



Hridaya Spandanam

April 2022, Volume: 01, Issue: 03



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Aerial View of the Hospital Block

Greetings to All!

Sai Aashraya's Journey over the last 5 years, working around the four pillars of Food & Nutrition, Medicare, Educare, and Sociocare, has verily been a saga of pure Love & Selfless Service. Over 4.5 million healthy meals have been served through the Breakfast Seva and the 24/7 Food Seva, over 65,000 Patients have been treated with Loving and Holistic Medicare in the remotest parts of our great Nation, 5 Schools have been adopted, 6 Villages have been adopted (as of April 2022) by Sai Aashraya and are fully self-sustained. Today, the construction of the 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.saiashraya.org/>, and also watch Sai Aashraya's Documentary series titled [Chronicles of Love](#) in YouTube, which details the story of this incredible journey so far.



We now present you the third issue Hridaya Spandanam (Heartbeat), Sai Aashraya's Quarterly Newsletter which will bring to you all the latest updates from the ground. This edition of our newsletter will highlight the progress made from January 2022 to the end of April 2022. We convey our heartfelt apologies for the delay in the publication of this edition as we had to wait for a few events to complete and add them to this newsletter.

Even as the progress of the construction of Sai Aashraya's Super Speciality Hospital (SASSH) gathers rapid pace, all of our other Seva Projects are also being conducted with the same intensity and Love, as always. In case you missed reading the previous editions of Hridaya Spandanam, you can find them here <https://www.saiashraya.org/blog>

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

Sai Aashraya Super Speciality Hospital Status Update (May 01, 2022)



Key Milestones

- **Excavation and Foundation work for Hospital Block and Amenities Block - Completed**
- **Westside compound wall up to Finished Ground Level - Completed**
- **Electrical & Plumbing work for basement floor - Completed**
- **Director of Hospital appointed**
- **HOD for departments being evaluated**

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	1. 80% complete - Grade slab (EDC May 15, 2022)				
	2. 85% Complete - Anti termite work				
	3. Basement Level to Ground Floor - Two Ramps completed				
	4. Roof Slab - First wing - 90% Complete				
	5. Second & Third wing - EDC May 20, 2022	-	-	-	-

	Block A	Block B	Block C	Block D	
	Hospital	Queue complex & Canteen	Attendants Accomodation	Doctors Accommodation	Compound wall
Ground Floor	Yet to commence	Yet to commence	Yet to commence	Grade Beam (Plinth Beam) - Work commenced	Completed up to Finished Ground Level
External works	Mother wall - Water proofing, compound and plastering 50% complete				
Electrical Works	Laying of Conduits for the basement ground complete - First wing	-	-	-	-
Plumbing Works	Piping work for basement completed				
Ground Floor	Column concrete (Ground floor to First Floor) - 80% complete (EDC June 10, 2022)	1. Plinth beam 2. Concrete ongoing (EDC May 20, 2022)	1. Plinth beam complete, 2. Column concrete (Ground floor to first floor) - 100% Complete	1. Plinth beam complete, 2. Column concrete (Ground floor to first floor) - 100% Complete 3. Roof work ongoing	Completed upto Ground Level
External works	Second borewell - Motor with cable and piping work in progress				
Floor Plans	100% Complete	100% Complete	100% Complete	100% Complete	100% Complete
Structural Drawings	100% Complete upto Ground Floor	100% Complete upto Ground Floor	100% Complete upto Ground Floor	100% Complete upto Ground Floor	Fully Completed
Mechanical Electrical Plumbing	90% Complete	90% Complete	90% Complete	90% Complete	
Fire Systems	100% Complete	100% Complete	100% Complete	100% Complete	
Information Technology					
HVAC	80% Complete	80% Complete	80% Complete	80% Complete	

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Sai Aashraya Super Speciality Hospital Status Update (May 01, 2022)



DETAILED UPDATES - OTHER AREAS

Pre-Construction	Two borewells commissioned, Second borewell completed in Feb 2022	Vendors	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

Hospital Services

Elevators:

- Lift drawings cleared for production

Solar Power:

- Vendors for Solar Power (1MW) being optimised with other items on terraces

Windows & Glass: progress

- Technical evaluation of windows, glasses and other construction related items in progress
- Room Data Management – Being prepared

Medical Engineering Consultants:

- Operation Theatres & Other Critical Care areas - Identified, negotiations in progress

Makeshift Kitchen:

- State of the art Makeshift Kitchen Commissioned
- Design and BOQ Complete. Vendor finalised Design for Modular Kitchen complete (June 2021)



Sai Aashraya Super Speciality Hospital Status Update (May 01, 2022)



DETAILED UPDATES - OTHER AREAS

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 finalised. Negotiation in progress with identified OEM		Drafting of HR Policy for the Hospital and other policies in progress

Information Technology

- On Premises Data Centre Architecture discussion in progress
- LAN Infrastructure, passive cabling - Discussions in progress
- Vendor for Hospital Management Systems finalized and Training sessions have commenced
- Vendor for PACS has been finalized
- Negotiations in progress with OEMs for IT hardware and Software
- ISP being evaluated for the Hospital
- Cloud Storage services being evaluated
- BMS (Building Management Systems) - Discussions with Vendors in progress.

