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Sri Sathya Sai Arogya Premanjali



“What exactly is your duty? Let me summarize it for you. First, tend your parents with love, reverence and gratitude. Second, speak the truth and act virtuously. Third, whenever you have a few moments to spare, repeat the Name of the Lord, with the form in your mind. Fourth, never indulge in talking ill of others or try to discover faults in others. And, finally, do not cause pain to others, in any form.” Baba



And Now- 'Dental care on wheels' - Mobile dental hospital inaugurated at Prashanthi Nilayam

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PRACTICE HUMAN VALUES FOR HEALTHY LIVING

(A discourse delivered on completion of four years of Sri Sathya Sai Hospital, Prashanthi Nilayam) on, 21-9-1960

The greatest disease (or absence of ease) is the absence of peace. When the mind gets peace, the body also will have health. So, everyone who craves for good health must pay attention to the emotions, feelings, and motives that animate the individual. Just as you give clothes for a wash, you have to wash the mind free from dirt again and again; otherwise, if dirt accumulates and you form a "habit", it is difficult for the dhobi (person who washes the clothes) as well as harmful to the clothes. It should be a daily process; you should see that no dirt settles upon the mind. That is to say, you should move about in such company that dirt is avoided. Falsehood, injustice, indiscipline, cruelty, hate — these form the dirt. Truth, righteousness, peace, love (sathya, dharma, santhi, prema) — these form the clean elements. If you inhale the pure air of these latter, your mind will be free from evil bacilli and you will be mentally sturdy and physically strong. As Vivekananda used to say, you should have nerves of steel and muscles of iron. That is to say, you should have hope and joy and elation as an unshakable resolution, not despair and dejection.

What is studied is not put into practice

Your heart should be like glass, with the spiritual light inside illuminating the world outside, with the world outside reacting on the inner urges and making them lean toward service, sympathy, and mutual help. Now, people read and study all kinds of unintelligible Vedantic texts and struggle with commentaries and notes and translations to grasp their sense. It is being poured down their throats, but the portion does not get down to soften the heart. It is not translated into practice. The truths of the Vedanta are put on for public exhibition, as in a drama, where appropriate dresses are worn on the stage but taken off when the actor moves off the stage. They do not adhere to them all the time to derive the Bliss of the Soul (Atmananda), which they can give. It is chiefly a matter of careful, well-timed, regulated discipline; it cannot be got by spurts and skips; it has to be climbed step by step, each step being used as a foothold for the next. There is no systematic living according to any known principle, now; this is true of the student, the householder, the mistress, and the master of the house. Virtues have to be cultivated in the home; each member sharing in the joy with the rest, each one

God has given you the heart to use in life. Return it to him as clean and as pure. – Baba

seeking for opportunities for helping others. This attitude has to be stuck to, so that it may stay as character. How can a vessel kept with the mouth downward get filled with water? It has to open up and receive the good impulses. You have to learn each lesson by systematic study. Application and effort alone will give success.

Have faith in the Lord and His Grace

In all effort, if you trust in a Higher Power, which is ready to come to your help, work is made easy. This comes out of devotion and reliance on the Lord, the source of all Power. When you travel by train, you have only to purchase the ticket, enter the proper train, and take a seat, leaving the rest to the engine. Why should you carry the bed and trunk on your head? So too, put your trust in the Lord and carry on to the best of your ability. Have faith in the Lord and His Grace. Try to earn it by using the intelligence and the conscience with which He has endowed you. You have all gathered here to celebrate the completion of four years in the life of this Sathya Sai Hospital. So I want to tell you that the best and the wisest thing is to see that you do not fall ill. The doctor read out in the report that this year the number of out-patients as well as the number of operations was greater than last year, as if that is a sign of progress! But I do not think that speaks well of the people around and their sense of values. The hospital should radiate preventive measures also and try to educate the villagers in methods of avoiding illness. Develop self-reliance; that is the best tonic. You have been born because you did not pass in certain subjects; there is some balance of experience that you must acquire to complete the course. If you get convinced that your true nature is the Atma, then you have finished the course and "passed".

Cultivate prema toward all beings

For reaching that stage, you should start with the cultivation of the "feeling of kinship with all beings" — sarvasamanabhava, as it is called. It is very difficult to get, but that is the only way to see the Atma that is in all. For example, a person with that sincerity of feeling (bhava) will not be happy at the killing of animals for food or even hunting them. Why should you seek the animal to its den, lie in wait for it, and lay traps for it, so that you may derive pleasure by killing it? Prema should be cultivated toward all beings so that you may see the Innermost

Self in all beings. The Atma is Omnipresent. Do not think it is found only in persons belonging to certain castes or colours or creeds, or that it is of a big size in fat people or of a brilliant nature in rich people. It is consistently being, awareness, bliss absolute (sath, chith, ananda) in every being. Spiritual exercise has to go a long way to win this outlook. But you can begin with little things. You can avoid causing annoyance to others, can't you? Even if you are unable or unwilling to do service to others, at least, if you desist from causing harm, that is meritorious service indeed! For example, take the words you speak. I always say purification of words leads to cleansing of the mind. That is why I insist on quiet talk, sweet talk, and little talk; the pure and serene (sathwic) talk — no anger, no heat, no hate. Such talk will cause no quarrel, no blood pressure, and no factions. It will promote mutual respect and love. Then again, do not cynically laugh at the good that others do or at the spiritual exercises of others. Inquire, but do not insult. Respect the sincerity of the other person; respect also elders and people with more experience than you. In company, behave in a well-mannered way, showering brotherhood and joy on all around you.

Moderation in food is always to be welcomed

Strive for the happiness of the community and of the human race. Pray that all people everywhere may have peace and plenty. Be eager to do good and be good. This being a function connected with the Hospital, I must tell you about certain other things also. By regulating your diet and avoiding certain bad habits, you can preserve health. Moderate food and food of the pure (sathwic) type, will promote mental poise and also physical happiness. Moderation in food is always to be welcomed. Many people consume more than the necessary quantity of rich food, and such have to practise moderation. So too, if you do not smoke, you escape a number of illnesses that follow that passionate (rajasic) practice. Any intoxicant or stimulant, because it disturbs nature's even trend, is harmful. Moderation in food, moderation in talk and in desires and pursuits, contentment with what little can be got by honest labour, eagerness to serve others and to impart joy to all - these are the most powerful of all the tonics and health-preserves known to the science of health, the Sanathana Ayur-Veda, the Veda of the full life.

FROM THE DESK OF THE ALL INDIA PRESIDENT



Sairam ! I am extremely happy with this one more issue of the Newsletter. I congratulate the Editor Dr Sanjay Aggarwal and his entire team for their consistent efforts in bringing out this newsletter

I am aware of the fact that this newsletter reaches out to the brothers of the medical fraternity from different parts of the country bringing out a tremendous impact of the message and mission of Bhagawan Sri Sathya Sai Baba to mankind at large and especially the medical fraternity. I am sure the contents of this newsletter will inspire several people on the part of selfless service to humanity.

Happy reading !

Yours in Sai Seva,
Nimish Pandya

All India President, Sri Sathya Sai Seva Organisations India

God has no preference and prejudices. He is but reaction, reflection and resound. - Baba

VEDAM CHANTING FOR ANTENATAL SISTERS IN KERALA

'LET US RETURN TO THE BASICS NOW.'

This is the title of a best seller published in London a few years ago. This is true in every respect. Earlier the better, our Beloved Lord reminds us. We are forgetting our old, but gold, traditions. This has affected all fields of our life. In



the field of good health also, this is true. Let us listen to the Divine guidelines on this. Swami tells us that in earlier years pregnant women used to return to their mothers houses. There, they got enough rest and psychological comforts. There will not be much heavy work for them. During this stay,



they used to listen to stories from Ramayana, Markandeya charitha, Story of Prahlada etc. These were influencing the baby in the womb of the mother. Swami gave another example of Arjuna. He was explaining the methodology of Padmavyuha to Sumitra. After some time she fell asleep. But the baby in the womb of Sumitra was listening to this. Earlier, science rejected this aspect. Swami tells that now modern science approves this as a fact. It agrees that experiences of mother are also experienced by the child in the womb. To make this more clear, Swami gave two examples. A mother while pregnant used to drink apple juice. When the child was born, he was drinking only apple juice. Second example was this. An unprivileged lady was subjected to atrocious stories by a scientist. When that child grew up, she was with all detrimental habits. Swami also told us that today ladies go to cinema theatres and then to hospital



for delivery. The child will have 'Cinema samskaram and not good samskaram' Swami said. These Divine guidelines motivated Mahila vibhag of SSSSO, Kerala to undertake the seva of sharing good things with carrying mothers. This was



started a few years ago. Chanting of Veda, Sthotras etc was part of this programme. We could conduct this in adopted villages, individual houses and labour wards of government hospitals. Once we were on our visit to government hospital the labour ward was full with ladies of all religions. We had our own apprehensions on how they will receive our



programme. Their response was an eye-opener to all of us. They went to the bath rooms, washed their legs and face and attended our veda chanting with all interest. We remembered Swami's promise that He will reach places of seva, before we reach there. Yes, He alone is the real DOER. Once we took girls students of Sai school to the labour ward and chanted veda. Both mothers and students were moved emotionally. We could see some girls crying and told us later that they were thinking of their mothers carrying them in womb like these pregnant ladies. Seva transforms not only the beneficiary, but the giver also. We have to remember the Divine command that we should not wait for opportunities, but jump for opportunities.



