



वासुधैव
कुटुम्बकम्



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Message from *Sadguru Sri Madhusudan Sai*

Let's do Good!

To be able to do good unconditionally and unselfishly needs tremendous will power, for it is about swimming against the tide, in the present times. Despite the myriad reactions that such an effort would elicit from onlookers – ranging from suspicion to questions, to discouragement and dissuasion – one must persist in one's willingness to do good, for doing good is not given to all. One has to be the chosen one to be able to do good, unconditionally, unselfishly and persistently.

As the first-ever completely free of charge children's hospital with a dedicated children's heart department begins to beat to the rhythm of tender hearts in the South Pacific region, the faith in humanity and its power of goodness is being restored. An unprecedented project in the history of the South Pacific, and in particular, the nation of Fiji, is a labour of love of good-hearted people from around the world - USA, Italy, Netherlands, Middle East, India, Singapore, Australia, New Zealand and of course, Fiji Islands.

Sai Prema Foundation has been the chosen instrument to execute this mammoth task under the able and noble leadership of its members, who have left no stone unturned to make it happen. Despite delays due to

the COVID-19 pandemic, rallying so many vendors, procuring machinery and high-end medical equipment from around the world, organising contractors and labourers and getting them to follow all COVID guidelines, gathering high-end specialist medical teams, and above all, taking personal health risks to return the precious child healthy and safe into the longing arms of the anxious parents is possible only for people suffused with goodness and who do not know the word 'impossible'.

As the Hospital takes its baby steps and joins the ranks of the global chain of Sanjeevani Hospitals that serve children for free, it's just the beginning of an endless journey of doing good to the world - every moment of the day, every day of the month, every month of the year, and every year of the century, until eternity. And while the Hospital would treat the children, it would also transform the grown-ups by inspiring them to pass on this gift of goodness to those in need.

The world today needs more goodness than ever before, and it's up to us to make that happen; and the good news is that it has already begun here in the Sri Sathya Sai Sanjeevani Children's Hospital, at Fiji Islands.



At the Forefront

April 01, 2022 – Foundation Stone Laying Ceremony for the 400-bedded Multi-Speciality Hospital by Mr Amit Shah, Honourable Union Minister of Home Affairs, Government of India

A Free Multi-Speciality Hospital as a Precursor to Free Medical Education

Honourable Union Minister of Home Affairs, Mr Amit Shah laid the foundation stone for a completely **free of cost new 400-bedded multi-speciality hospital** adjoining Sri Sathya Sai Sarla Memorial Hospital at Sathya Sai Grama, Muddenahalli, along with Sadguru Sri Madhusudan Sai.

This multi-speciality hospital shall provide free medical care to all, and will act as the precursor to the establishment of **India's first free Medical College**, that shall bequeath medical education completely free of cost to the rural poor.

This is in keeping with the Hon'ble Prime Minister of India, Mr Narendra Modi's call for greater participation of Private and Social Institutions to strengthen Medical Education in the country. This humanitarian service project of medical care along with medical education has been undertaken by the Prashanthi Balamandira Trust to create and nurture committed and skilled doctors to serve the country's unserved geographies and populations, particularly in the wake of the dislocation of Indian medical students from Ukraine, opting for medical education outside India, due to the challenges of non-availability and unaffordability of medical education in India.

Already a completely free of cost, 150-bedded multi-speciality hospital without a billing counter – Sri Sathya Sai Sarla Memorial Hospital, has been rendering compassionate healthcare service to the needy sections of the society at Sathya Sai Grama, Muddenahalli and it was dedicated to the nation by Honourable Chief Minister of Karnataka – Mr Basavaraj Bommai in August 2021. The new 400 bedded hospital block, which is an **investment of approximately INR 300-crores by the Prashanthi Balamandira Trust**, will cater to several other specialities absolutely free of cost.

Speaking at the event after laying the foundation stone, Mr Amit Shah said,

"The vision of selfless service that I have seen here, speaks for itself. The strength and the futuristic vision with which selfless service activities are being carried out here, with no desire for name or fame, by only keeping the welfare of the whole nation in mind, with total surrender—makes me fall short of words. Taking inspiration from Sri Sathya Sai Baba's teachings, this institution at Sathya Sai Grama is carrying out a mahā yajña of sevā. Today the ground-breaking ceremony of the 400-bedded hospital took place. Running a free hospital is no easy, it could bring along a lot of challenges. However, I see that the Sri Sathya Sai Sarla Memorial Hospital is running it all free, with upgraded facilities and technology. I am extremely happy to know that the institution is marching towards commencing a free medical college for students—this will be the first-of-its-kind in India. This effort shall definitely find success."



Felicitation of Mr Amit Shah by Sadguru Sri Madhusudan Sai



Chiranjeevi Bhava – Gift of Life bestowed on a child who was treated for heart defect

Mr Amit Shah performing the Ground-breaking ceremony of the 400-bedded completely free of cost multi-speciality hospital



Unveiling the Plaque for the Ground-breaking Ceremony of the 400-bedded hospital



At the Forefront

Sadguru Sri Madhusudan Sai in His benedictory message said,

“The Indian culture always taught everyone to pray for the welfare of everyone else—vasudaiva kutumbakam – a global family is the Indian idea. Today, Honourable Union Minister of Home Affairs, Shri Amit Shah graciously laid the foundation stone for the 400-bedded multi-speciality hospital. Few months back, the Honourable Chief Minister of Karnataka, Mr Basavaraj Bommai dedicated the Sri Sathya Sai Sarla Memorial Hospital to the service of the nation, and as on date more than 19,000 patients have been treated completely free of cost at this hospital. In times of come, this will be become the most important centre for both health and education. Very soon, a free medical college will come up here. In truth, we are not doing anything new. Giving free services to all people for their basic needs was the original Indian way. In India food, education, and health were never sold—food was served to everyone considering them as atithi—education was bestowed to students free of cost in gurukulas—vaidyo nārāyano harih – doctors were considered God, because they served out of compassion without charges. We are only trying to

revive the glorious Indian way back to its originality. Honourable Prime Minister Shri Narendra Modi has said – sabka sāth, sabka vikās, sabka vishwās and sabka prayās. Ours is one such effort, so that we can walk hand in glove with the Government to make India the viśvaguru, and everyone in India receives their basic rights of nutrition, education, and healthcare.”

Union Minister of Parliamentary Affairs, Coal and Mines – Mr Pralhad Joshi; Chief Minister of Karnataka – Mr Basavaraj Bommai; Minister of Small-Scale Industries and Municipal Administration of Karnataka – Mr MTB Nagaraj; Minister of Home Affairs, Government of Karnataka – Mr Araga Jnanendra; and Minister of Health & Family Welfare, and Medical Education, Government of Karnataka – Dr K Sudhakar were also present at the event to commemorate this new noble beginning.