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Commencement of Concreting work for the Ground Floor

From the start of the new year, there has been tremendous momentum in the construction of Sai Aashraya Super Speciality Hospital. With perfect weather conditions for construction, the foundation work of the Hospital has now been completed and the basement floor has also been built. Work on the ground floor is now making rapid progress. By the time the next edition of our newsletter is out, we will see the ground floor ready. Dear readers, for all of us in Sai Aashraya it was indeed overwhelming when we saw the foundation work complete and slowly before our eyes the foundation was covered with all the earth from the backfilling. Now with the basement built and the ground floor taking shape, the foundation is now a precious memory etched in our hearts forever.

Each day has been blissfully hectic for us and the construction team. The foundation work of all the ancillary buildings (kitchen block, doctors block and the attendants block) are also nearly complete. The new member of the construction team, a powerful

tower crane infused more energy to our team and added more to the look of the construction site, our Karma Bhoomi. There have been multiple visitors who have come to the site and all of them have had one thing to say, that there is something in this place. Just being here makes us happy and we forget everything else that is bothering us. Here is a link to the latest status update from the construction site of our hospital <https://www.youtube.com/watch?v=ew3FCEZC6Ak> By the time we present the next newsletter, not only the ground floor of our hospital would have taken shape but also the ancillary buildings too would have risen alongside the hospital block.



It has been heart-warming to see the number of Doctors coming to the site on planned visits and spending the day learning more about Sai Aashraya and every one of them who have visited and learnt about our journey of love and service, want to stay on and work in

our Hospital. Vendors who have been coming to the site for planning their work have also become volunteers of Sai Aashraya as well. Each one of them is doing their best to see how they can deploy their equipment in the best way possible and maintain them with the least overheads possible.

The periodic review meetings held on-site, to assess progress, have been fruitful with many powerful insights coming from constructive discussions among all the key members from various teams involved in the construction. One of the highlights from this period of time has been the finalization of the contracts for Mechanical, Electrical and Plumbing (MEP) related work. Over 50 vendors for different requirements such as Medical Gas, Fire Fighting, Plumbing, Surveillance, Lights and other fixtures etc. made their presentations in the Headquarters of Sai Aashraya in Bengaluru and after a week, the vendors were finalized for most requirements and the contracts are now being awarded. Sai Aashraya has an in-house technical team and also a reputed MEP consultant who is working on this Project and all the hard work done to go over each line item of every Bill of Quantities (BOQ) has resulted in significant reductions in the cost of the project itself. Dear Readers, the volunteers and the consultants from all the disciplines are working round the clock to ensure that we save every rupee (penny) possible, as it finally goes back into treating another little heart of a patient. Our team also ensures that every equipment being installed is verily top of the line. The cost does go up a bit, but on most occasions we find that when we meet the senior executives of these companies and share our story from start to now, their hearts melt as well and a revised heavily subsidized quote is presented in our hands the following day. Most often, even before we even leave their premises! Dear



Medicare Camp In Kolar

readers, you will be happy to know that, from Steel to Cement to Medical Equipment to Furniture and Fixtures, ... every screw and nail, used in the construction of this hospital, is of the highest quality, by intent.

The Medicare Camps conducted on-site for all the construction staff have been tremendously impactful. The most recent Medicare Camp was held on the 1st of May which coincided with the Labour Day. All the 180 staff members underwent a complete head to toe examination. Lot of ECGs and Echo Cardiograms were carried out and some of them were diagnosed with early stages of Cardiac issues arising from underlying diabetes, hypertension and other illnesses. They had been experiencing symptoms but with their workaholic lifestyle they had ignored their health for too long. The Loving care with which they were treated, by our physicians, moved their hearts. Our state-of-the-art Mobile Medicare Units ensured that the patients were provided with the highest quality of Medicare. B12 and D3 shots were given to those who lacked the same and suffering from joints pain, neuropathic pain etc. Our on campus Make shift Kitchen serves about 300 of the construction staff with fresh and healthy food cooked with Love 3 times a day and during late night shifts as well. Buttermilk and Lemonade

in the mornings and afternoons have become an integral part of the menu to counter the scorching heat. Here's an experience worth sharing - during one of the site visits, before the camp, many members of the construction staff mentioned about a lot of pain at the end of each day but somehow, when they start working the next morning all their pain vanishes thinking about the Hospital that they are constructing. This is the feeling with which all of the staff are carrying out the construction of Sai Aashraya's Temple of Healing.

