

# HRIDAYA SPANDANAM

December 2023, Volume 02, Issue 03



## NAMASKAAR! GREETINGS TO ALL!

Sai Aashraya's Journey over the last 7 years, working around the four pillars of Food & Nutrition, Medicare, Educare, and Sociocare, has verily been a saga of pure Love & Selfless Service. Through initiatives like Breakfast Seva and the 24/7 Food Seva, we've served over 6.5 million healthy meals. In the remotest parts of our nation, over 85,000 patients have experienced loving and holistic Medicare. Our impact extends to education, with the adoption of nine schools catering to over 2,000 children, and the adoption of six villages, all of which are now self-sustained as of October 2023. 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 more than 80 percent through the construction.

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. It is with great happiness that we now present to you this special edition of Hridaya Spandanam which will highlight all the latest updates and progress made by Sai Aashraya from May 2023. 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 previous editions of Hridaya Spandanam, you can find them here <https://www.saiaashraya.org/blog>



# A BEACON OF LOVE & HOPE

KOLAR, KARNATAKA

## SAI AASHRAYA SUPER SPECIALITY HOSPITAL (SASSH)

Let's first embark on a journey to review the remarkable strides we've taken in the construction of our upcoming charitable hospital at Sai Aashraya. This update encapsulates the latest

developments and pivotal milestones achieved, marking a testament to our collective dedication and the spirit of Seva with Love. To get an in-depth look at our progress, check out our video status update on YouTube from September: [SASSH Status Update 11](#).

Also do see this post on a wonderful volunteering effort on LinkedIn [Sai Aashraya - Team Cisco Volunteering Activity](#)



Getting through this period, which tested our accumulated knowledge from over the years especially from this project, we emerged triumphantly as a united team working towards realizing a common dream. When unity becomes the driving force, the result is a blend of high-quality work infused with love. This phase was a litmus test from various perspectives, typical of a mega project like SASSH is.

From May to December, we witnessed remarkable strides in our journey. All four blocks within our hospital campus have reached completion, with a notable surge in interior works. The hospital block's interior walls across all floors (B+G+3), coupled with Mechanical, Electrical, and Plumbing installations, were the initial triumphs, setting the pace for subsequent achievements in other campus blocks. Simultaneously, groundwork for base flooring in the hospital is underway, featuring a distinctive seamless flooring approach. This innovative method not only prioritizes the highest standards of infection control but also ensures enduring durability. Stay tuned for more details on this groundbreaking development in the near future. Simultaneous orchestration of activities among architects, structural consultants, civil contractors, and MEP consultants showcased seamless coordination. Like a well-executed relay race, handovers were smooth, devoid of rework, as everyone was well-informed and equipped with the latest drawings.



Beyond the construction side of the work, we embraced a green initiative by procuring 1,800+ saplings generously provided at cost by the Forest Department of the State of Karnataka. In recent weeks, the hands of these devoted volunteers (115 of them from Cisco) have cradled and replanted 1,400 nurtured plants from Sai Aashraya's own nursery, with another 800 awaiting their new home. The love and dedication poured into this monumental task were nothing short of awe-inspiring and left everyone feeling so inspired and recharged as well. The aerial shots capturing this special volunteering event also provide a glimpse into the relentless progress in constructing a healing haven – a hospital that promises solace and recovery. As we eagerly await presenting this Beautiful Temple of Healing to our Motherland Bharat and to the World in early 2024, envision close to 3,500 trees adorning the hospital campus, creating a breathtaking spectacle.

A dedicated team of volunteers have played a pivotal role in shaping diverse facets of the hospital project. Their invaluable contributions extend beyond conventional boundaries, spanning from the finesse of interior design to the robustness of IT infrastructure, the seamless integration of Hospital Management Information Systems, meticulous drafting of SOPs, strategic human resources planning, and beyond. Their commitment and expertise have not only accelerated our progress but have infused each aspect with a touch of passion and excellence. The impact that volunteering has had on this special project, one close to all our hearts, reverberates across diverse spheres and will surely be something that inspires us all when we reflect upon this journey years later.