At the event, Mr Amit Shah presented the ‘Chiranjeevi Bhava’ certificates to two mothers with their newborn babies, and two children who were treated for their heart defects at Sri Sathya Sai Sarla Memorial Hospital, Totally Free of Cost.

A Bird's Eye View – Sri Sathya Sai Sarla Memorial Hospital, 400-bedded Multi-Speciality Hospital and Sri Sathya Sai Rajeswari Memorial Academic Block (Architect's Impression)



At the Forefront

April 27, 2022 – Beyond the Indian Shores – Inauguration of the First Sri Sathya Sai Sanjeevani Children's Heart Hospital at Suva, Fiji

South Pacific's First-of-its-Kind Super-Speciality Paediatric Cardiac Hospital

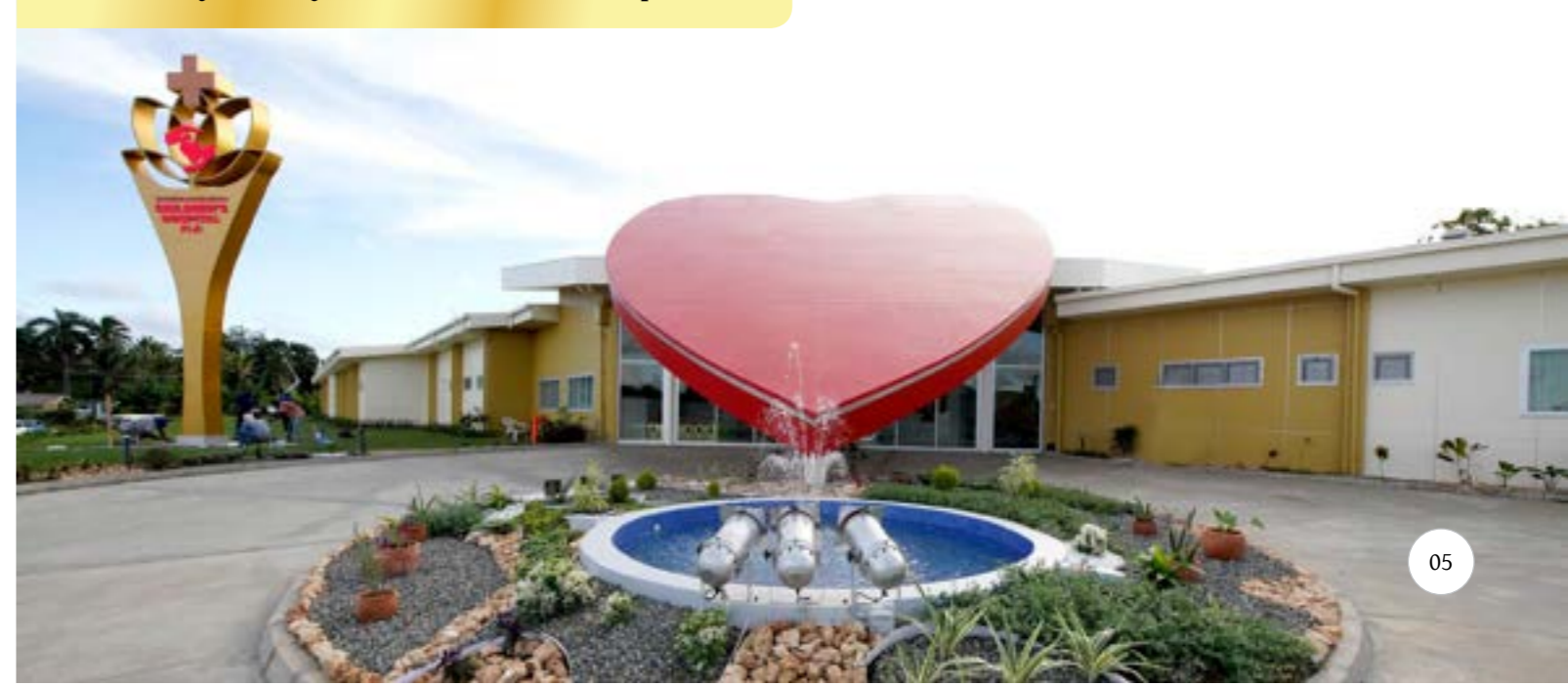
Sri Sathya Sai Sanjeevani Chain of Child Heart Care Hospitals has chosen to expand its foot print to the most needy populations of the planet, and thus has worked hard to inaugurate the first-of-its-kind children's heart hospital in Fiji. Under the leadership of Sadguru Sri Madhusudan Sai, the Sai Sanjeevani Hospitals have gained experience for a decade in the field of providing expert completely free of cost child heart care to thousands of children in India. With the confidence on its capability, and with the value of compassion at its very core, the healthcare mission in Fiji started with the establishment of a Non-Governmental Charitable Organisation – **Sai Prema Foundation** in August 2016. A three-phased plan, commencing with the **Sri Sathya Sai Sanjeevani Medical Care Centre in April 2018**, followed by **Sri Sathya Sai Children's Heart Screening Centre in April 2019**, and now the **Sri Sathya Sai Sanjeevani Children's Heart**

Hospital in April 2022, this mission has grown steadily with the determination to do more good.

Sri Sathya Sai Sanjeevani Children's Heart Hospital was inaugurated by the **Honourable Prime Minister of Fiji, Mr Josaia Voreqe Bainimarama on April 27, 2022**, which was also the Prime Minister's birthday. This is the largest project ever undertaken by a Non-Government Organisation (NGO) in Fiji's history. The Hospital will fill the void of absolutely no access to paediatric cardiac service in the Pacific belt, and will save the families needing to take their children overseas for paediatric heart care, which costs in excess of FJD\$100,000.

The Hospital transcends all the barriers of affordability, accessibility and availability and is a **world-class completely free of cost heart care facility for the children of Fiji**.

