

# Hridaya Spandanam

April 2023, Volume: 02, Issue: 02



## Namaskaar! Greetings to All!

It is with great happiness we present you this 5<sup>th</sup> edition of Hridaya Spandanam which brings to you the latest updates and progress made by Sai Aashraya from the month of January to April 2023. In case you missed reading the previous editions of Hridaya Spandanam, you can find them here <https://www.saiashraya.org/blog>



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. Someone asked us - Are you spreading yourselves too thin? At Sai Aashraya, Our 24/7 Food Seva that provides Nutrition with Love for thousands of Children and elders keeping them on their feet, Our Super Speciality Medicare Camps that ensures that these Hearts beat well and they are taken care - These are not choices but are fundamental to Sai Aashraya. We had the opportunity restart regular Seva operations in Tawang District Arunachal Pradesh and two Camps in January and start of April were the most successful and impactful in this region so far.

Sai Aashraya's Journey over the last 6 years, working around the four pillars of Food & Nutrition, Medicare, Educare, and Sociocare, has verily been a saga of pure Love & Selfless Service. Over 6 million healthy meals have been served through the Breakfast Seva and the 24/7 Food Seva, over 80,000 Patients have been treated with Loving and Holistic Medicare in the remotest parts of our great Nation, 9 Schools with over 1,500 children & 6 Villages have been adopted (as of April 2023) 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 more than 70 percent complete. 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 our incredible journey so far.



## Dear Readers,

Let us begin by first reviewing the progress made in the construction our Hospital. This status update contains the latest information on where we are currently and highlight the key milestones that have been achieved in this period. We came through with flying colours during this period of time, which has tested all that we have learnt over the past many years of carrying out Seva with Love. When everyone in the team works as one towards one dream, the result is the highest quality of work getting done with Love as the undercurrent. The remarkable progress that has been made is truly a testament to the power of selfless love manifesting itself as service to all. Here is the link to the latest status update from the ground that we posted on YouTube. <https://youtu.be/HnwG1LHXtlk>



# Sai Aashraya Super Speciality Hospital Status Update (May 23, 2023)



## Highlights

- Sai Aashraya Super Speciality Hospital - 75% of Civil work completed
- Block B - Foundation to Terrace floor & Above Terrace civil work - 65% Completed
- Exterior Wall Puff Insulation work is on going in all block all floor -35% Completed
- Internal Painting work initiated
- Flooring orders concluded
- Sample doors have been installed
- Order concluded for Modular Operation Theatres and Critical care units

## DETAILED UPDATES - CONSTRUCTION

|                    | Block A<br>Hospital  | Block B<br>Queue complex<br>& Canteen | Block C<br>Attendants<br>Accommodation | Block D<br>Doctors<br>Accommodation | External<br>Compound wall      |
|--------------------|--|---------------------------------------|--|-------------------------------------|--------------------------------|
| <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>Basement</b>    | 100% complete - Grade slab<br>100% Complete - Anti termite work<br>Basement Level to Ground Floor<br>- All ramps Completed<br>Roof Slab - All three wings<br>- 100% Complete |                                       |  |                                     |                                |