## HIGHLIGHTS

Work done Until Nov 30, 2023	Completion
Structural Work	100%
Exterior Wall Puff Insulation work is on going in all block all floor	100%
Modular work in Critical care areas	Commenced
Floor Concrete Work	Commenced
External Plastering	90%
UPVC Windows installation	60% Complete (Block A)
Recruitment of Key Positions	Work in progress
Nursery	1800+ saplings have been procured and re-potted for growing until transplantation into Hospital Site



# CONSTRUCTION UPDATES

STATUS UPDATE NOV 30, 2023

Block A	Block B	Block C	Block D
<b>Hospital</b>	<b>Queue complex &amp; Canteen</b>	<b>Attendants Accomodation</b>	<b>Doctors Accommodation</b>
<b>Column concrete:</b> Entire Block 100% complete	<b>Column concrete:</b> Entire Block 100% complete	<b>Column concrete:</b> Entire Block 100% complete	<b>Column concrete:</b> Entire Block 100% complete
<b>Slab Concrete:</b> Entire Block 100% complete.	<b>Slab Concrete:</b> Entire Block 100% complete.	<b>Slab Concrete:</b> Entire Block 100% complete.	<b>Slab Concrete:</b> Entire Block 100% complete.
<b>Ceiling Plastering:</b> Entire Block 100% complete.	<b>Ceiling Plastering:</b> Entire Block 100% complete.	<b>Ceiling Plastering:</b> GF to Fifth Floor – 100% complete	<b>Ceiling Plastering:</b> GF to Fifth Floor – 100% complete
<b>Block Works (Twin Walls):</b> Entire Block 100% complete.	<b>Block Works (Twin Walls):</b> GF to Fifth Floor - 100% complete	<b>Block Works (Twin Walls):</b> GF to Fifth Floor- 100% complete	<b>Block Works (Twin Walls):</b> Ground – Fifth Floor – 100%
<b>Internal wall Plastering Work:</b> Entire Block 100% complete	<b>Internal wall Plastering Work:</b> Ceiling – 100% complete	<b>Internal wall Plastering Work:</b> GF – Fifth Floor Ceiling - 100% complete	<b>Internal wall Plastering Work:</b> GF – Fifth Floor Ceiling - 100% complete
<b>Painting:</b> Wall putty 100% complete Ceiling putty 100% complete		GF – TF – Wall Plastering – 100% Complete	GF – TF – Wall Plastering – 100% Complete
<b>External plastering</b> Entire Block 90% complete.	Yet to Commence	Yet to Commence	Yet to Commence
<b>Twin wall 50mm thk puff insulation work</b> GF & FF – 100% Complete SF & TF - Initiated	<b>Twin wall 50mm thk puff insulation work</b> Entire Block 100 % complete.	<b>Twin wall 50mm thk puff insulation work</b> GF - FF-100% completed	<b>Twin wall 50mm thk puff insulation work</b> GF - FF-100% completed
<b>Window Grill Fixing</b> Entire Block 100% complete. Balance on installation of Medical Equipments	<b>Window Grill Fixing</b> Entire Block 100 % complete.	<b>Window Grill Fixing:</b> GF – Fifth Floor -80 % complete.	<b>Window Grill Fixing</b> GF – Fifth Floor -100 % complete.
<b>UPVC Windows fixing work</b> 60% Complete	Yet to Commence	Yet to Commence	Yet to Commence
<b>Door Frame:</b> 2nd & 3rd Floor Complete	Yet to Commence	Yet to Commence	Yet to Commence

