



vasudhaiva
kutumbakam

MONTHLY GLOBAL NEWSLETTER



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Message from *Sadguru Sri Madhusudan Sai*

‘What’s Next?’

96th Birthday Celebrations hold a special significance to all followers of Bhagawan Sri Sathya Sai Baba. The incarnation of Love gave Himself away so very selflessly to all those who needed Him without withholding any bit of Himself for His own sake. Every second, every minute, every hour, every day, every week, every month, every year and every decade of His earthly existence was spent only for others, and so His life became His message to the world.

In a surprising turn of events, a decade ago, this very charming persona of love-incarnate decided to disappear behind the curtains only to continue directing the Divine play with greater vigour. The last ten years have been the most significant chapters in the story of God and Man that inspired and encouraged many more to walk the Godward path in His footsteps of love and service. Unprecedented projects of social relevance worldwide and a never-before-rise in the consciousness of His followers marked the golden decade between the 86th and the 96th birthdays of Bhagawan Baba.

Now that we have celebrated the 96th anniversary of the advent, the obvious question is ‘what next?’ And the answer to each of His followers is that His message must now be our life, we must learn to live the way He did, selflessly, and in that we shall celebrate His presence not on a particular date of the year, but every day.

And to the more intriguing question as to ‘who next’, the answer is ‘you’ next. Yes, it’s each one of us, who prided ourselves to be His followers. The only true tribute to the Master is when each one of us master our own selves and live every moment in His true image of nameless and formless Divinity.

As we turn the next leaf of the book of time, where one story ends and another begins, be rest assured that we are in for the most glorious times of our lives, when we shall serve together, walk together, reach together and merge together into ‘One’.



At the Forefront

November 17 – 23, 2021 – 96th Birthday Celebrations Of Bhagawan Sri Sathya Sai Baba, Sathya Sai Grama, Muddenahalli

The Coming Together of Healing, Health, Youth, and Celebrations through Music, Medical, Youth Conferences, and the Sri Sathya Sai Award For Human Excellence

(Brought to you by Sri Sathya Sai University for Human Excellence)

Sri Sathya Sai University for Human Excellence celebrated the 96th Birthday Celebrations of Bhagawan Sri Sathya Sai Baba in a grand scale at Sathya Sai Grama, Muddenahalli from the 17 November 2021 to 23 November 2021. **Bharath Sangeeta Sammelan** was held on 17 and 18 November 2021 to deliberate on the healing effects of music and to approach music as an art beyond entertainment. **World Youth Meet** was held on 19 and 20 November 2021 on the theme, **‘The Pandemic Lessons –**



Inauguration of the Bharath Sangeeta Sammelan 2021

Within and Without,’ to conduct an open forum for youth from across the globe to share their experiences, challenges, and learnings during the pandemic. **International Conference on the Future of Medical Education** was held on 21 and 22 November 2021 to discuss **‘Post-Pandemic Reforms in Medical Education.’** 23 November 2021 witnessed the grand birthday celebrations of Bhagawan Sri Sathya Sai Baba in the morning and the Sri Sathya Sai Award for Human Excellence in the evening on the theme, **‘Celebrating the COVID Warriors of India’**, wherein seven individuals from across the length and breadth of India, were awarded for their unprecedented actions of love and service for humanity, and for their courage to tread the path of selflessness, in the thick of all odds.



Technical Session 1

November 17 – 18, 2021 – Bharath Sangeeta Sammelan

Music heals! Music is a gift to humanity, for it has emerged from the source of the Supreme God Head Himself – the *nāda brahman*. Thus, music carries in its womb the qualities of *satyam, śivam, sundaram* – truth, auspiciousness, and beauty. And no matter how much its content and depth is diluted by the eccentricities of time, yet its core remains unperturbed and thus, there is hope—the hope of reviving it back to its true glory!

The Bharath Sangeeta Sammelan 2021 presented by the Sri Sathya Sai University for Human Excellence on November 17-18, 2021, was aimed to play at the heart strings of one and all through Indian classical music, which has the power to heal and unite the world by transcending the boundaries of superficial existence, and journey into the realms of supreme oneness. Post pandemic, this was the first Conference where musicians of different genres, styles and *guru*

pārampara converged together as one family, to discuss the healing effects of Indian classical music, which is the back bone of our Indian culture. The *sammelan* served as a platform to discuss why classical music should be promoted, protected and taught to the next generation.

Objectives of the *sammelan*:

1. Healing effects of Indian classical music, especially in the context of the pandemic when mental and emotional health is paramount to keep the balance within, inspite of the imbalance without.
2. Generating interest and appreciation towards Indian classical music in the hearts of the younger generation to preserve it for posterity.



WORLD YOUTH MEET 2021

THE PANDEMIC LESSONS
- WITHIN AND WITHOUT



Sri Vikku Vinayakram and Troupe

At the Forefront

About 16 Speakers and four Session Chairs – a melange of musicians, musicologists, music therapists, instrumentalists, child and adolescent psychologists, ayurvedic and yoga scholars came from all over the Country to participate and share their deep insights about Indian classical music, its connection with the overall well-being of a person, its healing effects and the ways to revive its glory and make it appealing for the younger generation. The Speakers deliberated on the following topics as four sessions over the two days:

1. The Therapy of Music
2. The Magic of Music
3. Music – An Art Beyond Entertainment
4. Revive Indian Classical Music to Restore Indian Culture

Session Chairs:

1. Dr V Krishna, Mrudangam Vidwan
2. Dr Suma Sudhindra, Veena Artiste
3. Vidwan Anoor R Anantha Krishna Sharma, Mrudangam Artiste
4. Dr Mala Swamy, Carnatic Vocalist

Speakers:

1. **Dr T V Manikandan**
Musicologist and Music Therapist
Faculty, Music and Fine Arts, Department of Music, University of Delhi
2. **Vidwan Mysore A Chandan Kumar**
Flautist
3. **Dr Vinaya**
Vocalist, Naturopathic Doctor and Music Therapist
4. **Dr Poornima K Murthy**
Ayurvedic and Yoga Scholar
Director and Chief Consultant, Prajna Kuteera Ayurveda Centre, Mysore
5. **Vidushi Meenakshi Ravi**
Music Therapist
Executive Director, Meera Centre for Music Therapy, Education and Research, Manollasini Trust, Bengaluru
6. **Pandit Ronu Majumdar**
Flautist
7. **Dr Geetha R Bhat**
Child and Adolescent Psychologist, Veena and Carnatic Vocalist, Music Therapist

8. **Vidwan N G Ravi**
Mrudangam Artiste
9. **Vidushi Vani Sateesh**
Carnatic Vocalist
10. **Vidwan H K Venkatram**
Violinist
11. **Vidwan H S Sudhindra**
Mrudangam Artiste
Founder Trustee and Principal,
Suswaralaya College of Music, Bengaluru
12. **Bangalore Brothers (Mr Hariharan M B and Mr Ashok S)**
Carnatic Vocalists and Mrudangam Artistes
13. **Dr Vellore A R Srinivasan**
Carnatic Vocalist and Percussionist
Registrar, Sri Balaji Vidyapeeth,
Pondicherry
14. **Dr Shubha Madhusudhan**
Clinical Psychologist
15. **Vidwan Guru Prasanna G**
Kanjira Artiste
16. **Professor V Aravinda Hebbar**
Founder-Secretary, Raga Dhana, Udupi



Jugalbandi concert by Dr Mysore Manjunath (violinist), Pandit Ronu Majumdar (flautist), Padma Vibhushan Awardee Dr Umayalpuram K Sivaraman (mrudangam) and Pandit Ramkumar Mishra (tabla)

The inaugural event witnessed the presence of legendary musicians in the Divine presence of Sadguru Sri Madhusudan Sai, Founder of Sri Sathya Sai University for Human Excellence accompanied by Mr B N Narasimha Murthy, Chancellor of Sri Sathya Sai University for Human Excellence; and Dr Srikanta Murthy, Vice-Chancellor of Sri Sathya Sai University for Human Excellence. Dignitaries included - Ganakalabhushana Vidwan Dr R K Padmanabha, veteran carnatic vocalist and nadopasaka; Sangeet Natak Akademi Awardee and world-renowned flautist, Pandit Ronu Majumdar; and Violin Maestro, Dr Mysore Manjunath.

Ganakalabhushana Vidwan Dr R K Padmanabha in his keynote address said, “Unless we have spirituality in our music, unless we are spiritual, our music is dry, it is commercial and will not touch the heart of the Almighty.” He started his enlightening talk with a newly composed song on Sri Sathya Sai Baba, and expressed his good fortune of being able to attend such a meaningful and insightful sammelan.

Coming together of Six Music Legends



Technical Session 2





Technical Session 3



Technical Session 4

Chief Guest of the inaugural session was Pandit Ronu Majumdar, who eloquently shared his passion for music which he has been pursuing since he was a little boy. He said, *“Music is the shortest path to reach the Almighty, or ultimate happiness, or God – whatever you call him. vasudhaiva kutumbakam can be possible only through music.”*

During the valedictory function of the sammelan, several well-known stalwarts of Indian Classical music were felicitated and honoured with the **Sri Sathya Sai Sangeeta Shiromani Award**. Legends who were honoured were – Mrudangam Vidwan and Padma Vibhushan Awardee, Dr Umayalpuram K Sivaraman; Hindustani Vocalist and Padma Vibhushan Awardee, Pandit Chhannulal Mishra; Ghatam Vidwan and Padma Bhushan Awardee, Sri Vikku Vinayakram; Carnatic Vocalist, Ganakalabhushana Vidwan Dr R K Padmanabha; Mrudangam Vidwan and Padma Shri Awardee, Dr Yella Venkateshwara Rao and world-renowned flautist Pandit Ronu Majumdar.

