



Hridaya Spandanam

August 2022, Volume: 01, Issue: 04



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 5 million healthy meals have been served through the Breakfast Seva and the 24/7 Food Seva, over 70,000 Patients have been treated with Loving and Holistic Medicare in the remotest parts of our great Nation, 8 Schools & 6 Villages have been adopted (as of June 2022) 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.



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 the month of April to August 2022. 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. The most wonderful event in the last quarter was the restart of the Breakfast Seva Project following the relaxation of pandemic related restrictions allowing the safe re-opening of schools. The children are happy and so are we! In case you missed reading the previous editions of Hridaya Spandanam, you can find them here <https://www.saiashraya.org/blog>



Sai Aashraya Super Speciality Hospital Status Update (Aug 2022)



Key Milestones

- Sai Aashraya Super Speciality Hospital is setting up its own in-house Research Centre. Discussions in progress with National and International Research Institutes for collaboration
- Excavation and Foundation work for Hospital Block and Amenities Block - Completed
- Civil Work for Ground floor in Hospital Block - **COMPLETED**
- Civil Work for First Floor in all 3 amenities Block - **COMPLETED**
- Westside compound wall upto Finished Ground Level - **COMPLETED**
- Electrical & Plumbing work for basement floor of Hospital & Ground Floor for Amenities - **COMPLETED**

DETAILED UPDATES - CONSTRUCTION

	Block A Hospital	Block B Queue complex & Canteen	Block C Attendants Accommodation	Block D Doctors Accommodation	Compound wall
Excavation	100% complete	100% complete	100% complete	100% complete	100% complete on the west side
Foundation	100% complete	100% complete	100% complete	100% complete	100% complete on the west side
Backfilling	100% complete	100% complete	100% complete	100% complete	100% complete on the west side
Basement	100% complete - Grade slab 100% Complete - Anti termite work Basement Level to Ground Floor - All ramps Completed Roof Slab - All three wings - 100% Complete				



	Block A	Block B	Block C	Block D	
	Hospital	Queue complex & Canteen	Attendants Accomodation	Doctors Accommodation	Compound wall
Ground Floor	Column concrete (Ground floor to First Floor) - 100% complete (All wings) Slab Concrete 100% complete	- Plinth beam - 100% complete - Column concrete (Ground to First) - 100% Complete - Slab concrete - 100% Complete - Column concrete (First to Second) - 100% Complete - Slab concrete - EDC Aug 26, 2022	- Plinth beam - 100% complete - Flooring Concrete - 100% complete - Column concrete (Ground to First) - 100% Complete - Slab concrete - 100% Complete - Column concrete (First to Second) - 100% Complete - Slab Concrete - 100% Complete - Column concrete (Second to Third) - 100% Complete - Slab Concrete - EDC Sep 5, 2022	- Plinth beam - 100% complete - Flooring Concrete - 100% complete - Column concrete (Ground to First) - 100% Complete - Slab concrete - 100% Complete - Column concrete (First to Second) - 100% Complete - Slab Concrete - 100% complete - Column concrete (First to Second) - 100% Complete - Slab concrete - 100% Complete - Column concrete (Second to Three) - 100% Complete - Slab concrete - EDC Sep 4, 2022	Completed up to Ground Level
Plumbing Works	Piping work for basement completed	Piping work for Ground floor - 50% complete (EDC Aug 15, 2022)	Piping work for Ground floor - 100% complete	Piping work for Ground floor - 100% complete	-
Electrical Works	Laying of Conduits for the basement floor slab 100% complete - All three wings	Laying of Conduits for Ground Floor Roof - 100% complete	Laying of Conduits for Ground Floor Roof - 100% complete	Laying of Conduits for Ground Floor Roof - 100% complete	-
External works	Second borewell - Motor with cable and piping work in progress				

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Sai Aashraya Super Speciality Hospital Status Update (Aug 2022)



DETAILED UPDATES - DESIGN

	Block A	Block B	Block C	Block D	
	Hospital	Queue complex & Canteen	Attendants Accomodation	Doctors Accommodation	Compound wall
Floor Plans	Second borewell - Motor with cable and piping work in progress	100% Complete	100% Complete	100% Complete	100% Complete
Structural Drawings	100% Complete upto Second Floor	100% Complete up to Second Floor	100% Complete up to Fourth Floor	100% Complete up to Fourth Floor	Fully Completed
Mechanical Electrical Plumbing	90% Complete	90% Complete	90% Complete	90% Complete	90% Complete
Fire Systems	100% Complete	100% Complete	100% Complete	100% Complete	100% Complete
Information Technology					
HVAC	80% Complete	80% Complete	80% Complete	80% Complete	80% Complete