Sri Sathya Sai Sanjeevani Children's Heart Hospital, Suva





Inauguration of the Sri Sathya Sai Sanjeevani Children's Heart Hospital by the Honourable Prime Minister of Fiji, Mr Josaia Voreqe Bainimarama

About the Children's Heart Hospital

- The Hospital is a state-of-the-art **54-bedded facility** spread across **21,000 sq.ft.** At the centre of the Hospital is a giant red heart which perfectly describes all that the Hospital stands for—it is all about the heart, both physically and metaphorically
- Mr Robert Bozzani – An ardent devotee of Bhagawan Sri Sathya Sai Baba and a philanthropist who has supported many noble initiatives of Baba for several decades, was duly honoured by Sadguru Sri Madhusudan Sai, by naming one of the operation theatres after his late wife, Mrs Barbara Bozzani. In truth Mr Bozzani's selflessness sowed the seeds for the commencement of this Hospital in Fiji
 - The Barbara Bozzani operating theatre is a state-of-the-art room complete with an anaesthetic machine, cardiopulmonary bypass machine, which the surgeons will use in consultation with a perfusionist, to help take over circulation to the body while operating on the heart
 - The surgical lighting system and monitors allow the surgeon and the team to visually see the operating field and diligently observe the clinical parameters every second
- The catheterisation lab is complete with a viewing room for the team to perform certain procedures via the arteries and veins of the patient. This lab became possible due to the generosity of the Rotary International in association with Rotary Club of Fort Wayne USA, Rotary Club of Kowloon Golden Mile Hong Kong, and Rotary Club Suva East in partnership with Jyothi Corp. Fort Wayne USA, Dr Praveen Kollipara – Haematology and Oncology Specialist from Fort Wayne USA, Heart to Heart Foundation USA and the Love All Serve All Inc. USA. The catheterisation lab with the viewing room will work in tandem to determine the best treatment for the patient depending on the complexity and type of heart defect

To See the Child's Inner Heart in a Child's Heart Hospital

In a child's eye, one can see God—for it shows admiration for the entire creation, expresses enthusiasm and joy, exudes cheer, and speaks love. To represent the very nature of every child, beyond their physical ailments, is the aim of the Hospital—and after all the physical defect is only a temporary non-conformity...whereas their true nature is always eternal.

What's New?

- The Hospital is divided into themes like – Wonderland, Safari World, Ocean World and Solar System
- Interesting trivia or facts are drawn all over the walls to make it interesting for kids

Dignitaries at the Event

The dignitaries present at the event were – Mr Josaia Voreqe Bainimarama – Honourable Prime Minister of Fiji; Mrs Maria Voreqe Bainimarama – the PM's wife; Sadguru Sri Madhusudan Sai – Social and Spiritual Leader; Mr Robert Bozzani – Philanthropist from South California who has supported many noble initiatives of Baba for several decades; Dr Shaun P Setty – Paediatric and Adult Cardiac Surgeon, who is also the Larry and Helen Hoag Foundation Endowed Chair in Paediatric Cardiovascular Surgery at Miller Children's Hospital in Long Beach, Southern California; Mr Mahendra Tappoo – Chairman and Founding Trustee of Sai Prema Foundation; Mr Sumeet Tappoo – Director of Sai Prema Foundation and Mr C Sreenivas – Chairman of Sri Sathya Sai Health and Education Trust. Dr Arvind Thiagarajan – CEO of HD Medical and Inventor of HD Steth; Mr Tony Greubel – US Chargé d'Affaires for the US Embassy of Fiji, and many other dignitaries from over 12 countries attended the event.

Mr Ajay Jain Bhutoria – Commissioner to US President Joe Biden's Advisory Commission for the Federal Government of the United States of America came to the event to bestow Sai Prema Foundation with an award from the California State Legislative Assembly, for its remarkable service in saving the lives of the children of Fiji. During the occasion, South Pacific Community and Sai Prema Foundation shared a joint collaboration for combined efforts on capacity building and research.

Message from Mr Narendra Modi – Honourable Prime Minister of India

The Honourable Prime Minister of India, Mr Narendra Modi joined the inauguration of the Hospital virtually.

"A Hospital that will take India-Fiji relations to a new height!"

"I feel extremely happy to join you all on this august occasion of the inauguration of the Sri Sathya Sai Sanjeevani Children's Heart Hospital in Suva, Fiji. My heartfelt gratitude to His Excellency the Prime Minister of Fiji, and the people of Fiji on this momentous occasion. This is yet another symbol of our long-standing mutual love. This is yet another chapter in the shared journey of India and Fiji.

I have been informed that this Children's Heart Hospital is the first-of-its-kind, not only in Fiji, but in the entire South Pacific region. In this region where congenital heart diseases are rampant and poses a huge challenge, this Hospital will become a medium through which thousands of children will be bestowed with a new life. I am extremely happy that this Hospital would not only provide world-class treatment but will also perform all surgeries completely free of all costs to each and every child. I hail and admire the Government of Fiji, the Sai Prema Foundation Fiji and the Sri Sathya Sai Sanjeevani Chain of Child Heart Care Hospitals in India.

Most importantly, on this auspicious and notable occasion, I offer my obeisance to Sri Sathya Sai Baba. The seed of Service to Humanity' that was sown by Baba in the hearts of people has today grown into a huge banyan tree reaching out to all the people in the form of several service activities. I have stated earlier too, that Sri Sathya Sai Baba has done the incredible task of freeing spirituality from ritualistic observances and redirecting it to working for the welfare of all. Till today, Sri Sathya Sai Baba's humongous contribution in the sectors of Education, Nutrition, Healthcare, His many service activities to reach out to the needy and the underserved, continue to inspire us.

We say *parōpakārāya satām vibhūṭayaḥ*, which means Charity is the property of noble men'. The only purpose of our life and all the resources we have at our disposal should be to serve mankind and work for the welfare of all living beings. The true heritage of India and Fiji was built on these values.

Once again, I convey my best wishes to all the members associated with the Sri Sathya Sai Sanjeevani Children's Heart Hospital. I am confident that this Hospital will become a strong establishment of service in Fiji and the entire pacific region and will take India-Fiji relations to a new height."



Prime Minister of Fiji with Sadguru Sri Madhusudan Sai and members of Sai Prema Foundation, Fiji

Message from Mr Josaia Voreqe Bainimarama – Honourable Prime Minister of Fiji

“An emotional moment for me that in three days’ time, life-saving heart surgeries will commence at this Hospital for the most vulnerable children!”

“In 2016, Sai Prema Foundation asked my Government for a piece of land by presenting facts about the noble intention of their project. My Government facilitated that requirement. Back then, there was a critical need in Fiji for a specialised children’s hospital and today we have this institution. This hospital is performing life-saving procedures—the likes of which were never possible in Fiji and the entire South Pacific. 200 children are born every year with congenital heart disease in Fiji. If we consider the entire pacific region, this number skyrockets to 2,500 children. Most of these children do not reach adulthood. They live a short life of immense pain. They leave behind grief-stricken parents and communities, the scars of which would last a life time.