Hindustani Vocalist, Pandit Chhannulal Mishra addressed the students of the Sri Sathya Sai University for Human Excellence and Sri Sathya Sai Loka Seva Gurukulam Group of Institutions by saying, *“Keep doing your work but keep your mind on God. We all sing, but we never consider why the seven notes have been created – they were created by God as a gift to spread joy and happiness to all.”*

As the main co-ordinator of the sammelan, Dr Mysore Manjunath expressed, *“All the artists who have come here have voiced in unison that this has been an immensely musically and spiritually charged event, which has been probably one of the most memorable events in the history of Indian Classical music. This happens to be the first ever music sammelan of this stature, ever taking place. Music is not only respected here; it is not only worshipped here, but in this place, music is celebrated!”*

In the words of Sadguru Sri Madhusudan Sai:

“nāda brahman, says our scriptures. Sound is divine or ‘parameshī’, as it is called. And while the seven notes of music have been inspired by various sounds in creation or ‘sṛṣṭi’, it is the singular privilege of humans or ‘vyaṣṭi’ to sing and play music. The music that comes from parameshī to sṛṣṭi to vyaṣṭi must take all of us – samaṣṭi back to divinity. Indian classical music that originated in the sāmaveda and evolved into its current form over centuries has been designed to do just that.

To practise, promote and propagate this rich cultural and spiritual Indian music tradition is the purpose of establishing the Department of Music and Performing Arts at the Sri Sathya Sai University for Human Excellence, so that the paramparā of the divine knowledge of music is seamlessly passed on from the masters to the seekers. Only human beings, among all the creatures created by God, can sing. If you gain interest in music and then also obtain the company of such great musicians, there is no greater fortune. Many of the students come from rural backgrounds and do not have such exposure to classical music – we must make an effort to take Indian Classical music to the doorstep of each and every child.”

The evenings were filled with musical extravaganza of legendary performers such as Padma Bhushan Awardee Sri Vikku Vinayakram and troupe, and a special jugalbandi concert by Dr Mysore Manjunath (violinist), Pandit Ronu Majumdar (flautist), Padma Vibhushan Awardee Dr Umayalpuram K Sivaraman (mrudangam) and Pandit Ramkumar Mishra (tabla).

Legendary Musicians Felicitated With Sri Sathya Sai Sangeeta Shiromani Award



Dr Umayalpuram K Sivaraman



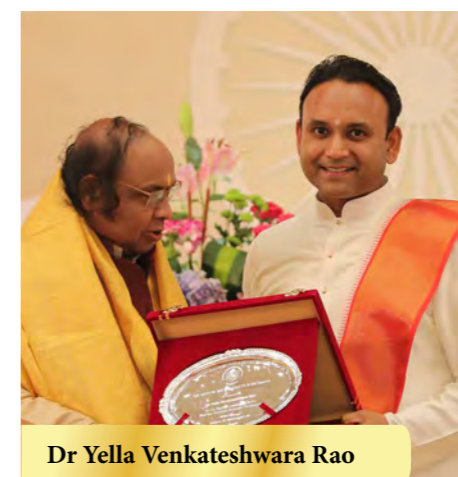
Pandit Chhannulal Mishra



Sri Vikku Vinayakram



Dr R K Padmanabha



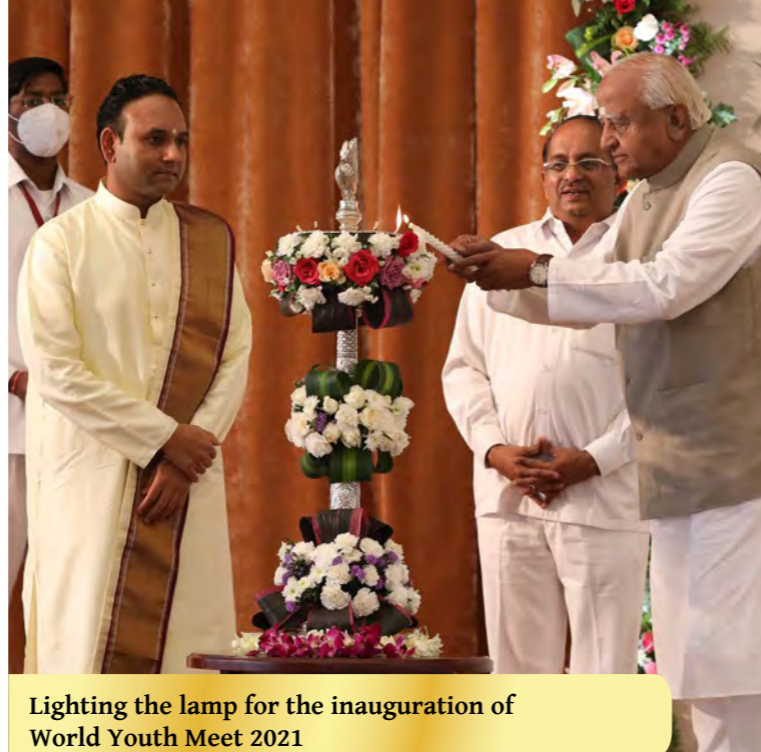
Dr Yella Venkateshwara Rao



Pandit Ronu Majumdar

At the Forefront

November 19 – 20, 2021
– World Youth Meet



Lighting the lamp for the inauguration of World Youth Meet 2021

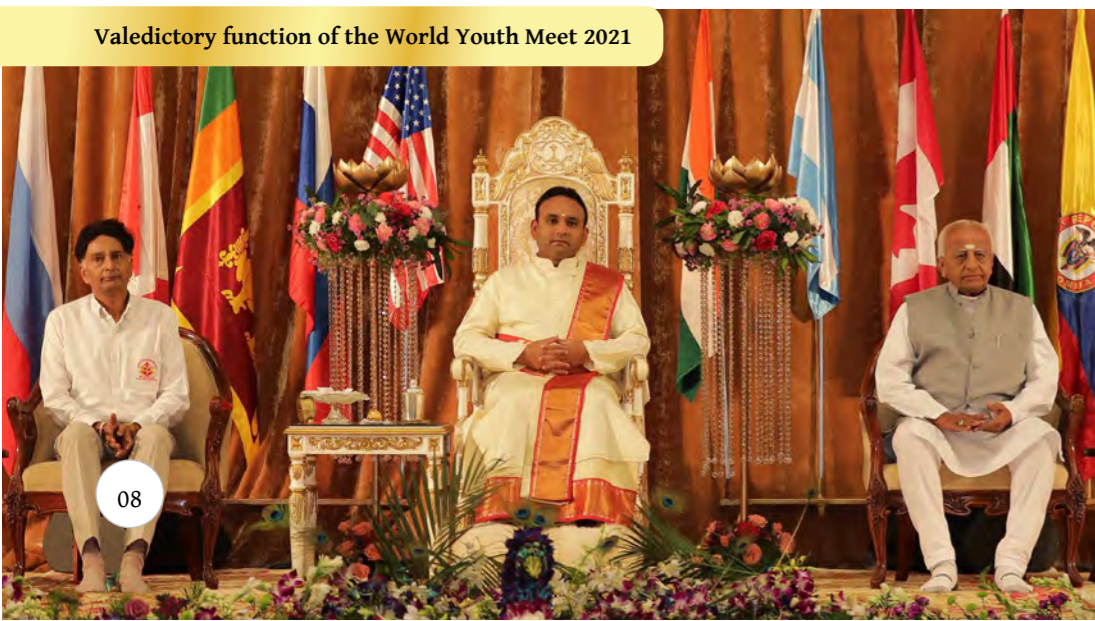
The vitality of youth is as powerful as all the forces of nature put together. If their strengths can be channelised, the world, its structure and functions will find its natural recourse too. In the vice-like grip of the pandemic that lasted for more than two years now, the youth had to be weaned off some of their inevitabilities—be it their social circles, their newest fashion, their academic grounds, their entertainment and other means of their energy boosters and energy consumers.

Thus, the unexpected and intractable pandemic had its most conspicuous yet subtle effect on the youth in more than one way. This World Youth Meet 2021 extrapolated the theme – **The Pandemic Lessons – Within and Without**. The Meet conducted an open forum that encouraged youth from across the world to lay bare their

souls about their experiences, challenges, and learnings during the pandemic, with an intention to carefully draw out their inner world in conjunction with the outer world, and thus brought about an extensive sharing of viewpoints from which each learnt from the other. After all, it was necessary that we took stock and evaluated ourselves and the larger world we live in, only to make ourselves and our world better each passing day!

The two-day meet had about 22 youth from all over the globe, speak at the event. Due to the COVID restrictions, only three of them could be present at the event and the rest joined virtually. Day 1 and Day 2 of the Youth Meet were divided between youth from Region 1, 2, 3 & 4, to share their experiences. They spoke about the lessons they had learnt during the tough period of the COVID Pandemic and elucidated on how their perspectives had drastically changed in the last one and a half years.