Work	Block A	Block B	Block C	Block D	External
	<b>Hospital</b>	<b>Queue complex &amp; Canteen</b>	<b>Attendants Accomodation</b>	<b>Doctors Accommodation</b>	<b>Compound wall</b>
<b>Excavation</b>	100% Complete	100% Complete	100% Complete	100% Complete	100% Complete on the west side
<b>Foundation</b>	100% Complete	100% Complete	100% Complete	100% Complete	100% Complete on the west side
<b>Backfilling</b>	100% Complete	100% Complete	100% Complete	100% Complete	100% Complete on the west side
<b>Plumbing Works</b>	<p><b>Piping Works:</b> Internal Floor and Wall piping – 100% Complete</p> <p><b>Piping Works:</b> Internal Floor and Wall piping – 100% Complete</p> <p><b>Fixtures &amp; Fittings:</b> 50% Complete</p>	<p><b>Piping Works:</b> Internal Floor and Wall piping – First to Third Floor - 100% Complete</p> <p><b>Piping Works:</b> Internal Floor and Wall piping – First to Third Floor - 100% Complete</p>	<p><b>Piping Works:</b> Internal Wall piping – First to Fifth Floor - 100% Complete</p>	<p><b>Piping Works:</b> Internal Floor and Wall piping – First to Fifth Floor - 100% Complete</p>	
<b>Electrical Works</b>	<p><b>Wall Conduits work</b> Entire Block – 100% Completed</p> <p><b>Ceiling Cable Tray work</b> GF to FF - 100% completed</p> <p><b>Fire Pipe line laying work in ceiling</b> Basement to First Floor 100 % Completed</p> <p><b>Chill &amp; Hot water pipe line (CHW)</b> GF to FF - 100% completed</p>	<p><b>Wall Conduits work</b> Entire Block – 100% Completed</p> <p><b>Fire Pipe line laying work in ceiling</b> Entire Block – 100% Completed</p>	<p><b>Wall Conduits work</b> First Floor to Fifth Floor– 100% Completed</p>	<p><b>Wall Conduits work</b> First Floor to Fifth Floor– 100% Completed</p>	
<b>Air Conditioning Ducts</b>	<p><b>Ground to First Floor – 100% Complete</b></p>				
<b>Basement</b>	<ul style="list-style-type: none"> <li>•100% complete - Grade slab &amp; Anti termite work</li> <li>• Basement Level to Ground Floor - All ramps completed</li> <li>• Roof Slab - All three wings - 100% Complete</li> <li>• VDF floor concrete work finished work 100% completed</li> <li>•Ceiling painting complete</li> </ul>				

## DESIGN UPDATES

STATUS UPDATE NOV 30, 2023

Work	Block A	Block B	Block C	Block D	External
	<b>Hospital</b>	<b>Queue complex &amp; Canteen</b>	<b>Attendants Accomodation</b>	<b>Doctors Accommodation</b>	<b>Compound wall</b>
<b>Floor Plans</b>	100% Complete	100% Complete	100% Complete	100% Complete	100% Complete
<b>Structural Drawings</b>	100% Complete	100% Complete	100% Complete upto Sixth Floor	100% Complete upto Seventh Floor	Fully Completed
<b>Mechanical Electrical Plumbing Designs</b>	100% Complete	100% Complete	100% Complete	100% Complete	
<b>Fire Systems</b>	100% Complete	100% Complete	100% Complete	100% Complete	
<b>HVAC</b>	100% Complete	100% Complete	100% Complete	100% Complete	
<b>Window &amp; Door</b>	100% Complete	100% Complete	100% Complete	100% Complete	



The progress achieved so far is a testament to the power of selfless love translated into service. We are confident that in the upcoming months, our vision of delivering the highest quality of healthcare to the most underserved will materialize.

