



Hridaya Spandanam

January 2023, Volume: 02, Issue: 01



Namaskaar! Greetings to All!

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 5.5 million healthy meals have been served through the Breakfast Seva and the 24/7 Food Seva, over 72,000 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 November 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 more than half way through. 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 August to December 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 new schools taken up by Sai Aashraya under the breakfast Seva project, has given us the opportunity to meet and serve many more ignited minds with golden hearts who are the future of our Nation and the world at large. In case you missed reading the previous editions of Hridaya Spandanam, you can find them here <https://www.saiashraya.org/blog>



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. 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://www.youtube.com/watch?v=wMRO_TPLTZw



Sai Aashraya Super Speciality Hospital Status Update (Dec 25, 2022)



Highlights

- Sai Aashraya Super Speciality Hospital - 60% of Civil work completed
- Block B - Terrace Completed
- Northside wall cleared for construction
- Sanitaryware for the Hospital - Order concluded
- Exterior Wall Insulation work initiated
- Hospital Information Management System - MOU signed
- IT Networking - Order concluded

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
	<p>Column concrete: Entire Block 100% complete</p> <p>Slab Concrete: Entire Block 100% complete.</p> <p>Ceiling Plastering: Ground Floor - 100% First Floor - 100% Second Floor - 40% complete</p> <p>Block Works (Twin Walls): Ground Floor - 95% First Floor - 75% Second Floor - 20% Balance on installation of Medical Equipments</p>	<p>Column concrete: Entire Block 100% complete</p> <p>Slab Concrete Entire Block 100% complete.</p> <p>Ceiling Plastering: Ground Floor - 100% First Floor - 100% Second Floor - 50% complete</p> <p>Block Works (Twin Walls): Ground Floor - 100% First Floor - 80% Second Floor - 50%</p>	<p>Column concrete: Ground Floor to Sixth Floor - 100% complete</p> <p>Slab Concrete Ground Floor to Fifth Floor - 100% complete</p> <p>Ceiling Plastering: Ground Floor - 100% First Floor - 100% Second Floor - 100% Third Floor - 90%</p> <p>Block Works (Twin Walls): Ground Floor - 100% First Floor - 100% Second Floor - 100% Third Floor - 20%</p>	<p>Column concrete: Ground Floor to Seventh Floor - 100% complete</p> <p>Slab Concrete Ground Floor to Sixth Floor - 100% complete</p> <p>Ceiling Plastering: Ground Floor - 100% First Floor - 100% Second Floor - 100% Third Floor - 100%</p> <p>Block Works (Twin Walls): Ground Floor - 100% First Floor - 100% Second Floor - 100%</p>
Plumbing Works	<p>Piping work for basement completed.</p> <p>Sleeves provided in all slabs</p>	<p>Piping work for Ground floor - 50% complete</p> <p>Sleeves provided in all slabs</p>	<p>Piping work for Ground floor - 100% complete</p> <p>Sleeves provided in all slabs</p>	<p>Piping work for Ground floor - 100% complete (Sleeves)</p> <p>Wall Piping - Ground Floor 50% complete</p>
Electrical Works	<p>Slab Conduits -100% complete upto Second Floor</p> <p>Wall Conduits - work initiated in Ground Floor</p>	<p>Slab Conduits - Ground to Third Floor - 100% complete</p>	<p>Slab Conduits - Ground to Fifth Floor - 100% complete</p>	<p>Slab Conduits - Ground to Sixth Floor - 100% complete</p>

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Sai Aashraya Super Speciality Hospital Status Update (Dec 25, 2022)



DETAILED UPDATES - DESIGN

	Block A Hospital	Block B Queue complex & Canteen	Block C Attendants Accommodation	Block D Doctors Accommodation	Compound wall
Floor Plans	100% Complete	100% Complete	100% Complete	100% Complete	100% Complete
Structural Drawings	100% Complete	100% Complete	100% Complete upto Sixth Floor	100% Complete upto Seventh Floor	Fully Completed
Mechanical Electrical Plumbing	100% Complete	100% Complete	100% Complete	100% Complete	
Fire Systems	100% Complete	100% Complete	100% Complete	100% Complete	
HVAC	100% Complete	100% Complete	100% Complete	100% Complete	
Window & Door	100% Complete	100% Complete	100% Complete	100% Complete	