Valedictory function of the World Youth Meet 2021



Tej Anand and Dr Manoj Bharadwaj addressing during the World Youth Meet

Region 1 Youth: Brother Sriraag spoke about the importance of consistency in maintaining diligent spiritual *sādhana* in order to remain mentally peaceful and experience inner bliss. Sister Nadya from Japan recollected how she had understood that service takes on a new meaning and purpose when done with the aim of realising divinity. Brother Arjun representing Indonesia reminded all the youth to trust and surrender to God because ultimately it is His Will. Hailing from Malaysia, Sister Pavithra elaborated on how she had learnt that true happiness lies within and surrender is the key to realising our innate divinity. Brother Saravanan from Singapore described his learning by saying that, attaching oneself to the Divine is the only way to extinguish fear and develop courage.

Region 2 Youth: Gayathri from Dubai reminded everyone how all obstacles in life are according to God's will and therefore are opportunities for learning. Also from Dubai, Brother Abhinav shared how he had understood that the true essence and beauty of life lies in pursuing one's own divinity and not the transient distractions of the world which only offer temporary happiness. Sister Komal representing Nigeria stated that the pandemic has taught her that time is the best gift given to us and we must use it in a constructive way to realise our true selves. Brother Idris, also from Nigeria, emphasised the importance of practising gratitude.

Region 3 Youth: Dr Branimir Gonan explained how the pandemic had led to a journey within. Sister Alessandra from Italy shared that the pandemic had resulted in her delving deeply into the *upaniṣads* and thus gaining a greater clarity on the true purpose of life. Following the tenet of 'Service to Man is Service to God', Brother Marios from Greece accentuated the importance of service and how during the pandemic period, service became more important than ever before. Sister Malika from Kazakhstan spoke about how turning inwards during the pandemic has taught her appreciation and detachment as the key to happiness. Brother Sevdogan who hails from Switzerland shared how he had learnt to see the Divine in all those that he served. Speaking about motherhood during the pandemic, Sister Jaanvie from the Netherlands elaborated on her understanding of empathy and the importance of being able to relate to other people's situations and circumstances. Brother Orçun from Turkey explained how he had learnt to offer himself fully in the service of others without any judgement. Sister Uma from the UK shared that with her studies having been interrupted by the pandemic, the uncertainty of life had led her to gain a better understanding of surrender and acceptance.



At the Forefront

November 19 – 20, 2021
– World Youth Meet



Sai Symphony Orchestra

Region 4 Youth: Sister Sai Jyothi Figueroa from Argentina, who has been a resident at Sathya Sai Grama for the last one year, shared her journey through the difficulties of being away from her family. She explained how the circumstances of the pandemic had led her to realise that spirituality is the only way to true and eternal happiness in difficult times and situations. Brother Jose Maria Taborda spoke about how the pandemic had taught him to appreciate the good in everything and all situations and thus he was able to understand things from a new perspective. Sister Sujaya Bhat representing Canada elaborated on how she took up the practice of meditation more seriously during the pandemic and how it helped her reduce judgement while engaging in *sevā* and to serve without inhibition. Dr Manoj Bharadwaj from the USA elaborated on his journey in understanding that true peace and happiness can only come from within oneself. Dr Rashmi from the USA spoke about how everything depends on our perception and that acceptance, detachment and surrender are the key virtues one must develop.

The highlight of the meet was the question and answer session with Sadguru Sri Madhusudan Sai and He lovingly answered many questions sent by youth from all over the world. He emphasised the importance of utilising one's strength and energy towards realising one's own divinity, as it is a great good fortune to have a guru who is ready to guide us in every step of the way.

Thus the World Youth Meet concluded, leaving everyone enriched with a plethora of lessons and learnings to ponder upon and contemplate.

Sadguru Sri Madhusudan Sai in His discourse said: "Houses are not families, properties are not families. It's the people who make a family. A nation is not the geographical boundaries, government, weather, etc., it is the people who make the nation. Likewise, this world is not just a planet made of five elements which revolves around the sun, but it is the people who make this world. If the whole world has to be happy, then all the people must be happy. And if people are sad, that's when the whole world is sad. In India, we always believe that one cannot be happy all by himself/herself, as we all are interconnected, interdependent, both in happiness and sorrow. The pandemic made people a little sensitive to this idea—our well-being lies in the well-being of everyone.

This pandemic has taught us a great lesson in humility—in front of the great Divine power of nature, we are nothing. It has taught us to be sensitive to each other's pain and suffering, because everybody was equal and prone to the pandemic—be it rich or poor, wise or ignorant, rustic or a dweller in the city. Every adversity of man is God's opportunity, to teach something to man. On the same note, this Youth Meet was thought of and arranged, to understand and contemplate on the lessons that God has tried to teach us through this adversity called pandemic. These lessons are for life.

Youth of today who populate 50% of this planet are going to be the majority of the population tomorrow. These people have to remember these lessons and never forget for their life times and pass it on to the next generation to depend on the Divine within. The world does not need rich, intelligent, powerful people. It has enough of that

*and more. It just needs good people, who live only to do good work, selfless work, who can perform selfless acts of help without any conditions. If you become good children, good youth, good devotees, good citizens of this planet, let me assure you, there is no need to look anything beyond it. This place becomes very heavens. This is *jīvanmukti* (liberation of a person from future births), *mokṣa* (salvation), this is the ultimate *gati* (realisation). 'GOD' is in the word 'GOOD'."*

A scintillating performance was offered by the Sai Symphony Orchestra which comprises of students from the Sri Sathya Sai Loka Seva Gurukulam Group of Institutions on the evening of November 19. Ninety six instruments glittered in the hands of the students as they presented a bouquet of different genres of music from around the world like Jazz, Rock, Greek, Classical, etc. Dance recital by students from Kalakshetra Foundation, Chennai on the November 20th evening, swept everyone off their feet by inculcating in all, a sense of awe and veneration for the art of dance.

Ms Revathi Ramachandran, Director of Kalakshetra Foundation, Chennai along with the performers, in the presence of Sadguru Sri Madhusudan Sai



November 21 – 22, 2021 – International Conference On The Future Of Medical Education

The ongoing COVID-19 pandemic has revealed a critical need for reforms in the current medical education system with the primary objective of providing affordable, accessible, comprehensive, compassionate, and culturally sensitive healthcare to all, especially to underserved populations. This International Conference on the Future of Medical Education brought together the leading experts in medical education from different countries to share ideas and develop programmes that can facilitate the much-needed national and international reforms in the format, scope, structure, funding, evaluation, and access to medical education and postgraduate training.

The two-day International Conference on the Future of Medical Education was hosted by the Sri Sathya Sai University for Human

Inauguration of the International Conference on the Future of Medical Education

Excellence in conjunction with medical experts from Stanford University School of Medicine in California, USA and was inaugurated in the presence of Sadguru Sri Madhusudan Sai, Founder of Sri Sathya Sai University for Human Excellence; Dr Kanwaljeet Sunny Anand, Professor of Paediatrics, Anaesthesiology, Perioperative and Pain Medicine at Stanford School of Medicine, USA; Padma Shri Awardee and Founder-Chairman of Pallium India, Dr M R Rajagopal; Padma Shri Awardee and President of the Medical Assessment and Rating Board, Dr B N Gangadhar; World Health Organisation Officer for Traditional, Complementary and Integrative Medicine, Dr G Geetha Krishnan; Former Vice-Chancellor of Rajiv Gandhi University of Health Sciences, Dr S Sacchidanand; Chairman of Sri Sathya Sai Health and Education Trust, Mr C Sreenivas; Chancellor of Sri Sathya Sai University for Human Excellence, Mr B N Narasimha Murthy; and Vice-Chancellor of Sri Sathya Sai University for Human Excellence, Dr Srikanta Murthy.

Technical Session 1 – From left to right: Dr Namita Bali, Dr Satish Babu, Dr B N Gangadhar, Dr Kanwaljeet Sunny Anand

The Conference was attended by over 745 registrants. About 21 Speakers and seven Session Chairs that included physicians, surgeons, educators, specialists or general medical practitioners, researchers, health policy experts, medical school administrators, and allied health professionals—participated from all over the globe to share their insights on the following topics as four technical sessions over the two days:

1. **Undergraduate Medical Education and Training**
2. **Postgraduate Medical Training and Research**
3. **Integrative Medical Education and Training**
4. **Social Aspects of Medical Education and Training**

Technical Session 2 – From left to right: Dr Solomon Chellai, Dr Saritha Purushothaman, Dr Shaun P Setty, Dr S Sacchidanand

Session Chairs:

1. **Dr Hiramalini Seshadri, MD**
Department of Rheumatology, Sri Sathya Sai Sarla Memorial Hospital, India
2. **Dr Jorge Luis Berra, MD**
Director of Fundacion de Salud Ayurveda Prema, Argentina
3. **Dr Namita Bali, MD, FRCOG**
Department of Obstetrics and Gynaecology, Sri Sathya Sai Sarla Memorial Hospital, India
4. **Professor Navakanta Bhat, Ph.D.**
Dean, Division of Interdisciplinary Sciences
Professor, Centre for Nano Science and Engineering
5. **Dr Saritha Purushothaman, MD, DCH, MRCPCH**
Department of Paediatrics, Sri Sathya Sai Sarla Memorial Hospital, India
6. **Dr Satish Babu, MD, MRCP, CCST**
Head of Department of Endocrinology, SPARSH Hospitals, India
7. **Dr Shaun P Setty, MD**
Head of Department of Cardiac Surgery, Miller Children's and Women's Hospital and the Long Beach Memorial Medical Center, California, USA