Mrs. Geetha Mukundan,
State coordinator (Spiritual, Kerala).

Dedicate your hands to the service of humanity. Never deviate from that attitude. - Baba

AND NOW- 'DENTAL CARE ON WHEELS'

Dental problems – 'Be it a simple caries of a tooth to the nagging problems of gingivitis and oral cancer', often have been ignored by population at large. Most people out of ignorance want an extraction of a tooth once they feel increased sensitivity. Dental sciences have gone to such a level that now we can offer treatment lovingly saving a bad tooth to fixing new teeth on the healthy bone beneath.

Dental surgeons across the nation have starved to make the science most modern and facilities now can be availed at peripheral levels also.

With infinite compassion of Bhagawan Sri Sathya Sai Baba- we can now have such a facility at doorsteps of nearby village.

An example of sorts, this project will make preventive and curative care acceptable by poorest of the poor. We in the Sri Sathya Sai Seva Organisation can take a cue, have similar projects feasible in our states also.

A report-

PRASANTHI NILAYAM 04-01 -2019

Sri Sathya Sai Mobile Hospital (a unit of Sri Sathya Sai Central Trust) which has been providing high quality rural outreach medical care has added a new 'dental unit', with state-of-the-art equipment. This unit would



further enhance the range and quality of services being provided by the Sri Sathya Sai Mobile Hospital.



Dental problems are rampant in the society, especially among the rural population. All forms of dental treatment can be provided with the new unit being inducted. It is a boon for the residents of the villages in 12 mandals around Puttapparthi.

Invoking the blessings of Bhagawan Sri Sathya Sai Baba, the inaugural function was conducted in Sai Kulwant Hall, Prashanti Nilayam today at 9:00 AM.

MEDICARE USING WHEELS ON LAND AND AIR-SOME INTERESTING EVENTS -

Drones used save lives in Malawi

It started with an aeroplane journey back in 2014.

"I knew nothing about drones," says Judith Sherman, the head of HIV for the UN children's fund, Unicef, in Malawi. But as she leafed through an in-flight magazine about pizza deliveries by drone in Mumbai, she had a eureka moment.

"Drones could be used to solve the logistical challenge of swiftly delivering HIV/Aids care in rural Malawi," she thought.

The government says 10,000 children died of HIV-related illnesses in Malawi in 2014, which is the "equivalent to a school bus full of youngsters dying every week," according to Ms Sherman.

A young child may get the virus from an HIV-positive mother during pregnancy or birth, or when the mother is breastfeeding, but drugs can reduce the risk of transmission.

Only half of the young people with HIV have access to treatment, and their initial diagnosis is often delayed because of the poor state of the roads.



Media caption A drone is being tested to see if it can carry blood samples to the laboratory



A blood sample is taken to see if children are HIV positive. Motorbikes have to travel along rough tracks to deliver the blood samples

Unlike adults, screening for the virus in children with HIV-positive mothers requires specialist laboratories that can do a sophisticated test.

There are only eight of them in the country and for many people they are hard to access.

With many Malawians living in remote villages, the blood samples from rural HIV clinics need to be transported by motorbike along what are little more than dirt tracks, and that is where drones could have a revolutionary effect - slashing the waiting time for the blood test result.

California-based company Matternet has designed a drone as part of an experiment being conducted in partnership with Unicef.



The drone can carry a payload of up to 1kg. The drone is also fitted with a parachute in case of emergencies

It is only when you have love for God and fear of sin that you will become a man of standing character. - Baba

Just like mobile phones transformed healthcare in Africa more than a decade ago, drones could do the same for programmes to deal with HIV, ultimately saving lives.

Instead of using motorbikes to transport blood samples, which often require a large batch to make the delivery costs worthwhile, Unicef and Matternet are testing whether deliveries could be more efficient by air.

"This is the power of things that are unexpected," says Paola Santana from Matternet. "People didn't see them coming and then they change everything."



The drone can be operated through a mobile phone app

The drone used in the test is less than a metre long and is programmed to travel along a designated route, passing predetermined way points, which are plotted using an app.

No pilot is necessary, instead it requires a health worker with a password and a GPS signal on their mobile phone. At the swipe of a button the vehicle is airborne.

It has already been certified as safe by Malawi's defence ministry, which has approved an air corridor for the drone's use.

But in the months ahead, the team from the Silicon Valley will run tests to measure the drone's resilience, cost effectiveness and efficiency.

"You put a payload box and a fresh battery on the drone," says Ms Santana, as she demonstrates how the device can carry up to 1kg (2.2lb) of dried blood samples in a compartment tucked under a battery. "You then open the app and select the location, you swipe and you hit take off."



Image caption Villagers turned out to watch the first launch of the drone

As the drone makes its maiden flight in Malawi in front of a group of invited guests, villagers lined the edge of a nearby maize field.

They direct their their gaze skywards to view the humming electrical beast making its first ascent. Then burst into peals of nervous laughter.

"I thought it was going to come crashing down onto my head," giggles one woman.

They had already been told by village doctors that there was nothing to fear, and that no witchcraft was involved in levitating the drone.

"They were frightened at first," medical assistant Joanna Mwale confesses. "These are traditional areas, they've seen aeroplanes but nothing like this."

GREEN CORRIDORS

GREEN CORRIDORS HELP SAVE LIVES

A green corridor refers to a route that is demarcated and cleared out for an ambulance carrying harvested organs. The objective is to ensure that the in-transit organ arrives at its destination in the shortest time possible.



* **New Delhi:** Almost a decade ago, in September 2008, an ambulance made its way through peak traffic in Chennai,

reaching its destination in a record 11 minutes. On a normal day, this same route and distance would have taken at least 45 minutes. However, that day was different– as a 9-year-old girl awaited a critical life-saving transplant, the Chennai Police had swung into action and created a special route that allowed the ambulance carrying the organ free passage.

- * This was the first time that something like this had been done in the country.
- * 6 years later, in July 2014, a similar scenario played out in Chennai, with a heart being transported from one hospital to another in half the usual time. This time, the coordination between the hospital and police was given a formal name – "Green Corridor".
- * Since then, green corridors have frequently been used to transport organs within and between cities. Most recently, (just last week) on November 9, three green corridors were created in a single day to transport a heart, a liver and a kidney in Indore.

What is a green corridor?

A green corridor refers to a route that is demarcated and cleared out for an ambulance carrying harvested organs. The objective is to ensure that the in-transit organ arrives at its destination in the shortest time possible.

The requirement for something like this arises from the fact that organs generally have a short preservation time which means that there are only a few hours within which the entire process, right from harvesting and transportation to the final transplantation surgery, must be completed. There is an added urgency in cases related to the heart which has to be harvested and transplanted within 4 hours.

Additionally, studies suggest that the shorter the wait between harvest and transplant, the better the odds are of the surgery being successful. This makes quick transportation all the more important.

According to Dr Avnish K Seth, Director, Fortis Organ Retrieval and Transplant, Fortis Healthcare, the idea to set up green corridors for organ transportation came from VIP motorcades which are routinely created in the country to offer security and allow politicians and other VIPs to bypass traffic on heavily choked routes.

Incidentally, this practice is exactly what has helped the police quickly set up and manage green corridors, even during peak traffic hours, says Garima Bhatnagar, Joint Commissioner of Police, Traffic, Delhi.

"We always have staff on the ground, so within 2 to 3 hours, we quite easily manage to set up a green corridor," she adds.

"The police have been absolutely amazing and the response has been very positive each time. In fact, once we had to set up a green corridor between Gurgaon and Shalimar Bagh. The police told us that the Prime Minister was expected on the route and asked us if we could delay. We told them it was not possible and they made it happen," says Dr Seth, crediting the readiness and swiftness of the police for the success of green corridors in Delhi-NCR.

However, in spite of all its success, Dr Seth does not believe that green corridors are the perfect solution for organ transportation. "I would say that green corridors are not the way forward. We have repeatedly been using these but they are a great inconvenience to the general public travelling on those roads. The future is in the air routes which is a much faster and viable option. Air ambulances are the best option and will definitely be in use in the future," he says.

How Does A Green Corridor Work?

- 1. When the donor family's consent is confirmed and the organs are matched to a recipient, the hospital's staff gets in touch with the police commissioner. This is usually done 2 to 4 hours before the organ is retrieved.
- 2. The traffic police chart the fastest and most navigable route between the key points.
- 3. Personnel is posted at different points along the route to blockade the roads, manage traffic, and ensure that the ambulance does not get into any red lights.
- 4. A motorcade of around 4 to 5 vehicles set off for the destination. This includes police vehicles as well as an additional ambulance in a precaution for backup.

Misuse of money and knowledge will lead to great danger. – Baba

SRI SATHYA SAI HEART HOSPITAL, RAJKOT, GUJARAT

MISSION TO SERVE THE POOR AND THE NEEDY

The heart is the most important part in the body. If the heart goes on strike, the body becomes lifeless. Heart diseases are widely prevalent around the world and at the same time heart surgeries have become very expensive. In such situations what would be the fate of poor people?

