

# Hridaya Spandanam

January 2022, Volume: 01, Issue: 02



Sai Aashraya  
It's all about Love



The construction site - Sai Aashraya's Super Speciality Hospital

## Namaskaar! Greetings to All!

Sai Aashraya's Journey over the last 5 years, working around the four pillars of Food & Nutrition, Medicare, Educare, and Sociocare, has verily been a saga of pure Love & Selfless Service. Over 4 million healthy meals have been served through the Breakfast Seva and the 24/7 Food Seva, over 60,000 Patients have been treated with Loving and Holistic Medicare in the remotest parts of our great Nation, 5 Schools have been adopted, 6 Villages have been adopted by Sai Aashraya and are today self-sustained. Today the construction of Sai Aashraya Super Speciality Hospital (SASSH) – Our own State-of-the-Art 220 Bed Super Speciality Hospital specializing in Paediatric and Adult Cardiac Care and Mother & Child Care (OB/GYN) with no billing counter, is making rapid progress. To learn more about how this saga of Love unfolded itself, and to be a part of the Mission of Love & Service that Sai Aashraya is on, please do go through our website <http://www.saiaashraya.org/>, and also watch Sai Aashraya's Documentary series titled Chronicles of Love, which has in detail the story of this incredible journey so far.

We now present to you the second issue of Hridaya Spandanam (Heartbeat), Sai Aashraya's Quarterly Newsletter which will bring to you all the latest updates from the ground. With the progress of the construction of Sai Aashraya's Super Speciality Hospital (SASSH) gathering rapid pace, all the other Seva Projects are also being conducted with the same intensity as always. In case you missed reading the first issue

of the Newsletter, here it is <https://www.saiaashraya.org/single-post/hridaya-spandanam-a-sai-aashraya-newsletter>

The construction of Sai Aashraya Super Speciality Hospital is progressing at a rapid pace. The past three months have seen some amazing milestones being achieved by the team and multiple challenges being overcome with grace and courage. Here are some of the key updates and milestones that have been achieved:

## Sai Aashraya Super Speciality Hospital (SASSH) Key Milestones

- **5 Acres of Land Acquired at a subsidised cost from the Karnataka Industrial Areas Development Board (KIADB)**
- **Major Statutory Clearances including Fire & Environment Clearance have been obtained.**
- **Building plan approved**
- **Bhoomi Pooja (Ground-breaking ceremony) was offered on July 11th, 2021, and Construction work has commenced. Foundation work for the Hospital Block is nearly complete**
- **Vendors for all Major Medical Equipment have been finalised and Purchase Orders have been issued.**