Inaugural function of ICFME - From left to right: Mr C Sreenivas, Dr S Sacchidanand, Dr Kanwaljeet Sunny Anand, Sadguru Sri Madhusudan Sai, Dr B N Gangadhar, Dr G Geetha Krishnan, Mr B N Narasimha Murthy, Dr Srikanta Murthy

INTERNATIONAL CONFERENCE ON THE FUTURE OF MEDICAL EDUCATION

Technical Session 3 – From left to right: Dr Seema Malhotra, Dr Jorge Luis Berra, Dr G Geetha Krishnan, Dr Kanwaljeet Sunny Anand

Technical Session 4 – From left to right: Dr Prithika Chary, Dr Hiramalini Seshadri, Professor Navakanta Bhat, Dr Pawanindra Lal, Dr Satish Babu



Valedictory function of ICFME – From left to right: Mr C Sreenivas, Dr B S Garg, Mr P L Tapadiya, Sadguru Sri Madhusudan Sai, Dr K Sudhakar, Mr B N Narasimha Murthy, Dr Kanwaljeet Sunny Anand, Dr Srikanta Murthy

Speakers:

1. **Dr Bipin Nair, PhD**
Professor, School of Biotechnology
Dean, Faculty of Science, Amrita
University, India
2. **Padma Shri Awardee Dr B N Gangadhar,**
MD, D.Sc., FAMS, FACS
President, Medical Assessment and
Rating Board, National Medical
Commission, New Delhi, India
3. **Dr Geetha Krishnan Gopalakrishna Pillai,**
BAMS, MD
Technical Officer for the Traditional,
Complementary and Integrative
Medicine (TCIM) Unit, WHO, Geneva
4. **Professor Kesavan Esuvaranathan, MD,**
FAMS, FRCS, FRCS
Senior Consultant and Professor of
Surgery, Department of Urology,
National University of Singapore (NUS)
5. **Dr Lars Osterberg, MD, MPH**
Professor of Medicine, Stanford University
School of Medicine
Co-Director, Stanford School of Medicine
Teaching and Mentoring Academy, USA
6. **Padma Shri Awardee Dr H R Nagendra,**
ME, Ph.D.
Chancellor, Swami Vivekananda Yoga
Anusandhana Samsthana (S-VYASA), India
7. **Dr Nandini Tandon, BA, Ph.D.**
Co-Founder and CEO of IndUS Setu Global
Foundation, USA
8. **Dr Nitin Gangane, MBBS, MD**
Dean, Mahatma Gandhi Institute of
Medical Sciences (MGIMS), Sevagram,
India
9. **Dr Pawanindra Lal, MS, DNB, FIMSA, FCLS,**
FRCS, FACS, FAMS
Executive Director and CEO, National
Board of Examinations in Medical
Sciences, New Delhi, India

10. **Dr Prithika Chary, MD, DM, Ph.D.,**
MNAMS, MCh
Senior Consultant Neurologist and
Neurosurgeon, Kauvery Hospital,
Chennai, India
11. **Dr Raj Shah, MD**
Associate Professor of Clinical Medicine
at Temple University and Drexel
University;
President and CEO, SmartCareDoc,
Philadelphia, USA
12. **Padma Shri Awardee Dr M R Rajagopal,**
MD
Founder-Chairman of Pallium India,
Kerala, India
13. **Vaidya Rajesh Kotecha, MD**
Secretary, Ministry of AYUSH, New
Delhi, Government of India
14. **Dr M K Ramesh, MBBS, MS**
President, Postgraduate Medical
Education Board, National Medical
Commission, New Delhi, India
15. **Vaidya Dr P Rammanohar, BAMS, MD**
Research Director, Amrita School of
Ayurveda, India
16. **Dr Seema Malhotra, BSc (Hons), D.HOM.**
Co-Director of Advanced Postgraduate
Course in Homeopathy, Allen College of
Homeopathy, UK
17. **Dr Solomon Chellai, MBBS, MD**
Former Physician and Medical
Superintendent, CSI Basel Mission
Hospital, Gadag-Betageri, Karnataka,
India
18. **Dr Teresa Cutts, Ph.D.**
Research Assistant Professor and
Faculty, Wake Forest University School
of Medicine, North Carolina, USA
19. **Dr Vinod K Paul, MD, Ph.D., FAMS,**
FNASc. FASc.
Member, Niti Aayog ; Former Head,
Department of Paediatrics, AIIMS, New
Delhi, India
20. **Dr (Col) Vishal Marwaha, MBBS, MD**
Principal, Amrita University School of
Medicine (AUSM), Kochi, India
21. **Dr William W Pinsky, MD, FAAP, FACC**
President and Chief Executive Officer,
Educational Commission for Foreign
Medical Graduates (ECFMG); Chair,
Board of Trustees, FAIMER Foundation

Felicitation of Dr K Sudhakar, Hon'ble Minister of Medical Education, Health and Family Welfare, Government of Karnataka





'Chiranjeevi Bhava' – Presented to children



'Chiranjeevi Bhava' – Presented to children



Fusion Music Concert by Mandolin U Rajesh and Mr Dimitris Lambrianos accompanied by artistes and students on instruments like grand piano, harp, bouzouki, bass guitar, contrabass, drums, tabla, mridangam



Exchange of MOU between Sri Sathya Sai University for Human Excellence and Mahatma Gandhi Institute of Medical Sciences, Wardha

The inaugural event began with a welcome address by Mr C Sreenivas, who is at the helm of affairs of the Sri Sathya Sai Sanjeevani Centres for Child Heart Care across three States in India – Chhattisgarh, Atal Nagar Nava Raipur; Haryana, Palwal; and Maharashtra, Kharghar. He explained how the World Health Organisation advocates not only cure and prevention but also promotion of wellness and well-being, which has been the aim of the Sri Sathya Sai Sanjeevani Chain of Child Heart Care Hospitals.

Dr MR Rajagopal in his Keynote Address remarked that the need of the hour is to transform the healthcare system in the Country and it is in the hands of medical students who can be potential change-makers who can implement this change.

The second day of the Conference witnessed the presence of numerous dignitaries including, Dr K Sunny Anand – Professor of Paediatrics, Anaesthesiology, Perioperative and Pain Medicine at Stanford University School of Medicine, USA; Mr P L Tapadiya – Vice President, Kasturba Health Society, Sevagram; and Dr B S Garg – Director, Professor in the Department of Community Medicine and Director of Dr Sushila Nayar School of Public Health, MGIMS, Sevagram.

Chiranjeevi Bhava – The Gift of Life

The two-day Conference celebrated its valedictory event in the most appropriate manner by celebrating **Chiranjeevi Bhava** – 'gifting lives' to 23 children who suffered cardiac defects. These 23 children in the age of 6 months to 12 years from various districts of Karnataka and North India, were identified with congenital heart defects during the health screening that was conducted by the Divine Mother and Child Health Program, and have been successfully operated at the Sri Sathya Sai Sarla Memorial Hospital at Sathya Sai Grama, Muddenahalli in the Chikkaballapur district of Karnataka. For the first time in the history of Chikkaballapur district, the Sri Sathya Sai Sarla Memorial Hospital, a multi-speciality hospital fully equipped with high-end facilities, hosted a team of surgeons to perform 23 paediatric cardiac surgeries over the last eight days.

Abhishek, one of the beneficiaries of the free paediatric cardiac treatment at the Sri Sathya Sai Sanjeevani Centre for Child Heart Care spoke thus: *"This mission of service gave me a new lease of life. I am currently studying at the Sri Sathya Sai Loka Seva Gurukulam Group of Institutions and I will give life to a 1000 more children when I grow. I want to serve in this mission of service."*

Dr K Sunny Anand spoke from his heart about the magic of compassionate healthcare when he said, *"In medicine, during the process of attending to patients, the doctor and patient disappears. Only care, love and compassion remains! There is no feeling of having done something."*

Dr K Sudhakar – Minister of Medical Education, Health and Family Welfare of Karnataka joined the valedictory function along with the other dignitaries. He remarked, *"Today, Sadguru Sri Madhusudan Sai has done what the Government is not able to do. This is no joke – to conduct free heart surgeries! This mission is the only one that offers free healthcare. To me, this is nothing less than a miracle. The Government has to learn from this mission and replicate the Sai's model. Children with congenital heart defects generally succumb to their struggle and die within a year of birth. This mission of service has reached out to such children, especially the ones below poverty line, and provided free services across three paediatric cardiac care hospitals in the last few years."*

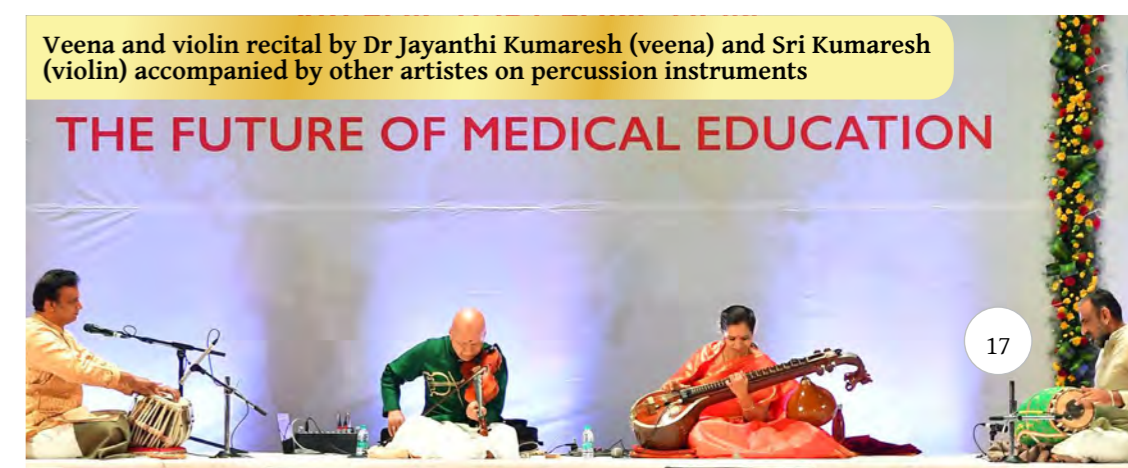
Sri Sathya Sai University for Human Excellence and the Mahatma Gandhi Institute of Medical Sciences, Wardha exchanged a MOU to facilitate knowledge sharing, diversify research, enrich academia, continue education programmes and joint tertiary care programmes.