One has to work for the welfare of the poor, alleviate their suffering and set an ideal for mankind. Service becomes truly meaningful only



when it is rendered to the poor and the needy. To assist the poor and needy in providing quality heart care, The Sri Sathya Sai Heart Hospital, Rajkot, Gujarat was inaugurated on 4th August 2000. This is the only hospital of its kind in Gujarat and the surrounding states, offering quality health

care services absolutely free to the weaker sections of society.

Manoj Bhimani the brain behind the project says-

This hospital basically started on 4th August, 2000; it means 18 years before in Rajkot, Kalawad road. Every year we operate approximately 1000 operations free of cost. Most important thing is we not only

do 1000 operations but we do heart camps at various places not only in Gujarat but different states. And we try to check up all the cardiac patients and we observe that out of that heart camp only 20% requires surgery. So, if you see the impact, our impact is not only every year 1000 cases what we operate but 10,000 cases what we check. So, you have heard the name of Mr. Bhimal Patel who has designed the river front in Ahmedabad, he has designed this hospital and its construction is going on since last one and half year. It has a facility of 300 beds hospital and 4 operation theatres of class 100. It is all free of cost and we are not compromising anywhere in standards because it is free of cost doesn't mean facilities are not up to the mark. This is going to be a 300 bed pediatric cardiac hospital which will be one of its kind in India. Basically I have been waiting for a different group of doctors, a different group of business people and idea is that we become a bridge between people who want to give back and the people who need our help. I can say that Sai Baba was one of the biggest bridges between rich and the poor. People want to do some good work but they are sometimes not able to find the right platform. It means to say people can contribute to us in Tann, Mann, Dhan and not only money wise. Some can volunteer themselves even if they are non-medical, some doctors can give their seva for 1 week or 2 weeks in our hospital and those who want to contribute financially they are also welcome.

Idea is that we become a bridge between people who want to give back and the people who need our help. I can say that Sai Baba was one of the biggest bridges between rich and the poor.

SWAMI'S HOSPITALS INSPIRE IMITATION FOR A FREE HEART HOSPITAL IN RAJKOT

It all started in the early nineties when a group of Sai devotees from Rajkot, inspired by the news of the Super Speciality Hospital being set up in Puttaparthi, wanted to do something similar, even if the scale was much smaller. They came to Puttaparthi, had blissful darshan of their Lord and were even blessed with an interview.

They wanted to start a diagnostic centre and had come fully prepared, complete with the blueprints of their plan. Swami spoke to them, instructed and inspired them lovingly to go ahead with their selfless work. Their joy was tempered with sadness; happy for the blessings received, but sad because one of their wishes was still not fulfilled – Swami did not bless their draft proposal to construct a health centre for reasons which nobody could guess then. But then they did not let this deter their enthusiasm. Once they returned, they set up a make-shift diagnostic health center immediately which pre-screened patients and referred the patients for further medical care.

Recalling those days, Mr. Kanubhai Patel, who has been associated with the hospital right from its inception, says, "We wanted a bigger space where we could handle patients in a better way. We approached the management of Khira Hostel which used to be a hostel for students. Their management was extremely skeptical to give the hostel on rental basis, more so, after they learnt that we were to offer our services completely free of cost. They thought it was fanciful and even if it happened, it would be short-lived".

Well, the hostel management's apprehensions were understandable in this age when everything is measured only in terms of money. So

it was a difficult proposition for the devotees to convince the hostel officials and the idea fructified, says Mr. Kanubhai, "Only when we gave them a local guarantor. And then within no time we commenced our center's services.

There was a deluge of patients as there was no hospital in the vicinity of that area. Initially, we had no machinery and were completely dependent on outside support. But we never lost hope. Swami's golden assertion: 'If anyone tries to do good to others with a selfless motive, take this assurance from Me, all his needs will be taken care of,' always rang in our ears and we had rock-like faith." And what happened later might be an extraordinary coincidence for a casual observer, but they knew it was the divine working as ever in His mysterious ways.

"One day in the morning when the hostel was being cleaned," Mr. Kanubhai recalls, "a gentleman from Singapore came in and had a look at the center. He was flabbergasted to know that all the medical services in here were offered absolutely free, with good intentions and no expectations. He was surprised, and at the same time sad because it did not have adequate equipment. He immediately offered to donate machinery worth 1.2 million, and in no time the centre saw itself in a completely new visage. The doctors could now treat more people with less trouble." Miracles in every sphere of work of this diagnostic centre was nothing unusual, it was there everyday for people to see.

The Divine Exceeds Expectations

Everyday experiences of such 'divine designs' only raised the devotees' zeal to its zenith. They wanted to do more but what they had was still just that - a small diagnostic centre. They wanted a bigger and better equipped health centre for diagnosis. They waited for the opportunity to present their desire before Bhagawan. And the breakthrough did come shortly, in a manner and scale they had never anticipated.

It all happened in 1994 when Mr. Kanubhai Patel on a visit to Puttaparthi, offered to Bhagawan three crores in reverence and

gratitude for the three sons that God had blessed him with. The merciful Bhagawan, who only knows to give, told Him He does not need his money but suggested that the amount could be spent to build a hospital for the poor and the neglected in Gujarat itself.

This was the memorable moment... the beginning of the amazing Sri Sathya Sai Heart Hospital of Rajkot, which has now become a 'fairy tale of a health centre' for the poor. Immediately after the divine expressed this wish, a contingent of devotees started working 24/7 and within

Haste makes waste. Waste makes worry. So don't be in a hurry. Worry leads to many problems. - Baba

days they were in Puttaparthi with blueprints of the proposed building. When they arrived, it was as if Swami was waiting for them, for He immediately asked a senior staff of the Puttaparthi Hospital to give them a comprehensive tour of the hospital. Once they were done, He called them in for an interview and at length explained all about the human heart, its functions and features, types of cardiac surgeries and their procedures, what really constitutes treatment, what should be the approach towards healing and so on.

For nearly half an hour, Swami was the expert surgeon-cum-hospital administrator, spelling out nuances of ethical and moral medical care and curing. "I consider myself and others who were there extremely fortunate as we received directions direct from divinity Himself," says Dr. Rajesh Teli who was present in that interview. It was a blissful session, no doubt, but towards the end of it the devotees started getting nervous. For some reason, in spite of all the guidance that Swami was giving, He did not bless the blueprints they had brought. The plans they had drawn were for a large diagnostic centre but Baba's goal for them was even grander.



Beckoning Kanubhai Patel near who was sitting at the back of the room, Swami asked, "Patel, *tune suna...* Hospital *banaiga?*" [Patel, did you hear...will you make the hospital?]

Kanubhai, a little taken aback, responded, "Karega, Swami, Baroda Mein" [Yes, Swami we will do in Baroda, (the city in Gujarat where Kanubhai lived)].

Swami wanted a full-fledged hospital, not just a big diagnostic centre. It was clear now. And Kanubhai had now suggested the location too: the city of Baroda.



But Swami had more surprises in store for them that day. He asked, "Saurashtra accha nahi hai? Kya Rajkot hamara nahi hai?" [Is the region Saurashtra not good enough? Is

Rajkot (a city in the Saurashtra region of Gujarat) not ours?]

Incidentally, the region of Saurashtra is among the least developed regions in the state of Gujarat. With poor infrastructure and sparse availability of right manpower and other resources, it would be a challenge to run a hospital in this region. A little concerned Kanubhai asked, "Swami, how will we manage in Rajkot?" And then came the mighty divine assurance: "Swami will manage."



And that is how it exactly happened. He, in His incredible way, arranged everything. When the devotees asked Swami, "How would we get land for hospital in our meager budget?" He replied, "*Woh Patel ko jaake poocho*" [Go and ask Patel for that (Patel here referring to Mr. Keshubhai Patel who was then Chief Minister of Gujarat)]. And sure enough, when the Chief Minister heard their proposal, he called the collector and asked him to expedite the organization's request for land. After going through the few sites shown, the devotees zeroed down to a one lakh square feet plot near Virani Science College in Rajkot City, around four kms from the Railway Station, as the spot for the future hospital.



But from where is the money going to come from to buy the land? [Kanubhai's generous donation was earmarked completely for construction]. Government charges only 50% of the land cost if it were to be used for charitable purposes. But taking cognizance of the 'completely free treatment plan' of the Sri Sathya Sai Seva Organization, the government waived another 25%. Yet, the remaining 25% was no small amount. The trustees of the proposed hospital deliberated on various avenues for good amount of time in Mumbai and then returned to their respective cities. They knew they had only one channel open now: beseeching their Lord through prayer.

Babubhai's Sole Donation

One of the trustees, Mansukhbhai Rindani, who was also a leading Chartered Accountant of Rajkot, was returning to his city in an Indian Airlines flight after this meeting, concerned all the time about the land. To his pleasant surprise, when he turned his head he found seated next to him an old acquaintance, Mr. Babubhai, who was now settled in South Africa. Mansukhbhai learnt that this friend had recently lost his wife and was despondent. Babubhai's mission now was to look out for a noble cause and donate some money in the memory of his late wife which would probably bring some solace to his soul. And as you have already guessed, Babubhai was the right man the yet-to-be-born hospital needed. So inspired he was about the cause that, once he returned to South Africa he donated not only what he had originally intended but 5½ times more! Just as promised, Swami was indeed 'managing' the whole endeavour.

