



# SAI AASHRAYA TRUST

## ANNUAL REPORT

FINANCIAL YEAR: 2019-2020

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## Board of Trustees

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Mr Sai Prasad Venkatachalam, Founder Trustee

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Mrs Sarika M Dhareshwar, Co-Founder Trustee

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Mrs V Jayanthi, Managing Trustee

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Mrs Rajeshwary Ramankutty, Trustee

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Mr K V Avinash, Trustee

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## About the Founder

Mr. Saiprasad travelled from India to war-stricken countries and neighboring areas including Syria, Sudan, Uganda, Jordan, Turkey, and he came across thousands of people forced into extreme living conditions. Spending time with the refugees and their children in war ravaged countries triggered his transformation that led him to dedicate his entire life in the pursuit of nurturing selfless love and thereby transforming humanity. In Feb 2017, Sai Prasad setup "Sai Aashraya", a registered Non-profit trust in India, and has been instrumental in master-minding its operations which solely works for the upliftment of the poor and downtrodden. His objective is to "Love all and Serve All" and to advocate the same to humanity by living these ideals. Today, Sai Aashraya is performing unparalleled service as a non-religious, non-political, non-profit trust, strictly affiliated only to spreading of Love and Hope. With its ever-growing free service activities, round-the-clock, in the most underserved communities and remotest locations in India, Sai Aashraya has served millions of needy people and continues to create a transformation in every associated individual including recipients, volunteers, patrons and supporting organizations.

Sai is also a renowned international speaker and has addressed audiences in the United States and several other countries. He has inspired and transformed organizations and communities and has been invited to speak several times to address leaders in key institutions like Google (in Mountain, CA), Stanford University (Stanford, CA) and many more congregations addressing events in California, Texas, New York, New Jersey, Virginia etc.

Sai Prasad was awarded the "Fellow" by the Indiaspora in Washington DC in Oct-2017. Sai was also invited to be part of the "Laureates and Leaders" summit in Amman, Jordan in Mar-2018 along with the who's who of the world that included several Nobel Laureates, Mr. Satyarthi Nobel peace prize winner, international delegates, His Majesty King of Jordan and several other eminent leaders. More about the founder, his interviews and awards can be found in the archives section of this document. At Sai Aashraya,

we aspire to live by one motto – “Love all as one”. We live in love and our purpose is to spread love, for we believe that everyone is an embodiment of love. Service is the primordial way of experiencing this universal love in all. For us, service is not an activity, it is the way of life. We do not think that we are serving the needy, but according to us we are serving our own and by doing so we expand ourselves infinitely to see the universal love in one and all alike.

## Ceiling on Desire

Sai Aashraya’s operational model is driven by our philosophy called “Ceiling on Desires” (COD). This is our organization’s core value that we focus on.

### What is Ceiling on Desires?

Ceiling on desires is the act of differentiating between a “Need” versus “Want”. It is about beginning with questioning every expenditure; be it spending time, money, energy and finally leading to questioning every thought that could translate into habits driving compulsive action. When an individual begins to question every action related to usage of time, money, energy then the person is in a better position to channelize the resources in the right direction. This leads to individual contentment and an opportunity to create impact in the society by sharing the resources. Thereby creating a contented and happy society in which the future generations can thrive.

## Pillars of Sai Aashraya

### 1. FOOD & NUTRITION

The first pillar of Sai Aashraya is Food & Nutrition. The Seva Projects around this pillar ensure that this fundamental need is addressed. Food & Nutrition gives good Health, Good Health enables children to acquire the right knowledge, and helps elders find a way to move ahead in their life by finding work that keeps them motivated, this in turn ensures that the family is happy. From the Family the same Peace and Joy spreads to the Society, to the Nation, and to the World. Serving Food with Love is an excuse to communicate to the person’s Heart even as the hunger is being satiated. We begin to see ourselves in all the people we meet leading to us becoming better people every day. We aim to carry out this Seva in the best way possible and do our best to make sure that no one goes to sleep hungry. In the times to come, we aim to adopt more schools, serve in many more localities and strive to bring this Holistic Transformation by working together with the people who give us the opportunity to carry out this Seva.