DETAILED UPDATES

RESEARCH CENTRE

- SASSH setting up its own in-House Research Centre
- Discussions with Universities and research scholars from India and around the World in progress
- Infrastructure identified and finalized

Medical/ Non-Medical Equipment & Furniture	Vendors for all major medical devices identified & Purchase orders have been placed	Human Resources	Director of Hospital has been appointed
	BOQ for other Medical equipments finalized		Head of Department General Medicine has been identified
	Quotations for Medical equipments being evaluated		HOD for departments being evaluated
	Turnkey vendors for critical care units - being evaluated		Collaboration with various teams of International Surgeons for Cardiac procedures & surgeries
	Non-Medical Furniture BOQ & OEM finalized		Drafting of HR Policy for the Hospital and other policies in progress

Sai Aashraya Super Speciality Hospital Status Update (Aug 2022)



DETAILED UPDATES - OTHER HOSPITAL AREAS

- Windows, Glass, Façade & Partitions - BOQ & OEM finalised
- Optimization of walls with AAC Wall Panels finalised for Hospital and Amenities Blocks, OEM Identified
- Vendors for in-situ insulation, chillers, Air Handling units under evaluation
- Elevators - Lift drawings cleared for production
- Solar Power - Vendors for Solar Power (1MW) being optimised with other items on terraces
- Medical Engineering Consultants - Finalised and commenced work Operation Theatres & Other Critical Care areas - Identified, negotiations in progress
- Modular Kitchen - Design and BOQ Complete. Vendor finalised Design for Modular Kitchen complete (June 2021)
- Makeshift Kitchen - State of the art Makeshift Kitchen Commissioned

DETAILED UPDATES - OTHER AREAS

Pre- Construction		Vendors	
	Two borewells commissioned, Second borewell completed in Feb 2022		Electrical - Vendors identified and work commenced
	Cold storage Room installed & Commissioned on Mar 30, 2022		Plumbing - Vendors identified and work commenced
	Main gate & Security in place 24 hours		Fire Systems - Vendor for fire system for Hospital finalised and PO released
	CCTV (13 cameras) around the Hospital site installed for 24/7 vigilance		Medical Gas - Vendor for Medical gas for Hospital finalised and PO released

Information Technology

- IT Hardware & Software - BOQ drawn up & negotiations in progress with OEMs
- On Premises Data Centre Architecture - 2 Vendors shortlisted
- Active components of LAN Infrastructure - OEM working on pricing
- ISP - RF quotation received from one vendor
- Vendor for PACS has been finalized
- Hybrid Model (Cloud & On Premises) being evaluated
- Vendor for Hospital Management Systems finalized and Training sessions have commenced

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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. The progress that has been made is a testament to the power of purity, patience and perseverance that has been demonstrated by our team on the ground. Here is the link to the latest status update from the ground that we posted on YouTube



- <https://www.youtube.com/watch?v=KGCpZ5oUqaM>

Dear Readers, as you would have gathered, remarkable progress has been made in the last couple of months. Towards the end of April itself, the planning for the monsoon season began. Like most of you would be aware, rains always cause a lot of delay in construction. Planning well in advance prevents damage to the structure and also reduces the delay in work. As the month of May came, along with the mangoes came the Mango showers and that was just the trailer. Heavy downpours followed in June and by that time we had achieved all the milestones that we had planned, and the team managed the first monsoon so well. The construction too moved swiftly through the scorching summer and steadily before our eyes the ground floor of the Hospital block took shape and now the first floor is being built. From massive concreting work to meeting the steel requirements

in time everything was done with clockwork precision and so quietly.