Sadguru Sri Madhusudan Sai elucidated the true essence of healthcare by saying: *"The most important part of medical education should be to teach our doctors, nurses and paramedics to become better human beings with compassion at the core. It cannot just be a commercial transaction between a patient and*

a doctor. The only way to make healthcare universally accessible, is by providing health education to all, thereby making it easier to study medicine. Many students who have completed MBBS, have difficulty in obtaining a seat for Postgraduate studies. Therefore, the Diplomate of National Board (DNB) is doing a wonderful work in providing accreditation to numerous hospitals which are not necessarily medical colleges but are capable of training and teaching. This will help a lot of students. This Conference is a path-breaking event which will change the course of history, especially in health-care delivery systems.

Dr K Sudhakar asked me how it is possible to carry out this mission of service, completely free of charges for all. My only answer is – Love does it all! Love is enough to solve all the problems of the world. Love has all the power. Love will guide the steps – how, when, where, and why. We must choose to love people unselfishly. Moreover, we have the most committed team of doctors, nurses, and paramedics for whom only the child is important. In our hospital, patient is God! This makes everything happen. 23 free paediatric cardiac surgeries have been done to celebrate the 96th Birthday Celebrations of Sri Sathya Sai Baba on 23 November 2021, and this gives me utmost satisfaction."

The November 21st and 22nd evenings transported all the participants to another plane of divine joy by the sounds of the mandolin, the veena, and the violin. A fusion music concert by Mandolin U Rajesh and Mr Dimitris Lambrianos; and Carnatic Classical Instrumental Music by Dr Jayanthi Kumaresh (veena) and Sri Kumaresh (violin) were a befitting treat to the health of all, much beyond their physical existence.



Veena and violin recital by Dr Jayanthi Kumaresh (veena) and Sri Kumaresh (violin) accompanied by other artistes on percussion instruments

THE FUTURE OF MEDICAL EDUCATION

At the Forefront



**‘Bharath Rashtra
Nirman Vidyarthi Nidhi’**
(NATIONAL SCHOLARSHIP SCHEME)

November 23, 2021 – Launch Of ‘Bharath Rashtra Nirman Vidyarthi Nidhi’

To commemorate the 96th year of the advent of Bhagawan Sri Sathya Sai Baba, Sadguru Sri Madhusudan Sai launched a scholarship scheme, **‘BHARATH RASHTRA NIRMAN VIDYARTHI NIDHI’** on the auspicious morning of 23rd November. The objectives of this national scholarship scheme are:

1. To improve enrollment and quality of primary school education.
2. To encourage students to complete their school education up to Grade 12.

The scholarship was launched by Dr Krishna Gopal, Joint General Secretary of the Rashtriya Swayam Sevak Sangh.

Software App launch in collaboration with VAPS Technosoft Pvt Ltd to monitor and maintain the beneficiary students’ data



Dr Krishna Gopal launching the ‘Bharath Rashtra Nirman Vidyarthi Nidhi’ in the presence of Sadguru Sri Madhusudan Sai

This scholarship scheme instituted by the Prashanthi Balamandira Trust will cover the entire State of Karnataka to begin with, where **5,000 students**, both boys and girls, from **Grade 1 to 5** (which is about **1000 students** per Grade) will be selected for this academic year 2021-22 from various Government Schools. These students will continue to be given the scholarship until they finish their Grade 12. The only criterion for selection for scholarship is their ‘NEED’—the child’s merit, caste or religion will not be considered. A pilot project has already been instituted by the Prashanthi Balamandira Trust in collaboration with the Rashtriya Seva Bharati Organisation. Their progress will be tracked on a monthly basis.

As part of the 96th Birthday celebrations of Baba, 15 healthcare professionals consisting of surgeons, nurses and paramedical staff who operated on 23 children for their cardiac defects at the Sri Sathya Sai Sarla Memorial Hospital in Muddenahalli, were felicitated for their dedication and commitment, by placing the child above everything else and worked around the clock to complete the surgeries within a week’s time. For the first time in the history of Chikkaballapur district, the Sri Sathya Sai Sarla



Student beneficiaries receiving the Scholarship



Student beneficiaries receiving the Scholarship

Memorial Hospital, a multi-speciality hospital fully equipped with high-end facilities, hosted a team of surgeons to perform these paediatric cardiac surgeries.

Mr C Sreenivas, Chairman of the Sri Sathya Sai Health and Education Trust spoke his heart by saying, “Kabir said, God lives in our breath and hence is not to be searched anywhere else. Bhagawan Sri Sathya Sai Baba is the very breath of humanity. Let us stay in the presence of love, mercy, human brotherhood, fatherhood, and Divinity – this is the purpose of Baba’s life and let it be our purpose too.”

Mr B N Narasimha Murthy, Chancellor of the Sri Sathya Sai University for Human Excellence said, “The message of sanātana dharma is the unity of all existence. sevā is love made visible. If sevā is love made visible, God is infinite love made invisible. However, Sri Sathya Sai Baba is infinite love made visible in the form of Sadguru Sri Madhusudan Sai. He is a grand spectacle of divine love. He is the living embodiment of Sri Sathya Sai Baba.”

Dr Krishna Gopal, Joint General Secretary of Rashtriya Swayam Sevak Sangh spoke with conviction when he said, “Love and Service have taken a form in the form of Sri Sathya Sai Baba. Ours is a land of spirituality. No child should be bereft of food, education, and health in this Country. Each one has to teach one, so that no child is left out. It is everyone’s responsibility to reach out to every human who is in need.”

Sadguru Sri Madhusudan Sai delivered the birthday discourse when he said, “Sai is the embodiment of love and service indeed! Baba exhorted us to realise ourselves by loving and serving. Selfless service purifies us and makes us capable to seeing divinity everywhere. Children are the most important facet of the society. To take care of them is our collective divine responsibility. Baba has worked all his life for children. This is what we are continuing to do. Now the glory of Sai will spread to every nook and corner of the world. It will reach the last child of the planet. This mission will go on galloping every day. It will only increase in its magnitude and intensity every passing year. The future will be glorious. The idea of ‘vasudhaiva kutumbakam’ will be realised by us. There is only one religion, the religion of love, there is only one caste, the caste of humanity. Baba will work through all of you and bring relief and succour to the world. Each one teach 1,000! Let each one of us embrace 1,000 children. Our journey does not end till we realise our divinity.”

To add to the ‘joy of giving’ that elevated the spirit of one and all on the November 23rd morning, Mr Sumeet Tappoo’s heart-rending songs for the Lord seemed like a direct conversation with the Lord, that sang its tunes to its heart’s content and touched the hearts of all the listeners too!

Felicitations of surgeons, nurses and paramedical staff



Mr Sumeet Tappoo and his team with Sadguru Sri Madhusudan Sai after their scintillating performance



At the Forefront



SRI SATHYA SAI
AWARD FOR HUMAN EXCELLENCE

November 23, 2021 – Sri Sathya Sai Award For Human Excellence 2021

Inspired by the universal message of Sri Sathya Sai Baba, 'Love All Serve All', the Sri Sathya Sai University for Human Excellence (Kalaburagi District, Karnataka) instituted the fifth edition of Sri Sathya Sai Award for Human Excellence on the 23rd November evening, as a humble endeavour to appreciate individuals who have served mankind in various fields such as: Education, Health, Environment, Woman and Child Welfare, Unity of Religions, Music and Fine Arts, and Yoga and Sports. Aditya Birla Sun Life AMC Limited was the patron for the Awards this year.

Honourable Governor of Karnataka, Mr Thawar Chand Gehlot presided over the event as the Chief Guest. Mrs Neerja Birla, Founder and Chairperson of MPower (an initiative of Aditya Birla Education Trust) was the Guest of Honour



Education Awardee – Hitarth G Sheth

at the event. She was also conferred the 'Change Champion Award' for all her noble work in the field of mental health done through MPower – an initiative led by her that does phenomenal work in spreading awareness about mental health and effecting a positive change in the attitudes of people from all walks of life.

The Honourable Governor spoke emphatically about the COVID warriors and said, "I am seeing a vision of the Country's future in this Institution. For the last five years, this Institution has been granting the Sri Sathya Sai Award for Human Excellence. It is our duty to selflessly serve others and this event honours and recognises the work of such people. It is with the help of such COVID warriors, our Country was able to fight the corona virus."