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| <b>Block A</b>  | <b>Block B</b>  | <b>Block C</b>   | <b>Block D</b>   |
|---|---|--|--|
| <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  | Entire Block 100% complete  | Ground Floor to Seventh Floor - 100% complete  | Entire Block 100% complete   |
| <b>Slab Concrete:</b>   |   |  |  |
| Entire Block 100% complete.   | Entire Block 100% complete.   | Ground Floor to Sixth Floor - 100% complete  | Ground Floor to Seventh Floor - 100% complete  |
| <b>Ceiling Plastering:</b>  |   |  |  |
| Entire Block - 100% complete  | Second Floor - 80% complete<br>Third Floor - 10% complete   | Entire Block - 100% complete   | Upto Fifth Floor - 100% complete   |
| <b>Block Works (Twin Walls):</b>  |   |  |  |
| Basement Floor - 75% complete<br>Ground Floor - 98% complete<br>First Floor - 92% complete<br>Second Floor - 90% complete<br>Third Floor - 75% complete | Third Floor - 80% complete  | Fourth Floor - 90% complete<br>Sixth Floor - 60% complete  | Fourth Floor - 90% complete<br>Sixth Floor - 60% complete  |
| <b>Internal wall Plastering Work:</b>   |   |  |  |
| Basement Floor - 60% complete<br>Ground Floor - 98% complete<br>First Floor - 90% complete<br>Second Floor - 50% complete                               | Ground Floor - 98% complete<br>First Floor - 80% complete<br>Second Floor - 70% complete<br>Third Floor - 20% complete  | Ground Floor - 30% complete<br>First Floor - 100% complete<br>Second Floor - 100% complete<br>Third Floor - 100% complete<br>Fourth Floor - 60% complete | Ground Floor - 30% complete<br>First Floor - 100% complete<br>Second Floor - 100% complete<br>Third Floor - 100% complete<br>Fourth Floor - 60% complete |
| <b>Twin wall 50mm puff insulation work:</b>   |   |  |  |
| Ground Floor - 95% complete<br>First Floor - 85% complete   | First Floor - 90% complete<br>Second Floor - 90% complete   | First Floor - 100% complete<br>Second Floor - 100% complete<br>Third Floor - 100% complete   | First Floor - 100% complete<br>Second Floor - 100% complete<br>Third Floor - 100% complete<br>Fourth Floor - 100% complete                               |
| <b>Window Grill Fixing:</b>   |   |  |  |
| Ground Floor - 100% complete<br>First Floor - 100% complete<br>Second Floor - 20% complete<br>Balance on installation of Medical Equipments             | Ground Floor - 75% complete<br>First Floor - 100% complete<br>Second Floor - 90% complete<br>Third Floor - 25% complete | Ground Floor - 30% complete<br>First Floor - 100% complete<br>Second Floor - 100% complete<br>Third Floor - 100% complete<br>Fourth Floor - 50% complete | Ground Floor - 30% complete<br>First Floor - 100% complete<br>Second Floor - 100% complete<br>Third Floor - 100% complete<br>Fourth Floor - 50% complete |
| <b>Internal Painting Work:</b>  |   |  |  |
| Basement floor Ceiling - 60% complete<br>Ground Floor wall & ceiling - 35% complete   |   |  |  |

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# Sai Aashraya Super Speciality Hospital Status Update (May 23, 2023)



## Detailed Updates - Construction

| Block A<br>Hospital  | Block B<br>Queue complex<br>& Canteen   | Block C<br>Attendants Accomodation  | Block D<br>Doctors Accommodation  |
|--|---|---|---|
| <b>Plumbing Works</b>  |   |   |   |
| Piping work for basement completed.<br>Piping work inside of the toilet (walls)<br>Ground Floor - 60% complete<br>piping work inside of the toilet First Floor - 50% Complete<br>Sleeves provided in all floor slabs<br>Waterproofing work in toilet sunken area<br>Ground Floor - 100% complete<br>First Floor - 50% complete | Piping work for Ground Floor - 50% complete<br>Piping work inside of the toilet (walls) First Floor - 60% complete<br>Piping work inside of the toilet Second Floor - 60% complete<br>Sleeves provided in all floor slabs | Piping work for Ground Floor - 100% complete<br>Piping work inside of the toilet (walls) First Floor - 60% complete<br>Piping work inside of the toilet Second Floor - 60% complete<br>Piping work inside of the toilet Third Floor - 60% complete<br>Piping work inside of the toilet Fourth Floor - 60% complete<br>Sleeves provided in all floor slabs | Piping work for Ground Floor - 100% complete<br>Piping work inside of the toilet (walls) First Floor - 60% complete<br>Piping work inside of the toilet Second Floor - 60% complete<br>Piping work inside of the toilet Third Floor - 60% complete<br>Piping work inside of the toilet Fourth Floor - 60% complete<br>Sleeves provided in all floor slabs |
| <b>Electrical Works</b>  |   |   |   |
| Slab Conduits - Basement Floor to Third Floor - 100% complete<br>Wall Conduits work<br>Ground Floor - 90% complete<br>First Floor - 95% complete<br>Second Floor - 65% complete  | Slab Conduits - Ground to Third Floor - 100% complete<br>Wall Conduits work<br>Ground Floor - Work initiated<br>First Floor - 100% complete<br>Second Floor - 100% complete<br>Third Floor - 60% complete                 | Slab Conduits - Ground to Sixth Floor - 100% complete<br>Wall Conduits work<br>Ground Floor - Work initiated<br>First Floor - 100% complete<br>Second Floor - 100% complete<br>Third Floor - 100% complete<br>Fourth Floor - 100% complete  | Slab Conduits - Ground to Seventh Floor - 100% complete<br>Wall Conduits work<br>Ground Floor - Work initiated<br>First Floor - 100% complete<br>Second Floor - 100% complete<br>Third Floor - 100% complete<br>Fourth Floor - 100% complete  |
| <b>Fire Pipe line laying work in ceiling</b>   |   |   |   |
| Basement floor - 100% Completed<br>Ground floor - 100% completed<br>First floor - 75% complete   |   |   |   |

