



Silver Jubilee Commemorative Issue

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THE JOURNAL OF SRI SATHYA SAI INSTITUTE OF HIGHER MEDICAL SCIENCES



Founder's Message



Hospitals Are Meant To Serve The Poor And Needy

Embodiments of Divine Atma!

In life, health is the greatest wealth. Since ancient times, many Yogis, sages and seers and men of excellence have been making deep investigations into the ways and means of keeping good health. They made great efforts in this direction as they were of the view that man could work for the peace and security of the nation only when he was hale and hearty...

Impart Health And Happiness To The Poor

These days heart diseases are widely prevalent in society. That is why we established a Super Speciality Hospital at Prasanthi Nilayam where 10,600 operations have been performed so far, totally free of cost. Many poor people have benefited from this. Heart surgeries have become very expensive. In such a situation, what would have been the fate of poor people? No one seems to be bothered about this. One has to work for the welfare of the poor, alleviate their suffering and set an ideal for the nation. Service becomes truly meaningful only when it is rendered to the poor and needy.

During the last three or four days, many heart surgeries have been conducted here in this hospital. Who are the patients? One is a carpenter, another a Dhobi (washer man). Many such patients who are economically backward are being treated here. In this short period, as many as 50 heart surgeries have been

conducted! One gets immense joy seeing their happy faces. Of what use is medical science if it does not bestow health and happiness on the poor and needy? Today the educated do not care to spare a thought for the poor and forlorn. This hospital is dedicated for the welfare of the poor. I am happy only when the poor are served. I have dedicated My entire life for the uplift of the poor and downtrodden. In the future, even highly advanced surgeries like heart transplant and lung transplant will take place here. One may be wealthy and virtuous but without good health, one cannot lead a happy life.

Sai Institutions Are Eternal

Disease has no distinction; it may afflict anybody, be it a pauper or a millionaire. We too have no such distinction. Here the treatment will be rendered totally free of cost to the rich and poor alike. Not merely this, even the food will be supplied free. Our aim is to cure the patients of their ailments and send them home happy and healthy. This establishment will serve the poor forever. Some may have a mistaken notion that it will only be a temporary one. All the institutions established by Sai are eternal.

Sacrifice Is The Hallmark Of A Doctor

Embodiments of Love, Doctors! Fill your hearts with compassion and serve the poor and needy. Don't be stonehearted and moneyminded. When the hour of reckoning comes, will you be able to carry with you the wealth you have

amassed? No. Serve the poor with love. That alone can redeem you. Service to the poor is service to God. Sacrifice your life for the cause of the poor. Service to the poor is My only motto; I have no other desires. I am prepared to sacrifice even My life to serve the poor. Do at least one-thousandth part of what Swami is doing. Of what use is human life if it is not spent in the service of the poor?

It is your good fortune that you have become doctors. Sacrifice is the hallmark of a true doctor. They should be compassionate and considerate towards the poor. There are many poor people who are losing their lives as they cannot afford costly treatment. Your love alone can sustain such lives. The more you develop the spirit of sacrifice in you, the greater will be the world's progress. Hospitals are meant to serve the poor and not to earn money. What is the point in earning crores of rupees when one has to ultimately leave the world empty handed? So, spend all your earnings for the welfare of the poor. Dedicate your lives to the service of your fellowmen.

Help ever, hurt never. Do not extort money from the poor. Do not put them to suffering for your greed for money. Lead a life suffused with love, compassion and sacrifice. Thyaga (sacrifice) alone can lead to Yoga (spirituality). We don't have any distinction of caste, creed, religion and nationality. We offer free treatment to everybody. We are determined to offer free treatment, come what may. We are prepared to spend any amount of money; safeguarding the life of patients is our main objective. All of you, particularly doctors, should learn this lesson. Eschew greed for money; develop love and spirit of sacrifice. Then money will come to you automatically.

Divine Grace Is Essential For Cure

Embodiments of Love! Medicines on their own cannot cure diseases; it is Divine grace that cures. Only sacrifice can win God's grace. Do not be satisfied by merely filling your own belly; try to appease the hunger of others too. Undertake such activities that will benefit the poor.

This hospital does not merely stand for architectural beauty. Andam (beauty) has no value if there is no Anandam (bliss). You can experience bliss only when you give happiness to the poor. The poor are suffering because they cannot afford to buy medicines. We will give all the required medicines free. Make every effort to give happiness to all.

Develop a spiritual outlook and treat the patients with love and care and make them happy and healthy. Without God's grace, even the pulse cannot beat. You are under the mistaken notion that mere medicines can cure diseases. If that were the case, what happened to all those kings and rich men who had access to the best medical facilities? So, along with medicines, one should have Divine grace too. Medicine and Divine grace are like negative and positive, respectively. Diseases can be cured only when both these come together. So, along with taking medicines, one should also pray for Divine grace. Without Divine grace, the human body cannot be sustained.

This hospital will surely attain an exalted position. You may not understand it now, but you will realise it in future. People belonging to different parts of the world will come here for treatment. This hospital has such Divine potentiality in it. Do not entertain any wrong notions about this hospital. Earlier, when the Super Specialty Hospital was established at Puttaparthi, people had their own misgivings about its functioning. Now, in the villages surrounding Puttaparthi, you don't find anybody suffering from heart diseases. Even small children are not afraid to undergo heart surgery in our hospital there. Likewise, we should see to it that no one suffers from heart diseases in the State of Karnataka. There is nothing that one cannot achieve if one has Divine grace.

Loka Samastha Sukhino Bhavantu (May the whole world be happy!) That is My desire. I am prepared to do anything for this. I am prepared to sacrifice even My life for the welfare of humanity. Of what use is the life of one who does not aspire for the welfare of humanity? I always wish for the well being of others. My feelings are always pure and sacred. If your feelings and intentions are noble, you need not be worried about money; it will come to your doorstep.

Come and see for yourself the work that is being done here with the spirit of sacrifice, and experience bliss. Here you will find the poor with happiness and joy on their faces. You should see to it that the poor lead a healthy and happy life. That should be your aim in life. I bless you all so that you may attain the deservedness to see the happiness of the poor.

Excerpts from Bhagawan's discourse delivered during the inauguration of SSSIHMS, 19th January 2001, Whitefield, Bangalore.



A Tribute of Gratitude



Our foremost offering of gratitude is at the Lotus Feet of Bhagawan Sri Sathya Sai Baba. He is the Doctor of Doctors, the Architect, and the True Healer. We are but instruments in His Divine Hands. We thank Him for teaching us that **“Service to man is service to God.”**

As we commemorate twenty-five years of selfless service, we recognize that this “Temple of Healing” is supported by the collective love and sacrifice of a vast global family. On this auspicious Silver Jubilee, we extend our deepest gratitude to those who have been the wind beneath our wings.

To the Sri Sathya Sai Central Trust

We express our sincere thanks to the Sri Sathya Sai Central Trust for their unwavering support, guidance, and vision. Their stewardship ensures that the miracle of free healthcare continues to reach the poorest of the poor without interruption, maintaining the highest standards of excellence.

To all our Dedicated Staff

Our gratitude goes out to our world-class surgeons, physicians, and administrators. Your commitment to excellence—often working long hours with a smile—is the reason this hospital is a sanctuary of hope. You have lived Bhagawan’s message:

“The heart with compassion is the temple of God.”

To our Nursing & Paramedical Teams

To our nurses and technicians, who are the backbone of our patient care: thank you for your patience, your skill, and your motherly care. You are the primary witnesses to the transformation of pain into peace in our wards.

To our Selfless Sevadals and Volunteers

A special mention must be made of the Sri Sathya Sai Seva Organisation. Thousands of Sevadals from across the country have traveled to Whitefield to serve in our corridors, kitchens, and help-desks. Your “Silent Service” is the purest form of devotion.

To our Well-wishers and Donors

We thank the countless devotees and well-wishers across the globe. Your contributions—whether in time, resources, or prayers—have fueled this mission of Love. You have shown that when hearts unite for a noble cause, the impossible becomes possible.

A Closing Prayer

As we step into the next chapter, we pray for the strength to continue serving with the same purity and intensity. May we always remember Bhagawan’s assurance:

“If you take one step towards Me, I will take a hundred steps towards you.”

In our journey of service, He has always been there, walking every step with us.

Jai Sai Ram.

Dr. D.C. Sundaresh
Director, SSSIHMS-Whitefield

Message from Managing Trustee



SRI SATHYA SAI CENTRAL TRUST

PRASANTHI NILAYAM
PUTTAPARTHI, SRI SATHYA SAI DISTRICT
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12th January 2026

R J Rathnakar
Managing Trustee

As we commemorate the silver jubilee anniversary of Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield - a significant milestone in its journey - it is an occasion for deep gratitude, reflection, and reaffirmation of purpose.

Founded on the divine vision of Bhagawan Sri Sathya Sai Baba, the **Sri Sathya Sai Ideal Healthcare Mission** has taken tangible form through two General Hospitals and two Super Speciality Hospitals at **Puttaparthi and Whitefield**, along with a **Mobile Hospital at Puttaparthi**. Together, these institutions stand as a living testament to His timeless message of love, compassion, and selfless service. Over the years, the collective dedication of doctors, nurses, staff, administrators, volunteers, and well-wishers has enabled the Institute to deliver world-class healthcare completely free of cost, without distinction of caste, creed, religion, or economic status.

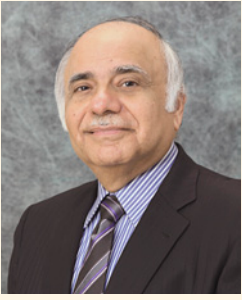
As we look to the future, the Institute remains committed to embracing innovation, advancing research, and nurturing the next generation of healthcare professionals, while remaining firmly anchored in Bhagawan's values. May this sacred institution continue to be a beacon of hope, healing, and selfless service for generations to come. Let this commemorative volume stand as a reminder of what is possible when compassion guides action.

On behalf of the Sri Sathya Sai Central Trust, I offer my appreciation to staff and volunteers who have been walking alongside us in this journey. May we continue to draw inspiration from Bhagawan's ideals and remain steadfast in serving humanity with humility, integrity, and love.

R J Rathnakar

Messages from Trustees of SSSCT

Milestone in Service to the Needy



Congratulations from Japan on the Silver Jubilee of Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield!

Twenty-five years ago, moved by His boundless compassion for the poor and the needy patients, Bhagawan Sri Sathya Sai Baba established and inaugurated an institution born of

His divine resolve—to offer healing as an act of selfless love—thus came into being the Sri Sathya Sai Institute of Higher Medical Sciences.

Today, as the Hospital celebrates its Silver Jubilee, it is very important we rededicate and reflect upon Bhagawan's message during the inauguration of the Hospital that day.

While delivering his Divine Discourse at the inauguration of the Hospital on 19th January 2001, Bhagawan declared:

“During the last three-four days, many heart surgeries have been conducted here in this hospital. Who are the patients? One is a carpenter, another is a Dhobi (washerman). Many such patients who are economically backward are being treated here.

In this short period, as many as 50 heart surgeries have been conducted! One gets immense joy seeing their happy faces. Of what use is medical science if it does not bestow health and happiness on the poor and needy?

Today the educated do not care to spare a thought for the poor and forlorn. This hospital is dedicated for the welfare of the poor. I am happy only when the poor are served. I have dedicated My entire life for the uplift of the poor and downtrodden. In the future, even highly advanced surgeries like heart transplant and lung transplant will take place here.”

To Bhagawan, who cared for those who are suffering in pain and worries of death by illness, the really poor, the really needy and the downtrodden, who had nowhere else to go, and for whom He conceived and established this unique mission of healing without distinction, to Him we offer our humble and heartfelt gratitude.

For twenty-five years, SSSIHMS, Whitefield has been standing as a beacon of unparalleled noble service. There is no institution anywhere in the world—nowhere, that so seamlessly combines the highest standards of clinical excellence with the noblest ideals of selfless service.

The doctors, the nurses and all the volunteers who serve at SSSIHMS Whitefield embody a rare and exemplary spirit. They have immensely sacrificed their personal lives in doing Bhagawan's seva by dedicating themselves to serving the patients! They have not only saved countless innocent lives but have uplifted and redeemed generations. Through this penance of offering one's own precious life to relieve the pain and anxiety of patients, the doctors, nurses and volunteers have verily redeemed their own lives as 'Medical Saints'!

Bhagawan's Hospital is a model of what compassionate healthcare can be. His mission will endure for a thousand years, inspiring generations. For all who seek healing, comfort, and hope, SSSIHMS, Whitefield will remain a timeless oasis of grace.

On this Silver Jubilee, we are also witness to the first step in formal globalising of Bhagawan's mission. The Japan - USA - India Medical Seminar held in Tokyo on June 20th 2025 convened to bring together leading medical experts and institutions marked the beginning of formal collaborations between Sri Sathya Sai Institute of Higher Medical Sciences and esteemed institutions of the University of Chicago Medicine and Tokyo Institute of Science. These partnerships open avenues for infinite mutual exchanges in medical research, robotics, and allied fields for the betterment of global health.

In honouring these twenty-five years of dedicated service, we hail and honour all those who have walked this path of compassion—physicians who heal, nurses who nurture and the great volunteers who serve. Their work over a quarter century stands as an unparalleled exemplar of selfless dedication and a guiding light for all who believe in the power of love as service to man.

As we celebrate this Silver Jubilee, we remain ever thankful to Bhagawan Sri Sathya Sai Baba for His vision and blessings, and ever inspired by His message of service to the needy of which Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield has been a remarkable instrument. May this Sacred Temple of Healing continue to heal for centuries, infusing love and hope in the world.

We, the patrons and well wishers from Japan, offer our heartfelt congratulations and pledge to serve as the Japan-India medical bridge in the mission of Sai.

Padma Shri Ryuko Hira
Trustee, Sri Sathya Sai Central Trust

Dr. V. MOHAN M.D., Ph.D., D.Sc.,
Chairman, Dr. Mohan's Diabetes Specialities Centre
President, Madras Diabetes Research Foundation



**MADRAS DIABETES
RESEARCH FOUNDATION**

Awarded Padma Shri by President of India &
Dr. B.C. Roy Award by Medical Council of India &
Dr. Harold Rifkin Award by American Diabetes Association



Dear Dr. Sundaresh and staff of SSSIHMS-WFD,

Om Sai Ram!

I am delighted to note that SSSIHMS-WFD is completing its Silver Jubilee and that a Commemorative Souvenir is being brought out on this occasion. Having been closely associated with SSSIHMS-WFD, I have watched with pride and great satisfaction, the yeomen service being done by all of you at SSIHMS-WFD. Running an institution, completely free of cost for 25 years is no mean achievement. What SSSIHMS has achieved is not just numbers of people treated but saving lives and improving the quality of life of people. The recent addition of the Neuro and Cardiac rehabilitation unit is one more step in this direction. The work that you had been doing, are doing and will continue to do in the future, is divine. This is exemplified by the various ways in which Swami manifests Himself in SSSIHMS-WFD. Its very humbling to visit the hospital and to feel swami's presence everywhere in the hospital.

As you joyfully celebrate your Silver Jubilee, I pray to Bhagawan Baba to bless all of you, so that in due course you celebrate the Golden Jubilee, Diamond Jubilee and Centenary of this great Temple of Healing. May Swami bless all the staff and students of SSSIHMS-WFD and give you strength to continue the noble mission that you are involved in.

With my prayers and best wishes,

Yours in Loving Sai Seva,

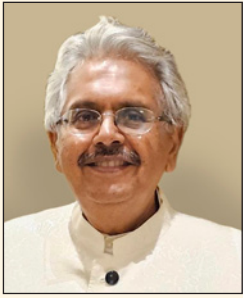
Dr. V. Mohan, MD., Ph.D., D.Sc.,
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Reminiscing the Inauguration of SSSIHMS



Bhagawan Sri Sathya Sai Baba had many facets to His astonishing sojourn in India. His life story is well known and His name and fame has spread all over the world. All of Bhagawan's activities centred around His primary teaching of Love All and Serve All. The teachings of the Vedas, the Upanishads, Bible, Quran and other religions were distilled by

Bhagawan into very simple, easily understandable phrases which are universal in character.

Bhagawan showed by His example; He reminded us that His life was His message. When we look at Bhagawan's life we get many insights for spiritual progress. Bhagawan often reminded us that human birth is difficult to get; it is often the result of many lives full of prayer and devotion. Human birth gives us an opportunity to go one step ahead in the quest to realise God or in other words, to discover the God in us.

In order to demonstrate to us what can be achieved by human birth, Bhagawan has demonstrated His immense love for all living beings. He found that the basic human needs of food, shelter and contented life were absolutely necessary to make spiritual progress. Therefore, when Bhagawan looked around and was prompted by His divine mother, Srimathi Eshwaramma garu about the need to give medical relief in the village of Puttaparthi since it lacked medical relief, He set up a small clinic to provide medical care. The village of Puttaparthi slowly changed and has now become a bustling town, which is also the district headquarters in the state of Andhra Pradesh. Bhagawan often said that He will not abandon His birthplace, but that He will be there for all time to come. Therefore, the super speciality Hospital took shape in 1991 in a record time of one year. The hospital provides free medical care without any distinction of religion, colour, nationality and gender. It showed that a non-government agency has set new standards. The will of Bhagawan is Supreme and He made it sure that the super speciality Hospital at Puttaparthi became a reality now for over three and a half decades.

Not stopping at Puttaparthi, Baba often visited His Ashram at Whitefield, which is called Brindavan. He also set up a college at Brindavan, which was later affiliated to the Sri Sathya Sai Institute of Higher Learning, a deemed-to-be university under the University Grants Commission Act. Bhagawan's passion knew no bounds when a certain piece of land was offered by the state government to Baba for setting up a super speciality Hospital. Baba started planning a new 300 bed, super speciality hospital, focusing on the fields of neurology and neurosurgery, cardiology, and cardiac sciences. At that time, Bhagawan graciously invited me to be a trustee of Sri Sathya Sai Medical Trust. This was a small trust with Bhagawan at its head with only three Trustees.

Right in the middle of Swami's stay in Brindavan, in 1999 He invited me to the interview room in Brindavan and told me He wishes me to be a Trustee of the Medical Trust. This took me by surprise, as I was in my early 40s, and I had no

experience with running any medical establishment as I was practising law and was just dealing with the sorrow of the loss of my father, who was the backbone of our Law practice. I pleaded my incompetence and prayed to Bhagawan to consider appointing a well-known doctor instead of me. To my surprise, Bhagawan instantaneously responded by saying that I would be on the Board of Trustees with no day-to-day responsibilities and that He would look after everything. I therefore humbly submitted to the Divine Will holding Bhagawan's feet, and praying to Him I agreed to become a Trustee of the Sri Sathya Sai Medical Trust.

In the course of construction of the Whitefield Hospital, many small tasks were given to me in an indirect manner. One day I was asked by Baba if I had visited the site where the construction was taking place. He summoned Mr Rajan Sood, the architect and told him to take me and show me around the construction site. It was monsoon time and the rain was heavy. The site was full of water and construction equipment. Bearing in mind Swami's instructions, notwithstanding the rain and muck, I visited the site and took a drive around to see what work was going on. On my way back I asked for the building plan. The engineer in charge mentioned to me that there was no building plan approved by the competent authority and they were awaiting it. Being a lawyer and knowing the nuances of construction without a sanction plan, I was alarmed, and I instructed the engineers that work should stop till we have the building plan. If you continue the work, Swami's name will be dragged into some litigation. On our return to Brindavan Ashram we decided to call the head of the organisation which had allotted the land, which was the Karnataka Industrial Areas Development Board. After speaking to him and learning that the plan sanction was nearly ready, but it could not be signed and delivered due to some issue between the KIADB and the government of Karnataka, we telephoned Minister Shri RV Deshpande and mentioned the problem. His response was most surprising. He said he was aware of the problem and assured that he would like to come in person the following day and handover the sanctioned plan to Bhagawan. We were elated at this response, but my mind as a lawyer was still at unease. We waited with bated breath for the next day, and we were seated in darshan at Sai Ramesh Hall. I was eagerly looking to spot the Minister. I beckoned to the Engineer to find out if the minister has come, and if he's carrying any papers in his hand. I was told that the Minister had come, but he decided to send the sanction plan the previous day itself through a special messenger and he wanted to pay respects to Bhagawan and take His blessing today. This information gave me a great deal of relief. The minister came for Darshan and Bhagawan graciously received him and blessed him and his family with an interview.

The construction proceeded at a great pace which was indeed astonishing; a huge structure of over one lakh square feet was coming up in record time. On the architectural front Bhagawan wanted to install the image of Ganapathi in the front of the hospital at the level of the Gopuram, I was asked to suggest some forms of Ganapathi. I immediately recalled the metal replica of our ancient Prasanna Maha Ganapathi Temple

in our village at Sondekoppa, where the Ganapathi is a standing posture. I handed over the replica idol to Bhagawan. He had by that time collected many other images. A few days later, I was told Bhagawan selected the Prasanna Maha Ganapathi image I had given him. Bhagawan got the same image carved in black stone and had it installed in the hospital building. Recently, the said image was reinstalled at the ground level so people can pay obeisance to Ganapathi and worship Him before entering the hospital.

The construction having progressed sufficiently, sthapatihis were invited to design the exterior top portion of the building. The building had to have a dome. The plan was to plate it with silver and then with gold. At that time, many people were approached with this idea. Swami blessed it, and many of us had the great good fortune to contribute silver and gold needed for the structure.

As soon as the building got ready, Swami announced the inauguration would take place as soon as Uttarayan arrived and fixed the date of 19th of January, 2001. A lot of planning was needed for the event. Prime Minister of India, Shri Atal Bihari Vajpayee was the chief guest. We also had the chief minister of Karnataka, the chief minister of Maharashtra, the governor of Karnataka and a host of dignitaries. The protocol was also indicated by Bhagawan. The function was to take place at 10 am in the central hall of the hospital. I was at Brindavan for morning darshan and to see if any last-minute instructions were to be received by us. As soon as Bhagawan finished darshan and walked into Brindavan, He looked at me in my traditional white dress, sized me up and down and asked me a simple question, "Are you ready?" I said, "Yes, Bhagawan, we are ready." He followed up with another question. "Are you coming like this?" This question was a loaded one and I could not understand its purport. I reflected on it and bounced the question to Mr. V Srinivasan who was also a Trustee of the Medical Trust and was All India President of the Sri Sathya Sai Seva Organisation. He had long experience with Bhagawan, His expectations, His instructions, and His cryptic questions. He immediately told me that Bhagawan expects me to be at the inaugural function in a formal suit. This shocked me as I did not have my suit with me. I decided to zoom away in my car to my house, which was 30 km away and change into formal wear and drove back like a maniac to reach the hospital by about 9:45 am! Mr. Srinivasan, other Trustee and the dignitaries were already there by the time I arrived, and I got a blasting from Mr Srinivasan for coming late, but fortunately, Bhagawan had not yet arrived, and I was literally on the dot for the program. It went off in an excellent manner with Bhagawan outlining the object of this hospital and the Prime Minister echoing Bhagawan's words, appreciating Bhagawan for translating His teaching into reality by setting up such brilliant hospitals. I was given a few tasks of honouring a few of the dignitaries on that day and the function concluded with a hearty lunch, which is a typical feature of Bhagawan's functions.

For Bhagawan inauguration did not mean cutting a ribbon or a cake or a speech. It meant that the hospital had to actually start running, meaning that operation should commence on that very day. It is a long story, about how all this was achieved in the short time that Bhagawan planned. However, due to Bhagawan's grace it did happen and the hospital actually

started working from the very first day after inauguration.

To Swami, formality was important at the same time. Participation of all the functionaries was more important. Bhagawan was the Chairman of the Board of Management of the hospital. Many senior medical professionals were members of that committee. I was probably the youngest and the last member of that committee. Bhagawan called a meeting and it was held in the administrative block of the hospital. The meeting had around twelve persons with Swami presiding. As soon as the meeting commenced, Swami looked to His left and beckoned to each of the persons to express what his idea of the hospital is and how the hospital should work. Each of the doctors and others who were there in the committee expressed their views in a clockwise manner, and the last person around the table was me to the right side of Bhagawan. Swami asked me the same question. I made bold to suggest that Swami in this hospital, any patient who comes should not be turned away. He or she should be seen by a doctor on the same day, and after investigation, a date can be given for the patient to come back for treatment. The emphasis was on how the patient should be treated on their arrival in the hospital. Swami appreciated the suggestion I made and looked at everybody and said, see this is exactly how the hospital should function. Make sure that no patient goes away with a feeling of distress. The meeting concluded and Swami blessed everybody and instructed the doctors to make sure that the hospital is patient-centric always. He also emphasised that treatment should be infused by love, compassion and care.

In the last 25 years, we had the great benefit of having Swami guiding every nuance of the hospital for about 10 years till the year 2011. Post the date, the hospital has been run on the lines indicated by Bhagawan under the supervision of the Sri Sathya Sai Central Trust, which Swami expanded in the year 2010 and inducted several Trustees and also set up a Council of Management of which I was one of the members.

Shortly after Mahasamadhi, the board of Trustees was expanded, inducting Sri JV Shetty, Sri TKK Bhagwat and myself as Trustees of the Central Trust. The functioning of the Central Trust, right from its inception, was in a very transparent and open manner. All procedures were neatly laid down with two senior bureaucrats looking after the functioning of the Trust, with Sri SV Giri and Sri K Chakravarthy laying down procedures. Budgets were prepared and the finance department was given clear-cut instructions. All approvals are given by the Board of Trustees. No power had been delegated to any Trustee or official, just like how Swami used to approve every single rupee spent from the Central Trust. The Trust has continued doing that.

It must also be mentioned that, at some stage, for various administrative and other reasons, Sri Sathya Sai Medical Trust merged with Sri Sathya Sai Central trust. For sometime, there was a hospital coordination committee manned by Sri D Lakshminarayana, now Trustee of Sri Sathya Sai Sadhana Trust and late Sri GSRCV Prasada Rao, who was also a Trustee of Sri Sathya Sai Sadhana Trust. A lot of reformation was brought into the running of the Hospital.

The Sri Sathya Sai Central Trust has funded these hospitals and has ensured the legacy of Bhagawan in setting up these magnificent hospitals, which are unique and unparalleled in

the world and have been functioning in an exemplary manner. With urbanisation taking strong roots in Whitefield and has also now continued in Puttaparthi where it is now declared as the capital of a district, the challenges of running such hospitals is formidable. But I do not hesitate to say that every day, every minute we experience the guiding hand of Swami, helping hand of Swami, and the problem solving hand of Swami; when we feel we are at our wits' end, Bhagawan steps in and helps us to continue His glorious heritage.

In the Silver Jubilee year of SSSIHMS, the statistics sheet will have many points of information, but there is no statistical data about how much love, how much care and how much succour has been given to the patients who come to this hospital. It is indeed Bhagawan's great gift to human kind where patients in distress come here and leave everything to Bhagawan and He takes care of it. Thank you Bhagawan for giving us this opportunity. We pledge to continue to do our best in your footsteps and to make sure that your legacy lives on and on only for the sake of the poor, the needy, the helpless and the vast magnitudes of your devotees.

Jai Sai Ram.

Sri S.S. Naganand
Trustee, Sri Sathya Sai Central Trust



It is with profound gratitude and reverence that I join all devotees, patients, doctors, staff, and well-wishers in commemorating the Silver Jubilee of Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield.

As we reflect on this 25-year journey, we remember with humility that we are but instruments in His hands.

The enduring success of SSSIHMS, Whitefield, is the collective result of Bhagawan's grace, the tireless dedication of its teams, and the silent sacrifices made in service of suffering humanity.

May this Silver Jubilee Souvenir serve not only as a record of milestones achieved, but as an inspiration for future generations to carry forward this sacred mission with unwavering faith, discipline, and love.

With prayers that this Institute continues to be a beacon of hope and healing for decades to come.

In loving service to Bhagawan,

Sri Manohar Shetty
Trustee, Sri Sathya Sai Central Trust



Sairam! It is wonderful to note the successful completion of 25 years of the Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield. With the blessings of Swami, these 25 years have been marked by dedication, commitment, seva bhavana and professionalism on the part of the doctors, administrators, para medics, nurses and all the staff of this unique hospital.

One feels a great sense of calm, peace and serenity the moment one steps into the precincts of this institution and the healing begins from this point itself.

I take this opportunity to sincerely compliment the Director and each and every one involved in running the hospital for their tireless and selfless work.

I am sure that with the grace of Swami, this institution will grow from strength to strength and will serve more and more people in the coming years.

Sri ISN Prasad (IAS Retd.)
Trustee, Sri Sathya Sai Central Trust



Sai Ram!

This brings to you and your colleagues my warm congratulations on this wonderful silver jubilee celebrations of Sri Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield. Under the divine guidance of our Swami you and your colleagues have rendered very high

quality health services to the needy people coming from all over India.

This will always shine as an example of how to fulfill one of Swami's timeless wisdom to all devotees :

Manav Seva is Madhav Seva.

I am deeply grateful to you and your colleagues for associating me in these inspiring celebrations .

This also brings to you and your colleagues my best wishes for the continued successes in your noble endeavors.

Warm Regards,

Padma Vibhushan Dr. Vijay Laxman Kelkar
Trustee, Sri Sathya Sai Central Trust

Former Directors' Messages



Dr. A.N. Safaya

Director from Jan. 2001- Oct. 2006

Basic principles and ideals of the Sri Sathya Sai Health Mission

Globalisation of Medicine:

Disease being a global phenomenon, advice and treatment should also be seen from the global point of view. As I already said, treatment should be freely available from any medical institution on a global basis, as the birthright of every human being. This is what the keyword, globalisation, stands for.

De-commercialisation of Medicine:

The healing arts and the treatment of patients should not be marketable, profit-making commodities. The cost of medical care should be absorbed by society and should be kept to an affordable level.

Humanisation of Medicine:

Another important point is the humanisation of medicine. The medicine and the technological medical treatment given to the patients must be humanised. Medical technologies should not be applied in a purely mechanical way. No, this has to be done in a human way, considering the patient as a

human being, as a man in society, as someone's father, mother, daughter or son. Medicine has to be practised with a smile, given with love and affection, and without causing any mental trauma to the patient. We have to speak to them kindly. If it is an incurable disease, it has to be explained to the patient in a kind, sympathetic manner. Bear in mind that we do not have the last word! In their thought, words and deeds, the humans who provide the health care – health administrators, doctors, nurses and technicians – should adhere to the five human values, namely truth, righteous action, peace, love and non-violence. It is not the building or the equipment that make a good or a bad hospital, but the people who work there. We should not make profit from the suffering of other human beings. We should look after the person who is suffering with love and affection, just as Buddha did, just as other saints did, as Christ did.

Spiritualisation of Medicine:

The final, decisive point is the spiritualisation of modern medicine, which is based on the principle of the creed that, ultimately, it is God who heals. We only provide the technology and the treatment. When we absorb this spiritualisation, we get away from our egoistic involvement in the process – “I have treated you, I have saved you” – that egoistic element is removed. Furthermore, as it is God who heals, everything is more subdued and the patient is given hope. He knows that there is some other force, some other power to which he can pray and which, maybe, will give results.

In our case, we provide an organized service for the follow-up of all the patients treated in our hospital. This Patients' Counselling Department counsels the patients before admission, during hospitalisation and on their discharge from the hospital, because the requirements are different in these three phases. Before admission, our counsellor informs the patient about his disease, the possible consequences of his lifestyle, etc. When the patient is in the hospital we explain to him what is being done, so that he knows exactly what is going on. When he is being discharged, the most important thing is that we counsel him to look on his disease as curable, and advise him on what he should do in order not to get worse or what he should do to prevent a relapse of the disease. This is what we call the spiritualisation of medicine.

Our counselling, plus the element of prayer and the element of hope, is given to the patients with much love. They just have to recognise the spirit as the “driving force” behind every human being. Of course, all such spiritual activities and the results thereof are recorded. I don't think any other hospital in the world has these practices.

Excerpts from an interview given to Swiss Med journal, published in 2005.



Dr. A.S. Hegde

Director from Oct. 2006 - Apr. 2012

I first met Swami in 1999, when He announced the Sri Sathya Sai Central Trust is going to build a hospital in Bangalore, a super-speciality hospital with cardiac and neuro facilities. Swami invited doctors from the city one day. I was also invited for the same. Later, with His blessings, I was asked to plan the neuro facility. It was my good fortune that during this planning, I met Swami many times. I sought His blessings in planning the facility. He said it should be one of the best facilities in the world. He also said, "We are not in competition with anybody." I felt it was contradictory, till I realized that we can be the best because we want to offer the best, and not because we are in competition with any other institution. Swami was very clear about what He wanted.

The early parenting of the Hospital was very good. Swami used to visit the Hospital every now and then and guided every activity and with His support we grew to be a healthy and fast-growing child. Swami inculcated the basic ethos of functioning in this Institution - it should be patient-centric, providing holistic care, care that heals and nobody who seeks treatment will be refused. He taught us to serve without ego. He taught selfless service with compassion and sacrifice.

Swami loved people who cared for the sick, and so, doctors were His favourites. He often quoted, "Service to man is service to God" and "Vaidyo Narayano Hari" to inspire people to take this path of service. A solid foundation was also laid to this Institute in terms of work ethics, direction to grow and guidelines to grow.

Swami always made it clear that the hospital is for patients. His principle for administration was that this Hospital will treat patients first.

During His last visit, Swami directed our orientation towards research. His initial focus was on clinical services, then personnel training and finally, He guided us to work on research. He said we must do research that is useful for our country - research regarding diseases that affect our people, and which cuts costs in patient care. He also urged us to take up health education.

This institution has tremendous capacity because we are very careful with expenditure. No money is wasted. It is all the hard-earned money of the donors, which we are spending. We can be a model for many institutions to follow.

We should be the best patient-care and training centre in India and comparable to the best in the world. I am sure Swami will bless us with success if we are sincere in our efforts to do that. Let us respect and support each other and focus our energies to build a great institution. We owe it to Swami. Let us pray to Swami to bless us in this endeavour.

Excerpts from Dr. A.S. Hegde's talk, delivered on 19-Jan-2013, on the occasion of the 12th anniversary of SSSIHMS-Whitefield.



Dr. Swarna Bhardwaj

Director from Apr. 2012 - Sep. 2015

The unaffordable costs of cardiac and neurological treatment, both requiring super-speciality level of care, make these diseases untreatable for most Indian families. In the infant years of SSSIHMS, Swami would often enquire how many patients had been treated in a given period. We knew that it was never about the statistics really. To Swami, each patient who went back home healed, meant a family that would resume living a normal life.

Swami tirelessly worked to bring cheer to the ones who had become despondent, and our patients were often those who have little to look forward to. To many of them, life, already a day-to-day economic struggle, became unbearably hard when poor health arrives as an unwelcome guest. To each of these people, SSSIHMS stood out as the single candle in the dark.

Whenever asked how far we should extend ourselves for our patients, Swami would ask us to "Do everything that is necessary". The cost of the treatment was never a factor in His decision, if the consequence of the treatment was a healthy patient. Swami constantly directed us to put the "Patient first, Institution next and Individual (meaning, ourselves) last". This is the lofty principle that inspires us to always do the best we can. Ensuring that patients we treat return to health when they leave our portals is our primary goal.

Swami always emphasized that people are truly what make up an organization, not just equipment or infrastructure. The divine magnet that He was, He also drew to Himself some of the most distinguished and reputed medical professionals to participate in His Mission. To Swami's devotees, all other achievements and successes pale into insignificance when compared with the opportunity to contribute to Swami's Mission in any possible capacity. All my accomplishments in senior administrative roles in national and international organizations, including being the Executive Director of the National Board of Examinations, seems a mere training ground for being a Sevak for Swami. I continue to believe that I am the first Sevak of this Institution.

Our staff never ceases to overwhelm me with their commitment as they come together to make this an exquisite embodiment of Love in Action. Supported by spirited Sevalal

volunteers, no challenge seems impossible, no task too small, if it brings the patient a smile.

Excerpts from an article published in the special issue of Sanathana Sarathi released in November, 2014.

Poem penned by Dr. Swarna Bhardwaj, after Bhagawan's Mahasamadhi:

DREAM

*I had a dream last night;
all around there was divine light.*

*That I held my breath so tight,
as SAI was in my sight.*

His hair looked a golden crown, His robe was orangish brown.

Why are your spirits so down? He asked me with a frown.

SAI, you left me all alone, to face this world lonely & forlorn.

Looking at me tenderly,

*He said these words lovingly,
"By My teachings you abide, You will find me by your side.*

*Human values you do follow,
I will lift you from the world so hollow.*

*Let love & compassion be your guide,
You will see Me by your side.*

I leave not My devotees ever, even if they see Me never.

*Body, like a flower, will perish,
The lasting fragrance you will always cherish.*

*Complete surrender if you offer,
You shall see Me, please remember.*

Help ever & hurt never, You are mine forever."

*I woke up feeling fresh & bright,
All around I saw a divine light.*

*Let us all remember Bliss is life in total surrender
Sweet fragrance I shall cherish,
Till the day when my body does perish.*



Dr. Shekhar Rao

Director from Apr. 2019 - Mar. 2022

My very first thought is that of immense gratitude and admiration for Baba, who envisioned a project of this magnitude and made it a reality, with the firm conviction that it would have a very important role to play in our society. I thank Him for blessing us, the people He has charged with the responsibility to do the work and take care of these institutions, and pray to Him to give us the energy and inspiration to do so for an infinite time to come.

My second thought is of gratitude to all our staff, be they doctors, administrators, sevadal volunteers, managers, nurses, technicians, ward boys, helpers, security staff, dietary staff and all else, who participate in patient care and whose role is vital to make such a large multi-disciplinary effort run efficiently throughout the year.

This is further embellished by loving care given by means of counseling, telemedicine and the Sai Rehabilitation Program. The volunteer force drawn from the Sri Sathya Sai Seva Organisation, alumni and other well-wishers play a major role contributing to the loving follow-up of patients, who look back at the twenty years of healthy lives as the grace of Bhagawan, through the medium of the hospital. Truly, there can be no greater source of satisfaction than experiencing the thoughts and love expressed by such patients and their families.

The importance of total care of the individuals, who are in need of help, has often been emphasized by Bhagawan through the example of a handkerchief, where He used to show only a portion of it and say, "See, if you look at it, you would say it is

a cloth, but only when I open My hand and show it fully would you realize it is a handkerchief. Similarly, you should always look at a person, who seeks relief as a whole person and treat the whole individual and not merely an organ or a disease." This example has been followed and has been a living reality at our Institute after twenty years, thanks to all the people, who have played a vital role in the care of these patients.

Going forward it is a great opportunity to be on the threshold of a very significant milestone on the 20th anniversary of our Hospital, to think about how we can create a vision for the immediate future, the intermediate future and the long term future, based on what we have learnt so far and what we perceive to be our strengths and limitations. Whatever observations and criticism might come are always constructive and contribute towards making changes small and big, that will enable us to maintain constant improvement and bring satisfaction to the people who look up to this Hospital.

I pray to Bhagawan He provides us with the highest level of energy and inspiration so we can lead ideal lives, make our ideal efforts that He would approve of, live together like a family and achieve together something remarkable that will stand testimony as one of the best efforts of mankind. Jai Sai Ram.

Excerpts from the speech given by Dr. Shekhar Rao on the occasion of the 20th Hospital Anniversary, celebrated on 19-Jan-2021.

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Living Testament of Love & Compassion



Om Sai Ram. Pranams to the lotus feet of our beloved Bhagawan Shri Sathya Sai Baba.

As we mark the Silver Jubilee of the Sri Sathya Sai Institute of Higher Medical Sciences, it is an occasion to acknowledge with deep gratitude the immense gift that Bhagawan has given to society through this institution. For the past twenty-five years, the hospital has served as a centre of healing and hope, offering advanced medical care with dignity and compassion to all who come seeking help.

Among the many blessings bestowed by Bhagawan, the Super Speciality Hospital stands as a lasting contribution to the nation. It reflects His clear and practical vision—that the highest standards of medical care can be delivered free of cost when service is guided by selflessness and human values. The hospital has consistently demonstrated that excellence, efficiency, and compassion can go hand in hand, setting a benchmark for healthcare delivery in the country.

I had the good fortune of serving in this institution as the Co-ordinator of Sri Sathya Sai Medical Trust along with the late Sri Prasad Rao. Our monthly meetings with Swami were great lessons in management and leadership. An incident comes to my mind - He once told us not to bring small

problems to Him, and asked us to lean on our experience as senior bureaucrats. A few days later, He expressed surprise that certain developments about which He had learnt from other sources, were not shared by us with Him. We learnt a lesson from this incident that all matters small and big, must be brought to His notice. Swami demonstrated the hands-on leadership and the close monitoring required to manage a large enterprise such as SSSIHMS.

At the time of its inauguration, the hospital drew widespread appreciation from public leaders. The then Chief Minister of Karnataka, Sri S. M. Krishna, spoke with admiration about the scale of the project, the speed of its execution, and the quality of its services. He noted that government hospitals of similar scale often took far longer to become operational and wondered if public projects could also be entrusted to Swami's Trust, whose initiatives reflected exceptional speed, commitment, integrity, and effectiveness.

I am reminded of the words spoken by Shri Atal Bihari Vajpayee at the inauguration of the Sri Sathya Sai Super Speciality Hospital, Whitefield: "Yahan dava bhi milti hai aur dua bhi." (Here, one receives not only medicine for the body but also grace for the being.)

Our family's experience, and that of countless others, stands as a living testament to this truth—where care extends beyond treatment to touch the deeper human need for compassion and reassurance.

With sincere gratitude, this note is offered in appreciation of Bhagawan's love and the enduring service of the Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield.

Sri D. Lakshminarayana

Former Coordinator (Finance & Admin.)

Sri Sathya Sai Medical Trust,

Trustee, Sri Sathya Sai Sadhana Trust

Beacon of Holistic Healing



It was March, 2001, marking ten years since I moved to Prasanthi Nilayam to serve in Swami's Institutions. Swami had stopped speaking to me for some time, explaining in His own words that when the road is under repair, it is better not to use it. On March 30, I was informed that Swami wished to see me at His residence in the morning. I had no clue why, but was obviously delighted.

When I reached His presence, Swami simply told me, "I want you to go to the Whitefield Super Specialty Hospital and serve there. Will you do it?" I blurted out, "Of course, Swami," thinking it would be blasphemy to say no to the Divine request. Swami was visibly happy and asked, "Where will your parents stay? Will there be any inconvenience to them?" My parents were in Parthi at that time. I assured Him there would be no inconvenience. He then inquired, "How will you commute between Brindavan Ashram and the Hospital?" and added, "I will provide you with a car and a driver." Thus ended the brief interaction with the Divine that day.

On April 2, 2001, Swami called me again along with other senior functionaries and asked, "When are you leaving?" I replied, "Whenever You wish, Swami." He said, "Leave tomorrow morning." Having lived in Prashanthi Nilayam for ten years, packing up and leaving in 24 hours was challenging, teaching me the lesson of "less luggage, more comfort." Later, Swami told me, "I am very happy that you are serving in the Whitefield Super Specialty Hospital on My request. God is very pleased if we obey His Divine Command without demur."

I left for Whitefield the next day with just a single bag, beginning a voyage on uncharted seas. I was allotted a single room in Brindavan, Whitefield, along with my senior colleague; later, my parents also stayed there. Swami wanted me to be a role model in not demanding anything beyond bare needs. I was happy doing what pleased Swami rather than catering to my creature comforts. Once, He had advised me to do all actions with the motive of Bhagawath Preethartham (for the love of God).

When I arrived at the Whitefield Super Specialty Hospital, it

was like Devalokam (abode of the Gods) with its magnificent buildings, but the functionaries had no clue about my role.

The next day, Swami visited the hospital. A senior colleague and I were standing somewhere, and Swami later asked, "I was searching for you both yesterday. Where were you?" It felt wonderful to know that God remembers those in His service without conditions. Almost every day thereafter, He spoke to us on hospital matters during Darshan or at His residence, allowing us to seek guidance there. In all, Swami gave us opportunities to interact with Him in more than fifty monthly meetings in a span of five years. Following are a few instances demonstrating His guidance on matters pertaining to the Hospital.

Once, I mentioned about the telephone bills being high and He said, "Avasaram unte karchu petko" (if there is a need, do not hesitate to spend). Swami never emphasized the quantum of expenditure—large or small—but focused on need-based spending, leaving the responsibility of assessing needs to us.