Whenever teams from the hospital came to His physical presence during its construction phase, be it trustees, architects, contractors, doctors, administrators or volunteers, Swami always called them in and gave them much-needed guidance and enlivened their enthusiasm. And on August 4, 2000, the inauguration day of the hospital, He sent Dr. Safaya, the director of His Super Specialty Hospital at Puttaparthi, as well as Sri Indulal Shah, the then International Chairman of Sai Organisations, to do the honours. On this D-Day were also present the Chief Minister of Gujarat, Sri Keshubhai Patel, and along with him the whole cabinet.



After the unique edifice started functioning, Swami's involvement never diminished, in fact, it only increased.

He constantly kept guiding the doctors and administrators at every available opportunity. "The patient should always be seen as Narayana-Swarupa (a likeness of God) and under no circumstance shall the treatment be compromised" – This was His constant message. Another important aspect that He always stressed was: "There should be no bill book." It is these two principles which like unequivocal guideposts have shaped the philosophy of the Sri Sathya Sai Heart Hospital at Rajkot. The mission of the hallowed health centre says, "Our philosophy is to provide free access to exemplary standards of heart care supported by state of the art equipments to patients primarily from the weaker sections of the society (irrespective of caste, creed, race and religion), who would, otherwise, be deprived of such expensive heart care owing to lack of financial resources."



It is Swami who gave this noble vision and it is again He who was making it materialize. How reputed Cardiac surgeons from UK, who are not even devotees of Swami, fly down every year to serve at this Hospital voluntarily for weeks is amazing. Dr. Chandrasekhar, a surgeon from St. George's Hospital, UK says, "The pace at which the patients recover here is something extraordinary. What would take 2-3 days else where, heals in 12 hours here! It is a joy and a privilege to work here." From a hospital, it has transformed itself into a 'Temple of love and Healing'.

Where truth and goodness exist, beauty is present as a natural outcome. – Baba

AN EXPERIENCE OF A HEART SURGEON WORKING AT 'SRI SATHYA SAI HEART HOSPITAL, RAJKOT'

Dr. Varsha Ben Shah

Many years ago, that is almost 16 years ago, Kanokaka called me and asked me 'tamay Rajkot operation karray chhho' it means will you go to Rajkot to operate. I immediately said yes. I was always looking for an opportunity to do some good work because being a cardiac surgeon, just operating and earning money was not my goal. I wanted to do something for the society. I was looking for a good opportunity to do some nice charitable work. This was the best opportunity. So I immediately told 'yes' to Kanokaka. I started going to Rajkot as and when required. They had an in house surgeon also.



In the beginning sometimes I used to go on Saturday evening and by Monday evening I used to complete about 27 surgeries mostly open heart surgeries. This figure of 27 surgeries in a span of two & half days is unbelievable in any other hospital. I didn't know who Sai Baba of Puttaparthi was. I went to the hospital and I saw big pictures of Sathya Sai Baba and I used to think he was a very nice man as he is doing such good work, He has done so much for the poor people so He stands in a very big position as a guru. And that was my feeling for Sathya Sai Baba at that time.



Patients used to come in flocks and we used to have a full capacity in house & they had to be adjusted in an asharam nearby. The patients who were operated on Saturday literally would get up from their bed. Soon after removing all the drainage tubes and arterial line they literally walked into

the ward. They would literally walk down the stair case. Some of them preferred to go to the canteen and sit in the dining room and have meals. I have never seen these kind of things before. I have visited most International hospitals in the United States, Europe, and Australia. This kind of a picture I had never seen in my whole life, where the patient literally walks down the stairs on the next very day after an open heart surgery.



The religious attitude with which the staff works makes it happen. The staff would just stay with a very nice smile and continue their work till all the surgeries were over. Everybody removes their footwear outside. I used to find this very strange. It is

a temple where morning prayers are said before entering the hospital. The hospital is perfectly clean, every corridor is perfectly clean and you can easily walk without any footwear and without dirtying your feet. Everybody smiling and working in harmony, there is no element ego between the staff & the working personnel. The most important thing which as a surgeon I would like to tell you is that in the operation theatre we get patients who are almost at the end stage disease. The heart they have is like a football, they are operated and the same patient does well the very next day.



A surgeon who operates in this hospital hardly has any complication. We have surgeons who have just passed their degree or post graduation or super specialty like the MCH degree. They come with good enthusiasm, they are very conscious about their work and are

very sincere but they are in the learning curve. These surgeons also operate and if they get a complication on the table a master guides them and shows them what to do next. An inner voice guides us and we follow instructions coming from inside and the patient does well. This kind of an experience or feeling can only be testified by a surgeon. It is not blind faith but it is a reality what we experience. We experience the same in the ICU. Sometimes the patients are not doing well, blood pressure is not coming up with high inotropic support.



We are anxious and get little depressed. Something is going wrong with the patient. Miraculously the next day inotropic support drops and he is extubated. A layman is not going to understand what is happening in this Hospital but probably a doctor or a surgeon will appreciate that this is possible. After all these experiences I formally believe that there is a master guide in this Hospital of Rajkot, in the form of Bhagawan Sri Sathya Sai Baba who is guiding and taking care of everybody in the Hospital. Baba is definitely there in this Rajkot Hospital. Hope that we have the same experience in the new Hospital which is coming up in Kashindra and I pray for Manoj Dharmani and the entire team of Sai devotees who are working so hard for the benefit of cardiac patients of the country under Bhagawan's guidance.



Without morality people perish. Morality is the life breath of humanity. - Baba

BIRTHDAY MEDICAL CAMPS- DIGITAL NOW- SRI SATHYA SAI ALUMNI HELP IN MAKING THE PROCEEDINGS DIGITAL

The process of entertaining outdoor patients' registration, recording and followup has been put on computer and will now be a permanently recorded phenomenon. The annual medical camp, on the occasion on Swami's birthday, has been a regular activity conducted every year by volunteer doctors where patients are given



free treatment on the premises of the Sri Sathya Sai Ashram at Puttaparthi. On an average 65 doctors (both Mahilas and Gents) and equal number of Paramedicals and Sevadals from various parts of our country – Assam, Meghalaya, Punjab, Delhi, Kolkota, Mumbai, Hyderabad, Odisha, Kerala and Tamil Nadu come regularly to the Birthday Medical Camp, as a pilgrimage. Very senior physician, Group. Capt. Dr. L. N. Ramnath and Shri. M S Murthy



(Hyderabad) initially used to organize this camp abutting Round Bock 5. Subsequently Dr. T. Ram Manohar Rao, Dr. Anand Mohan, Dr. Kala Singh, Dr. G Prabhakar, Dr. T N Venkataramaiah (Dilli Babu), Dr. B Radhakrishnan, Dr. Jayavel Rajkumar, Dr. C Thangavel, Dr. Janaki Ramakrishna , Dr. P Manimekalai, Dr. P Lakshmi Devi,



Dr.P Rama Devi, Dr. P Saraswathi and several other senior doctors from various parts of our country rendered 24 hours medical

seva from various specialities in the temporary shamiana allotted or in one of the sheds. Every year, on an average, about 6000 patients are given only primary care - including symptomatic and supportive medications. ECG facility is also available here and if any advanced treatment is required, they are referred either to Sri Sathya Sai General Hospital, PN or to Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthigram . A daily satsang is held in the evenings with everyone in the medical camp to review the day's progress and recollect the teachings of our beloved Lord.

Whenever possible, one or multiple Mobile Medical teams under the guidance of Dr. Venkataramaiah (Dilli Babu) is formed, comprising of a doctor, a paramedical and a Sevadal , who carry



with them minimum essential medications. They visit the sheds and other crowded places in the ashram to identify and render symptomatic treatment to those patients who are unable to come to the venue of the Medical Camp . They evaluate the seriousness of their illness and either shift them to the Main Medical Camp or to the SSS General Hospital.



A full time Ambulance Seva is available at the Medical camp – provided by the Maharashtra Medical Team. Another team under the guidance of Dr. Janaki Ramakrishna used to visit the surrounding villages and treat the patients at their homes. Any serious illness, if identified, the patient is either shifted to the main medical camp or to the SSS General Hospital. Mangala Aarathi is performed on the last day of the camp (usually 24th November) and a detailed report



regarding the number of patients treated and the Seva provided is submitted to the All India President on 24th November by the Medical Coordinator.



In our Medical camp conducted at Shed No. 36 on the occasion of the 92nd Birthday Celebrations of our Beloved Bhagawan we received a very young, 4 months old devotee of our Lord, Baby Kavipriya from rural Tamil Nadu. She looked beautiful and pink when smiling and turned bluish while crying. Her weight was just around 4.0 Kilograms and was found to have a complex



Congenital heart disease (VSD) causing shunting of the de-oxygenated blood from right side to the left side of her heart. Her parents

who very poor were anxious about the child. We explained to them about the limitations in our camp and referred them to the experts at SSSIHMS instead. They informed that they had already been there and were advised that surgery will be too risky for her as she is grossly underweight. Therefore, her parents came here with the faith that Swami will somehow help their baby. Since she

Science without humanness is fraught with great danger to the very existence of humanity. – Baba

was covered under the Tamil Nadu State Government Health Insurance Scheme, we advised her to go to the Institute of Child Health & Hospital for Children at Egmore, Chennai, at the earliest. They went there the very next day itself and got similar response from the competent doctors.