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# Sai Aashraya Super Speciality Hospital Status Update (May 23, 2023)



## Detailed Updates - Design

|   | Block A<br>Hospital | Block B<br>Queue complex<br>& Canteen | Block C<br>Attendants<br>Accommodation | Block D<br>Doctors<br>Accommodation | External<br>Compound wall |
|---|---------------------|---------------------------------------|--|-------------------------------------|---------------------------|
| <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                       |                           |

## Detailed Updates - Other Hospital Areas

- Modular Kitchen - Order Concluded
- Solar Power & Solar Water Heater - Order Concluded and work in progress
- Electrical Fittings - Order concluded
- Recruitment of Key Positions - In progress
- Discussions for procurement of other Medical Equipment - In progress
- Internet Fiber and RF connectivity contract concluded
- Training in progress on Hospital Management Information System.

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**Dear Readers,**

This exponential progress has been made possible as always by the meticulous planning and systematic execution by our Team on the ground with the Love and Support of our Mentors, Advisors and our own Team spread across the Globe. With a large project like this, especially in healthcare, there are always challenges that have to be met almost every day. The regular meetings on site where all the key personnel from every department meet, have resulted in perfect communication leading to everyone being on the same page. When we realize that we are working towards a common goal, we come to realise the oneness in everything, leaving behind anything that is 'me and mine'.

The start of the new year was a wonderful one, with all the focus on the completion of the civil structures of all the blocks. The Kitchen and Nursing accommodation block (Block - B) was the first to be completed followed by the Hospital Block (Block - A). The structures of Block C - Rehabilitation, Attenders Accommodation and Senior Nurses accommodation block and Block D - Doctors' quarters block are also nearly complete. These two blocks are Ground + 8 floor towers and the final slabs are being completed as we present this newsletter before all of you. The interior walls in the Hospital Block with all the plastering are also nearly complete. The inner walls in the other blocks are also getting built at a great pace. A lot of progress has been made in the Mechanical, Electrical and Plumbing (MEP) works in all the

blocks. The co-ordination needed for MEP works happens to be complex with multiple departments working together on different areas. Parallel activity planning is something we have been able to focus a lot upon and the result is work getting done in a smooth manner.

Our state-of-the-art Kitchen on site has been helping us dole out fresh and healthy food round the clock for all the staff. Breakfast for all the schools that are part of our breakfast Seva programme is also being cooked in the same kitchen. The staff have been witness to not just the hospital construction that they are part of but also all the other Seva Projects that are being carried out. The Loving care that is being provided to them, has touched their hearts and reflects in the hard work being carried out by them. We also added additional space for a larger





cooking range and vessel storage as well.

As always we have had a large number of distinguished elders and leaders of their respective fields visiting the site. There have been very moving moments bringing tears of joy to all of us. Each one of these eminent personalities have been instrumental in spreading the word about our hospital and getting us all the support and guidance that we need.

The joy and happiness with which work happens in the site caught all their attention. Most of them keep telling us that this is the first time that they have seen a large construction site working in complete harmony. Dear Readers, we can only attribute this to one thing - Pure Love. All the staff are our family and we make sure that

they are always at home. Most of the staff keep telling us that they want to stay back with us and work on many more such projects in the times to come!

## Breakfast Seva

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 1,500 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.

The children and their families have been expressing their heartfelt happiness and gratitude to us every day for an opportunity to serve that they bestowed upon us! The children today, look forward to coming to school every day.

The little ones keep telling us how prior to us starting Breakfast Seva they would drag themselves to the school with a hungry stomach and



would wait for the mid-day meal provided by the Government to come. Now the children are able to pay rapt attention in their classes, participate in sports and other extra-curricular activities and most importantly enjoy their school days.