## Sai Aashraya Super Speciality Hospital - Status Update - January 13, 2022

---

<b>Design</b>	<ul style="list-style-type: none"><li>- Floor plan for the Hospital finalized (220 bed)</li><li>- Floor plan for Amenities Buildings finalized</li><li>- Floor plans provides for Twin walls sandwiched with 50mm thickness puff insulation on the entire exterior walls (finalised by Architect &amp; Structural consultant)</li><li>- Fire, Mechanical &amp; Electrical Planning &amp; Drawings in progress (Amenities Buildings completed, Hospital drawings EDC Jan 15, 2022)</li><li>- HVAC planning and drawings in progress (Estimated completion: Feb 2022)</li></ul>
<b>Pre-Construction</b>	<ul style="list-style-type: none"><li>- Structural Drawings and Bill of Quantities (BoQ) - Hospital Building Complete, Amenities buildings commenced (Jan 2022);</li><li>- Second Borewell planned in Feb 2022</li><li>- Materials - OEM for Steel and Cement identified and work order issue in progress at special pricing for Sai Aashraya (Ongoing)</li></ul>
<b>Construction</b>	<p>West side compound wall raised up to Hospital floor level (Completion planned along with construction of all blocks)</p> <p><b>Excavation:</b></p> <p>Hospital (Block A) – 75% complete (12,000 Cubic meters excavated out of total of 16,000 Cubic meters)</p> <ul style="list-style-type: none"><li>- Attendants and Nurses accommodation (Block C) and Doctors accommodation (Block D) – Commenced on Dec 20, 2021 and completed as on date</li><li>- Patients Queue Complex and 24/7 Kitchen (Block B) – Commenced during first week of Jan 2022</li></ul> <p><b>Foundation for Hospital (Block A)</b></p> <ul style="list-style-type: none"><li>- Structural raft foundation, combined column footings, individual columns and retaining wall for front wing 30% completed (EDC Feb 2022)</li><li>- Middle and Rear wing work also has commenced simultaneously alongside Foundation for Hospital (Block A) and Attendants &amp; Nurses accomodation (Block C)</li><li>- PCC laying is complete and laying of footings will commence Jan 18, 2022</li></ul>
<b>Hospital Services</b>	<ul style="list-style-type: none"><li>- Elevators – Lift drawings cleared for production</li><li>Solar Power - Vendors for Solar Power (1MW) being optimised with other items on terraces</li><li>- Windows &amp; Glass – Technical evaluation of windows, glasses and other construction related items in progress</li><li>- Medical Gases plant - Vendors being evaluated</li><li>- Room Data Management – Being prepared</li><li>- Medical Engineering Consultants - Finalised and commenced work; Operation Theatres &amp; Other Critical Care areas - Identified, negotiations in progress</li></ul>
<b>Medical/Non-Medical Equipment &amp; Furniture</b>	<ul style="list-style-type: none"><li>- Vendors for all major medical devices identified. Negotiations completed. Purchase orders have been placed (Sep 2021)</li></ul>

- Other Medical devices – being evaluated
- Turnkey vendors for critical care units - being evaluated
- Non-Medical Furniture BOQ being finalised.

**Information Technology**

- Vendor for Hospital Management Systems finalized and Training sessions have commenced
- Vendor for PACS has been finalised
- Negotiations in progress with OEMs for IT hardware and Software

**Human Resources**

- Director of Hospital has been identified
- Head of Department General Medicine has been identified
- Medical & Non-Medical staff invitations, appointments ongoing
- Collaboration with various teams of International surgeons for Paediatric surgeries and Cardiac surgeries, planned.

**Other Amenities**

- Makeshift Kitchen - State-of-the-art Makeshift Kitchen to serve on-site construction staff, fully operational - capable of five servings a day.
- Modular Kitchen for fully functional Hospital - Design and BOQ Complete.
- Vendor finalised; Design for Modular Kitchen complete (June 2021)
- Onboarding of Medical & Non-medical staff



*Foundation for the Hospital Block*

The highlights we would say in the past three months have been the construction of the accommodation for the general construction staff, offices and accommodation for the Engineers staying on site and our team and the commissioning of a state-of-the-art Makeshift Kitchen to serve all the construction staff who are the Heroes constructing this Temple of Healing. Today the work on the foundation of the Hospital Block is nearly complete. The foundation work of all the ancillary

buildings is also nearing completion currently. Officials in the State and the Central Government have conveyed their commendations and their best wishes for the Project and have offered their guidance and support to us. It is also heart-warming to see quite a few Pride of the Nation Companies (both Public and Private) have joined hands to do their bit in this Mission of Love & Service that Sai Aashraya is on, through their Corporate Social Responsibility (CSR) initiatives. Discussions with

these companies have also resulted in many new volunteers joining us as well.

The inauguration of our Makeshift Kitchen at the construction site has moved the hearts of all the construction staff. The kitchen was designed, constructed and commissioned in a span of two weeks. Five servings of food are served everyday, free of charge. Here's a link to the video about the Makeshift Kitchen at the construction site -

<https://www.youtube.com/watch?v=MhwFkdqVV-Q>



*The Makeshift Kitchen*



*The Makeshift Kitchen building*

The Deepavali festivities were simply amazing at the construction site. They had decked up the Kitchen and the Neem tree with scintillating lighting. Sweets and New Clothes were distributed to all. They are now an integral part of our family. With the heavy rains in October and the winter slowly beginning to set in, we felt that the staff will also need to be as warm as possible as it gets chilly in the nights in this area. New Sweaters and Blankets were distributed to all of them., Christmas gave us another opportunity to celebrate, and the festivities brought joy all around. With all the important milestones being achieved well in time, Christmas day gave us all an opportunity to reflect upon the work that has been carried out and the road ahead.