#### Breakfast Seva

Sai Aashraya saw the need to start this project seeing how many children went hungry to school every morning, feeling unwell, low on confidence and unable to focus in the classes in school. Sai Aashraya’s Breakfast Seva ensures that school going children get a head start to the day with a healthy breakfast. This helps them become healthier and focus better in the classroom, and also in extra-curricular activities. Sai Aashraya’s Volunteers also spend quality time with the children and their parents to ensure that there is a Holistic Transformation.



Sai Ashraya  
It's all about Love



## BREAKFAST SEVA MENU

### Monday:

Week 1: ..... Pongal, Paratha, Groundnut Chutney

Week 2: ..... Chilli Dosa, Bonda, Chutney

### Tuesday:

Week 1: ..... Poori, Vegetable Rice, Potato Curry gravy

Week 2: ..... Poori, Rava Idli (Groundnuts, Cashews), Potato Curry Gravy

### Wednesday:

Weeks 1 & 2: ..... Bread Jam, Noodles, Bread Chutney

### Thursday:

Week 1: ..... Lemon Rice, Bread Bhajji, Chutney and Sweet

Week 2: ..... Sprouts, Lemon Sevai, Dosa, Chutney

### Friday:

Week 1: ..... Set Dosa (Tomato, Onions, Vegetables and Chillies), Potato Rice, Chutney

Week 2: ..... Chapati, Dal, Tomato Rice and Chutney

### Saturday:

Week 1: ..... Idly, Vada, Sambar/ Podi with Oil and Chutney

Week 2: ..... Vegetable Rice, Vada and Sambar

Week 1: Odd weeks of the month

Week 2: Even weeks of the month

## 24 / 7 Seva

The 24/7 Food Seva project was started seeing the need to reach out to people who were struggling to manage even one square meal a day. Living in tough conditions and low on self-confidence, they toiled away tirelessly in search of their next meal. This project ensured that the hunger was addressed, and the volunteers took it up to find ways to make their life self-sustained by helping them find work. With the body in good health, the mind becoming sharp, the golden hearts of these people then ensured that with their persistent efforts, their lives changed once and for all. Harmony at home ensured that the family was happy and the transformation spread to the community at large. To know more about the impact that this Seva has created, do read this page in our website.

## **Midnight Seva**

Sai Aashraya started serving Healthy Dinner, Tea, and Snacks to these Heroes-Behind the Wheels, from midnight to early morning which made sure that they felt rejuvenated with increased levels of energy & awareness. This Seva opened the doors to another opportunity to Serve those people who were stranded and needed immediate attention in and around this busy place connecting two states. Rehabilitating the sick and the injured, counselling and helping those stranded with nowhere to go is also something that Sai Aashraya carries out every day through this Seva. This unique Seva opportunity came our way after some of our volunteers suggested to do something to express our Gratitude to those people who drive the Nation by working tirelessly in the Transportation sector. Driving heavy load laden vehicles for most of the day and through the night, many of the Truck Drivers skip meals, eat at odd times, and aren't always in good health too. Driving in the wee hours of the night is always challenging, and a small error can prove to be disastrous.

## **2. MEDICARE**

### **Bangalore Super Speciality Medicare camp**

The Bangalore Medicare camp held in the first weekend of every month was Sai Aashraya's entry into Medicare Seva. Medicine when practiced with Love becomes Medicare. People living in harsh conditions in low lying areas in and around Bangalore suffer from lack of access to quality and affordable healthcare. It was during our interactions with the people living in some of these areas, that we felt the need to make available the highest quality healthcare available to those who needed it the most and at no cost whatsoever. This, we saw as a responsibility upon all of us as we could get access to quality healthcare anytime and needed the same to be made possible for all these people whom we see as our Family.

This Super Specialty Medicare Camp sees Doctors from different departments come together under one roof to treat all our patients. The camp is equipped with State-of-the-Art Diagnostics, including ECG, 2D Echo, lab work etc. Some of the main specialties covered are General Medicine, Internal Medicine, Cardiology, Neurology, Pediatrics, Dermatology, Dental, Ophthalmology, Nutrition, Counselling among others. Periodic Cancer Screening is also carried out.