## COMMEMORATING INDIA'S 77TH INDEPENDENCE DAY AND FESTIVE CELEBRATIONS IN 2023 @ SASSH

India's 77th Independence Day was a special occasion at the construction site of our hospital, a celebration that resonated with the spirit of the entire nation. Volunteers, their families, and the dedicated construction staff converged for the flag hoisting ceremony. The event unfolded with a touching Cultural Programme presented by the children of Sai Aashraya, eloquently highlighting the magnificence of our great Nation and invoking a sense of responsibility as children of Maa Bharati. Surgeon Captain Dr. Ashok Bhagra, VSM (Retd.), the Director of our Hospital, delivered a keynote address that left an indelible mark on everyone present. His powerful words stirred hearts, particularly when he expressed deep gratitude and appreciation for the tireless efforts of the construction staff in bringing the hospital to fruition. The festivities extended beyond Independence Day, with the celebration of Ganesha Chaturthi, Dussehra, and Deepavali, creating beautiful memories that will forever be etched in our hearts.



*"India's 77th Independence Day was a special occasion at the construction site of our hospital"*

As we approach the final stages of hospital construction, our team is gearing up for the seamless installation of medical equipment. This marks a crucial step in our journey as we prepare for extensive dry runs, a prelude to the eagerly anticipated commissioning of our hospital in early 2024.

## BREAKFAST SEVA

**Dear Readers,**

This Seva Project that is the closest to all our hearts has gathered tremendous momentum in the past few months. With 9 schools and nearly 2,000 children under our wings, we feel immensely blessed to be a part of the journey of these little children with ignited minds who are the future of our planet.

While breakfast was the starting point, the true essence has always been about imparting true education—Educare - blending education with human values. The journey has taken time, but today, these children radiate self-confidence and are taking small but significant strides towards becoming role models. Empathy is instilled in them, and they aspire to care for others like them in the future. Supported consistently by our experienced volunteers, these children are evolving into well-rounded personalities. Remarkably, there have been no dropouts in the schools we serve this year as well and in fact there has been a substantial increase in new admissions. A touching moment occurred when a mother shared with us that the assurance of at least one nutritious meal per day was the driving force behind her decision to enroll her child in school.



Every day, the children and their families shower us with such heartfelt expressions of happiness and gratitude, thanking us for the life-changing opportunity Breakfast Seva has provided. Today, the anticipation of attending school is a joy for these children, a stark contrast to the days when hunger weighed them down, awaiting the government's mid-day meal.

Our dedicated volunteers have not only taken on the role of educators but also loving mentors addressing the immediate needs of these young learners. The transformation is there for everyone to see and experience. Breakfast Seva has not only shattered the monotony of school but has turned each day into a vibrant festival.

In the recent words of one young boy, the Breakfast Seva initiative has given them a larger family, instilling the confidence to dream big. The touching scenes of older students nurturing the younger ones, assuring them of a wonderful time in school, serve as our daily dose of inspiration. These fleeting moments that become lasting memories remind us that, through Breakfast Seva, we are fostering not just education but a sense of belonging and aspiration in these ignited minds with golden hearts. A divine combination indeed!

Fresh and Healthy meals are cooked with Love every morning in Sai Aashraya's central kitchen by our dedicated team of chefs maintaining the highest standards of hygiene. This nourishing sustenance is transported to schools via the Sai Aashraya Food Truck, where dedicated volunteers take charge. Senior students, well-trained by our volunteers in the art of carrying out Seva, now efficiently manage the serving counters. A powerful symbol of devotion, they choose to partake in their meals only when every child is served. Witnessing elder students nurturing the younger ones, feeding them by hand, and inspiring them to stay in school is a heart-warming testament to the family like spirit woven into Breakfast Seva.

The transformation in the behaviour and attitude of our students has been nothing short of dramatic, a testament to the profound impact of the persistent efforts of our volunteers. Parents have approached us with heartfelt gratitude, expressing their joy in witnessing their children embark on the right path. The academic results also speak volumes, with all students excelling in their exams.