Woman and Child Welfare Awardee – Shugufta Ara

Mrs Neerja Birla said, "At the onset, I express my gratitude to Sadguru Madhusudan Sai for his exemplary work in the field of education, health, and nutrition. I thank Hon. Governor of Karnataka, Sri Thawar Chand Gehlot for presiding over to acknowledge and support the work done in every field to improve the lives of the less fortunate. I feel very honoured to accept the 'Change Champion Award' that has been conferred upon me. I accept it on behalf of my entire Mpower team, whose hard work, dedication and commitment steer our mission forward from strength to strength. The COVID-19 pandemic has not only created a global healthcare crisis but also a humanitarian crisis, so it is very inspiring to see the impact of the incredible work done by the COVID Warriors honoured today. I would like to congratulate each of the award winners for the path-breaking work they are doing. Finally, I would like to thank Sri Sathya Sai University for Human Excellence for organising these awards and carrying forward the mission laid out by Bhagawan Sri Sathya Sai Baba."

The awardees of the year 2021 are:

1. **EDUCATION – Hitarth G Sheth** – A young app developer who developed 'Gujju Student App' – a free of cost app used by 5,00,000 students today.
2. **HEALTH – Dr Jigmet Wangchuk** – A medical officer at the town of Leh in Ladakh, turned a PHC in the village of Chushul into a COVID care centre to attend to COVID patients in the remotest parts of Ladakh.
3. **ENVIRONMENT – Laxmi Das** – Stitched and distributed about 8,000 environment friendly masks free of cost.
4. **WOMAN AND CHILD WELFARE – Shugufta Ara** – A nurse by profession, Ms Shugufta Ara helped around 100 COVID positive mothers, deliver their babies.

Health Awardee – Dr Jigmet Wangchuk



Environment Awardee – Laxmi Das



Unity of Religions Awardee – Ramakrishna Mission, Khar, Mumbai



At the Forefront

November 23, 2021
– Sri Sathya Sai Award For Human Excellence 2021



Yoga and Sports Awardee – Ritu Narang



Hon'ble Governor of Karnataka
 – Mr Thawar Chand Gehlot
 addressing the gathering

5. **MUSIC AND FINE ARTS – Dr R Kaleeswaran**
 – A folk artist who helped more than 10,000 folk artists by giving them food provision and financial support during the COVID times.
6. **UNITY OF RELIGIONS – Ramakrishna Mission, Khar, Mumbai** who converted their hospital into a Dedicated COVID Health Centre (DCHC). From May 2021, the Ramakrishna Mission has also become a free COVID Vaccination Centre, providing COVID prevention vaccine to more than 20,000 beneficiaries thus far.
7. **YOGA AND SPORTS – Ms Ritu Narang R N**
 – An Art of Living teacher and Yoga instructor, who conducted yoga camps for police officers and their families benefiting more than 50,000 policemen in Uttar Pradesh.

The evening Sarod Performance by Padma Vibhushan Awardee Ustad Amjad Ali Khan and his sons, Amaan Ali Bangash and Ayaan Ali Bangash, brought back the flavour of true music into the veins of everyone who witnessed the programme.

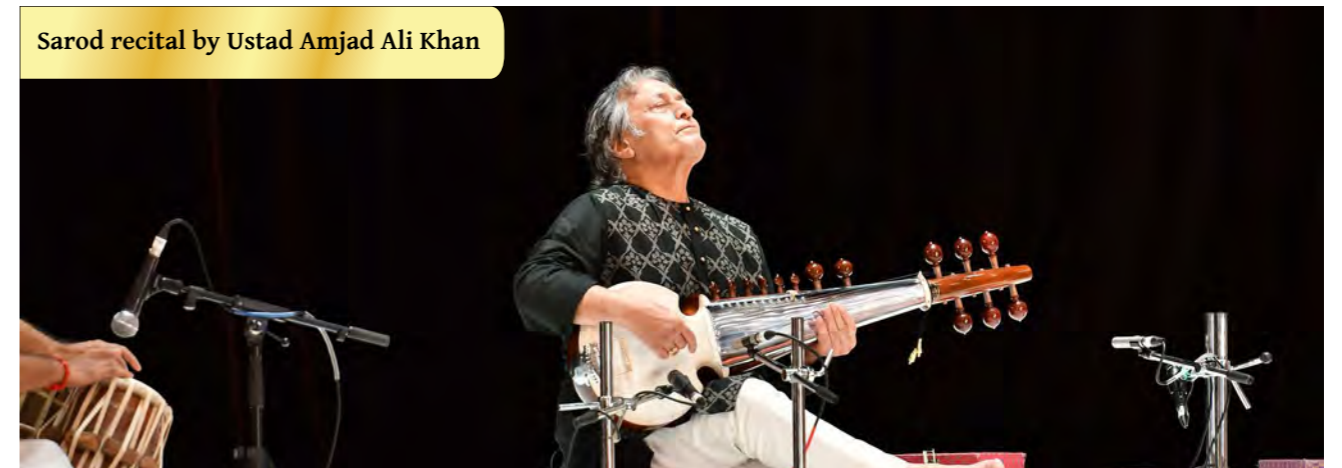
Mrs Neerja Birla conferred with the
 'Change Champion Award'



Amaan Ali Bangash and Ayaan Ali Bangash performing in
 the Divine presence



Sarod recital by Ustad Amjad Ali Khan



Sri Sathya Sai Foundation Lao PDR

In 2002, Mr Rommel, an Indian Diplomat, travelled to Puttaparthi after he got his job posting in Africa. Mr Rommel was blessed with an interview with Swami and he mentioned to Swami that soon he would be travelling to Africa for his job. Swami replied, "What?" Mr Rommel thought that Swami did not hear him properly and so he repeated again, to which Swami again asked him, "What?" After a few days, Mr Rommel received a new notification that his posting in the African country has been cancelled and instead, he was to be posted in Lao PDR. After receiving this update, he visited Swami in Puttaparthi, where Swami graciously called him for an interview again. Mr Rommel submitted to Swami that his previous posting had been cancelled and now he had to travel to Lao PDR. Swami promptly replied saying, "Very happy! My blessings!"

Mr Rommel mentored a number of youth in Lao PDR to be ideal global citizens and was instrumental in the setting up of Sri Sathya Sai Foundation. Sri Sathya Sai Foundation's activities commenced in the year 2002 at Mr Rommel's residence, where children would attend classes on human values. Soon, the classes were shifted to a local Buddhist pagoda, Pho Sai Temple, where the Chief Monk helped in organising the classes.

In 2004, a Sai Community Centre was built in the same Pho Sai Temple by the monks, youth and devotees of Sri Sathya Sai Baba. This Centre, for several years, continued to provide values-based education to children and youth.

In 2005, one young couple set up 'Home of Sai', where they started organising values-based classes and English lessons for children and youth of the local schools. More than **100 children and youth** attended daily evening classes at 'Home of Sai'.

By that time, the Sri Sathya Sai Foundation had started organising several human-values based education seminars with relevant Ministries and was also conducting several service projects. The service projects included providing support to school for blind children, organising blood donation camps and providing relief materials to flood/disaster affected people.

In 2006, a big initiative was launched in Lao PDR, in collaboration with 4S Singapore – a social service organisation in Singapore providing holistic and quality services to all. Prof Yeoh spearheaded the SAINET initiative in Lao PDR, where more than **2,500 families** were provided with Insecticide Treated Nets (ITN) in some of the remotest malaria infested villages in the Northern province of Xieng Khouang.



In 2010, Swami was presented with the concept of a Sri Sathya Sai School on the Guru Purnima Day. Swami lovingly blessed the idea and thus work began in all earnestness and the ground-breaking ceremony was organised on November 23, 2013.

The school's first year commenced in September 2015 with **66 students** from kindergarten till Grade three. The school is adding a class every year and in 2021 the school has commenced its Grade nine and has a total of **350 students**.

In the 2018 visit, Swami blessed the school saying that it will continue to grow and not only will it be a secondary school or a high school, but the first Sri Sathya Sai University, outside India, that will be set up in Lao PDR. He further advised to have a separate secondary school for boys to be set up. As per His instructions in 2017, a land was purchased and a new secondary and higher secondary school for boys was set up in 2019 and classes commenced as per Divine guidance.

Similarly, as per His Will, a health facility has been set up. This health clinic not only serves the school children, but also the local communities around. Consultations and medicines are provided totally **free of cost**.

In 2018, the Foundation started **Each One Feed One** initiative in Lao PDR. The Foundation is providing twice-a-week food assistance to a Vagrant Home, which houses more than **350 people**. Food is cooked in the school canteen and is delivered to the Vagrant Home. Currently, due to the restrictions imposed by the Government for the pandemic, instead of cooked food, food items are being delivered.

The Foundation is currently involved in helping some of the poor families with food ration. Similar assistance has been provided to some of the Buddhist pagodas also. In 2020, the Foundation, in its first nine months has provided **10 tonnes of rice, 3.6 tonnes** of vegetables and breads, cooking items like oil, sauce, salt and sugar under the Each One Feed One initiative.

High school for Girls



Distribution of ration during pandemic



In Focus - Global



New computer lab

Currently, the Sri Sathya Sai Foundation Lao PDR manages:

1. Swami's residence – Home of Sai
2. Sri Sathya Sai Kindergarten and Primary School
3. Sri Sathya Sai Secondary and Higher Secondary School for Girls
4. Sri Sathya Sai Secondary and Higher Secondary School for Boys
5. Sri Sathya Sai Health Clinic
6. Each One Feed One initiative
7. Service projects – blood donation camps, flood/disaster assistance, etc.

The Foundation plans to offer a newly constructed infrastructure required for Girls Higher Secondary School – a newly built library, expanded canteen area and expanded meditation hall. Besides the above, the Foundation also plans to commence construction of two sports facilities at the Girls and Boys campuses.