Our Makeshift kitchen has been busy as ever in making sure that the construction staff are served food, cooked with Love three times a day. We ushered the mango season with the distribution of fresh mangoes from the farms nearby for all the construction staff. Seeing hundreds of mangoes in our vehicles made us feel so happy but what moved us was the smiles on the faces of all the staff. All 250 of them had the same expression of delight and were overwhelmed. We ensured that every week through the summer we sourced enough mangoes to serve at least two times. The owner of the farm also was moved and waived off his earnings from our purchase as his Seva offering. Dear readers, from mangoes to blankets to sweaters to kitchen equipment to steel to cement to the state-of-the-art medical equipment, one thing was common - Our efforts to share the story of the organization and the background behind the

construction of our hospital moved every company, every vendor and they have all become a part of us. Every one of these companies have given their products at cost which itself is a great offering but more importantly they feel that this Project is so personal to them. The officials from these companies always share with us the changes that have taken place in their perspective towards life through Seva and they say that this has been possible only because of them being a part of Sai Aashraya's Seva Projects.

The latest developments this way saw us save a lot of cost and more importantly time. We are pleased to share that we will now be completing the project well ahead of schedule thanks to the modern technologies available in constructing the inner walls (non-load bearing) in one third the time we had planned. Similarly, we have been making breakthroughs in all the departments in the construction of our hospital ensuring that we are always on track. The support and



Fresh from the farm - Ready to be served with Love



Aerial View of our Hospital shot on 15th August, 2022

guidance we have been receiving from Government authorities both Central and State, multiple companies both public and private, Foundations carrying out Seva have been giving us the impetus we need at every stage of the project.

Every time we interact with the construction staff and request them to take some rest also, they say that they feel like they are in the zone all the time in great joy as they feel that they are building their own home, their own hospital. When we see the pride in their eyes as they talk about the construction, we tell ourselves “Why search for inspiration outside when it is right here”. For us, seeing them work that way smilingly gives great happiness as we know that only with that feeling is the building going to stand strong for eons to come.

The Medicare Camps at the construction site have been carried out with great dedication by our team and it is wonderful to see that all the staff are in good health and in great spirits. Those needing continued treatment with medications are being given the same along with holistic advice with changes to their regular lifestyle and the impact is becoming more visible by the day. As we present this newsletter to all of you, the second floor of the hospital block is nearly complete and so are the second floors of the amenities buildings (Attendants block, Doctors block, Kitchen block) in our campus. With the work going on at great speed and the pace planned to be increased exponentially, we will soon see all the buildings rise together to the next levels in a couple of months.

Celebration of India's 75th Independence Day

*M*onday, August 15th, 2022, marked India's 75th year of Independence. It was a memorable occasion for all the children of Mother India and the celebration at the construction site of our hospital is one, none of us will ever forget. All the Construction Staff and Volunteers assembled early in the morning at around 8am for the Flag Hoisting ceremony. Prior to Hoisting the National Flag, the entire team offered their Homage to all the Bravehearts of Mother India who made the supreme sacrifice in Service of their Motherland. Following this the Director of the Hospital Surgeon Captain Dr. Ashok Bhagra (Retd.) hoisted our National Flag and everyone present sang our National Anthem. There was not a



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Independence Day Celebrations at the Site

It was indeed a powerful and memorable occasion which filled our hearts with Love, Inspiration, Courage and Motivation.

single dry eye in the gathering. Tears of Love & Joy rolled down the cheeks of everyone present. In 52 Seconds, the rendition in one voice from the heart was complete, and a minute of silence followed. The setting was perfect. The sun came out from the overcast skies and our National Flag waved in the winds sending waves of Love for one's Motherland all around. The Director of the Hospital then addressed everyone present with powerful words emphasising the need to express our Gratitude to our Motherland, India and the World at large by carrying out Seva (Service) with all Dedication. Traditional Mysore Pak and Mixture (A Traditional Indian Sweet and Savoury) was prepared fresh in our Kitchen and was served to everyone present.

The magnitude of the work that has been carried out and the colossal responsibility that all of us have, sunk in, when our volunteers walked around the site post the celebration.



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As the flag rose up, Sun broke out of cloudy skies to greet!