As the new academic year commenced in May-June, a group of students faced the daunting prospect of discontinuing their education due to financial constraints. Our Trustees stepped in, providing counselling to parents and assuring unwavering support. It's essential to recognize the challenges these parents confront daily—an important reminder that these resilient families are nurturing the future leaders, the harbingers of change.

Dear readers, we feel compelled to revisit and share this experience from our previous newsletter. A mother's poignant words linger in our hearts. She expressed her unfulfilled desire to provide the best for her child, a dream constrained by challenging circumstances. Her prayer, directed to the universal mother, was answered through the collective efforts of Sai Aashraya. In us, she found not just supporters but an extended family—'Maa Certified,' a title that resonates deeply within Sai Aashraya. Witnessing the indescribable joy in a mother's eyes as her child thrives is the ultimate certification that fuels our dedication.

We have been carrying out healthcare camps within the schools we support, as well as in surrounding areas, aimed at screening for congenital heart disease and addressing various health issues. Adopting a holistic approach, we prioritize the overall health and well-being of students. Thanks to the concerted efforts of parents, volunteers, and teachers, there has been a notable enhancement in the general health and hygiene of the children, particularly in the area of dental care. The strides these young learners take into the school shows a newfound confidence, driven by a yearning for genuine knowledge that enables their holistic transformation. Their radiant smiles say it all and mean everything to us.

## SAI AASHRAYA ADARSH GRAM

**Dear Readers,**

As most of you are aware, this was the first village adopted by Sai Aashraya under the Sai Aashraya Village Integrated Programme (SAVIP) 7 years ago. This village stood on the fringes, marginalized and its people pushed to a life of seeking alms. Today, it stands tall, a testament to the will power and determination of its people.



In the heart of this change lies the Monthly Super Speciality Medicare Camp and Gram Seva, a lifeline for the residents. On the third Sunday of every month, a festival of joy reverberates through the village, bringing healing, smiles, and a renewed sense of life. To learn more in detail about how the saga unfolded, please watch this episode [The Story of Sai Aashraya Adarsh Gram](#)

In recent months, Sai Aashraya Adarsh Gram has witnessed remarkable strides in the enhancement of the community's overall health and well-being. The Monthly Medicare Camps, held every third Sunday, have been a cornerstone in providing loving and holistic care, treating more than 120 patients each month and surpassing 1,000 patients since May 2023.

The impact of these camps extends beyond mere numbers as seen by the tangible improvements in various health indicators. Diseases such as Type 2 Diabetes and Hypertension are now well-controlled, and cardiac function has shown marked improvement in cardiac patients who have been put on medication. This positive

trend can primarily be attributed to the residents' commitment to simple lifestyle changes—reduced sugar consumption, moderate exercise, and decreased mental stress.



Leprosy dressing during every camp has resulted in significant wound healing and effective management of exacerbations. The camps have not only healed physical ailments but have also contributed to the overall happiness of the community. The emphasis on fostering interaction among elders living alone has also contributed immensely to their happiness and well-being.

The increasing inflow of patients from nearby villages and distant places has been heartening to see. Many individuals, facing difficulties with follow-ups and medication costs, have found solace in the compassionate care provided by our team. Understanding the hardships faced by these people, the compassionate residents of Sai Aashraya Adarsh Gram go out of their way to ensure the comfort of these visitors. The village has evolved from a place shunned by society to a centre of



development for surrounding villages, showcasing the transformative power of persistent efforts and self-reliance.

In addition to medical assistance, the community-focused initiatives continue, with provisions being distributed monthly to all 75 families in the village, including essential items like Rice, Daal, Cooking oil, Turmeric powder, fresh produce, and seasonal fruits. We also continue providing walking aids, crutches, walkers, and other necessities to elders in need, allowing them to move freely and be independent. At the end of each day of Seva, volunteers serve a traditional South Indian meal on banana leaves to both village residents and visiting patients.



progress in healthcare but the broader transformation of a community that once struggled to now thriving with resilience. Our volunteers and the residents of this ideal village, are both integral parts of this great journey.