Every child is a gift, a miracle in their own right, and a beacon of hope for their family and the country. I speak this with my own experience with six children and 19 beautiful grandchildren. Each child’s life deserves to be honoured and protected at all costs. As humans, we are all bound by an inner call to help and ease in some way, the burdens of our fellow brothers and sisters. Today we can see the awe-inspiring result of what becomes possible when we respond to that sacred call. This Hospital was born from the compassion and commitment of the Sai Global Federation of Foundations, which delivers humanitarian services the world over. Over the last three years, the Sai Prema Foundation has saved 25 million dollars—single largest undertaking by an NGO in Fiji’s history. Sai Prema Foundation has brought specialised equipment and expertise from around the world. I have been passionately interested in this project. It is infact an emotional moment for me that in three days’ time, life-saving heart surgeries will commence at this Hospital for the most vulnerable children.”

From April 30, 2022 to May 08, 2022, a team of 21 medical professionals including a few local medical professionals in Fiji, will commence the life-saving procedures by performing paediatric heart defect corrections on 30 children.

Sadguru Sri Madhusudan Sai’s Discourse

“The Birth Pangs of Sai Prema Foundation gave birth to this Beautiful Hospital!”

“sarve bhavantu sukhinah | sarve santu nirāmayāḥ | sarve bhadraṇi paśyantu | mā kaścidduḥkha bhāgbhavet | – may all be happy, may all be free from illness, may all see what is auspicious, may no one suffer.

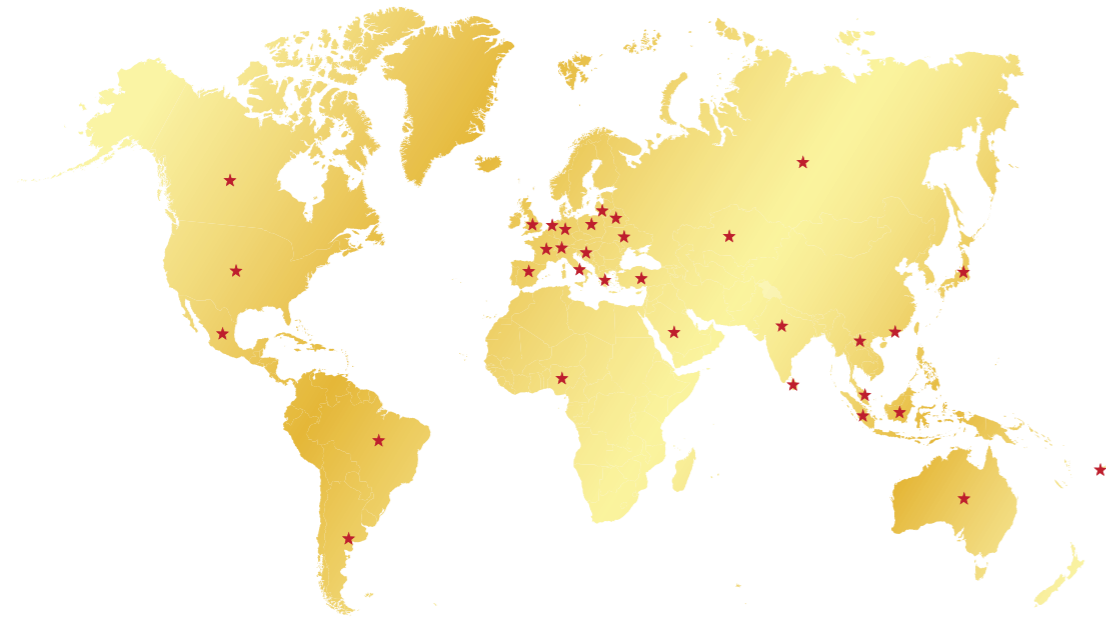
This is an old Indian prayer which prays for the whole world. It is our singular privilege to pray for the entire world on this very special day. It is special for two reasons – one is that it is the birthday of the Prime Minister of Fiji and we have been fortunate to celebrate it atleast three times before, but for the time of the COVID-19 when we couldn’t come. The second reason is that it is the birthday of this Hospital, and I know the birth pangs that Sai Prema Foundation had to undergo to give birth to this beautiful Hospital. But all that labour of love was worth it for the South Pacific. My blessings and best wishes to all of them—they have pulled off this great feat of love—a miracle has manifested in front of our eyes. I want to congratulate all of them for the hard work that they have put in, and to the devotees and followers of all the nations who have supported this noble cause to help the children of this nation and the nearby nations.

The statistics say that in this world approximately 1.3 million children are born with CHD. 9 out of 10 are born in poor countries. It is only a pity that 90% of them sooner or later die. In Fiji, this burden is much smaller since the population is smaller, but if we put all

the pacific islands together, it is still a health burden. Human birth is the beautiful moment that everybody wants to celebrate—when a child is born in a family, it is the most auspicious moment. But it turns into a sad moment when the parents realise that the child is born with a congenital heart disease, and though it is preventable or curable, they can’t do anything but see the child die, because of the financial barrier that does not allow them to treat the child. Whichever father or mother from whichever country—the pain to see their child die, is the same. Whichever child you are, your birth is equally precious to every other child. Therefore, it is our vision to see to that education, health and nutrition are fundamental rights given to all the children of the world. I definitely don’t hope that children be born without any diseases. It may not be possible as there are natural laws governing health and child birth. But definitely, we can create a world where every child has access to healthcare and no child is denied healthcare for want of money. This is the vision of Sri Sathya Sai Sanjeevani Child Heart Care Hospitals, which is setting up paediatric heart care hospitals around the world and the first international chapter opens today in Fiji, for which we are very honoured. In another two days, surgeries will begin here with a very qualified team in place, from Middle-East, Australia, New Zealand and US. Last but not the least—this is just the beginning of a long journey. We have miles to go! Sai Prema Foundation along with the Government of Fiji and the community has weaved a beautiful collaboration. Let us work, learn, and live together!”



Unveiling the Plaque



“**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”

Region 1

Australia



Heart of Love Foundation, Australia



Queensland

- In March 2022, a total of **705 hot meals** were served to the homeless and destitute living in a Caravan Park in Queensland
- Non-perishable food items consisting of noodles, baked beans, spaghetti and pasta, equivalent to **500 meals** were also distributed
- Significant help was provided to flood victims in New South Wales by the volunteers from Queensland

Victoria

In March 2022, **85 litres of milk, 80 kilograms of rice and 80 kilograms of pasta and pasta sauce**, capable of cooking approximately **1,250 meals**, were delivered to **160 families** who were facing financial hardships. The Wyndham Park Community Centre in the west of Melbourne along with the enthusiastic volunteers of the Heart of Love Foundation of Australia carried out this task.