Coincidentally, through their mutual friend, they consulted a



renowned heart and lung transplant surgeon at Apollo Hospital, Chennai Dr. T. Sunder, who voluntarily renders Seva at Sai Krupa Medical Centre, R.A. Puram, Chennai.

He spoke to his colleague who agreed to operate on the child immediately, considering the severity of her condition. The surgery was done meticulously as planned and Baby Kavipriya was eventually discharged uneventfully, totally free of cost for her parents.

This incident made us recollect our earlier experience from a USA based physician from the International Medical Camp, who



dropped into our camp during our Bhagawan's Birthday Celebrations. While casually speaking about our camp, he spoke about his

cousin, who, since her childhood, used to come to Puttapparuthi every year on her birthday, to offer a beautiful rose to Bhagawan and seek His Blessings. Swami, with His immense love, used to give it back to her with a comment (in Telugu). 'it smells great'.

That particular year, on her birthday, she was in USA, preparing for her postgraduate medical training there. Early morning, she noticed a beautiful rose near her window, which she offered to Bhagawan's photograph, despairing loudly that she was unable to do it in person as she was across the globe. At that same moment



, it was Dharshan time at Puttapparuthi and her mother offered a rose to Swami. Swami came near her and told her that He had already received a beautiful rose from her daughter and that its fragrance was great. Her mother realized its real implication only when she called her daughter to inform her what Swami told. The doctor had just conveyed that praying to Bhagawan's photo is like

praying to Swami Himself, directly and physically.



Earlier, at the Prasanthi Nilayam Medical Camp held during our Bhagawan's 80th

Birthday Celebrations, Dr.T Ram Manohar Rao and Dr. E Prabhu, who were on night duty were taken to a shed to meet one of the Sevadals from East Godavari District, who dreamt of Bhagawan operating upon his gluteal abscess when he was sleeping in his shed. The doctors could see a 1 cm linear scar at the site of the abscess as if it was operated a couple of years ago. In fact, this Sevalal was examined by Prof. J B Venkat Rao, a renowned surgeon from Hyderabad on Day 1 of our camp.



Dr. Venkat Rao had meticulously described his clinical condition on his OP ticket as well as our Camp registers and had referred him to SSS General Hospital, PN for incision and drainage of the abscess, as the facilities available in our camp were inappropriate.

Such are the events concerning our Birthday Medical Camps which prove the fact that we are directly under the watchful eyes of our Swami and also that He is the real doer while we are all his instruments.

Doctors who attend this camp experience first-hand what our Swami has advised in Sanathana Sarathi, (1980, 29, 9, 200 - 201) 'Doctors



have to endeavor to become the receptacles of the Divine power during their healing process. How can one heal when they

themselves are ill, either in body or in mind? When their minds are innocent and contented, a smile will spontaneously shine on their faces, and their words will be soft, sweet and tender, softer than any pharmaceutical balm. The manner and mien of the physician are more effective in drawing out the latent forces of strength in the patient than the most powerful drug. A prayerful atmosphere of humility and veneration will go a long way to help the cure. We may say that the behaviour, the voice, the mien of the doctor count for fifty percent of the cure; drugs and their efficacy manage the other half.' They firmly believe that the body is the residence of God. The food we eat is the offering we make to our Deity; the bathing is the ceremonial bathing of the Divine Spirit in us; the ground we walk upon is His domain; the joy we derive is His gift; the grief we experience is His lesson, so that, we tread the path more carefully, We have to remember him even in sun and shade, day and night, awake or asleep (Sanathana Sarathi, 1983, 26, 1, back page).

It is necessary that man should develop self confidence- Baba

AN OVERVIEW OF HEALTHCARE MISSION OF BHAGAWAN SRI SATHYA SAI BABA IN INDIA

Nimish Pandya

In the year 2017 alone, over 20,000 medical camps, mobile medicare projects, free clinics and veterinary care camps were conducted across India by Sri Sathya Sai Seva Organisation, benefiting over 23 lakh patients. About 12,000 doctors, 16,000 paramedics and 96,000 volunteers offered services in these camps.

SRI SATHYA SAI SEVA Organisation, an international multicultural spiritual service organisation, has been performing multifarious Seva activities for five decades since its inception with the ideal: Love is the source, Love is the path and Love is the goal.

With the Divine inspiration of the Founder, Bhagawan Sri Sathya Sai baba, over a million active workers in India and across 125 countries of the globe have been consistently rendering service to society while following the five tenets of Sri Sathya Sai Human Values, namely, Sathya (Truth), Dharma (Right Conduct), Santhi (Universal Peace), Prema (Universal Love) and Ahimsa (Non-violence). The offering of Seva across the country is pure and selfless with no coercion to do so. This is what makes the Sathya Sai Seva Volunteerism unique in the world. The Seva revolves around educare, medicare, sociocare, agricare and environcare. This is the story of Sri Sathya Sai Seva Organisation in India which is doing extraordinary work in the healthcare mission of Bhagawan Sri Sathya Sai baba.

Towards the Goal of Disease-free Society

Headquartered at Prasanthi Nilayam in the Anantapur district of Andhra Pradesh, Sri Sathya Sai Service Projects and Institutions have offered sustainable solutions to long-pending problems of our society in a time-bound manner. The uniqueness of the Sathya Sai medical Projects is that they are free to the beneficiaries, run by kind-hearted selfless volunteers, offering world-class quality of medical service and enduring relief to large systemic problems and bringing in a preventive healthcare mechanism to have a disease-free society in the years to come. Let me give you some insights into how Bhagawan Sri Sathya



Sai baba has inspired thousands of doctors, paramedics and Seva volunteers across the country to take up medicare at the doorstep of masses. These are examples for people and institutions to emulate to make our country grow healthier with healthcare offered at the doorstep free of charge.

Inspired by the medicare initiatives under the direct and physical guidance of Sri Sathya Sai baba, Sri Sathya Sai Seva Organisation extends Sri Sathya Sai medical mission in 20 States of India. These services are rendered on a weekly basis, and are guided by the following six Sai Healthcare Principles that are globally practised by the Sai Organisation: State-of-the-art healthcare, free healthcare, compassionate healthcare, comprehensive healthcare, preventive healthcare and timely delivery of healthcare. Today, when a villager has no resources to even travel to a town to get his ailment checked and treated, here is a beautiful working, time-tested model of taking healthcare at the doorstep of villagers which is a phenomenal activity worth emulating by institutions of profit under Corporate Social Responsibility (CSR) initiatives.

The Magnitude of Healthcare Services

The range of medical services include free medical centres established all over India, medical camps, speciality camps, integration of medical activities with Sri Sathya Sai Village Integrated Programme, individual doctor clinics, Sathya Sai mobile health services, and many more with the objective of reaching out to the most inaccessible parts of India and providing the finest quality of healthcare irrespective of caste, creed, religion or nationality. Sri Sathya Sai Seva Organisation, also helps the patients of remote parts of India, to whom medicare is not accessible, the services of telemedicine, wherein our doctors speak to the patients on phone, listen to their complaints and render treatment with an action plan for redressal of their ailment. Telemedicine has been very successful in the States of Odisha and West Bengal rendering support to the interior villages of Odisha and the North East part of India.

The post-operative care and support is another humble activity of Sri Sathya Sai Seva Organisation, where patients who have had surgeries in Sri Sathya Sai super speciality hospitals, Puttaparthi and Whitefield,



Whatever action you perform, you should do it with purity of heart- Baba

Bengaluru are followed up by a team of specialist doctors in each of the States under the name of Sai Rehabilitation Programme (SRP). The patients are guided and necessary help is rendered on a continual basis.

I am happy to state that Bhagawan Baba, in His infinite love and grace, has given a great opportunity of Seva to Seva Dal volunteers, both ladies and gents, to support the services being rendered by the two super speciality hospitals at Puttapparthi and Whitefield, Bengaluru. All through the year, hundreds of active workers of Sri Sathya Sai Seva Organisation, Karnataka take up the task of rendering all types of Seva activities with a smile on their face and love in their heart. Similarly, it is phenomenal to witness thousands of active Seva Dal workers from across the 20 States of India, when they come travelling hours and days to be in Puttapparthi, serving the patients in Sri Sathya Sai Super Speciality Hospital as well as Sri Sathya Sai General Hospital 24 x 7 – 365 days a year! The Love to Serve is unfathomable which is symbolic of the Pure Love of Bhagawan Sri Sathya Sai baba for mankind. It is noteworthy that doctors from all parts of India render voluntary medical service and conduct free surgeries at the Sathya Sai Hospitals throughout the year. Besides the above, the Sai Organisation is also supporting Sri Sathya Sai Heart Hospital, Rajkot, Gujarat, a hospital which was started with the infinite blessings of Bhagawan baba in late 90's wherein hundreds of children having heart ailment are supported by the hospital. Recently in the month of September, this hospital in close coordination with Sri Sathya Sai Seva Organisation, West bengal organised a cardiac screening camp in Kolkata wherein more than 950 patients from all the districts of West bengal were screened and those needing heart surgery were given appointment for surgery at Sri Sathya Sai Heart Hospital, Rajkot. Sri Sathya Sai Seva Organisation, in association with the hospital,

has organised scores of free medical camps over the years for early identification of the heart disease especially in rural areas. In addition to such activities, many doctors having their own private hospitals / diagnostic institutions in the various States of India have come forward to offer one bed totally free of cost for the benefit of the poor and needy patients all through the year.

