



Sai Aashraya
It's all about Love

Hridaya Spandanam


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Workers & Storage Sheds @ Hospital site



Food Seva for Construction Workers

reetings to all! Sai Aashraya's Journey over the last 4 years, working around the 4 pillars of service - Food & Nutrition, Medicare, Educare, and SocioCare, has verily been a saga of pure Love & Selfless Service. Over 3.5 Million healthy meals have been served through the Breakfast Seva and the 24/7 Food Seva, over 60,000 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 by Sai Aashraya and are today self-sustained. 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**, which has in detail the story of this incredible journey so far.

We also present to you Hridaya Spandanam (Heartbeat), Sai Aashraya's Newsletter which will bring to you all the latest updates from the ground. With the progress of the construction of Sai Aashraya's Super Specialty Hospital (SASSH) gathering rapid pace, all

the other Seva projects are also being carried out with the same diligence and intensity as always.

Here are some of the key updates from the construction of our Super Specialty Hospital, the other Seva Projects that Sai Aashraya has taken up:

Sai Aashraya Super Specialty Hospital - Key Milestones

- **5 Acres of Land Acquired at a subsidized cost from the Karnataka Industrial Areas Development Board (KIADB)**
- **Major Statutory Clearances including Fire & Environment Clearance have been obtained.**
- **Bhoomi Pooja (Ground breaking ceremony) was offered on 11.07.2021, and Construction work has commenced.**
- **Vendors for all Major Medical Equipment have been finalized and Purchase Orders have been issued.**

Sai Aashraya Super Speciality Hospital - Status Update - September 14, 2021

Design	<ul style="list-style-type: none"> 'Floor plan for the Hospital finalized' (220 bed) 'Floor plan for Amenities Buildings finalized' 'Fire, Mechanical & Electrical Planning & Drawings in progress' (Oct. '21) 'HVAC planning and drawings in progress' (Estimated completion: Nov.'21)'
Pre-Construction	<ul style="list-style-type: none"> 'Structural Drawings and Bill of Quantities (BoQ) - Phase 1 complete' (Sep. '21) 'Erection of Labour sheds & makeshift Kitchen complete' (Sep. '21) 'Levelling of periphery land complete' (Sep. '21) 'First Borewell Yield checked and motor and water pipe fixed' (Sep. '21) 'Civil Contractor firm to build Hospital identified - Contract signed' (Aug. '21) 'Materials - OEM for Steel and Cement identified (Aug. '21) and work order issue in progress at special discounted rate for Sai Aashraya' (Sep. '21) 'First Borewell has been dug; Water quality analyzed' (June '21)
Building Infrastructure needs & Consultants	<ul style="list-style-type: none"> 'Operation Theatres & Other Critical Care needs - Identified, negotiations in progress' (Nov. '21) 'Elevators - Purchase Order Placed' (Sep '21) 'Solar Power - Vendors for Solar Power (1MW) being evaluated' (Sep. '21) 'Windows & Glass - Vendors Finalized' (Aug. '21) 'Medical Gases plant - Vendors being evaluated' 'Clinical Consultants - Finalized and commenced work' (Aug. '21) 'Medical Engineering Consultants - Finalized and commenced work' (Aug.'21)
Medical Equipment & Furniture	<ul style="list-style-type: none"> 'Medical Equipment Vendor finalized & Orders placed' (Aug. '21) 'Medical Equipment BOQ finalized' (Aug. '21) 'Medical Equipment & Providers shortlisted' (July '21)
Information Technology	<ul style="list-style-type: none"> 'Vendor for Hospital Management Systems finalized; Training sessions have commenced' (July '21) 'Vendor for PACS has been finalized' 'Negotiations in progress with OEMs for IT hardware and Software' 'Networking gear vendors being evaluated'
Human Resources	<ul style="list-style-type: none"> 'Director of Hospital has been identified' (Apr. '21) 'Head of Department General Medicine has been identified' (Aug. '21) 'Medical & Non-Medical staff invitations, appointments ongoing' 'Onboarding of Medical & Non-medical staff - plans drawn' (Aug. '21)
Other Amenities	<ul style="list-style-type: none"> 'Makeshift Kitchen to serve construction staff - Order placed for setup of kitchen equipment; Free food (Breakfast, Lunch, Tea & Snacks, Dinner) servings for construction staff' (Oct. '21) 'Hospital's Modular Kitchen Complex - Design and BOQ Complete' 'Equipment Vendor finalized' (Sep. '21) 'Design for Hospital's Modular Kitchen complete' (June '21)