A smile from the heart - Our Motivation



Echocardiography in progress at Sai Aashraya Adarsh Gram

Sai Aashraya Adarsh Gram

Seva at the first village adopted by Sai Aashraya nearly 6 years ago, in Dharmapuri, Tamilnadu, is something we all always look forward to. The third Sunday of every month is special as the monthly Medicare Camp and Gram Seva takes place in the 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 last three months have been amazing here in the village. The Medicare Camps held on the 15th of May, 19th of June and 17th of July (Third Sundays) saw more than 450 patients receive the most loving and holistic Medicare. The health of the people in the village continues to improve steadily and all the people with no exceptions have been following the advice given to them by our team of Doctors and Volunteers so sincerely. From taking daily walks around the village to drinking tea/coffee with less sugar! Leprosy dressing was carried out during every camp and the wounds

have healed significantly and their exacerbation has been contained well.

In what is being seen as an amazing development, a lot of people from villages nearby and also far away have been coming here to receive treatment. From a point where few people would even visit the village to seeing this always moves us to tears. Today this great place has become a centre for development in many ways. The people from the village are treated first and then it is so moving to see them assist those coming from outside with great energy, enthusiasm and humility. We have been able to ramp up the number of cardiac screenings we do, and the results are visible instantly. Many more people were diagnosed with early stages of heart related ailments and have been put on treatment and medications. The number of Electrocardiograms (ECGs), Echocardiography (Echos) we have been able to perform are just amazing. The ever-expanding team of medical students and newly graduated Doctors have been of tremendous assistance to our seasoned physicians who keep training the next generation of doctors in a way only they can. The students have been sharing that they

figured out the purpose of pursuing their medical education by being a part of these camps.

Along with the Medicare Camp, as always, provisions for a month were distributed to all the 70 families for a month, lovingly, by our 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. The elders who had got their cataracts operated in April are today moving about comfortably and kept telling us how happy and grateful they feel for being able to see clearly.

Overall, there has been great improvement in the quality of life of the people in Sai Aashraya Adarsh Gram and more importantly like we always say, we have become better people because of all that we have been learning from these elders and children over the years. We take this opportunity to convey our Heartfelt Gratitude to the people here for having taught us the meaning of Love and Life Itself.

24/7 Food Seva



Starting the Day with Love

Breakfast Seva

In the happiest news of this year so far, Sai Aashraya's first and signature Seva Project, Breakfast Seva began in June with the pandemic related restrictions being relaxed by the Government. We had five schools at the start of this year and are thrilled to share that three more schools have now been taken under Sai Aashraya's wings through the Breakfast Seva Project.

The children were thrilled to see us, and we were doubly thrilled and overjoyed to meet them after such a long break. Just the thought of meeting them every day gave us so much joy and needless to say, we were overwhelmed when the Seva began. As always, the senior students lovingly began the serving after a silent Prayer and with clockwork precision once all the children were served, everyone ate together. Our volunteers must only supervise the proceedings, which are for the most part carried out by the students themselves. This allows our volunteers more time to interact with the children. To learn more about this Seva Project that is closest to all our hearts, please watch

this video [Breakfast Seva - The First Seva Project](#)



The parents of the children were so moved to see their children get ready to school with great joy and eat well in the morning. The parents especially the mothers shared how hard it was for most of these children to get one good meal a day and how the pandemic made things worse. With the health of the children as our top priority, we decided to restart our Medicare Camps in Bangalore for just our children.

The first Medicare Camp in two schools on the Monday, 1st August 2022, was a successful one. Head to toe examination of all the children was carried out by Sai Aashraya's Doctors and Volunteers. Cardiac screening has now begun as part of our efforts to identify the problem early and get the same

treated immediately. Most of the children were healthy overall but some with malnourishment were put on supplements and we will now be making sure that their nutrition needs are addressed immediately. Many of the children with dental issues needed further treatment and after getting consent from the parents, we will be getting their dental issues sorted. Skin related ailments are very common and along with creams and other medications, our volunteers taught the children about basic health and hygiene.

With 8 schools now and nearly 1300 Children under our wings we saw the need to get back to the basics and have identified the key areas where these children, with ignited minds pursue their dreams, need help. One by one we have been ticking the boxes over the years. Food & Nutrition, Health and Hygiene, Educational materials, Stationery, Counselling for parents and children are some of the areas around which we work every day and over the years the results have been incredible. All of Sai Aashraya's projects are holistic by nature and Breakfast Seva is the crown jewel among them. There have been no dropouts in the schools where we carry out Seva, the children lead an exemplary life and the parents too have changed their perspective about getting their children well educated. The homes of these children are today in harmony



Screening Camp



The most precious smiles

and one can only imagine what an ignited mind with a golden heart can achieve. We feel fortunate to be a part of the journey of each one of these children.