One of the boys recently told us how they (the students) all know that they have a larger family with them now who will always be there for them. That confidence he said makes them dream big today.

Fresh, Tasty and Healthy food is cooked every morning in our kitchen from 3am and is brought to all the schools in our Food Truck. The students join our volunteers in unloading the vessels, preparing the counter and then serving their





brethren in a systematic way. The senior students take turns every day to serve and partake food only after the last student has been served.

The teachers see the behaviour and attitude of the students changing dramatically. More importantly the parents have been telling us how happy they feel seeing their children get on the right path. Needless to say, the schools have seen no dropouts this year as well so far and the students have shown tremendous all around development. All the students writing their annual exams also performed exceedingly well.

In one of the schools, a bunch of students set to appear for their board exams wanted to drop out for financial reasons. They were getting ready to go out and work to get food on the plate for their families. Our volunteers ensured that they spoke to the parents and cleared all the pending fees and enrolled the students for the examination. The students came to school every single day and worked hard. All we did was being there for them and serving them healthy food. Each one of them passed the examination with flying colours and few even getting distinctions. The joy of the parents knew no bounds. The teachers smiled with happiness and so did we. The students came to us and said, that this is like a second life for them and they will strive hard towards becoming like us and join us for carrying out Seva! From nearly giving up education to realizing the true purpose of education, that is a special journey.



Over the years aside from taking care of the educational needs of the children whom we serve every day, we have also been able to take care of the education of other children from the areas where we work. While the numbers always catch our attention, it is important to understand that every child is so precious for the future of the world we live in. These are the leaders of tomorrow, the harbingers of change.

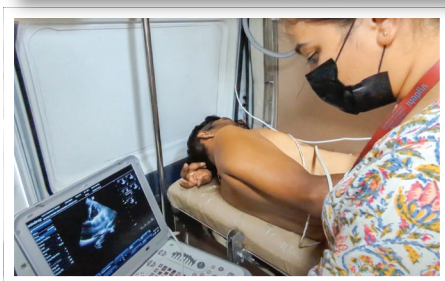
Dear readers, we had written this experience in our previous newsletter but feel it is important to share the same again. One of the mothers told us how she always wanted to give the best for her child like all mothers but could not do so due to the circumstances they lived in. She said my only prayer to God who is all of our Mother was to help look after my child's well-being and he has sent all of you. In you all, my child has found another mother, father, siblings and a family. This dear readers, is the certificate that matters the most to all of us in Sai Aashraya - 'Maa Certified'. The happiness in a mother's eyes when she sees her child do well is something no one can describe in words.

Our team has been carrying out Medicare camps for the students in all the schools that we have taken

up and outside as well to screen for congenital heart disease, and also treat other ailments that the students have. The overall health and well-being of the students is taken care of by our team with a very holistic approach. With a lot of effort from the parents, our volunteers and the teachers, we have seen a remarkable improvement in the general health and hygiene of the children especially dental hygiene. The confidence in the strides of these little children is visible when they walk into the school in pursuit of true knowledge leading to holistic transformation. Improvement in their general behaviour, communication, academics and extra-curricular activities have brought a lot of joy to all of us. Their smiles say it all and mean everything to all of us. With the summer break from April to end of May, most of the students left to their native places and we eagerly look forward to this year's Breakfast Seva which will start soon.

### **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) 6 years ago. From being ignored by the society to seeking alms to being self-reliant today, the story of the lives of these people living in this humble village is a testament to their will power and determination. All of us in Sai Aashraya eagerly look forward to the Monthly Super Speciality Medicare Camp and Gram Seva on the third Sunday of every month in this village. To learn more



about the story of Sai Aashraya Adarsh Gram, please do watch this video <https://www.youtube.com/watch?v=cUARnT0DI3o>

The first few months have seen a great improvement in the overall health and well-being of the people in Sai Aashraya Adarsh Gram. The Medicare Camps carried out on the third Sunday of each month saw us treat more than 800 patients with the most loving and holistic Medicare.



Well controlled diabetes, hypertension, improved cardiac function etc. and overall better health have become a common finding in the recent camps. This has been possible with simple life style changes that the people of this village made. Reduced consumption of sugar, moderate exercise and reduce levels of mental stress have played a vital role in the improvement of their health.