The Bangalore Medicare Camp has played a pivotal role in taking our Medicare initiatives to more places across India, and as of Mar-2020, more than 55,000 Patients have been served with the most Holistic and Loving Medicare. Medicines are dispensed from our in-house Pharmacy for one month and the patients are followed up in the next camp held a month later. All patient records are stored electronically for quick easy access and for reporting

### **Sai Aashraya Adarsh Gram Seva and Medicare seva, Dharmapuri**

During our interactions with a group of Leprosy affected people from Dharmapuri District, Tamilnadu, we felt a need to do something concrete. Sai Aashraya adopted this village with 70 families many of whom are leprosy affected and had been battling the illness while struggling to get access to quality Nutrition and Healthcare. We began by carrying out regular Leprosy dressing, and also looking after the overall well-being of the people in this village especially those affected with Leprosy. A Super Specialty Medicare is conducted every 3rd Sunday of the month just like in Bangalore.

The Mobile Medicare Units travel to the village to help in taking all the Diagnostics we need such as 2D echo, ECG etc. which are carried out inside the vehicle itself. Medicines are dispensed for one month and the patients are followed up every month thereafter. Many of the people especially the Leprosy affected hadn't got Holistic healthcare at all. They didn't realize that they were Diabetic or Hypertensive, some of them even have Cardiac ailments and many of them had never gotten themselves examined for the want of money

### **Sai Aashraya Medicare & Gram Seva – Arunachal Pradesh**

People in the villages adopted by Sai Aashraya live in extremely remote areas which are tough to access. Passing through an altitude of 14,000ft. we learn invaluable life lessons each time we go for Seva to Arunachal Pradesh. Braving tough weather conditions, road conditions, and then carrying out Seva is made possible only because of the Love and the Best Wishes that are showered upon us by the people living in these areas. Villages around Tawang District, and other surrounding areas are the main venues for Sai Aashraya's Seva.

Many of the people here hadn't even met a Doctor in their life before Sai Aashraya started Medicare Seva Projects in Arunachal Pradesh. Living in harsh circumstances, the people have very limited access to quality healthcare. It was extremely challenging for us to begin working here. With the support of the Indian Army, the District Administration, we managed to start working, and with time have adopted 5 remote villages where we conduct the same Super Specialty Medicare Camps as in Bangalore and Sai Aashraya Adarsh Gram, Dharmapuri. Once again, our Mobile Medicare Units help us in reaching these remote areas with all our equipment.

Every visit is a life-saver for many. We are able at the right time identify a high incidence of Congenital-Heart-Disease (CHD) especially among children in these remote areas. Hypertension related heart ailments were found in a large number of people. Many of these people hadn't ever got their Blood Pressure checked. With state-of-the-art Cardiac equipment such as 2D Echo with Color Doppler, ECG etc., we have been able to start people on the right treatment. Medicines are dispensed for 2 Months and 10 Days and then the patients are followed up in the next camp 2 months later.

Sai Aashraya has worked extensively on creating awareness by working together with the people and this has resulted in increased awareness about common ailments, symptoms and the need to look after one's health in the best way possible. Large number of Children are screened every camp for CHD, creating awareness to bring more confidence to the parents that this can be treated, if identified in time. Over the last 3 years, thousands of people living in these remote areas have seen a marked improvement in their health and overall well-being

### **3. EDUCARE**

Education when imparted with a Love and a with a focus on Human Values becomes Educare.

Summary: Serve everyday hot, freshly-cooked, and nutritious breakfast in

- 6 schools in Bangalore
- 1 school in Hyderabad
- 1 school in Chennai

Creating an environment where the children were motivated to study was important and we worked with the parents and the children to ensure that this was made possible. The children began to go well nourished to school after having a healthy breakfast, and they also were well groomed with the limited resources in hand.

Sai Aashraya spoke with the parents and found out what exactly the requirements were. From finding work for the parents, to distributing stationery and everything that the children needed to study well. As of March-2020, we get to meet about 1300 children each day in the 5 schools where we carry out Breakfast Seva, and also get to serve many more of them in the other Seva Venues.