Ground-breaking ceremony for the new High School building for girls



In Focus - India

October 15, 2021 – Ground-Breaking Ceremony for SaiSure Nutritions Manufacturing Unit, Sathya Sai Grama, Muddenahalli



Ground-breaking ceremony
for the SaiSure Nutritions
Manufacturing Unit



SaiSure Nutritions – a multi-nutrient supplement unit will be a state-of-the-art nutraceutical manufacturing unit to produce supplements for pregnant women, toddlers, pre-schoolers and school children. The Unit will be on par with global MNCs that are involved in food manufacturing with a **capacity of 750 tonnes per month**. The Unit will serve **20 lakh beneficiaries** once it is fully operational. The factory will have global quality compliance standards and manufacturing capabilities that will be WHO-GMP (Good Manufacturing Practice) compliant.

The objective of SaiSure Nutritions LLP is to serve the needs of the various Trusts, NGOs, Organisations that are relentlessly working to address malnutrition, by bridging the gap in access to good quality supplements in rural areas.

On the auspicious morning of vijayadasami, Dr Sudhakar K – Minister for Health and Family Welfare, Government of Karnataka, performed the ground-breaking ceremony for the SaiSure Nutritions Factory at Sathya Sai Grama, Muddenahalli, Chikkaballapur District in the Divine presence of Sadguru Sri Madhusudan Sai.

Sadguru Sri Madhusudan Sai blessed everyone with His Divine message by saying, “Today being vijayadasami, it is a very auspicious day. On this day, we have performed the ground-breaking ceremony for the SaiSure Nutritions factory. SaiSure is a multi-nutrition powder, formulated emphasising on the needs of children and the pregnant women, who suffer from malnutrition. This powder will provide them good health, and all the required nutrition, especially the micro-nutrients. This Unit will help many mothers and children to stay healthy, deliver healthy babies, who in future will become healthy citizens of the country, healthy devotees of God, and healthy servants of the society. With this idea, we have commenced the construction of the factory for SaiSure Nutritions.

annapūrṇe sadāpūrṇe śaṅkara prāṇa vallabhe |

jñāna vairāgya siddhyartham bhikṣām dehī ca pārvatī ||

Mother annapūrṇa is sadāpūrṇa (ever complete). As we conclude the Navaratri celebrations, we in her name offer this SaiSure factory to the society, so that she can feed thousands and lakhs of children every day and ensure that nobody stays hungry.

yā devi sarva bhuteshu kṣudhā rūpena saṁsthita |

namastasye namastasye namastasye namo namaḥ ||

She is the hunger in all and also the annapūrṇa—the giver of food. Being the resident in every being, she is the one, who feels the hunger and the one who quenches it. Therefore, everything is that Divine alone.”

SaiSure's vision is to ensure that no mother and no child ever suffers from lack of access to good quality nutritional supplements.



SaiSure Nutritions manufacturing unit
(Architect's Impression)





“**S**ervice 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. The COVID pandemic wrote tales of ‘distancing’ and ‘isolation’ on the canvas of the world. Human contacts were feared for contact with the virus. This threatened to stall all sources of even the basic humanitarianism that urged people to play the part of a benefactor for a beneficiary who is in need of help. Despite these, the members of the Sai Global Federation of Foundations swore by the value of living for others greater than living for one’s own self and reached out to the ones who needed help more so now than ever before.

“*sevā and sādhanā has to go hand in hand*”, says Sadguru Sri Madhusudan Sai. While *sevā* purifies our minds from selfishness, *sādhanā* helps us get rid of doership and elevates our consciousness. Hence the Centres of Human Development balanced the *sevā* and *sādhanā* activities perfectly. The study of ‘Master the Mind’ series, which is a bouquet of talks given by Sadguru Sri Madhusudan Sai on the step-wise path to transcend the mind and experience the true self, was taken up by the members with utmost earnestness and devotion. Guest speakers were also invited from time to time to expound on various spiritual topics.

“Service is the ultimate
expression of Love”

Australia



Heart of Love Foundation, Australia



Queensland

Perishable and non-perishable food items equivalent to **2,079 meals** were served to needy individuals and families in the western region of Queensland. In the month of October, close to **800 hot meals** were served to the homeless in the city of Brisbane and over **100 meals** were served to residents of a caravan in the northern region of Brisbane.

Victoria

The volunteers at Victoria served **144 meals**, mainly to refugees and their families in the month of October 2021.

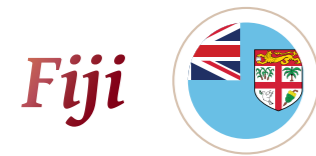


Murwillumbah, New South Wales

Food hampers consisting of rescued food from major supermarkets that would otherwise be discarded as waste, were distributed to the underprivileged. These hampers included fresh fruits and vegetables, along with non-perishable staples including rice, pasta, oats, cereals, canned food, sauces, condiments, etc. In the month of October 2021, close to **93 food hampers** were distributed which were equivalent to **1,395 meals**.

In October 2021, the ‘Heart of Love Foundation’ commenced a new partnership with the Murwillumbah Community Centre, which provides daily fresh lunch meals to the homeless, with the aid of another not-for-profit organisation. The volunteers from ‘Heart of Love’ jumped into action to assist in the preparation of hot meals and later served them to the homeless at the Centre. Around **70 hot and fresh meals** were served.

Region 1



Sai Prema Foundation



Breast Cancer Awareness and Clinics

Sai Prema Foundation Fiji celebrated 'Pinktober' as a high-profile event to create awareness about breast cancer. Honourable Ms Rosy Sofia Akbar – Minister for Women, Children and Poverty Alleviation; Mrs Mary Bainimarama – Patron of the Sri Sathya Sai Sanjeevani Children's Heart Hospital; Ms Belinda Chan – CEO of Fiji Cancer Society, Ms Erica Fiji – a cancer survivor, were invited as the Chief Guests for the event.



In addition, Sai Prema Foundation concluded a week-long 'Pinktober Clinic' from **October 25-29, 2021** at the Sri Sathya Sai Sanjeevani Medical Centre, which benefitted **125 women**. The Foundation also conducted cancer awareness workshops, breast cancer examinations as well as medical consultations for underprivileged and needy women from rural areas of Fiji **completely free of cost**, in conjunction with Fiji Cancer Society and four other NGOs.



Region 2

Middle East



Desert sevā

The volunteers of the Middle East conducted a desert camp during the month of October as well. Regular monthly visits have led to a feeling of kinship and mutual gratitude between the beneficiary and the benefactor at these deserts. **25 beneficiaries** were provided with Sai Love kits consisting of groceries and essentials like wheat flour, sugar, salt, lentils, tea powder, spices, cooking oil and other hygiene essentials. These kits were equivalent to **1,500 meals**.

OMAD - One Meal A Day

A quote from Federico Garcia Lorca says, "The day hunger disappears, the world will see the greatest spiritual explosion humanity has ever seen." Working towards this goal, the volunteers from Middle East served healthy meals and water to over 100 hard-working wage workers.

In addition, OMAD is a zestful service initiative carried out on a regular basis, every day. The motto of the volunteers is— "If we have eaten, let us ensure that somebody else doesn't go to sleep on hungry stomach." In the month of October, **170 home cooked meals** were served to individuals in need.



Region 2

Nigeria



Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Aruike Specialty Hospital, Nigeria

Aruike Specialty Hospital (ASH) runs two clinical facilities in the remote rural areas of Enugu and Imo. These hospitals are meant for rural dwellers who do not have access to quality healthcare services at an affordable price. Both the Hospitals offer paediatric and maternity services, while treating children and adults from all age groups. The Hospitals treat an average of **72 patients** every single day.

During the month of October, the Hospitals served **371 children, 823 adults** and **120 patients for their eye treatment; 18 deliveries** were also conducted. Surgeries and several other procedures such as appendectomy, lipoma incision, manual vacuum aspiration, catheterisation, etc., were also conducted successfully, which helped the rural population in both the States immensely.



The Embodiment of Love Academy (TELA)

The Embodiment of Love Academy provides free values-based education for a total of **1,185 children** right from Nursery, Primary and Secondary schools. The focus has always been to educate children coming from low-income background, who do not have access to quality education.

Biarienu Programme

Joy Village's Breakfast Programme – Biarienu, feeds an average of **150 students** with hot and healthy meals. These children are mostly from very poor homes and they come to school on empty stomachs. Joy Village recently extended its school feeding programme to about **500 less privileged school children** in two schools at the Ezeagu Community. A total of **16,250 meals** were served in the month of October.



Region 3

Greece



Ίδρυμα Μοιράζομαι
(Foundation of Sharing)



During the month of August 2021, the island of Evia situated towards the north of Athens faced huge forest fires due to which, about 50,000 hectares of forest land turned into an ash land. The Foundation wanted to help the situation in some way and hence had contacted a school in the village of St Anna to record the needs of the affected families whose children were studying at the school. By this way, in the month of October, Foundation Μοιράζομαι distributed **60 boxes of food supplies** consisting of milk, honey, biscuits, tahini (a mediterranean middle east cuisine), cereals, bread and pasta to the affected families.

Huge quantities of food supplies were delivered to the 'Support Centre for Children and Families', which is an institution supporting more than **60 children and their families**. The supplies included **200 cans of pasteurised milk, 100 boxes** of cereals, bread, chocolate spread, muesli bars, biscuits, etc. The members of the

Foundation volunteer **three times per week** at the centre, assisting the poor children with their school lessons and homework, particularly with subjects like Mathematics and Science.