Mobilization of Labour Force is taking place and the work is progressing rapidly by the day. 6 Shelters with 10 rooms each are being built. Each room will accommodate 3 Labourers. A makeshift kitchen with state of the art equipment is also being built in quick time to take care of the Food & Nutrition needs of the Labourers who will be working on the project.

Sai Aashraya will be carrying out weekly Medicare Camps for the Labourers working on the project, and will also be commencing the Medicare Camps in the villages surrounding the Hospital Site as planned. These camps will be instrumental in Sai Aashraya adopting close to 30 villages in and around the Hospital.

Keeping with the tradition, the first major festival since the commencement of construction, Ganesh Chaturthi, was celebrated on site with all the Labourers and Volunteers joining in the festivities. This spirit of unity and togetherness has brought great joy to all the Labourers who said that they have never felt this happy while working on a site. The story behind the construction of this Temple of Healing has moved their hearts and we heard one of them say “हमारा अस्पताल आने वाला है”(OUR Hospital is coming up)

The site is being prepped for excavation, which will take place by the end of this month (Sep. '21). Raw materials such as Cement and Steel will begin arriving at the site on a weekly basis from Sep. '21 onwards.



Ongoing Service Activities

Sai Aashraya Adarsh Gram (Dharmapuri, Tamilnadu)

Sai Aashraya Adarsh Gram: The Monthly Medicare Camps (conducted on the Third Sunday of Every Month) in this first village adopted by Sai Aashraya are being carried out successfully even during the pandemic. Sai Aashraya's Mobile Hospital has played a key role in carrying out the Medicare Seva. The Sociocare initiatives undertaken in the village continue to create a tremendous impact on the lives of all the residents of the village. To know more about this Seva Project please do read this page in Sai Aashraya's Website <https://www.saiashraya.org/SaiAashrayaAdarshGram>

The most recent Monthly Medicare Camps on August 15th, 2021, and September 19th, 2021 were carried out successfully and with great dedication. The camp on August 15th was special as it coincided with India's Independence Day. About 90 Patients in August and 100 Patients in September were treated with the most Loving and Holistic Medicare. As always, provisions for one month were also distributed by the volunteers to 70 Families residing in the Village.

The Independence Day Celebrations brought the entire village together, and a soulful rendition of the National Anthem moved everyone's hearts. Sweets were distributed to all the children and the elders on this great occasion. The camp on the 19th of September also saw the next set of patients with cataracts needing surgeries being identified. Sai Aashraya in collaboration with the Department of Ophthalmology, Vydehi Hospital, will be getting the patients operated soon. The Next Medicare Camp in Sai Aashraya Adarsh Gram will be held on the 17th of October.

The last few months have seen an exponential increase in the number of patients coming for the Medicare Camps from other neighboring and faraway villages too. In the Medicare Camp in August, one of our



Sai Aashraya's Mobile Medicare Unit

patients travelled from Vemagal, Kolar District, Karnataka, (Yes! The same place where our Hospital is being constructed) all the way to Sai Aashraya Adarsh Gram (Dharmapuri) for treatment. We were shocked! We then shared about our upcoming Hospital Project in Vemagal to which he said **“So Happy Amma. I will surely come and work as a security guard there”** This moved us to tears.