The heavy rainfall towards the end of the last year had slowed the work down quite a bit. Once the rains eased a little, the entire labour force jumped into action working two shifts. The love and joy with which they carry out the work is simply incredible and naturally it reflects in the impeccable quality of work. We started with 50 staff and

The construction staff have been constantly sharing with us that they have never worked on a project like this and have never been in a site where they are treated as part of one family. Many of them hailing from different parts of our Country said that they used to miss being at home for Deepavali but spending time with us made them feel at home. They have been working tirelessly day in and out and when we spoke to a few of them and asked if they were tired, they said

“हमारा पेट भरा है और हमारे दिल भी भरे हैं I आप हमें दिन में तीन बार खाना खिला देते हैं I हमारा ख्याल रखते हैं इतना प्रेम के साथ I हमें और क्या चाहिए? अब

हमें सिर्फ इस मंदिर जल्द से जल्द बनाने के लिए मेहनत करनी है। हमारे लिए यह एक हॉस्पिटल नहीं है। यह एक मंदिर है जो हज़ारों लोगों का सेवा करने वाला है। *“Our stomachs are full and so are our hearts. You give us healthy food three times a day and take care of us with so much of love. What else do we need? We now just want to work hard to construct this Temple of Healing. For us, this is not a hospital. This is a Temple of Healing that is going to serve thousands of people”*. Dear Readers, such conversations at the construction site every day gives us goosebumps and fills our hearts with so much of Love, Inspiration, Strength, and Courage.



*Warm blankets and sweaters distribution*



*Medicare Camp for construction staff*

scaled up to 70. By the second week of December, the number of staff was 130. It is a joy to see all of them work together as one team to make this dream come true.

The inaugural Medicare Camp for the entire construction staff at the construction site was carried out successfully on Sunday, 9<sup>th</sup> January. Our Doctors treated 130 patients lovingly and it was heartening to see that nobody was seriously ill. Most of them needed supplements alone and few cases of borderline Hypertension and Type 2 Diabetes were identified and will be followed up in the next camp in February. The Dental team also identified patients who need treatment and the same will be arranged at the earliest to avoid dental issues later. Counselling regarding a healthy lifestyle was also given to all the staff who were intrigued by how some of the most common bad habits like chewing tobacco could cause irreparable harm to their physical and mental health. The Medicare Camps in the villages that are going

to be adopted by Sai Aashraya, around the construction site, in the times to come, will begin shortly.

The start of 2022 has been a tough and challenging one for all of us in Sai Aashraya and it gives us great joy when we see how in the toughest conditions, work of the highest quality is being carried out. This is truly because of the Love that is showered upon us by all the

people and the strong camaraderie that is there in the team. More than the Hospital itself, this journey filled with such precious life lessons are the most important for all of us in Sai Aashraya. Like it is said in Hindi, सफर खूबसूरत है मंज़िल से भी 'The Journey is more beautiful than the destination.'



*Patient Files and EHR Records Processing at site*

## Sai Aashraya Adarsh Gram



*Medicare Camp in Sai Aashraya Adarsh Gram (in Dharmapuri, Tamilnadu)*

The Monthly Leprosy care and Super Speciality Medicare Camps in Sai Aashraya Adarsh Gram, the first village adopted by Sai Aashraya (in Dharmapuri, Tamilnadu), were conducted successfully, as always, with great Love and Dedication by our volunteers. In the past three camps held, as always, on the third Sunday of the month (17<sup>th</sup> of October, 21<sup>st</sup> of November and the 19<sup>th</sup> of December), over 350 Patients from this village and neighbouring villages were treated lovingly by our team of Doctors and Volunteers. Provisions for one month was also distributed to all the 70 Families residing in the village as always.