When I informed Him of a government order granting SSSIHMS-Whitefield an electricity subsidy of Rs 2 crore per annum, He instructed, "Just because we have a subsidy, we should not waste. Convey this message to all the staff there". For Swami, whether the government or hospital spends, it is the same—there should be no wastage. He always said not to worry about money: "Money will come if the motives are selfless." Avoiding waste was His constant advice.

In a closed door meeting, He advised the doctors to take up only such cases in which we are confident of a positive surgical outcome. He set a high benchmark that there should be zero mortality in these Hospitals, and that doctors should select and operate on cases, which they are 100% confident of delivering a positive result. He explained that this would create an atmosphere of positivity and cure would become easier since psychology plays a major part in it.

As a Finance Controller, I was entrusted with maintaining absolute transparency and stewardship of donor funds. Donors give with love and faith in Swami, so their trust must be honored without deviation, using funds strictly for purposes that they are intended for. Swami pulled me up once for proposing to use medical funds for a water project—a lesson I will never forget. At another time, when I sought approval for a government deposit payment, He asked, "Have you checked properly?" He signed reluctantly after I showed the demand, but later the amount was revised downward, and the cheque was cancelled. When I mentioned this, He smiled, revealing His omniscience.

Swami emphasized the importance of checks and balances in financial matters (once He explained why two signatories to every cheque was a must) and in later years encouraged setting up of various committees. "Andaru kalasi chesthe manchidi," were His words, meaning all the concerned should come together and take decisions through consensus. He seemed to prepare us for the time when His physical presence is not available, and encouraged institutionalization of decision-making by consensus through committees.

Swami enquired about every area of hospital activity, and provided divine guidance. His distilled essence of advice on personnel matters was: "Hire, based on attitude and provide training for skills." Attitude was everything; taking ownership pleased Him immensely. He wanted a lean workforce with an attitude of happily rendering loving service—service as Sadhana. He once told me, "If you are happy, you will do the right thing."

His advice was to take time to assess before recruiting staff, and after induction train them in our culture through personal example.

Once, when several senior doctors resigned at once, leaving the HOD worried, Swami reassured him, "Why are you worried? Getting doctors is My duty." Doctors appeared mysteriously, and the department ran smoothly. His forethought is also seen in how He sent students from the Sri Sathya Sai University for medical education & service, creating a next generation of value-based personnel to run His institutions.

Swami ensured doctors had high-end instrumentation with no compromise, as their work is sacred service. He prioritized their welfare, health, and cheer to avoid burnout, favoring quality care over case volume. In a closed-door meeting, He said, "I want doctors to be in good health so they can offer complete care for patients." He asked doctors once, "Why did you come here when there are many hospitals elsewhere?" He followed up with another question, "Why is it that some patients come to this hospital when there are many other hospitals?" He said, "Know that there is a past connection between you both. Treat them with love as if they are your own and you will find fulfillment in serving here."

For patients, Swami insisted they be treated with love, respect, and happiness, using the best equipment, consumables, and staff. This results in holistic healing in body, mind and spirit.

Swami attended high-level Hospital committee meetings sitting silently throughout, listening divinely so issues were resolved automatically. He demonstrated active listening in every matter that was placed before Him and would give a few words of advice subsequently, which would set the matter to rest.

Once, when I had more points to discuss with Him after an initial meeting, He demonstrated His omniscience by reeling them out beforehand, adding, "What is it you can tell Me that I do not know already? I sent you to serve in the Hospital to give you opportunities to interact with Me. "Avatharam occhinade avakasham ivvadaniki" - The Avatar has come to give opportunities.

Once, Swami asked me about the food being served in the hospital canteen. I replied that the food had no variety; He instructed, "Take over from the contractor and give good food to all. Good food is the basis for health and wellbeing."

His love for student-managers was boundless, as they embodied ownership, sacrifice, and loving service sustaining the Sai Healthcare model. He modeled sacrifice, teaching patience and faith in divine timing. The success of the Hospital has its roots in Seva culture, viewing work as an ego-free offering to the Divine, with staff as family.

This chapter of serving Him in the Hospital transformed me spiritually. Administration is a joint venture between God and humans, wherein we do our utmost, leaving the rest to Him. Swami's presence radiates in every nook and corner of the Hospital confirming true healing transcends physical wellbeing and touches the soul.

For future practitioners and administrators, I offer these guiding principles based on my experience.

1. **Care with Compassion:** Caregivers must treat patients with unconditional love, respect, and happiness, as healing is holistic and involves emotional and spiritual well-being alongside physical treatment.
2. **Excellence without Compromise:** Always use the best quality medical supplies, equipment, and support staff to ensure patients receive the highest standard of care.
3. **Doctors and Staff Welfare:** Support the medical team with all necessary facilities so they can perform their work diligently and with joy in service.
4. **Selfless Service:** Actions should be performed as offerings to the Divine, free from ego or desire for recognition, fostering humility and dedication.
5. **Team Spirit:** Caregivers must view themselves as part of a family, working harmoniously towards the shared goal of healing and service.
6. **Integrity and Transparency:** Whether dealing with finances, patient information, or administrative duties, caregivers must uphold utmost integrity to build trust.
7. **Patience and Faith:** In caregiving decisions and challenges, patience for the right timing and faith in divine guidance are essential.
8. **Spiritual Sadhana in Caregiving:** Caregiving is a spiritual practice, an opportunity to serve God through service to humanity.
9. **Awareness and Sensitivity:** Be alert to the needs beyond mere physical symptoms; emotional and spiritual cues require sensitivity to provide true healing.
10. **Continuous Learning:** Caregivers should seek ongoing improvement in skills, knowledge, and character development aligned with service ethics.

The above lessons, borne from personal experience and divine guidance, will create a lasting foundation for any healthcare institution, aspiring to blend medical excellence with spiritual purpose.

Sri P. Krishna Kumar
Former Controller-Finance & Accounts
CFO, Sri Sathya Sai Sadhana Trust

Many Unforgettable Experiences



Sai Ram. My loving pranams at the Divine lotus feet of Bhagawan Sri Sathya Sai Baba.

We have just completed the historic Centenary Birthday Celebrations of our beloved Bhagawan on an unprecedented scale in which almost the entire world participated. What stood out was the Omnipresence of

Bhagawan that everyone experienced – every place became a Prasanthi Nilayam, every home became Prasanthi Nilayam and every heart became Prasanthi Nilayam. That was the True Blessing of Swami.

Closely following the Centenary celebrations comes the Silver Jubilee Celebrations of Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield. What a proud moment this is for all of us in Karnataka. Out of His boundless love for His devotees in Karnataka, He made Brindavan His second home and also gifted the second Super Speciality Hospital to it.

It was a proud moment for us when the call came in 1991, to arrange for the floral decorations at the inauguration of the first Super Specialty hospital at Prasanthigram. When we landed in the afternoon on the day before the inauguration, we could not believe that the hospital would be inaugurated the following day. Work was still going on at a hectic pace. Anyway, we attended to our work and completed the decorations by 3.00 am and left. Like a magic wand being waved, everything was ready for the inauguration and as declared by Swami, the first surgery was also performed on the same day. This was truly a Divine Miracle that we were witness to.

Next came the Divine Blessing of a Super Specialty hospital in Bangalore. My mind travels back to those days when Bhagawan, after the public darshan at Brindavan, would go out driving to nearby areas. On one such occasion, as He was driving by the industrial area in Whitefield, pointed out to this very site and said 'there will be a Super Specialty Hospital here'. It did happen soon when the Government of Karnataka realising the benefit that would accrue to the people of Karnataka, offered the site chosen by Bhagawan for construction of the Hospital.

An unforgettable experience for me personally came soon after. For the ground breaking ceremony the message came that Bhagawan would not be coming and that He had nominated few devotees to do the needful. In His immense love, Bhagawan blessed me to be one of the persons to place the brick. I was wondering why I was chosen. But subsequent events proved the Divine plan behind it to entrust the Seva at the hospital exclusively to the Sevadal from Karnataka and as State President, it was my responsibility to ensure that everything went on smoothly.

We also had the privilege of hosting and taking care of all the VIP guests during the inauguration. Bhagawan made it a point to bless those who had rendered seva at the inaugural ceremony by presenting a gift to them. Though I was away on

other work, He had remembered and kept a gift for me also!

Bhagawan made the most profound declaration that "Seva at this Hospital would be rendered exclusively by Sevadal volunteers from Karnataka". When Dr.Safaya enquired, "Why the Sevadals?" Bhagawan smilingly replied, "I am granting their prayers done in many previous births!" Like the vanara sena was blessed to participate in Sri Rama's march to Lanka, Sevadal brothers and sisters of Karnataka have been blessed to render seva at the Super Speciality Hospital.

Swami said that the sevadal who come to render seva at the hospital were performing their spiritual sadhana and He was particular that they should be well taken care of. Towards this, He blessed them with a well-furnished dormitory accommodation separately for gents and Mahila Sevadal. A separate kitchen was created to provide wholesome and homely food to them.

It is the Divine Sankalpa of Swami that over the last 25 years, week after week, Sevadal volunteers from far off places like Belgavi, Bagalkot, Kalburgi, have been travelling over 500 km foregoing personal inconveniences and demands of profession or business and have been rendering dedicated seva. I have come across sevadals who had prayed to Swami for their medical problems and vowed to render seva after they get cured with His Grace. They had meticulously kept to their pledge saying "this life is given by Swami, so we are dedicating it to His seva".

After Mahasamadhi of Bhagawan, there was apprehension whether devotees would come for seva as in the past. But their devotion and love for Swami has been only strengthened and we have continued to fulfil our commitment to Swami.

Earlier, from 1988 sevadal of Karnataka have been rendering seva at Prasanthi Nilayam as per All India roster. When Swami announced that 100 Sevadal of Karnataka would exclusively render seva at Super Specialty Hospital, He directed that we need not go to Prasanthi Nilayam for seva. All these years, though they were keen to render seva at Prasanthi Nilayam, we have been rendering seva at the Hospital only as per Bhagawan's directions. In 2020, when the Covid pandemic struck, many States could not send sevadals and on the direction given by Sri.R.J.Ratnakar, Managing Trustee, Sri Sathya Sai Central Trust, sevadal of Karnataka resumed the Parthi Seva. Now they are happily rendering seva at Prasanthi Nilayam also, while continuing with seva at the Hospital here. It shows how Swami's Sankalpa works wonders!

Another declaration of Swami was to "start a Sai Samiti in the residential complex of the Hospital" so that all the doctors, support staff and their families could participate in seva activities. This came about in a most striking way. This is very rare and I consider it a rare privilege and blessings of Swami.

During a tour of Bijapur District on 18th and 19th January 2010, I had a call conveying Swami's message to start a Samiti at Super Specialty Hospital. Even before I could start back, I received the message again and I confirmed that I would do as Swami willed.

On reaching Bangalore next morning, I went and met the Director, Dr. Hegde and others and informed them of Swami's wish. Within the next two days, on 22-Jan-2010, we inaugurated the Samiti after seeking His blessings.

This is the only Samiti which was opened with direct instruction of Swami by His sankalpa. This Samiti functions very actively and gives an opportunity for everyone in the campus to participate in Seva Sadhana.

During the last 25 years I have associated closely with the activities of the Hospital and have had many unforgettable experiences. I would like to mention only a few here that show Bhagawan's grace flowing continuously for the well-being of His patients.

Bhagawan was very particular that we take up two important projects. One was the Sri Sathya Sai Holistic Rehabilitation Programme under which patients who had undergone heart surgery at our Hospital would be interviewed to ensure that they are following post operative care instructions. In many cases it was found that they had not been taking the prescribed medicines for various reasons. They were guided properly and in some cases, where they were too poor to afford the cost of medicines, we had provided the medicines to them. We then realised Bhagawan's insistence on this programme. I am happy that this initiative has worked so well that it is being implemented all over the country now.

The second project that Bhagawan was very keen about was the patient counselling. Sri. Umesh Rao and Smt. Gita Rao came forward and I had gone with them and taken Swami's blessings to start this department. Initially we chose 23 mahilas from our spiritual wing, who hailed from long standing devotees' families in Bangalore. This department has been rendering excellent service in guiding the patients before and after surgery. Now there are over 35 Mahilas rendering seva here. I have to place on record the dedicated service rendered by Sri. Umesh Rao and Smt. Gita Rao.

It has been a glorious journey thus far for Swami's Temple of Healing in Bangalore. May it progress majestically towards its Golden Jubilee. I would like to close with a prayer by a North Karnataka devotee which is very dear to my heart and reflects the emotions of all those involved in running this great Institution. The Kannada prayer translates thus: "I have surrendered to You, my Lord. You are the most compassionate One. I have submitted myself at Your Lotus Feet. May all the times your beautiful form be in front of my eyes! May my heart be an ideal place for You to reside!" May it be granted to us to be His worthy instruments!

Sri Nagesh Dhakappa

Former State President, Sri Sathya Sai Seva Organisation

Love All, Serve All - The Tāraka Mantra



Pranāms at the Lotus Feet of our Beloved Bhagawan Sri Sathya Sai Baba.

Soon after the hospital was inaugurated on 21st January 2001, Swami was immensely pleased with the seva rendered by the Seva Dals during the event. Our State President was informed that, going forward, the

Karnataka Seva Dals would be blessed with the opportunity to serve at the hospital.

The Organisation leadership jointly decided to allocate seva points for Karnataka Seva Dals and Bangalore District Seva Dals. Thus began a sacred journey of service - week after week, devoted ladies and gents from various districts of Karnataka and Bangalore came to serve as per schedule.

In one of His interactions with the gents Seva Dals after the inauguration, Swami lovingly emphasized that the only criteria for performing seva at the hospital was love and care. Patients who visit from across India and abroad look forward to the healing touch and compassionate presence of the Seva Dals - even before consulting the doctors.

Today, after more than two blessed decades of service, we can confidently say that the Karnataka Seva Dals have upheld their Master's sacred wish.

As we look to the future, new-generation Seva Dals will join the seva. Though many of them may not have had the opportunity for physical proximity to the Lord, we are certain their commitment will be even stronger and seva with love will continue as the guiding light.

We express our heartfelt gratitude to our Beloved Bhagawan for granting us this divine opportunity to serve at our Super Specialty Hospital, which will celebrate its Silver Jubilee in January 2026.

Many more milestones await. Swami's Hospital will remain a global testimony to the spirit of Seva and how Swami's Seva Dals remain focused on Bhagawan and perform their duties with unwavering devotion.

Sri K. Nandakumar
Sevadal Volunteer

Swami: The Divine Architect of our Lives



My first glimpse of Bhagawan Sri Sathya Sai Baba was in 1972, during my years as a young architecture student in Delhi. After joining the Seva Dal in 1973 and attending the 1974 Summer Course in Brindavan, my relationship with Swami deepened slowly with Him quietly directing my career choices and nurturing my spiritual journey for nearly 25 years before the

monumental hospital project came into my life.

During these years, I had had the privilege of designing a girls' school in Delhi in 1977–78 and a boys' school in Rishikesh in 1999, both of which Swami personally approved, but nothing prepared me for the unexpected turn during one visit to Puttaparthi when, while presenting the Rishikesh school drawings, Swami suddenly shifted the entire conversation to a new Super Speciality Hospital planned for Bangalore. At first, I thought Swami was merely sharing information, but when Swami set aside the school plans, described the vision of the upcoming hospital, and then lovingly patted me on the cheek saying, “Start karo,” I realised that Swami was entrusting me with an extraordinary responsibility far outside my area of expertise, since my architectural background was mainly in high-end homes and not in massive institutional or medical buildings! Earlier we had done some works in hospitals like renovations and other facelifts, but definitely not of the magnitude Swami was talking about.

Swami's brief was characteristically simple, yet profound. He said the hospital in a major city like Bangalore should be “grand like the Buckingham Palace”—a statement that conveyed not replication but a sense of royal magnificence and spiritual majesty. When I returned to Swami with the first set

of drawings, He examined everything with great care and then took me backstage in the Poornachandra Auditorium, where I was stunned to see numerous three-dimensional architectural models created by internationally acclaimed architects, all of whom had submitted their designs for the hospital. I had come only with some sketch drawings.

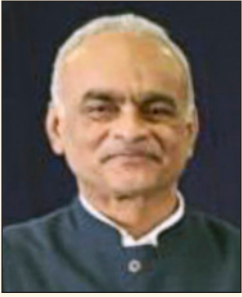
In that moment, I understood Swami's intention: He wanted me to see the countless options available, only to gently reinforce the overwhelming grace behind the words, “But I chose you.” From that point onward, the project unfolded as an intense spiritual partnership, with me constantly travelling between Delhi and Whitefield—spending 15 days conceptualising and preparing detailed drawings in Delhi and another 15 days on site in Bangalore, overseeing progress and refining new elements. Every single drawing, photograph, elevation, and interior detail was personally shown to Swami, who examined each line and feature with extraordinary precision, even modifying major design elements such as raising the height of the central dome to 75 feet as a tribute to His 75th birthday.

Swami also oversaw interior features like the mandir relocation plan, columns, finishes and even hand-selected the exact photograph to be installed inside the mandir, choosing it personally while I unrolled the prints in front of Trayee Brindavan. Throughout the rapid construction, Swami monitored progress with almost daily curiosity—often asking, “What is new? What have you brought?”—and showing a level of involvement that made me feel as though every brick was being placed under Swami's direct supervision. Despite the immense scale, complexity, and level of detailing—something that would normally require at least five to six years to complete—the project progressed at miraculous speed, with incidents such as the sudden appearance of the gold kalash atop the dome on the day of inauguration. I had no idea how it could possibly be installed in time.

Looking back, the entire experience taught me that Swami did not choose people because of their capabilities but to shower them with His love, letting them feel like instruments in a divine mission. It is for this reason, I consider the Bangalore Super Speciality Hospital not just the greatest architectural achievement of my life but also a deeply sacred journey in which every step—from conception to completion—was shaped, guided, and ultimately fulfilled entirely by Swami's Grace.

Sri Rajan Sood
Architect, SSSIHMS-Whitefield

Divine Perspective on Super-Speciality Care



Swami was an active participant in the project execution of SSSIHMS-Whitefield. After all it was a massive undertaking with an extremely tight timeline (25 years ago, the typical duration for a 300-bed hospital project was 60 months, whereas our timeline was 14 months) and Swami was constantly reminding us to “fast-track” the project.

L&T, the prime contractors, would not waste any time to escalate matters to Swami if they did not receive inputs on time from the architect and designer, and every time this happened, we had to answer to Swami. One day, He asked us, “If you take a day longer to provide the designs, are you certain that the quality of the design will be better?” Of course not, we had to admit. “But if you provide the designs as scheduled, at least that day’s work is completed,” Swami told us, providing us the only motivation we needed to ensure we provided all the designs to L&T, on time. There were many more instances like this when Swami enabled some amazing learnings.

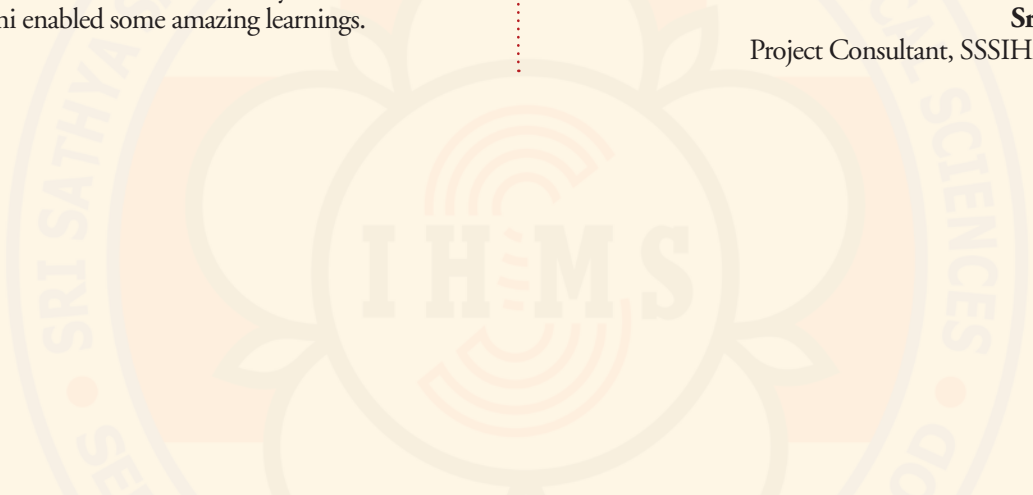
But by far, one thought has stayed with me all these years.

During one of our interactions, Swami asked me what a super specialty hospital was. I started to talk about the qualifications of the doctors, the medical equipment and the usual things that get mentioned in this context. Swami listened to all this quietly, then said something that was so profound, yet so simplistic. He said a super specialty hospital is one in which if a person receives treatment, post treatment he can manage all medical spending within Rs.500 per month (at current prices around Rs.2500 per month), which is probably the amount that even someone from the lowest income strata can afford to spend on medical costs today.

In today’s context when for private equity owned private hospitals chase profits at any cost, this is such a simple message that not only must the treatment itself be delivered at low cost, but also the post-treatment costs are also equally important. As the burden of non-communicable diseases skyrockets, this becomes a fantastic aspiration for all those involved in the delivery of healthcare services.

Sri A. Srivathsan

Project Consultant, SSSIHMS, Whitefield



From Beginnings to Blessings: Voyage at SSSIHMS



My professional journey in medicine began in 1975 and took me through several reputed institutions in India and abroad - including King George Hospital (Visakhapatnam), Safdarjung Hospital and AIIMS (Delhi), Nizam's Institute of Medical Sciences (Hyderabad), the Cleveland Clinic, University of Chicago Hospital, and Mafrq Hospital under the Ministry of Health, UAE, before culminating in 2007 at the divine portals of Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), Whitefield.

Yet, it was here, at SSSIHMS, Whitefield, that I encountered a philosophy of care unlike any other. At this Temple of Healing, medicine transcends diagnosis and treatment; it becomes healing - of the body, mind, and soul. Every aspect of work reflects Bhagawan Sri Sathya Sai Baba's spiritual vision, with each member of the staff guided by an inner accountability to the Divine within. This consciousness infuses patient care with sincerity, precision, compassion, and love.

Serving in this sacred institution transformed my understanding of medicine. It revealed that our profession is, in fact, a spiritual discipline - a harmonious blend of knowledge, skill, empathy, and sacrifice. SSSIHMS shaped my professional identity and nurtured my spiritual growth, teaching me that healing hands must always be guided by a loving heart.

A Blessing Before the Beginning

On 9 April 2007, after reporting to the HR Department at SSSIHMS, Bangalore, I travelled to Prasanthi Nilayam to seek Bhagawan Sri Sathya Sai Baba's blessings before beginning my service. After waiting three days, Bhagawan graciously granted me an interview. He enquired lovingly about my background and, with His infinite compassion, materialized vibhuti and applied it to my forehead, blessing the commencement of my journey. He also reassured me that He would take care of my son, who was then in the 8th standard.

True to His divine assurance, my son's educational journey unfolded effortlessly — from school to his Ph.D., and now to post-doctoral research at the Sri Sathya Sai Institute of Higher Learning, Prasanthi Nilayam. His path is a living testimony to Bhagawan's boundless love.

That first darshan set the tone for all the years that followed, filling my heart with faith that every step of my work at SSSIHMS would be divinely guided.

Milestones of Divine Interaction

Among the many sacred memories of my journey, 7 June 2008 stands out vividly. On that blessed day, I had the rare privilege of partaking in Bhagawan's Divine Presence inside the dome during His final visit to our hospital in His physical form. The photographs and videos from that occasion are treasured reminders of His immeasurable love.

Between 2007 and 2011, Bhagawan blessed us with numerous opportunities for Darshan, Sparshan, and Sambhashan. His gentle guidance in both personal and professional matters illuminated my path and strengthened my resolve during the formative years of my tenure.

A particularly cherished moment occurred on 17 January 2010, during the 9th anniversary celebrations of our hospital in Prasanthi Nilayam. I had the honour of addressing the gathering on "The Sri Sathya Sai Ideal of Healthcare." Before beginning my speech, I placed a rose at His lotus feet and sought His blessings to quote His historic 1947 letter to His elder brother. As I spoke, the words flowed effortlessly, as though Bhagawan Himself were guiding every sentence.

The 10th anniversary celebrations on 16 January 2011 were equally unforgettable. Bhagawan graciously accepted letters from all our doctors, personally read mine, and blessed each one of us. These divine interactions remain jewels in my spiritual journey.

Building a Department — Service as a Divine Mission

When I joined the hospital in 2007, SSSIHMS required both neuro and cardiac anaesthesiologists, as the previous consultants had moved to other centres. I suddenly found myself as the sole consultant responsible for four cardiac theatres, four neurosurgery theatres, two ICUs, and both the neuro and cardiac cath labs. Strengthening the department became not just a professional challenge but a divine mission — one that demanded skill, discipline, and unwavering devotion.

To attract young talent, I visited medical colleges and DNB hospitals across Karnataka, Andhra Pradesh, and Chennai. I participated as faculty in academic programs, delivered more than 70 lectures, and chaired over 40 national and international conferences. Every presentation began with an introduction to SSSIHMS and Bhagawan's vision of free, value-based healthcare. This inspired many postgraduate students to join us for training, laying the foundation for a strong academic and clinical team.

Academic Growth and Conferences

To foster academic exchange, I began organizing national and international conferences. The first such event, in May 2009, was conducted in collaboration with Sai doctors from New York, Cincinnati, and Australia - even before the Dhanvantri Auditorium was built. When I presented the brochure to Bhagawan, He lovingly reviewed each page and blessed the event.

Over the years, I organized 21 academic conferences, including five international CMEs with Baylor College of Medicine, Texas, USA. Themes ranged from Anaesthesia Machines and Monitoring to Cardiac Anaesthesia Updates and Indo-USA Critical Care Medicine Updates. Many were endorsed by the National Board of Examinations (NBE) and featured on its website from 2013 to 2020.

In 2017, our Department of Anaesthesiology was accredited as an NBE Examination Centre for the Anaesthesiology exit exam. I had the privilege of serving as an internal and external examiner for more than 200 DNB candidates. The NBE empanelled me as National Faculty and Subject Expert, entrusting responsibilities including theory paper correction, OSCE paper setting, and thesis evaluation.

My greatest joy was witnessing all our DNB students clear their exams on the very first attempt — a testament to the department's teamwork and academic rigor.

Training and Fellowship Programs

To strengthen academic growth, I initiated Fellowship Programs in Cardiac Anaesthesia and Critical Care Medicine under RGUHS in 2010. These programs significantly improved our academic strength and ensured a steady pool of skilled specialists. More than ten fellows have since completed training and are now serving in reputed institutions across India and abroad.

I also introduced the B.Sc. in Anaesthesia Technology program, later upgraded to B.Sc. Anaesthesia and Operation Theatre Technology under RGUHS. Today, more than 47 anaesthesia technologists support our OT and ICU services, many of whom now also serve at the SSSIHMS campus in Prasanthi Nilayam.

Research and Publications

Research has always been an important pillar of our department. Every DNB candidate was encouraged to pursue clinically relevant studies and present posters and papers. I have been blessed to contribute 28 publications to PubMed-indexed journals - a meaningful contribution to anaesthesia literature.

Training in Emergency Preparedness

Understanding the importance of emergency response systems, I initiated structured CPR and Code Blue training across the hospital. In 2012, after obtaining American Heart Association (AHA) Instructor Certification, I established SSSIHMS as an authorized AHA Training Site. This enabled us to offer AHA-certified BLS and ACLS training to doctors, nurses, and postgraduate students, significantly enhancing patient safety and preparedness.

Infrastructure and Service Expansion

Over the years, our operating theatres were transformed into fully modular, state-of-the-art units equipped with advanced anaesthesia workstations, monitoring systems, ultrasound, fiberoptic scopes, and pain management tools.

From the beginning, our anaesthesia team supports a remarkable annual workload:

- **1,800 neurosurgeries**
- **1,100 cardiac surgeries**
- **15-20 cardiology interventions per month**

During the COVID-19 pandemic, I had the privilege of serving in the HDU and COVID ICU, caring for 288 patients. It was an intensely challenging period, yet it reaffirmed my faith in teamwork, resilience, and divine grace.

On the spiritual front, in January 2010, Bhagawan entrusted me with the responsibility of Spiritual Convener of the newly formed SSSIHMS Campus Seva Samithi. Before commencing our work, we visited Yajur Mandir and received His blessings. This role deepened my understanding of Bhagawan's message of integrated service - where professional excellence and spiritual commitment walk together.

Reflections and Gratitude

As I look back on the past 18 years at SSSIHMS, I realize that my time here has been far more than a career - it has been a spiritual pilgrimage. The privilege of teaching, mentoring, organizing academic events, and witnessing daily acts of selfless care have been among the greatest blessings of my life.

I vividly recall a child with a complex congenital heart defect who required nearly three months of intensive care after surgery. Against all odds, the child recovered and was discharged — a powerful reminder that divine grace, combined with sincere teamwork, can turn the impossible into reality.

Our department has seen months in which cardiac surgeries exceeded 140 cases - such as in June 2014 - yet every case was approached with the same dedication, precision, and compassion.

From 2007 to 2022, I had the privilege of serving as Head of the Department of Anaesthesiology, and from 2014 to 2025, I was entrusted with the additional responsibility of In-charge Director during the directors' vacation periods. These roles offered invaluable opportunities for leadership and service in Bhagawan's mission.

Above all, I am deeply grateful for the gift of good health. By Bhagawan's grace, I have not availed even a single day of sick leave during all these years.

As I look ahead, my heart overflows with gratitude for having been part of this divine journey - a place where science and spirituality blend seamlessly, and where service becomes an act of worship.

Jai Sai Ram

Dr. Kolli Chalam
Sr. Consultant, Anaesthesia & Critical Care,
SSSIHMS, Whitefield

Healing with Love & Selfless Service



SSSIHMS is indeed a “Temple of Healing”. Personally, I have experienced the guiding principle Love All, Serve All” innumerable times - both within the hospital and the residential campus.

Professionally, I feel deeply fortunate to work with such a dedicated and compassionate team. Every day, we witness patients who would otherwise

be unable to afford surgery elsewhere, being treated here with the utmost care and dignity. This inspires us continuously and motivates us to give our best each day.

My first day at the hospital remains very memorable. The HR team was warm and welcoming, ensuring I was personally escorted to the Operating Theatre. At the entrance, even the Sevadal uncle greeted me with a warm smile - a gesture that continues to this day and sets a pleasant tone for all of us. The supportive atmosphere within my department helped me feel at ease and included. Similarly, at the residential area, the staff were extremely helpful and made sure I settled in smoothly.

Each day as I step into work, the atmosphere feels so distinct and engaging that I become immersed in it - and it's only towards the evening I remember that numerous other responsibilities await me at home. Apart from the regular work, I would like to mention that conducting pre-anaesthesia check-ups for children is an experience in itself- one that I truly enjoy. Some children are talkative and bold, others cling to their parents and open up slowly, while a few anxious ones can be quite challenging to examine.

I vividly recall a 12-year-old boy scheduled for a procedure in the Catheterisation laboratory who firmly refused anaesthesia. He was quite fearful about undergoing anaesthesia. With remarkable conviction, he said that he would endure the pain but would not consent to anaesthesia. He, indeed, underwent the entire procedure fully conscious, without any sedation. His exceptional willpower enabled him to complete it successfully. It was an unforgettable experience, reminding us that even our youngest patients can offer profound lessons in strength.

We witness numerous challenging and complex cases recovering beautifully, while sometimes even simple cases take

unexpected turns - reminding us that we are merely His instruments. One particular one-year-old child required as many as 30 shocks during resuscitation but ultimately went home healthy - a true miracle! Such outcomes reaffirm our faith, but they also highlight the immense teamwork, dedication, and coordinated effort that contribute to every recovery. When such patients with a prolonged ICU stay return for follow-up, they often visit the ICU team, and our nursing staff feel immense joy and pride in seeing them healthy and thriving once again. Those moments truly reaffirm the purpose behind our work.

My professional growth at SSSIHMS has been remarkable. Working with different surgeons, observing their varied approaches, and adapting to each case has deepened my understanding and refined my anaesthesia techniques. I have also learnt immensely from visiting doctors during medical camps - particularly in areas such as critical care management, regional blocks, the use of ultrasound in ICU, and early or on-table extubations. These experiences have even inspired some of my own research work in these domains. I have learned so much from my senior colleagues - their academic commitment, the departmental activities, and, above all, their professional and emotional support have been truly invaluable.

The infrastructure at SSSIHMS is exceptionally well-organised. The mighty and clean hospital treats every patient equally - there are no separate private, semiprivate, or general wards. All patients receive appropriate and completely free treatment. Some come here because it is free, while others are drawn by their devotion. Yet, all who enter this temple of healing are healed. The cardiac operation theatres are spacious, well-equipped, and meticulously maintained. Our ICU is a model unit, equipped with the latest technology and driven by a spirit of teamwork and excellence in patient care. It is conveniently located adjacent to the OT, ensuring seamless patient transfer and care. The protocol-based management and dedicated nursing support further enhance patient outcomes.

Indeed, every aspect of this institution reflects its Divine Mission - *to heal with love, precision, and selfless service*. I feel blessed to be a part of this sacred journey.

Dr. Anitha Diwakar

Sr. Consultant, Anaesthesia & Critical Care,
SSSIHMS, Whitefield

Importance of Faith in Healing



Sairam. Joining Sri Sathya Sai Institute of higher medical Sciences has been nothing less than serendipitous for me. I joined in August 2018. Before that, I did not know much about Swami or His noble mission. I came from a corporate hospital outside Bangalore and this institute was the first place in Bangalore, where I found work. Only

after I started working, did I realise the enormity of Swami's project. Ever since then, I have always felt fortunate to have become a part of this hospital.

During my early days here, I came across a patient whom I will remember throughout my life. She was a small baby, all of five months old. She had a huge swelling at the back of her neck. It was arising from the brain and its covering layers (the meninges). She needed surgery. Anaesthesia for this surgery was going to be highly complicated as she also had a serious defect in her heart which was affecting her lungs as well. Her father was from a humble background. I was not sure he would understand the serious risk involving anaesthesia. I tried to explain in as simple words as possible. He looked a bit confused. Surprisingly, after a few minutes into the conversation, he said something very profound. He said he had brought his baby to Sai Baba. He trusted Baba more than anyone else. He was ready to take any risk as he was sure Baba would protect his child. I had never seen such innocent unshakeable faith. I was moved. The child went through anaesthesia and surgery uneventfully. Though it was a delicate task, I did not feel scared even for a moment. With Swami's grace the child recovered and went home. That simple man taught me the importance of Faith.

Throughout my time at this institute I have experienced a great work culture. All my colleagues are highly skilled, experienced and most of all, completely dependable. I will remain grateful that I have had this opportunity to serve at this divine place.

Dr. Vrushali Choudary

Addl.Sr. Consultant, Anaesthesia & Critical Care,
SSSIHMS, Whitefield

The Lady in White



It was in June 2009 that I first laid my eyes on Her. Coming from a devout Gowd Saraswat background, I was not a Sai believer. I was quite amused at my husband's excitement to introduce me to her (Dr. Prayaag was a DNB Cardiology trainee at the time), as if he was taking me to his house for the first time. We got down from the bus. It was drizzling and the

weather was a little chill. The faint smell of Eucalyptus interspersed with white jasmine filled the air. I then turned and saw her. She was the "Lady in White", in Whitefield. She was so beautiful and magnificent. She was the Sri Sathya Sai Superspeciality Hospital.

"All treatment is provided free of cost" was displayed at the entrance. I was greeting with 'Sai Ram', a greeting I often heard at my in-laws' place. I followed Prayaag and replied, "Sai Ram". As we walked through the gate, I was struck by her opulence, but had my doubts. I was skeptical. She looked so beautiful, but then, was she really "Super" as she was described by the bus conductor?

Lord Dhanvantri welcomed us, heightening my skepticism. Is Prayaag doing his Cardiology at the right place? Is this a temple or a hospital? We entered the dome area and I was spellbound by the painting of Dasavataar on the right and Shiv-Parvati Vivaah on the left. The size, detailing, meticulousness, the sheer beauty were unfathomable. I stood there in awe, soaking in the sight. As if these paintings were telling me something. Indeed, the lady in white was even more beautiful inside, with huge pillars lined with gold lacings. It was written in gold and red that it was inaugurated on 19th December 2001 by the then Prime Minister Shri Atal Bihari Vajpayee. We bowed to Lord Ganesha, who happened to be my favourite deity. The huge chandelier and the evening sunlight streaming in through the glass windows cast a halo on Sai's face. Kindness exuded from these photos.

What dazzled me the most was the smell or rather fragrance of the Lady. It was not the familiar smell of phenyl from the Government hospital corridors where I was trained nor was it the air freshener from the cooling systems of the corporate hospitals where I worked. This was different; it was sweet and faint. Prayaag said it is the smell of vibuthi. I silently nodded my head, unaware of the power and strength of the Lady. His Divine presence which makes not just this Hospital but every blade of grass move.

Fast-forward to October 2009, I landed in Bengaluru, finishing my tryst in Mumbai, my Janmabhoomi. We hadn't got campus quarters then. I applied for a job in the General Hospital. My time to work with the Lady had yet not come. I eventually landed at Manipal Hospital in Cardiac Anesthesia (something I decided I would never do when I left my Alma mater). It was a sort of habit I developed struggling with the slow pace of Bangalore then. Going to Kadugodi, walking over the tracks, going to Brindavan, sitting on the cool floor with

closed eyes. There was tremendous peace there. In March, 2010, we shifted to the hospital quarters.

Everyday I would keep hearing in disbelief various anecdotes and miracles from Prayaag. How the Lady in White would welcome with open arms the poorest of poor, the sickest of the sick, from such small remote villages in India, all coming with hope and walking out with joy and health. I would hear about the various times when seemingly complicated cases would settle the moment we let go and ask Swami to take over.

It was in February 2015 I joined the Lady, initially as an Honorary Consultant in the CTVS ICU. I was thankful to Swami to get trained in Cardiac Anaesthesia. Armed with a fellowship, being trained in management of complex congenital heart disease, I thought I had learnt it all. But was that what it really was?

The work environment itself was different. The aim was to provide quality care to the best in the available resources. There was no barring to open even small things, like a second suction catheter, a 3-way or an IV cannula; yet there was a mindfulness of whether each one is justified in the usage. Each one is aware that it is Swami's money, and that we should not waste it. Not to forget that each case is not a mere case, that he/she is not a mere patient we are trying to treat. It's an entire family that has entrusted their faith in Swami when he comes to Swami's Super Hospital.

I learnt a lot of things working with The Lady in White. There was and is no place for the ego. When everything is being provided by Him, when He provides us with the knowledge, the skills, when He decides everything for each patient, then what are we here for? Are we mere puppets playing our roles on this stage? Why do we work here? Probably it's our destiny? Or perhaps it's His grace that we being in the medical field are getting a chance to work out our karma. What better way than service where it is actually needed?

It would be a lie if I denied, there were indeed times of stress, anger, frustration but they disappear the moment we surrender to Swami. The moment that we realise that He is the Doer and He shall always take care.

The Lady in white merged with her sister, the General Hospital in 2016, now standing proud as SSSIHMS, the Sri Sathya Sai Institute of Higher Medical Sciences.

Now as she is completing her 25 years, celebrating her Founder's centenary year. Growing in Medical care, technology, providing world class healthcare, she stands White in Whitefield, pristine, amidst the multiple corporate ones mushrooming around her. She is untouched, continuing her service to humanity, always free, blessed by Sai's Grace, and as He said will continue to glow for another thousand years.

Thank you SSSIHMS, our Lady in White, for engulfing us in Swami's Love. Thank you, Swami.

Dr. Anuradha Kamath

Addl.Sr. Consultant, Anaesthesia & Critical Care,
SSSIHMS, Whitefield

My Journey at SSSIHMS Whitefield



When I was at Sri Sathya Sai Higher Secondary School, Swami asked me to pursue medicine and that He would bless my efforts. Two years later, He asked me to leave my B.Sc studies and pursue MBBS, with the assurance that I would one day serve in His hospital. True to His word, once I completed my MBBS, He blessed

me to join the Department of Anaesthesiology at SSSIHMS Prasanthi Nilayam. Swami would later guide me to do my DNB and serve Him as an Anaesthesiologist. That blessing shaped the course of my life, allowing me to serve Him for 21 years.

Returning to Whitefield

My first day at SSSIHMS Whitefield was on 7 November 2011. I had been away from the Sri Sathya Sai healthcare system for nearly five years, but post Samadhi, I felt a yearning to return and continue my association with Swami's mission. Over the next thirteen years, I grew from being a consultant to becoming the Head of the Department of Anaesthesiology.

On 12 May 2025, I bid farewell to SSSIHMS Whitefield. The decision was not easy. I was reminded yet again that the true worth of an opportunity often reveals itself only after it has passed. I first understood this when I left SSSIHMS Prasanthi Nilayam in 2006, and now, I feel it once more after leaving Whitefield.

Early Memories of SSSIHMS Whitefield

My earliest recollection of Whitefield dates to its inauguration, when I was pursuing my DNB at Puttaparthi. We had heard about the event later. Swami had just inaugurated a state-of-the-art hospital. The hospital, with its emphasis on cardiac and neurosciences, was a boon to the patients in Karnataka and an example to society at large. Swami had extended the scope of His mission – to the departments of Neurology and Neurosurgery. SSSIHMS Whitefield had been designed to perform a larger number of cases than the hospital at Puttaparthi.

In 2005, I had the opportunity to work at SSSIHMS Whitefield as a replacement for doctors who were on leave. I found the doctors and staff very motivated, as they worked without the physical presence of Swami. Even though I spent only two weeks, it left a lasting impression on my mind as to how deeply faith and dedication can inspire selfless service, sustaining an institution's spirit.

In 2006, I moved to Delhi to gain further experience and had an opportunity to work in neuro-anaesthesia. I could feel that

the opportunities I came across had Swami's blessings as eventually it brought me back to Whitefield in 2011.

Lessons from the Operating Theatres

One of my first impressions upon joining Whitefield was of the operating theatres. Having worked at an advanced centre in Noida, I assumed that corporate hospitals would be far ahead in terms of equipment. To my surprise, I found that Whitefield had facilities on par with premier hospitals in Delhi.

The difference was striking: while corporate hospitals often weigh return on investment before purchasing high-end equipment, Swami had ensured that the very best was available to patients—free of charge. It was a reminder of His vision: that healthcare should be selfless service, not a business.

The opportunity to teach lifesaving skills

An opportunity to learn and teach Basic life support and Advanced Cardiac life support came up through Doctors from the US, who were keen on SSSIHMS becoming a training site. A few doctors underwent training and returned to teach others. We were able to set up the Code Blue system of alerting the emergency response teams. This was one of the most fulfilling aspects of working as the impact on the system was there to see.

The greatest challenge

Covid 19 was for most people the darkest phase in recent memory. At SSSIHMS also, we took care of patients who were very sick and eventually we lost many to the disease. The dedication which we saw in the staff who were working with the PPE suits and putting their own lives in danger was truly exemplary, a testament to their courage, compassion, and unwavering commitment to saving lives.

The Spirit of Service

I recall working with resident doctors who initially had little knowledge of Swami's teachings. Yet, the environment at Whitefield quickly transformed them. One young doctor once mentioned, while discussing a patient: *“These patients have nowhere else to go. They have given up everything to be here. If we cannot give them the service they need, they will not get it anywhere else.”*

That remark stayed with me. It captured the essence of Swami's institution that the patient is always first. Compassion was not just taught; it was lived, and it permeated through our practice of medicine.

Moving Beyond

After fourteen years at Whitefield, I transitioned to a corporate hospital. The circumstances were different this time. While corporate hospitals boast of the best equipment, the practice of medicine often reflects in the bill presented to the patient. At SSSIHMS, every patient received the same treatment, regardless of the financial capacity.

Swami's vision was to set an example—showing how selfless service could be performed, and how healthcare could be redefined as an act of love.

My Wishlist

As I look back, I carry with me a vision for the future of Whitefield. My hope that the institutions created by Swami lead the way in the next 25 to 50 years.