In the year 2017 alone, over 20,000 medical camps, mobile medicare projects, free clinics and veterinary care camps were conducted across India by Sri Sathya Sai Seva Organisation, benefiting over 23 lakh patients. About 12,000 doctors, 16,000 paramedics and 96,000 volunteers offered services in these camps. In terms of present market value, a conservative estimate places the expenses at over 40 crores. This cost has been met without the support of any government funding or Corporate Social Responsibility contribution.

Another remarkable and inspiring activity of the Sai Organisation is blood donation camps – expressions of Liquid Love. Every State in India conducts blood donation camps for emergencies as well as support of Thalassemia patients. It is with great joy that I detail a little more of the blood donation camps in Ahmedabad City in Gujarat. In this city, blood donation activity started from 17th February 1985. From 1985 to 1992, every year till date Sri Sathya Sai Seva Organisation, Gujarat has not only entered into the Limca book of Records but has bagged the Asha Parekh trophy instituted by the Indian Red Cross year after year till date for the highest blood donations. As on date, 1547 blood donation camps have been held and a total of 61,385 units of blood have been collected which showcases the sincerity and commitment of Seva Dal volunteers towards their brethren in Gujarat. The table given below gives the medicare activities of Sri Sathya Sai Seva Organisation, India over the last year.

National Medical Activities Conducted by SSSSO India – 2017

| S. No. | Activity | No. of Camps / Clinics | No. of Services | No. of Animals | No. of Beneficiaries | No. of Doctors UG | No. of Doctors PG | No. of Paramedics | No. of Seva Dal |
|--------|------------------------------|------------------------|-----------------|----------------|----------------------|-------------------|-------------------|-------------------|-----------------|
| 1. | medical Camps | 2,328 | | | 33,00,22 | 1,736 | 3,159 | 4,391 | 13,736 |
| 2. | mobile medical Care Projects | 8,018 | | | 8,62,438 | 1,468 | 1,269 | 4,053 | 56,865 |
| 3. | Free Clinics | 8,289 | | | 9,75,506 | 1,451 | 1,366 | 7,792 | 25,428 |
| 4. | Institutional Care | 1,441 | | | 41,567 | 855 | 778 | | |
| 5. | Single Doctor Clinics | | 3,393 | | 97,437 | 49 | 44 | | |
| 6. | Veterinary Camps | 21 | | 657 | | 2 | 0 | | 63 |
| Total | | 20,097 | 3,393 | 657 | 23,06,970 | 5,561 | 6,616 | 16,236 | 96,092 |

In Conclusion

Bhagawan Sri Sathya Sai baba's splendorous example of service to mankind continues to inspire His devotees and admirers especially in the field of medicare. As the river that flows towards the ocean takes into its fold many rivulets, in its fulfilling journey of service to mankind, the Sai Organisation warmly welcomes devotees and others who share our commitment to nation building and human

well-being. May the legacy of baba's Universal message of 'Love All Serve All' continue to be a beacon light of humanity!

–The author is the All India President, Sri Sathya Sai Seva Organisation, India.

I do not want you to extol Me; I shall be satisfied if you rely on Me- Baba

'SWAMI TRANSFORMS' VALI TO A VALMIKI

A Doctor Narrates His Experience In Uganda

A doctor born in Uganda, East Africa, Dr Kishan N Gadhia completed a course in medicine at MP Shah Medical college in Jamnagar, India. He has now retired from practicing as a medical doctor, but is active in performing various community services in the UK and India under the guidance of Bhagawan Sri Sathya Sai Baba.

Swami visits Uganda-

I left for Uganda after having completed my medical degree in India. I got married to my wife Tarla in 1967. I decided to set up my medical practice in a small town called Masaka, some 80 km away from the capital Kampala. Although I was so far away from Swami physically, I felt He was always with me in Masaka.



seeing patients. One day, He gave all the local doctors an interview. He called one of my uncles (Dr DJ Gadhia's father), and informed him that He would be visiting the Gadhia residence in Kampala. He said, "You can call all your family members and tell them



to be present at your residence when I visit there." We were all amazed at this, and very happily made all the necessary arrangements for this grand occasion, when divinity would visit our home in His physical form.



Swami came to our home, and the entire Gadhia clan was present and felt elated at the presence of the special guest. He gave padanamaskar to all the family members.

He then told us, "Your time has come to leave this country, move out of this country." He told all ethnic Indian people to leave Uganda. We were all shocked at this, as most of us were born in Uganda, and for all intents and purposes, this was our country. Where shall we go, and in any event, which country would accept us? Nevertheless, I took heed of His good advice, and sold my property and deposited the proceeds of the sale into a London bank.

There was a military coup in Uganda in 1972, and General Idi Amin Dada took control of the country. He warned all the non-Africans to leave the country within ninety days, or else face severe consequences, including death. Luckily, Swami had warned us well in advance, and I proceeded to make arrangements to leave Uganda as soon as practicable, and head for the UK.

The encounter.....!

I was on my way by car to Kampala from Masaka to request my parents to also make immediate arrangements to leave Uganda. On the way, I came across a military check-point. One of the military officers asked me if I had any weapons in the car, and the purpose of my going to Kampala. I gave the appropriate answers, and asked him to let me through. He did not, and asked me get out of the car, and placed a gun at my chest. He asked me to stop by the side of the road, near some bushes. At that very moment, an African man driving a taxi, who knew me, stopped his car and pleaded with the military officer to let me go, but to no avail. The officer even threatened to shoot the taxi driver if he did not leave. Not surprisingly, he left hastily.

I felt completely helpless by then, thinking that the end of my life was near. The officer, pointing his gun at my chest, asked me what my last wish was. I pleaded with him to let me free, so that I could return to my family in Masaka. He refused flatly, but offered me a cigarette instead. I told him that I did not smoke. In that case, he said, "Pray for the last time, I will give you two minutes." I put my hand in my pocket, and took out Swami's visiting card. I recalled Swami telling me to always carry the card on me, and not leave it in the puja room. Very scared and frightened, I started praying to Swami holding the card to my head and my chest.

The officer then said that the time for prayers was over, but before shooting me, he was curious to find out whom I was praying to. I showed him Swami's visiting card, which read: "Bhagawan Sri Sathya Sai Baba, Puttaparthi, Penukonda Taluka, Anantapur District." It also had His photo on it. As the officer finished looking at the card, he, surprisingly, handed the card back to me and said "Go." Something stopped him from shooting me to death.

In 2004, whilst I was in Whitefield ashram, Swami called me one day and asked me to narrate the above story to the students who were present at Swami's residence, Trayee. After my narration, Swami told the students that when the officer took the visiting card in his hand, he saw the picture of Swami on it, and on seeing, he immediately changed his mind about killing me. Swami confirmed that He made the military officer change his mind completely and let me go.

Now here is the most interesting sequel to the above incident:

Swami mentioned that the military officer had sought out a photo of Swami to keep for himself after seeing Swami's form in the visiting card. The officer kept that photo in his home in Uganda and used to meditate on that photo. Swami said that, one day, as the officer was meditating, a big laughter was heard by him in his room. The officer was very surprised at this, as there was no-one else in the house. Swami revealed that the laughter was that of none other than His. Swami continued, "I came out of the photo, and directed the officer to come to Puttaparthi for blessings." Swami also told the officer to give up being a cruel and violent man.

Swami then startled everyone by saying that the military officer did come to Puttaparthi for blessings and that he was called in for an interview. At the interview, Swami gave him a robe as a token of His love. This incident was unknown to me until Swami mentioned this on that day. I was really surprised at this. Swami said that He had changed the military officer "From being a Vali to a Valmiki."

Contributed by:-

Gopi Krishna Pidatala

Joy and sorrow, success and failure, praise and criticism- all are intertwined. They can never be experienced singly. - Baba

SNAPSHOTS OF HEALTHCARE ACTIVITIES IN ODISHA

Mega Cardiac Camp

With immense blessings of Bhagawan, a mega cardiac camp was organised by Sri Sathya Sai Seva Organisation, Odisha in association with Sri Sathya Sai Heart Hospital, Rajkot on November 18th 2018. The inaugural function was graced by Honorable Chief Minister Of Odisha Shri Naveen Patnaik & Honorable Chief Justice Shri Kalpesh Jhaveri. During their address, both Honorable CM and Honorable Chief Justice praised the various services taken up and done by Sri Sathya Sai Seva Organisation and also applauded the initiative of Sri Sathya Sai Heart Hospitals for operating the needy cardiac patients free of cost. 800 patients benefitted from the camp.