The authorities from the Indian Central Government and the Government of Karnataka have been constantly updated about the

progress of the Project and have offered their support in all ways possible and conveyed their wishes and commendations to Team Sai Aashraya. It is also amazing and overwhelming to see the number of Pride-of-the-Nation companies, both Public and Private, joining in Sai Aashraya's mission of Love & Service through the Corporate Social Responsibility (CSR) initiatives. The past few months have seen more companies and people join us this way. They are truly moved by what Sai Aashraya has been able to achieve by touching the lives of thousands of people living in the most under-served, diverse and challenging locations.



Cardiac screening in progress at the construction site



Ophthalmology Screening in Sai Aashraya Adarsh Gram



2D Echo in progress at Sai Aashraya Adarsh Gram

Sai Aashraya Adarsh Gram

The Seva at Sai Aashraya Adarsh Gram, the first village adopted by Sai Aashraya nearly 6 years back, is one that is most dear to all our hearts. Most of the inhabitants of the Sai Aashraya Adarsh Gram in Dharmapuri District, Tamilnadu have been afflicted by Leprosy. The Monthly Medicare Camp is held on the 3rd Sunday of every month. All the residents of the village and the neighbouring villages are treated lovingly by our Medical Team. In the Medicare Camps held on February 20th, March 20th and April 17th, 2022, over 350 Patients were treated with the most Loving and Holistic Medicare. Sai Aashraya's state-of-the-art Mobile Medicare Units have been playing a vital role in taking Loving and Holistic Medicare to the door steps of the people living in the remotest parts of our Country.

The distribution of provisions for all the 70 families in the village was carried out with Love and Dedication, as always, by the volunteers. The camp in April came around the time of the Tamil New Year and the atmosphere in the Village was simply electric. The festive vibes

spread all around and brought joy to all of us. New Clothes were distributed along with the Monthly Provisions to all the people who were overwhelmed by the Love and Dedication of the volunteers. It was so much fun and also very moving to see the Grandmothers discuss the colours of the Sarees they received. One of them jokingly said to the other "You are so old and preparing for the last days of your life but you are still so particular about the colour of your Saree" The expressions on their faces were simply priceless.



Saree Distribution in Sai Aashraya Adarsh Gram

The Medical Students who had come to volunteer in the camps were also moved and wrote to us saying that they were very grateful for the opportunity to carry out Seva and said that they are finding a new purpose to life and studying medicine by volunteering in Sai Aashraya's Seva Projects. They conveyed their wish to serve in our Hospital post their studies. Many of the students say that they learn more in one camp by observing our Doctors than months of regular classroom teaching.

A group of 10 patients were identified for cataract surgeries during the Medicare Camp on the 17th of April. The first group of 4 of them were brought home to our Sai Aashraya premises in Bangalore from the village by our volunteers. Enroute to Sai Aashraya they enjoyed the Breakfast and Coffee break at a hotel. These elders would at times tell us how they wanted to eat their favourite Dosas and Uthappams at a good hotel and this surprise break on the way fulfilled that wish. Their wishes are all small and make us realize time and again how fortunate we are. After a brief interaction at our Sai Aashraya premises, each one of them were given welcome kits containing all the essentials required during their stay at the hospital, for their cataract

surgeries. They were then taken to Vydehi Institute of Medical Sciences (VIMS) where the Department of Ophthalmology had arranged for the cataract surgeries to be performed. This collaboration brings such joy and relief to the people of the village with their eye sight being restored to normal.

The leprosy wounds were well dressed and healed, ensuring that the patients could be operated on the 25th and 26th of April. The surgeries were carried out successfully and all the patients were given eye drops and medications for 3 months. There will be a follow up in the next Medicare Camp in Sai Aashraya Adarsh Gram on the 15th of May, Sunday.

Throughout their stay in the Hospital, our volunteers took turns to be with the loving elders round the clock helping them with their daily routine as well as keeping them pepped up. One of them introduced a couple of Volunteers to another patient saying, "These are the people looking after us. They are the only people that we know. They are verily like God for us." The conversation between the patients moved us to tears. One other Grandmother said that all their sadness



After a Successful Cataract Operation - With Team Sai Aashraya & The Staff of The Dept of Ophthalmology, Vydehi Institute of Medical Sciences

goes away every time they meet us. We can never thank these people enough for the love that they shower upon us. With all the pain that they go through, their thoughts are always about our well-being.