- **A Centre for Critical Care** for both acute and chronic cases. Just as Swami created a hospital to take care of Cardiac and Neuro surgeries, the need of the hour is to help patients recover from debilitating illnesses. The stay in ICUs is prohibitively expensive. Both the Super speciality hospitals have the infrastructure, but require the manpower to run the ICUs. It would require some futuristic planning and a revisit to Swami's words on helping the poorest of the poor.
- **A Primary and Secondary School** for the children of staff at the Whitefield campus would go a long way in creating the right support system for its employees.

Closing Reflections

My journey at SSSIHMS Whitefield was more than a career—it was a spiritual calling. Twice in my life, I have stepped away from Swami's institutions, and I have realized the immense value of the opportunities I was given. Through it all, I remain grateful for His Grace, which has guided me to serve to the best of my ability.

SSSIHMS Whitefield is not just a hospital. It is a living example of Swami's vision: that medicine, at its highest, is an act of compassion and selfless service.

Dr. Pankaj Punetha

Former HoD, Anaesthesia & Critical Care,
SSSIHMS, Whitefield

His Instrument



Loving Sairam.

Thanks for providing me an opportunity to reflect on my working at the SSSIHMS-WFD since the year 2005. Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield completes 25 years of selfless service in Bhagawan Sri Sathya Sai Baba's divine mission of healthcare. It gives

me immense pleasure and personal satisfaction that I could participate in a small way, in this immense service to humanity by our beloved Swami. Though it has been 25 years since the hospital's inception, however, feels like it has just started. The hospital looks so new, the enthusiasm is high and enormous numbers of patients from all over the world continue to benefit.

While working at the hospital, I feel Swami's grace all over for the treating doctors, patients, the treatment outcomes and cure of disease. The grace which begins in the hospital carries on and is felt even when I am working at other hospitals.

I feel extremely grateful to Swami for giving me this great opportunity to work in His hospital and be His instrument and showering immense love on me.

Swami's hospital is a gem for the doctors, patients, students, residents, fellows, nurses and just everyone and above all the patients. For me it has been a lot to learn from observing how every member in the patient care team, doctors, nurses, technicians and cleaners etc, work so lovingly and diligently. This has helped me improve myself and be a better caring doctor.

Once again, I thank Swami for everything and Humble Pranam at his Lotus Feet.

Dr. Ashok Garg

Visiting Consultant, Cardiology, SSSIHMS, Whitefield
Arizona Heart Clinic, Phoenix, USA

Temple of Healing



I joined this Temple of Healing, the Palace as I initially called it, in the year 2004 and studied here under the guidance of my teachers, little knowing what was in store for me. Initially there was a phase when I didn't know Swami, or "Sathya Sai Baba" as we called Him then. Then came a phase when it dawned upon me, of course through His

benevolence that He is the Highest form of God I shall ever witness in this lifetime and reverence flowed and He became "Swami" and "Bhagawan" for me, but there was also this little regret that I have come so late into His fold. In 2011, the most unexpected happened. It was hard to digest then and it is still. After some time, I resigned myself to the fact that Swami is not coming back to us physically and pictures of Swami took His place at times. Fortunately, He speaks even now, through those pictures and many other ways. As we all know, His physical form was not the only mode through which He communicated even before 2011. Well that's Him!

When I joined this place, I thought Lord Krishna and Lord Rama were Avatars. Little did I imagine that the One, the God, the Absolute, even beyond Avatars would show His presence on the planet and I would be fortunate enough to see Him, speak to Him, touch Him and get His valuable

guidance, blessings and love which has shown me the path forward and protected us always. He has walked amongst us, lived with us, loved us, laughed with us, cried too at times, fed us, clothed us, housed us, stood with us through our toughest times, saved people from accidents, cancelled cancers, reversed Downs syndrome fetuses to normal babies, brought back people from the dead and importantly founded the Institute and the free hospitals serving the poor and needy to date. I mean what more could we have ever asked from Him? For us to be even born at this opportune time to witness the Avatar and His magnificence, His expansiveness and His all Inclusiveness, His power, grandeur and manifestations is the greatest blessing we've ever had.

Despite having been in His physical fold for over two decades, I continue to be intrigued by His ways and means. My life has taken many unexpected turns in the last few years but He has shown His presence, blessings, love and compassion every time. Standing on the verge of 2026, not knowing if I will ever find out why certain things happened to me or my family, I am starting to realize that only what He wills, will happen.

I earnestly pray to Bhagawan to bless me and my family so that we live each moment of our lives in deep gratitude, acceptance and reverence.

Aum Sri Sairam

Dr. Reeta Varyani

Sr. Consultant, HoD-Cardiology,
SSSIHMS, Whitefield

The Magic of Swami: Going Beyond Body, Mind & Spirit



The practice of Medicine from time immemorial has been ingrained with belief systems of the human race—whether it be social, spiritual or scientific. It largely derives from the fountainhead of faith – in the therapy offered, medical science in general and the healer- the latter expounded by sacred texts and ancient system of medicines (Indian and other) by

various forms and names as a power that guides and guards – largely transcending the form of the human healer, the doctor.

Faith has moved mountains, and many doctors both in training and practising professionals will allude to incidents that have transgressed beyond the realms of modern science being able to explain them. Whether we call them medical miracles, coincidences or just God's grace is a matter of nomenclature and personal opinion - yet they remain as those "seashore lighthouses" to remind us that a power, higher than our own medical science, does nourish and nurture it, giving it direction, as also drops in reminders, time and again about the power of faith, love and above all prayer.

In times of need, pain and doubt, we pray to the Lord, with various intentions. For guidance in decisions; for solace during bereavement, for solitude to hear Him speak, and most often for a shoulder to cry on.

Have you ever imagined what happens if the patient (on a human scale) LOSES his or her power TO PRAY FOR SOLACE due to a physical impediment in doing so, leaving them helpless to even "ask" for Divine Intervention? And a situation where that Divine Power in His endless Mercy reaches them without a vocal prayer resounding in His Hallowed Corridors!!

Let me recount a few chapters (incidents) from my personal medical diary where three blessed souls *went beyond the Body Mind and Spirit*, overcoming such individual impediments, in their respective journeys towards better health and eventually healing.

Chapter 1 -Transcending the Body

A 11-year young girl child was referred to us for repeated episodes of cardiac arrest. Her rhythm had gone awry and her "heart stopped" multiple times; yet she had been fortunate to be given cardiac massage and revived by her parents every time. For someone born deaf-mute and challenged in other ways too, she was one of the most intelligent children I came across in my practice and excelled in school despite all her difficulties. Diagnosed as a super-rare disease (Jervell-Lange-Nielsen syndrome) which entails formation of very dangerous arrhythmias in the heart, she could survive only if implanted with a certain specialized pacemaker called the ICD. Imagine hailing from a village, with parents not educated, and also not being able to vocalise and "speak" to the Lord for grace and

mercy! Unfortunately, for her small body size an ICD was not available, because the companies manufacture them generally for adult sizes. Even as she was being worked up in the outpatient department for a procedure we were all worried about, a specialised pediatric ICD gets released globally exactly then and a UK philanthropic team comes forward to "ask" us "We have a few of the newer miniaturized pediatric ICD devices released just last week. Do you have any suitable patients we can implant these in?" The coincidence (SAI-incidence) and timing was flabbergasting. We had exactly the patient they wanted at that time who could benefit from the device. She lives today, very happily, to "tell" this tale, through her eyes, smiles and tears of gratitude.

This episode reminds us of the saying, "*Bolne ke liye zabaan ki zaroorat nahi hoti*", meaning "you need not speak to express"!

Chapter 2- Transcending the Mind

A 45-year old school teacher, rejected by many hospitals for not being able to meet the expected finances, was being worked up for a very tough coronary angioplasty with a lot of calcific arteries. We were expecting a "storm" in the Cath Lab and foresaw a transient, if at all, cardiac arrest when her left main artery would be stented.

Interestingly this Tamil lady, a former Balvikas teacher, had the ingrained habit of saying "Sairam" at the beginning and end of every sentence she spoke, much to the innocent irritation and gentle laughs of many nursing and allied staff. After the required lab workup we took her up for the angioplasty with my poor goodself offering a feeble "Aunty-keep-chanting-Sairam-as-we-do-the-angioplasty-all-will-go-well" statement, which the lady religiously followed as well. Sure enough, as expected, she had a transient cardiac arrest, the second the stent was deployed because as we deploy it in a tight block, all flow in the artery briefly ceases. No pulse, no rhythm for just a few seconds, but which seemed like an eternity to us! Just as the technicians were preparing to start cardiac massage, the ECG lit up, the heart started beating again and the patient resumed breathing, but what flabbergasted us was she spontaneously started chanting "Sairam, Sairam" again! Going into a cardiac arrest, in full consciousness, I had told her to chant it, but how did she remember to chant it as she came off the arrest? Obviously, He did! That is the power of Namasmarana that Swami talks about, demonstrated in full daylight for me that day! That chant was so much a part of her being and connected her to Him, that she wouldn't let go of Him when she needed Him most! Truly said that - "*Bhagwaan hamesha apne bhakton ke vash mein hotey hai*"!! - God is totally in His devotee's control!

Chapter 3- Transcending the Spirit

A 59-year old gentleman, Mr. YB, was transferred in the midst of COVID with a heart pumping just about 25% following a massive past heart-attack a few years back. He was also in need

of an ICD device for protection from dangerous heart rhythm changes (like the earlier mentioned child- chapter 1), but was unable to afford the same. As the referring hospital in Andhra Pradesh was preparing to expedite the process and implant it, he developed a massive brain stroke in the hospital due to small clot lying in his heart which was not even visible to the naked eye (a process called a cardio-embolic stroke) despite them covering for it with injection and drugs. Unfortunate as it was, as we received him here, we still hoped the brain would recover but the MRI of the brain was shocking! One half of his entire left brain was dead with almost no hope for recovery. The son was distraught “Only I know, sir, how much he believed in Swami. We would have come here right away had it not been for issues with transportation during COVID. So much we prayed for an ICD here,” he lamented.

Since the immediate concern was the brain stroke, we immediately took him to our operating room the Cardiac Cath Lab and injected a small amount of drug right into the clot to “dissolve” it, the same drug we use to dissolve a heart clot. Scientifically, the chances of recovery with this drug are best within 3 hours of the stroke but he had reached us 6-7 hours after it, minimising his benefits from it. Our neurologist was cautious about the possible results but his voice was in raptures as he called me the next morning “Doc, you have to come to CCU to see what I am seeing here!”

It was of course an unreal sight which completely captured the neurologist’s disbelief and, yet, happiness! Mr. YB was sitting on a chair smiling and nodding away at the sisters who kept

asking, “Bagunaara, sir?” in Telugu, his native language (Are you doing well sir?). He seemed so well that I first mistook him for some patient attender had it not been for the minimal slur of his voice as he greeted me, ‘Sairam’ with folded hands and a hand-shake with the grip that belied his condition twelve hours ago as he lay with a semi-functioning brain. I cannot even imagine in that state where he lay *where he could neither vocalise, nor express, nor even cry over his own state*, which part of **him had connected to Him** and expressed a prayer for Healing that happened at His Feet?

YB walked home in just a week - ICD and all – and lives to this day to tell that tale of Resilience, “Never – say –Die” Spirit and above all endless compassion.

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These chapters from my diary are snippets of such random happenings I have witnessed in our hallowed Temple of Healing. These incidents resound with Grace that emanates from Him. These stories taught our medical team far beyond what textbooks of Medicine or Psychology and Neurology could ever achieve! Baba’s Sai-Ence is way higher than the realms that our baby fingers of Science can hope to touch.

Readers and listeners get excited when they hear these miracle stories that seem like magic. Our dear Swami, the Master Healer, redefines MAGIC as **Man And God In Continuum** - a Truth well reiterated by every patient I cited above and I continue to learn from every single minute, and embedded in every brick and mortar, in my wonderful Temple of Love and Healing!

Dr. Prayaag Kini
Sr. Consultant, Cardiology
SSSIHMS Whitefield

Swami and the Art of Defragmenting My Ego



I had always believed that I spoke excellent English, and often wondered whether Swami was aware of this important fact. I was even mildly puzzled—why had He never asked me to translate any of His talks? Surely it was just a matter of time before my prodigious translating abilities would be recognised!

During the tenth anniversary of the Super Speciality Hospital in Puttaparthi, all the staff gathered around Swami and began pleading, “Speech, Swami... speech!” Eventually Swami said, “No translator.” I was nearly ready to jump up and wave my arms wildly—“Swami, I am here!” But He did not even glance in my direction; instead He chose an administrator. The administrator did well, but I remained convinced that I would have done a phenomenal job.

The Long-Awaited Opportunity

Finally, in January 2002, my opportunity came. Swami was in Whitefield, and Dr Safaya and I were yearning for Him to visit the Hospital. We stationed ourselves on either side of the interview room door in Trayee, hoping for a chance to invite Him. After half an hour of being completely ignored, Swami finally asked why we were standing there. Dr Safaya explained that all arrangements had been made for His visit to the hospital that afternoon. Swami said He was too busy.

But neither of us was ready to give up. After half an hour of pleading, Swami relented. “Three o’clock,” He said. We were thrilled.

Back at the Hospital, the staff casually discussed who might translate in case Swami spoke. We reassured ourselves that the official translator would be with Swami, as always.

But with Swami, nothing follows prediction. At three o’clock sharp, He arrived—without the official translator.

The conference room was packed. Swami was in a joyful mood, talking to His students. Soon the requests began: “Swami, speech, Swami speech”. Swami looked around and said, “There is no translator.”

For reasons still unknown to me, Dr Safaya immediately declared, “Swami, Choudary is here. He will translate.”

Swami looked directly at me. “Can you translate?”

Inside, I was bursting to shout, “Swami, I am the best translator. I will do a phenomenal job!” Instead, with genuine

humility, I replied, “Swami, with Your blessings, I will be able to do it.”

Swami agreed.

A Translation Disaster in the Making

I strolled to the podium with the swagger of a cowboy in a Western Cowboy movie, arms loose, demeanour casual, absolutely confident that I was about to stun the audience with my brilliance.

Swami always began His discourses with a Telugu poem. Always. But this time, Swami recited a Sanskrit poem.

He looked at me to translate.

My heart froze. I didn’t know Sanskrit. I stared at the ground, wishing it would split open and swallow me.

Swami burst into laughter. The entire room joined Him. I stood there, utterly embarrassed. Finally He repeated the poem in Telugu and I translated from there.

For the next fifty-five minutes Swami delivered His discourse at full speed. I translated to the best of my ability, with Swami correcting me now and then—as He even does with Anil Kumar.

As Swami left, I overheard Him telling a senior devotee, “Choudary did a good job.” I was elated.

The next morning, during darshan, Swami came directly to me, materialised vibhuti, and again said that I had done well.

The Tape That Humbled Me

A recording of the speech was given to me, and a few months later in Los Angeles I decided to listen to it during one of my long Los Angeles drives.

To this day, I cannot believe that the voice on that tape was mine.

It is simply impossible that I could have translated that discourse myself. Swami uses very complex vocabulary and that day he touched lots of medical topics. And though Telugu is my mother tongue, most of my education was in English medium. Since I moved to the U.S. in 1968 my usage of Telugu had been minimal—an occasional short letter to my mother, and short notes to Swami.

Compared to someone like Anil Kumar—always prepared with a notebook and pen, fully focused—I had been totally unprepared and armed with nothing but the conviction that I was the best translator in town.

Even now, whenever my head begins to swell, I play that tape. It puts me back in my place instantly.

Defragmenting My Ego-Swami style.

I truly believe Swami orchestrated that entire episode to show me that translating for Him requires far more than simply knowing two languages. It was also a benevolent Swami way of sparing me from a humiliating failure in front of people in Super Speciality hospital in Whitefield, who barely knew me at the time unlike in Puttaparthi, and a solid step in defragmenting my “I”.

This was just one instance. There were many others.

After the inauguration of the Whitefield Super Speciality Hospital, Swami's boys organised a health exhibition. They created beautiful posters on various aspects of the human heart and various heart diseases. I personally checked every poster several times.

Swami arrived, looked at the very first chart, and said, "This is not a normal chest."

I thought, "What is He talking about?"

Swami continued, "The heart does not go all the way across the chest. It stops a couple of inches inside. Otherwise you call it a big heart."

I looked again—and of course, Swami was right. The poster was wrong. I felt like an absolute fool. Swami undoubtedly knew I was the one who had reviewed everything. I quietly melted into the background.

Another time, Swami asked me to check a healthy eighty-year-old man. I did the check-up. Later that evening, Swami asked for the report. I replied, "Swami, everything is OK, but—"

"No ifs and buts," He said, and walked away. It was busy Gurupoornima time.

Three days later, during darshan, Swami looked right at me and said, "But?"

It took me a moment to understand and realize Swami is continuing the conversation from three days before. Then I said, "Swami, his blood pressure is a little high."

"How high?" He asked.

"140/80."

Without hesitation Swami said, "What kind of doctor are you? How old is he?"

"Eighty, Swami."

"Don't eighty-year-olds have a little high blood pressure?"

Swami's simple logic cut straight through my professional pride.

Day after day, experiencing this intensity of insight and precision, I slowly began to understand who He really was—His Divine nature and I began realizing my place at His feet.

Swami set the stage on the first day.

I am convinced now that because of my parents prayers and my poorva janma sukrutham (accumulated merits of my past life), I was able to have darshan, sparshan and sambhashan of Swami on the very first morning I was in Puttaparthi.

Moreover, in the interview room when Swami asked, "What do you want?" I replied, "Peace, Swami". His reply was simple: "Take 'I' away and 'Want' away and what is left behind?"

I replied, "Peace, Swami".

Dr. Choudary Voleti

Former Director, SSSIHMS-Prasanthigram

Most Memorable Moment of My Life



My humble pranams at the lotus feet of our beloved Bhagawan.

My parents being Swami devotees, I was brought up with His principles and philosophy. Right from my childhood, I have been involved in bhajans, nagarsankeertan, narayan seva and medical camps.

After joining super speciality hospital at Whitefield, I came to know more about the spiritual activities & the healthcare system being followed here. As the hospital offers treatment totally free of cost without placing any financial burden on the family, this made the patients recover even faster.

While working here, Swami had come to the hospital on several occasions, when I had His darshan. Once Swami had organized lunch for the hospital staff in the central dome, when I got His padanamaskar. I vividly recall Him continuously looking at me. This is my most memorable moment in the hospital.

Once, a journalist from a newspaper got operated on, recovered well and was shifted to the ward. While walking in the corridor, he told me, "Sir, so much good work is going on in this hospital but many are not even aware that everything is free!" This made me feel proud of our hospital.

I would like to share a couple of stories of patient recovery in the CTVS department:

1. A 45-year old female, who underwent closed mitral valvotomy through left thorax 15 years ago was diagnosed with severe mitral stenosis. She needed mitral valve replacement. Since it was a re-do surgery, it was a difficult case to operate upon. We performed the procedure and it went on smoothly and shifted her to the ICU. As we were settling her in, her blood pressure plummeted, and she had no cardiac activity. External massage was started and while it was going on, we shifted her back to the operation theatre, put her on cardiopulmonary bypass. The mitral valve prosthesis was inspected and found everything was fine. We came off cardiopulmonary bypass and provided inotropic support to maintain her pressures, closed the sternum, and shifted her back to ICU. Many lost hope about her recovery as only 10% of such cases recover. However, I was very optimistic, as it was a witnessed arrest, and continuous massage was given to maintain perfusion pressures. Next afternoon, I saw her move. By evening, she was conscious and was on a ventilator for two days and weaned off soon after. She was discharged after ten days, having recovered completely. This was a miraculous recovery which I witnessed.

2. Another patient was a 40-year old female patient who underwent mitral valve replacement and was shifted from ICU to ward. On the fourth day of surgery, we found her hemoglobin low, and we started blood transfusion. After some time, she developed cardiac arrhythmias and her heart stopped. Cardiologists doing rounds in the wards started external massage and defibrillation; she was going into arrhythmias on and off. Even the anaesthesiologist was present during that time. The patient was shifted to the ICU with ongoing external massage, put on ventilator and provided inotropic supports to maintain the pressures. She was conscious next morning, continued to be on ventilator for a day and extubated on the second day. She was shifted back to the ward and discharged in a few days. This highlights the team effort by cardiologists, anaesthesiologist and cardiac surgeons.

Working in this hospital for many years with various surgeons, and visiting surgeons from different places, I have learnt different techniques and skills from them and fine-tuned my surgical skills. I teach our surgical residents from basics to fine surgical skills. I also make our residents understand the principles of our beloved Bhagawan, and guide them to talk to the patients and their attendants with love and care.

In the operation theatre, we have been provided new echocardiography machines with 3D transoesophageal probes. Using the 3D probes intraoperatively, we can see the structural defects of the heart and other parameters before the surgery, and verify completeness of surgery post-operatively. By using these advanced technologies, it has made a significant difference in the management of the patient.

It is indeed a great opportunity to work in this Hospital which our Beloved Bhagawan has started.

Sairam.

Dr. Chittaranjan S.J.
Sr. Consultant, HoD-CTVS,
SSSIHMS, Whitefield

The Sanctum of Service



Working within the hallowed halls of SSSIHMS is more than a professional engagement; it is a spiritual immersion. To articulate what this institution means to me requires reflecting on a philosophy that transcends conventional medical practice, a philosophy that has profoundly shaped my identity as both a paediatric cardiac surgeon and

a human being. SSSIHMS is a temple of healing and a living testament to the principle that healthcare is a fundamental right, delivered with pure, unconditional love.

Expressions: The Philosophy That Guides the Scalpel

The core of SSSIHMS's philosophy, "Paropakartham Idam Shariram" meaning the purpose of our body is to help/serve others is a radical departure from the market-driven healthcare models prevalent today. It operates on a singular, divine principle: all services are rendered absolutely free of cost, with no distinction made between the rich and the poor. This philosophy has fundamentally redefined my approach to patient care. Here, the only currency is the patient's well-being. This freedom from financial constraint allows us to focus purely on the best possible medical outcome, fostering an environment of uncompromising quality and ethical practice. It demands clinical excellence without commercial compromise. The institutional ethos has instilled a deeper sense of humility and gratitude. Witnessing the faith of patients and dedication of Sevadals has broadened my perspective on service and human resilience. It has taught me that true fulfilment lies not in accumulation, but in contribution.

Moments of Inspiration:

The inspiration drawn from this place is pervasive. The most profound inspiration, of course, comes from Bhagawan Sri Sathya Sai Baba. Though I was not fortunate enough to see Him in human form, His teachings continue to inspire and guide me. My senior colleagues have often shared their experiences of managing complex cases and their interactions with Baba regarding the same. They always mentioned how He never used to enquire about the cost or the logistics and His focus was entirely on the patient's comfort and recovery. His words were simple yet powerful: treat every patient as a manifestation of the Divine. This simple instruction cut through all administrative complexities and became my guiding principle.

My first day in this beautiful green and serene campus was filled with clinical awe—the infrastructure here rivals the world's best. My recent days have been filled with a sense of profound purpose, knowing that this infrastructure is used purely for charity. The consistency of care across the years, delivered by a dedicated team that rarely changes, speaks volumes about the work atmosphere and culture here. The attendants often arrive at the hospital anxious and financially strained. The provision of free accommodation and food for them is a profound act of compassion that eases their burden immediately.

The people who inspire me the most are the Sevadals (selfless volunteers) who manage everything from patient registration to directing traffic, all with a smile and without expectation of reward. Their cheerful dedication reminds me that everyone in the ecosystem contributes to healing, not just the doctors/nurses.

My journey here is woven from countless interactions, each reinforcing the unique fabric of SSSIHMS. Among the many miraculous recoveries of which I have been blessed to be a part of, one child from recent events comes to mind, who came to the emergency room extremely sick and blue, coughing copious amounts of blood, cursed with a condition with extremely high mortality rates even in the best centres worldwide. His family had spent whatever little savings that they had to afford transport to us, arriving with folded hands and zero funds, to save their only child. The surgery was an arduous 10-hour marathon. The team faced several critical moments where we thought we might lose him. Yet, buoyed by the collective prayers and the sheer resilience of our team, we prevailed. The 'miracle' wasn't just my surgical skill; it was the entire system working in harmony—the perfusionist maintaining perfect parameters, the anaesthesiologists navigating a turbulent course, and the post-operative nursing team providing round-the-clock, meticulous care. Looking at the child doing well at the last follow up, was a moment that crystallized the entire mission of SSSIHMS.

Reflections:

My time at SSSIHMS has been a journey of continuous learning, both professionally and spiritually. I believe my contribution lies in maintaining the highest standards of clinical excellence within this charitable framework, mentoring junior surgeons to prioritize ethics alongside skill. My learning, however, has been far greater: I learned that compassion is not a supplementary emotion in medicine; it is the foundation of quality care. The complexity of cases treated here, often presenting in advanced stages, has honed my surgical skills immensely. We have managed to maintain exceptional outcomes—often benchmarked against international standards—through rigorous adherence to protocols and a culture of continuous learning and teamwork. The infrastructure, donated by devotees, provides us with cutting-edge technology, ensuring that "free care" never means "substandard care."

The legacy of SSSIHMS, and what I hope my time here reflects, is the successful demonstration of a sustainable model of healthcare driven purely by altruism. It proves that a sophisticated, high-tech hospital can operate successfully without a billing counter. It is an institution where the heart—both the organ we operate on and the spirit that drives us—is at the very centre of everything we do.

Dr. Gautham Shetty
Addl.Sr. Consultant, CTVS,
SSSIHMS, Whitefield

A Transformational Journey



Om Sri Sairam, my humble pranams at the Lotus feet of Bhagawan.

At the outset, I would like to express my thanks to the Director and administration of SSSIHMS, Whitefield Bangalore for giving me an opportunity to pen down my thoughts about Bhagawan on the Silver jubilee anniversary of the

Institute. My thoughts as I try to put it down in words about this topic could have been about numerous incidents which occurred during my tenure in the Institute for close to six years but I would rather make it to be of a very personal kind, which hopefully shall explain to the reader how this period has been a transformational one in my life's journey.

To start with, let me confess that I was a total outsider to the world of Sri Sathya Sai Baba. I had only heard about His greatness and the noble work of His institutions from my elder brother who used to render his services at the General Hospital in Whitefield, Bangalore. I was pursuing my M.S in General surgery at Goa Medical College and after completion of my post-graduation, I appeared for the entrance examinations at several premier institutes across our country for admission to MCh in Cardiothoracic surgery. Although I scored good marks in the entrance exams, I was not selected in the interview due to lack of prior experience in the subject. So, after a couple of years, I returned to Bangalore in May 2002 and joined as an Assistant Professor of General Surgery in a private medical college and was planning to start my practice. It was during this time, in mid-August 2002 that my brother informed me about the commencement of the DNB course at SSSIHMS Whitefield in Cardiothoracic Surgery and Neurosurgery, under the guidance of Dr. Shekar Rao and Dr. A.S. Hegde, respectively. Since my work place was close by, I thought of visiting the hospital to enquire about the course. It was then that I first physically stepped into the world of Swami and was truly awestruck by the magnificent structure. I was then directed to meet Air Marshal (Retd.) Ramamurthy, who oversaw the Department of Human resources. He gave me a brief introduction to the organization and told me something that has been etched in my memory ever since: "Who are we to extol the virtues of the Bhagawan; you can only experience it". His words left me wondering why a man who had held such a high position in the Indian Airforce would say this. I was then called to attend an entrance exam, for which I was the only eligible candidate, just as Dr. Gandhi Verma was the sole candidate for the Neurosurgery exam. Following the exams, I had an interview with Dr. Shekar Rao and the entire department. Judging by their expressions, I sensed they were even more surprised than I was to have found an eligible candidate, especially a "localite".

After the department interview, I was taken to the Director's office where Dr. Safaya, the then Director tried to convince me to accept the seat. I had expressed my reservations about the pay being offered for a DNB student, the differences between life in Bangalore and Puttapparthi, and the responsibilities of

caring for my wife and four-month-old son. Dr. Safaya said, "Bhagawan will take care; He has called you here for a reason." Those words still ring in my ears even after 23 years, though their meaning was beyond my comprehension at the time. I returned home somewhat disappointed and shared with my family that it would be a poor decision to pursue the course in SSSIHMS, given the modest pay and the fact that no one had cleared the exams yet from Puttapparthi - several had left mid way. It was my wife who spoke to me then and encouraged me to seize this opportunity to pursue my passion, which had eluded me for the past two years. She pointed out that the chance had come literally to my doorstep, and that I should accept it. I am grateful I listened to her advice and hold my deepest admiration and gratitude for her unwavering support during my time in SSSIHMS as a DNB student. She had more faith in Bhagawan than me despite being totally ignorant of His grace and benevolence.

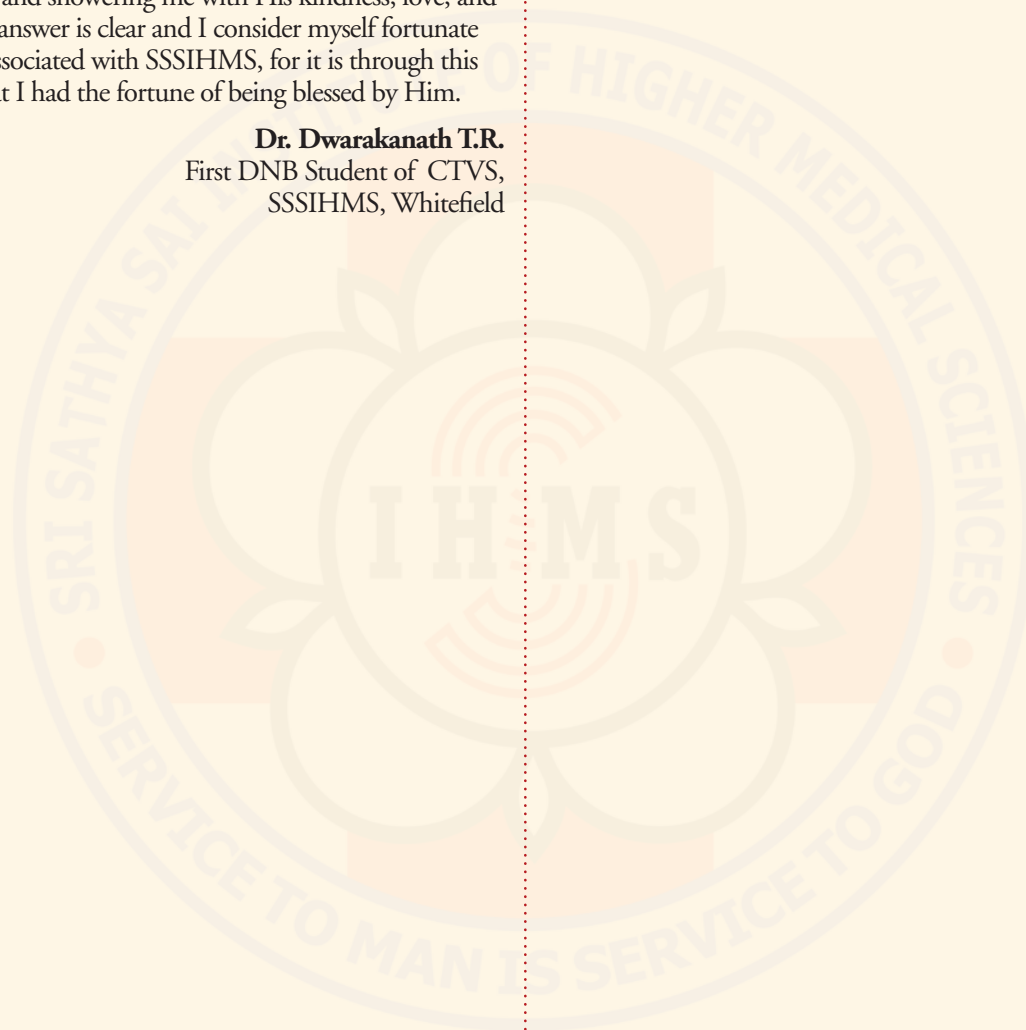
So, thus began my journey in SSSIHMS, Whitefield on 2nd September 2002 as the first DNB student of the Cardiothoracic surgery department. The next five years there transformed the way I looked at life, power of faith, devotion and meaning of Service. Though we were a very busy unit, doing about eight cardiac cases daily and I being the only trainee for almost a year and a half, it was probably one of the most important phases of my life. Looking back at those times now, as I write this article, I realize that the nights I spent in the Cardiac intensive care unit and my interactions with our "Swami boys" - Arvind, Mohan, Raghuram, Mahadevan, Srikrishna, Vasu, Karthik, Shivakumar, Raghavendra offered me profound insight into Swami's philosophy and His vision for the betterment of society. I would also like to acknowledge the meaningful conversations I had with many of the "Seva Dal" volunteers (Sairam's as we used to call them) who were posted in our department. Many of them were top executives in Multinational companies, yet they would wait patiently outside the operation theatre, eager to help by running errands such as fetching blood, medicines etc. My conversations with them also helped me broaden my understanding of seva, empathy, and the willingness of people to serve if given the right opportunity. I always wonder how a person from a small remote village in Andhra Pradesh - with no political or financial legacy - could create this wonderful organization and channel all its energy towards improving the life of ordinary people by demonstrating and not just preaching to the world on how the message - "Love all serve all" can be delivered with His various programs in the Health, Education and Public work sectors.

My personal interactions with Swami were few and limited, mostly to having His Darshan and receiving a warm smile from Him. The very first time I had His darshan felt destined. Swami was visiting the hospital during His summer stay at Brindavan, and while all our faculty members had gone down to take His blessings. I was in the ICU carrying out my duties wondering if I could have Swami's darshan when, suddenly all our boys came rushing into the unit, excited that Swami was on His way to see our unit. That was when I saw Him for the first time at such close quarters as He walked into our ICU. He

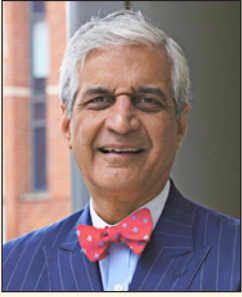
approached a bed that had a two-month-old baby, who had just undergone cardiac surgery and said “*chinna papaki intha pedda operation*” (a big surgery for such a small baby) and then looked up, smiling at us. That image of Him smiling at us is a memory which I treasure the most and I believe He had come there just to bless me. The radiance of His face, the warmth He exuded and His soft voice remains etched in my memory, replaying like a vivid video loop in front of my eyes, an emotion truly beyond words. I am certain that many others have also experienced such moments and treasure them just as I do.

Looking at my professional journey today, I feel a sense of success and fulfillment, having realized many of my dreams. Yet, I often wonder: would any of this have been possible without Him holding my hand, guiding me through all those difficult times, and showering me with His kindness, love, and blessings? The answer is clear and I consider myself fortunate to have been associated with SSSIHMS, for it is through this connection that I had the fortune of being blessed by Him.

Dr. Dwarakanath T.R.
First DNB Student of CTVS,
SSSIHMS, Whitefield



SAI is the Surgeon



Decades ago, when I first entered the Super Specialty Hospital in Puttappathi, I was in awe of its spiritual grandeur, its healing atmosphere, and its profound spirit of service. Years later, when the Whitefield Hospital was established and developed a Department of Neurosurgery, I was delighted to see that the same spirit was present there,

just as it is in all Sathya Sai institutions.

Medicine has deep historical roots, particularly surgery. From Susrutha in ancient India to the earliest hospitals run by religious orders in Italy and the Middle East, healing has long been intertwined with service and faith. Neurosurgery, though an expensive and technically demanding art, delivers compassionate care and life-changing healing, whether restoring movement to paralyzed limbs or preserving mental function. As Harvey Cushing, the father of neurosurgery, once remarked, removing a meningioma from the brain is among the highest satisfaction a physician can experience.

The Department of Neurosurgery at the Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, under the leadership of the pioneering surgeon Dr. Hegde, has accomplished extraordinary work. Between January 2001 and March 2025, the neurosurgery outpatient services alone have recorded nearly 479,000 visits, and more than 36,000 neurosurgical operations have been performed. These figures reflect not only volume, but also sustained excellence in managing complex conditions ranging from aneurysms and brain tumors to spinal deformities. Patients have traveled from across India and around the world to seek this healing neurosurgical care.

These achievements are even more remarkable given that every aspect of care has been delivered entirely free of charge. In an era where advanced neurosurgical treatment is often inaccessible due to cost, the hospital has maintained a model with no billing procedures whatsoever. This reality gives true meaning to Bhagawan Baba's teaching that Manav Seva is Madhav Seva.

The scale of service at Whitefield further underscores this commitment. Since its inception, the Super Specialty Hospital has delivered more than 1.8 million outpatient consultations across specialties, performed over 30,000 cardiac surgeries, and completed more than 67,000 advanced imaging studies including CT and MRI scans. Supporting these clinical services are millions of laboratory investigations in biochemistry, hematology, microbiology, and serology, all provided without financial burden to patients.

A few years ago, I was privileged to operate at Whitefield during a teaching conference led by Dr. Hegde. It was a joy to remove an arteriovenous malformation using equipment that matched any facility in the world. I will always remember the small temple adjacent to the operating room, with a portrait of Bhagawan Baba bearing the words, "Sai is the surgeon." A spiritual foundation for surgery is both enriching and essential. It reminds us that while surgery is an act of altruistic violence, it delivers profound healing and remains a deeply satisfying calling for the physician.

Decades earlier, when I was still in medical school, I had the rare privilege of an interview with Bhagawan Baba. At the time, I was uncertain whether to pursue neurosurgery or cardiac surgery. He looked at me firmly and said, "Neuro karo." Those words have resonated with me ever since. I feel profoundly blessed to have been guided toward this magnificent field and to have played even a small role within it.

Whether dissecting a brainstem meningioma, removing a colloid cyst endoscopically, or correcting a complex spinal deformity, there is immense joy in neurosurgery. Those of us who practice it have been deeply privileged and remain supremely grateful.

Mother Teresa once said that we are not born to do great things, but to do little things with great love. Bhagawan Baba's mission of universal, free healthcare embodies this great love through seva at the Super Specialty Hospital in Whitefield. Humanity has been inspired and enriched by this vision. If healthcare were a religion, then this hospital would be its cathedral.

The ancient Vedic adage, "Sarve Santu Niramaya", calls for the removal of suffering and disease from all people. This institution exemplifies that ideal and urges us to carry it forward wherever we work, with humility, kindness, compassion, and excellence as our enduring hallmark.

Dr. Anil Nanda

Visiting Consultant, Neurosurgery, SSSIHMS, Whitefield
Professor, Department of Neurosurgery

Rutgers - New Jersey Medical School &
Robert Wood Johnson Medical School

Peter W. Carmel, MD,
Endowed Chair of Neurological Surgery

Director of Global Neurosurgery
Editor-in-Chief, WFNS Journal

Beyond Science and Skill



I was in eighth grade when I came across an article in Reader's Digest titled *"First Do No Harm: The Making of a Neurosurgeon."* I didn't realise then that those few pages would chart the course of my life.

The thought of helping restore speech, movement, or memory through delicate work on the brain felt both humbling and inspiring, and it stayed with me from that moment on. It was not a passing influence or a moment of childhood fascination, but a sense of clarity that stayed with me and became a goal that I wanted to achieve. Alongside that dream ran another: to one day serve in Bhagawan Sri Sathya Sai Baba's hospital—a place where compassion, not commerce, was the currency of care. Even at that age, the idea of serving in such an environment felt meaningful, though I couldn't yet articulate why.

I spent twelve formative years at Christian Medical College, Vellore—first as an MBBS student and later as an MCh neurosurgery resident. Those years, grounded in disciplined and ethical practice, strengthened my resolve and prepared me for the values that awaited me at SSSIHMS. I did not know then that while I was beginning my neurosurgery training in 2003, Swami had already built this temple of healing in Whitefield, where advanced neurosurgical care was being offered completely free. When I joined SSSIHMS in 2008, it felt less like starting a career and more like arriving where I was

meant to be. There was a sense of alignment—not just professionally, but personally and spiritually.

Over the years, I have come to see that SSSIHMS is not merely a hospital but a living expression of Swami's message *"Love All, Serve All."* This is visible not only in the care delivered, but also in the atmosphere of respect that surrounds patients and their families. One case that has stayed with me was a middle-aged man with a large brain tumour. His family had travelled far, weary and anxious after spending everything they had elsewhere. His surgery was complex, requiring careful planning and coordinated care across multiple teams. After weeks of multidisciplinary treatment, he finally walked out smiling. His wife said softly, "Doctor, we came here with fear and are leaving with faith." That single sentence captured what this place stands for: healing here is not limited to the body; it restores confidence, dignity, and hope.

Another moment that remains vivid was with a young boy whose father underwent spinal surgery. During his stay, he watched the doctors, nurses, and Sevadals with curiosity. On the day of discharge he said, "When I grow up, I want to come back here—as a doctor like you, or a Sevadal." His comment was simple, but it reflected the influence of this environment, where care is offered in a manner that feels personal, attentive, and grounded in respect. It reminded me that what happens here is not only healing but quiet transformation—not just for patients, but for those around them.

A defining strength of this institution is the seamless multidisciplinary approach. Many patients require advanced imaging, complex surgery, prolonged ICU support, and extended rehabilitation. Elsewhere, this often involves multiple referrals, logistical hurdles, and significant financial strain. Here, it happens under one coordinated system, without cost-related decisions influencing care. Treatment flows without interruption, and families do not have to make difficult choices between finances and the right medical plan. Of course, there are difficult days, long surgeries, and situations where outcomes are uncertain, but even then there is clarity of purpose, and decisions are made with conscience and humility. Swami's reminder, *"Hands that serve are holier than lips that pray,"* is often lived rather than spoken.

Looking back, what began as a childhood dream for me has grown into a profession and a form of service. This journey has shaped not only what I do, but how I think about healthcare, responsibility, and privilege. Today, I am grateful not only to be a neurosurgeon, but to practise neurosurgery in an environment where compassionate care and clinical excellence coexist. In a healthcare landscape often driven by cost and systems, this institution serves as a reminder that medicine, at its core, should focus on service, dignity, and humanity.

Dr. Sumit Thakar
Sr. Consultant, Neurosurgery,
SSSIHMS, Whitefield

A Quarter Century of Healing with Heart



As Sri Sathya Sai Institute Of Higher Medical Sciences completes 25 remarkable years, it stands as a living testament to what is possible when service becomes a way of life and compassion becomes the foundation of an institution. In a world where healthcare is often shaped by affordability, accessibility and complexity, this Institute continues to

uphold an extraordinary idea that - world-class medical care can be offered with dignity, compassion and entirely free of cost.

From the moment one steps through its doors, something shifts. There are no special entrances, no preferential queues, no distinctions based on background, identity, or economic status. Every patient is welcomed with the same warmth, respect, and gentle reassurance. Here, equality is not an aspiration — it is a daily, unwavering practice.

What truly sets Sri Sathya Sai Institute apart is its deep-rooted commitment to a service-minded ethos. Doctors, nurses, volunteers, and staff carry a sense of purpose that is almost palpable. Clinical precision, advanced treatment, and state-of-the-art facilities come together seamlessly with humility, empathy, and a genuine desire to heal the human spirit as much as the human body.

My own experience with the Institute transformed me in ways I never anticipated. The medical excellence is undeniable, but what touched me most deeply was the guidance and wisdom I received from seniors like Dr. A.S. Hegde. He embodies the

essence of the Institute — a rare blend of profound medical expertise, quiet humility, and a deep commitment to service.

In every interaction, Dr. Hegde showed me that healing is far more than procedures and treatment plans; it is about presence, patience, and compassion. His ability to combine world-class clinical knowledge with a gentle, reassuring approach changed the way I viewed healthcare. He treated every question with respect, every concern with empathy, and every patient with the same dignity — whether they arrived with abundance or with nothing but hope.

During my time at Sri Sathya Sai Institute Of Higher Medical Sciences, I saw families walk in with worry and walk out with gratitude. The staff saw service not as a task, but as a privilege. And I felt, in the most profound way, what it means to be cared for as a human being — not a case file, not a statistic but a life worthy of compassion and attention.

As we celebrate 25 years of this extraordinary Institution, it is impossible not to feel deeply inspired. Sri Sathya Sai Institute Of Higher Medical Sciences reminds the world that healthcare can be a spiritual act, that excellence does not require exclusion, and that true transformation begins when we place people at the centre of everything we do.