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People are happier, their homes are happy and so is the entire village. Leprosy dressing was carried out during every camp and the wounds have healed significantly and their exacerbation has been contained well.

The highlight over the past few months have been the increased number of patients flocking into this village from other villages nearby and faraway places to get treatment. Some of them who have been operated in hospitals outside were facing difficulty with follow ups and were giving up medicines for want of money. The decisions they took to get food on the plate for their families moved our hearts. We felt immensely blessed that we were the chosen ones to get the opportunity to treat these people. Often times, people who discontinue their medicines this way become very sick and even lose their life at times.

The inmates of Sai Aashraya Adarsh Gram have always been so hospitable to anyone seeking help

and reaching the village. From a time when no one would even visit the people here to now becoming a centre of development for all the surrounding villages! This village and it's people have come a long way and we feel so fortunate to be part of this great journey.

The number of students pursuing medicine, volunteering with us have also increased. Some of them post their MBBS pursuing their PG courses also come without fail to the village and work relentlessly all day with a smile. The Echo cardiography volunteering team has carried twice as many examinations that we normally carry out in a camp. The students always tell us how grateful they are for the opportunity to work in an environment like this where they understand the ground reality and realize the true purpose of education.

Along with the Medicare Camp as always, provisions for a month were distributed to all the 75 families for a month, lovingly by our

Love All. Serve All

Sai Aashraya - It's All About Love





volunteers who went to the doorstep of the residents and handed over the provisions including Rice, Dal, Turmeric Powder and Cooking Oil. We have been able to source and lovingly provide timely help to those elders needing walking aids, crutches, walkers etc. on a regular basis and it is heartening to see the elders move around on their own with a smile. Being on their own, helps them be free, move around and meet their friends.

With many of the elders living alone without their children, our constant push for them interacting more with their friends has helped them stay happy. We feel immensely Blessed to be of some service to all these elders who have helped us become better people every day. Sometimes all we need to do is listen to them talk about their life's journey. They may be telling us the same story for the hundredth time, but every time is so special as we learn something new.

### **Arunachal Pradesh Medicare & Gram Seva**

Since the year 2017, Sai Aashraya's Seva initiatives especially the Super Speciality Medicare camps and Gram Seva have touched the lives of thousands of people living in the remotest villages in this region. The Medicare Camps are carried out once every 2 months. The pandemic though brought the Seva operations in this region to a long halt post March 2020. We then sent a large consignment of medicines to the District Administration for our patients and continued following up remotely even as we yearned to get back. We finally made it in January 2023, resuming our normal Seva operation in this region. It was heart-warming to see most of our old patients. The recent editions of Seva in Arunachal in January and April definitely take the place of being the most impactful and successful ones in this region for us so far. Over 1000 Patients were

treated with the most Loving and Holistic Medicare in the last two series of Medicare Camps. To learn more about the amazing Seva that Sai Aashraya is carrying out in this region, please do watch this video [Arunachal Pradesh Gram Seva and Medicare](#).

Each edition of Seva here is so special as the learning from them is simply colossal. The planning that goes behind and the meticulous execution needed in tough weather conditions for this seva, is something that we strive to do better every time. Here are links from the Seva carried out here in January 2023 <https://youtu.be/Zj3KB6GvzMM> and April 2023 <https://www.youtube.com/watch?v=CTZVYnSwbm0&t=3s>