Volunteers spend quality time with all the children counselling and teaching the children too. Along with this, we make sure that no child from any of the Seva venues ever drops out of school or college. Whether it is paying the requisite school fees or be it getting all the study materials needed, we waste no time in getting anything done to ensure that a child doesn't drop out of school. Be it a school going child or a college going child. These children are highly motivated and are the future of our Nation and we make sure that nothing comes in the way of their acquiring quality education.

After a year of serving breakfast in these schools, we were informed by the principals, and teachers that all the children were eager to study well, and that there were no drop outs at all. This was a sea change from the times before. The same change came about in all the other areas where we carried out Seva as well. In the times to come, we plan on expanding our reach far and wide to see how best we can serve more students across the nation through Breakfast Seva and all the other Seva Projects as well.

#### **4. SOCIOCARE**

Sociocare is the ultimate goal of Sai Aashraya to rehabilitate people with the right support they need. All our pillars culminate in this pillar where we enable the individual and families to become truly happy, independent, self-sufficient and functioning members of society that help create a peaceful and progressive society. This also creates the next generation to be the true global citizens of the world that work for each other and upliftment of humanity. Summary of Sociocare activities include,

- Rescue Operations of the destitute, provide rehabilitation, and reconnect them with their estranged families
- Village adoptions, mentoring and building harmony in the villages.
- Providing essentials amenities to families in need
- Skill development, training and employment creation

Sai Aashraya has focused a lot on creating impact through various Sociocare initiatives in its adopted villages. After having spent a lot of time working in some of these remote villages, we felt the need to adopt them just like we did in Dharmapuri, and bring about a concrete impact. With the help of the Village Administration, this was made possible. Ever since, an amazing transformation has taken place in our lives, as well as the lives of the people living in these areas. While the Medicare Camps served as eye openers to us, and to everyone about various health issues, the need to create awareness about the same was felt very strongly. Sai Aashraya's volunteers have been from the very beginning spent quality time with the people in the 5 villages adopted by Sai Aashraya to understand the situation better and carry out Seva in the most Holistic manner possible. Volunteers travel from village to village, from hut to hut to ensure that all the people reached out to are happy.



The youth and the elders alike have taken the onus upon themselves to spread the word about the Seva being carried out, to share what they learn from our Doctors and Volunteers and assist people in reaching the venue. Many of the people walk from far distances travelling through rough terrain to reach the venue. It is overwhelming to see how these amazing people have taken it upon themselves to actually ferry them one way or the other to the venue. By supporting children to go to school regularly through distribution of study materials, stationery etc. Sai Aashraya has been able to impact the lives of many children. It is so heartening to see all the children go to a school braving all the odds of bad weather, and often walking far distances through rough terrain.

## Summary of Service Activities 2019-20

### Medicare Bangalore

- 12 Camps held during the year from April 2019 to March 2020 at ISRO Community Hall, Bangalore

### Medicare Dharmapuri

- 12 Camps held during the year from April 2019 to March 2020 at Bharatiyar Nagar, Dharmapuri District

### Medicare Arunachal Pradesh

- 5 Camps held during the year from April 2019 to March 2020
- Adopted the 5<sup>th</sup> Village in Tawang District, Arunachal Pradesh