We consider ourselves profoundly Blessed to serve these inspiring elders, who have taught so much about life. Speaking with them has become a source of invaluable wisdom and inspiration. Sometimes, it's as simple as lending an ear to their recounting of life's journey—although they may share the same story for the hundredth time, each time remains uniquely special. In these beautiful moments, we



The annual celebration of Deepavali in our village always fills us with unparalleled joy and happiness. On this auspicious occasion, the tradition of spreading cheer all around the village continued as we distributed new clothes—Elegant Sarees and Dhotis—and indulgent festival food, including half a kilo of a variety of sweets (Boondi laddoo, Gulab jamun, Kaju katli etc) and savorys (two varieties of mixtures), to every resident. The vibrancy of the festival, coupled with the warmth of shared smiles created a day that will cherish forever. Witnessing the sheer delight, particularly on the faces of the elders, moved us to tears, making this Deepavali a timeless and cherished celebration.

Volunteer involvement has surged, particularly among students pursuing medicine. The Echo cardiography volunteering team has experienced exponential growth in the number of studies conducted, reflecting the commitment of these students to understanding ground realities and the true purpose of education.

Sai Aashraya Adarsh Gram stands as a testament to the positive impact that collective efforts can bring about. The journey from neglect to becoming a beacon of hope reflects not just the progress in healthcare but the broader transformation of a

community that once struggled, to now thriving with resilience. Our volunteers and the residents of this ideal village are both integral parts of this great journey.



# ARUNACHAL PRADESH MEDICARE & GRAM SEVA

Dear Readers,

Since the inception of Sai Aashraya's Seva initiatives in 2017, our commitment to uplifting lives in the remotest villages of Arunachal Pradesh has been steadfast. The Super Speciality Medicare camps and Gram Seva have served as transformative forces, reaching thousands in this challenging terrain over the years. Despite the hurdles imposed by the pandemic, our dedication endured. Post-March 2020, we ensured a steady supply of medicines to the District Administration, sustaining a lifeline for our patients even in the face of adversity.

The special return to our Seva operations in January 2023 marked a new chapter, resonating with impact and success. The recent editions of Seva in Arunachal Pradesh, held in January, April, June, and August of this year, stand as the most impactful in our journey so far.



With over 2,000 patients embraced by our Loving and Holistic Medicare during these camps, the impact resonates beyond numbers. To delve deeper into the incredible Seva Sai Aashraya is carrying out in this region, please watch the video [Arunachal Pradesh Medicare & Gram Seva](#)



Each edition of Seva is a monumental learning experience, where the challenges of planning and executing operations in demanding weather conditions propel us to strive for continual improvement. Behind every success lies a commitment to resilience, coupled with a deep understanding of the communities we serve. For a first-hand account of our June 2023 Seva, please follow this link: [Update from Arunachal Pradesh Seva - June 2023](#)

In August, a relentless monsoon unleashed its fury on the region, triggering severe landslides. Witnessing the extraordinary efforts of the Border Roads Organization and the Indian Army in the aftermath was both inspiring and humbling. Their rapid response and tireless work restored normalcy and ensured the swift resumption of vehicular movement.

Here is a shot recap of how we go about Seva in Arunachal.



Embarking on a challenging journey, a test of endurance from Bangalore to the remote Tawang District in Arunachal Pradesh, our Mobile Medical Unit carries a payload of essential medicines and cutting-edge medical equipment. The dedicated team of doctors and volunteers, reaching Guwahati, Assam by air, then embarks on a rigorous 20-hour road journey to the serene Tawang District Arunachal Pradesh.