The words of these children are so powerful. One of the boys came up to us and said *“We won’t get food like this anywhere. Not even in a hotel. To add to that all of you come here every day and serve us so lovingly. Now am able to read well. My stomach does not hurt from hunger. When we grow up, we too want to serve other children just like all of you are doing today”* We were spellbound by this spontaneous outpour from the heart of this boy and to add to that the children around him nodded quietly in approval with a deep glow in their moist eyes. Conversations like this are what drives us to carry out better Seva every day and, in the months to come, we will see more progress being made with this Seva Project, most dear to our hearts.

Food Seva in other locations

Serving food in 6 different locations to the Pourakarmikas (Staff of the city’s municipality who help keep the city clean) is a Blessing for all of us. Each one of them has been working from so many years, whether in rain or shine, pandemic or not, keeping the city clean and making our lives comfortable while putting their lives on the line. When we started serving food in the afternoons to them last year, we were moved by the experiences that we got to be a part of. Dear Readers, we recommend reading the inaugural edition of our newsletter for better understanding. Here is the link to the page <https://www.>

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In the last few months as well, this Seva has taught us precious life lessons through a number of experiences. The people we serve often break into an outpour from their hearts and share how they were struggling to go and get that one meal in the afternoon after toiling away all morning with hardly anything to eat. When they felt so helpless during the pandemic, when they couldn’t even see the faces of the people from whose homes, they were picking up garbage, we first landed up with such fresh and healthy food suffused with Love. Every day we get calls and messages telling how good the food was and also get suggestions for improvement from some of the mothers we serve. We could go on writing these experiences and this newsletter wouldn’t end at all. So dear readers, please do watch this episode on the 24/7 Food Seva from our series titled Chronicles of Love - 24/7 Food Seva.

In the meanwhile, we have now moved from our rented



central kitchen to our own central kitchen at the construction site of our hospital from where our Food Truck is carrying cooked food and our volunteers serve the same in all the schools and other locations with Love and Dedication. The rented space couldn’t meet the growing requirements and the state-of-the-art makeshift kitchen in the construction site, which was already semi-automated with steam cooking facility, chapati making machine etc. was our best bet to continue carrying out Seva with no disruption. In a few months when the Kitchen block of the Hospital is complete, we will move to our very own state-of-the-art mega kitchen which can serve 10,000 people a day.

The existing kitchen also has a massive cold storage room attached to it and the equipment was ramped up further to ensure we could carry on with our Seva. A lot of precautionary measures were taken to ensure that the food is cooked in the most clean and hygienic environment possible. New staff filled with energy and enthusiasm joined our team and are needless to say moved by the work being done by Sai Aashraya of which they are now a part of.

Love All. Serve All

Sai Aashraya - It’s All About Love

Telemedicine & Local Patients Follow up

With the pandemic related restrictions still in place regarding large gatherings in Bengaluru, and other areas where Sai Aashraya is carrying out Seva, conducting Medicare Camps in Urban Bengaluru has not been possible. The Medicare Camps for the Breakfast Seva children has come as a relief, and we Pray that the full-fledged Medicare Camps also resume soon.

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. People have been reaching us over our Toll-free number and have been coming to collect their medicines in time. Our doctors also have been constantly consulting for the patients all over the Country.

Another good news is that we will soon be resuming our Medicare Camps and Gram Seva in and around Tawang District, Arunachal Pradesh. 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](#).



With all the Seva Projects going on in full swing, all of us are having the most Blissfully hectic time. In a couple of months, we will see our hospital rise further and all the other Seva Projects also progress at great speed.

We will surely meet again in the next edition of Hridaya Spandanam to share all the latest updates and experiences from the ground. In the meanwhile, please do stay tuned to our YouTube channel - <https://www.youtube.com/c/SaiAashrayaOfficial> for regular Audio-Visual updates from the construction of our Hospital and all the other Seva Projects being carried out.



Dear Readers, as we enter a crucial phase in the construction of our hospital, let us all rededicate ourselves to Sai Aashraya's mission of Love & Service and work together as One Team to Realize this One Dream that all of us share. We take this opportunity to 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

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.



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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