Detailed Updates - Other Hospital Areas

- Critical Clinical Devices - Negotiations under progress
- Modular Kitchen - Order Concluded
- Solar Power & Solar Water Heater - Scheme Finalized and negotiations under progress
- Electrical Fittings - Negotiations under progress
- Basement Painting - Work initiated

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 (Dec 25, 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	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

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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Post the month of August 2022, the rains slowly eased out allowing us to ramp up the pace of construction. Though there was the occasional downpour from up above, the timing of the same was always perfect. Just enough for the concrete to set and then the rains would actually help in the curing of the concrete! With the Hospital Block being the prime focus, we have as of today nearly completed the entire structure of the hospital block in our campus. Basement, Ground, First, Second and Third floors are complete. The work on the Mechanical, Electrical and Plumbing is also on simultaneously. As we present this newsletter, the inner walls of the ground and first floors are already complete. The construction of the walls have been expedited by the use of Autoclaved Aerated Concrete (AAC) Blocks which are not just eco-friendly but also lighter in weight with more strength than the conventional solid blocks that we are currently using only in specific areas of the campus like the kitchen,

washrooms etc. In the meanwhile, the construction of all the other blocks are also progressing at an exponential pace. The structure of Block-B, the Kitchen, Dining and Nursing Accommodation block is now complete and the inner walls of the Kitchen and Dining area which can seat about 500 people comfortably have been built as planned. The orders for the Kitchen equipment including dishwashing have been placed with companies that came forward with high quality products and offered the same at the lowest possible prices as their contribution towards the hospital. The construction of Block C – Rehabilitation and Patients attenders accommodation block is now at Floor 4 of 8 and Block D – Doctors’ accommodation block stands at Floor 4 of 8 as well. Our plan is to commission the Hospital with all the blocks ready as we will need all the services available for the patients, their family members caring for them, the staff and the volunteers as well.

Dear Readers,

This exponential progress has been made possible by meticulous planning and effective execution with high precision as well. The number of staff currently working at the construction site of our hospital is now more than 500. All of them have become part of Sai Aashraya’s ever expanding family bound by pure Love. Our state-of-the-art Kitchen on site has been helping us serve fresh and healthy food throughout the day 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.

Many of the people who have come and visited the construction site have noticed the joy and enthusiasm with which all the staff go about their work. Some of them who have been in this field for long keep telling us that they have not seen a site like this. 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. They keep telling us that they wish that we build many more such institutions and they take part in the construction. *“Yeh Hoti hain Zindagi”* *“This is life”* said one of them when he explained how his perception about life changed after coming to Sai Aashraya. He said



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that he has no worries and no big asks from life like before. He added saying, today is what matters and how I spend every moment working hard with the purpose in mind is most important. One of the staff with tears in his eyes said “This is the first project where I don’t miss my home. This is my home, my temple and my everything Sir”. How do you describe a moment like that in words!

The entire team has worked day in and out as one team and the result is in front of our eyes today. One of the visitors remarked saying “This is a construction site with so much happening and yet there is that silence and serenity that overwhelms me. One can meditate here!”

The celebration of Deepavali, the festival of lights was very special for all of us. We posted a short



video highlighting the same and here is a link to watch the video



<https://www.youtube.com/watch?v=TZCFGZUvYo0> Many of the staff had stayed back in the site

and the memorable celebration left them and us in tears of joy. They were missing home and we made it our mission to put a smile on all their faces. From the fresh sweets and savouries prepared on site to the fireworks in the evening, every moment became memorable.



The months of November and December saw the entire team run a sprint that is simply a testament to working with Duty, Devotion and Discipline. The Guidance and Support that we have been receiving from the Government authorities (both central and state), companies (both private and public), private foundations has helped us move forward with great optimism. Over 60 organizations are currently working with us in myriad different ways in the hospital project. Working with a large number of organizations this way, has also opened up doors to connections that the people we meet help us reach out to. The Director of our hospital has taken charge, and the process for hiring the most ignited minds with golden hearts has also begun. The network that we have been able to build over many years is now coming to the fore helping us reach out to the right people for the mission.

Dear Readers, as most of you would be aware, Bharat (India) has taken charge of the G20 Presidency and is the host for this edition. The theme of the G20 this time is वसुधैव कुटुम्बकम् Vasudhaiva Kutumbakam – The entire world is one family. One Earth - One Family - One Future.