We then took the opportunity to safely drop the elders back at their home in the Sai Aashraya Adarsh Gram village, after the post-surgery recovery was successful.

With the summer at its peak Sai Aashraya's volunteers are ensuring the good health of the residents of the village by constantly communicating

with key members residing there to see that all the needs of the people are taken care of in time.

The people of Sai Aashraya Adarsh Gram have bestowed upon us the great opportunity to serve them and discover our true selves and we take this opportunity to convey our Heartfelt Love & Gratitude to them. We are sure that in the wonderful times to come, we will do our best to serve the people of this village and everywhere else in the best way possible and touch many more lives through Love expressing itself as Selfless Service.



Loving post operative care



Selfie after Breakfast & Coffee enroute to Sai Aashraya's HQ

24/7 Food Seva



The impact being created through these Seva Projects is amazing. One of the Porters said recently that he has been regained his health after eating healthy food in time every day. With a tinge of emotion in his voice he said that he has been able to send precious savings home from not having to eat outside. They have been truly touched by the Love with which our Volunteers carry out Seva and have many a times shared their experiences with us. We shared a couple of them in the January edition of our newsletter [Hridaya Spandanam - January 2022](#)



With the coming of the summer which has been particularly harsh this year, Sai Aashraya's famous spiced Buttermilk has become part of the daily menu! It has been received with so much of Love by all the people. One of them said, "Who thinks this way Amma? People do Seva to earn Punyam (Merits/Good Karma). You do Seva with no expectation of any return. We feel Blessed and Overwhelmed to see that someone out there is looking out for us as well. You are always looking after our best interests and are living up to the name Sai Aashraya which means "being a shelter for all". Who would have ever thought that a small glass of Buttermilk could bring words like this from someone's heart?"

With a decrease in the number of cases of Covid 19 and the relaxation of the pandemic related restrictions, we are happy and the people are elated too. Our volunteers though are taking extra care to ensure that the Seva is being carried out in the best way possible with all the precautionary measures taken both while cooking and serving.

Sai Aashraya's core team has been in touch with all the teachers to see how we can resume Breakfast Seva once



In the past 5 years, Sai Aashraya's 24/7 Food Seva has served over 4.5 million meals cooked with Love to people in the most under-served and challenging locations. While serving food might look like the primary activity in this Project, very quietly Sai Aashraya has also been able to impact so many lives by finding employment opportunities, generating work and making the families self-sustained. This has created such a tremendous impact where we now see happy families living in harmony and the same has spread to the society all around. To learn more, please do watch this video on the 24/7 Food Seva

[Sai Aashraya - 24/7 Food Seva](#)



In the inaugural edition of our Newsletter, we had carried the story of two new Seva opportunities that came our way in 2021 through serving the

Porters and Housekeeping staff in the Bangalore Cantonment Railway Station and the great opportunity to serve a healthy lunch for the Pourakarmikas (Staff Bangalore City's Municipal Council, BBMP) who help keep the city clean. Dear readers, we recommend reading this edition here for better understanding <https://www.saiashraya.org/single-post/hridaya-spandanam-a-sai-aashraya-newsletter>



Sai Aashraya's centralized kitchen has been constantly preparing food cooked with Love to Serve lunch to the Staff of the BBMP in 6 different locations and an early breakfast and dinner to the Porters and the Housekeeping staff of the Cantonment Railway Station. In addition, lunch is being served to about 100 high school students from a nearby school which Sai Aashraya has been supporting for a few years now.



Bangalore Cantt Porters & Housekeeping Staff Partaking Lunch

the schools resume. The Teachers have been saying that the Breakfast Seva will be a vital activity which will draw students to the school after the long Covid break from regular schooling. As the pandemic related restrictions further ease, we anticipate and pray that our Breakfast Seva Project will also resume soon.

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

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 our premises in Bengaluru. Our Doctors are constantly consulting for the patients all over the Country.

The 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 high altitude region, please do watch this video [Arunachal Pradesh Gram Seva and Medicare](#).



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





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.

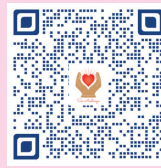


Visual updates from the construction of our Hospital and all the other Seva Projects being carried out.

Dear Readers, we take this opportunity to wish all of you a very happy new year and convey our Heartfelt Love & Gratitude to all of you 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



Our
YouTube
CHANNEL

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

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



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