One other patient, Swarnamma, an old Grandmother, who was recently operated for her cataract, didn't turn up for the consultation with our Doctors on camp day. When we met her while handing over the provisions for the month to her, we asked her why she missed her consultation, she said, **“From the last few years, I have been treated by Sai Aashraya's Doctors, and have been on medications. In the last visit, the Doctor told me that I was absolutely fine, and didn't need any further medications. That is why I didn't come for the camp”. Such a powerful experience indeed.**

Both the camps saw a lot of Medical Students pursuing their MBBS (medicine) volunteering in the Seva and experienced the joy of Serving All. Some of the students wrote to us after the camp stating their interest in becoming regular volunteers of Sai Aashraya. One of the students exclaimed saying, **“Ma'am by the time I complete my MBBS, your hospital will be up and running. Can I come and join your Organisation?” The instant impact that Seva creates!**



Food & Nutrition Seva

(24/7 Food Seva & two new seva projects)

We have been continuing our 24/7 Food Seva preparing food from our new Centralized Kitchen facility and serving our usual spots, despite the pandemic. About two months ago (July '21) we identified two new unique opportunities to serve. The first was serving the Pourakarmikas from BBMP (Staff of the city's municipality who help keep the city clean).

Faced with immense challenges in their daily lives with the tough nature of the job, these people always work in the background and are unsung heroes who make our life brighter and happier everyday. Starting early in the morning to late in the afternoon, they go around by foot cleaning the streets and roads and some of them go home to home in vehicles collecting all the waste from different regions of the city. With the pandemic wreaking havoc, these people had no respite whatsoever. Since they provide an essential service, they continued to work tirelessly while people stayed indoors during the lockdowns.

For many years now, even before the organization was established, Sai Aashraya's volunteers have been doing their part to help these heroes in one way or the other. We would serve them lunch once every week, distribute clothes, and also bring them to our Medicare Camps in Bangalore to take good care of their health and overall well-being.

As it always happens, we felt the need to do better and carry out Seva in a holistic way. Fast forward to July 2021, during our interactions with the staff, we found out that they were finding it hard to eat properly and in time due to the extended work times during the pandemic.

We immediately decided to cook healthy lunch from our centralized kitchen and serve them every day instead of once a week. We also expanded the seva to 6 different locations where we get to serve these frontline workers. This became an opportunity for us to offer our heartfelt gratitude to the staff for all that they do, putting their life on the line everyday so that our homes and our city are clean.

This Seva has created a phenomenal impact. The workers are happy that they get a healthy and sumptuous lunch freshly cooked every day and more importantly, our interaction with them gives them great joy and happiness.

Some wonderful experiences have taken place during this Seva and here is a heart rending one - One middle aged staff walked up to one of our Volunteers with tears in his eyes and a plate of hot lunch in his

hand. He kept the plate aside and bowed down to the team of volunteers who had come to serve lunch on that day. Getting up slowly he narrated his experience. For many months and during the pandemic's second wave, he had been finding it hard to eat good food. He couldn't make it to the government run canteen supplying food at a subsidized cost, and even when he would make it there, the food would be over. The food outside wasn't suiting his stomach and soon, his health deteriorated. He just couldn't eat. The first day that he partook of lunch from Sai Aashraya's Kitchen, naturally moved him to tears. He went back home and prayed that this Seva shouldn't stop. On that day, a week or so after this Seva had begun, he decided to express his happiness and gratitude to the team. He said, **"Amma, the rice is so well boiled, that itself moved me to tears. The sambar is so rich with different vegetables! We all feel so blessed! Please don't stop doing this Seva!"** We immediately said, **"Sir, we will never stop carrying out Seva as this is an opportunity for us to offer our heartfelt gratitude to all of you"**.

Dear readers, today, this Seva is touching the hearts of all these amazing people who feel happy and also empowered with all their interactions with the volunteers from Sai Aashraya. Following this Seva project, and fully charged with the impact being created, the next Seva opportunity came our way.

The porters, housekeeping staff, and workers who work tirelessly in Railway Stations across our Nation, play a vital role in ensuring passengers get help when needed and also aid in cleanliness, and safety. Yet again, they are forgotten and are hardly recognized for the work they carry out. The pandemic impacted their lives severely. Their earnings became meagre and they struggled even for their next meal. There was an opportunity for us to carry out Seva.