The ensuing four-day series of camps unfolds in the farthest corners of Western Arunachal Pradesh. Our Doctors provide holistic patient care, dedicating ample time to each individual and their families. From monitoring vitals to conducting advanced cardiac assessments, including ECG and 2D Echo with Colour Doppler, every procedure is seamlessly executed at the venue, be it the Primary Health Centres (PHCs), Community Health Centres (CHCs) in villages, or the Field Hospitals of the Indian Army.

Dispensing medicines for a substantial period of two months and ten days (70 days), we return for the next round of camps within a 60-day period. Our volunteers also distribute blankets, sweaters, and hoodies to those in need. Simple yet impactful gestures, such as providing tongue cleaners or belts to elderly grandpas, evoke immeasurable joy leaving us in tears.

Seva always extends beyond the immediate medical relief. Over the years, our volunteers have played a pivotal role in fostering education, providing study materials, stationery, and facilitating the self-sufficiency of numerous families by aiding in employment opportunities. Regular counselling sessions with parents have led to children re-joining schools and young individuals pursuing higher education.

In recent camps, we have identified a significant prevalence of cardiac ailments among both the elderly and children, particularly noting a higher incidence of congenital heart disease in the latter. The emergence of newly diagnosed cases of hypertension and Diabetes made our team provide extensive counselling to each patient. Emphasizing the principle of "take food like medicine, else medicines will become your food" has been a constant message to the people in all our camps.

Remarkably, unlike urban areas in other parts of our Country, the occurrence of lifestyle-derived diseases in this region remains relatively low. Our patients have shown great levels of compliance with the lifestyle changes we recommend, enabling better health and well-being.



A focal point of our service in this region is the early identification and treatment of congenital heart disease (CHD). Over the years, we have successfully facilitated surgeries for children with the support of charitable institutions, government initiatives, and private hospitals. As our own hospital nears completion, we have initiated the process of empanelling patients who may eventually require surgery but can afford to wait for a few months. This strategic approach in the future will enable us to conduct surgeries in our own Temple of Healing, ensuring comprehensive and timely care for the people from this region.

With invaluable support from the Indian Army, we have successfully adopted villages, conducted training programs, empowered individuals, and collaborated with the administration to enhance healthcare quality. Cementing their commitment, the Indian Army has chosen to institutionalize their partnership with us. The District Administration has played a pivotal role in enabling us to impact the lives of thousands in and around this district.

Over the past six years, we have witnessed a transformative shift in the landscape of this area—boasting world-class roads, an expanding high-quality healthcare infrastructure, an influx of visitors from outside, and, most importantly, a palpable sense of joy among the region's residents. Harnessing this energy and momentum, we have heightened awareness and expanded our outreach.

Our Gratitude goes to the District administration, particularly the proactive District Medical Officer, who seized the initiative to leverage mass communication channels such as All India Radio and local TV channels. Through repeated broadcasts in both Hindi and the local Monpa language, information about the impactful Seva conducted by Sai Aashraya was disseminated, ensuring those in need of treatment were aware of the available opportunities.

The next series of camps in Tawang District has been scheduled during Jan 2024 and we eagerly look forward to seeing our patients come back to us in great health.



## TELEMEDICINE: A TRANSFORMATIVE LIFELINE, TOUCHING AND TRANSFORMING LIVES

We're always there for our patients, providing ongoing medical support through telemedicine for cardiac issues, hypertension, and more. Patients, mainly from in and around Bengaluru, where we started our first special healthcare camps, conveniently receive their medications from Sai Aashraya's Centralized Pharmacy in Bengaluru. It's heartening to see our post-surgery patients getting healthier, thanks to them following the right diet and being compliant on medications. Our doctors are always ready to help, consulting with patients from all over the country through our toll-free number or email. With a delay in our Team travelling to Arunachal for the next series of Medicare camps in December, we decided to leverage the power of Telemedicine.