The health of the people from our adopted village has been showing remarkable improvement. We were happy to see normal blood sugar readings even during the festive season and that brought smiles to us and to the patients. It is always a joy interacting with the people here especially the elders. For example, if the volunteer dispensing the medicines says “Paati (Grandmother), you will have to reduce your sugar intake, she will invariably reply saying, what to do Kanna, how can one take tea without sugar and how can one avoid eating the sweets you distribute during Deepavali! But

since you are saying I will take only half a Laddoo, half a barfi etc. (With a hearty laugh).

Following the Medicare Camp on the 17<sup>th</sup> of October, the volunteers keeping with the tradition of celebrating all the festivals in the village, travelled to Sai Aashraya Adarsh Gram on the eve of Deepavali (The Festival of Lights) to greet all the people and spend some quality time with the elders and the children. It was a sight to behold when the people of the village welcomed us so lovingly and shared how happy they were that we came over all the way from Bengaluru to be there with them for Deepavali. They said that their Deepavali became special and bright because they were spending time with us. We took the opportunity to convey our Heartfelt Love & Gratitude to all the people and said that the Love that they shower upon us is the most priceless gift that we have, and it is that Love that is enabling us to share the light from the lamp of Love that is in all our hearts.

Christmas always is a special festival for all of us in Sai Aashraya especially because it was during Christmas time 5 years ago, that we first met the leprosy affected people of Sai Aashraya Adarsh Gram and adopted the village. Every year on Christmas

day, about 25 representatives from the village would come home to Sai Aashraya's Headquarters and we would all celebrate Christmas together. For the first time we missed the presence of Kamakka Paati (Grandma), one of the most Loving People we have ever met, and this Christmas Seva was a Dedication from all of us to her. With the pandemic restrictions still in place and travel being restricted, we decided to celebrate Christmas in the village itself. The Medicare Camp on the 19<sup>th</sup> of December was a great opportunity to celebrate the festival as well. Sweets were distributed along with the provisions for the month and New Clothes for all the people were also lovingly handed over to each resident in their respective homes by our volunteers. The residents of the village especially the children loved the cupcakes that were distributed on Christmas day.

Our volunteers spent quality time with the residents of the villages and all the elders shared their powerful thoughts and guided us in making the roadmap for the year ahead. We will surely work towards bringing more Love & Joy to the lives of all these inspiring people. To read more about the story of Sai Aashraya Adarsh Gram, a testimony to the power of pure Love & Sacrifice, please do watch this video on our YouTube channel <https://www.youtube.com/watch?v=cUARnT0DI3o>

*Christmas Plum Cakes & Provisions distribution*



# 24/7 Food Seva



Love upon our volunteers moved our hearts.

Another porter said “Amma, I have been in this profession from so many years now. My entire life has been a struggle. But for the first time ever, I am not worried about my next meal. I feel healthier and can work with renewed strength and courage.” Dear Readers, these fleeting moments that become everlasting memories get etched in our hearts forever and are an eternal source of Inspiration, Strength, Motivation and Courage for all of us.

With the rise in the number of cases of Covid 19, our volunteers are taking extra care to ensure that the Seva is being carried out in the best way possible with all the precautionary measures taken both while cooking and serving. With one of our schools re-opening their high school sections we have been able to restart serving lunch to the students at this school. As the pandemic related restrictions ease,



**S**ai Aashraya's main 24/7 Kitchen has been extremely busy in the past 3 Months. In the previous edition of our Newsletter, we had carried the story of two new Seva opportunities that came our way through serving the Porters and Housekeeping staff in the Cantonment Railway Station and the great opportunity to serve a healthy lunch for the Pourakarmikas (Staff Bangalore City's Municipal Council, BBMP) who help keep the city clean. Dear Readers, to learn more, we recommend reading the previous Newsletter here <https://www.saiashraya.org/single-post/hridaya-spandanam-a-sai-aashraya-newsletter>

The impact that both these unique Seva Projects have been creating is immense. Lunch is being served in

www.SaiAashraya.org

6 Different Locations to the Staff of the BBMP and a late Breakfast and Dinner is being served to the Porters and Housekeeping Staff of the Cantonment Railway Station every day. Our Food Truck has been running around spreading Love and Joy everyday.