Dr PK Dash, Head of Cardiology, SSSIHMS at the camp

Hon'ble Chief Minister of Odisha and Chief Justice of Odisha High Court inaugurating the camp

Inauguration of Physiotherapy unit and Ophthalmic Screening Unit-

The Physiotherapy unit and ophthalmic screening unit (to screen for cataract, glaucoma and retinopathy) in Sri Sathya Sai Holistic Healthcare Centre in Sai Janani, Bhubaneswar were inaugurated by Dr Narendranath Reddy, Chairman, Prashanti Council, Sri Sathya Sai International Organisation at 6 pm on 27th November in the presence of Dr Ashok Mohapatra, Retd Director, AIIMS (Bhubaneswar). The physiotherapy unit run by trained physiotherapists has facilities for TENS, IFT, Ultrasound and other equipment and is functioning from Tuesday to Friday. This unit will be of great help for post Neurosurgery, cardiac surgery and orthopedic patients. The ophthalmic screening unit will help in early detection of preventable causes of blindness especially beneficial for hypertensives, diabetics and elderly.



Dr Narendranath Reddy inaugurating the Physiotherapy and Ophthalmic Screening Unit



Antaranga Sai- Meet of operated cardiac patients of SSSIHMS-

As a part of Sri Sathya Sai Rehabilitation Programme (SRP), Ganjam1 district organised **Antaranga Sai**- a heart to heart meet with cardiac patients of Ganjam and Gajapati districts operated in SSSIHMS on December 2nd 2018. The meet was a platform for patients to get health education, share their experiences and undergo a health check up. 7 doctors including 2 cardiologists attended the patients.



ECG, blood sugar and PT INR blood test was done for the patients. The programme was held in an atmosphere of love and gratitude and marked the beginning of the golden jubilee celebrations of Berhampur Sai Samithi. The programme concluded with Mangal Arati and Prasad sevan for all the patients and their relatives. 99 patients attended the meet along with their family members.

Digitisation of Sri Sathya Sai Holistic Healthcare Centre, Bhadrak

Sri Sathya Sai Seva Organisation in Bhadrak has been running a weekly health camp since nearly a decade, serving 200-300 patients every week. With active support of doctors and sevadals, digitisation of Sri Sathya Sai Holistic Healthcare Centre, Bhadrak was carried out by alumni of Sri Sathya Sai Educational institutions and youth volunteers of SSSSO, Odisha on December 17th 2018. All patients were given a printed discharge summary and the data captured online for our database. This is the first step towards digitisation and standardisation of all health camps and holistic health care centres of the Sai organisation in Odisha



Patients at the health camp in Bhadrak

SRP Tele Seva

Since last two years, SSSSO Odisha has taken up the Sri Sathya Sai Rehabilitation Programme (SRP) to follow up the operated cardiac patients of SSSIHMS. Every month the list of operated patients is sent to the concerned districts who in turn follow up the patients at their doorstep. In spite of these efforts, many patients were not compliant with respect to medicines and blood tests. A group of Sai youth came forward to take up the responsibility of calling up **each and every valve replacement patient operated in SSSIHMS in the last 5 years**. The patients were reminded about the importance of medications and blood tests and informed about the Telemedicine Centre at Sai Janani, Bhubaneswar. The first round of follow up through SRP Tele Seva was completed and offered to Bhagawan on His 93rd birthday. The Organisation has now got a helpline number to take this seva to every operated cardiac patient of the state.

Digital initiatives in Sarve Santu Niramaya-

Sarve Santu Niramaya is a flagship programme of SSSSO, Odisha with focus on preventive health. In order to extend the outreach of the programme to rural areas where there are no doctors available, digital connectivity has been used by the organisation. Through this initiative, doctors in Bhubaneswar connect with Bal Vikas children and people of the villages and conduct health awareness classes. The organization has conducted 5 such programmes in the past 6 months and intends to conduct one in every district in the coming year.



Health Class through digital connectivity for rural Bal Vikas Children of Bhadrak1 district

Dr Anusuya Das taking Health Awareness class online

One should not cultivate excessive desires. Less luggage, more comfort makes travel a pleasure.- Baba

NEWS FROM STATES

ANDHRA PRADESH

Titli Cyclone Relief

Village Mandasa in District Srikakulam – A free Integrated Mobile Medical Camp was conducted at Mandasa village, Titli Cyclone affected area in Srikakulam District on 27.10.18. Patients from 17 nearby villages availed this medical facility. This camp was conducted by Visakhapatnam and Srikakulam Districts combined together in association with Visakha Eye Hospital and Gayatri Medical College/ Hospitals.



Total number of patients screened -729. (General Medicine 575, Gynecology 150, Orthopedic 75, Dental -35, Pediatric -86, ENT-40). During the camp 5 Dental extractions, 10 ECG'S and other Lab tests for 85 patients were done. The referral cases were treated in Visakha EYE hospital and Gayatri Medical College Hospital, Visakhapatnam. 11 Doctors from various specialties participated in the camp.

ASSAM

Medical activities by Sri Sathya Sai Alumni

Free Medical camps every Sunday: Besides the specialised medical camps and other seva activities, Sunday medical camp at Sai



Madhuram temple, Rupnagar, Guwahati has become a regular affair. In the year 2018, total number of patients treated were 2719. This seva has been continuing for the past several years and is a combined effort of Sri Sathya Sai Trust (Assam & NER) and Sri Sathya Sai Alumni of Assam.

BIHAR

Health and Hygiene deliberations

Talks on various aspects of health and hygiene were delivered to villagers in Darbhanga district by doctors.

A free medical centre is run which caters to patients from Baxar, Bhabhua, Patna, Muzaffarpur, Munger, Samastipur, Saharasa, & Sasaram. About 6000 patients benefited from these camps every month. Nutritious food and clothes were also served to people who



attended various camps.

DELHI NCR

Eye camps & operations

District South East conducted an eye camp on 02nd April in Vocational School, Okhla-I. Total Patients seen were 220 and Spectacles were distributed to 128. 7 Cataract operations were done.

16 Cataract operations were also conducted by Gautam Budh Nagar (GBN) district

Faridabad district conducted an eye camp in May 2018 at Karnera village, wherein 230 people were screened and 30 patients were operated.



An eye camp was conducted for students of SSSVJ school, MCD school Janakpuri in collaboration with Venu Eye Institute. Around 200 children were tested and 3 students were identified with serious illnesses. 14 students were given free spectacles.

GOA

Medicare Van

The Medicare van has scheduled visits to over 10 remote villages of Goa, which includes Valpoi, Kunkalim, Bogmalo, Kadamba plateau slums etc. A good response of patients is observed for static camps conducted every fortnight at Karmali.



Blood donation camps are conducted thrice a year in Panaji, Margao and Vasco. This year 62 donors contributed blood.

HARYANA & CHANDIGARH

Awareness Camps

Health and Hygiene talks in slum colony Sec 25, Chandigarh.

Program started with Vedas/

Shalokas chanting by slum Bal Vikas Children followed by Sai bhajans by Sai youth. Dr. Usha Singh, Head of Ophthalmology department PGI, Chandigarh gave a very useful Health talk. Then Dr. Stuti, Dental surgeon gave tips to children regarding oral dental care. Sh. Rajesh Sharma spoke about the bad effects of use of tobacco and alcohol.

General Bhandari explained the need of moral values amongst the children and stressed the need of Seva in society.



Tell me you company, I shall tell you what you are.. - Baba

HIMACHAL PRADESH

Mega Multispecialty Camp In Shimla

Winters make difficult seva activities in Himachal. Despite all odds medical activities continued across the state. A camp every Sunday somewhere across the state caters to needy patients with free medicines and diagnostics.



800 patients were given treatment free of cost at a multispecialty camp in Shimla at a village Ghanhhati. Specialists from the IGMC, Shimla provided services.



JHARKHAND

Medical activities are continuing across the year with Homeopathic and allopathic camps in various villages of Jharkhand.



KARNATAKA

Sai Medical Care Seva

Under Sri Sathya Sai Seva Organizations, Karnataka, in the year 2018 – From October To December -80 Free Medical Camps/ 355 free Clinics were conducted. More than 210 Undergraduate Doctors and 70 Postgraduate Doctors and 1530 seva dal were involved in this mission with 21,500 people as beneficiaries. More than 110 Surgeries were performed. Cost of treatment given was approximate Rs. 11, 50,000.



Alumni of Sri Sathya Sai Institute of Higher Learning and sevadals Sri Sathya Sai Seva Organization come together every month in Brindavan, Whitefield, Bangalore where 3 thousand patients are benefitted.

Regular medical camps are being conducted in the villages adopted under Sri Sathya Sai Village Integrated Programme. 14 Paediatric check up camps were held in schools adopted under Sri Sathya Sai Vidya Jyothi project.

Ophthalmic- 190 Patients and dental -135 Patients were benefited. Free spectacles were distributed to 145 Patients, Some eye camps are also conducted jointly with Shankara Nethralaya, Anapoya dental and medical college Mangalore and A-J Hospital Mangalore. Eye surgeries were facilitated by aligning with reputed hospitals and arranging payment., Blood donation camps were arranged in 4 districts.

Around 150 doctors at the peripheral taluk levels are involved in the unique holistic rehabilitation programme providing follow up care for patients operated and treated in Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield Bangalore.

In Karnataka around 350 people are serving patients of different illness through Sai Vibronic medicines. Diabetes detection camps, Hypertension detection and Anemia detection camps were held in many SSSVIP Villages.

Health Education: Many Health awareness and Medical Education talks were arranged in rural areas, and specially in schools, Talks were given to

girls in schools regarding the physical, mental and behaviour changes during puberty and regarding solutions to overcome the peer pressure.