We approached the Station Master of the Cantonment Railway Station, Bengaluru and sought his guidance. We presented our plan of serving the porters, housekeeping staff and workers with freshly cooked food every day and also looking after their health by bringing our Mobile Medical Unit to the Station and

carrying out Medicare Camps. The Holistic nature of the Seva aimed at empowering the porters was greatly appreciated by the Station Master, who gave us the go ahead.

We jumped into action, and our Food Truck started carrying freshly cooked food from the centralized kitchen to the Cantonment Railway Station. We started with serving an early lunch and the impact was visible almost immediately. We could clearly see what this meant to these amazing people.

We told them that from so many decades they have been carrying the burdens of so many people, facing so many challenges. From petty bargaining to being spoken to in a rude manner the list of challenges is endless. We said that we want to take this opportunity to offer our heartfelt gratitude to them, by at least



Seva for Cantonment Railway Station Porters & Housekeeping Staff



Medicare Camp - Sai Aashraya Adarsh Gram, Dharmapuri, Tamilnadu

serving them freshly cooked food personally which will give us the feeling of taking the burden off their shoulders for that half an hour or forty-five minutes. They were moved to tears. In the days that followed, we managed to get all these people to warm up to us, and openly share their thoughts and experiences with us. During our interactions with them we saw a need to serve dinner as well. Just as we were about to start serving dinner, one of the Porters walked up to us and said ***“Amma, from some days now we have been wanting to ask for help with dinner and were hesitating to ask thinking of the difficulties that Sai Aashraya’s Volunteers would face, travelling all the way two times a day”***. We assured him that it was with great joy that we were carrying out Seva and had already thought about starting to serve dinner too. Listening to this the Porters were so happy and it reflected so clearly in their

hearty smiles. From the next day onwards, we started serving dinner as well.

Some of these porters come from faraway places and work in the Station for 4 days a week, and then go back home. During their stay here, they are faced with a lot of challenges. Their meagre earnings results in them struggling to even eat one proper meal a day. Their health consequently gets impacted. The pandemic reduced these already meagre earnings even more. It was during one of these interactions that one of the porters shared his thoughts about the Seva. Here is this experience that touched all our hearts. He said ***“No one ever considered our community (porters) for doing such service. You are the first to think of us, and come to serve us with so much of respect and with Love”***. He then added, ***“Because of you, we are getting two square meals per day saving close to 3000 INR per month”***, which they say

Medicare camps at Bengaluru (Telemedicine & Local Patients Follow up)

With the pandemic related restrictions still in place in Bengaluru, and other areas where Sai Aashraya is carrying out Seva, conducting Medicare Camps hasn't been possible.

Sai Aashraya continues to provide constant Medical support via telemedicine to all its patients. Local patients (from Bengaluru) with Cardiac ailments and Hypertension continue to collect their free medicines from the centralized pharmacy of Sai Aashraya at Bangalore.



Independence Day Celebrations at Sai Aashraya Adarsh Gram, Dharmapuri, Tamilnadu.

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.

is almost what they earn during this crisis time. Listening to this we were moved to tears.

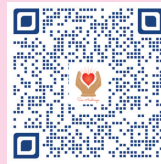
Today, our volunteers share experiences of the impact that this Seva is creating every day. They look forward to having a cup of tea with the Porters who welcome them heartily each time they are at the Station.

These two new Seva opportunities have filled us with great joy. The volunteers are having a blissfully hectic time with multiple seva projects being carried out simultaneously. We will surely share more updates through this new quarterly newsletter, and also share audio visual snippets from the construction of our Hospital, and also other seva projects which will feature in Sai Aashraya's YouTube Channel "Sai Aashraya Official".

We offer our Heartfelt Gratitude to all the people who have given us an opportunity to carry out Seva, and discover our true selves.

Namaskaar! Jai Hind!

*With Abundant Love,
Team Sai Aashraya*



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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