Like every month, the Foundation continued its service at the following spaces – poor families at the town of Anavyssos were provided with **80 boxes of supplies**, equivalent to **1,840 meals**, consisting of coffee, milk, sugar, breakfast cereals, biscuits, etc. and other hygiene products. **1,200 portions of yogurt, 720 litres of milk and 40 kilograms of feta cheese** were delivered to two nursery homes for the elderly at Athens and Palea Fokea. Children and adults with disabilities at the 'EGNYA' Association were given **70 pizzas**.

Five desktops and **three laptops** were also provided to some of the youth at the town of Anavyssos. In addition to these, a sofa was delivered to St Andreas Children's Home, and 'Gift of Education' was given to a young student in need by clearing his college fees.



Region 3

Poland



*Stowarzyszenie Love All –
Serve All (Love All – Serve All
Association) Poland*

Stowarzyszenie Love All – Serve All distributed packages consisting of food items such as oil, fruits, vegetables, cheese, sugar, milk, juices, etc. to about **20 families**, which was equivalent to **75 individuals**.

The Association continues to collaborate with Warsaw Seva Association. A total of **1,407 individuals** in need at the central region of the capital city of Warsaw were served hot and sumptuous healthy Indian meals with lemonade.

*Stowarzyszenie Misja Prema
(Prema Mission Association),
Poland*

Misja Prema continued its activity of recovery of food that may have got wasted and distributed it to needy individuals. In the month of October, food was delivered to three nursing homes in Warsaw, from where it was served to about **1,000 people**. Families and individuals in need were visited by volunteers regularly and were provided with food, medicines and other basic necessities. An electric power generator was provided to a family in need. Devotees from the city of Bialystok continued to support two schools in India by providing underprivileged students with the 'Gift of Education.'

Region 3

Turkey



*Karşılıksız Hizmet Vakfı
(Selfless Seva Trust)*



Once every week, grains or pastas with legume was cooked and served alongside milk or yoghurt, and bread to the needy. A total of **1,984 meals** were distributed door to door in the districts of Şişli, Pendik and Ömerli.

In the district of Uskumruköy, grocery boxes consisting of rice, pasta, milk, cheese, red lentil, bulgur, chickpeas, olives, tea and snacks, were distributed to **10 families**. A needy family in the district of Şişli, was also helped in this manner.



The volunteers of the Trust helped **12 economically deprived families** by paying their house rents and bills for utilities such as electricity, water and gas in the district of Şişli.

Animal care is also another activity done by the Trust on a consistent basis.



Region 3

Netherlands



*Sri Sathya Sai Anandam
Stichting Nederland (Sri
Sathya Sai Anandam
Foundation Netherlands)*



Under 'Feed the World' initiative, members of the Sai Anandam Foundation of Netherlands partnered with a local organisation called 'Kessler Stichting - De Soepbus' which provides a meal consisting of soup and sandwich for the needy individuals around the town. The beneficiaries range from the homeless, refugees, and the poor. Volunteers of the Foundation drive around the town several days in a week to different locations, and serves all those who are in great need of a hot meal.



Region 4

Argentina



*Fundación Sai Prema de Salud,
Educación y Valores Humanos
(Sai Prema Foundation for
Health, Education and Human
Values)*



The construction of the Auditorium at Love and Peace Centre for Human Development and Service progressed significantly in the month of October 2021. A glazed pyramid was prepared to crown the roof for allowing the passage of sunlight, installation of a special heating system was carried out, an annex that will provide for accommodation, sound and video management, and an interview room was also constructed.

In addition, food distribution continued through the project 'Assis Alimentare'. Provisions were delivered to soup kitchens in different areas of the Country, including 'Merendero - My Sweet Dreams' in Escobar of Buenos Aires province, 'Merendero Adonai' at Capilla del Monte city in the province of Cordoba, and 'Children of Juan and Evita' in Buenos Aires province. Food distribution was also done at Bariloche and La Plata. A total of **2,000 ration packs** were delivered to these locations during October 2021.



Mexico



*Fundacion para el Desarrollo
de la Excelencia Humana
(Foundation For The Development
of Human Excellence)*



In the month of October 2021, the second session of the workshop named - 'Managing Emotions: The Flourishing of the Heart', was conducted by Dr Ron Farmer and Mrs Suwanti Farmer.

Attitudinal strategies were shared via self-affirmations, prayers, sayings and examples, to open the heart and truly understand as to 'who we are.' This knowledge granted empowerment and made it certain that the heart is the power of life itself—it moves the planet, and the whole universe. Dr Ron and Suwanti Farmer also shared their personal experiences that further inspired the participants.

Region 4

United States of America



Divine Will Foundation



The first 'Women's Health Day' at the Sathya Sai Sanjeevani Medical Centre in Clarksdale, Mississippi featured a colourful 'clinic on wheels' to provide the much-needed, no-charge gynaecological services for the community.

The Clarksdale Centre partnered with 'Plan A', a Mississippi non-profit organisation, specialising in reproductive services. 'Plan A' brought its attractive, well-equipped mobile clinic and set it up adjacent to the Clarksdale Medical Centre. A nurse practitioner and two assistants performed pap smears, STD testing, family-planning and other services throughout the day.

Most clinics typically charge a significant fee for services rendered and the high costs discourage the uninsured from seeking any vital diagnostic service. In contrast, the 'Plan A mobile clinic' is independently funded and its free of charge services encourage good health practices.



Lessons For Life

What should we do to have a direct relationship with You and to hear Your voice within?

Your mind is the key; it is like the radio. If you tune it to God, you can listen to God. If you tune it towards the world, you will hear the world. Therefore, tune it to Me and you can hear Me. Let every thought be filled with God.

Is it possible to do so? You have many things to do in everyday life. How can your days be always filled with God? It's very simple; whatever you do, do it as an offering to God; feel the presence of God in everyone you meet. In that way, you can fill the whole day with His presence. A radio that is correctly tuned to the station will be free from interference. If it is not correctly tuned to the station, you will hear only noise, not My voice.

So, every day, mentally sit before Me in silence for at least few minutes. Talk to me every evening, when you return home from your duties. Before going to bed, sit in silence for a few minutes and spend some time exclusively with Me. Just as you wash your clothes, bathe, brush your teeth and eat your food, speak to Me every day. Even if you do not get a response immediately, you will gradually hear My voice. When your mind is tuned to Me, you will hear Me speak. If your antenna is correctly oriented, not only audio, but also video will be perceived. You will be able to see Me everywhere. I have come, to tell you that, this is possible!

Anything can be achieved, if practised. If you practise now to master and perfect it, your whole life will be full of joy—but, if you do not do it now, you won't be able to win the race in the end. Running slowly in the beginning and then running faster at the end may not help you win the race. Run steadily—start early, drive slowly and arrive safely. It is possible!



My Inner Journey

The Two Turning Points

Mr Rafael Ramírez

Mr Rafael Ramírez was born in the State of Chihuahua, México in 1947. He completed a Bachelor's degree in Accounting at Instituto Tecnológico y de Estudios Superiores de Monterrey and also finished his Master's Degree in Administration in the same Institute. Currently, he is working as a Financial Business Consultant and is the President of Fundación para el Desarrollo de la Excelencia Humana (Foundation for the Development of Human Excellence) in Chihuahua.

The first turning point in my life took place when I was eight years old. I had a dream that marked my journey for the rest of my days in this earthly existence. In that dream, I observed how the entire universe was part of another larger universe, and this giant universe was part of another and so on, and this experience of infinity gave me an intense feeling of awe and peace. This dream had a profound impact on me, so much so that, when I woke up, I wished deeply to return to that marvelous space, where I could observe creation from that stand point. I did not know which one was a dream and which one was a reality—if my everyday life was a 'reality' and the experience of visualising one universe contained within another was a dream or the vice-versa! Whatever it was, I longed and yearned, to relive the sense of peace I had experienced, and to revel in the same sublime joy and satisfaction.

The second turning point in my life took place 65 years later. 'Master the Mind' series and the 'kathopaniṣad' series delivered by Sadguru



Sri Madhusudan Sai had a great impact on my thought processes and my perspective towards life. I now realise that what I understood as 'reality' then—the everyday mundane life is actually a dream, and the dream I lived at the age of eight with that intense sense of joy and peace is actually a glimpse of the true reality. I feel blessed to see how God in the form of Sri Sathya Sai Baba and Sadguru Sri Madhusudan Sai have made available to us, the great truths of life, the ancient wisdom of *sanātana dharma* in such a simple palatable form. I have started to distinguish between 'what is real from what is not.' I am beginning to dismantle the ego that I have built within me for the past 65 years, which has prevented me from seeing and experiencing the ultimate reality.

Most of the world considers the COVID-19 pandemic as a tragedy. But I am pretty much convinced that the COVID has been a wonderful opportunity to stop our mad rush in the outside for our ego satisfaction, and start turning inwards. This opportunity has enabled us to redirect our lives in the right direction. To me, the challenge was to dismantle the thick layers that made up my ego, which was so attached to satisfying my body, my five senses, beliefs and the indomitable mind. Will I reach the goal of experiencing who I am in this life? I do not know. But what I know is that the feeling of peace which I longed so long, the sense of joy and satisfaction which I experienced in my so-called 'dream' sixty-five years ago, I now experience in serving others. **Selfless service is helping me to eliminate little by little, each facet of my bulky ego, bringing me closer to my real Self.**