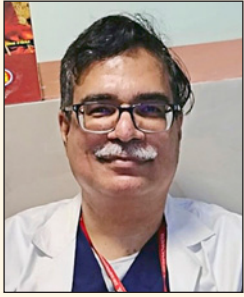
Here's to an Institution that has healed millions, touched countless hearts, and set a global benchmark for free, compassionate, and world-class medical care.

May the next 25 years continue to shine with the same light of selfless service, guided by the spirit of love and humanity that defines Sri Sathya Sai Institute Of Higher Medical Sciences.

Dr. Ganesh Murthy

Former Sr. Consultant, Neurosurgery,
SSSIHMS, Whitefield

Failure: the Stepping Stone to Success



I was fortunate to be seated in Sai Kulwant Hall, and have a close darshan of Swami. I had carried my DNB final examination prospectus and in my nervousness; rather impulsively said, "I am Dr Hegde's student, Swami. Please bless me for my Neurosurgery exam." I noticed that with a gentle smile Swami blessed me. Grateful and

overwhelmed, I slowly knelt back to my place. At that moment, I failed to realise that Swami was beckoning me closer. A light tap on my shoulder from Dr Badrinath - the revered founder of Sankara Nethralaya, caught my attention. He softly told me in Tamil, "Swami is calling you." I walked back hesitantly, and witnessed Swami materialising Vibhuti, He blessed me with it. At a stage when my neurosurgical training was nearing completion, this blessing gave me immense inner strength and reassurance.

Looking back three years earlier, I had travelled from Chennai to attend the SSSIHMS interview. I stayed at a friend's house on Bannerghatta Road and, being unfamiliar with Bengaluru, took an auto-rickshaw to the campus. The journey felt unusually long, and I grew uncertain about whether I was heading in the right direction. When I was finally dropped off, I found myself at an expansive compound, with a single imposing structure standing tall and exquisite. I was awestruck by what I saw. As I walked in through a gentle drizzle, I wondered if this was a hospital, a palace or a place of worship? Inside, I saw a large Ganesha idol and spotless marble floors, unlike anything I had associated with hospital spaces. The environment itself was quietly reassuring.

There were six candidates shortlisted for the position. The selection process involved a written MCQ test, followed by an interview conducted by a panel led by Dr A S Hegde. I later learnt that my performance in the written examination had been satisfactory. During the interview, I mentioned my hope that my aging parents could live with me, should I be selected. I was subsequently allotted accommodation within the residential campus. This arrangement ensured that my needs were well taken care of during my residency. Having my parents close by, and returning home to familiar comforts after a long day at the hospital, provided me with emotional stability and support during a demanding phase of training.

The Neurosurgery department was unlike any environment I had previously experienced. Clinical exposure was extensive, and learning was deeply embedded into daily practice. Academic discussions began from the very first day. The Saturday grand rounds were particularly rigorous, with the entire day devoted to case discussions and teaching and residents were expected to remain attentive and be on their toes. Training for the final examination was continuous and structured. I was fortunate to learn under mentors who were patient, committed, and deeply invested in teaching.

My days began early and often ended late. Most hours were spent in the operation theatre or wards, and returning home

between 8 and 10 p.m. became routine. While the work was demanding, it was also deeply fulfilling. When the results of the theory examination were announced, I was taken aback. I had not been successful. The outcome was difficult to process, especially as I had felt reasonably confident after the examination. Despite daily prayers and faith, I was left feeling unsettled and disappointed, unsure of what lay ahead.

Many of my contemporaries from Madras Medical College aspired to pursue careers abroad, and several eventually moved to the USA or the UK. Until then, I had not actively considered this path. This unexpected setback, however, prompted me to reflect on alternative avenues for growth and training. I decided to explore opportunities in the UK and used my Senior Resident year towards this effort.

What followed over the next year unfolded in ways I could not have anticipated. In late 2008, shortly before my next DNB examination, I travelled to the UK for an interview and was offered a position. I returned to India, appeared for the examination with limited preparation, and relocated to the UK shortly thereafter.

At Royal Preston Hospital, where I joined as an SHO, I was asked to participate in a mock FRCS examination within weeks of my arrival. Still adjusting to a new system and climate, I prepared in a short span of time. To my surprise, I progressed through the stages of the assessment and received encouraging feedback from the examiners, who felt I was ready to attempt the FRCS examination in the future.

Soon after, I moved to Middlesbrough, where I worked under Dr Sid Marks, a senior neurosurgeon and FRCS examiner. Despite recovering from major surgery and undergoing radiotherapy, he generously devoted time each week to guide me through focused tutorials. His commitment to teaching left a lasting impression on me. Around the same period, I received my DNB results and learnt that I had passed. I later appeared for the clinical examination in Jaipur and was successful there as well.

A week before my FRCS theory examination, my father passed away. I returned to Chennai to perform his last rites and travelled back to London on the eve of the examination. In the days that followed, I learnt that I had cleared the assessment. The final FRCS examination took place at Addenbrooke's Hospital in Cambridge. The preparation and guidance I had received helped me approach the examination with relative calm. When the results were declared, I felt a sense of quiet gratitude rather than celebration.

In retrospect, the events of that year felt carefully aligned, though they were far beyond anything I could have planned or controlled.

In the years that followed, I continued my training with fellowships in Functional Neurosurgery and Epilepsy Surgery at King's College Hospital, and later at the Walton Centre for Neurology and Neurosurgery in Liverpool. These experiences allowed me to gain exposure to specialised areas that were still developing in India at the time.

I eventually returned to India and currently serve as Professor and Head of Neurosurgery at Sri Ramachandra Institute of Higher Education and Research. Each day, I remain conscious that this journey has been shaped not only by effort, but also by guidance, opportunity, and grace of Bhagawan.

*“True devotion must not get dispirited;
nor elated or satisfied with lesser gains.*

*It must fight against failure, loss, calumny, calamity,
ridicule, egoism and pride, impatience and cowardice.”*

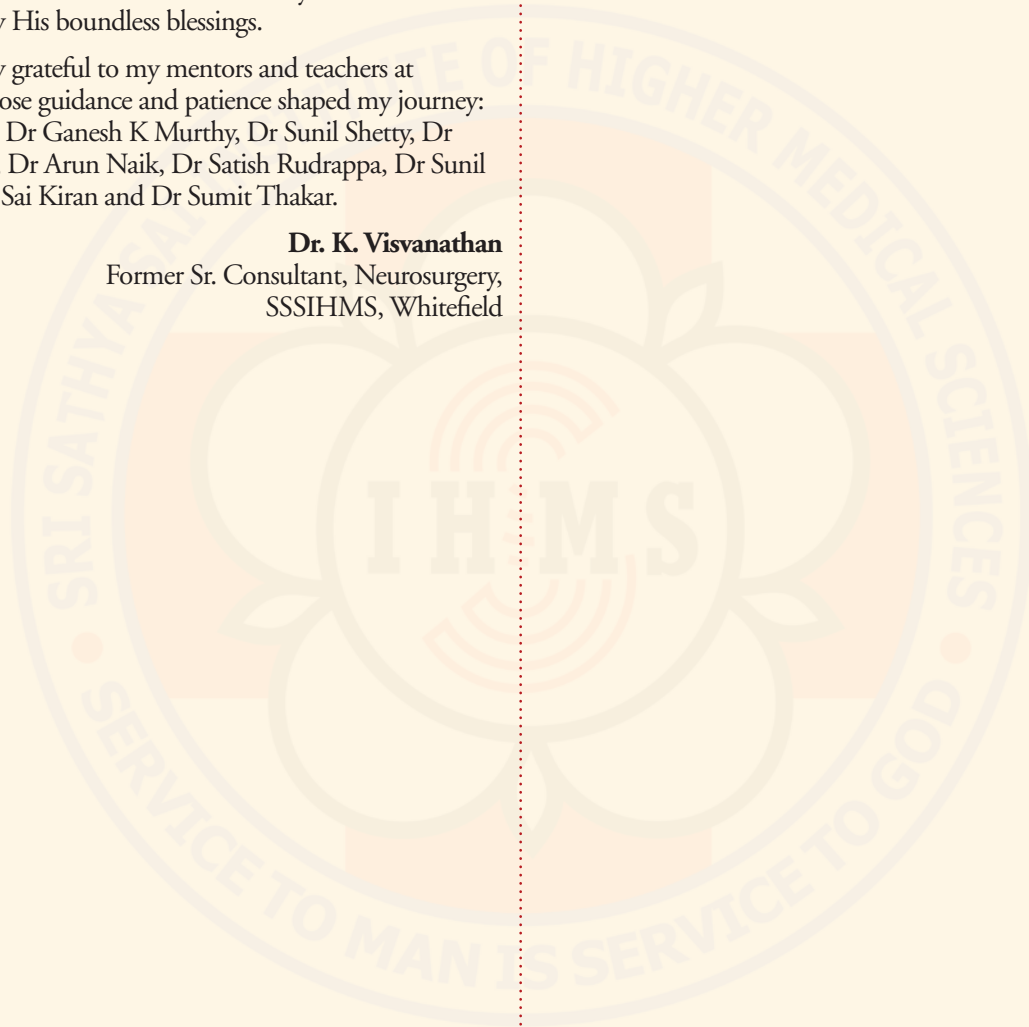
- Sri Sathya Sai Baba

Each time I read this message from Swami, it serves as a reminder to remain grounded. I often reflect on that brief moment of blessing and wonder what it was meant to prepare me for? More importantly, it reminds me of the responsibility to remain humble and to serve with sincerity. I wonder if I will be able to repay His boundless blessings.

I remain deeply grateful to my mentors and teachers at SSSIHMS, whose guidance and patience shaped my journey: Dr A S Hegde, Dr Ganesh K Murthy, Dr Sunil Shetty, Dr Bopanna K M, Dr Arun Naik, Dr Satish Rudrappa, Dr Sunil V Furtado, Dr Sai Kiran and Dr Sumit Thakar.

Dr. K. Visvanathan

Former Sr. Consultant, Neurosurgery,
SSSIHMS, Whitefield



A Serene Beginning



It was the year 2000, dawn of a new millennium, and I had just wrapped up my neurosurgery training. I was young, full of energy, and itching to dive into the world of possibilities ahead. Around that time, I heard whispers about a new hospital in Whitefield, started by Sri Sathya Sai Baba. The place had cutting-edge neurosurgery and cardiac surgery

departments — perfect for me, a budding neurosurgeon, and my wife, who was just stepping into her career in cardiac anaesthesiology.

When we first saw the hospital, we were awestruck. It looked more like a temple than a hospital, and in a way, that felt right. Baba probably intended it to be a temple of healing. No expense had been spared: the operating theatres, ICUs, wards, and equipment were all state-of-the-art. But what impressed me most wasn't the infrastructure — it was the people. Doctors, nurses, and technicians had been handpicked from the best centres, united by a spirit of service. My seniors in neurosurgery, led by the brilliant Dr. A.S. Hegde, were extraordinary. We worked together like family, nurturing this fledgling department.

Of course, there were sceptics. “Free treatment? No cash counters? How long can that last?” they asked. But patients poured in from across the country, and soon we had waiting lists. For me, it was exhilarating — doing world-class work without worrying about money. And now, 25 years later, the doubters have been proven wrong.

The hospital was full of thoughtful touches. Colourful ‘Korean mink’ blankets that were perfect for Bangalore’s chill. Volunteers were everywhere, cleaning, polishing, keeping the place spotless. Their spirit of *seva* rubbed off on us too. I found myself connecting with patients in a calm, genuine way. Caring didn't feel like an act; it flowed naturally.

I remember two young OT store managers, fresh graduates from Puttaparthi. They had never worked in a neuro OT before, yet they quickly learned the ropes and ensured everything ran smoothly. By the time I joined, their efficiency was already legendary.

One of my most vivid memories was performing my first endoscopic lumbar discectomy. The equipment was brand new — probably the first of its kind in India — and a specialist from Canada had trained us. I was still getting used to the endoscopic camera images which were two dimensional unlike the more stereoscopic vision afforded by the microscope which we used routinely for such procedures. The surgery proceeded slowly and finally I was able to remove the prolapsed disc material which was compressing the nerve root and causing the patient to have sciatica type leg pain. I was jubilant and was patting myself on the back when suddenly, as I reached deep into the disc space to check for any remaining disc material, bright blood started welling up from the disc space. This was unusual at this stage of the operation and the worst-case

scenario flashed through my mind — had I grabbed hold of one of the common iliac arteries which lie in front of that disc space. Panic surged, but I pushed it down and worked to control the bleeding, whispering prayers in my head.

Thankfully, it subsided. I scrubbed out and quickly confirmed that both the legs had a good pulse. Relief washed over me. As I stepped out, I caught sight of Baba's photo on the OT wall — his gentle smile, hand raised in blessing — and thought of how this patient like so many others in this hospital went under anaesthesia with his name on their lips.

Faith was the invisible thread binding the hospital together. Baba often visited, walking through wards and OTs, speaking to patients and staff, touching and blessing them, leaving behind a sense of renewed hope and of having been touched by an intangible spirit of goodness. His motto, “Love All, Serve All,” wasn't just words; it was alive in that hospital. He wanted brain and heart surgery to be accessible to the poorest of the poor, and through the talent he handpicked, that dream became reality. Living on campus, we built friendships, camaraderie, and teamwork that translated into great outcomes for patients.

One memory my wife treasures is from the cardiac floor. Baba visited early one morning, and as he looked over the gathered doctors, his eyes landed on her. With a smile, he congratulated her for being the only lady doctor in the cardiac team. He blessed her with *Vibhuti*, and in that moment, she felt truly seen — her years of effort and sacrifice acknowledged.

Looking back, what made the hospital extraordinary wasn't just the surgeries or the technology. It was the atmosphere.

Everywhere you turned, there was a sense of purpose. Volunteers treated their work as worship. Doctors and nurses gave their all, not for money or recognition, but because they believed in the mission. Patients, even those from the humblest backgrounds, felt respected and cared for.

The camaraderie among staff was another highlight. Many of us lived on campus, which meant we weren't just colleagues — we were neighbours, friends, and family. We celebrated birthdays and festivals together, supported each other through challenges, and shared the joy of successful surgeries. That closeness translated into seamless teamwork in the operating theatre.

Over time, the neurosurgery department grew in stature. What began as a small, idealistic experiment became a respected centre of excellence. The doubters who once questioned its sustainability had to admit they were wrong. The hospital proved that high-quality medical care could be delivered free of cost, powered by faith, dedication, and vision.

Of course, not every day was easy. There were long hours, difficult cases, and moments of doubt. But the spirit of the place carried us through. I often think of the countless patients who walked in with fear and left with hope. Their gratitude was our greatest reward.

Even small details left lasting impressions. The spotless wards, the warm blankets, the volunteers scrubbing floors late at night

— all of it spoke of a commitment that went beyond duty. It was about love, service, and respect.

For me personally, those years shaped not just my career but my outlook on life. I learned that medicine isn't just about skill or technology; it's about compassion, humility, and faith. The hospital taught me to see patients not as cases but as human beings, each with a story, each deserving of dignity.

My wife's journey was equally inspiring. Working in cardiac anaesthesiology, she faced immense challenges. Yet, the recognition she received from Baba that morning stayed with her. It was a reminder that her sacrifices mattered, that her presence made a difference.

Life has since carried me to many places, through ups and downs, victories and setbacks. But no matter where I go, a part of me still glows with the warmth of those times. The friendships, the battles, the quiet magic of serving in a hospital that felt like a temple — they remain etched in my heart.

In the end, what I cherish most is the spirit of the place. It wasn't just a hospital; it was a living embodiment of Baba's vision. A place where faith and science walked hand in hand, where service was worship, and where healing was more than just physical.

Even today, when I think of those early years, I feel a sense of gratitude. Gratitude for the opportunity to be part of something so unique, gratitude for the people I worked with, and gratitude for the lessons I learned. The hospital wasn't just a chapter in my career; it was a chapter in my life, one that continues to inspire me.

Dr. Shibu Pillai

Former Sr. Resident, Neurosurgery,
SSSIHMS, Whitefield

A Bond That Continues to Guide My Life



As we celebrate 25 years of SSSIHMS, Whitefield and 50 years of the General Hospital, I feel grateful as I look back at my own journey with Swami's hospital, a journey that began in 2001 and continues to inspire me every single day.

I joined SSSIHMS in 2000 as part of the team involved in establishing the Department of Neurosciences. It was a great blessing to work alongside experienced and dedicated professionals such as Dr. A.S. Hegde, Dr. Geetha Rangan, and Dr. Joshy E.V., who guided me with patience, warmth, and generosity.

Together, we contributed to the establishment of neuro-electrophysiology laboratories, the Epilepsy Monitoring Unit, and support systems for the Epilepsy Surgery team. We also helped develop Intraoperative Neurophysiological Monitoring services, all of which strengthened the hospital's neurological care framework.

At that time, I was young, eager, and still learning. However, the environment of the hospital shaped me profoundly. It was not merely a workplace; it was a training ground for life. Values such as discipline, compassion, humility, and teamwork gradually became part of my character and way of thinking.

Later, after completing my PhD in Neuropsychology with a focus on epilepsy, I moved into teaching and research. Looking back, I realise that these were not just technical departments or professional milestones. They were true portals of healing, where science and spirituality came together seamlessly.

What SSSIHMS means to me extends far beyond the professional sphere. It is the place where I learned how to serve with humility, work with discipline and purity of intention, and see every patient as a reflection of the Divine. It also taught me that excellence and compassion can coexist naturally, and that teamwork becomes a form of worship when driven by a noble purpose.

Today, in my role as Professor of Cognitive Neuroscience & Neuropsychology and Dean of Social Sciences at Christ University, Bangalore, as well as a Global South Fellow and Visiting Professor at The University of Hong Kong, and a Senior Research Fellow at INTI International University, Malaysia, I clearly recognise that every value I teach, every habit I practise, and every work ethic I uphold has its roots in the formative years I spent in Swami's Hospital. SSSIHMS remains my foundation, my classroom, and my lifelong source of inspiration.

A Decade in Swami's Mission

I spent almost ten years serving in SSSIHMS, Bangalore. Those were the most beautiful years of my life. I saw healing that went beyond medicine. I saw care that went beyond systems. And I saw how Swami's love brings everything together.

Teaching Students About a Hospital Without a Cash Counter

One aspect of Swami's hospital that I always share with my students is its uniqueness. The idea of a hospital that offers

world-class healthcare without a cash counter often seems unbelievable to them at first. However, many of them later visited the hospital, interned there, and even contributed to its services. Their reactions, filled with awe and respect, continually remind me of how truly special this institution is.

Workshops and Collaborative Activities

Whenever possible, I remained connected with the hospital by conducting various academic and service-oriented programmes. These included psychological services workshops, EEG neurofeedback training, and biofeedback training. Through these initiatives in neuropsychological assessment and rehabilitation, my students were given valuable opportunities to learn while serving in an environment rooted in love, discipline, and excellence. These gave the students a chance to learn and serve in an environment built on love and excellence.

A New Beginning in 2025

In 2025, I received yet another meaningful opportunity that felt like Swami's direct grace, the chance to support and contribute to the establishment of the Neurocognitive Assessment and Rehabilitation Unit at SSSIHMS, together with my PhD scholars. This initiative allowed me to reconnect with the hospital in a deeper way, not only academically but also spiritually, by contributing to a service aligned with Swami's vision of holistic and compassionate healthcare.

I am deeply grateful to Dr. Sundaresh D.C., Director, SSSIHMS, and Dr. Saritha Aryan, Senior Consultant and Head of Department, for their trust, encouragement, and unwavering support. Their leadership, clarity of purpose, and commitment to patient welfare made this initiative both impactful and fulfilling.

Working with Swami's students again after many years was truly inspiring. Their sincerity and willingness to serve reminded me that Swami's values are still alive in His institutions. Their commitment to offering accessible, high-quality, and affordable healthcare reflects the true spirit of His mission.

This experience was not just a professional engagement, it was a reaffirmation of my lifelong connection to Swami's work and a reminder that His mission continues through every individual who serves with love and humility.

A Blessing I Hold Close to My Heart

One memory is very personal and precious to me. I still remember the moment when Swami blessed me, touched me, and affectionately called me "Bangaru." That blessing lives in my heart, and it guides me whenever I face challenges or make important decisions.

My time at SSSIHMS taught me lessons that continue to influence my life. I learned that service is sacred, excellence must always be offered with humility, and every patient is a reflection of the Divine. I also learned that teamwork becomes truly powerful when everyone shares a common purpose.

These learnings shaped not only my professional career but also my personal outlook. When I see my students practicing

these values, compassion, dedication, discipline. I feel deeply thankful for Swami's guidance.

Wherever I go and whatever role I take up, one wish remains strong in my heart: *To stay connected to Swami's mission and serve in any way I can.*

My journey with SSSIHMS began in 2001, but it never truly ended. The hospital lives in my heart, in my work, and in everything I teach my students. As we celebrate the Silver Jubilee and Golden Jubilee, I offer my humble gratitude at Bhagawan's lotus feet for allowing me to be a small part of His divine work.

Dr. K. Jayasankara Reddy, Ph.D

Former Technical Officer- Neurology, SSSIHMS, Whitefield
Professor of Neuropsychology/Cognitive Neuroscience
Dean, School of Social Sciences,
Christ University, Bangalore

Beyond Science



Offering My Humble Pranams at
Bhagwan's Lotus Feet

Bhūta Bhaviṣya Bhavat Prabho
Śrī Praśānti Sāi
Bhūtātmā Dharmātmā
Śrī Dhanvantari Amṣa Śrī Satya Sāi
Mama Prārthanā Uddiṣṭo Saṅkaṭa
Duḥkha Nivāraṇa
Mahā Kṛpā Kaṭākṣaṁ
Pāhi Māṁ, Pāhi Māṁ, Pāhi

This encounter took place 23 years ago.

A patient was under treatment for a cardiac issue. He was under ICU care. His health did not show improvement in spite of advanced medical care. One of the days during rounds, the senior doctors had an extended discussion after examination and concluded that it is better we convey the poor outcome to the relatives, but after Bhagawan's visit. As the message of Bhagawan's arrival reached the team started to disperse to have Darshan. As time passed by there was no sign of anyone coming by. Being restless, I too decided to have Bhagawan's Darshan.

Having reached Bhagawan's room, I could see Swami from far, with the then Director, senior doctors and other fraternity enjoying Swami's discourse. I took a step to pray for the ailing patient. As I opened my eyes I saw Swami passing before me with an unpleasant look. I felt I missed padanamaskar and displeased Swami. With a heavy heart I left the place and resumed my work waiting for my reliever.

As my reliever took over, I left for the day. I spent the night thinking over and over again.

The next morning, I resumed work as usual. On reaching the work area I enquired from my colleague regarding the patient, to which he said, "Go look for yourself." To my surprise, I saw the patient off the monitor and was ready to go back home! I thanked Swami from the bottom of my heart.

I thought of interviewing the patient to know in depth as to what happened during the time frame. When I asked the patient, he shared, "I was going away from my body, when someone intervened and said, Go back to your body."

Enquiring further, he took some time in assimilating what to say. Then he outlined Swami's features. I showed Swami's picture nearby and he kept looking at Swami's picture in disbelief and he confirmed it was the same person, who intervened. I was in bliss!

I thanked Swami, who is Omniscient, Omnipotent and Omnipresent.

The above incident is difficult to comprehend from the medical fraternity's point of view, but can only be experienced and enjoyed as a leela of the Divine.

I thank Swami for giving me the opportunity to work in this Temple of Healing, under His guidance.

Sairam.

Dr. P. Murugan

Sr. Medical Officer-General Medicine,
SSSIHMS, Whitefield

Seva - Self Elevating Valued Action



My most humble pranams at the Lotus Feet of our Beloved Bhagawan Baba. On the occasion of the silver anniversary of the Superspeciality Hospital and the Golden Anniversary of Sri Sathya Sai General Hospital, I wish to express my profound gratitude to our dear Bhagawan for giving me an opportunity to serve in His medical mission.

I had the good fortune of joining the General Hospital in February 2010 as Medical Superintendent and Consultant Dermatologist. The General Hospital had its humble beginning in August 1975 as a Mother and Child unit. As years passed by one-by-one different clinical specialities started functioning along with radiology, diagnostic, dental, plastic surgery and other specialities, even Homeopathy. The General Hospital had an excellent working module wherein senior consultants, specialists, even junior staff from the city offered their expertise and time on a voluntary basis as an expression of their love and gratitude for Bhagawan.

In July 2016, the General Hospital in its full glory merged with the Superspeciality Hospital. It was like the river joining the sea and becoming one entity, like sugar and water, distinct at first but soon turning into sweet syrup with the passage of time. There were teething problems and adjustments initially, but the Superspeciality with Cardiology and Cardiac surgery and Neurology and Neurosurgery soon turned into a Super Multispeciality setup.

Swami has said that hands that help are holier than lips that pray. Man is born in society, grows and lives in society and in his lifetime gets all the benefits from society. It therefore becomes his prime duty to serve society and there can be no greater service than engaging in Medical Seva (Self Elevating Valued Action).

Man is the product of society and service to society is real service to God. Selfless loving service to others is the highest form of Sadhana and represents true devotion or Bhakti. Serving patients with love and compassion, humility, patience and understanding will evoke healing at all levels (physical, mental, emotional) leading to optimal health which is much more than just absence of disease or sickness. This was the basis in the setting up of a Wellness Clinic- A (Re)new concept in Health Care in January 2017.

The main emphasis is on Sai Vibrionics with Smt Purnima K. in charge. Acupressure, mind body medicine interventions are with Dr. Shubhra P in charge, energy healing using advanced tachyon technologies, and more recently Terra Hertz Technology (THZ). The Terra Hertz wave lies between microwave and infrared wave on the UV spectrum, and the Terra Hertz device improves the microcirculation on the skin, and exerts its effect in the treatment of skin and vascular disorders and muscular skeletal conditions with considerable improvement without the use of topical or oral medications. This device has helped in giving immediate relief from itching and swellings in case of dermatitis, stasis problems and relief in joint pains.

Sai Vibrionics is a powerful complementary and alternative system of healing that utilizes subtle vibrations imparted through a medium such as sugar globules or water which carry the energetic imprints of specific remedies to address the root cause of disease and restore balance to the body, mind and spirit. Sai Vibrionics works in complete harmony with allopathic treatment and serves as a supportive non-invasive modality of patients seeking holistic care along with conventional treatment.

Holistic Health emphasizes the interconnectedness of physical, mental, emotional, social and spiritual wellbeing to achieve better overall health and prevent disease. Conventional treatment of mental illnesses with allopathy alone is not sufficient in treating disease and an integrated treatment focused on body, mind and spirit is needed. Patients are offered Access Bars and Tissue Salt remedies for issues ranging from depression, anxiety, stress management for co-morbid illnesses or knee pain, frozen shoulder, migraine, headaches etc. This helps them to recover faster alongside medication and even beyond the world of medication.

Bhagawan has given us an excellent opportunity to redeem our lives. Let us work with devotion and intelligence and carry out our duties as acts of worship offered to the Lord and leave the fruits of our actions to His will, grace and compassion. He has given us the time, space, cause, material, idea, skill and chance and fortune. Our duty is to serve without the feeling of doership as a sincere Sadhana.

Swami has said "All service should be regarded as an offering to God and every opportunity to serve should be welcomed as a gift from God. When service is done in this spirit it will lead in due course to Self-realisation," which is the ultimate goal of life.

Jai Sai Ram.

Dr. Upendra Acharya
Visiting Honorary Consultant Dermatologist,
SSSIHMS, Whitefield
Former Medical Superintendent,
Sri Sathya Sai General Hospital

Immense Blessings!



I offer my most humble pranams at the lotus feet of our Bhagawan.

My association with the Sri Sathya Sai General Hospital started with a surprise call to visit the hospital to check some equipment, sent by a donor for starting the Eye Department there. I visited the hospital and along

with Dr. Balasubramaniam, the then Medical Superintendent, assembled the equipment and found it good for starting Ophthalmology services at the General Hospital. I was asked if I could start the services at least one day a week. I had the fortune of having received all my education on a scholarship and felt it my duty to repay my debt to society. This was a God-sent gift. I started working in the General Hospital as an honorary visiting consultant in 1990. I looked forward every week to help the poor in whatever way I could. The restoration of sight and smiles of the patients are my blessings from the Bhagawan as the door of the operation theatre had the following words, “Sai is the Surgeon.” I learnt a lot working there having observed the selflessness of Dr. Savithri and the meticulousness of Sister Dolly. I could provide my services for 30 years till 2020.

I was also very fortunate to have interacted with the Bhagawan on a number of occasions. While working at the hospital I got a call to go to SSSIHMS, Puttaparthi as Bhagawan was keen on starting Ophthalmology services there too. Dr. S.S. Badrinath and Dr. K.R. Murthy, the doyens of Ophthalmology, were there and I was to help them. Bhagawan took us around the hospital with me standing beside Swami. It was a memorable day for me. We completed the process and were waiting to see Bhagawan when He asked us to meet Him the next day. I had my first interview with the Bhagawan and He blessed me with a ring which adorns my finger to this day.

In the late 90s I started visiting SSSIHMS Puttaparthi to provide vitreo-retinal services for the patients there. Every month, after work, I would visit the ashram to have Bhagawan's Darshan. Bhagawan made it a point to ask me in

Kannada as to when I had arrived. I continued to provide my services for 12 years till another retinal surgeon joined the hospital. During darshans I rarely asked Bhagawan for anything but He is All-knowing. During another interview, with the doctors from Whitefield, I was feeling bad that I had left my camera back in my room. Bhagawan sensed it and brought out a camera for a picture and gave me the camera to keep.

During another interview along with my wife I was surprised that He asked me to tie the gold chain with the *mangalya* around my wife's neck while He recited the mantras uttered during marriage ceremonies. A few days before, a thief had pulled the *mangalya* chain while we were asleep. Fortunately, she held on to the *mangalya* portion but lost the chain. He knew about this and blessed us by this gesture making us forget the trauma of the theft. His love and affection is boundless.

During one darshan, when I gave an invitation for my housewarming ceremony, He took the invitation and went inside for an interview. I started back to Bangalore when I received a call that Bhagawan was looking for me. I immediately returned and was given a dress material for myself and a saree for my wife for the house warming ceremony. I prayed that He grace the occasion and He promised to do so. The surprising thing was we also had invited another holy 'Ammā' who has an ashram in Bangalore to our house and she readily agreed, which apparently was very rare. All we could feel was that we had Bhagawan bless our house “Prashanthi” on the auspicious occasion.

During a family trip to Zurich, one midnight I got a call that I was to come to Brindavan and see Bhagawan. On my return I went to the ashram and was asked to examine His eyes. I was speechless and very anxious, and to be asked for by Him is my greatest honour. I was again surprised after some months when I was asked to operate on the cataract. I can only say Sai was the surgeon and the surgery was my prayer to the Bhagawan. The next few days I visited Him frequently and the love and affection shown by Him is what I cherish most. He had a picture taken at the Brindavan ashram at that time and a couple of days later he handed the pictures to me. This has adorned my home since that day.

I had been in private practice since 1990 and I saw to it that I worked five days a week and devoted one day in the service of patients at Whitefield and Puttaparthi. The empathy and selflessness seen in these hospitals have been my greatest learning and the satisfaction I got by working in Swami's hospitals is indeed my most cherished blessing!

Dr. Hemanth Murthy

Visiting Honorary Consultant, Vitreo-retinal Surgeon,
SSSIHMS, Whitefield

A Journey filled with Gratitude



I was a young medical graduate eager to start my career in the subject I had set my heart on – Ophthalmology. But the challenges of balancing my personal and professional lives was thwarting this effort and it was at this juncture that we had the most blessed opportunity to come into Swami's compassionate and loving care.

While giving my husband an opportunity to serve in the hospital He gently told me that I need to wait for two years since the children were young and a mother's care was very essential and assured me that He would give me an opportunity at the hospital. It was a beacon of hope which fructified as He has promised exactly two years later. I had the unique opportunity to join the Sri Sathya Sai Institute of Higher Medical Sciences at Puttaparthi as a resident in the department of Ophthalmology in 1996. I also had the privilege of being the first DNB student in the department which I will hold on to with great gratitude, value and joy, forever. Balancing family and work harmoniously and happily while upholding the Indian values and culture has been a unique teaching by Bhagawan for all the ladies.

Every step of the journey through the training and the exams was a divine experience and at the end of studies, the opportunity to work in his esteemed institutions. The last three decades has been a profound pilgrimage in the Divine healthcare mission. I consider it a blessing and punya accrued through several janmas to have had this opportunity. The department of Ophthalmology at Puttaparthi is truly unique since the students who passed out of this institution are now heading the department and doing wonderful work under the able guidance of sincere and dedicated seniors. The quality of DNB teaching and the work is so good that I remember visiting a premier institution of Ophthalmology, in my final year of DNB, in order to get more training and the teachers and students there were surprised that we at Sri Sathya Sai Institute were far ahead of them in our theory and practical clinical knowledge.

Witnessing the phenomenon of quality healthcare given totally free of cost to patients and the profound impact it has on the lives of many who lose vision in the most important years of their lives when they are the sole bread winners in the family, is

so gratifying. The fear and anxiety of financial burden is removed from patients and their families allowing the healing process to be a truly holistic experience of body mind and soul. Innumerable high class cataract surgeries in the latest technique have been performed over the years and the expensive Vitreo retinal surgeries which the patients many times cannot afford have also been performed free of cost along with other subspecialty procedures. As surgeons we feel so blessed to be using top class instruments and facilities in the care of the patient without consideration of money. Swami's presence is felt so strongly and constantly during patient care. Following the principles that He has taught us to treat every patient with warmth, respect and empathy, transforms a mere clinical interaction into a Divine experience where patient feels healed and not just treated.

I would visit the Whitefield department once a week in 2018 and on one visit, a Sevadal lady who would work in the canteen came for a routine check. When her pupils were dilated, I discovered a retinal tear, which, if left untreated, would lead to retinal detachment. I could not let the lady go away and just made her wait and prayed to Swami for help. The laser machine which we had was not working and a brand new machine had been ordered. One hour later, we got news that the new machine was on its way and would be installed. The laser machine was indeed installed and she was the first patient who had the laser treatment for the retinal tear. The simple and sincere sevadal lady who has been serving quietly in the canteen was being so wonderfully taken care of by Swami. It was as if the machine had arrived on that day for her!

Several instances of patients getting exactly what was needed for them at the right time makes us become more and more humble that we are just instruments of Bhagawan. Swami says that the seva we think we do is for our own Bhakti, Yukti and Mukti.

In a world where healthcare is a commercial enterprise, the Sri Sathya Sai hospitals is a bedrock of unconditional love and compassion and is a living testament to Swami's Divine maxim "Love All and Serve All".

I offer my prayers for continued opportunity to serve humbly in Swami's institution.

Dr. Kavitha Rao

Visiting Honorary Consultant, Vitreo-retinal Surgeon,
SSSIHMS, Whitefield

Doctor - An Instrument of the Divine



My association with the Sri Sathya Sai General Hospital began in June 1997. How this came to fruition is something that still amazes me. I had a desire to serve in the hospital and had written a few letters to Bhagawan, since I thought that it was the best way to “apply.” Sitting for Darshan at Brindavan and Prasanthi Nilayam, Bhagawan took all the

written requests without saying anything. This went on over a period of two years or so.

On the evening of the 27th of May 1997, there were ceremonies on the eve of the inauguration of “Sai Geetanajali” at J.P. Nagar, Bengaluru. Bhagawan was to come the following day for the inauguration. I was standing inside the premises when a gentleman came up to me and introduced himself as Dr. Mayurnath, who was the Medical Coordinator for the Sri Sathya Sai Organisation, Bengaluru. He asked me whether I was willing to render my services at the Sri Sathya Sai General Hospital, Whitefield. A meeting was arranged with the then Medical Director, Dr. Balasubramaniam and my credentials were scrutinized.

Subsequently, I began working on 10th June 1997. The very next day, being 11th of June, Bhagawan visited the hospital and spent considerable time interacting with the staff. It was a memorable day and made me all the more determined to be a part of the Divine Doctor’s medical mission.

The SSSIHMS was inaugurated by Bhagawan on 19th January 2001. I was privileged and blessed to offer my services at this institution from March 2001.

The Healing Process

Time and again I have encountered patients who have been beneficiaries of the hospital’s treatment. They obtain relief and succour, which leads to a healing at a deeper level. There is an inner transformation in at least some of the patients. It fills them with hope for the future and a deep sense of gratitude. As a result, they want to give back, by doing some acts of kindness. Sometimes, they want to volunteer and render service at the hospital or at their own places to their communities. Some want to make an in-kind offering. It is their gratitude that actually flows from the experienced process of healing that they undergo.

I recollect a young lady at the Sri Sathya Sai General Hospital, who had improved significantly after taking treatment as an out-patient. She hailed from the northern part of Karnataka. She had obtained a job and had come with a wad of currency notes stating that it was her first salary and she wanted to donate to the hospital which had made it all possible. She was surprised when we told her that the hospital had no cash counter or billing section.

A few months ago, I was asked to evaluate a boy around ten years of age. He had a neurological condition and had undergone surgery. The post-operative recovery was very gradual and he needed ICU care for nearly six months. He was

conscious and alert. Coming from the State of Bengal and belonging to a modest socio-economic family, I wondered how Bhagawan had taken care of this lad. I cannot calculate the astronomical expenses of the six months of ICU stay he would have had in any hospital elsewhere. He received the most contemporary cutting-edge treatment for his condition and all of it without conditions or monetary expenses. This is Bhagawan’s love and mercy, unmatched and unparalleled.

Seva and the Divine

Volunteering and doing seva or selfless work has long been the backbone of the Sri Sathya Sai Organisation.

The hospital is abundantly manned by doctors, staff of various departments and the Sevadals, who all do seva (service). They do it as an act of offering to the Divine.

Over the years, I have had several opportunities to interact with many sevadals. Often, I enquire about their backgrounds. What has impressed me is the fact that there are several youngsters who are still pursuing their studies, homemakers and also retired persons. Each one has a unique story to tell, inspirational and suffused with love and devotion for both Bhagawan and fellow humans.

Bhagawan has laid great emphasis on yajna and said that it is not confined to sacrificial fire or a homa. The spirit of offering oneself, all thoughts, words and deeds to the universal spirit, is true yajna. Ego, as elaborated by Bhagawan, is “Edging God Out.” Selfless action leads to the dropping of this Ego and Selfishness, which thus paves the way for personal and spiritual evolution.

Work done in a spirit of selflessness and sincerity results in Divine blessings. Our own responsibilities and challenges are taken care of for us by Bhagawan. Bhagawan has said, “**You do my work and I will do your work**” and “**Continue to render seva... Blessings will keep coming automatically.**”

The Benefits of Volunteering

Volunteering has several benefits. It fosters a sense of purpose, social connectivity, and resilience building. Research has demonstrated a strong association between volunteering and reduced mortality rates. Two hours per week improves physical and mental health (Okun et al., 2013, in *Psychology and Aging journal*).

Empathy is a skill and volunteering develops it by exposing individuals to diverse perspectives. It helps to understand and relate to the challenges others face and fosters a sense of purpose and connection.

The act of consistently engaging with others in a supportive role is a powerful tool for developing compassion and kindness, alongwith emotional intelligence. Working at the hospital, one sees people with various diagnoses, so much so that it’s like a revision for the clinician. The impact is such that it results in sharpened clinical skills.

The Divine Healer

In October 2002, when my family and I had an interview that Bhagawan granted us at Prasanthi Nilayam, He said: “Tell

everyone in the hospital in Bengaluru that I have inquired about them.” When I conveyed this to the hospital doctors and other staff, everyone was overwhelmed with joy. Can we not infer from this that our well-being is His concern and that all staff who work at the hospital are dear to him?

During one of the interviews that Bhagawan gave to a group of doctors, he made some remarks which I would like to recall. “Do not think that the tap has the capacity to give water - it actually comes from the river Kaveri. Similarly, when healing takes place, remember that God is the Healer and the doctor is an instrument of the Divine. Please give instructions about the prevention of illnesses and healthy living to people.” Bhagawan did not want illness or disease in the first place and what was preventable, should be prevented.

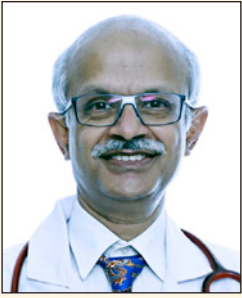
In the early 1980s, while studying medicine, we were taught the slogan, “Health for All by 2000 A.D.” This was a global goal set by the WHO at the 1978 Alma Ata conference. It meant that preventable illness would be prevented and treatable ones would be treated. Accessibility to all was the key. Now it is almost 2026, and mankind is woefully short of these lofty goals. Bhagawan has shown us the way forward by setting up the hospitals and also the water projects to provide potable water to some regions of our country.

Altruism is often viewed as the pinnacle of ethical behavior. It involves carrying out acts that will benefit others with no expectation of reward or benefit for oneself. Bhagawan Himself initiated all selfless work for the betterment of society and wanted us to follow in His footsteps. This in alignment with the above definition.

Jai Sai Ram.

Dr. Vikram Prabhu
Visiting Honorary Psychiatrist,
SSSIHMS, Whitefield

Sai Krishna in Every Child



One of the greatest privileges of being a pediatrician is to see Sai Krishna in every child. This is even more true when one deals with tiny premature children often with very serious illnesses. Since 1991, I am aware Swami has guided my life, but probably for eons, without my knowledge. The journey that He wove, took me to Australia and then

to the General Hospital in Whitefield. In this journey I learnt many things and still do, since His presence is always near.

Many instances come to mind where newborns who seemed to have gone beyond any help, miraculously turned around and recovered. One instance comes to mind when a tiny baby girl suffered from Persistent pulmonary hypertension, a condition where the blood pressure in the lungs is so high that the blood instead of going to the lungs bypasses it - resulting in a blue baby. This condition is fatal and even if the baby survives, the brain deprived of oxygen gets damaged and the child lives with disabilities. We had tried every medicine in the book, and the baby showed no response and all that was left was prayer. Miraculously, the baby whose oxygen levels were dismally low all through the night, improved at dawn – a recovery which can only be attributed to His grace. This young lady now writes poetry and is leading a remarkably happy life with no sign of any sequelae.

The miracle of Sai and the life He has created is extremely obvious in diseases such as inborn errors of metabolism. Here a tiny defect or a mutation in the gene can have devastating consequences in a baby's life. The child can have acid build up in blood and then multi-organ dysfunction leading to death or survive with severe disability. By Swami's grace, I had the opportunity to work in the Royal Children's Hospital, Melbourne which has the newborn screening laboratory. Currently, babies born in the General Hospital are screened for congenital hypothyroidism and my prayer is that this screening will expand to other diseases too, not just for General Hospital and for our entire country.

Many times I wonder whether Swami allowed me to join General Hospital to treat patients or whether I was being treated by Him. The experience changed my life. I had always thought medicine is a service or a profession like any other. General Hospital doctors, nurses and Seva Dal workers opened my eyes that at Pediatrics we are offering service to our Lord. Since then I believe my work is service to Sai Krishna irrespective of where it is rendered. I thank Swami for this opportunity and pray that He continues to shower His grace on all of us to work in His institutions. May I continue to serve Sai Krishna in every child. Sai Ram.

Dr. Arvind Shenoi
Visiting Honorary Pediatrician,
SSSIHMS, Whitefield

Sai Maa Everywhere



My family has been on the Sai path since my early childhood. I first saw Swami in Parthi at the age of 5. Since then I have been fortunate to have many Darshans and He has guided my life in innumerable ways. The highlight of my life was when He Willed me to join General Hospital as a visiting Obstetrician and Gynecologist in Nov 2010. Since

then I have had many opportunities to serve Him and His devotees in the General Hospital and also in my own private practice.

The work of Obstetrics has many challenges as the most hazardous journey in anyone's life is the process of being born. These days many women with complex health conditions bear children and their pregnancies can be filled with multiple medical problems which affect the well-being of the mother and child. There are moments when difficult decisions must be made and I have always felt the presence of Swami in those stressful moments. This was proven to me when a lady came to me from Hyderabad for confinement. She had some complications during her pregnancy and we were by Swami's grace able to manage her problems and she delivered a healthy baby. Shortly thereafter she left with her newborn to Hyderabad. Three months later she came for a routine checkup and confessed to me that she had no family or close relatives in Bangalore and she had come only for the purpose of delivering the baby. "Do you know Doctor why I came from Hyderabad?" she queried. I replied that I had no clue. She told me that Swami had come in her dream and asked her to go to Bangalore to meet me. What she said next only confirmed what I had always believed. "Do you know Doctor, when I was delivering, I saw Swami standing next to you and that gave me all the strength and solace for having taken this decision to come here?" Her candid confession only confirmed what I had always believed and continue to do so. Swami is with me, around me, above me and inside me - an assurance we have heard so often in His Divine Discourses.