Western Australia

- The volunteers served close to **447 meals** to the needy individuals through NGOs like CARAD, HD Streetwise, Women’s Refuge Centre, and Homeless Youth Centre located in Western Australia
- Arts classes were conducted in the Women’s Refuge Centre. Complimentary morning tea was served to rejuvenate the participants, and **four welcome packs** including pantry items, hygiene and sanitary products were distributed
- Sessions on imparting health education were conducted by qualified health professionals at a Senior High School for students undergoing their intensive English language course. The session covered health and nutrition, eating smart, shopping on a budget, and meal planning. Over **30 students** attended each of the sessions and enjoyed their interactions with our healthcare professionals



Region 1



Japan

Home of Universal Peace

Meals Distribution

The beautiful season of full bloom cherry blossoms was welcomed with joy and gratitude in Japan, to spread love and cheer through compassionate service.

- A total of **278 meals** have been served to the needy in the month of March 2022
- Over **50 food packets** are being distributed every weekend in multiple locations in the heart of Yokohama city. The notable transformation in this service activity was to witness people from other communities, beliefs, and backgrounds joining this activity with enthusiasm, on their own accord, to serve their fellow men



General Incorporated Association of Sri Sathya Sai Sanjeevani Hospitals Trust, Japan

- The healthcare service of Japan has found an opportunity to help children with special needs—those with intellectual disabilities and Down syndrome, by accompanying them for healthcare consultations, and by providing daily transportation for their commutation to school
- The Sri Sathya Sai Sanjeevani Hospitals Trust of Japan has extended help to **three infants** for their periodical general medical check-ups and consultations

Region 1

Laos



Sri Sathya Sai Foundation
Lao PDR

In Laos, the sports complex at the girls' campus of the Sri Sathya Sai School, is ready to function. The expansion of the dining area, library and meditation hall in the girls' campus has been completed.

- The sports complex construction at the boys' campus has commenced
- The Sri Sathya Sai School which has currently enrolled **346 children** till the secondary level of schooling will soon expand to **High School for both boys and girls** effective the upcoming academic year, starting **September 2022**. This shall increase the capacity of the school to accommodate **700 children** with fully operational classes
- The Sri Sathya Sai Foundation continues to support the Vagrant Home and the School for Blind Children through monthly and weekly service activities



Construction of Sports Complex at Boys' Campus



Sports Complex in Girls' Campus nearing its completion

Extension of prayer hall at Girls' Campus



Region 1

Malaysia



Sai Ananda Foundation, Kuala Lumpur



- A team of doctors and volunteers from Sai Ananda Foundation extends support to needy individuals by visiting their homes regularly on a weekly basis
Services activities in the areas around Sai Ananda Foundation, Sungai Buloh and Rawang are carried out regularly
- **Six families** and an elderly home with **15 patients** are being provided with medical assistance— basic medical check-up, dressing, frequent monitoring and changing of ryle's tube, urine catheter, etc
- **100 families** who had lost their jobs and were unable to provide the basic amenity of food to their dependent family members were provided **100 kits** containing grocery items for a month—one kit to each family



Region 2

Middle East



Distribution of Sai Love Kits

In the month of March 2022, Sai Love kits consisting of groceries like rice, lentils, wheat flour, tea powder, sugar, cooking oil, chilli powder, masala powder, biscuits; and toiletries like bath soaps, toothpaste, and detergent were distributed to about **22 house-keeping staff**. These monthly kits would serve about **1,320 meals** in total.

Desert sevā

Over **27 needy beneficiaries** residing in the desert were provided with Sai Love kits in March 2022, which can cook about **1,620 meals** in total.



OMAD – One Meal A Day

One Meal A Day sevā which was started as part of the 'Feed the World' initiative ensures that every volunteer serves at least one other person every day. The volunteers shared cooked meals, fruits, biscuits and beverages like tea, coffee, etc., with the beneficiaries. Approximately, **312 meals** were served to the hungry in the month of March 2022.



Region 2

Nigeria



Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Aruke Specialty Hospital (ASH) runs two clinical facilities in the remote rural areas in the States of Enugu and Imo. These Hospitals are meant for rural dwellers that cannot access quality healthcare services. Both the Hospitals offer a wide range of paediatric and maternity healthcare services, absolutely free of cost, while also treating children and adults from all age groups. On average, the Hospitals treat **72 patients** on a daily basis absolutely free of cost.

In the month of March 2022, a total of **392 children, 721 adults** and **120 eye patients** were provided with world-class treatment. Around **16 deliveries** were performed and numerous



surgeries such as circumcision, catheterisation, and manual vacuum aspiration were conducted. Close to **295 medical investigations** were also conducted.

On the March 18, 2022, 51st birthday celebrations of Father Charles Ogada, Founder of the Spiritan Self Awareness Initiative and JOY Village were conducted.



Region 3

Greece



Ίδρυμα Μοιράζομαι
(Foundation of Sharing)

- In March 2022, the Greek Foundation members and volunteers gathered every Saturday at their centre for *sevā*, to cook food for the homeless people of Piraeus Port and the two Institutions for orphans – Association for the Protection of the Minors at Piraeus and Ark of the World at Athens. **500 vegetarian sandwiches, 220 delicious cheese pies** and **120 tasty pizzas**, along with juices, fruit, and sweets were distributed
- The Foundation distributed food items consisting of breakfast cereals, muesli bars, jam, toasted bread, milk, biscuits, cacao spread, pasta, etc. to approximately 60 families that were supported by 'Support Center of Children and Families.' The items could cook up to 2,000 meals. Also, pasta which can make 600 meals were distributed to these families
- 120 copies of the inspiring children's book – 'The Power Within You' were distributed to the oncology department of Elpida (Hope) Children's Hospital in the month of March 2022. During the previous month, books were sent to several Institutions for children, such as the Agia Anna Children's Home



- Education fee for a year for a young autistic student was provided by the Foundation
- Social Services of the Municipality of Ellinikon were given **50 boxes** containing beans, lentils, rice, milk, oil, pasta, tomato sauce, flour, sugar, coffee, etc. to be distributed to the poor families of Ellinikon. The items would cook fairly **3,725 meals**
- The Foundation gave away **80 boxes** of food items and other necessities to the poor families of Anavyssos area, amounting to **1,840 meals**
- 70 pizzas** were offered to the children and adults with disabilities of EGNIA Foundation, and **35 pizzas** were given to the orphans of St. Andrew Children's Home
- 1,200 portions of yogurt, 720 litres of milk** and **40 kilograms of feta cheese** were delivered to two Old People's Homes at Athens and Palea Fokea



Region 3

Poland



Stowarzyszenie Misja Prema (Prema Mission Association), Poland

In the month of March 2022, Misja Prema Association continued its activity of recovery and distribution of food, and thus saving food from being wasted, by delivering it to individuals, families and institutions in need.