Keeping in line with the same principles, our temple of healing is being built to serve all of humanity as one family in the best possible way. We take this opportunity to present to you, one aspect of the same by highlighting the green initiatives taken up by our team — the construction of our entire

campus will be a state-of-the-art green campus.

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! One morning a small group of children said how happy they are to get up every morning and come walking to the school. They said that before we stepped in with the 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, they feel happy that their day would begin well, they can pay attention in the classroom and most importantly they feel more confident with every passing day as they get the loving attention and guidance of our volunteers. One of them beautifully said that he today feels like he is a part of a large family and waits to meet Amma, Akka, Anna, Uncle etc. (Our Volunteers) who come to the school every morning for Seva without fail.

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.



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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. 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.

The Dusshera celebrations this year is something that all of us will cherish and so will the children. On the auspicious occasion of



Navaratri, all the girl children from the breakfast seva schools were given a small gift box with Bindi, Mehendi and a Chain, lovingly packed by our volunteers. The joy on their faces lit up the entire premises and our hearts at the same time. One of Sai Aashraya's highest priorities is the education and all around personality development of all these little girl children who will surely be the iron women taking our Nation and the World on the right path forward. The children so lovingly shared

how happy they were the following day. They loved the designs that our volunteers had handpicked for them and more importantly shared about the happiness of their parents. Dear Readers, these fleeting moments become lasting memories that inspires us all for lifetime. What we normally take for granted and are so choosy about, is valued so much by these little children. That we understand is always because of their unconditional love for us.





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.

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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 and 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>



Love All. Serve All

The past three 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 18th of September, 16th of October, the 20th of November and the 18th of December saw us treat more than 500 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. 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 cardiac patients flocking into this village from other villages and faraway places to get treatment. Some of them who have been

Sai Aashraya - It's All About Love

operated in hospitals outside were facing difficulty with follow ups and were giving up medicines for want of money. The decisions they took to instead 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. 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 has 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 were distributed to all the 75 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. 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. The elders who had got their cataracts operated are today moving about comfortably and kept telling us how happy and grateful they feel for being able to see clearly. It has been a wonderful period of time in Sai Aashraya Adarsh Gram and we have been fortunate to learn so much from these elders who have helped us become better people with every passing day.

Update on Arunachal Pradesh Medicare & Gram Seva

Dear Readers, we are so happy and thrilled to share that we will be back to carrying Seva in and around Tawang District, Arunachal Pradesh where we have been working since the last 5 years. 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.](#)



The administration has been of immense help so far in identifying the right locations to carry out our Seva and we will begin our Medicare Camps from the 16th January 2023. We are thrilled beyond words to be back in Arunachal and so are the people there. The local administration has played a vital role in the lead up to the camps and have assured us of all support. Please do stay tuned to our website and our YouTube channel for all the latest updates.

Telemedicine & Local Patients Follow up

Our first ever Medicare Camps 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 restart carrying out the monthly Medicare Camps in Bangalore 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 have also been constantly providing consultations for the patients all over the Country.

Dear Readers,

In the next few months, we will see our hospital's construction progress at an exponential pace. In the first three months of the new year we will all see all the blocks in the campus of our Temple of Healing ready. Extensive dry runs for all the departments have been planned from the first week of April 2023 prior to the inauguration in June 2023.

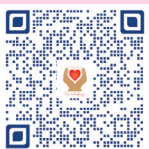
The next phase of the construction has now begun and we are one step closer to realizing our dream. All of us in Team Sai Aashraya take this opportunity to convey our heartfelt Gratitude to each one of you who are an integral part of Sai Aashraya's mission of Love & Service. Let us all work hard together as one team to realize this one dream that all of us share. Namaskaar! Jai Hind!

With Abundant Love,
Team Sai Aashraya
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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.

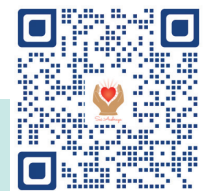
Today a variety of Service Projects built around the 4 Pillars of Food & Nutrition, Medicare, Educare, and Sociocare are being carried out in the most under-served communities, and in diverse and challenging locations through nothing but pure LOVE. Volunteers and contributors practice a unique 'Ceiling 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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