His Divine grace continues to guide me in Obstetrics and Gynecologic practice. General Hospital helps me to serve Him through operative work. He remains beside me in the operation theatre as well as in the labour room. His presence in the Out-Patient department is also a gift, as sometimes words heal better than the surgical knife. I thus bow to Sai Maa whose instrument I am and thank Him for having chosen me for this role. Sai Ram.

Dr. Praveena Shenoi
Visiting Honorary Obstetrician,
SSSIHMS, Whitefield

Sai is The Surgeon



It was the third Wednesday in December 1997, at 10 AM, when I, along with my Anaesthetist colleague Dr. Narayanamurthy, arrived at Sri Sathya Sai General Hospital in Whitefield, Bangalore. Dr. Narayanamurthy introduced me to the Director of the hospital, Dr. M. Balasubramanian. To my surprise, he was none other than my former

Professor of Pathology at JIPMER, Pondicherry where I had completed my medical studies. We reminisced about old times, and at the end of our conversation, he told me that there was no urologist at the General Hospital, so patients with urological problems were being referred to Swami's Hospital at Puttaparthi. He asked if I could offer my services at the General Hospital and I readily agreed. I arranged to attend every Tuesday to take care of out-patients and perform necessary procedures. Since the operation theatre was not fully equipped, I supplemented it with instruments I had brought from abroad.

Time passed, and three years later, I had the opportunity to meet Swami at Prasanthi Nilayam along with my medical colleagues from the General Hospital. It was a great occasion to meet Him in person. I answered some of Swami's questions, and I felt blessed when He materialised a watch and even adorned it on my wrist.

Despite minimal resources at the hospital, I managed to carry out some difficult procedures on poor patients, many of whom had come all the way from the North-East states of the country. I performed many surgical procedures that I had not even carried out during my long stay abroad. Most were complicated, but the results were entirely satisfactory. This was possible only because I realised that Swami was guiding me all along. The gratitude of the patients could only be attributed to the support I received from Swami, who stayed with me invisibly. I can cite a few cases to illustrate this.

A 14-year-old nomadic girl presented with incontinence of urine, which was the result of (1) a large stone inside the

urinary bladder; (2) an abnormal communication between the bladder and the vagina; and (3) multiple sewing needles inside her abdominal cavity. The needles had been inserted into her private parts when she was five years old by her mentally retarded mother. I decided to perform a two - staged procedure. Initially, I removed the stone in the bladder and the sewing needles. After the infection cleared, I successfully closed the abnormal communication between the bladder and vagina. Two years later, she got married and she delivered a child by caesarean section.

A 24-year-old married woman presented with a large abdominal mass,

which was found to be an enormously enlarged spleen - comparable in size to a full - term fetus. She had no children. The general surgeon was hesitant to proceed with the surgery. When the then Medical Director approached me for assistance, I readily agreed, drawing on my six years of experience performing general surgical procedures. I successfully removed the massive spleen. Remarkably, a year later, the patient conceived and delivered a baby boy.

In another case, a 30-year-old mother of three came with urinary retention, caused by a large pelvic tumour presumed to be an enlarged uterus. Further investigations, however, revealed a nerve tumour occupying the entire pelvic cavity and pressing on the urinary bladder. I undertook the responsibility of removing this 7cm X 7cm tumor, and the procedure was a success.

I attribute the confidence I had during these procedures to Swami's presence, guiding me at every stage.

Throughout my twenty-four years of service - eighteen years at the General Hospital and, after its closure, six years at Super speciality Hospital - I performed over 2,000 surgical procedures. I truly feel that my life as a urological surgeon was fulfilled entirely because of Swami's presence within me at every moment. He was the true Surgeon and I was merely a tool in His hands.

Dr. Padmanabha Vijayan
Visiting Honorary Urologist,
SSSIHMS, Whitefield

How I Joined SSSIHMS...



When I first thought about working at SSSIHMS, I assumed that having a medical degree was enough—whether the position was paid or honorary. Honorary, of course, meant working without expecting any payment. But I later realized that even an honorary doctor has to be chosen by Swami. No one can step into this hospital without His permission or will.

I can confidently say that I've been able to serve here for the past nine years purely due to Bhagawan's grace. Rather than feeling like I'm doing a favor to Him or the Institute, I truly believe it's the other way around. He is doing me a favor by allowing me to be part of His fold and helping redeem my life's journey. Service is what transforms us and ultimately leads us toward merging with Him.

We humans are highly egoistic by nature. We often think, *I'm a great surgeon, I have top degrees from top colleges, I'm intelligent, I'm wealthy.* But none of that really matters to Him. You can be anything—or nothing. He may even choose the simplest or least qualified person if He feels that person deserves redemption. This place is unlike any other. It's not somewhere you can simply walk in and work based on university qualifications alone. There's one more hurdle to cross here—qualification by Swami Himself. I didn't just hear this from others; I experienced it personally.

In 2014, I felt a strong desire to serve at SSSIHMS Whitefield as a urologist. I met the hospital director and expressed my willingness to work for free as part of my social service. I submitted my resume, mentioning that I had studied from 8th to 12th grade in Swami's school, and had completed my

MBBS, MS, and MCh from prestigious institutions. I detailed my skills, achievements—everything. Honestly, I thought my appointment would be immediate. Given my specialty, I assumed they'd accept me without delay.

But that didn't happen. Even though they needed my services, my application was kept aside for two years, until 2016.

At my first meeting with the director, my mind was full of questions. If I added this service to my already hectic schedule, what would happen to my health? My stress levels? My earnings? My time? Would it even add to my skills or knowledge? I had no clear answers to any of these questions for a long time.

In March 2016, I finally called the director's office to ask about my appointment. The response was simple: *We'll inform you when we need you.* Honestly, I was irritated. Even for free service, this was the reply?

Then came March 26, 2016.

That morning, while driving to the medical college where I was working as a professor, a sudden thought flashed through my mind: *Why am I worrying about my health, stress, time, or earnings if I work at Swami's hospital? Let my health suffer, let my income reduce, let my time be stretched—why should I worry when He is the one who takes care of everything?*

Within just two or three minutes of that thought, I received a phone call from the director's office. This time, it wasn't an assistant—it was the director himself. He asked where I was and told me to come immediately. They urgently needed my services at the hospital.

That's how my journey at SSSIHMS Whitefield began. It wasn't the director who made me wait for two years—it was Him. He waited until I was ready to fully surrender. Only then did He allow me to start my service here.

Dr. Shiva Kumar
Visiting Honorary Urologist,
SSSIHMS, Whitefield

Sathya Dharma Prema



Swami constantly emphasized the importance of values—Satya, Dharma, Shanti, Prema, and Ahimsa. His lifelong mission was to live and demonstrate these principles, often saying that His life itself was His message. He communicated these values clearly and repeatedly, but not everyone truly absorbed them. Some were more receptive than others.

Many devotees wrote books interpreting Swami's teachings based on their own understanding. His messages were vast, like the Ganges, while our ability to absorb them was often limited, like a small bowl of water.

Swami's love expressed itself through countless unconditional contributions to society—education, healthcare, drinking water, and service to the poor. His miracles and acts of compassion are well documented. What I share here are a few personal experiences through which I understood His messages. They may not be grand in scale, but they are authentic, because they are my own.

Sathya – Truthfulness in Action

Swami always placed Sathya—truth—first. For Him, truth was not just honesty in speech, but integrity in action: doing what one promises and living what one preaches.

In 2003–04, Swami asked me to bring my family to Trayee in Bengaluru for an interview. We were thrilled. During the interaction, Swami showered us with love, spoke to each of us personally, asked about our ambitions, and even arranged for photographs. In the course of the conversation, He made two promises.

The first was that He would find a groom for my elder daughter. At the time, she was still in high school, and we had not even thought about her marriage. I found the statement amusing and didn't take it seriously. Swami, however, seemed very serious. He even gifted silk sarees to my wife and daughters and specified which saree should be worn for the muhurtham and reception.

The second promise was even more surprising. After asking me where I lived, Swami insisted on detailed directions to my house and then casually said that He would come there one day. Again, I assumed He was only expressing affection and did not give it much thought.

Years passed, and we completely forgot about these words. Almost eight years later, in 2011, when my daughter was in her final year of medicine, a marriage proposal came unexpectedly. The families met, and everything fell into place effortlessly. It was the first proposal—and also the last. We did not even feel the need to check horoscopes. The process was smooth, natural, and free of struggle.

Later, during customary visits, the groom's mother narrated an incident from her childhood that she herself had almost forgotten. As a child in Jayanagar, she once went for Swami's darshan with her mother. Though they were not Sai devotees,

Swami noticed the child, materialized a small Krishna idol, blessed her, and gave it to her. Her mother had preserved that idol and worshipped it all these years.

When we heard this, my wife and I were stunned. We suddenly saw how Swami had connected events across decades. Long before we even thought of marriage, Swami had already chosen the groom. That was when I truly understood Satya—not just as truth, but as unwavering faithfulness to one's word. Swami had fulfilled His promise perfectly.

Swami's Visit and a Healing Experience

In March 2018, I developed severe pain in my lower back and buttock. Standing upright was unbearable; only lying down gave relief. The pain continued for weeks. Despite advice from family and colleagues, I refused to undergo an MRI or consultation, fearing surgery.

One Thursday in April, I unexpectedly took leave from work due to the pain. That morning, a young man carrying a spray pump came to our gate asking permission to spray insecticide on our plants. This was unusual—no such service had ever come to our house in 17 years. He spoke only Telugu. When my wife asked where he was from, he replied, "Puttaparthi." We were shocked.

After finishing his work, he noticed Swami's photographs in our house and asked if I had visited Puttaparthi. Before leaving, he told me to come there and said he would be near the Ganesh gate. Strangely, he did not go to any other house in our lane. It felt as though he had come only for us.

That incident compelled us to plan a trip to Puttaparthi on May 1, 2018. The journey itself was filled with obstacles—a car battery failure, delays, exhaustion—but somehow we reached Prasanthi Nilayam just in time for darshan. The visit was peaceful and fulfilling.

The next day, after returning to Bengaluru, my pain worsened. I went to sleep frustrated and mentally exhausted. The following morning, to my utter disbelief, the pain had completely disappeared. I could stand upright without discomfort. I tested it repeatedly—it was gone. From that day till now, the pain has never returned.

I never found logical answers to why that man came, why he spoke of Puttaparthi, or why everything happened the way it did. But I could only conclude one thing: Swami had come home, just as He had promised years ago, at the exact moment I needed Him.

Dharma – Duty and Righteousness

Swami's understanding of Dharma went beyond ritual. To Him, Dharma meant righteousness, moral responsibility, social duty, and humane behavior.

Once, during a visit to Puttaparthi, due to a misunderstanding, I was asked to wait near a stupa outside the mandir while others went inside. Hours passed—morning, afternoon, evening. I stood there without food, unnoticed. Finally, Swami called me inside and questioned why I had been left outside all day.

For the first time, I saw Swami visibly angry—not at me, but at the situation. He spoke firmly about how inhumane it was to leave someone outside while others were comfortable inside. His message was unmistakable: respect every individual, regardless of status. Courtesy, empathy, and responsibility toward others are fundamental aspects of Dharma.

Prema – Love Without Conditions

Swami's love extended to all beings. We often admire great people for grand actions, but true greatness reveals itself in small moments.

I witnessed this during the passing of Sai Geetha, the elephant deeply devoted to Swami. Though Swami maintained composure, there was a brief moment when tears welled up in His eyes. That subtle expression revealed profound love and the pain of separation, even for an Avatar. It was a touching reminder that divine love is deeply personal and tender.

Conclusion

There are many such experiences etched in my memory. These incidents are not meant to be read and forgotten. They are meant to transform us—to make us live more truthfully, act more compassionately, fulfill our duties sincerely, and love without conditions.

Swami's message was simple, but living it requires awareness and commitment. That, perhaps, is the real takeaway of *Sathya, Dharma, and Prema*.

Dr. K.S. Manjunath

Visiting Honorary Orthopedic Surgeon,
SSSIHMS, Whitefield

What SSSIHMS Means to Me



SSSIHMS means everything to me. It is not merely a workplace or a hospital; it is a sacred opportunity to serve God Himself. Swami has repeatedly reminded us that **“Manava Seva is Madhava Seva.”** Every time I step into this divine institution, I am reminded that service to humanity is the purest form of worship. This simple yet profound ideal has shaped my entire relationship with the hospital.

To me, SSSIHMS is an **ālambana**—a sacred support, a symbol, a medium—through which I can offer myself at the Lotus Feet of our beloved Bhagawan Sri Sathya Sai Baba. All His institutions, whether they are hospitals, educational campuses, or massive water supply projects, are living expressions of His infinite love. They are practical demonstrations of His message that “Love All, Serve All” and “Help Ever, Hurt Never.”

Swami used to say, **“God is Love and Love is God.”** And truly, whatever He has created reflects this divine love. The moment one enters His institutions, one senses an atmosphere untouched by worldly motives. Every corridor, every piece of equipment, every blade of grass seems sanctified by His divine touch. One feels as though He has walked these grounds, blessed every corner, and charged every inch of space with spiritual energy.

For me personally, visiting the hospital every week is not a routine duty—it is a **pilgrimage**. It is my way of reconnecting with Swami. In the silence of the corridors, in the smiles of patients, in the dedication of the staff, I feel His presence. This weekly visit renews my spirit, fills me with peace, and keeps me rooted in His teachings.

How the Hospital Philosophy Has Influenced My Personality and Professional Life

The philosophy of SSSIHMS stands out as a beacon of compassion in today’s world. The guiding principle is simple yet revolutionary: **every patient must receive the best possible treatment completely free of cost, with no distinction of caste, creed, religion, or economic status.** Swami always said, “Hospitals should not be marketplaces. Healing should be offered with love and compassion.”

Working in such an environment transformed the way I looked at my profession. Here, we are constantly reminded that we are not doing patients a favour by treating them. Instead, **they** are giving **us** the opportunity to serve, to shed our ego, and to grow spiritually. This reversal of perspective is deeply humbling.

Motivating patients becomes easier when they know that treatment is not a financial burden. There is a sense of trust and surrender, which naturally contributes to better outcomes. As a clinician, the absence of commercial pressures removes stress. Treatment decisions become pure, guided only by medical reasoning and compassion.

Personally, working in Swami’s hospital has made me more patient, calm, and centered. I have learned to let go of unnecessary worries. Here, we are surrounded by Swami’s students, staff members who are ardent devotees, and Sevadals who serve tirelessly with a smile. Their humility constantly reminds me to dissolve my aham—my ego. Every visit becomes an inner cleansing.

The late Prime Minister Shri Atal Bihari Vajpayee once called this institution a **“temple of healing.”** And truly, healing here is not limited to the body. Patients receive both *dav* (medicine) and *du* (blessings). Love, compassion, and faith form an invisible yet powerful part of the treatment.

People and Moments That Inspired Me

The person who influenced my journey the most was my mother. She was a gifted bhajan singer, a bhajan trainer, and a dedicated Balvikas Guru. Above all, she was an ardent devotee of Swami. From the beginning, she wished that I should work in Swami’s hospital. To her, this meant I could remain close to Him—not physically alone, but spiritually.

We attempted several times to join the institution, but it didn’t happen initially. However, as devotees know, everything happens only when Swami wills it. Finally, in 1993, Swami’s grace allowed me to join SSSIHMS. My mother was overjoyed. She said, “To work in Swami’s hospital is like offering service at His Lotus Feet every day.”

One of the treasured memories of my life was when Swami hugged me during the dental conference at Prasanthi Nilayam. That divine moment strengthened my resolve to dedicate every bit of my work to Him.

Stories That Shaped My Journey

A major turning point in my life came in 1968, during my final BDS exams. Just before the examination, I fell seriously ill and was diagnosed with a spontaneous pneumothorax. I could not perform well and failed two subjects.

Around this time, my mother visited Puttaparthi. Swami called her for an interview. When she mentioned my name, Swami said, **“I know your son. He is intelligent, but he has become arrogant. So I have taught him a lesson. Don’t worry, let him study well this time—he will pass.”**

As she was about to leave, He added quietly, **“Don’t tell your son, but I will pass him.”**

My mother shared His assurance with me, but when the supplementary exam results arrived, I had failed again in one subject. I felt shattered. Yet my mother remained unshaken. She said calmly, “Have patience. If Swami has promised, He will keep His word.”

I had scored 35 out of 75 in the practical exam. To pass, I needed 37.5. There was no revaluation for practicals. Though I was eligible for grace marks, even with them I would fall short by a quarter mark.

Someone suggested approaching the Vice-Chancellor, who had discretionary authority to award up to a quarter mark for course completion. The Vice-Chancellor happened to be **Dr. V.K. Gokak**, an ardent devotee of Swami. Moved by the situation, he sanctioned the required $\frac{1}{4}$ mark. Due to rounding rules, my marks became 38, and I passed.

This entire process happened within a week. It was unprecedented in the college’s history.

The next time we visited Puttappathi, Swami granted us an interview and said with a loving smile, **“It was very difficult to pass you!”**

That day, something changed within me. Swami became the guiding force of my life. Every success thereafter, I attributed only to Him.

My First Memorable Day at SSSIHMS

Although I always wished to work in Swami’s hospital, the opportunity came only in 1993. When I finally joined, the Dental Department had just one defunct chair and a few old forceps. I felt disappointed. But when I shared this with my mother, she simply said: **“What matters is your proximity to Swami. Do your best and offer everything to Him.”**

Those words stayed with me.

Gradually, by Swami’s grace, the department expanded. Today, we have three dental chairs, RVG, OPG, and a well-equipped setup. I was the only dentist in 1993; today we are eleven, working harmoniously as one team.

Experiences With Patients, Colleagues, Donors, and Sevadals

In other hospitals, dental treatment is often expensive, and motivating patients is difficult. But in Swami’s hospital, patients come from all sections of society. Many are from financially challenged backgrounds, poorly nourished, and minimally educated. Yet they come with hope, faith, and trust.

One memorable case involved a couple from West Bengal. The lady had a recurrent ulcer on her lower lip. They had already consulted several doctors in Kolkata. After going through their records, I confirmed that the previous diagnosis of recurrent aphthae was correct. I told them their trip to Bengaluru was unnecessary.

But they said, **“In Kolkata, no one explained things clearly. Our friends told us to go to Baba’s hospital. Now our anxiety is gone, so our trip was not wasted.”**

Their faith humbled me and reminded me that reassurance is sometimes more healing than treatment.

Working at SSSIHMS is unique. In other hospitals, colleagues usually discuss worldly matters. Here, discussions revolve around Swami, His teachings, and His miracles. This creates a spiritually uplifting and harmonious environment.

Sevadals are the backbone of the hospital. They serve with humility, dedication, and genuine love. Their smiles and their spirit of seva inspire everyone around them.

Our department works with unity and brotherliness—no competition, no ego. Even the attenders work with devotion, creating an atmosphere of peace and cooperation.

Reflections, Insights, and Legacy

Working here has transformed me in ways I never expected. I have become more patient, composed, and spiritually grounded. Every time I enter the hospital premises, I feel an indescribable sense of calm. It is as though Swami Himself is watching over us.

Interacting with interns from MS Ramaiah Dental College has been enriching. Guiding them, teaching them, and watching them grow has given me great joy.

As part of Swami’s centenary celebrations, our department organized a day-long scientific program, which was well received. With Swami’s blessings, we plan to conduct many more such programs.

In conclusion, I consider it entirely Swami’s grace that I am working in His hospital. Every visit reminds me of His teachings and His presence. I believe He established these institutions not merely to heal the sick, but to **redeem those who serve.**

With humble pranams at His Lotus Feet.

Sairam.

Dr. R. Vijayendra
Visiting Honorary Dentist,
SSSIHMS, Whitefield

A Journey to Swami in His Health Mission



As we are in the 50th year of Swami's 'Little Hospital' and 25th year of His super-speciality hospital both at Whitefield, Bengaluru, one reminisces upon more than three decades of journey, as part of His Health Mission.

Swami's Little (General) Hospital was inaugurated in August, 1976 as "Hospital for Women and Children",

where the majority of Whitefield's population was born. Several of the children delivered there are coming back to deliver their babies now.

The hospital was later changed to "Sri Sathya Sai Hospital" and to Sri Sathya Sai General Hospital. The very functioning of the hospital was a miracle of Swami, considering the availability of minimal facilities in those days. Slowly, the hospital developed into a multi-speciality facility with several departments added from time to time.

We had the special honor of watching the super-speciality hospital being built brick-by-brick and in retrospect are awestruck by the Divine Master Plan.

When in 2016, the Sri Sathya Sai General Hospital was shifted to the super-speciality campus, it raised the quality of services rendered, and made the patients' life much more comfortable. It also marked the amalgamation of the empathy of the General Hospital with the state-of-the-art technology at the super-speciality hospital, creating a beautiful blend of high-tech care coupled with academic excellence, as evidenced with the numerous gold medals in the DNB and nursing & allied health programs, and various accolades received at reputed conferences.

I feel the greatest miracle is when Swami guides you to the right place at the right time. Several incidences can be quoted, and a few are being mentioned here:

Once, I was prompted to go and see a newborn 15 minutes after birth though I was present at birth and all was well, only to find the baby was bleeding through the umbilical cord, since the tie had loosened. A few more minutes' delay would have caused the baby to die.

In another instance, one of the twins, who were ready for discharge was found to be gasping for breath, since air was collecting in her pleural cavity.

Had Swami not guided me to be there at that minute, we would have lost a baby. Prompt attention by the colleagues saved the child.

These and many other instances show that Swami is ever guiding and protecting those who come to Him with belief.

Added to this divine opportunity were the frequent interviews filled with love and the goodies Swami always gave viz. rings, watches, bangles and of course sarees for women and dress material for men. Each interaction with the Loving Lord reinforced one's desire to stay and serve in this esteemed institution.

May the Good Lord Sai continue to be the guiding force in leading the younger generation, bless them with faith in Swami and empathy towards those they serve, and continue in His mission to attain higher levels of evolution.

May we all be in the book of Mother Sai, like Abu Ben Adam.

Jai Sai Ram.

Dr. Kamakshi

Sr. Consultant & HOD Pediatrics,
SSSIHMS, Whitefield

Bhagawan Chooses His Instruments



On this momentous occasion of the Silver Jubilee celebrations of SSSIHMS, Whitefield, I wish to share my experiences as a Diabetologist at this magnificent hospital, where I have had the privilege of serving for nearly 18 years. Our Divine Master drew me towards Him as a devotee about 36 years ago. Over time, He humbled me through His divine actions, leading to reformations and transformations that shaped my life. My journey of personal and spiritual development began through samithi bhajans, nagara sankeerthans, and my participation in medical camps for over 25 years.

Around 18 years ago, Swami blessed me with the opportunity to serve as a Diabetologist, initially at the General Hospital, Whitefield, and later at SSSIHMS, Whitefield. The Diabetic Outpatient Department is attended by hundreds of patients from the local area, neighbouring districts, and even border states. By Swami's grace, patients are provided with the required diabetic medicines until their next follow-up visit. With their blood sugar levels kept under control, many

patients are able to avoid the complications commonly seen in uncontrolled diabetes and go on to lead healthier lives.

Bhagawan Baba has chosen our family to be His instrument in many ways. My wife has been serving as a Balvikas Guru for over 30 years, imparting moral education to generations of children. Many of her students have received accolades at state-level competitions. My brother, a cardiologist, served at SSSIHMS, Prasanthigram. My son completed his schooling up to the 10th standard at Swami's school in Prasanthi Nilayam. He was blessed and ordained by Swami to pursue medicine and is now working as an interventional cardiologist in Coimbatore.

I also recall with deep gratitude how Swami saved me from a near-fatal car accident. On another occasion, I was protected when a heavy chandelier fell on my head. In both instances, the mantra and powerful name "Sairam" saved me. There have been many more such instances where Swami's grace protected me and my family.

Another example of Bhagawan's transformative power is reflected in my own life. I was born in a Telugu-speaking village in Tamil Nadu, near Srivilliputtur, the birthplace of Goddess Andal. I was born into a family that reared sheep for a living. While many non-vegetarians give up meat after becoming Sai devotees, in my case, becoming a vegetarian despite being born into such a background is, to me, a true miracle of Swami.

My family and I shall remain forever grateful to Bhagawan for granting us the opportunity to serve in this truly one-of-its-kind hospital.

Dr. Govindaraj

Visiting Honorary Diabetologist,
SSSIHMS, Whitefield

Medicine: A Sacred Act of Service



A Temple of Healing

When I look back at my years at Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), Whitefield, my heart fills with gratitude and admiration. This Temple of Healing is not just a Hospital — it is a living embodiment of Bhagawan Sri Sathya Sai Baba's philosophy of Love all, Serve all and

Health for All. These principles have profoundly shaped both my professional and personal life.

Every day here reminds me that Medicine is not merely a Science but a Sacred Act of Service, a divine opportunity to touch lives and bring hope where despair once lived. In this sacred space, healing is not confined to the operating theatre or the consultation room—it flows through every corridor, every interaction, and every heartbeat.

Philosophy in Practice

The guiding philosophy of patient-first care, compassionate service, and Universal health has become the cornerstone of my approach to Medicine. True healing goes beyond clinical excellence—it is about empathy, dignity, and unconditional love for every patient.

I vividly remember my first day at SSSIHMS. I was amazed to see world-class facilities offered completely free of cost to patients in need. It was unlike anything I had ever witnessed—a true manifestation of selfless service at scale. Patients from diverse backgrounds were treated with equal respect and care, Restoring faith in humanity.

This philosophy has taught me that Medicine is not just about curing disease—it is about restoring hope. It is about reminding patients that they are valued, respected, and loved, regardless of their social or economic background.

People and Principles

The Service-oriented approach permeates every aspect of this institution. The commitment to free, high-quality healthcare, for the poor and needy, coupled with advanced technology, reflects Bhagawan's vision of equitable healthcare. The principle of Love All & Serve All is not just a motto here—it is a way of life.

The Sevadals: our selfless volunteers, embody humility and devotion. Watching them guide patients, comfort families, and assist in daily operations has been a source of inspiration. Their quiet surrender reminds us that service is not about recognition but about love.

Every smile they bring to a patient's face, every hand they hold in reassurance, and every moment they dedicate to service, reinforces the truth that healing is a collective act. Doctors, nurses, technicians, and volunteers together form a tapestry of compassion that defines SSSIHMS.

When the Divine Takes Over

Over the last seven years, I have realized that while doctors perform the surgery, it is Bhagawan who orchestrates the

healing. Even in the most difficult cases, a calm confidence guides our hands.

One such instance remains etched in my memory. A patient with dense cataracts in both the eyes and severe Nystagmus—rapid, uncontrollable eye movements—came to us after being turned away by several hospitals. Surgery, without any complications, seemed nearly impossible. Yet, as we began the procedure, his eyes, usually in constant motion, became perfectly still. With Swami's blessings, the surgery was completed in just 15 minutes. The very next day, he regained 80% of his vision.

The joy and disbelief on his family's faces were unforgettable. They had lost hope, and Bhagawan had restored it. To see that patient walk out with a smile, ready to reclaim his life and livelihood, was a moment of professional fulfilment that no award could ever match.

Such experiences remind us that medicine, when practiced in the spirit of surrender, becomes a channel for divine grace.

Teamwork and Leadership

Our department thrives as a cohesive unit of ophthalmologists, visiting consultants, optometrists, and nursing staff—all working in harmony to uphold Bhagawan's philosophy. Collaboration, not competition, defines our spirit.

Guided by our Director, Dr. Sundaresh D C, we maintain the highest standards of patient care. His leadership is not about authority but about example—he embodies humility, dedication, and excellence. His presence reassures us that Leadership in healthcare is not about Power but about Service. His guidance and experience are invaluable in shaping our daily practice.

The hospital's infrastructure, equipped with state-of-the-art technology, allows us to deliver outcomes comparable to premier private institutions. Yet, what sets us apart is not just the technology but the spirit in which it is used—the spirit of compassion, equality, and devotion.

Teaching and Sharing Knowledge

My journey here has also been enriched by opportunities to mentor DNB students and collaborate with colleagues. Teaching in this environment is unique because it is not limited to imparting clinical skills—it is about instilling values. Students learn that excellence in surgery must be matched by excellence in empathy.

We have embraced Innovation and Advanced techniques to deliver the best possible care. Our outcomes are shared through publications and congress presentations, ensuring that the lessons learned here inspire others across the medical fraternity. In this way, the philosophy of SSSIHMS extends beyond its walls, touching lives far and wide.

A Sacred Space

SSSIHMS is not just a workplace—it is a sacred space where service meets spirituality, where miracles are routine, and where science and faith walk hand in hand. Every patient is treated not as a case but as a manifestation of God.

Walking through the hospital, one feels a palpable sense of peace. The atmosphere is charged with devotion, humility, and compassion. It is a place where healing is holistic — where the body, mind, and spirit are nurtured together.

My years here have made me not only a better doctor but also a better human being. The lessons of compassion, patience, and surrender will remain with me forever.

Reflections and Legacy

As I reflect on my journey, I realize that the true legacy of SSSIHMS lies not in the number of surgeries performed or the statistics of success, but in the countless lives touched, the hope restored, and the dignity upheld.

Every patient who walks out with renewed faith carries forward the message of Bhagawan's philosophy. Every student who trains here becomes an ambassador of compassionate care. Every volunteer who serves here becomes a living example of selfless love.

This legacy is not confined to the hospital—it radiates outward, inspiring communities, shaping healthcare practices, and reminding the world that medicine, at its core, is an act of love.

Conclusion: Healing Beyond Medicine

In essence, SSSIHMS is not just a workplace - it is a sacred space where Service meets Spirituality, and where every heartbeat resonates with Bhagawan's Love. It is a beacon of hope, a sanctuary of healing, and a testament to the power of service guided by spirituality.

I feel Humbled and Blessed to be a part of this Divine Mission. As I continue this journey, I pray for the strength to serve with the same dedication and grace that this institution embodies. For, in serving here, one realizes that healing is not just about restoring sight or health—it is about restoring hope, dignity, and faith in the Divine. Sai Ram.

Dr. C. Archana Preethi

Addl. Sr. Consultant & HOD-Ophthalmology,
SSSIHMS, Whitefield

Dedication to Excellence



I am humbled and honoured to pen down my journey as honorary Paediatrician at this great institution, SSSIHMS, with my loving and respectful pranams to our Lord Bhagawan Sri Sathya Sai Baba. My heartfelt gratitude to all the administrative staff and senior colleagues who offered me a chance to serve at this great institution.

The way the offer came to me is a very emotionally touching, overwhelming narrative, nothing short of a miracle, and shows how Baba has a way of acting. I was doing service at the Sai Mandir clinic, Indiranagar and heard about SSSIHMS through another doctor. I developed a deep desire to serve at SSSIHMS after my retirement from services. I went to SSSIHMS, Whitefield, Bangalore, met the administrative officer and gave my biodata. He directed me to meet Dr. Shetty, a senior Paediatrician at the hospital. I immediately went to Dr. Shetty and he was happy to offer me an opportunity to serve there. But then, there was absolute silence for the next 3 months and I did not hear from the hospital.

One day, I was about to leave my house at 12 noon on some errand when I suddenly heard the doorbell ring. When I opened, I saw Dr. Shetty standing there, who narrated the following to me. He said he had not contacted me since he had misplaced my phone number and was wondering how he could reach out to me. That particular day, there was a huge traffic jam on his usual route and he had to drive through another road, which happened to run in front of my home. He was unaware of my home being on that street. While checking on to his right side and driving, since his phone rang, he suddenly had to look on his left. This happened exactly when the car was passing in front of my house and he saw my name plate. He immediately stopped the vehicle and walked back just to check whether he would be meeting the same person as in the Biodata. Thus then onwards, my journey at SSSIHMS started. That moment is still etched in my memory as to how our Bhagawan acts in His own way. This we can understand only when we experience it.

I was delighted to serve here and working in this hospital was like working in a temple of healing where every service is rendered with compassionate care and totally free of charge. It is a unique institution providing all services free, including Super Speciality services. Baba's preaching of "Love all, Serve all" and "Service to Mankind is Service to God" principles can be experienced once anyone steps into the Central Dome of the Hospital, where Baba's photos are seen in a beautifully decorated altar, giving a divine feeling and positive vibes. Patients come with much fear and anxiety about their own illnesses. The attendants also feel the pain of the suffering of their loved ones. Standing a few minutes in front of Baba's picture in the Central Dome gives them hope and relieves them of their stress.

The hospital is a huge complex with excellent infrastructure, system-enabled health care, team work and efficient communication by registration counters, medical and the paramedical staff alongside the sevadals, which makes the institution very unique in all aspects. I was deeply impressed by the seamless co-ordination among various specialities. The collective effort of medical, nursing and support teams ensured timely, accurate and comprehensive care. Such well-organised team work not only improved patient health but also showed the dedication to excellence at every level.

I felt "a doctor for the poor" feels a deep, profound sense of fulfillment, knowing the services directly help those who have no financial support. Helping the needy in health care makes one aware of how under-provided some people are and how much difference any medical help can make in their lives. This gratitude humbles me far more than any professional achievement. The joy in serving patients is incredibly rewarding. A personal smile after recovery is enough to make it worthwhile.

My association with the hospital enriched my knowledge professionally too. I saw health care beyond medical treatment. The true meaning of health care was understanding the socio-economic and emotional factors and how they impacted a patient's life and health. Seeing complicated and challenging cases helped update my knowledge too. Seeing a variety of congenital heart diseases, genetic disorders, neurological diseases like neuromuscular dystrophies, rheumatic diseases, seizure disorders, chronic allergic disorders, a variety of infectious diseases etc., made me forget the passage of time each day. Easy referral to other specialists and their feedback enriched my own learning.

Finally, it goes without saying, my service here taught me many other facets of life and also benefitted me in many ways. This opportunity increased my desire to serve more with compassion, love and care. I am deeply grateful for the opportunity bestowed on me by the Grace of Swami. I express my appreciation for the excellent support I received from all the staff. I truly value the efforts of the administration to maintain great infrastructure, high standards of medical care and professionalism. My sincere thanks to everyone involved in patient care.

With my Humble Pranams to Swami !

Dr. Jayalakshmi Pasupathy
Honorary Pediatrician,
SSSIHMS, Whitefield

Sai: The Helpline in Our Life



My journey with Bhagawan's Health mission started From March 2020. I am blessed for the opportunity Bhagawan gave to be part of His Health care mission at this Temple of Healing.

To me, Bhagawan's philosophy of Health care is rooted in Love All, Serve All and Service to Man is Service to God. This core philosophy shifted my focus from career

and income towards service, compassion and spiritual growth, both at work and at home. This journey led me to see patients as a whole human being for holistic healing of body, mind and spirit rather than as disease or case. My consultation style or approach changed to spending more time listening, speaking gently and winning over the mind of the patient which has seen partial improvement. Personally, these philosophies made me patient, humble, service oriented in family and in social relationships.

The serene and spiritual atmosphere of the hospital alongside guiding Seniors, friendly colleagues, helpful medical and non-medical staff, Sevadals, their day to day interactions and experiences connected with each other and patients, taught me innumerable lessons which shaped my personal and professional life intensely. Everyone cared and treated each other like their own family.

Sometimes certain emotionally disturbing stories of suffering of patients fills us with resilience to return every day with renewed commitment to serve selflessly at the hospital. Every day the interactions with individuals at the hospital is a great learning process in itself. The journey of the patient from suffering to recovery are heart touching stories.

One incident that I recollect, is when I came across a young well educated working professional who had visited this Temple of Healing because Bhagawan had come in her dreams and had forced her to visit the hospital even though she had no idea of why Swami was asking her to go to Whitefield hospital and also of anything being amiss in her body.

With hesitation she called the helpline. The helpline is managed by Swami's College Alumni and other like minded devotees. They give appointments when the patients call from their hometown, thus enabling entry at the gate, smooth and hassle free based on their choice of date (for local patients) and arrival status in Bangalore (for distant patients).

Her call was responded to and promptly she was referred to the General Medicine department. I got a call from Dr. Ramkumar, our Senior Physician at the department, said that he just saw a patient with huge swelling in the Gluteal region

which she had noticed recently but it had progressed very rapidly causing her a huge discomfort. With this short teleconic information from Dr. Ramkumar, I was wondering what and how it would be. Just then she entered with her husband and 3 year old kid, and I just prayed to Swami in my mind she should be cured completely and lead a healthy life with happiness. Once I started to listen to her about herself and her family, their devotion towards Bhagawan and saw the way their kid was reciting Slokas and bhajans, I was overwhelmed. Later on, as I was assessing her physical condition medically, I was disturbed by the huge swelling in the Gluteal region and the differential diagnosis that was parallely going through in my mind. Further investigations were carried out. I found that with Bhagawan blessings my prayers were answered and as a result the condition was found treatable with surgical intervention and medical management.

Another story is that of a young sole earning member of a family who had met with an accident and had fractures around his elbow. Due to poor financial situation, he had to go for Native treatment (osteopath) which resulted in stiffness and loss of elbow movements. He was advised to consult at Whitefield for the solution. After thorough examination and proper planning, he was treated with Total Elbow Joint Replacement which is not routinely done and he slowly regained movement in his elbow that was existing prior to his injury.

Another story is that of a young female who was wheelchair bound due to hip fusion with deformity. After a successful Total Hip replacement, she went out walking from the hospital. Every member of her family at her native place were surprised to see her going back walking and also got astonished to know that she had not spent even a single Rupee for her medical and surgical management.

Many patients benefitted with Total knee joint replacement, Total hip replacement, Complex primary Replacement, Revision joint Replacement, Shoulder replacement, Knee and shoulder Arthroscopy, Surgeries for sports, Correction of Deformities of Spine.

Each and every patient treated here, is a story of pain and suffering with financial burdens which is completely taken care of in the Temple of healing where free world class health care is offered not as a business transaction but as a form of selfless service without any discrimination of caste, religion or financial status or region.

I was fortunate to see happy smiles and blessings showering on us from patients, which boosts us to serve better and better each day.

Orthopaedic intervention being a costly treatment since implants are involved, nowhere in the world does one get free treatment with no compromise in quality and state of art infrastructure with high standard care and well structured treatment protocols. Sai Ram.

Dr. Mahesh Kumar N.
Former Consultant-Orthopedics,
SSSIHMS, Whitefield

Saved by His Grace



With loving pranams at the lotus feet of Bhagawan Sri Sathya Sai Baba, it is with immense joy and gratitude that I wish to share my divine experience of working at the Sri Sathya Sai Hospitals.

Being a Balvikas student, it was always my dream to work with the Sri Sathya Sai Organisation. I grew up with my favourite quote of Sai,

“Service to mankind is service to God,” and decided then to become a doctor. From the interview to join the Sri Sathya Sai General Hospital to being amalgamated into the Sri Sathya Sai Super Speciality Hospital at Whitefield, Bangalore, the journey was truly divine. Every day was a miracle, and every day was a learning—learning with God Himself.

One such incident, which is etched in my long-term memory, is what I wish to share in this article.

It was a normal day for everyone else, but for me and my close family, it was the day we were waiting for—the arrival of our little bundle of joy. After completing my regular duty at the Sri Sathya Sai General Hospital, I got admitted for an elective caesarean section on the morning of July 24th, 2014. It was Dr. Reema’s birthday, and my colleagues were waiting to finish my surgery so they could celebrate her birthday. The cake was waiting for us.

I was taken to the operation theatre where I used to operate every day. It was a strange feeling, I must admit. There was a beautiful picture of Swami which I always admired and got lost in its aura. I felt as though Swami was standing right there, giving me strength as I lay down on the OT table. I heard Dr. Kamakshi say, *“It’s a boy, Nalini. He is fine.”* That was such a relief. After the C-section, everything seemed normal, and I was shifted back to my room, still drowsy.

Suddenly, I heard Arick sister shouting in fright, *“So much blood!”* The bed and floor were soaked. She panicked and called the gynaecologist. Everyone came running in no time. I was rushed back to the operation theatre. This time, general anaesthesia was given, so I didn’t know what was going on. However, the previous night, Swami had given me a hint, and I had informed my husband, Kiran, not to agree to a hysterectomy if he was asked.

During the second surgery, Dr. Ramkumar diagnosed me with DIC due to amniotic fluid embolism—a critical condition with very minimal chances of survival. The bleeding did not stop even after ligating the uterine artery and another major artery. The doctors then asked Kiran for consent for a hysterectomy. He was startled, torn by a turmoil of emotions, and bluntly refused. I was then shifted to Manipal Hospital in an ambulance, promptly arranged by Dr. Acharya and Mahadevan brother. As I was being shifted, I could see all my colleagues standing numb, silently praying for me to be fine.

At peak traffic hour, around 3:30 p.m., I must say that Mr. Nagaraj, the ambulance driver, was exceptional in his driving skills. He reached the hospital in less than 15 minutes. A group of doctors was waiting for me in the emergency room, ready for resuscitation. My haemoglobin was 1.5 g, and massive blood transfusion was started. I was semi-conscious, not feeling pain or touch, while multiple procedures were carried out simultaneously. I heard someone say, *“No BP, no pulse.”*

For two days, I was in deep sleep, not feeling or knowing what was happening around me. Dr. Dinesh, the intensivist, spoke to Kiran and asked him to be prepared for the worst, as just a couple of days earlier, a gynaecologist admitted with the same condition had passed away. I cannot imagine what Kiran had to go through.

Arick sister had arranged special prayers at the prayer hall, and all my colleagues prayed intensely for me. Exactly 48 hours after delivery, I woke up to what felt like a normal day, with normal blood parameters. As I woke up, I felt something constantly holding my head. I tried to push it away but couldn’t. When the doctors came for rounds and told my husband—who had been by my side in the ICU 24/7—*“She is out of danger. It’s a miracle,”* they left with satisfaction.

As Kiran held my hand, I felt the heaviness on my head slowly loosen. I then saw Swami smile, walk past me, and disappear into the sunshine.

There is nothing greater than this experience to teach me the life lesson that Swami is omnipresent and that He is the One protecting us at all times in our lives. I take this opportunity to thank each and every staff member of the Sri Sathya Sai Hospital for the kindness and love shown to me during my journey with the Sri Sathya Sai Organisation.

Dr. Nalini Kiran

Former Consultant-General Medicine,
SSSIHMS, Whitefield

My Journey from HIMS to SSSIHMS



In 1995, I was fortunate to start my undergraduate medical training at the Himalayan Institute of Medical Sciences (HIMS) started by His Holiness Dr. Swami Rama, a Yogi, philosopher, scientist, and humanitarian. Swamiji embarked on a global journey to bridge the realms of science and spirituality. He founded several institutions dedicated

to both spiritual growth and holistic health. Building on this vision, he went on to found the Himalayan Institute of Yoga Science and Philosophy, in the United States in 1971.

In 1989, he founded the Himalayan Institute Hospital Trust (HIHT) at Dehradun with a purpose to transform the healthcare and education landscape.

His mission was to serve humanity, guided by the philosophy — “*Deho devalayah proktah jivo devah sanātanah*”, which sees the body as a temple and the consciousness as the Eternal Divine.

As a 19-year old, this newly heard term Holistic Health fascinated me and sowed a seed of integrating the allopathic world with the spiritual world.

In my third year of medical college, my first encounter with energy healing was in a modality called *Reiki*, which helped me appreciate and open up to a world beyond the physical world and use the skill along with allopathy to treat my relatives and friends.

A keen interest in Psychology and the nature of the human psyche led me to pursue my DNB post-graduate training in **Psychiatry** from **Army Base Hospital, New Delhi**. However, I realised that conventional treatment of mental illnesses with allopathy was not sufficient in treating the “disease” and it did not heal the issue in the person. The length of treatment, adverse effects of psychotropic drugs and too much dependency on them led to my pursuit of other alternative modalities of therapies.