- The volunteers met once or twice a week at four different nursing homes in Warsaw to cook food. **700 individuals** were served food in the month of March 2022
- The Association collaborated with a bakery near Warsaw, to receive bread from the bakery once a week, and serving it along with recovered fruits and vegetables
- Collaboration with Warsaw Seva Association helped in serving food to the refugees from Ukraine. In March 2022, the volunteers served about 400 meals to refugees from Ukraine
- Prema Mission Association has also started regular workshops on vedas from March 2022



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



- The Polish Association 'Love All – Serve All' distributed packages containing food items such as oil, fruits, cheese, sugar, milk, juices, etc., to **19 families**—almost equivalent to **80 individuals**
- Love All – Serve All Association's tie-up with Warsaw Seva Association helped in serving hot Indian meals, complemented by a cup of cool lemonade, to about **1,492 needy individuals, three times a week**



Region 3

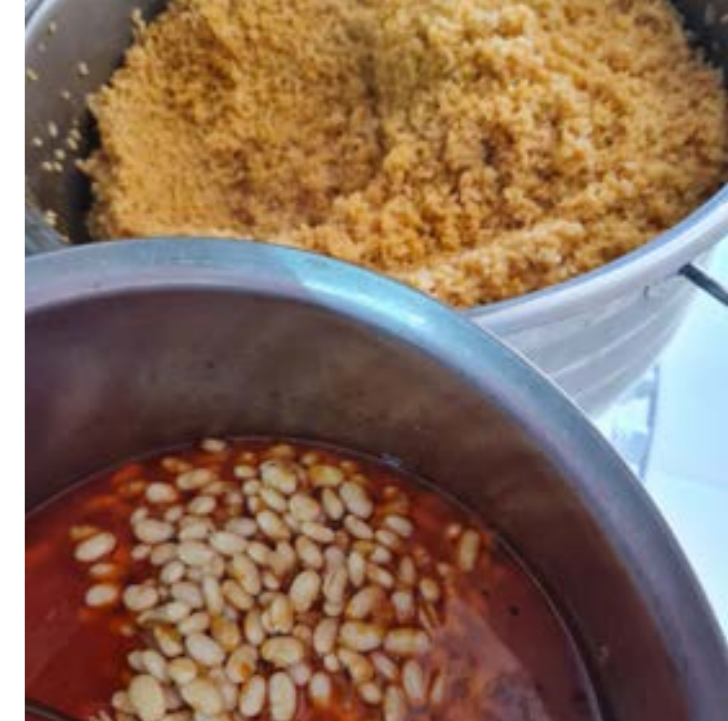
Turkey



Karşılıksız Hizmet Vakfı (Selfless Seva Trust)



- Once a week, grains or pastas with legumes was cooked and served alongside milk or yoghurt, and bread in the districts of Şişli, Pendik and Ömerli. A total of **1,595 meals** were thus delivered door to door in the month of March 2022
- In the district of Uskumruköy, grocery boxes containing sunflower oil, salt, tea, rice, flour, pasta, red lentils, kashar cheese, dried nuts and fruits, milk, vermicelli, fruits and cookies; along with hygiene products such as napkins, bleach...etc. were distributed to **10 families**. A needy family in the district of Şişli, was also helped in this manner
- Woods for heating homes were distributed to **77 families** in Pendik
- The volunteers of the Trust helped **13 economically deprived families** in the district of Şişli, by paying their house rents and bills for utilities such as electricity, water and gas



Region 4

Canada



Sai Global Service Foundation of Canada

- The Sai Global Service Foundation Canada served **50 needy families** at Edmonton with a mini-grocery packet consisting of steamed Basmati rice, Italian pasta packet, bowlful vegetable noodles, and condensed tin vegetable soup
- **50 fruit packets** consisting of banana, apple, orange, fruit juice packet, and cinnamon raisin bagels were served to **100 homeless individuals** on the streets of Edmonton



My Inner Journey

Purity of Mind – Way to Self-Realisation

By Mr Sivaramakrishnan



Based out of Singapore, Mr Sivaramakrishnan is a Management Consultant who worked as the Chief Financial Officer – Asia Pacific, for a US-based multinational for 30 years. His wife Aparna was a Montessori teacher as well as a *balvikas guru*. By His mercy and compassion, they have been fortunate in serving Sri Sathya Sai Baba in His mission of love, alongside their children Vidushini and Vishranth, for which they are eternally grateful.

My wife Aparna and I grew up in Chennai in families with spiritual leanings. I personally, was raised in an Ayyappa *bhakti* home and an annual pilgrimage to the 'Sabarimala' temple was the norm in my family. Aparna's side of the family had strong leanings towards Sri Ramana Maharshi and her grandfather was blessed to be in His presence very often in Tiruvannamalai. Several years ago, Aparna was also pleasantly surprised to discover a photograph of her father seated at Bhagawan Baba's feet during one of His visits to Chennai in the seventies!

However, despite this strong backdrop of faith, it was not until much later that we discovered our true purpose, when he had our first Divine Tryst with the *paripūrṇa avatāra* Bhagawan Sri Sathya Sai Baba.

The Journey began in 1999 when we went on a holiday to Penang, Malaysia with some of our family friends. Thanks to a Sai devotee in the group—we visited a home at Penang where Swami's 'Visiting Cards' often manifested.

Our young daughter, Vidushini, happened to be the first to enter the shrine. Just as she entered the room, a shower of crystal beads came raining down her head—as if a '*japamāla*' had snapped on its own! My wife Aparna chided her, thinking

that she had toyed with something on the altar... but something in her heart kept telling her that it was a Divine manifestation! Once back in Singapore, she felt an inexplicable pull towards Swami and started attending *bhajans* at the Sai Centre. My role initially was limited to being a chauffeur—dropping and picking up Aparna from *bhajans*! Little did I know that this would all change soon!

From 2002 onwards, we started visiting Puttaparthi annually with the Singapore group and I was involved in many service activities of the Sai Organisation and Aparna was actively involved as a *balvikas guru*.

During our 20th wedding anniversary in 2009, we decided to go to Puttaparthi to experience the Divine *darśan* of our dear Lord. At that time, Swami was visiting Pune and Bombay. His arrival to Parthi was postponed due to various activities there. So we decided to stop by Muddenahalli for the first time before going to Parthi. As we arrived, we met Uncle Narayan Rao and he took us to Prem Deep and the Chancellor's residence (the present Sai Anandam which was under construction back then). We soaked in the serenity and joy of that day, not knowing that this would be the starting point of the Lord's script on 'Our Journey with Sai' after His exit from the physical form.