*"Our dedicated volunteers, particularly the physicians, found the interactions profoundly impactful, with one of them expressing, "This touched our hearts like never before."*

Our team of volunteers have meticulously packed and dispatched the prescribed medications for each patient, including their latest prescription and comprehensive details. The medications which will be reaching Tawang District soon will be distributed by the dedicated staff of the Primary Health Centers (PHCs) and Community Health Centers (CHCs) located closest to the patients.



Sai Aashraya's cutting-edge telemedicine infrastructure made comprehensive treatment and follow-up with patients from Arunachal possible. With the backing of the Indian Army and District Administration, our telemedicine camps were a tremendous success. Over three days, we attended to patients, primarily those dealing with cardiac issues, hypertension, and Type 2 Diabetes. Team Cisco played a crucial role in collaborating with us to establish the necessary digital infrastructure, ensuring HIPAA-compliant communication and video conferencing. The warmth and love we received from the people of Arunachal were overwhelming. During each consultation, emotions ran high, especially when the bridge came live, and they saw us on the screen. Their heartfelt expressions echoed sentiments like, "Who takes care of us like you do? For all of us, you are more than family – you are the angels in our lives."

This ensures a seamless and organized delivery process, further emphasizing our commitment to providing continuous and accessible healthcare support to our patients living in the remotest of regions in our Motherland.



## A SPECIAL SEVA OFFERING IN BENGALURU

The 23rd of November holds a special place in the hearts of all of us at Sai Aashraya, marking a significant milestone in our journey. Seven years ago on this day, we initiated our 24/7 food Seva, a commitment that was an inflection point for all of us. To commemorate this occasion and recognizing the onset of winter, our dedicated volunteers embarked on a two-day journey to serve some of the most underserved areas.

Nearly 100 families received essential provisions, while over 300 individuals were gifted high-quality woollen blankets sourced from long-time associates who have been contributing in their own ways to us. Since 2020, we have extended our reach to distribute

approximately 4,000 pairs of clothing to individuals residing in the most underserved areas. It's worth noting that all our vendors generously provide these items at cost, viewing it as a heartfelt offering to support our noble cause.

One mother, overwhelmed with emotion, shared that she had been anxious about sourcing winter clothing for her children, and we showed up the next day. She beautifully articulated, "God always listens to a prayer from the heart and sends His people to help in times of need."

Our volunteers cooked and served over a thousand meals, including a special lunch at the construction site of our Temple of Healing. At Sai Aashraya, every day is a celebration, a "Nithya Kalyanam," where we seize every opportunity to spread joy and celebrate the spirit of giving.



## SEVA INITIATIVES IN THE USA: A BRIEF UPDATE

In the USA, Sai Aashraya's Seva footprint has expanded from Oakland and Dallas to include San Francisco. Daily Breakfast Seva in these locations, marked by unwavering dedication and the addition of enthusiastic young volunteers, continues to make a positive impact. Thanksgiving is a special time for us, witnessing increased participation in our mission of love and service.



Over the years, we've witnessed remarkable transformations, with hundreds of our brothers and sisters who were once living on the streets now leading self-reliant and happy lives. From finding employment in leading companies like Tesla, USPS, FedEx, UPS, Home Depot, to establishing happy families, their journey reflects the transformative power of compassion and service. Alongside the lives we've touched, our own learning has been monumental throughout this inspiring process.

### Dear Readers,

In the next few months, we will see our hospital's construction progress at an exponential pace. The final phases towards the commissioning of our hospital have now begun and we are one step closer to realizing our dream. Visualize this - being there, standing by our side when the first little heart is healed and finds joy in the sacred halls of our Temple of Healing!

All of us in Team Sai Aashraya take this opportunity to convey our heartfelt Gratitude to each one of you who are an integral part of Sai Aashraya's mission of Love & Service. Let us all work hard together as one team to realize this one dream that all of us share.

Namaskaar! Jai Hind!  
With Abundant Love,  
Team Sai Aashraya  
[www.SaiAashraya.org](http://www.SaiAashraya.org)



Website



Youtube



*Jai Hind*