KERALA

Primary Healthcare

Alzheimer's and dementia counseling is regularly done at the centers by reputed psychiatrists with Swami's Grace at Sri Sathya Sai Institute of Primary Health Care, Kulapully, Palakkad District, Kerala.



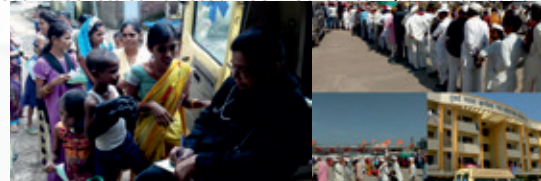
Sri Sathya Sai Institute of Primary Health Care, under Sri Sathya Sai Trust Kerala was inaugurated by the then All India President of Sri Sathya Sai Seva organization Sri Sreenivasan on 22 February, 2008. This institute is located at Kulappully, Shornur in Palakkad District of Kerala, India.

(A detailed article on this initiative will be featured in the next issue)

MAHARASHTRA

- camps held across the state

Almost all districts conducted free medical camps for various ailments



at different venues during this period.

In support of the mother and childcare programme a special medical camp was conducted in Chandrapur district by the mobile Medicare service in October 2018.

Pune medical team conducted a 2 days special medical camp at Mumbai maratha fruitwala Dharmashala, Alandi, Pune on the occasion of Geeta Gyan Saptah and Ekadashi.

MANIPUR

Health care at the old age home, Kumbi

Sri Sathya Sai Seva Organisation, Manipur conducted free health camp at the Old Age Home, Kumbi, Bishnupur district on Sunday, the 16th December 2018. Health checkup for all the inmates was properly done by the doctors of the Medical Cell, Sri Sathya Sai Seva Organisation, Manipur. The inmates of the aged home who needed medical attention received proper treatment during the camp. All those who received treatment were provided free medicines. They were extremely happy as they were in need of medical attention as the cold weather condition had severely affected their health. Clothes were also distributed to them.

Sri Sathya Sai Seva Organisation, Manipur also donated blood to a needy patient from the hill district of Senapati District on 28th December, 2018 at Regional Institute of Medical Sciences, Imphal. The organization also conducted a survey on 9th December, 2018 at



Real Bhakti lies in developing love for God. When you develop love, your humanness will be transformed into divinity. – Baba

Laphupat Tera, a village in Imphal West District, Manipur located near Loktak Lake, the largest freshwater lake in the North-East region of India to provide medical service at the door step.

PUNJAB

Annual Free Surgical Camp 2018

22nd annual FREE SURGICAL CAMP 2018 was organised at Sai hospital, Abohar, Punjab with the help of Sathya sai seva organisation from 28th October to 4 November 2018.

Registration started at 9am after sai bhajans. A total of 213 patients were registered by Sai seva dal volunteers and after surgical checkup, 106 were selected for surgery. 60 ultrasounds were performed by Dr Bhargava at his centre free of cost.

A total 64 surgeries (59 major and 5 minor) of poor and needy patients were performed free of cost. Medicines and food were also provided.

List of surgeries included:-Laparoscopic cholecystectomies- 22; Total abdominal hysterectomies- 10; Vaginal hysterectomies with PFR - 06; Polypectomy -1; Ovarian cystectomy - 1; PCNL (kidney stones) -3; TURP (prostate) - 1; Orchiectomy bilateral (for cancer prostate) - 1; Paediatric herniotomies - 02; Mesh hernioplasties; Inguinal- 06; umbilical- 02;Hydrocele- 3; Appendix - 1; Minor surgeries (local anaesthesia) 05; Total - 64

Participating doctors included- Dr V P Sethi, Dr (mrs) Sarla Sethi, Dr Ujjawal Bansal, Dr Upasana Bansal, Dr Navin Sethi, Dr C L Bhargava, Dr Satish Jain and Dr Dinesh Ahluwalia. The camp was preceded and concluded with Sai Bhajans in addition to daily evening arthi at the hospital.

Devotees come to help for a patient with urinary RETENTION.

A 75 year old deaf and dumb patient who developed urinary retention, was without attendants and was staying at the rain basera. He was catheterized at a local hospital. No one was willing to take up the case because of risks involved. A few Sri Sathya Sai devotees came to his help and brought him to the free surgical camp. His fortune made life easier. He was offered treatment and a Trans Urethral Resection of Prostate was performed and till this date he is free of symptoms. Free treatment to such patients has been a regular feature of this annual camp and the organisation specially the doctors deserve blessings.

TAMILNADU

Nithya Narayana Seva

With the Divine blessings of our Bhagawan SRI SATHYA SAI BABA VARU, Nithya Narayana Seva (all 365 Days in a year) has been inaugurated at Tamil Nadu Government Multi super speciality Hospital Chennai on 2nd Jan 2019. Sevadals are doing voluntary service at this hospital by



guiding the patients to the respective departments for diagnosis and treatment for the past 2 years.

During the inaugural function, the National Vice President Shri N Ramani, along with members of Shri Sathya Sai trust Tamilnadu, State & District office bearers, Samithi Conveners, Gents and Mahila Sevadals participated.

Every day, around 500 people are availing this Narayana Seva.

TELANGANA - CONTINUES UNIQUE SERVICES

SAI JANANI - A Community Health Initiative in Tribal areas

Keeping in mind, the Divine Directions of Bhagawan Baba, Sri Sathya Sai Seva Organisations, Telangana started a project **SAI JANANI**-a Community Health initiative in tribal areas through Integrated Medical camps.



The project was formally inaugurated by Sri Krishna Aditya, IAS., Project Officer, ITDA, Uttoor, Adilabad district on 3.10.2018 at Thandra, a Tribal village, near Uttoor.

Three medical camps were conducted at Thandra village till December, 2018. 33 villages were covered. Nine doctors screened the patients with dedication and love. 170 lab tests were done during the camp.

Auto Drivers Health Check-up Camp

A Special Mega Medical camp for the health check up of Auto Drivers was conducted at Shivam on 4.11.18. Auto Drivers are exposed to smoke and pollution throughout the day causing health problems. Keeping in mind Dr. K. Ram Babu, ENT Surgeon, Apollo Hospital, initiated the camp. ENT screening by a team of ENT surgeons did Audiometric tests. Ophthalmology, Cardiology, General Medicine, Orthopedic and Physiotherapy consultation was also given.

162 patients benefitted. 12 Doctors and 10 paramedical personal participated in the camp.

UTTAR PRADESH

A Report from Aligarh

Allopathic Medical Camps:

For the last 8 years, allopathic medical camps are organised in Aligarh. Doctors specialising in Paediatrics, Orthopaedics as well as general physicians offer free consultation and free medicines to the patients. An average of 300 patients are treated every month.

Besides the above treatments, blood pressure measurement, blood sugar estimation and ECG is done free of cost.



Hospital Seva:

Hospital Seva is offered at the Government District Hospital and Government Ladies Hospital every Sunday morning at Aligarh. This seva has been going on without break for the last 20 years.



In life, you have to discard those things which are harmful and accept those which are beneficial. - Baba

WATER IN A BOTTOMLESS BUCKET



A king came to visit Mulla at his sacred temple.

“Mulla, my old friend, it seems the time is ripe that I, your king, learn the ways of meditation.”

Mulla blankly considered the peculiar man for a short while, then without saying a word, he sauntered through the curtained doorway of a backroom.

Minutes later, Mulla returned with a bottomless bucket and a jug of water. “Fill the bucket,” he casually demanded, “then a king shall know meditation.”

The king smirked at the bottomless bucket and almost burst into laughter, until he noticed the solemn glare in Mulla’s fierce eyes. He knew that if he had to learn the ways of meditation, it would be wise to make a lasting impression on his potential master.

So the king did as Mulla had commanded. And just as he expected, all of the water spilled onto the holy floor of the temple.

“Is this a temple or a circus? You ask of me the impossible! A bottomless bucket cannot be filled,” blurted the king.

“To teach a king meditation is to fill a bottomless bucket,” Mulla assured.

The angry king growled with distaste.

“if you wish to learn, you must first unlearn. Otherwise, ever a master’s efforts will be wasted like water in a bottomless bucket.”

“But..... I am a king! How am I.....”

“No. In the palace you are the king. In a temple, you are nobody.

That is the way!”

'LET US RETURN TO THE BASICS NOW.'

CATCH THEM YOUNG

"THE FUTURE OF THE NATION" needs medical as well as spiritual support during the time of initial development.

"A yet to be born" needs to be groomed like a young adult.

Swami tells us that in earlier years pregnant women used to return to their mothers' houses. There, they got enough rest and psychological comforts. There will not be much heavy work for them. During this stay, they used to listen to stories from Ramayana, Markandeya charitha, Story of Prahlada etc. These were influencing the baby in the womb of the mother. "Neither by penance nor by pilgrimage nor by study of scriptures nor by japa can one cross the ocean of life. One can achieve it only by serving the pious."

Nobody can be more pious than a fetus in the womb. Divine company; readings from scriptures; vedam chanting; prayers and silent sitting can give excellent results in making a born child as Divine as the Divine master.

An inspirational activity by the Sai sisters from the state of Kerala needs to be emulated and put into practice.



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