Here are some moving experiences that we were fortunate to be a part of. Post Lunch Seva one day at Cantonment Railway Station, one of the porters called us over the phone and said “Sir, we are so touched by the Seva all of you are carrying out. We feel Blessed and can carry out our daily work with full energy. The Food that you serve with Love is like 5 Star Food Sir”. The way he spoke showering all his

Love All. Serve All

**Sai Aashraya** - It's All About Love

we anticipate and pray that our Breakfast Seva Project will also resume soon.

Telemedicine & Local Patients Follow up: With the pandemic related restrictions still in place in Bengaluru, and other areas where Sai Aashraya has been carrying out Seva, conducting Medicare Camps has not been possible.



## About Sai Aashraya Trust

Sai Aashraya Trust was founded in 2016 and is based out of Bangalore. Sai Aashraya's mission is to build a platform that brings the opportunity to serve individuals and communities for whom care has hardly reached to those who are willing to involve themselves diligently, in their own capacities & daily lives, to serve and experience joy, love and lasting transformations.

Today a variety of Service Projects built around the 4 Pillars of Food & Nutrition, Medicare, Educare, and Sociocare are being carried out in the most underserved communities, and in diverse and challenging locations through nothing but pure LOVE. Volunteers and contributors practice a unique 'Ceiling on Desires (COD)' daily lives and find joy & bliss in the convergence of lower and lower desires and sharing (giving & receiving) LOVE.

Sai Aashraya continues to provide constant medical support via telemedicine to all its patients. Local Patients (From Bengaluru) with Cardiac Ailments, Hypertension and other major ailments continue to collect their medicines from the Centralised pharmacy of Sai Aashraya at Bengaluru. Our Doctors are constantly consulting for the patients all over the Country.

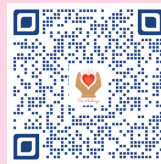
With multiple Seva Projects happening simultaneously, all of us are having the most Blissfully hectic time. We will surely meet again in the next edition of Hridaya Spandanam to share all the latest updates and experiences. In the meanwhile, please do stay tuned to our YouTube channel for regular Audio-Visual updates from the construction of our Hospital and all the other Seva Projects being carried out.

Dear Readers, we take this opportunity to wish all of you a very Happy, Healthy & Blessed New Year and convey our Heartfelt Love & Gratitude to all the people who have given us the golden opportunity to carry out Seva and discover our true selves! Namaskaar! Jai Hind!

*With Love & Gratitude,*

**Team Sai Aashraya**

[www.saiaashraya.org](http://www.saiaashraya.org)

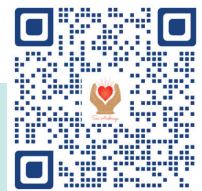


Our   
**YouTube**  
CHANNEL

**Sai Aashraya**  
**Official**

Please stay tuned for periodic audio-visual updates from the ground...

<https://bit.ly/3ITcb1u>



[www.SaiAashraya.org](http://www.SaiAashraya.org) • 713.598.9579, 408.505.6488 (US) • 1.800.120.2724 (India) • [contact.SaiAashraya@gmail.com](mailto:contact.SaiAashraya@gmail.com)

SV Venkatachalam  
+91.94483.07883  
[svv@SaiAashraya.org](mailto:svv@SaiAashraya.org)

Sowmya Ramani  
+91.99000.55992  
[Sowmya@SaiAashraya.org](mailto:Sowmya@SaiAashraya.org)

Venkatraman CK  
408.505.6488  
[ckvenkatram@gmail.com](mailto:ckvenkatram@gmail.com)

Bharadwaj Swaminathan  
713.598.9579  
[bharad.swaminathan@gmail.com](mailto:bharad.swaminathan@gmail.com)