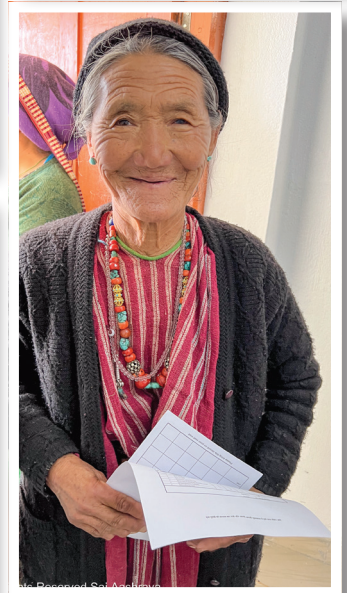
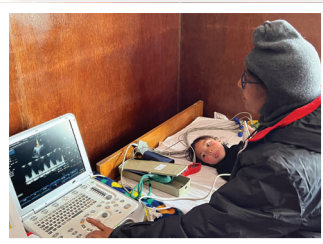
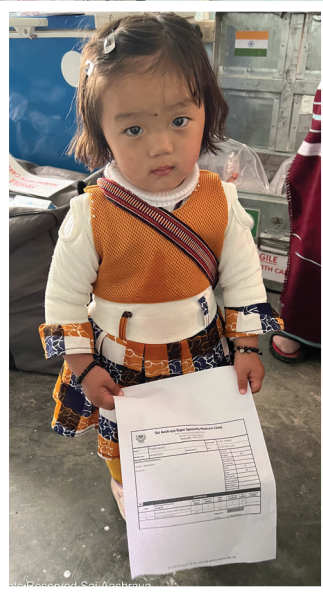
Our Mobile Medical Unit travels all the way to Tawang District, Arunachal Pradesh from Bangalore with the entire payload of medicines and medical equipment. Our team of Doctors and Volunteers travel by air to Guwahati, Assam. We then travel by road for a little more than 20 hours to reach Tawang District, Arunachal Pradesh.

What follows is a 4 day series of camps in the remotest villages of Western Arunachal Pradesh where we get the opportunity to serve the most under-served amongst us. Our Doctors treat the patients in a holistic manner spending a lot of time with every patient and their family. We dispense medicines for two months and ten days (70 days) and return back for the next series of camps in 60 days' time.

In the past two camps we identified a lot of cardiac ailments among both elders and children and more specifically congenital heart disease among children. Over the years we have been able to get children operated with the support of Charitable Institutions, Government and Private Hospitals. With our Hospital nearly ready, we have begun empanelling patients who will eventually need surgery but can wait for a few months at least so they can be operated in our Hospital itself. This camp saw a large number of younger people affected by Rheumatic heart disease (RHD). Some of them have been put on medications including injections every week and some have been advised early surgery for other issues in their hearts. If their health remains stable, we can eventually

bring them to our hospital for surgery.

Additionally, with the support rendered by the Indian Army, we have been able to adopt villages, train the youth, empower people, and assist the administration to improve the quality of healthcare. We have been fortunate to receive the support of the District Administration which has enabled us to touch the lives of thousands of people living in and around this District. We have seen the landscape of this place change drastically over the last 6 years with world class roads, growing high quality healthcare infrastructure, increase in the number of visitors from outside and most importantly we find that the people of this region so happy. We have been able to use that momentum to create more



## 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 under-served 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.*

awareness and treat more patients. Early identification and treatment of congenital heart disease (CHD) is a big part of our Seva in this region. The next series of camps in Tawang District has been scheduled for the 2nd week of June 2023 and we eagerly look forward to seeing our patients come back to us in great health.

## Telemedicine & Local Patients Follow up

Our first ever Medicare camp began in Bengaluru. And since the pandemic began, the restrictions with regard to large gatherings meant that we could not carry out the Medicare Camp every first weekend of month in our usual location. With the all the restrictions easing out, we are sure that we will start carrying out the monthly Medicare Camps in and around Bengaluru

soon. The screening camps in all the schools have seen a great response and we are sure that we will begin serving the people from the under-served areas in and around Bengaluru Urban District soon.

We continue to provide constant medical support via telemedicine to all our patients with Cardiac Ailments, Hypertension and other major ailments. They continue to collect their medicines from the Centralised pharmacy of Sai Aashraya at Bengaluru. Our doctors also have been constantly consulting for the patients all over our Country who have reached for help through our Toll free number or by email.

## Dear Readers,

In the next few months, we will see our hospital's construction progress at an exponential pace. We will soon see our Temple of Healing in all readiness for the extensive dry runs planned from August to October.

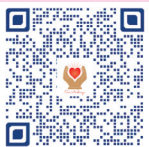
The final phases towards the commissioning of our hospital have now begun and we are one step closer to realizing our dream. All of us in Team Sai Aashraya take this opportunity to convey our heartfelt Gratitude to each one of you who are an integral part of Sai Aashraya's mission of Love & Service. 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)



Our  
**YouTube**  
CHANNEL

## Sai Aashraya Official

Please stay tuned for periodic audio-visual updates from the ground... <https://bit.ly/3ITcb1u>



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