Learning Clinical Hypnotherapy, I found that the role of past life issues and events buried deep in our subconsciousness when addressed, brought us closer to identifying and resolving core problems, in a drugless manner. Over the years I also underwent training in Angel therapy, Crystal therapy, Radical healing, and Aura photography.

The realisation that all treatment needs to be integrative and focused on the Body, Mind and Spirit, led me to approach each patient with a combination of therapies.

A chance encounter with a biochemic (tissue salt) practitioner led me to extensively study the use of the twelve tissue salts in treating common acute and chronic illnesses.

Moving to SSSIHMS, Whitefield in 2012...

I still remember the first day at the Hospital and campus in 2011. I felt overpowering peace and quiet, as if I had been teleported into a different world all together. In 2012, we

moved to SSSIHMS, Whitefield campus, as my husband had rejoined Swami’s hospital in the Dept. of Anaesthesia. The journey from then on was a sheer blessing in both personal and professional life. I started to experience His Grace in our day-to-day life, learning more about His amazing work and I started involving myself in Seva activities whenever I could. It is difficult to articulate in words the bliss I experienced of His reassuring presence, especially under trying circumstances when life tests one’s faith.

This place gave an increasing amount of stability, peace and clarity in my personal life and courage, strength and a space to implement the vision of Holistic Health in my professional practice.

I continued exploring different modalities of healing and realising the major role of our beliefs in the maintenance of our health as well as illnesses, led me to look for answers in Theta healing and Access Consciousness Bars.

Meanwhile, our two boys were growing up in a pristine, peaceful and spiritually rich atmosphere. The values they were learning in *Balvikas* classes helped shape them into kinder and more inclusive human beings. Joining Swami’s mission as a Balvikas Guru to assist in the beautiful ongoing work being done by the Education Wing of the Samithi added another dimension in my life. Little did I know the impact these children would have on my life and as I kept upgrading myself to learn more, before I could teach them. Whether it was learning to sing bhajans or Veda chanting, I kept growing and all along felt extremely grateful and blessed that I was living in that environment for which other people had to go the extra mile.

Mind-Body Intervention unit of Wellness clinic Feb 2017 at SSSIHMS, Whitefield, Bengaluru

With Swami’s blessings on 23rd February 2017, the Wellness Clinic at SSSIHMS was inaugurated and I joined the Mind-Body unit as a visiting consultant, and continue to do so till date. My dream of practising integrated medicine as an allopath came to fruition. For the last eight years, I have offered patients Access Bars and Tissue salt remedies and counseling for issues ranging from depression, anxiety, stress management for co-morbid illnesses or knee pain, frozen shoulder, migraine, headaches, and so many others in the Wellness clinic.

I enjoy the fact that I can assist people to get better as they tap into their own healing abilities which help them recover faster alongside medication and even beyond the world of medication.

As we continue our journey of life I am extremely grateful to Baba for blessing our life and pray that I can continue to touch as many lives as possible in a positive way and spread His message of “Help Ever, Hurt Never” and “Love All, Serve All”!

Dr. Shubhra N. Punetha

Visiting Consultant-Wellness Clinic,
SSSIHMS, Whitefield

Reflections on Service, Healing, and Grace



Om Sri Sai Ram

As the Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield completes twenty-five years, I feel a deep sense of gratitude for the

opportunity to reflect on what this institution has meant to me personally and professionally. Over the years, my association with Whitefield has helped shape not only how I practice medicine, but how I understand service, responsibility, and the purpose behind the work we do as physicians.

In our medical training, we are taught to value knowledge, precision, and outcomes. These are essential to good care. Yet, being connected to this institution has consistently reminded me that medicine is also about presence—about being fully available to another human being at a time of vulnerability. Patients arrive carrying fear, uncertainty, and hope. They are not simply diagnoses or case numbers. They are individuals seeking understanding, reassurance, and dignity. This environment reinforces the importance of listening carefully, speaking thoughtfully, and responding with compassion.

Over time, this approach to care begins to influence us in quiet but lasting ways. We start to recognize that healing is not always limited to procedures or prescriptions. Often, patience, kindness, and honest communication play an equally important role. Many patients may not remember every medical detail, but they remember whether they felt heard, respected, and cared for.

One of the most important lessons reinforced through this institution is the understanding that intention matters more than outcome. In medicine, we know that despite sincere effort and expertise, results do not always align with expectations. This reality can be difficult to accept, especially when we are deeply invested in our patients' well-being. Here, however, the emphasis remains on sincerity of effort rather than visible success. When our motive is selfless and free from expectation, the work itself becomes meaningful. This perspective brings balance and peace, qualities that are essential in a demanding profession.

There are also moments in medical practice when we cannot fulfill every request or offer every solution. In such situations, this institution gently reminds us that while we may not always be able to oblige, we can always speak with kindness. The way we communicate—our tone, patience, and willingness to explain—often has a profound impact on patients and families. Respectful and compassionate communication can ease anxiety and build trust, even during difficult conversations.

In an era when healthcare often emphasizes speed and volume, Whitefield quietly teaches a different lesson. It reminds us that

quality of service is more important than quantity. Taking the time to provide attentive and thoughtful care, even if it means seeing fewer patients, preserves dignity and strengthens trust. This approach challenges us to rethink how we define productivity and success, and it reinforces the value of sincerity over numbers.

Another lesson that becomes evident over time is humility. Many situations unfold in ways that go beyond careful planning or control. Challenges resolve themselves, support arrives when needed, and outcomes sometimes surpass expectations. These experiences gently reinforce the understanding that we are instruments rather than sole doers. When we let go of the need to control everything, service becomes lighter and more joyful, and our work is no longer burdened by anxiety or ego.

This institution also highlights the importance of availability. While skill and expertise are important, willingness to serve with sincerity often matters just as much. Many individuals contribute in different ways, each offering what they can. This readiness to show up and serve allows the mission to continue smoothly and purposefully. It is a reminder that service begins simply with being present.

Another quiet but important lesson is that service does not need to be distant or dramatic. It begins where we are, by recognizing real needs and responding with care and responsibility. By focusing on patients and communities close at hand, the impact of service becomes immediate and meaningful. This approach encourages thoughtful action rather than imitation and reinforces the value of responding to genuine needs.

Perhaps the most lasting influence of this institution on my own life has been the realization that there is no clear separation between professional life and spiritual life. Every interaction—whether clinical, administrative, or personal—becomes meaningful when approached with integrity and compassion. When medicine is practiced with awareness and humility, work itself becomes an offering. This understanding helps restore purpose and reduces fatigue, reminding us why we chose this profession.

As the Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield marks its Silver Jubilee, its true legacy lies in the countless lives touched over the years—patients treated with dignity, physicians guided by values, and individuals inspired by the spirit of service. It stands as a reminder of what healthcare can be when it is rooted in compassion, discipline, and selflessness.

I remain deeply thankful for the opportunity to be associated with this sacred mission. May this institution continue to guide and inspire future generations of healthcare professionals to serve with humility, responsibility, and care.

Jai Sai Ram.

Dr. Geetha Kamath
Practicing Hematologist & Oncologist, USA

Fond Memories of SSSIHMS – The Early Days



I will never forget that day in New Haven, Connecticut. My wife and I were doing our fellowships at the Yale University Hospital. My wife who is a Paediatric cardiologist encountered a lady of Indian origin who happened to be visiting the Yale Paediatric department. Her name was Dr Sridevi Hegde. We invited her home for lunch, which I had the pleasure of

cooking (she apparently took note of this). Over lunch, we happened to mention to her that we were planning to return home to Bangalore after a couple of years. She seemed pleasantly surprised, and warmly suggested that we connect with her if needed for any assistance when we returned. I am not sure if we expected anything, but we both felt that it was sweet of her to be so reassuring and supportive. The **future connection with Swami** was not yet apparent to us.

Fast forward two years. It was 1999 and we had followed our pledge to return to Bangalore. There was one problem, however. I had banked on joining NIMHANS as a Neuroradiologist and was convinced that I would be welcomed with open arms. It was not to be. There was no position available to me when I returned. Given the circumstances at that time, all other doors were closed, and I was obliged to travel back-and-forth to the US to continue to earn a living. At this point in my life, my phone rang, and I am convinced that **Swami's divine intervention** made it ring. At the other end of the phone was Professor AS Hegde, at the time the most renowned and eminent Neurosurgeon in all of Bangalore and Karnataka. He gently (he was always gentle), said to me that he had heard that I was looking for a position and wanted to know if I would be interested in joining the new Hospital being built by Sri Sathya Sai Baba in Whitefield and set up the Radiology Department. I was humbled, honoured, deeply appreciative, and slightly incredulous. For someone like him to reach out to me with such an offer seemed no less than a miracle. Somewhere among His many other divine interventions, Swami appears to have entered my life and opened His heart to me.

I visited the new hospital, both intrigued and fascinated. At that time, it was a huge construction site, and it was a miracle to behold an army of construction workers working night and day to bring to life **Swami's vision** which he had expressed some time before to his followers. It was, at once magnificent and deeply inspiring. I had no hesitation in gratefully, accepting Dr Hegde's generous offer. I received my appointment letter and began from a small temporary office, recruiting the members of my staff and meeting with the vendors of the companies that would be providing the hospital with imaging equipment. Eventually, when the **magnificent edifice** was complete, I recall the **profoundly spiritual** environment of the grand inauguration ceremony in the central hall, with the giant chandelier glittering above us all. To me, that chandelier was a symbol of all that is great about Swami, his **ability to inspire** the wealthiest of the wealthy from all around the world to **give to a cause** greater than themselves.

Moving into the new radiology department was a joy. The wonderful thing about it was the abundance of space, unusual for an Indian hospital. The other amazing thing was the **complete freedom** given to me to build it in whatever way I imagine. Breaking down the wall of the building to install the 1.5T GE MRI scanner is a memory that will always stay with me. The Siemens CT scanner, which was as I recall one of the first 64 slice scanners in the state, was another feather in the cap. For me in particular, being able to use my creativity in everything from uniform selection to designing the folders in which the radiographs would be stored, exercised my every grey cell, both left brain and right, and gave me deep satisfaction.

Able supported by DV Chandrasekhar, who is perhaps the most dedicated, selfless, and yet pragmatic individual I have ever encountered, I set out to build the department infrastructure. One thing I had realised from my years in the US was that it was imperative for Radiology departments to have a PACS (Image Archival) system in an era in which the profusion of images had made it impossible to continue to report scans from printed film. However the budget did not allow for a commercial PACS purchase. And so we came up with an innovation. We used an open source PACS software to design our own departmental archive, using the backbone computer network that existed within the department. It was deeply satisfying to build something from nothing and to experiment in a way that allowed for both **creative innovation and clinical fulfilment**. After all, **the mission was to deliver high-quality healthcare to the poorest of the poor using the best possible infrastructure in the most innovative manner**. Which is how I interpreted my role in Swami's holy mission.

What also made my job particularly rewarding was the presence of other doctors like myself who had returned from the US and were keen to use their skills not for monetary gain, but for **professional and social impact**. One such was Dr Satish Rudrappa, a dynamic and charming neurosurgeon from Detroit, who is today, one of Bangalore's most successful spine surgeons. Back in the day, he would come down in his scrubs with his team for radiology rounds and our intellectual engagement over a complex MRI scan was matched only by the cheerful and sparkling banter that accompanied it. The mix of physicians at the hospital was **varied and stimulating**, which made the workplace ever more enjoyable, and the mission of service inspired by Swami made it all the more deeply satisfying.

I also had the privilege of commissioning the newly deployed biplane Neuroangiography suite. Although I had performed many interventional neuro procedures while in the US at Yale, my skills were not at the level where I felt entirely comfortable doing complex interventions independently. Especially given that the kind of patients that were referred to SSSIHMS had the most complex conditions, and moreover presented at an advanced stage, where most other doctors had given up on them. Therefore, I proposed to the Hospital administration that we invite my former teacher, Professor NK Mishra from AIIMS down to conduct a workshop and perform a series of

complex Interventional procedures as a guide to our department to launch and build the service. The administration readily agreed and the program was a great success, both for the institution, for me personally, and also by **giving hope to the patients** who had till then been lacking in any hope and who benefited greatly from his considerable expertise. On his part, Dr Mishra seemed glad to be a part of such a **noble mission**.

In fact, several other senior Professors from AIIMS, including Professor Venugopal, one of the pioneers of Cardiac surgery in India, unstintingly devoted their time to build the foundations of the magnificent new hospital. In seeing their devotion to the cause of **Swami's mission**, I realised how **powerful his vision and purpose** was, that extended to the **highest echelons of academia and government**. Mr. Srinivas, the soft spoken leader seemed to be everywhere at a time when it was needed. Dr Veeravahu the Medical Director and his wife Mrs Veeravahu who headed the nursing department were also sweet and gentle influences that shaped the experiences of those early days. **Gentleness, simplicity and service** defined for me the **Sri Sathya Sai ethos**.

Other memories of those early days include conducting a **CME event/ conference** to which we invited all radiologists in the city to introduce the hospital to them. The profound satisfaction of **servicing humanity's most deprived and needy** section, ensuring that they received the **highest level of care, completely free of cost** to them, remains a truly mind-boggling concept then, now and forever.

My time at SSSIHMS imbued in me a **deep sense of gratitude** and inspired me to be humble and selfless in my dealings with others. Seeing the passion and quiet devotion of the army of Swami's volunteers, regardless of their standing in life, made me realise that **Swami's enduring message** for me is that **true greatness lies in humility and service**.

Dr. Arjun Kalyanpur

Former HOD-Radiology, SSSIHMS, Whitefield

Chief Radiologist and Founder,
Teleradiology Solutions / dAIgnostiX
Whitefield, Bengaluru

Sanctuary of Peace



I have had the privilege of being associated with this great institution since its foundation, now spanning over 25 years. Since 2001, I have been visiting the Department of Radiology at Sri Sathya Sai Institute of Higher Medical Sciences annually, for periods of one to two weeks, and have remained closely connected with its growth and evolution ever since.

The consultants and trainee radiologists at SSSIHMS are highly knowledgeable, dedicated, and deeply committed to the spirit of selfless service. Even today, several radiologists continue to offer voluntary services, reporting MRI, CT, and ultrasound studies online—a remarkable testament to their enduring dedication.

The hospital consistently maintains world-class standards, supported by advanced and continually updated imaging equipment and procedures. In fact, I had the opportunity to author a book on Cardiac MRI, with valuable contributions from D.V. Chandrasekhar, Sr. Manager, Radiology including illustrations on congenital cardiac diseases drawn from cases at SSSIHMS.

Over the years, during my visits, I have witnessed significant progress in imaging standards, infrastructure, and the overall upkeep and maintenance of the hospital. The environment has also been transformed, with lush gardens and orchards offering breathtaking views that add to the serenity of the campus.

SSSIHMS is not merely a centre for healing the body, but also a sanctuary for the mind. The soothing daily bhajans held at the main dome permeate the entire building, uplifting the spirit and instilling a sense of divine peace and bliss.

Patient care is delivered to the highest international standards, with compassion and dignity. All staff members, including voluntary workers, are unfailingly courteous, attentive, and supportive.

During my most recent visit in November 2025, I had the opportunity to visit the Neuro-Rehabilitation Centre and was deeply impressed by the state-of-the-art equipment and the enthusiasm and dedication of the staff. This facility will benefit not only patients of SSSIHMS but also those referred from nearby public and private hospitals. I understand that plans are underway to extend these services to include a Cardiac Rehabilitation facility, which will further enhance the comprehensive care provided by the Institute.

Dr. Murugasu Puvaneswary

Visiting Radiologist, SSSIHMS, Whitefield
Newcastle, Australia

Reflections on Radiology at SSSIHMS, Whitefield



I had the privilege of serving as Head of the Department of Radiology at Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), Whitefield, for nearly 15 years. Guided by Bhagawan Sri Sathya Sai Baba's profound ideals—"Love All, Serve All" and "Help Ever, Hurt Never"—and the institute's unique principle of "no patient billing," we

were empowered to deliver truly patient-centric care. With financial barriers removed, every clinical decision was driven solely by medical necessity and compassion. The unwavering support of the Directors and the SSSIHMS Trust, coupled with access to cutting-edge imaging technology, ensured that patients received the very best care.

This ethos extended beyond patient care into education. Our trainees were immersed in a model of medicine rooted in human values—dignity, empathy, and service. Many shared that they came to learn radiology but left with a deeper understanding of living with purpose. Even simple practices, like beginning and ending group discussions with "Aum," created a calming influence, often leading to insights and outcomes that transcended expectations.

Our journey was made possible by the unwavering support of every Director, with special gratitude to Dr. Sundaresh. It was their visionary leadership—alongside the tireless dedication of our Radiology Manager, Mr. D.V. Chandrashekar—that instilled in the Radiology team a shared conviction that "no" was never an option!

I vividly remember the excitement of preparing for our inaugural Radiology CME conference. We worked late into the night, our technologists, DV, students, hand in hand to construct a stage in a newly created conference room nestled beside the central dome. With 170 registrants, three projection screens, and nourishing meals from Sai Vishram, the event was an overwhelming success. The energy in the room was electric—attendees remained fully engaged and attentive, even after hearty meals.

Always searching for the "possible," the SSSIHMS IT team devised creative solutions to expand capacity for our **Head-to-Toe MRI Conference**, a multi-day event featuring international speakers—long before the era of Zoom. Later,

hosting the country's first **four-day Cardiac MRI workshop**, jointly organized with the University of Pennsylvania under the Society of Cardiovascular MRI (SCMR), required vision and adaptability. At Dr. Sundaresh's mandate, part of the library was converted into a training space for 30 computers and a large LCD screen.

Perhaps, most gratifying was witnessing visiting speakers marvel at the hospital and the camaraderie within the department. From Radha at the front desk, to Reddy and his team of technologists, from residents to Radiology Technology students—everyone contributed selflessly. These events were not just educational milestones but deeply bonding experiences. DV, Reddy, and the technologists remain the heart of the department.

Radiology at SSSIHMS was dynamic and forward-thinking. Our CME programs attracted global collaborations. We implemented U.S.-based Cardiac MRI software, partnered with GE, co-developed AI applications with Dayananda Sagar University, and even hosted the pioneering effort of India's first **helium-free MRI** within SSSIHMS.

Our teaching faculty spanned the globe. Many offered their time and expertise for years—**Dr. Chundi**, taught even before I joined, **Dr. Ashokan**, for over 15 years, exemplified the many teachers who spent precious hours of their weekends and evenings to nurture the next generation. Their commitment inspired all of us—staff, students, and myself—to strive for excellence. Our fellows, driven by this spirit, often worked late into the night on research, culminating in a remarkable achievement: **25 abstracts accepted in a single year at the Radiological Society of North America (RSNA) annual meeting**. Generous donors ensured we always had what was needed to succeed.

Reflecting on this journey, I recognize how profoundly I have grown—not only as a professional, but as a person. I would like to believe that I fulfilled my intent: to serve, to teach, and to advance the field of Radiology at SSSIHMS. Yet, those who have walked through the hallowed portals of SSSIHMS know that the true reward is far greater. It is the privilege of being part of something sacred—a mission rooted in love and service. I offer my deepest gratitude for the honor of contributing to this great institution and for the divine breadcrumbs that continue to guide and uplift my path.

Dr. Sanjaya Viswamitra

Former HOD-Radiology, SSSIHMS, Whitefield

My Spiritual Experiences



Sairam. This is a personal chronicle of encounters, misdirections, and innumerable small miracles that stitched together a deeper understanding of service, self, and surrender. It begins with a memory from 2012, circles back through a fateful moment in Delhi, and circles forward to a four-year pilgrimage in Bengaluru that reshaped my soul. It is

a narrative of how the space of a hospital—meant for healing in its most material sense—became a temple of the heart, where the gaze of the mind softened and the language of the spirit found its own quiet voice.

A first step that didn't arrive: 2012, a gate, and a patient waiting

In 2012, I visited Sri Sathya Sai Hospital, Whitefield, with my mother, drawn by a curiosity about the place and its promises, just before the DNB counselling season. The moment is etched not in triumph but in heat and hesitation. The security guard refused entry, and I waited outside for an hour under a harsh sun. It felt like a small crucible of patience and humility: a doorway denied, a heart opened only to endure.

When at last someone from HR came to meet me outside, the gate opened, and I stepped inside with a blend of relief and reverence. I ventured into the radiology department, hopeful and listening for signs. A Seval spoke softly of a future I could not yet fully imagine: “You will come here and be here for a long time.” It felt like a whispered prophecy, a benevolent nudge from the universe.

I carried that moment as a seed of possibility, even as the disappointment of the Delhi counselling later arrived with its own sting. A few ranks ahead, another candidate claimed the last DNB seat in Whitefield, and the Seval's prediction seemed to dissolve into a memory of what might have been. How wrong I would prove to be.

The turning sequence: destiny's rehearsal

Four years later, life's strange geometry brought me back to the doorstep of SSSIHSS in a different dress—no longer a visitor, but a seeker with a purpose. In 2016, I encountered Sanjaya Sir, then serving as HOD at SSSIHSS, and I longed to work with him. A renewed resolve led me to return as a fellow, and the realization struck me with startling clarity: everything offered here to patients—free of cost—had been quietly true all along. After twenty-five years in Bengaluru, I had not known this extraordinary humanity beneath the walls and wards.

The year 2016 was a crucible of adaptation and growth. I began as a fellow, only to discover that I would be the sole staff on site in the department, guiding ten postgraduates. The dual role of fellow and program director pressed upon me with a weight that could have crushed a lesser heart.

There was reluctance. There was fear. There was exhaustion. Yet there was also a network of unwavering support—from

Sanjaya Sir, and from DV Ji—that turned fear into a scaffolding for something larger. Together, we rebuilt a department, bringing in new staff, welcoming fresh fellows, and pursuing clinical and academic excellence in collaboration with Cardiology and Neurology. It was a reimagining of what a hospital could be when compassion informs strategy and science is tempered by service.

A life-altering moment: the smiling radiance of a five-year-old

Amid the long arc of professional transformation, a single patient encounter crystallized everything I was learning about life, sight, and happiness.

One day, I performed an ultrasound for a child with tummy pain. I have a gentle habit with children: when I scan, I show them the pictures and tease a bit about what they might have eaten. The child's smile grew with each question, a gleaming, uncomplicated joy. I asked, “Can you see this? And that?” The child smiled a million-dollar smile, perhaps at the idea that he could share in the wonder of the scan.

Then, the truth landed with a soft, brutal honesty: “Didi, don't feel bad, but I am blind.” For twenty minutes, I almost missed the truth at the heart of that moment—the boy's radiant spirit, his embrace of life, despite the darkness he faced.

He spoke of loving the hospital, of loving the staff, and of a dream to become a neurosurgeon.

He was blind because of a brain tumor, yet his eyes saw the world with an almost supernatural clarity. His positivity was not a denial of his condition but a robust testament to the resilience of the human spirit. He reminded me that happiness does not demand possessions, but it blossoms from a place of surrender—learning to expect nothing, and receiving everything.

That child became a mirror and a north star. His courage reframed my own purpose: not to cling to outcomes, but to stand as a conduit for healing and hope, to meet suffering with a gentle, steadfast presence.

The compass of soul and the campus of grace

Four years later, I left for the UK, a farewell that felt like the closing of a chapter and the opening of a new one at once. It wasn't until I was far away that I began to perceive what I had lived—the profound beauty of campus and work life at SSSIHMS, Bengaluru. It resembled a temple where the gatekeeper was Swami's presence, the paths a route through the Bhagavad Gita, and the duties a chance to practice humility and service.

In those years that followed, I learned what it means to be part of a larger spiritual ecology: the rhythms of patient care, the discipline of scholarly pursuit, and the tenderness of community. The hospital ceased to be merely a building; it became a living scripture in which every corridor and clinic room held a verse of compassion, every routine a ritual of gratitude.

The gift that multiplies: giving and receiving

I believed I offered much to the hospital through service and

governance. In truth, I received far more than I gave. The opportunity to work alongside extraordinary colleagues, to witness the resilience of patients, and to be a small part of a vast, healing fabric—it altered the fabric of my own heart.

Swami's grace wove through every challenge, every late-night meeting, every moment of doubt that became a turning point. The campus life, the patient smiles, the silent prayers of families, the quiet dignity of the staff—the whole tapestry invited me to see service as a path of devotion, not merely an employment or a vocation.

A spiritual map: lessons etched in time

Patience under a scorching sun can open gates that reason alone cannot. The early gate incidents are not just anecdotes; they are reminders that readiness and humility unlock opportunity.

Prophecy can arrive as a gentle guide rather than a deterministic forecast. The Sevalal's words in 2012 did not confine me; they accompanied me, shaping a slow realization of a different future.

A department is not merely a system of care; it is a community of people, a living organism that grows through shared struggles and mutual support.

The most luminous lessons come from those who see with the heart. The blind five-year-old taught me that sight is a state of being, not a gift granted by eyes. Happiness, true happiness, is a practice of surrender and gratitude.

A life spent in service reveals a paradox: the more one gives, the more one receives—often in ways not immediately measurable, but deeply transformative.

Epilogue: gratitude as a spiritual practice

As I reflect on 2016–2020, I feel a profound gratitude. Not merely for professional milestones, but for the daily, quiet miracles—the warmth of a Sevalal's greeting, the courage of a young patient, the steadfast companionship of colleagues who believed in a shared dream, and the sense that I walked a path where healing and holiness converge.

My time at Sri Sathya Sai Hospital Whitefield was not a linear ascent but a luminous spiral: a journey that began with misplacements of doors and ended in an inward opening, a realization that the heart can hold both pain and grace in equal measure.

If there is a takeaway that can be shared with others walking any arduous or sacred path, it is this: happiness is not the absence of longing or material abundance but the cultivation of a spirit that can see, listen, and remain full of wonder—even in the face of darkness. The five-year-old light and the patient, ongoing service remind us that the truest radiance comes from within, and that every act of care is a small act of faith.

With gratitude to Swami, to the hospital, and to every soul who touched my life in those years, I close with a single blessing: Sairam.

Dr. Bhavana Reddy

Former Consultant-Radiology, SSSIHMS, Whitefield

From Training to Purpose: A Journey Guided by Grace



The “first” always carries a special kind of magic — whether it is the first monsoon that perfumes the earth, the first experience of becoming a parent, or the first milestone that shapes our journey. There is a tenderness, an innocence, and a transformative power in every first moment. In the same way, being the first resident in the DNB

Programme of the Radiology speciality at SSSIHMS held a unique and unforgettable specialness for me.

Although I was previously aware of the Sai philosophy, watching it translated into daily life was an invaluable lesson. We had the privilege of being taught and guided by some of the most wonderful clinicians across various specialties — each bringing their unique expertise, depth of knowledge, and spirit of selfless service. The sincerity and dedication with which they offered their time, skill, and wisdom was truly commendable. Beyond the clinical and academic lessons, I also learnt life lessons — of kindness, compassion, love, humility, discipline, and community service. Whether they were surgeons, physicians, anesthesiologists, intensivists, or radiologists, each person who worked here in their own way embodied the desire to contribute to society and uplift those around them. Their dedication, conduct, and the culture of constant learning inspired me so deeply that I continued to serve as staff for nearly nine years.

Those years remain among the most cherished chapters of my life. They were the years in which I got married, welcomed my children, and watched them take their first steps into school — a phase when life became incredibly busy, layered with responsibilities, yet still held together by purpose, discipline, and divine grace. Amidst this fullness — balancing home, work, duties, and the constant hum of daily life — I discovered an enduring truth: that we are guided by a wisdom far greater than our own. Destiny moves gently and silently, and everything that unfolds ultimately reveals its goodness, though we often recognise it only in retrospect.

As I navigated a demanding life with limited time and few choices for myself, I began to realise that life becomes truly sacred when we learn to accept all that comes — joy and sorrow, ease and challenge, order and chaos — with the same inner steadiness. This acceptance is not a passive surrender, but a deep inner trust that a higher power is shaping our journey. Every soul’s path is unique, for each experience is divinely crafted for our awakening, refinement, and spiritual upliftment.

The Bhagavad Gita beautifully says:

यद्यदाचरति श्रेष्ठस्तत्तदेवेतरो जनः । स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते ॥

Yadyadācarati śreṣṭhas tattadevetaro janah |

Sa yat pramāṇam kurute lokas tad anuvartate ||

Translation:

“Whatever a great man does, others follow; the standard he sets becomes the path for the world.”

This shloka perfectly captures the influence of the stalwarts who guided me. Both the working faculty and the visiting faculty in the department of Radiology were shining examples of excellence, humility, and service. Together, they created an environment where learning went far beyond textbooks and reporting rooms. The working Radiology faculty members guided us every single day — patiently correcting, encouraging, and shaping our habits, learning and clinical judgment. Their efforts made them our pillars, grounding us with clarity, compassion, and confidence. The visiting Radiology faculty, on the other hand, brought with them a wealth of global expertise and fresh perspectives. They were not just teachers who shared knowledge during their time with us — *they were mentors whose words, gestures, and dedication left lifelong impressions.* Their passion for the speciality and their spirit of selfless service elevated my understanding of what it truly means to be a radiologist.

Together, both groups of faculties taught us much more than Radiology.

They taught us how to live with integrity, how to serve with kindness, and how to carry our profession with grace. Whatever little I have tried to achieve today stands firmly on the foundation laid by these amazing role models.

Among the many memories I carry, I fondly recall how we organised the yearly SACRED conferences. What began modestly — with residents and staff diligently managing even the smallest organisational tasks — gradually evolved into well-structured, high-quality academic meetings. Teamwork, organisational efficiency, and a collective sense of purpose resulted in conferences that consistently advanced in scope, precision, and academic value. Over time, the event became much more than a conference; it was a concerted effort to disseminate knowledge, promote learning, and contribute meaningfully to the growth of our specialty. The positive feedback we received year after year affirmed the impact of our work, and these experiences strengthened our collaboration, and commitment to excellence.

One experience that has stayed with most of us who were part of the Radiology team was the way Dr. Ram Bala graciously hosted our stay during the RSNA conferences in Chicago, USA. Each year, their family extended the same generosity to all residents and staff. The hospitality we received was exceptional—meticulously organised, thoughtful in every detail, and offered with genuine warmth. The care with which every aspect was handled made us feel supported and reassured in a city far from home. It is often said that kindness is best taught when it is felt, and our time with their family beautifully affirmed this truth. Their generosity, patience, and willingness to support us created an environment in which we felt welcomed, valued, and sincerely cared for. Those who live by Swami’s teachings often carry an unmistakable aura of compassion, peace and strength—and we could truly feel that in every interaction with them. These experiences reminded us that true service is not defined by grand gestures, but by the authenticity, humility, and compassion with which one uplifts others. The impact of their kindness remains with each one of us even today.

An unmatched and deeply personal moment was when my elder son, Aryan was blessed by Swami, and when my husband and I had the opportunity to interact with Him. Those few moments felt suspended in time — as though the entire world had fallen silent so that only His presence remained. The divine vibrations we experienced were beyond anything words can capture. It was as if a gentle, luminous energy enveloped our family, filling our hearts with peace, awe, and an indescribable sense of protection. In that sacred moment, Swami spoke our deepest and most inner thoughts — thoughts we had never voiced aloud — and in His words we felt a divine assurance, when He told us, *'I will protect you.'* That sacred promise continues to resonate through every moment of our lives. It was a moment of pure magic, an imprint on our souls that we cherish to this day. Throughout our stay there as a staff for over 9 years, my husband and I set aside personal aspirations, choosing instead to surrender to His will. Whatever we received and however we were treated, we accepted it with grace, knowing that every experience was a part of His divine plan.

Life eventually took us on different paths, but wherever we work, in whichever hospital we serve, we continue to feel Swami's presence and remember His teachings. Swami has said, *"Do not confine Me to the few acres of land around*

Prasanthi Nilayam. Every single hospital, wherever it stands, belongs to Me. I am overseeing each one of them." These words are a gentle reminder that His presence is not limited by place — it is felt and experienced wherever sincere service is offered. When we remember Him and dedicate our work to Him, His grace becomes our constant companion, and every action turns into worship.

For all that I have been gifted in this lifetime, I remain eternally grateful and deeply humbled. Gratitude is seeing God not only in life's miracles, but in the simple, unnoticed rhythms of our everyday existence. I have come to realize that gratitude is not expressed only when life aligns perfectly with our desires; it is the ability to recognize the divine presence woven into every moment, every soul, and every experience. True gratitude is that silent, steady feeling of thankfulness that arises when we understand that life is being designed, guided, protected, and shaped with purpose for our spiritual growth and transformation- even when the path before us is not easy to comprehend. My humble prayer is that this devotion, this awareness, and this spirit of service within me continue to grow. May this path continue to unfold with His grace, and may I remain ever worthy of the journey He has chosen for me.

Dr. Sunitha Palasamudram
Adjunct Faculty-Radiology,
SSSIHMS, Whitefield

Guided by the Divine Healer



My journey with Bhagawan and His Divine Healthcare Mission began shortly after my marriage. My husband, Dr. Mayur Patil, a urologist, was already a devotee of Swami. Through him, I slowly began to understand and experience the love and grace of Bhagawan.

After completing my internship, I stayed in Prasanthi Nilayam to prepare for my postgraduate exams. I cleared the DNB Primary examination and applied for DNB Radiology at Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS). During the interview, I was asked whether I would continue the course without interruption. In my innocence, I mentioned that I might opt for an MD Radiology seat elsewhere if I got one. Naturally, the seat was offered to someone who was fully committed.

However, when Swami wills something, it surely happens.

By Bhagawan's grace and with the support of Dr. C.K. Reddy, Head of the Department, I was given the opportunity to join DNB Radiodiagnosis at Swami's Hospital. This marked a turning point in my life. From the very first day, the hospital felt different from any other place I had seen. Every greeting was "Sai Ram", soft bhajans filled the air. The hospital was spotlessly clean, calm, and peaceful. It had world-class equipment and modern facilities, yet all services were provided completely free of cost.

In a world where healthcare is often driven by money, this hospital stood as a symbol of pure compassion. My course fees were waived, and I even received a stipend. This was the first clear experience of Swami's boundless love in my life.

When I joined the course, I was two months pregnant with my elder son. Dr. Reddy took special care of me like a father. To avoid radiation exposure, he assigned me to the ultrasound section, even though junior doctors were usually posted in X-ray. His kindness and concern remain deeply etched in my heart.

Our learning environment was truly special. Morning teaching sessions, donated study materials, and regular case discussions made learning enjoyable and meaningful. We were fortunate to learn from highly respected and experienced radiologists such as Dr. Vijay Chundi, Dr. Asokan, Dr. Muthukumar, and Dr. Srikanth Sola. Despite their busy lives abroad, they taught us selflessly, purely out of devotion to Swami.

Our training involved rotations between SSSIHMS Prasanthi Nilayam and Whitefield campuses, giving us a wide exposure. At Whitefield, Dr. Sanjaya Vishwamitra guided us with discipline and care, pushing us to constantly improve. Dr. Gustavo Poggio from Argentina would visit every year to teach and spend time in Swami's presence. His diagnostic skills and dedication inspired us greatly.

The department managers, Mr. D.V. Chandrashekar and Mr. Ravikumar, supported us like family members. They often shared inspiring stories about Swami and the miracles behind the creation of this hospital.

At that time, DNB Radiology was known to be a tough course with low pass rates across the country. Yet, by Swami's grace, most of us cleared the exams in our first attempt. Only later did I truly understand that everything in Swami's institution happens by His divine will.

This unique blend of education, devotion, and service shaped us deeply. Even today, in my daily medical practice, I try to follow Swami's values by treating patients with empathy, honesty, and care. One of the most precious moments of my life was having the blessing of touching Swami's Lotus Feet, along with my son. That moment gave me immense strength and the firm belief that He is always protecting us.

Though we no longer have His physical presence, His love continues to fill Prasanthi Nilayam. It will always remain my spiritual home, and Swami will forever be my guiding mother.

In recent years, technology has given me another chance to serve His hospital through the V-R-4-SAI initiative, where I remotely report radiology studies. Being able to give back, even from a distance, fills my heart with gratitude.

As SSSIHMS, Whitefield completes 25 years of compassionate service, I pray that Swami continues to guide this divine mission. May this temple of healing continue to touch lives and bring hope to countless families.

I am eternally grateful to be a small instrument in His grand mission. A proud student of Swami, blessed beyond measure.

About the Author

Dr. Megharanjini Patil is an alumna of Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, where she completed her DNB (Radiodiagnosis) between 2008 and 2011. She currently practices in Gangavathi, Koppal District, Karnataka, and actively participates in service activities through the Sri Sathya Sai Seva Organisation. She is also a dedicated member of the Virtual Radiology Team – V-R-4-SAI.

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SSSIHMS: Where Service is a Way of Life



To call Sri Sathya Sai Institute of Higher Medical Sciences my home, would be an understatement. And yet, it would be equitably appropriate – for a different reason altogether.

I was fortunate enough to have been in the fold and physical proximity of Bhagawan Baba since my early childhood, and my association

deepened with Him directing my mother to begin Pharmacy services at the then General Hospital in Whitefield, in the late nineties.

I was also deeply fortunate to have studied at this Institute, being a Fellow in the Department of Radiology and then working here as well, and I truly believe this is a unique combination arising from the abundant grace of our Dear Lord.

Consequently, working & studying at SSSIHMS wasn't a career choice for me. It even wasn't a 'fellowship' per se. It was much more, like stepping into a legacy that I had passively bore witness to, which had been silently preparing me for decades. I grew up, day in and day out watching my mother dedicate nearly two decades in service to Him via this hallowed Institution. It was a silent rhythm, a way of life, a philosophy that found its place in conversations at home, shaped our values, and set the standards for what "service" truly means.

Just when you think you're immune to inspiration, this Hospital brings forth its version of selfless dedication to service through patient-care – and you're swept over all over again, every single day. To me, it isn't about what's written on boards and placards. It isn't about what is preached or taught. It isn't about training or exercise.

SSSIHMS is a way of life. Of how *to be*. That is what this Temple of Healing means, and how I attempt to comprehend it in my own little capacity.

To understand this concept, one needs to but look around. No matter the vocation, each individual who contributes here to the betterment of the patient either directly or otherwise is a reflection of that divine light of love and service. During my time here, I have met doctors who cared for patients like their very own; administrators who went out of their way and time to make patient services better; dietary staff who tirelessly and silently churned the wheels of sustenance, managing and serving thousands with nary a whisper; janitors and support personnel who cleaned this place diligently, wiping away dirt like wiping karma off their souls...

I often asked myself; But why?

The answer had always been before my eyes; ever since I witnessed my mother serve in this Institution. It is Him. Each patient is God. Every doctor is God. Every one of the staff personnel is God. I admit it is hard to be with this thought at all times, but there are always such wonderful angels of service around in this place who constantly and silently remind me through their actions.

The patients – many of them coming from afar with little to spare – have been polestars, constantly guiding my purpose through their sheer faith in the Almighty. As luck would have it, many are bestowed with the most complicated problems destiny has to offer, and it is in that state of nothingness and hopelessness that you see a flicker of a 'something', which brings them to the threshold of this Hospital. Some are shouldered by their kin, while many others, carried in their arms; lost ships in a tempest, that have finally found the shore. Time and again, these patients give me a revision in what I see every day, and what Baba used to in His benevolence, say; and that is Total Surrender. The notion of control is a mirage. Nothing was ever in our hands to begin with, and nothing will ever be.

This is my inspiration; forever learning from those we treat, and those who are alongside us.

Working here is also about perfection. Perfection towards what we do for the patient.

My first day at SSSIHMS was as memorable as they come. I began as a Fellow in the Department of Radiology & Imaging, headed by the then honorary HOD and Program Director, Dr. Sanjaya Viswamitra. Right from the get go I was given a task: Deliver a detailed presentation on *Ankle – Biomechanics and Approach on MRI*, via Zoom online. Having had some professional experience after my residency, I prepared the best I could and felt quite confident about it. It was after all my first day, and a subject of my interest. What could possibly go wrong?

At seven in the morning, I was all set, with my co-Fellows by my side and our HOD on the other side of the computer screen, across the Internet.

Just when I thought I was doing well midway through the presentation, I was abruptly ordered by my HOD to stop, rewind, research – and later, repeat the whole thing the next day. It was sudden. Snap. Crack. Done. My little balloon of 'ego' burst in a flash. The HOD mentioned a lack in depth of information and the clinical applications thereon. No matter what I said or what my citations were, no matter the effort gone into preparing and presenting on the very first day of the Fellowship, my HOD's response was one that hollered a single message: To work here, you have to be a cut above the rest – and only then will you treat anyone who comes to your doorstep. Why? The purpose of this exercise wasn't because it was a part of the program; it was a level he wanted us Fellows to attain, so we are that much better in delivering our expertise to patients who came here.

On that day I learnt two things; One, I needed to learn Ankle better. And two – this wasn't about the Ankle at all.

It was also during my fellowship that our HOD once said, "Despite the various hardships and troubles you (Fellows) face, I cannot allow myself to lower the bar of my expectation from you. Because that is where you need to be. No matter what." Not for him. Not for us. Not for accolades and degrees. It was for the patient. Every day of my work here since the beginning has been a conscious effort to do the same thing, but better.

Another facet of experience at SSSIHMS has been my interaction with patients and their attenders; the kith, kin and well-wishers who travel along, being forms of support and encouragement for their loved ones. There have been times I for good reason couldn't oblige, but that didn't stop me from speaking a few words of encouragement, of support and camaraderie. At times I'd try to go a step further, trying to lighten the moment especially for kids and younger patients, thereby positively affecting parents as well who breathe a little in relief. As Swami once said, *"If you cannot oblige, at least speak obligingly."*

I believe a Radiologist works in the dark, to serve the light. We often know more about a patient's condition before the clinician even breaks the news. You see things on scans that families aren't emotionally ready to hear. And yet, we must answer. That newfound knowledge must be delivered with sensitivity and gentleness. It is about kindness. About holding a space for the patient's fear. About the weight of silence, and sometimes, a gentle arm around the shoulder.

At SSSIHMS, I could feel that compassion is not optional; it's part of the protocol.

Then there are those moments where upon delivery of positive news or even a lack of a negative one, patients and their attenders reveal and revel in a joy unbridled. A smile on a mother's face on seeing her child talk once again; a father beaming at his son who could finally walk; an elderly person weeping a prayer in relief, on hearing the news that *'kuch bada nahin hai, aap theek ho jaoge'...*

Priceless.

Few words of respect, support and encouragement go a long way, and unlike in many other famous Hospitals and Institutions of Healthcare, the patient and their attenders here are treated not just in a 'humane' manner, but as reflections of God himself.

Above all, it is the patients here that have taught me the most important lesson – gratitude.

That I am nothing. That I am no one. That every single moment, I am a breath away from oblivion. We see human fragility every single day; strokes, cancer, inevitable degeneration, silent pathologies people didn't even know existed. More than an effect on the body, I witness their effect on the patient's mind. The body feels pain. The mind is plunged in agony. And after every such patient I encounter, I shudder in a silent prayer: Thank You God, for I am healthy. Thank You God, for I am able to speak. Thank You God, for I am able to think normally.

Serving at this Hospital has taught me what my true priorities are. Witnessing my patients, I feel my 'ordinary' days are the most 'extraordinary' in my life.

Life is a hair's balance on a sword's edge, and here, with service-oriented patient care and other pettier motives out of the way, you begin to appreciate your health, your life, your family, your good fortune, being grateful for it all.

SSSIHMS is also a true example of having hands in the society, and head in the forest.

A lot of importance is nowadays being given to soft skills. The same applies to the Hospital where it is by default, a naturally embedded part of everyday practice. I noticed that clinicians and other staff members here are constantly encouraged to upgrade their knowledge and expertise in areas directly or indirectly associated with their primary faculties.

Much importance is also given to research and innovation, with a constant encouragement to accomplish personal milestones in academia. With Swami's grace and this encouraging environment, I could complete a course in Machine Learning and feel the necessity to use what I learnt in the betterment of healthcare delivery. My field of expertise is heavily dependent on the tools provided (CT scan, MRI, etc.) and by His grace, our department has almost never had a shortage of adequate machinery to perform complex imaging and guided procedures.

The patient volume and case diversity here make it a goldmine for research. We encounter unusual pathologies, complex cardiac and neurology cases, and these conditions that create opportunities for reports, studies, imaging-based outcome analyses and even protocol optimizations.

Even if you're not formally a researcher, the environment nudges you toward curiosity:

Why did this present differently?

What sequences highlighted the pathology best?