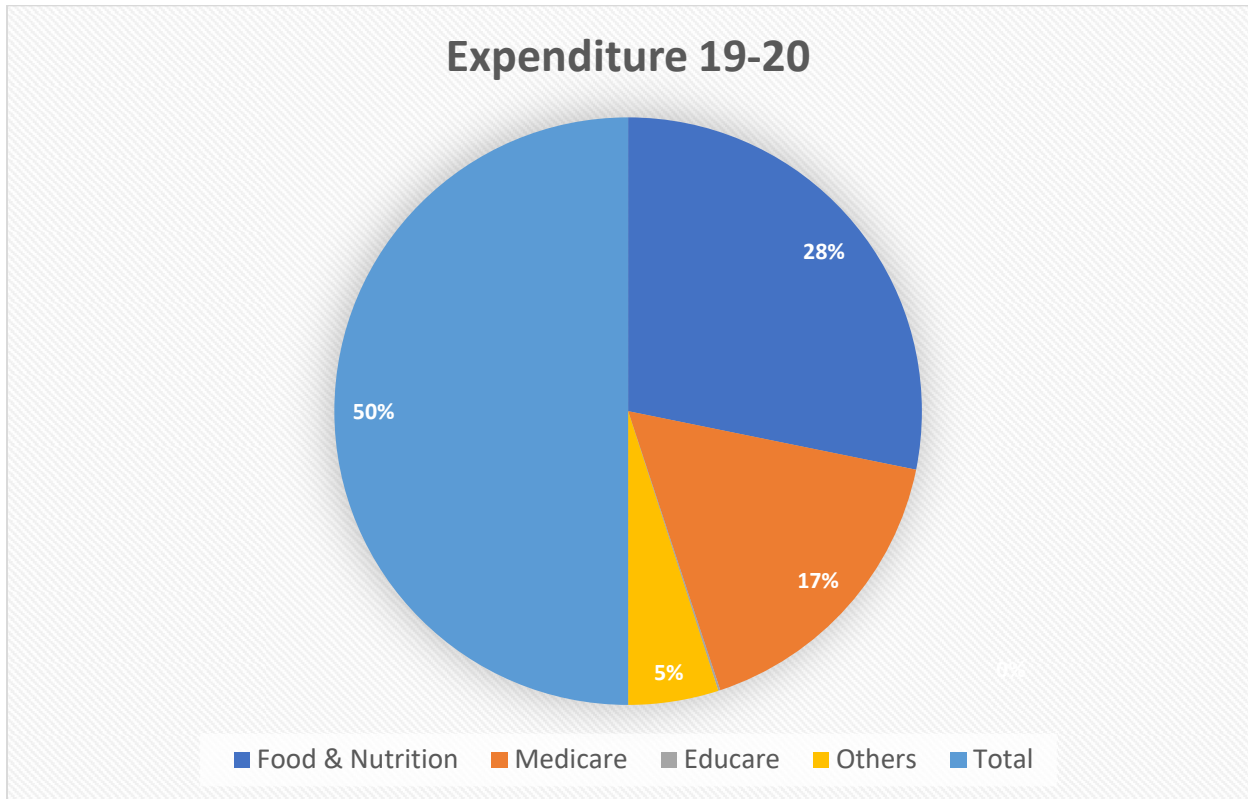
### 24/7 Food Service

- 2750 people served healthy and hygienic food throughout the day
- 800 Children served nutritious breakfast at schools per day
- Over 10 Lakhs people have been benefited from the same

### Monthly Narayana Seva

- Around 20 needy families provided with monthly provision and clothes once a month
- Over 1200 people have benefited from the above

## Income and Expenditure for the Year (Audited)



Particulars	INR Lakhs
<b>Total Income</b>	<b>141.61</b>
<b>Expenditure</b>	<b>140.15</b>
Medicare	48
Food & Nutrition	78
Educare	0.3
Others	14

### **Compliances**

Sai Ashraya's Books of Accounts are regularly audited by experienced Chartered Accountant Firm. The Organization has complied to all statutory compliances as required by the applicable laws of the Country.