We truly believed that Swami was beyond the physical and therefore eternal. Thus, when we heard about Mr Narasimha Murthy being guided by Swami in July 2011 to continue His good work, we were not surprised and hence readily supported it. Our first experience with the Divine in the Subtle Form was in 2014 in Kodaikanal—a truly pivotal moment in our lives. We knew from the first moment that it was none other than our beloved Bhagawan. As He spoke to us in the most loving and gentle manner, recounting incidents of our past, we were all weeping tears of joy. This

My Inner Journey

spontaneous outpouring was simply a testament to His Divine Presence, which touched us at our very core! We have since been privileged to be part of many events and festivals in the Divine presence of Swami.

Aparna used to pore over articles and books of Swami's close devotees during the good old days— how they would as a team, cook for the Lord, serve the Lord, help with the decorations and floral arrangements and so on. She used to pine with all her heart for such a chance, and now her wish has come true. By Swami's Grace and compassion, we have been able to accompany the Lord during a few of His international trips – Malaysia, Fiji, Japan, Nigeria and Europe... and Aparna has had the opportunity of offering food to Him. Our children have also been blessed to be with the Lord during His Divine trip to Sri Lanka in 2018.

We are honoured that Swami has visited 'His Home' in Singapore, where we reside, for three times. During the 2017 visit, He blessed the apartment with the name 'Sai Hrudayam', citing that a devotee is not merely one in whose heart God resides, but more importantly one who resides in God's heart. It has been our sincere prayer that we not only reside in 'Sai Hrudayam' in a physical sense but strive hard to earn a place in Swami's heart eternally!

While all of these experiences have been memorable and divine in their own special way, over the last few years, we have come to realise that the true journey is the 'Journey Within.' As we write this article, we are in the midst of a global pandemic of COVID-19 and most of us had gone through tough times for about two years. This had given us ample time to reflect upon the messages that Swami had given us in the last few years, and how they had transformed our lives.

Back in 2015, Swami told us that both our children would be flying the nest soon; and so indeed it has come to pass. In one of our interviews at Sai Anandam, just both of us – Aparna and I were present. Swami was enquiring about our children, and Aparna said "Swami they are your gifts to us", and Swami responded, "yes, yes, they belong to me and you are only custodians!" True to His word, we have not needed to worry about our children and Swami has taken care of both of them.

Our daughter Vidushini completed her Master's in the Netherlands and Swami asked her to remain there for a couple of years before sending her to Mumbai for a few months. Finally, Swami commanded her to start working at the Sri Sathya Sai Sanjeevani Hospital in Palwal from March 2018. Through those few years, she has learnt the valuable lessons of patience, forbearance

and surrender. Though His ways are inscrutable, we have no doubt that nothing happens without a reason and He knows our past, present and future. Vidushini feels immensely blessed to be so closely involved in His Divine Mission of Love.

Our son Vishranth had neither an inclination nor an aptitude for Maths or Physics, but Swami directed him to do a Bachelor's in Aerospace Engineering. At that time, he had some different plans, but what Swami takes away, he replaces with the best! Though he was apprehensive, he implicitly obeyed and at every stage, we could see His unseen hands helping him throughout his challenging four-year course. He completed the course successfully, even winning many accolades in the university, and gained some work experience for two years. Currently, he is doing his Master's degree in a very specific area of specialisation as per Swami's command. Swami has said time and time again that He has a plan for everyone, and it is our duty to simply believe in His word!

However, the journey with God can get really steep at times! Through rosy times, and Swami's every word coming true—Swami started putting more and more tests in our lives. Along the way, I faced a major setback in my professional life. As I sought refuge at Swami's feet, Swami would constantly give me new instructions and directions. In my earnest efforts to please Him,

I would obey His word, only to hit yet another dead end! Through the frustration, we began to realise that Swami is not concerned about the outcome, but only our sincere effort and implicit obedience. We realised that Swami was merely testing our faith in Him. And when we finally surrendered to His Will, Swami ensured that not only did He give us what we needed, but much much more!

Upon deeper reflection, these tests are only stepping stones towards the final goal. In one of our interviews, we asked Swami about our spiritual progress. He then lovingly elucidated, "Purity of mind is spirituality. Service, good company, meditation—all these are ways of purifying the mind. That is the secret. People say they want to realise God, but what will happen then? You will experience so much love for everything and everyone. Nothing beyond that! In that love lies joy. That is the truth. The more you do, the better you get at it every day. Ask yourself—if I'm getting more joyful, if I'm getting more loving, it means I am getting better. Be consistent and persistent!"

Though the path may be long, with many a twist and turn, we prayerfully submit at Swami's Lotus Feet – may we be consistent and persistent in our efforts, and may our journey find its ultimate fulfilment within!

Our Eternal Love and Gratitude!

"Purity of mind is spirituality. Service, good company, meditation—all these are ways of purifying the mind. That is the secret."



My Inner Journey

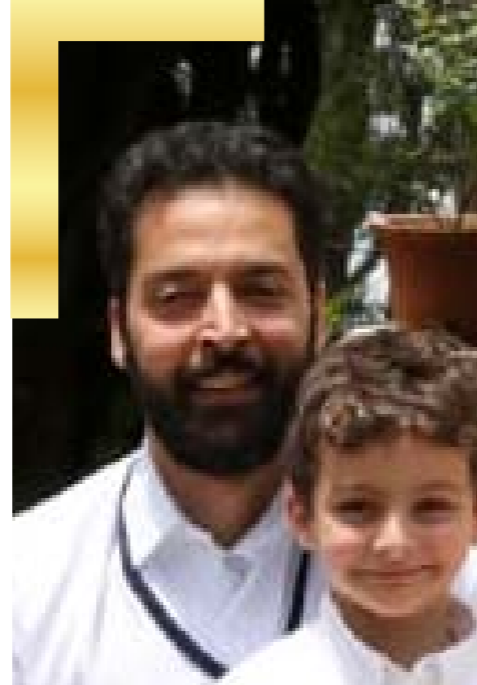
The Tussle Between Divine Vs Non-Divine Qualities – Let Love Take Over!

Mr George Sioufas

Mr George Sioufas is a lawyer by profession and is heading the Foundation *Μοιράζομαι* (Sharing with Others Foundation) in Greece. Swami always exclaims to him saying – ‘You prefer Love over Law’. His wife Eva is a businesswoman and a loving mother to two boys – Sai Narayan and Alexander. All of them are serving in various capacities in Swami’s Divine mission, both at Greece and India.