Can this protocol be adapted for faster diagnosis?

That curiosity is the seed of scientific contribution; and this contribution is once again aimed at a singular goal: Better patient-care.

I have to yet come a full circle (I'm quite far away from it), but I feel I've significantly partaken what this hallowed place has to offer. From being a toddler who watched his mother engage in selfless service toward the patient keeping her focus pointedly on Baba, to a Fellow student chiselled and moulded by stellar professionals, and finally a doctor working and serving in the Department of Radiology & Imaging; I believe I have had immense grace and fortune to have experienced a rare, multifaceted model of love and service with this Institution at the epicentre. I believe that every step I take here, every patient I see and every scan I read is loaded with a sanctified richness behind me, of which I have done very little to deserve. If I can carry with me, even a fraction of the values this place stands for; precision, compassion, humility, and service, then I feel I'm contributing meaningfully to the Blessing and the Legacy that brought me here.

Each day is a revision of an unspoken motto: Precision in imaging. Compassion in action. Service in spirit.

And each day, a prayer to grow, so I can be of better use to society through the means of Sri Sathya Sai Institute of Higher Medical Sciences.

Dr. Karthik Dattani
Consultant-Radiology,
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What I Am, Is What Swami Made Me



When I look back at my journey, every milestone, every lesson, every ounce of strength I carry has been shaped by Swami. Whatever I am today, and however I am, is entirely because of Swami. He has been my Master, my constant inner guide, and the silent sculptor of my life.

Joining Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield was not a coincidence; it was grace in motion. From the moment I first stepped into this divine temple of healing, I sensed that this was no ordinary hospital. Here, science meets spirituality, precision merges with compassion, and every patient encounter becomes a prayer. Every corridor, every ward, every team discussion carries an invisible presence - of discipline, excellence and love.

Over the years, this sacred space has transformed me - not only as a professional, but also as a human being, and a seeker. Swami's teachings have quietly redefined how I view my role. Healing, I have come to understand, is not merely about curing diseases, it is also about restoring dignity, nurturing hope and strengthening faith. Whether I am addressing a complex case, mentoring a young professional, or setting up systems to ensure quality care, I have learnt to see His reflection in every act of service.

There have been moments of challenge, days of exhaustion, and phases of doubt. Yet, whenever I felt limited by my human capacity, Swami's unseen hand would gently lift me. Sometimes it came as a colleague's timely word, sometimes as a patient's smile, sometimes as an unexpected solution. Each time the message was clear: "You are not the doer." And in that realisation came both peace and strength.

SSSIHMS has been far more than a workplace - it has been my gurukulam. The values of discipline, teamwork, humility, and excellence that permeates this institution have shaped my inner being. Even the smallest task - ensuring accuracy, upholding standards, or guiding someone, becomes an offering when performed in the spirit of Sai work.

As we celebrate the Silver Jubilee, my heart overflows with gratitude. To have walked this path, to have contributed even a small way to this sacred mission, and to have been constantly shaped by Swami's invisible grace, are amongst the greatest blessings of my life.

When I see the younger generation of professionals entering this institution, I silently pray that they experience what we have experienced, and see what we have seen. May they realise that the true EMR of SSSIHMS is not merely Electronic Medical Records but Eternal Mother's Records - records of Love.

When I reflect on who I am today, I see no separation between my work, my growth, and my devotion.

Legacy and Continuity

As SSSIHMS steps into its Silver Jubilee, I see its story as a continuum of His will - a place where love continues to heal, where systems continue to serve, and every professional discovers that their true calling is spiritual at its core.

I pray that the coming generations feel what we have felt - that indescribable energy that arises when one serves selflessly, and the quiet assurance that quiet yet powerful energy that arises from selfless service, and the deep assurance that He is watching, guiding, and blessing every act done in the right spirit.

The Thousand-Mother's Love

On a deeply personal note, Swami has been to me what words can scarcely express - like Thousand Mothers who gives it all. A mother's love is infinite, yet His love transcends even that. It is protective, nurturing, forgiving, and endlessly giving. Time and again, I have experienced this boundless affection - moments when a need, a thought, or a concern arose within me, and even before I voiced it, the answer appeared.

Swami provides - not always through dramatic miracles, but through subtle synchronicities that make me pause in awe. He has shown me that when we walk the path of truth, dharma, and sincere efforts - grace flows effortlessly. Walking on this path has given me peace, joy, and true purpose in life.

The Final Reflection

When I contemplate who I am today - a person, a professional, a teacher and a servant - I see no distinction. All are expressions of one truth: **Everything I am is His creation.**

He has shaped me through life's circumstances, through people who crossed my path, through challenges that tested me, and through grace that carried me forward. He has transformed my work into worship, my duties into devotion, and my life into an offering.

Whatever I am, Whatever I have become, Is His Will, His Work, and His Love expressed through me.

As we celebrate twenty-five years of this sacred mission, I bow my head in reverence and whisper my gratitude:

Thank You, Swami. For shaping me, For guiding my steps. For filling my heart with purpose. For allowing me to be a small part of Your infinite work of love.

May this Temple of Healing continue to shine as a beacon of compassion and excellence. And, may every heartbeat within these walls echo the truth that has shaped my life:

All that I am, All that I have become, is because of You - my Swami, the Thousand Mother, The Eternal Healer, the light of my being.

Dr. Shailaja A.

Former HOD-Biochemistry,
SSSIHMS, Whitefield

Counselling the SAI Way



Hospital Vision

Healthcare should be provided free to all, in an atmosphere of love, with an aim to heal the patient in body, mind and soul.

Hospital Mission

To provide free medical care to the sick and ailing with dedication, commitment, love and the best of skills, to facilitate healing in body,

mind and spirit.

The hospital's Vision and Mission statements are representative of Swami's philosophy, which encompasses His primary concern: the welfare of the patients. This has influenced my personal life, and wanting to serve Swami in the SAI Healthcare mission. Swami told my wife Gita during darshan in Brindavan on Thursday, 21st December 2000, "Go and take care of my patients at the Hospital". Soon thereafter, at His behest, I also joined the Hospital. Thus started our lifelong journey as a team, completely surrendering to Swami as His instruments. Swami called us to serve Him, not based on our academic credentials, but on our experiential credentials. He took us on an incredible journey from 2001 to 2011, started a Counselling Department in the hospital, making us in charge, and assuring us that He would take care of and guide us.

The Quest and Genesis of the Counselling Department:

A devotee friend told us about Carl Rogers, the founder of Humanistic Psychology and Person Centred Counselling. We were fascinated with his work, and it resonated with Swami's philosophy. Swami was very pleased with our endeavour to learn more about holistic healing, and he wanted us to go to the US to meet the top-notch people in the medical profession there working in this area, and talk to them about the work being done in Swami's hospital.

In 2003, with Swami's Blessings, we left with confidence to the US. When we introduced ourselves as coming from Sai Baba's Superspecialty Hospital in Bangalore, India, doors opened miraculously.

We met with Dr. Dean Ornish, the renowned Harvard cardiologist and author of the world-famous book, 'Reversing Heart Disease'. He spent an hour with us talking about Swami's humanitarian mission, while we spoke about our Hospital and the Counselling Department.

We met Dr. David Spiegel, Director, Department of Integrative Medicine, Stanford Medical School, who, after listening about the work being done here, said, "Providing emotional and spiritual support is essential in patient care and in this regard Sai Baba's hospital seems to have a very comprehensive program".

We met Dr. Susan Folkman, Director, Osher Centre of Integrative Medicine, University of California, Medical School. Her comments, "Sai Baba's words are so simple yet so profound and powerful. Addressing the emotional and spiritual needs of patients is very important in Medicare. This

is very well provided in Sai Baba's hospital, but it will take another fifty years before it is introduced in all American hospitals!"

We also met Dr. Laurence Savett, a physician who authored the book "The Human Side of Medicine" and has extensive experience in teaching. He was very impressed with the work done in the Counselling Department. and has helped us in the selection and the training of counsellors.

Upon our return, Swami was very happy and wanted us to use our learnings to expand the counselling work, improve patient care, recruit more counsellors and create increased awareness about our hospital and its unique features, amongst the medical fraternity and the general public. We refined the Body Relaxation Mind Cleansing (BRMC) technique and got it formally approved and blessed by Swami. This happened in 2006, and the same year we recruited twenty-one counsellors following Swami's guidelines and also using our learnings from Dr. Laurence Savett. The Counselling Program came to be known as 'Counselling the SAI Way'.

Noticing our yen for learning more about Person (Patient) Centred Counselling, Swami sent us in August 2007 to Norwich, UK, where we met with Dr. Judy Moore, Director - Centre for Counselling, University of East Anglia, Norwich. We made a presentation on 'Counselling the SAI Way'. After listening to it she said, "Sai Baba's philosophy and the hospital have made an impressive contribution towards incorporating the spiritual dimension into the well-being of patients, especially those undergoing physical difficulties and needing surgery".

In November 2010, we were selected to make a presentation at Mayo Clinic, Rochester, MN, USA, on "Counselling the SAI Way" program at the '2010 Mayo Spiritual Care Research Conference. Swami was happy that we would be speaking about the work being done in our hospital to an august gathering at Mayo Clinic, the Mecca of Medicine. He gave us His Blessings before we left. The presentation was very well received with an audience rating score of 90.6%, and a pertinent comment - "Very interesting philosophy, we need to do more health care like that". Swami was very pleased when we reported it upon our return; He blessed us profusely.

The Sai Counselling Department is functioning successfully with 22 counsellors serving annually thousands of patients and their caregivers in addressing their emotional and spiritual needs.

The Counselling Department has also spearheaded other significant initiatives at the hospital. Two pertinent examples are the Sai Rehabilitation Program and the introduction of Spirituality and Healing in Nursing Care, which are described below.

Sai Rehabilitation Program for post-discharge cardiac patients:

Swami, in one of His discussions with Dr.A.N. Safaya, the first Director of SSSIHMS, Whitefield, mentioned to him that His patients, after being cured in our hospital, should be able to

return home and, after recuperation, be able to serve his/her family and society. The hospital should develop a program to help patients in this regard. This work was entrusted to the Counselling Department. With Swami's Divine Grace and His Blessings, the Sai Rehabilitation Program, a first of its kind, was launched in Karnataka as a one-year pilot project on 17th July 2004 by SSSIHMS, Bangalore, along with Sri Sathya Sai Seva Organisation.

When a cardiac operation is successful, the patient is brought back to the ward and put under observation for a couple of days before being discharged and allowed to return home. The day of discharge arrives, and the doctors assure him that he can lead a normal life soon. They give him the discharge summary and explain patiently the medication he has to take, the periodic lab tests required, and advise him to show the discharge summary to the local doctor, especially when he has to go for any minor surgery. The dietician advises him about the diet he needs to follow henceforth. The physiotherapist advises him about the physical activity he has to follow henceforth. The counsellors enlighten him on the mind-body-spirit connection and explain the therapeutic effects of BRMC for mind control and prayer to their God. His fears are dispelled.

While still in the hospital, the patient is given a Sai Rehab feedback form, which contains the name and contact address of a doctor located in a town near his village. He is told to report to this local doctor a month later for the first check-up and subsequently for two more at two-month intervals. Thus, the local doctor would look after him for six months following his discharge to ensure satisfactory recuperation. He could clear all his doubts with the local doctor, who could speak to him in his own dialect. In addition, he is also given the name and contact details of the Sri Sathya Sai Seva Organisation (SSSSO) local district Seva Dal representative to also assist him.

The program was initially launched as a pilot project in Karnataka and is working well there. and over the years it has been expanded to include Kerala, Tamil Nadu, Orissa, Andhra Pradesh, West Bengal, Bihar, Jharkhand, Madhya Pradesh and Maharashtra.

Spirituality and Healing in Nursing Care:

Swami on 1st September 2008 started the College of Nursing and Allied Health Sciences at SSSIHMS, Whitefield, which offered a four-year degree course in Nursing. It was at His behest that a course in Spirituality for the Nursing students was included in the curriculum in the fourth year. The formatting of this course was assigned to the SAI Counselling Department. In addition, there would be a course in Education in Human Values based on the syllabus for degree students at SSSIHL.

Regarding the selection of students, Swami said

“The stress should be on quality and not quantity in the sphere of medical studies. Only those students who have the talent and aptitude for medical studies should be admitted. Such students will immensely benefit from medical education, and will be of use to society”.

The Nursing students, after completing the academic program, intern in the hospital's Nursing Department generally for two years and are trained by the SAI Counselling Department to be able to teach the patients the BRMC therapy under the supervision of the nursing staff.

It is purely Swami's Sankalpa that the Counselling team is doing clinical work in addressing the emotional and spiritual needs of “His” patients, thereby fulfilling His directive in 2001 to Gita, “Take care of my patients”, through the above efforts.

Sri Umesh Rao

Senior Consultant & Mentor,
Dept. of Counselling SSSIHMS, Whitefield

In His Mission, By His Grace: My Journey



In this sacred centenary year of our beloved Bhagawan Sri Sathya Sai Baba, as we joyously celebrate the Silver Jubilee of Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), Whitefield, I reflect with deep gratitude and humility on my 17-year journey in this divine Temple of Healing and Learning. These years have been profound

blessings—an inward and outward journey woven with grace, learning, transformation, and the silent yet constant guidance of Bhagawan, who remains the unseen force steering every step of this institution.

A Journey of Faith and Transformation

When I first desired to serve in Bhagawan's mission of healthcare, I was unaware of the vastness and depth of Swami's divine Mission. Yet, in His infinite compassion, Swami lovingly gave me the opportunity to serve in His institution—a Temple of Learning within a Temple of Healing. Being new to Swami's organisation and culture, my faith was tested. At one point, I faltered and even contemplated leaving the institution I treasured so deeply. However, this phase became my greatest lesson—learning to let go of ego, embrace humility, and deepen my faith. Though I felt I had let go of Swami's hand, He, like a compassionate friend, held my hand through His divine instruments and has continued to guide me ever since – a miraculous escape from a lifetime of regret, replaced instead with grace and inner healing.

What SSSIHMS Has Meant to Me

When I stepped into SSSIHMS nearly two decades ago, the College of Nursing did not have a space of its own. We began humbly within the hospital building, with limited resources but limitless faith. Bhagawan's presence was palpable—in the discipline, the values, the dedication, and the devotion of everyone serving here.

In 2010, as per Swami's directive, Education in Human Values was incorporated into our curriculum, in alignment with the awareness curriculum of Sri Sathya Sai Institute of Higher Learning (Deemed to be University). Teachings from the Bhagavad Gita, Nursing Ethics, Health and Spirituality, and Counselling in the Sai Way were integrated to ensure holistic patient care and character formation of our students.

To me, SSSIHMS has always been a living expression of Swami's ideals—a place where education goes beyond academics to mould character. Every day here reminds us that we are mere instruments in His mission, and every student we nurture is a flower destined to spread Swami's fragrance across the world. My journey has been enriched by countless meaningful experiences—with Swami, with students, with colleagues, and with the institution itself.

Blessed Moments with Bhagawan

There are countless cherished moments in this sacred space, but some remain etched deeply in my heart. Among the most

significant were Swami's 85th Birthday celebrations at Kulwant Hall—being blessed to personally wish Him and receive His divine love from His divine hands.

The first Sports Meet of our institution in 2011 was another unforgettable moment, where I lost myself completely in Swami's presence, experiencing an intense inner connection that words cannot describe.

During times of administrative challenges, resource constraints, and the responsibility of organising new programmes, guidance would invariably appear at the right moment—through a reassuring word, an unexpected solution, or sudden clarity. I have always felt Swami's unseen hand gently leading the way.

Students – The Living Legacy

Every batch of students left behind a unique imprint on my heart. Their innocence, sincerity, and eagerness to learn constantly renewed my commitment. I fondly remember struggling students who blossomed with encouragement, quiet students who gained confidence through clinical exposure, and the immense joy of seeing our graduates excel in India and abroad—while upholding Swami's values.

Colleagues Who Became Family

Over these 17 years, I have been blessed to work with colleagues who stood united through challenges and celebrated every milestone with devotion and teamwork. Together, we navigated accreditation processes, curriculum revisions, clinical expansions, and academic growth. Their dedication, unity and teamwork have been instrumental in every achievement of the College of Nursing.

Challenges and Growth

The COVID-19 pandemic was one of the most challenging phases for the institution and the hostel. Our college premises were converted into a COVID ward, and once again, the college was confined to academic department. Ensuring the safety of nearly 250 hostel students and facilitating their safe return to different parts of the country was a monumental responsibility.

Adapting to new technologies, transitioning to online and virtual teaching, and sustaining academic continuity required immense teamwork. I wholeheartedly appreciate the relentless efforts of the faculty and staff who overcame this crisis with unity, resilience, and faith.

When I entered this sacred portal, I had no prior administrative experience. This institution moulded me—both in the college and hostel administration—through the guidance of well-wishers, mentors, and colleagues who corrected, guided, and supported me at every step. What I am today is because of them, and I remain deeply grateful.

SSSIHMS also inspired me to pursue my doctoral studies. During my research journey, I cherished the opportunity to provide direct patient care through foot reflexology for post-caesarean mothers—experiences that brought immense joy and helped me acquire skills in alternative therapy. I am

thankful to the senior manager and staff of the Department of Medical Laboratory Services for their support in developing cost-effective techniques for salivary cortisol sample collection, as well as to my colleagues and students who contributed selflessly to the completion of my research.

A Milestone Blessing – A Temple of Learning

On 19th January 2023, Bhagawan blessed us with a beautiful, independent College of Nursing building. Swami also lovingly chose Lord Ganesha to be installed in the college premises, a divine treasure for generations to cherish.

The new building is equipped with modern interactive classrooms, advanced laboratories, and manikins that enhance teaching-learning processes and skill development. From humble beginnings within hospital premises, the College of Nursing has now blossomed into a magnificent symbol of growth, perseverance, and Swami's unfailing grace.

Reflections – Legacy and the Road Ahead

As I look back, what stands out is not merely institutional progress, but the inner transformation these years have brought.

I have learnt that:

- True leadership is rooted in humility
- Service becomes meaningful only when offered with love
- Challenges are opportunities to deepen faith
- Education is sacred when it shapes both skill and character

I feel profoundly blessed to have been an instrument in shaping generations of nurses who carry Swami's message of compassionate care across the world. The legacy we build lies not only in infrastructure, but in values—in graduates who serve with empathy, integrity, and devotion.

As we celebrate the 25 glorious years of SSSIHMS and the Golden Jubilee of the General Hospital, I offer my humble pranams at Bhagawan's Lotus Feet for guiding me through these 17 blessed years. May Swami continue to lead us, inspire us, and mould us as worthy instruments of His divine Mission.

Dr. A.R. Manjjuri

Principal, SSSIHMS College of Nursing
Whitefield

My Journey with SSSIHMS



Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), a divine abode of peace, has been much more than a workplace—it has been a turning point, a teacher, and a divine journey of transformation. The hospital's philosophy of selfless, value-based, and completely free healthcare has shaped not only my professional approach but also my

inner growth.

Even before joining the Institute, SSSIHMS had already begun touching my life in subtle ways. Whenever I crossed the hospital, I used to pause and admire its majestic architecture from outside. There was always a gentle pull, a silent admiration. When there was once an opportunity to join, circumstances took me instead to an earlier institution, where I began my career as a lecturer in 2008. I often felt I had missed a golden chance. But destiny had its own plan—Swami had His own timing.

Swami's Calling: How the Journey Began

Life took a decisive turn when family circumstances forced me to resign from my previous role after delivering my son. At that moment of uncertainty, I felt guided to approach SSSIHMS again. Miraculously, there was an immediate requirement for an experienced faculty in Medical-Surgical Nursing.

I was interviewed through a teleconference, which was done with the blessing of Bhagawan. I introduced myself honestly and said, "Swami, I am not your devotee, but I believe in God". Looking back, I realise now that this moment was Swami's way of saying, "**Come as you are; I will mould you.**" Soon after, I was selected. This marked the beginning of my journey into the Divine fold, where everything unfolded with purpose, precision, and grace.

The Philosophy That Transformed Me

I entered as someone new to Swami's mission, His philosophy of '**Love All, Serve All**' and '**Service to Man is Service to God**' slowly took root in me. The core principle, "**Manava Seva is Madhava Seva**" (**Service to Humanity is Service to God**), guides every decision. Every value, every teaching, every experience here shaped me. Swami moulded me through situations—sometimes gentle, sometimes challenging—until I realised who He truly is and what divine love really means. The greatest lesson He taught me: Whatever you think sincerely, He fulfills. "Never expect anything—just do His work, and He will take care of everything". Ultimately, our purpose here is to contribute to "**Samastha Lokah Sukhino Bhavantu**" (May all the worlds be happy).

Settling Into the Divine Campus and Unseen Support

I was given a residential campus quarters when I joined. My son was just six months old at the time, and I struggled to manage both work and motherhood. But Swami's words echoed each day: "**Take one step towards Me, I will take a hundred towards you**". The love and compassion shown by

the college and hospital staff were truly respectable and honest. The residents and neighbours around me in the residential campus showed such incredible support, caring, and helping nature that I never felt the difficulty. My child was taken care of, my family found peace, and I discovered the space to serve wholeheartedly. This was Swami's unseen hand at work.

My Family's Transformation and Divine Protection

As days unfolded, not only I but my entire family—including my young son—was gently drawn to Swami's lotus feet. What began as *my job* soon became *our collective spiritual journey*. Swami touched my family members profoundly: my son was driven into Balvikas and is now a SAI student, and my mother was saved from critical illness. My entire family is getting transformed to Bhagawan & His values. This protective grace is the manifestation of *His will* in our lives, ensuring the welfare of His devotees.

A Classroom Blessing That Now Makes Sense

Within a couple of years of joining, I had an unforgettable moment. While teaching fourth-year students, a flower suddenly fell from Swami's photograph kept in the classroom. The students excitedly whispered, "Madam, Swami is here," as the flower fell down. At that time—14 years ago—it felt hard to believe, almost like a story. But today, with all the experiences accumulated over the years, I realise it was nothing short of a blessing and a subtle assurance that He was with us.

A Profound Experience on the Day Swami Left His Physical Form

One of the most emotional memories etched in my heart is from the day Swami left His mortal form. Our college team, along with staff and students, travelled to Puttaparthi for the last physical darshan of Swami. While returning to Bangalore, the bus windows were closed due to the huge crowd. Students were thirsty and hungry, silently praying with the belief that "Swami will never let His children remain hungry or thirsty".

What happened next felt surreal—people from outside the bus began knocking on the windows. When we opened them, packets of water and food were thrown through the windows, almost as if Swami Himself had arranged it. All of us sat stunned, knowing deep within that He had heard their unspoken prayers and fulfilled their needs. This experience reaffirmed my belief that Swami listens to the smallest whisper of the heart.

Everyday Miracles & Subtle Assurance

I could feel the presence and guidance of Bhagawan in my work ethics, where Swami speaks and makes me to understand and makes the work perfect and easier. It might be simple or tough tasks where **He makes perfect**. This constant pursuit of perfection in duty embodies the principle of "**Yogah Karmasu Kaushalam**" (**Excellence in action is Yoga**). I have often felt that whatever I sincerely thought—whether for my students, patients, or family—Swami silently fulfilled. In every work, His Divine protection is felt. His presence is quite reality, reflected in timely help, problem-free days, or sudden solutions that appeared without effort.

Growth Through His Guidance

From the moment I joined, Swami moulded me patiently—teaching me values, shaping my attitude, and helping me grow professionally and spiritually. He taught me how to:

- see every patient as a reflection of divinity
- work without expectations
- remain calm amid difficulties
- place complete trust in His timing

These insights, rooted in divine teaching, have become an inseparable part of who I am.

Support, Teamwork, and Skill Enhancement

Working at SSSIHMS has also expanded my professional horizons. I found mentors who guided me, colleagues who supported me, and juniors who inspired me. Together, we built not just teams—but **a family of shared purpose.**

Research, Innovation, and Academic Milestones

Being in an institution driven by discipline and excellence encouraged me to take part in audits, research work, and innovations in teaching-learning processes. These opportunities strengthened my belief that service, when combined with knowledge, becomes powerful and transformative.

The Divine Infrastructure of Care

From systems to processes, SSSIHMS stands as a model of discipline, compassion, and quality. Every corner reflects Swami's vision—precision, cleanliness, dignity, and seamless care. I was initially drawn by the hospital's breathtaking structure from the outside, but now I realise the real beauty lies within—in the values, the people, and the purpose that binds us together.

Looking back, my journey with SSSIHMS feels nothing short of a divine orchestration. What began with admiration from a distance has now become the centre of my life's purpose. Swami brought me into His mission, shaped me, held my family in His care, and blessed me with countless experiences that deepened my faith. Every moment, whether a miracle, a challenge, a prayer answered, or a hand extended—has strengthened my bond with Him.

Today, I understand deeply that:

- Healing is not only a profession; it is Swami's work.
- Serving here is not just duty; it is His blessing.
- And when we take even one step with sincerity, Swami walks a hundred steps with us.

This journey with SSSIHMS is a treasure I carry in my heart—one that continues to inspire, transform, and uplift me every single day. My life is an offering of Samarpana (Total Surrender) at His feet. I pray to Bhagawan to cherish our entire life under His lotus feet.

Dr. Pritha L.

Vice-Principal, SSSIHMS College of Nursing,
Whitefield

Sai - The Margadarsha



Bhagawan gave me the first opportunity to work in **HIS** medical mission through Super Specialty Hospital Prashanthi Gram in 2001.

The Sri Sathya Sai Institute of Higher Medical Sciences in Whitefield is a place of profound dedication, commitment, love, and healing. It provides free medical care to the sick

and ailing, aiming to cure not only the body but also the mind, transforming each patient into a healthier and happier human being. The grand mission of this institution is to offer high-quality medical services to all, regardless of caste, creed, religion, gender, or financial status, enveloped in an atmosphere of love and care. It is, without a doubt, a Temple of Healing.

Bhagawan Baba envisioned an adequate number of trained nursing personnel to serve in His Temple of Healing, leading to the establishment of the SSSIHMS College of Nursing and Allied Health Sciences on 1-Sep-2008. Swami often states, "My students are my property," and it is by Swami's divine will and grace that I have been given the opportunity to care of **His property - His students**, right from the inception of the College.

Over the seventeen years of the institution's journey, both staff and students have been blessed by Swami's grace in countless ways. Among the many instances, being recognized by the Indian Nursing Council stands out as a testament to Swami's blessings. Moreover, sincere prayers to be a part of SSS educational institutions' participation in Grama Seva, Sports & Cultural meet were answered with Swami's infinite grace. The sports and cultural meet held on 11-Jan-2011 was particularly special as it was the last meet graced by Swami in His physical

form. Our prayers for the inclusion of the SSSEHV course in our curriculum to impart value-based education were also answered, thanks to Swami's benevolence. In our day-to-day work, we feel Swami's unseen hand guiding us in incomprehensible ways.

Personally, I have been profoundly touched by Sai Maa's grace and mercy. Sai is undoubtedly the Divine Doctor, enshrined in this Temple of Healing, reassuring every patient with divine grace. Just like everyone experiences ups and downs in life, I too faced moments of helplessness and despair due to personal circumstances, and I felt distant from Swami's presence.

However, an event of divine revelation restored my faith in the divine protective umbrella. One morning, for no apparent reason, I collapsed and was unconscious for a brief period. When I regained consciousness, I found that the lunch offered to me was the same menu traditionally served only to postnatal mothers. This incident made me realize that Sai Maa showers love and care on us even without us being aware of being under His divine care. Swami, the all-knowing, acknowledged my innermost feelings and touched my heart deeply.

In the year 2023, I lost my father. After completion of rituals, I reached Parthi to take part in Annual sports and cultural meet. Though I didn't have any plans to go for darshan, after entering Gopuram gate one of the sevadals told me, "Darshan is going, please go". Like an eternal father, Swami blessed me with Sannidhi Darshan as the last person for the morning darshan session.

There is nothing more I could ask of our beloved Swami than to make us worthy recipients of His grace and to sincerely pray for His constant guidance in being exemplary role models for our students. Swami's presence and love continue to inspire us, and we are committed to upholding His mission of selfless service, compassion, and healing for all those in need.

Smt. P. Rupa Devi

Professor, SSSIHMS College of Nursing,
Whitefield

Reflections of Gratitude and Service



Introduction

I am Srishaa V. L., an M.A. Psychology graduate and former Warden of SSSIHMS, Whitefield, serving from 2022 to 2025. My journey in life has been filled with trials, responsibilities, and an ongoing search for purpose. As a single parent, I walked through many struggles alone — my daughter pursuing

higher education in Canada and my son working in Bengaluru — leaving me to face life's challenges with strength and faith.

At a time when I was searching for both meaningful work and stability, an opportunity came through an ex-student, Ms. Sai Devena. Though I was unfamiliar with Sai culture and traditions, I carried faith in Shirdi Sai Baba in my heart. Little did I know that this opportunity would transform not just my career, but my soul.

Today, I feel deeply blessed to share my reflections as part of the Silver Jubilee celebrations of this divine institution.

My First Day – A Step into the Unknown

My first day at SSSIHMS was filled with fear and uncertainty. For the first time in my life, I travelled alone to a new city. The language barrier and unfamiliar surroundings overwhelmed me. Yet, deep within, I was determined to perform my duties with sincerity.

The nursing college principal Dr. Manjjuri, the Academic Superintendent, Ms. Ramani Ma'am, and Mr. Raghuram Sir from the H.R department warmly received me. Their kindness, patience, and encouragement gave me the strength to settle in and serve wholeheartedly. I offer my heartfelt gratitude to them.

The Most Memorable Day – Swami's Centenary Celebration

One of the most unforgettable moments of my life was attending Swami's 100th Birthday Celebrations. Just a month before this event, I had lost my beloved brother. I was emotionally shattered and unsure if I could face such a large gathering.

It was Principal Ma'am who lovingly encouraged me, saying that when God offers an opportunity, we must accept it. I felt this was Swami's message to me.

That day, stepping out of my comfort zone, I witnessed the devotion of thousands. Senior citizens from across the world attended with love and enthusiasm, sitting in the same place for long hours under the hot sun. Their devotion deeply moved me.

In the evening, as renowned singers performed, it suddenly began to rain. The entire gathering prayed silently that the rain would stop. Miraculously, the rain ceased. In that moment, it became clear to me that every participant was experiencing Swami's divine presence and guidance. This event remains living proof of His grace. Had I missed that divine experience, I would have carried that regret for the rest of my life.

Life with the Children – Healing Through Love

The children of the institution became my emotional strength. Not for a single day did I feel the absence of my own children when I was with them. Their smiles, their stories, and their innocence filled my heart.

My experience of bringing up my own teenage children gave me the patience and understanding to handle the students with care. With Swami's grace, I was able to connect with them naturally and gain their love and trust.

Before coming here, I believed my life was filled with more pain than anyone else's. But listening to the students' life experiences taught me that life is a beautiful balance of struggle and happiness. Having walked similar paths, I could understand them deeply.

With Swami's blessings, I was able to keep and worship Swami's photos as I had always dreamt — something my heart had long wished for.

My Last Day – A Painful but Grateful Goodbye

Leaving SSSIHMS was one of the most painful decisions of my life. Due to unavoidable personal commitments, I had to resign. I loved the children deeply, and they never let me feel lonely.

My last working day, 14th February 2025, will forever remain etched in my heart. While the world celebrated Valentine's Day, I had to bid farewell to the children I loved the most. The students shared their experiences and expressed their respect and affection for me. That moment filled my heart with a joy that words can never fully express.

This is the only place where I truly felt complete — emotionally, spiritually, and professionally. I firmly believe this was possible only through my Sai Baba and through Swami's divine grace.

Experience with Colleagues – Living Values in Action

Working with respected leaders like Director Dr. D. C. Sundaresh, Sri Praveen, and Smt. Gita Umesh was a privilege. Despite their experience and position, they remained humble, grounded, and deeply humane. In a world driven by machines and money, witnessing such dedication to selfless service was inspiring. Their lives reflected the true teachings of Swami, and I felt honoured to be part of such a noble team.

Challenges and Growth

There were challenging situations with students, as there are in any caregiving and disciplinary role. With patience and mutual respect, I was able to handle them effectively. The students were cooperative and responsive, making every challenge an opportunity to grow.

Whenever students needed help with physical or psychological issues, we had to remain emotionally and mentally strong. Providing immediate support, especially during late-night situations, was often very demanding. There were moments when I had to handle students facing severe personal struggles.

Managing such situations helped me grow mentally, spiritually, and strengthened me as a leader.

Reflections and Gratitude

SSSIHMS was not just a workplace for me — it was a temple of healing, learning, and transformation. It shaped me as a person, strengthened my faith, and gave me a second family.

Though my tenure ended, the values I gained here will remain with me forever.

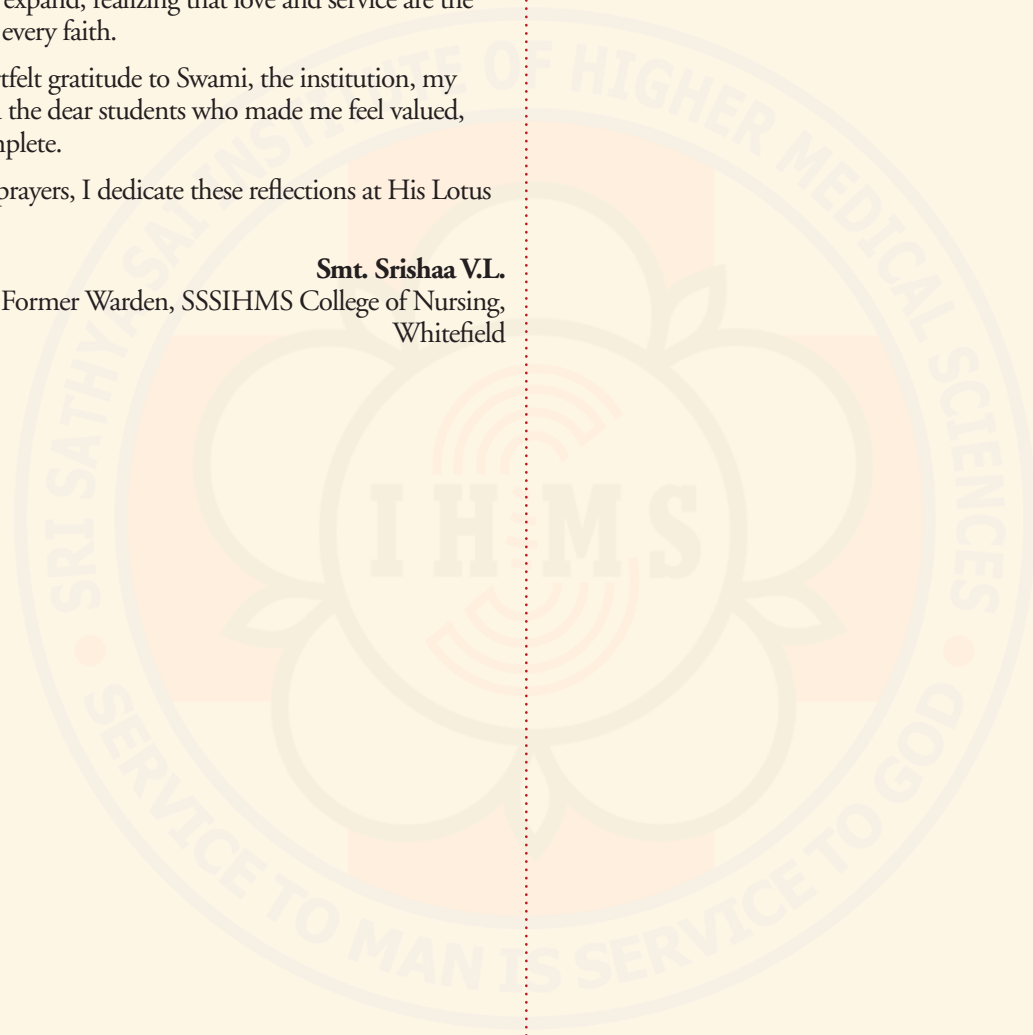
When I used to worship at home, I always wished to keep the photos of gods from all religions in one place, because I believe that all paths lead to the same Divine Truth. After coming to SSSIHMS and witnessing Swami's Sarva Dharma principle in living form, my faith in the unity of all religions became even stronger. Inspired by Swami's Sarvadharm Stupa, I felt my spiritual vision expand, realizing that love and service are the true essence of every faith.

I offer my heartfelt gratitude to Swami, the institution, my colleagues, and the dear students who made me feel valued, loved, and complete.

With humble prayers, I dedicate these reflections at His Lotus Feet.

Smt. Srishaa V.L.

Former Warden, SSSIHMS College of Nursing,
Whitefield



My Spiritual Journey with Swami



Humble *pranams* at the Lotus feet of Bhagawan Sri Sathya Sai Baba.

Working in the healthcare sector has taught me the invaluable lessons of compassion and empathy.

Understanding and connecting with patients on a personal level is crucial for providing holistic care.

My passion for the nursing profession stems from a deep desire to make a positive impact on the lives of my patients. I believe nursing is one of the noblest professions, allowing us to serve humanity selflessly. I have always valued prompt responses and taken great joy in educating patients, their families, and staff members. Over the years, I have gained extensive experience in patient care, nursing administration, and staff management.

I began my career with GNM training at Kasturba Hospital, Manipal, completed my Bachelor of Science in Nursing from IGNOU, and undertook additional certifications such as CPR Instructor, Diploma in Nursing Administration, NABH, Critical Care Nursing, Communication Skills, and Disaster Awareness Training. I have also attended and conducted several workshops and conferences.

My professional journey began at Kasturba Hospital, Manipal, followed by positions at New Medical Centre, Abu Dhabi, Ministry of Health, Oman, and Manipal Hospital, Bangalore, before finally joining SSSIHMS, where I joyfully served for 21 years until my retirement.

For me, SSSIHMS is truly a temple of healing — not just for its beautiful infrastructure, but for the Divine purpose it serves. The institution stands for “Educare” on the principles of Truth, Right Conduct, Peace, Love, and Non-violence.

I love the grand and serene atmosphere of SSSIHMS. The first time I saw the building, I thought, “My God, it is like the Vidhan Soudha of Bangalore!” Inside, it is spotless, peaceful, and beautifully maintained. Even today, I feel proud to have worked there.

My spiritual journey with Swami began in 1999 while working at Manipal Hospital. One day, I saw a photograph of Bhagawan Sri Sathya Sai Baba in an oncology doctor’s room. When I asked about it, he told me that Sathya Sai Baba is a Divine being who helps those who believe in Him. From that moment, I began offering flowers to Swami’s photo daily. Later, when I heard about the opening of Sri Sathya Sai Hospital in 2001, I attended the interview, was deeply impressed by the institution’s vision and mission, and prayed to Swami to bless me with an opportunity to serve there. By His grace, I received the appointment and served for 21 blessed years under His Divine guidance.

Spiritually, I too grew immensely through the divine atmosphere and numerous activities held on the campus. I am deeply grateful to beloved Swami and all the teaching faculty for this growth.

The principle “Love All, Serve All; Help Ever, Hurt Never” **Maanava seva is Madhava Seva**, which took shape as a ‘hospital with no cash counter’ touched me. I had never heard such beautiful messages anywhere else.

The staff at SSSIHMS truly live Swami’s teachings. They are kind, cooperative, and embody His values in their work and interactions.

One of my **most memorable experiences** was during my unit rounds. I would visit patients to observe nursing care and speak to them and their caregivers with affection. Later, after discharge, many of them would visit my office and ask, “Kaisa hai Maataji? Teek hai? Today is our discharge day.” Their warmth and gratitude meant so much to me.

The smile on patients’ faces at discharge — a smile born of Swami’s blessings, the staff’s selfless service, and the fact that the entire treatment is completely free in the hospital.

I had a great admiration for the Seval volunteers. Their spirit of service is unmatched. Swami has shown us through them that if we do even a little work sincerely, He takes care of the rest of our burdens with His Love and Grace. This touched my heart.

Working at SSSIHMS provided me with invaluable experience in planning, organizing, developing and implementing nursing services of a high standard. As a DNS, my responsibilities included ensuring efficient, evidence-based care, promoting continuous nursing education and coordinating with the Director and other departments. I was always blessed with an excellent working environment that enabled me to perform my duties wholeheartedly.

During my tenure, I learned discipline, the importance of zero wastage, and values such as positive attitude, honesty, empathy, teamwork, and initiative. The hospital’s emphasis on evidence-based practices and set protocols fostered a positive, smile-filled environment. Nurses here are always cheerful with no stress on their faces — perhaps because there is no billing counter in Swami’s hospital.

CNE Programme & Visiting Faculty

The **Continuing Nursing Education (CNE)** program began in **2008** under the guidance of the Director and **Mr. Sreekrishna**, Senior Manager. The visiting faculty played a vital role in enhancing the knowledge and skills of nurses based on Swami’s ideal healthcare principles. Dedicated international faculty such as **Dr. Ravindra Goyal**, **Ms. Alpa Uchil**, and **Dr. Michael Rackoff** contributed immensely to improving clinical competence through workshops, NABH training, CPR code blue training and neuro-critical care sessions.

Standard Operating Procedures (SOPs) were developed with guidance from **Ms. Alpa Uchil (Nurse at Johns Hopkins, USA)** relying on evidence-based practices from reputed global hospitals. Classes were often conducted online via Skype, followed by examinations and certification. The Director’s full support made these programs highly successful and enriching. The visiting faculty expressed immense joy in teaching at

Swami's hospital and admired the Divine Love that sustains this unique institution. I sincerely pray that the CNE program continues to inspire and empower nurses to provide the best possible care to patients.

The vision for nursing care at Swami's hospital is rooted in His principles of selfless service and holistic healing — caring for the body, mind, and soul. The unique culture of SSSIHMS, characterized by smiling nurses, empathy, and a deep commitment to learning, truly sets it apart from all other institutions.

Nurses Lead the Way for improving patient satisfaction

The individual patient satisfaction is evident from the timely nursing attention and service done in all the wards. Feedback from our patients during bedside rounds reminded me every day what a vital role the nurses play and it inspired me as the leader of our nursing department to continue to strive to be the best we possibly could be.

One of the most fulfilling aspects of my service was witnessing the satisfaction of both staff and patients. I always believed that patients are our guests and the hospital is our home, and thus, they must always be treated with utmost love and respect.

During the **COVID-19 pandemic**, our nursing, medical and management teams rendered dedicated service to COVID-positive patients, despite the risks involved. All treatment was provided completely free of cost. Through collective dedication and sacrifice, we were able to care for patients effectively and uphold Swami's mission of love and service

I am deeply grateful to Bhagawan Sri Sathya Sai Baba and the SSSIHMS institution for blessing me with the opportunity to serve humanity as a professional nurse under His Divine Guidance.

Swami's hospital embodies a culture of love, care, discipline and devotion. It provides excellent working conditions, professional growth and an atmosphere of spiritual and personal fulfilment.

With love and gratitude.

Smt. Vasanthi R.P.

Former Dy. Nursing Superintendent,
SSSIHMS, Whitefield

My Journey in Service: Guided by Swami's Grace



My life and career have always been rooted in one truth — Swami's presence, guidance, and grace. I joined Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS) on 15 December 2000. I entered as a young, simple nurse with dreams in my heart, not knowing that I was about to walk into a Divine mission that would shape my soul forever.

My growth in the House of Swami:

At SSSIHMS, I grew under Swami's watchful eyes from a small nurse to Infection Control Nurse, from ICN to Nursing Supervisor, and finally to a Tutor in the College of Nursing (CON) until 2016.

Every step I climbed there was a blessing. Every learning was divine. Every experience was spiritual. In those sacred walls, I imbibed Swami's life principles — simplicity, purity, humility, sacrifice and service. Under one roof, I experienced the indescribable joy of serving, teaching and healing. The job satisfaction I felt in His mission cannot be measured in words — it was infinite, eternal, and soul-nourishing.

A Journey Moulded by His Love

Swami moulded me like clay. He held my hand, shaped my character, strengthened my heart and prepared me to face the outside world. When He pushed me into the world, I stumbled. I fell. But I rose again — because His presence never left me. Every time I broke, He rebuilt me. Every time I lost direction, He sent a sign.