# Gallery

## Breakfast Seva



Yummy nutritious breakfast



Children are instructed to take bath, get groomed and get ready for food



Children are taught good manners, responsibility as we satiate their hunger

## Lunch & Dinner Seva



Hot yummy lunch arrives in Sai Aashraya food truck



Children and adults line up to get lunch from volunteers



Recipients lining up to receive dinner

## Our children



Bhima, age 2



Kumara, age 1 1/2



Savitha, age 1 1/2



Chanappa, age 3



Chanama, age 6  
On her lap is Savitha

## Sai Aashraya Super Specialty Medicare Camp, Bangalore



Bangalore medical camp infrastructure



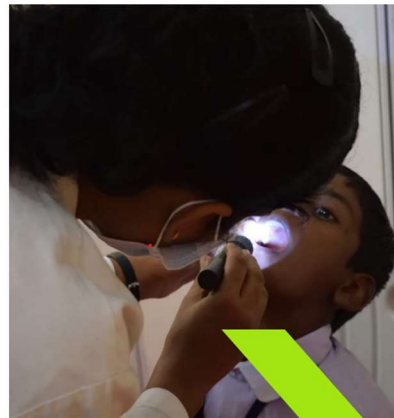
Registration desk



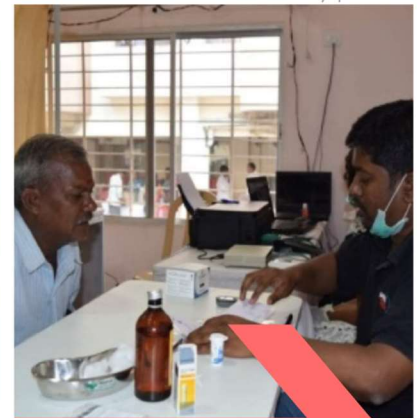
Eye screening & free spectacles



Senior Doctors specialized consultation



Dental screening and minor procedures



Inhouse diagnostics & instant reporting



Patient records scanned, EHR maintained on Cloud

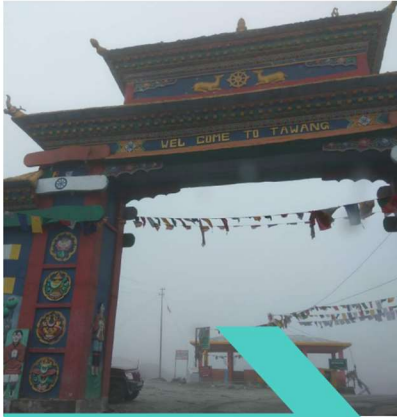


Hot, healthy food for all including patients and attenders



Pharmacy dispensing free medicines for 1 month until the next follow-up

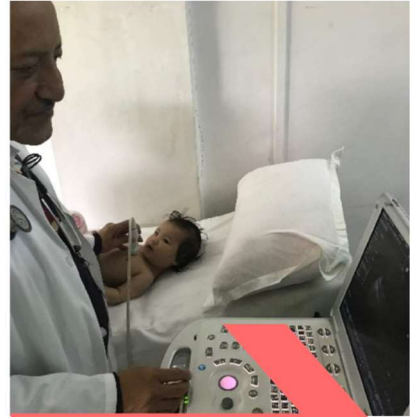
## Sai Aashraya Super Specialty Medicare Camp, Tawang



Tawang, near Indo-China border



Health screening for local children



Pediatric & adult heart screening



Rugged Terrain that our volunteers brave through and travel



Villagers lining up to register for the Medicare camp



People here have ZERO access to easy medical help



Free medicines are provided for 2 months which is until the next camp



People come walking from long distances carrying their kids for the medical checkup



Sai Aashraya Medicare camp is a rare blessing for young and old people alike



Service to Mankind is Service to God



Cleaning and dressing of leprosy wounds



Well-equipped Mobile Medical Van



Mobile medical van carrying advanced equipment for diagnosis and treatment



Sai Ashraya does eye check and gets cataract surgeries done for the patients

## Educare



6 schools in Bangalore



1 school in Chennai



1 school in Hyderabad



Teaching health and hygiene to children in villages we adopted



Mentoring children of Sai Aashraya Adarsh Gram, Dharmapuri



Imparting values and teaching children the importance of grooming and cleanliness

### Sociocare



Monthly distribution of groceries to every family in Sai Aashraya Adarsh Gram



Sai Aashraya also provides Lunchboxes, clothes, buckets, slippers and other essential use items



5 Kgs wheat, 5 Kgs rice, 1 Kg Toor dal (lentils), 1 Ltr oil distributed monthly to families



Celebrating festival season with families



Children and families from neighboring villages who come are also served



Counselling ladies on hygiene and helping to solve domestic problems



# SAI AASHRAYA

*It's All About Love*

**Reach out to us:**

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

Toll Free: 1800120272

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