiring journey from the 'Seen to the Unseen (Subtle Form)', and the book was published and released on September 2017 in Australia. He is the current Chairman of Sunshine Welfare Action Mission Western Australia, serving the community by providing services to disadvantaged families and children in the low-income areas of the community with food and classes in self-confidence and self-skills.

It all started in the year 1975. At that time, I was living in Singapore, working at the Port of Singapore. One of my colleagues saw me reading a book titled - 'The Third Eye' written by Lobsang Rampa, and he suggested that my interest in mysticism should help me read the book, 'Sai Baba - Man of Miracles' written by Howard Murphet of Australia.

I got the book the very same day and my first impression of Baba, upon seeing His picture on the front cover was that of an entertainer with this mop of hair and gown. Little did I realise that He was the 'Divine Entertainer' of Divine *līlās* (Divine Play) and *mahimās* (Miracles) that brought countless of people into His fold, filling their lives with joy and happiness. I read the book with great enthusiasm and admiration. I have read many books, but this book had a profound impact on my consciousness, changing my outlook towards life.

My connection with the Divine in the form of Baba began instantly in the form of visions in my dreams. Almost every night, Swami (the endearing name of Baba as called by His



devotees), used to come in my dream and reveal so many wonderful things to me. In my first dream, Swami was walking with me in a large open ground, surrounded by thousands of people sitting under Red Cross tents. Swami took me to the various tents to show me the service activities done by the doctors, nurses and volunteers there. When I woke up, I was charged with His love and compassion, filling me with inexplicable bliss and happiness. Through this dream, Swami taught me the importance of service to mankind, as He says - 'Love All Serve All', 'Service to Man is Service to God.'

Thus, I embarked on doing service activities in the early 80s, by forming an informal group that would meet every Sunday to visit Old Age Homes, Destitute Homes, Leprosy Homes, Children's Homes, Mental Health Centres and the Prison in Singapore, to distribute food, spread cheer and joy to all. After a few years, we got formalised under the name of a Charitable Society called, 'Sunshine Welfare Action Mission' that manages a nursing home for the elderly. The Lord guided us to name it - SWAMI Home.

Thereafter, Sunshine Welfare Action Mission Inc (SWAMI) also commenced at Perth in Western Australia in the year 2003, after I moved to Perth. We still continue our service activities at Perth.

After Swami parted from the physical realm on 24 April 2011, I went through pangs of separation from Him, tears streaming down my eyes whenever I reminisced and relived the moments with Him. During that time, I would pray earnestly in my heart that I should be a good instrument in His Divine Mission by manifesting His Divine love to serve all and see Divinity in all His creation.

In the year 2013, I was told about the comeback of Swami in the subtle form and about the first discourse given by Swami in the subtle to students, teachers and devotees at the Kodaikanal retreat in May 2014, in which Swami made the grand announcement about continuation of His Divine mission. After reading His discourses at Kodai, I knew in the depths of my heart that our beloved Swami had returned to continue His Divine mission, though it was intellectually difficult to comprehend.

On the 20 October 2014, I and my wife, Aileen arrived at Sathya Sai Grama, Muddenahalli eager to experience the subtle phenomenon. As soon as we came, we could feel Swami's presence, and we were taken to Prem Deep (the building where satsangs were happening). The beautiful Swami's photo and His chair caught our eyes, and even as we were gazing at Swami's photo, the wooden door few feet to the right of Swami's chair, suddenly opened and there was our dear Swami in His subtle form. What I experienced that moment was ethereal. I cried my heart out to Swami overwhelmed by the feeling as that of a child who finds his mother back. Swami embraced me with the love of a thousand mothers, and allowed me to express myself. As I composed myself, Swami spoke to me and told me to continue God's work by helping build schools in Australia. Swami also added that he would send people to help me in this work. It was simply beyond my imagination to experience Swami talking to us as before, now in the subtle form. I was happy to follow whatever His command.

On the 18 November 2014 precisely, I had a strong inner prompting to attend Swami's 89th birthday celebrations at Muddenahalli. When we arrived at Muddenahalli on 21 November, I was told about an interview that Swami will be giving to overseas guests. Swami spoke to all of us at Sai Anandam. It was such a wonderful Divine play, wherein the Divine was still guiding and leading in the subtle form. The Australian group again



My Inner Journey

Mr Ramon Quek

Journey to Divinity – From Love to Love

got an interview on 26 November. Swami spoke about the school that needs to come up and said he would visit Australia on 28 December 2014.

Swami personally guided me about my meditation and said that once I go deeper into my meditation, I would see more visions and messages. I offered my house to Swami as His home in Perth, which Swami visited on 03 May 2019. At the beginning of 2021, our Lord guided us to make an application to establish a free values-based school in Perth. We formed a team to prepare the application to the Department of Education and in March 2020, the Minister of Education approved our application. The school planning committee began preparations to procure the land and build the school. When we met Swami at Laos in October 2023, He advised us to reach out to many Australian people regarding this good cause.

Ever since our beloved Swami in the subtle form guided us into His fold to continue our spiritual journey, we are always busy in His Mission, following Him within and without. Swami is on a mission to guide us back to our real home, which is our True Self, by following His footprints of Selfless Love and Selfless Service.

Ultimately, it is about the soul's journey, like a river flowing through obstacles to eventually merge into the ocean of Divinity. This is the story of an adventurous little individual soul, taking birth at these troubled times, following His Master's footsteps and finding his way back to the Source.



Lessons For Life

How to face obstacles caused by others?

Life is a game. In a game, you have to have an opposition team. If you were to play football, and there is no goal keeper in the opposite team and you keep scoring goals, then how would you be called a winner? The design of life itself is such that you will have people creating obstacles in your life. Situations could be unfavourable and sometimes even difficult. Through all of that, you have to find your way to achieve the success that you have set out to achieve.

Accept as it is

Firstly, accept that this is how the world is. Do not expect a smooth ride without any obstacles or problems. Get rid of this false expectation from the world. Just by accepting the ways of the world, half of your problems will get solved.

Analyse and be patient

Every time you face a challenging situation, just think about whether you can change the situation or the person. If you cannot do anything, simply learn to have the patience to accept the situation. Many times, you may not be able to score the goal despite your best efforts, because the opposition team could be stronger.

Pray and surrender

If you find people who are creating problems for you or being difficult with you, just pray –

'Oh God, give me the ability to change what I can and give me acceptance for the change that I cannot make. And finally, give me the wisdom to know what I can change, and what I cannot and help me deal with the situation'.

Rely on your Intuition

Your intuition will help you find your way. It is the best way to solve your problems because it is guidance from the Divine source. But for many of us, it could be difficult because of our mind and intelligence that comes on the way of our intuition. Develop the connect with your intuition and wherever you believe you can make a change, go ahead and put efforts to remove the obstacles.

Move on, Never Stop

Be like the river that will find its way around and continue to flow to the ocean, without stopping its journey, no matter the obstacles in between. Never give up by saying that you cannot do it anymore. A mountain on the way wouldn't deter determination of the river—even if it cannot move the mountain, it will find its way around the mountain. The route could be a little longer, but it never complains, and keeps flowing happily towards its goal. Similarly, setbacks and difficulties are opportunities to train ourselves to accept and keep moving on.