Everything I have in my life today has been given by Him. Whatever I have accomplished has come from His faith in me. The last few years that saw the harshness of COVID-19, could still withstand the challenges and trials because of His continued guidance. Without His guidance, I would not be what I am today. Like a Divine sculptor, He has been lovingly and patiently casting off all that needs to be discarded and bringing about a quite yet profound transformation in my heart. What will I be without those challenges, I do not know, for I realised that only through hardships, will I realise the value of His messages, and do all in my capacity to change for good.

In 1990, when I was 15 years old, I read the *gītā vāhini* written by Swami – the very first book I could lay my hands on. The narrative between Krishna and Arjuna really touched my heart—back then, I didn’t know that the ‘Swami’, whose book I was reading, would become our timeless charioteer too. We met Swami in His physical form in 2008 at Puttaparthi, and we felt an instant connect and a deep bonding with Him, within our hearts. His eyes fell upon me and it was simply magical – Love at first sight indeed! His



love had such a magnetic pull that we couldn’t resist coming to Puttaparthi from Greece every year, since then.

Our son Sai Narayan, when he was three months old, was brought to Puttaparthi in the year 2013 to seek Swami’s blessings. In 2015, we came to Puttaparthi for Maha Shivaratri and a friend invited us to Muddenahalli. It was then that we felt the presence of Swami in His subtle form and He lovingly granted an interview to the whole team from Greece, through the instrumentation of Sri Madhusudan Sai. He showered us with His love and care, giving us insights that no one could fathom. Since then, we have been close to Him and have been serving His Divine will.

For the past four years, I have been facing a lot of challenges and problems—these I realise now were also showers of blessings from Swami—for it helped me make the necessary changes that I had to make in me internally—I was not left with any other choice. If the Lord’s message is not taken seriously, then probably the best way in which we might start contemplating on His messages and making efforts to practise, is when we face difficulties—the wake-up alarms from the Lord Himself!

One thing I must confess loud and clear—all my good qualities are not mine but His. They belong to Him and they have been bestowed on me by Him. He clarified my spiritual vision and led me to His abode of ‘Love and Service.’ On the other hand, all my bad qualities are mine and so I take the responsibility to face them, fight till the end, and finish its game. To me, His simple yet profound message of ‘Love All Serve All’ is the antidote to all the bad qualities that degrades a

human—it is to live love every moment, in every situation, and this shall take care of all else. The hidden darkness of evil shall flee away, when exposed to the radiant soft yet powerful light of love.

In 2018, I had serious problems in my practice as a lawyer—at the financial and business level. The same year Swami told us lovingly, in an interview at Kodaikanal, that He would give us more *sevā* to do. We persisted to make our contributions for the *sevā* projects in India and Greece, but at one point in time, things got tougher. The business was going down and we could not support, as much as we wanted to. I was praying to Swami every day to help me. While my prayers continued with raising intensity, my difficulties continued rising too. One fine day, like a veil that was lifted from my vision, I realised my mistakes, my thought patterns and feelings—I understood that my own feelings created my reality, my experience. The power of our thoughts and feelings is so immense that it can either make or break our lives. And thus, I understood the power of the feeling of ‘Love.’ We all want to experience love and joy in our lives, but do our thought and feelings radiate love?—this is the question we must ask ourselves.

During the Dussehra of 2019, we, representing the country of Greece, gave Swami a new car and He said to me, “I like cars. Take any God or Goddess in India—they have a vehicle to travel, Ganesha has a rat, Laxmi has an owl, Saraswati has a swan, Durga

has a lion. Better than to have a tiger or a lion, is to have a car.” And then He remarked to me, “So worried you are that hardly you get any sleep” and smiled lovingly. Little did I know then what he meant! It was only after all the struggles that I faced—that I understood His prophetic words.

Swami has given me some tips to follow which I would like to share here – The first tip is to think of Him or sing His glory constantly—while at work, while travelling, exercising, relaxing, sleeping, meditating or during satsangs. This practice has transformed my days and nights. While singing His glory, a shiver runs through my being and synchronises my entire being with Him. Anyone can try this out—it works wonders! The second tip is to slow down and observe the pattern of our thoughts, feelings and behaviour. The third tip is to fill our hearts with His love and radiate that love always, to all beings, at all times.

We are creatures of habit, whatever we are doing is set in our minds by years of conditioning and this needs some time and effort to replace it with new software, new thoughts accompanied by strong feelings of love. **I am certain of the power of Love, of His Love.—it can do anything. There is nothing that Love cannot accomplish!**

“We Love You, Swami! Please bless us always with Your Divine guidance and love, and help us tread the path of love and service.”



What is the quintessential pre-requisite for spiritual progress?

Vairāgya or dispassion is the quintessential pre-requisite for spiritual progress. It is the only vital and fundamental *sādhana* prescribed by *vedāntic* practitioners. *vairāgya* is detachment or mindful self-restraint which bestows unswerving freedom from the craving for worldly objects that are enjoyed through the senses.

Using the *buddhi* (intellect), one can win over the vagaries of the mind and take to the path of *shreyas* (that which is good), instead of heading towards the path of *preyas* (that which is pleasurable). True *vairāgya* is the will power to hold on to the right things and give up the wrong things. *vairāgya* is born of an unbroken practice of *viveka* or discrimination, and it certainly does not mean that you should give up everything and retire into a forest. You should stay where you are, in whatever situation of life you are in, and understand the subtle nature of things, while giving up worldly desires. It means that by using discrimination you should know what to accept and what to reject. You should strive to recognise the divinity in every object you see and enjoy it.

vairāgya is not merely giving up things. It consists in enjoying without attachment, the very same things which were previously enjoyed with attachment. That is real *vairāgya*. That is the mark of a true spiritual being. Is there a way to vaccinate ourselves from this virus of desires? *jñāna* or wisdom acts as the vaccine against desires. The main reason for this state of the world today is man's greed and desires. Look at the irony—the economy is collapsing because people have started taking corrective measures to their lifestyles during this pandemic. They are not buying things that they do not want using the money that they don't have. The correction in consumption has led to a tumbling economy. When you clean your attic after a long time, you will end up raising a lot of dust and you may sneeze non-stop. But once the attic is cleaned and you maintain it regularly, there is no more dust and sneezing. This corrective measure is akin to that. All these material acquisitions and fulfilment of desires do not give lasting happiness. They only lead to more pain and suffering. Such deep enquiry for an extended period of time during the day, every single day, will awaken lasting *vairāgya*, which is required for spiritual progression.