He pulled me closer again at Aster Hospitals, Whitefield, where I served as Chief Nursing Officer. Later He took me to Vydehi, blessing me again with His proximity and strength. Even when I moved through institutions, emotionally I stayed at His lotus feet. **With Swami's Blessing and Grace and Divine guidance, I grew through significant leadership roles.** Every designation was not just a position; it was another chapter of responsibility, service, and gratitude.

His Presence..... Always

Swami's physical departure was a pain beyond words. His Vibhuti, His message, and His lotus feet were my strength, my anchor, my breath. In His name, I raised my son — Sai Swarup, who is now pursuing 3rd year MBBS, walking in the path of service to humanity.

Today, even as I navigate a challenging, complex world, my heart still yearns for the warmth of Swami's mission — a space filled with His love, values and silence.

I search for Him in every workplace. I seek His presence in every decision. Because for me, He is Home.

Awaiting His Call:

I worked in His mission for 14 glorious years. I knew His presence, I lived His teachings, I served His people. That passion still burns in me. Now, as I stand in the world outside, I wait for Him - to guide me, to call me, to place me once again where His work continues. My heart whispers only one prayer:

“Swami, call me back to where Your love fills the air.” Until then, I walk in faith. Serving humanity, holding His principles, living His message, waiting at His lotus feet.

Rhythm of Swami's Grace

I came as a nurse with a heart full of light, Swami held my hand, made my journey bright.

Step after step, in His love I grew, Serving with joy, with a purpose true.

He taught me to heal, to care with my soul, His whisper of love became my life's goal.

When the world pushed hard, and the path felt long, His presence lifted me, kept my spirit strong.

From Chinmaya's halls to Aster's wide door,
From Hosmat's wings to Vydehi's floor—

In every place, in every role I knew,
Swami was the strength that carried me through.

Though He moved beyond the world we see,
His lotus feet still walk with me.

I seek His touch in every space,
I yearn for the warmth of His divine embrace.

Oh Swami, call me back someday—
Where love is pure and hearts don't sway.

Until that hour, I'll serve with grace,
Living each beat in Your sacred pace.

Smt. Seena Satheesh
Former Nurse, SSSIHMS, Whitefield

Divine Blueprints - Guided by Grace



Availability Leads to Opportunity

My association with the Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS) began in December 2009 with a simple invitation—to deliver a talk on infection control for nurses at the Whitefield campus. During the same visit, we also conducted Basic Life Support (BLS) and CPR training sessions for the

staff. Soon after, I got another opportunity to share infection control protocols with the nursing team.

What began as a single teaching engagement gradually evolved into a deeper collaboration. I was invited to join a team tasked with creating a formal nursing training initiative, laying the foundation for a Continuing Nursing Education (CNE) program—an effort that would contribute to the nursing education at SSSIHMS for years to come.

Swami Creates the Path

The CNE Program became a reality through the vision and leadership of Ms. Vasanthi Rukmaya, DNS, and Mr. Sreekrishna, who recognized the importance of continuous professional development for nurses.

During the early development of the CNE program, I had the privilege of meeting Dr. Ravindra Goyal, a retired neurosurgeon deeply committed to teaching both nurses and residents. United by a shared passion for nursing education, we collaborated to develop and deliver several CNE courses, including:

- *Foundations in Neuro Nursing* (2011)
- *Critical Care in Neuro Nursing* (2011)
- *Neuro Critical Care Certificate Program* (2016–present)
- *Cardiology CNE* (2019)
- *Neurosciences Clinical Nursing Education Program* (2021)

Between 2012 and 2015, we conducted multiple focused educational sessions on topics such as safe patient transfers, pressure point care, injection safety, medication management, fall prevention, phlebotomy, Parkinson's disease, and overall patient safety.

When Elective Becomes Core

In 2020, Ms. Vasanthi introduced me to Dr. Manjjuri, Principal of the SSSIHMS College of Nursing. With a shared goal of bridging theory and clinical practice, we launched *Introduction to Clinical Neurosciences* for the fourth-semester B.Sc. Nursing students.

Recognizing its value, she elevated the program by making it part of the students' internal assessment. This decision reinforced the importance of clinical integration and underscored the Institution's commitment to academic excellence.

He Brings Us Home

Another meaningful chapter unfolded with the opportunity to

collaborate with SSSIHMS, Prasanthigram. Inspired by Ms. Debashree's vision for nursing education:

- *Neuro Critical Care Certification Program* (2023)
- *Cardiology Critical Care Certificate Program* (2023–2024)
- *Pediatric Critical Care Certificate Program* (2024–2025)

These programs were delivered by my colleague friends who are attending physicians from hospitals across the United States. Some had never even heard of Swami before, yet they willingly taught at 5:00 a.m. U.S. time, offering their knowledge with patience, humility, and love before heading to their own demanding day at work. Watching Swami inspire “strangers” through the ideals embodied by His institutions has been a profound and humbling experience for me.

Grace, Gratitude, and Service

Every step of this journey has been possible only through Swami's grace, manifested through the countless opportunities and the many people who played a role over the past 17 years. The nurses, educators, in-charges, IT teams, and administrators at SSSIHMS demonstrate extraordinary dedication to their profession. Their tireless efforts and shared vision allows these CNE programs to flourish and uphold Swami's expectation of delivering the highest quality of healthcare.

Access to healthcare is fundamental; quality of care is essential. At Swami's institutions, both access and quality are exceptionally high and provided completely free of cost.

Dr. Sundaresh, the Director of the Hospital, once told me, “**Free care does not have to be substandard care.**” These words continue to inspire equitable and compassionate medical practice.

The mission of Swami's hospitals to provide zero-cost, high-quality medical care in an atmosphere of love and compassion stands as a powerful model for healthcare systems worldwide.

“Remember, those duties have to be done as worship, as offerings of one's intelligence and skill, qualities, and thoughts and feelings to the Feet of the Lord in a spirit of thankfulness for the chance given, without a trace of egoism or a sense of attachment to the fruits of the actions. Obligatory actions have to be carried out, wherever you are, with care and sincerity.

They award the needed discrimination and non-attachment.”

– Sri Sathya Baba, Perambur, Madras, April 23, 1961.

To serve in Swami's hospitals using my skills and experience as a Nurse Practitioner, is a blessing of lifetimes and a small expression of my gratitude. Every milestone in this journey has been guided by Him. I pray that Swami continues to make me worthy of His grace and allows me to remain, always, an instrument in His service.

Smt. Alpa Uchil

Adjunct Faculty-Nursing, SSSIHMS, Whitefield

Nurse Practitioner, Dept. of Neurology
Johns Hopkins University School of Medicine

Blooming in His Care



Will I ever be able to see Swami again? Will I ever get to visit Puttaparthi again? These were my thoughts while leaving the portals of Sri Sathya Sai Primary School.

A vacancy advertisement in 2007 in the Sanatana Sarathi for a physiotherapist in the Sri Sathya Sai Institute of Higher Medical Sciences,

Whitefield enabled me to find my way back to Swami and indirectly to Puttaparthi. With the grace of Swami, I entered the portals of Swami's magnificent temple of healing.

One of the most memorable days was June 7, 2008. On that day Swami had arranged to have lunch with all the staff in the dome area of the hospital. Since I had to go on rounds in the ICU, all the chairs were occupied by the time I came down to take my place at one of the tables where lunch was arranged. The organising team seated me at the main table where Swami was seated with the guests. I had joined the hospital only a few months ago, and here I was given a chance to sit in one of the chairs placed near Swami. I can never forget this for life. As Swami entered the dome area He looked at the plate in front of me and said that there was going to be mango distributed with lunch. While leaving the dome area, He accepted my letter. I had such a close darshan that day, a first after leaving the primary school.

In 2009, the College of Nursing and Allied Health was set up in our hospital. Being Swami's student, I was given the responsibility to stay with the students and accustom them to the way of life in Swami's institutions. Following a routine handed down by our Lord becomes so much a part of our life. So I took up teaching vedam to the students. I had learnt vedam in school but that was nine years ago. I was not sure if I was teaching the veda chanting correctly. I was looking for guidance. Around this time, there was a requirement for students to chant vedam in Parthi. So, there was going to be an

audition. In the process of preparing for the audition, I got to know of the Vedam classes that were going to start on campus. This helped me refine my chanting and my life. In the process of learning vedam I learnt about the Sri Sathya Sai Samithi in the campus and joined the education wing. I learnt man management and mind management. Just like Swami's saying goes, "**Take one step towards me, I will take a hundred steps towards you**". My yearning to be a part of His Mission was gaining momentum.

In 2022, came the next big opportunity. I was made incharge of the Department of Physiotherapy. This was only possible because of the experience I got in the samithi, which helped me in dealing with patients of different perspectives, different temperaments, and different outlook towards life.

In 2024 October, Director of our hospital, Dr. Sundaresh informed us about the opportunity to expand our department to include neuro rehabilitation. There were a lot of hospital visits, training, workshops to initiate and execute this expansion. Interactions with vendors, visiting doctors, trustees and other stakeholders was part of the process in setting up the department.

One year later, on Dec 6th 2025, we had the formal inauguration of our Physiotherapy and Rehab Department with all the neuro rehabilitation equipment in place. We, as a department, also organised a seminar on rehabilitation with resource persons from Ramaiah hospital and Christ University.

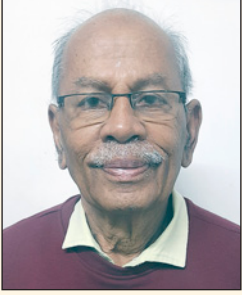
These opportunities have made me more interactive and confident. What supersedes all interactions is the interaction with the patients. It has helped me learn many languages. The smile on their face once they are treated and advised keeps me going. Seeing them get better is what I cherish the most.

I have completed 18 years in this Temple of Healing. All through these years, what remains constant is my prayer to Swami: **Please make me Thy instrument. Give me the strength to do what needs to be done.**

Smt. Deepika Rani K.

I/C Physiotherapy & Rehabilitation Services,
SSSIHMS, Whitefield

A Journey Held by His Grace



Service Guided by Grace – A Few Humble Contributions

My association with Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, began in 2003, and every moment of this journey has been shaped by Swami's grace. I initially joined as the Public Relations Officer attached to the Director's Office, later served as Head of HR & Academics,

and currently continue in the role of Officer-in-Charge - Legal. Though my responsibilities evolved over time, my commitment remained rooted in one purpose - to support Swami's mission in whichever way He willed.

In the two decades of service, I was blessed with the opportunity to contribute to several important institutional milestones:

Electricity Subsidy: Coordinating with the General Manager, BESCOM, we secured a Rs. 1 crore subsidy in the early phase of the hospital.

Cauvery Water Supply: Liaising with BWSSB leadership, we facilitated the drawing of Cauvery water lines from ITPL to the hospital quarters.

Accreditation for AHS and Nursing Courses: During President's Rule, approvals were secured from the Government of Karnataka and RGUHS within days.

Coordination with KIADB & BBMP: Achieved key civic and infrastructural tasks, including relocation of the external gate near Gate 4 and installation of a high-mast light at Gate 2.

Moments That Changed My Life

A Divine Call in Mysore – March 2000

On 31st March 2000, I was in Mysore when I received a message that Swami was coming to Sai Colony. I rushed back that night. On 1st April, Swami visited an ardent devotee's home. We requested Him to visit the colony, and He graciously agreed. I was blessed to walk alongside Him as He sprinkled akshatha and even more blessed to offer Aarti to Him.

A Mysterious Voice on a Moving Train

While travelling from Kerala to Bengaluru, I stepped out at Calicut for water. As the train began moving, I heard a voice call, "Mohan Das!" A stranger helped me board. When I asked how he knew my name, he gave no reply. I knew it was Swami alerting me.

The Day Swami Saved My Life - 30th May 2020

During the COVID lockdown, I suffered a major heart attack. Doctors at SSSIHMS immediately attended to me before I was shifted to Sakra, where an alumnus of our hospital treated me. I survived only by Swami's grace.

Conclusion: A Life Held by His Grace

As SSSIHMS celebrates its Silver Jubilee, I bow in gratitude. This journey has been a pilgrimage. Every contribution and every blessing belongs to Him. *"Whatever I have done, whatever I have become - is only by Swami's grace."*

Sri P. Mohan Das
I/C Officer-Legal Services,
SSSIHMS, Whitefield

25 Years of His Master Plan



As I stand here today, completing 25 years of service at the Lotus Feet of Bhagawan, my heart overflows with gratitude. I have taken a moment to note down a few thoughts on this unexpected and beautiful journey. I pray that these reflections may serve as a small and sincere offering to our Beloved Swami.

The Call of the Master Plan

Looking back to 1994, I was a young student travelling daily from KGF to Kadugodi for college. Each day, as I passed the ITPL construction site, I would think to myself, “I must get a job in that building.” However, Swami, our divine Master Architect, had a far more beautiful plan. He was building a majestic Temple of Healing and also lovingly chose me as a humble instrument, to serve within its sacred walls.

The most profound turning point of my life also occurred in 1994. One hot summer day, while I was waiting under a tamarind tree near a closed railway gate, Swami’s car stopped right in front of me. I looked inside and found Swami gazing directly into my eyes. I immediately folded my hands, and that divine glance changed everything. Within the next two years, my life transformed completely. I secured an engineering seat, my family moved to Kadugodi, and I was drawn into the organisation as a Sevadal. All these blessings unfolded rapidly, purely through His boundless grace.

An Appointment in His Hospital

Even when the hospital construction began around the year 2000, I never imagined that I would one day work there. But, Swami guides every step of our lives. One afternoon, during His visit to the construction site, He chose me to escort Him. That moment marked my very first visit to this holy ground. I vividly remember standing with Swami, accompanied only by two police personnel, under a beam in the dome area. The blue tarpaulin beneath our feet was scorching hot. Although we hurried to offer Him slippers, Swami stood there barefoot for nearly ten minutes. It was a silent yet powerful lesson in endurance, sacrifice, and boundless compassion.

During the peak phase of construction, a divine thought arose within me, surely inspired by Him, to apply for service at the hospital. I rushed home, prepared my bio-data, and returned quickly to the service gate. When Swami came back, He walked straight towards me and asked, “What is in your

hand?” I replied, “Swami, an application for a job in Your hospital.” He accepted the envelope and lovingly said, “I will give you.” He reaffirmed this assurance once again in the Interview Room. By His immense grace, I joined His organisation and reported for duty on 10th September 2000.

Learning and Service

My initial seva was in handling the incoming medical equipment during construction. By Swami’s unseen strength, I was able to manage late-night consignments, at times working through cold nights until 3:00 a.m.

One incident, just before the inauguration in 2001, remains deeply etched in my memory. Cardiac surgeries had just begun, and I was called urgently to the hospital as all the operation theatre linen needed immediate washing. At that time, there was no laundry operator available. With no prior experience, I simply prayed to Swami to guide me. At that very moment, the Nursing In-charge, Miss Veeravahu, arrived and not only instructed me but also worked alongside me. Together, we washed all the linen, including heavily blood-stained cloth that required continuous monitoring due to a frequently tripping diesel boiler. We worked until midnight. That night, I learned a profound lesson: service is not performed through efficiency alone, but through prayer, surrender, and dedication.

The Ring Boy and His Guidance

After the first anniversary in 2002, Swami called the staff to bless us. As He was leaving, He paused, asked about my work as the Utility Engineer, and after hearing my response, He replied in Telugu, “I am happy.” Then, in that sacred moment, He created a green emerald ring and placed it on my finger, affectionately calling me His “Ring boy.”

From that day onwards, Swami entrusted me with increasing responsibilities, ranging from landscaping and managing canteen supplies to Fire Safety and the Civil Department. He tested me deeply, both personally and professionally. Yet, at every step, He guided me, protected me, and strengthened me. Just as He held my hand in 2002, He continues to lead me even today, step by step.

With a heart filled with unending gratitude, I offer my sincere apologies at His Lotus Feet for any mistakes committed, knowingly or unknowingly. My only prayer is to be blessed with the opportunity to serve in His divine mission until my very last breath.

Sri H. J. Roop Singh
Asst. Engineer & Fire Officer,
SSSIHMS, Whitefield

Swami: Our Saviour



How Swami Saved Our Family from a Major Accident

On 1/5/2007, my whole family (father, mother, elder brother, younger brother, and my elder brother's son) except myself was traveling to Mangalore from Bangalore by Maruti car to attend my cousin sister's marriage. They left the house at 6:00 AM, and at 9:45 AM, I

received a call from my father informing me that they had reached Hassan and finished their breakfast at a hotel. They were leaving the hotel to continue towards Mangalore. He instructed me that the house key had been handed over to a tenant in front of our house, and I should collect it and stay at our house during night time as I was living in SSSIHMS Quarters. The bride's family had given us a suitcase containing gold ornaments to bring to the marriage, while they had flown to Mangalore a day earlier.

After receiving the call from my father, I left the Engineering dept with my friends and went to bakery for tea. Just as I was about to enter the bakery, I received a call from my brother's mobile. When I picked up, an unknown person informed me that our vehicle had met with an accident. I could not believe it and told him that I had just spoken with my father. He then said that if I didn't believe him, I could speak with my brother. My brother spoke briefly, confirming the accident but was unable to say more before ending the call. I did not know what to do. I went to the wooden Ganesha in the administration block and prayed to Swami to take care of our family, as I was far away and unable to help.

Then I met the Administrative Officer, Mr. Ashok Shirale, told him about the incident, and requested him to contact Mr. Dhakappa, the Sevalal State President for Karnataka, who knew my father well. Mr. Dhakappa was informed and promised to notify the Hassan District President to arrange sevalal help for our family.

Meanwhile, my brother's friend in Bangalore accidentally called my brother, learned about the accident, and immediately left for Hassan by hiring a taxi with his uncle.

Usually, when accidents happen on the National Highway roads, no one comes forward to help due to police involvement and risk of belongings being looted by bystanders or villagers. In our case, by Swami's grace, the accident was a hit-and-run, caused by the opposite vehicle (a dead body van), which fled the scene to avoid public anger. A forest range officer passing by immediately stopped, collected the luggage into a house, and arranged for all passengers to be taken to a nearby government hospital for first aid.

Sevadals from Hassan District were sent to the hospital to assist our family. I left in a relative's car with my colleague to bring my family. By the time I reached Hassan, my brother's friend had reached the hospital and arranged an ambulance for my two brothers and father, who were badly injured. They were on their way to Bangalore in the ambulance, and I traveled with them. The relative's car and my colleague went to collect the luggage and bring my mother.

Initially, the ambulance was taken to NIMHANS, where doctors checked and confirmed no neurological issues but advised an orthopedic consultation. My brothers and father were then shifted to Malleshwaram Northside Hospital, and after one month of treatment without surgery, all recovered well. My mother and my brother's son had minor injuries and were not hospitalized.

When I went to collect the car from the Hassan police station, I was shocked to see that it was badly damaged. The inspector asked how many had died in the accident, and I replied that no one had. He was shocked and found it hard to believe, saying that in another car which was parked opposite to me, which had minor damage, two people had died. Despite our car being badly damaged and deformed, there were no fatalities.

I mentally thanked Swami for saving our family from this major accident.

Sri Jagadish Ail

Asst. Engineer,
SSSIHMS, Whitefield

My Journey with My Swami



“Topi tesi pada namskaram chesuko.” to “Nenu chusukuntunnu kada, opikavundali.”

In 1998, on Diwali evening, my brother, my cousin, and I had the opportunity of being with Sri Ashok Singhal ji, an ardent devotee of Swami and a VHP leader. A little

later, Sri Chiranjeevi Rao sir informed us that Swami was calling Ashok Singhal ji to be present during the bursting of crackers near Sarvadharm stupa. By Swami’s grace, we were allowed to accompany him and sit behind Swami. After the fireworks concluded and Swami was returning to Poornachandra auditorium, we were standing at the entrance. I was wearing a cap because I had recently visited Tirumala and had shaved my head. Swami looked at me affectionately and said, **“Topi tesi pada namskaram chesuko.”** (remove your hat and take padanamaskar). That divine moment became my very first pada namaskar at His divine lotus feet.

My father was the Assistant Director of Animal Husbandry, a veterinary doctor, and the nodal officer for the Puttaparthi mandal during that time. Prashanthigram super-specialty hospital doctors, Dr. Bhat and his wife, Dr. Prema Bhat, would often visit our home, located next to the veterinary hospital. During that period, I completed my specialization in air conditioning. I was searching for a job, and with their influence and support, I got the opportunity to serve in the air-conditioning department of the Super Specialty Hospital at Prashanthigram under the guidance of Sri Murthy sir for about six months. During that time, when Swami visited the super-specialty hospital, I was standing in the corridor near the entrance to the service block. Swami arrived in the battery car and graced me with His divine eye contact. This blessed incident impacted me. Swami appeared repeatedly in my dreams, asking, “Nannuvadili vellinava...” (Did you leave Me and go?)

During the inauguration of the Whitefield Super Specialty Hospital in 2001, one of the senior members of the Sri Sathya Sai Organization contacted me to expedite the air-conditioning work, as cardiac operation theatre services were scheduled to operate on 14 January 2001. Responding to the call, I came on 1 January 2001, to offer my service in the HVAC department. After completing the inauguration on 19 January 2001, I returned to my place of work on 21 January 2001. At that time, I was working in a private air conditioning company and managing four air conditioning sites in HEMRL, Pune. Some divine experiences drew me to become part of His healthcare mission on February 6, 2001. I was appointed as a Junior Engineer in the HVAC Department in Engineering Services.

From the summer of 2001, I used to go for air-conditioning servicing work in Swami’s room at Trayee Brindavan, Kadugodi. One day in summer 2002, while I was servicing Swami’s room, Swami called me into the interview room, materialized vibhuti, blessed me with padanamaskar, and

lovingly said, “Mee parents ni ikkade vundamanu.” (Tell your parents to stay here) I thought Swami might give an interview.

On May 17, 2002, my father’s birthday, he met with an accident in front of our hospital. Our hospital staff immediately shifted him to our emergency, but I was unaware of the incident. When I received the news, I rushed to the emergency, and my father had a head injury and was unable to recognize me. As it was an accident case, the doctors advised that he should be shifted to NIMHANS Hospital. We shifted him there in our hospital ambulance. However, NIMHANS was overcrowded, and we moved him later to St. John’s Hospital, where he was admitted for further treatment. The next day, I went for Swami’s darshan, I couldn’t hold back my tears. During the darshan, Swami came straight to me and said, **“Pedda pramadam tappindhi, emikadu summer camp ipoyelopala naduchkuntu vastadu”.** (A larger disaster was averted; nothing will happen. He will come walking before the Summer Camp gets over).

Swami’s assurance words gave me strength. I showed my father’s reports, which were brought from St John’s hospital, to Dr Hedge, he said there were many clots were inside the brain and survival was difficult. Even if he survived, there is a likelihood of losing sight and speech. I told Dr Hedge about Swami’s reassuring words, which surprised him.

Dr. A.N. Safaya, the Director asked me to shift my father to our hospital and accordingly I shifted him back to our hospital’s Neuro ICU. My father was fully unconscious and was being given Sai protein along with divine vibhuthi, through a catheter. After a few days, he improved a lot, and on the ninth day, my father was shifted to the Neuro Ward. On the 13th day, he was discharged and, by Swami’s grace, walked back home on his own. Swami revealed that this hospital is indeed a Temple of Miraculous Healing, where medically inexplicable wonders take place.

Prior to my marriage on May 16, 2003, I went to Kodaikanal to seek Swami’s blessings. When I arrived, devotees were already seated for darshan. Some staff found a place for me and I squeezed in. I was holding my wedding invitation card and wedding dress. During darshan, Swami came to me and lovingly asked, **“Bengaluru nunchi eppudu vacchavu”** (When did you come from Bengaluru). I showed Him my wedding invitation card, and He blessed me and my belongings and said **“Nenu vasta” (I will come)**. My marriage was to happen on May 22, 2003. I humbly sought Swami’s blessings to reach Kurnool by 6 a.m on next day for the pellikoduku (bridegroom) ceremony. Swami said, **“Nenu cherustanu”** (I will reach you home) and blessed me again. During that time, there was no bus facility in Kodaikanal. After coming out of darshan, our staff gathered around me and eagerly asked about Swami’s conversation with me. Some Anantapur devotees who witnessed this told me that they were returning and would drop me nearby and as Swami said, at exactly 6 a.m., I reached Kurnool.

My marriage was originally planned for June 2003, but in accordance with my parents’ wishes and Swami’s will it was

preponed to coincide with a mass marriage ceremony, organized by the Sri Sathya Sai Seva Samithi, Karnataka, at Ujwal school near Brindavan. In the beginning of the marriage ceremony, all the brides and grooms were taken to Brindavan for Swami's divine blessings. Swami, in His boundless grace, fulfilled the promise made in Kodaikanal.

As Swami had cautioned about the "monkey mind". After marriage, during the summer in Brindavan in 2004, due to my financial struggles, I was holding a letter seeking to be relieved from the hospital. Swami gently pointed His finger at me and said with firm compassion, "**Nenu chusukuntunna nukada opikavundali.**" (*I am looking after you; you should develop forbearance*) From that day onward, I've been scared to sit in the front row during darshan, and that fear still stays with me.

Swami's professional guidance:

When I joined as an HVAC engineer in 2001, having come from a project background, I had no prior experience in maintenance. Swami guided us through every task and taught us countless valuable lessons. Since most of our HVAC installations are in the mezzanine floor and require kneeling for access, we placed Swami's photos in the mezzanine floor and on each equipment, helping us feel His presence during maintenance work and breakdowns. Through consistent scheduled preventive maintenance, we not only successfully avoided major HVAC breakdowns but also preserved equipment efficiency, reduced energy consumption, prevented costly repairs, and extended the life of our systems. All HVAC

installations are 25 years old, and we are able to maintain their efficiency through proactive, cost-effective modifications and with optimal use of available resources.

During the COVID-19 pandemic, we designed and fabricated portable HEPA filters for the Cath lab. With this portable HEPA, Cath procedures are being carried out safely, without fear of COVID.

We have excellent experienced HVAC technicians working diligently as a team. For any major maintenance or shutdown work, we measure the duration not in hours but by counting the number of Bhajans.

We, the Engineering colleagues, fondly recall Swami's hospital visits in the early days, His personal interactions, and his inspiring messages, teachings, experiences continue to motivate us.

During the inauguration of the new Blue Star chiller on August 6, 2025, by the Managing Trustee, Sri R.J Ratnakar Sir visited along with our director Sri D.C.Sundaresh sir, I informed the Trustee that most of the HVAC equipment is over 25 years old. When he asked if everything was functioning properly, I confirmed that the equipment were all working, and he expressed his happiness.

We pray to Swami for strength and wisdom to optimize HVAC systems for efficiency, reliability, longevity and overcome challenges. May Swami's guidance and presence motivate us to excel.

Sri P. Purushottam
Jr. Engineer, HVAC,
SSSIHMS, Whitefield

He Works Though Us



On Bhagawan's 100th Birthday, as I stepped through its gates after several years, the majestic Temple of Healing seemed to stretch its arms out wide to draw me into its comforting hold. Overcome with awe, humility and gratitude, I fell to my knees, just as I had 25 years ago, but now there was also deep nostalgia.

This, my most favourite place on Earth, stood unaltered and pristine, an oasis of selflessness, a timeless expression of universal values. The landscape around it had completely changed – buildings had been raised and razed, the Namma Metro – an unthinkable project in 2001 – now had a station at our doorstep!

Amidst all the surrounding volatility stands this magnificent gift from Bhagawan – a symbol of hope and solace for needy patients; an opportunity for healthcare professionals to practice ethical medicine with compassion; and an anchor for those seeking purpose and meaning in their lives. Bhagawan picked a 55-acre plot when the project team deemed 20 would suffice, He directed that the dome be 75 feet high though the architect demurred. He blessed each applicant's photograph as He co-opted us into His team of 'workers'. No detail was too small for Him. He would sometimes surprise us with a visit to the hospital after morning Darshan at Brindavan; whispers of this stirring news would reach all corners, and we would be torn between running to get a glimpse of our Beloved Lord and staying with the duty He had assigned to us. Whenever He arrived, the ambience turned ethereal - an aura of bliss enveloped the hospital.

Why was I picked...and dropped?

Bhagawan's Grace planted me here in March 2001 and I felt blessed to participate in His Mission, to have heavenly Darshans from the privileged staff seating in His Ashrams, and to journey in the inspiring company of fellow-seekers. His lessons came while I was at work; and also, when He chose to send me away! In a dream in August '04, He waved goodbye to me at the Parthi Ashram gate as I boarded a bus with extra-sized baggage. Little did I know then that my husband would soon be posted overseas. I was heart-broken, but the lesson followed during my next visit to Prasanthi Nilayam. The 'Thought for the Day' read, "Remember there is nothing in the world which can give unmixed joy. Even if there is one such thing, when it is lost, you will become very sad."

Work responsibility

My role in the Costing and Audit departments from 2001-04 and 2009-20 required me to work with every department, and had me experience the intense dedication and congruence of purpose across the institution. Putting together an annual, comprehensive costing analysis called for collecting detailed information of all the expenditure, work flow, methods, utilisation of assets, job responsibility of each staff, etc. The enthusiastic, transparent and thorough sharing of data by heads of departments and managers was incredible.

Bhagawan exhorted us to spend whatever was necessary for patient care, yet He reminded us that every rupee was a voluntary sacrifice by a donor, and nothing should be wasted. That principle runs through the veins of the institution, and the costing analysis reflected it year after year.

We float in His Grace; He works through us

No workday would go by without an insightful 'Aha' moment, and then, almost instantly, I would turn to His photograph in gratitude, and be immersed in His reassuring Love and mystical Presence. Was that His intent in presenting challenges and then pointing solutions to my mind? "I give you what you want so that you may want what I have come to give you."

My meetings with Shri P. Krishna Kumar, the then CFO, were held in the Conference Hall where Bhagawan's chair reminds us of His Divine Physical Presence during meetings in the early years. Once, as I gathered a bunch of papers at my desk for presenting to the CFO, I couldn't find a single paper-clip. With no time to search, I went to the meeting annoyed with myself. As I placed the papers on the table in the Conference Hall, what do I see? There, exactly where I was to sit, was that one paper-clip I needed! "Not even a blade of grass moves without My Will."

In March 2002, during the somewhat arduous year-end stock-taking of medical consumables, Bhagawan blessed me with a dream. He was standing in one of the hospital wards, and as we counted each vial or ampoule, we were offering them at His Feet, and they had formed into a heap - like flowers during an Ashtottara Archana! "Work is worship."

When I volunteered to assist with counselling Bengali patients in the Out-Patient department, He appeared in a dream seated along with other patients, as though awaiting His turn! "See Me in all."

Each of His 'workers' has many such stories. In myriad ways He guides, directs, exhorts, blesses. And it carries to our life beyond the hospital too. He has a unique plan for each one. I never got the cherished Padanamaskar, leave alone Sambhashan. In fact, on SSSIHMS' first anniversary, when He distributed pouch bags to all containing a wrist watch and other Prasadam, He skipped me! I had to awkwardly stand up and beseech Him, and He then gave me one, somewhat amused – perhaps because He knew it had a gents' watch! My father has worn it since. My parents' prayers brought me to Him and SSSIHMS, and it feels right that His Gift has been watching over them all these years. "You do My work; I will take care of you." That is His Divine Promise.

Bhagawan walks each of us back to Him...

In 2001, offering myself to Him and His Work, my anthem was 'Everything I do, I do it for You.'

On November 23, '25, as I sat at His Feet, He raised me up with this whisper: "Everything you do, I do it for you."

Smt. Maya Shyam

Volunteer, Costing & Internal Audit,
SSSIHMS, Whitefield

My Journey at SSSIHMS



My journey at Sri Sathya Sai Institute of Higher Medical Sciences has been a continuous blessing - one that began when Swami graciously selected me during the project phase in September 2000. From that moment on, every role, responsibility and challenge became an opportunity to learn His teachings and experience His Omnipresence.

Early Days: Lessons in Dedication

My initial role was that of Personnel Officer, coordinating with candidates and Trust members during the large-scale recruitment for all departments. During my interactions and service in the Personnel Department, I received a profound message from Swami: *He values sincerity, dedication, and devotion to work far more than high degrees or qualifications.* This guiding principle became the foundation of my journey ahead.

Stewardship and Accountability

Once the hospital began functioning in full swing, there was an urgent need to establish an internal audit system and implement the Sub-Store module across the hospital. Along with the team, I undertook audits of medical stores and sub-stores, always mindful that every **rupee donated by devotees was precious and meant exclusively for patient care.**

Swami's principles - *"Don't waste time; time is God. Don't waste money; money is God."* - became living guidelines in every action. Another lesson that became etched in my mind was: *"Always Be Careful."*

Purchases and Patient Care

I later assumed the role of Senior Manager (Purchases) in the Medical Stores. My responsibility was to ensure timely procurement so that patient care would never be compromised. During this period, life taught me two unforgettable lessons of Swami:

"Life is a challenge - meet it. Life is a game - play it."

Emergency & Anaesthesiology: Insights on Life and Impermanence

My next role took me to the Department of Emergency and Anaesthesiology, where I was responsible for coordinating CMEs

and seminars. During Code Blue situations and BLS training sessions, I came to realize the profound fragility of life. One message that resonated deeply was: *"Nothing is permanent in life. God's grace begins when the doctor's efforts end."*

Often, patients would come to us seeking treatments that were not available at the hospital. During such occasions, Swami's guidance served as a gentle compass: *"You cannot always oblige, but you can speak obligingly."*

Sai Rehabilitation Programme: Seeing God in All

Handling the Sai Rehabilitation Programme (SRP) gave me the sacred opportunity to connect with post-operative cardiology and Cardiothoracic and Vascular Surgery (CTVS) patients. Attending Hrudaya Sangam events in Chennai, Madurai, Kozhikode, Bhubaneswar, Rayagada and other places allowed me to witness firsthand the immense gratitude of patients and their families. Many of them joined Sri Sathya Sai Seva Organization activities - Bhajans, Balavikas, Parthi Yatras and Seva - out of pure love.

The greatest lesson I received through SRP was: *"See God in everyone." "Love all Serve all"*.

Through home visits, I experienced Swami's **Omnipresence**, feeling His love flow through every interaction. Swami's universal messages echoed through these experiences:

- There is only one caste—the caste of humanity.
- There is only one religion—the religion of love.
- There is only one language—the language of the heart.

Customs Clearance: Learning to Surrender

During the project phase, I was also entrusted with customs clearance of important consignments. By His grace, I was able to complete the clearances within the stipulated three days without any demurrage charges. These experiences strengthened my faith in Swami's Omnipresence, Omnipotence and Omniscience.

On one occasion, a consignment became difficult to clear. My ego had risen—I felt I could handle it alone. The appraiser's unexpected questions and delays humbled me. Swami gently reminded me that **I am only an instrument; He alone is the doer.**

Conclusion

My journey at SSSIHMS from its inception 2000 to June 30th, 2025, has been a profound spiritual and professional evolution. Every department, every responsibility, every challenge and every moment has been touched by Swami's grace and teachings.

I remain forever grateful for the opportunity to serve in His mission, to learn from His messages, and to experience His love in countless subtle ways.

Ultimately, the greatest realization is this: We are merely instruments in His hands, and service at SSSIHMS is not a job - it is worship.

Sri Shrivankumar M.
Former Sr. Manager, SSSIHMS, Whitefield

Your's Forever, A Fortunate "Fool"



It was the year **1995**. The **Brindavan hostel dining hall** was filled with expectant silence. I was a B.Sc. first-year student, standing at the podium for my **very first public talk**. My legs trembled uncontrollably, and my voice quivered with nervousness. What I spoke that day was simple—yet it came from the depths of my heart. I spoke

about a euphemism often used for Swami's students: "**Fortunate fools**." And then, gathering all the courage I could muster, I declared with conviction, "*I am one such fortunate fool.*"

Instantly, the hall erupted in applause.

Embarrassed by the overwhelming response to my unguarded confession, I paused, collected myself, and somehow managed to complete the talk. Later, when I asked a classmate why everyone clapped, he smiled and said something that left an indelible impression on me. At the very moment I uttered the words "*I am a fortunate fool*," a **phool**—a flower—had fallen from **Swami's photograph** placed on the altar, as though it had found kinship with this "fool."

I did not know whether to feel happy or humbled. But deep within, there was a quiet consolation—**Bhagawan had acknowledged my feeling**. And perhaps, every listener who clapped realized that they too were one such "fool." That shared realization brought me peace.

In a way, this euphemism applies to **each one of us** reading this. Are we not all "fools"?—**Hindi fools, flowers**. Every flower has a short life, during which its beauty and fragrance are celebrated and cherished. But not all flowers are fortunate enough to fulfil their destiny—to adorn the **Lotus Feet of the Lord** and wither away in the service of their Creator.

I do not possess cliff-hanging, awe-inspiring miracles to narrate. Mine is a **very ordinary life**, sanctified by **His invisible touch and constant grace**. Yet, among the countless experiences I have heard from devotees over the years, one truth has always amazed me: how Bhagawan—the **Supreme Director**—orchestrates every small incident, every circumstance, in the lives of His chosen instruments, ultimately leading them to play their destined roles in His divine mission.

As I reflect upon **25 years** of my journey in this **Temple of Healing**, I realize that every event, every turning point, carried His silent hand. While it is true that all lives are divinely ordained, recognizing this truth in one's own life anchors one's faith firmly to His mission.

Each journey with Bhagawan is unique. Mine traversed many identities—a **non-devotee, a student, an alumnus, a waiting boy, and finally, a hospital boy**. Having been blessed to study in the **Higher Secondary School, Brindavan College**, the **University at Prasanthi Nilayam**, and now serving in **Bhagawan's Whitefield Hospital**, while also being part of the Sri Sathya Sai Seva Samithi personally initiated by Him, I have witnessed multiple dimensions of His mission from close quarters.

"Keep Me at Your Lotus Feet Forever"

Swami once said, "*Boys think they are studying in college. It is Swami who is studying each one of them.*" Education in Bhagawan's institutions goes far beyond degrees—it is a carefully guided journey where every event, conversation, and circumstance is divinely crafted to shape one's personal, professional, and spiritual life.

My first birthday in Parthi with Bhagawan was in **November 1993**, just a few months after I joined Class XI. Though I had no prior devotional background, I was completely absorbed in the sacred ambience. Seated in the mandir portico with a tray of offerings, I watched as Swami blessed the birthday boys. When I knelt for **Padanamaskar** and kissed His Lotus Feet, an unplanned prayer arose from deep within—"*Lord, please keep me at Your Lotus Feet forever.*" It was neither rehearsed nor conscious; it surfaced in a flash and quietly disappeared.

Years later, on **20 December 2000**, when I once again received Padanamaskar in **Trayee**, as Bhagawan blessed me to join the hospital, that forgotten prayer returned with luminous clarity. *Man may forget his prayers; God never forgets to answer them.*

Hospital Inauguration 2001: Perfect Timing

In Prasanthi Nilayam, many students, after completing their formal education, wait in quiet surrender for Bhagawan's guidance on the next steps of life. While Swami often reminded us that He did not need anyone to serve Him personally, His heart overflowed with joy when students expressed the wish to dedicate their lives to His mission. This waiting period—between being a student and becoming staff—was a sacred transition. For Bhagawan, it was a time of inner testing, to see whether the intent to serve was matched by clarity and purity.

In **March 2000**, after completing my Master's in Physics, I aspired to pursue a PhD, and my professor was keen that I continue at the university. Swami granted us a few interviews, enquiring about our academic backgrounds and interests. It was His **75th birthday year**, filled with intense celebrations and responsibilities. Months passed, and with no clarity forthcoming, the pressure to decide my career path steadily grew.

After the Birthday celebrations, Swami moved to **Brindavan** to oversee preparations for the inauguration of the **Whitefield Hospital on 19 January 2001**. Many of us waiting boys—including my classmates and seniors—followed Him there. Swami graciously arranged our stay at **Sri Sathya Sai Gokulam**, and during the **December–January** period, several of us were blessed with the opportunity to join the hospital.

20 December 2000 remains the most cherished day of my life. Swami accepted me into His fold by granting me—and two of my classmates, **Prasad R.D.** and **Thandava Murthy**—the privilege of serving at the Whitefield Hospital, blessing us with **Padanamaskar at Trayee**.

The hospital's inauguration in **2001** came at a moment of divine precision. Many from my batch and immediate seniors were able to join and serve. Had it been a year earlier, we would not have been ready; a year later, I doubt I could have endured the wait. The timing of my education, graduation in 2000, and the hospital's opening the very next year was unmistakably divinely ordained. What may appear as coincidence was, for me—and many of my batchmates—a life-transforming act of Divine Will, shaping not just our careers, but the course of our spiritual journey for lifetimes.

Swami Wants Our Availability, Not Capability

On **21 December 2000**, I stepped into the sacred precincts of the hospital. The waiting had ended. The boon was already granted—now we had to *deserve* it.

Unlike most hospital staff selected through conventional HR processes, the alumni of SSSIHL were taken in directly by Bhagawan. In **2002**, when Swami asked us to shift to the hospital residential quarters, He simply said He wanted us to *stay on campus and take care of the hospital*. It was clear that He expected us to respond to the hospital's evolving needs—*whatever, wherever, however*. As often said of Swami: **He doesn't call the qualified; He qualifies the called.**

I vividly remember our first introduction to **Dr. Arjun Kalyanpur**, Head of Radiology, by the then Medical Superintendent, **Sri Veeravahu**. Given our lack of formal training in radiology, Dr. Arjun was understandably amused—but gracious. He even conducted sessions on radiological physics. With focused effort, we learnt on the job, building technical, managerial, and domain skills. *Ross & Wilson Anatomy* and *The Language of Medicine* became our constant companions. We remain deeply grateful to mentors like **Sri Raghu M.V.**, **Sri Viswanathan**, and **Sri Krishnakumar**, who guided us in medical terminology, contracts / vendor management, and financial understanding.

Swami was especially attentive during our first year, knowing we had moved straight from college into an entirely new work environment. Almost every week, He called the hospital boys for interviews—sometimes to discuss work, often just to reassure us of His presence. From these moments, we learnt what truly mattered to Him:

“I want to see a smile on the patient's face—not just healthy, but happy.” “Understanding unte adjustment vastundi.” “If a patient lacks even basic needs, give them whatever they require—Swami will return it to you.”

Take One Step Toward Me, and I Shall Take a Hundred

When the Radiology department began, workflows were largely film-based—expensive and inefficient. Within months, we implemented simple digital solutions to share CT and MRI scans over the network. Inspired by Dr. Arjun's vision, we worked with HMIS colleagues and vendors to build improvised digital systems and gradually moved toward a paperless workflow.

In **2006**, while exploring options to digitize X-rays, a demo CR system was installed. Quite unexpectedly, a visiting Australian national—who happened to pass by the hospital—was so moved by the free, world-class care that he spontaneously offered to donate the CR system. Within weeks, the Radiology department became fully digital.

The final leap came in **2009**, when **Dr. Sanjaya Viswamitra**, a US-trained radiologist, volunteered his services. Under his leadership—and with support from **Dr. Puvaneswary**—a web-based PACS system was implemented, dramatically improving efficiency, academics, and research. His initiative, **SACRED (Sri Sathya Sai Academy for Radiology Education)**, conducted over 25 CMEs and enabled global participation in DNB teaching. Later, under the **V-R-4-Sai (Virtual Radiologists for Sai)** initiative, alumni and former staff voluntarily supported remote reporting—especially post-COVID.

At every juncture, whenever challenges arose, **the right solution and the right instrument appeared**. Swami's invisible guidance never failed. All He asked of us was sincerity and availability. We learnt that if we took **one honest step forward**, He would unfailingly take care of the rest.

Narrating His Story and Glory—to Him

As part of the **10th Anniversary celebrations**, I was blessed with the privilege of leading a team that conceptualized and executed a **permanent exhibition** on the life, work, glory, and legacy of Bhagawan, now housed beneath the **central dome of the hospital**.

On **16 January 2011**, select panels were arranged in the **Bhajan Hall at Prasanthi Nilayam** for Bhagawan's formal inauguration. Despite being physically unwell, Swami took time to personally go through each panel, which pictorially chronicled His divine life and mission. I was granted the rare opportunity to explain the narratives and, in effect, **recount His own story and glory—to Him**.

As He viewed photographs of His family members, devotees, and His visits across the country, Bhagawan became visibly nostalgic, gently pointing out details that we missed noticing. It was a deeply humbling moment—an unforgettable blessing to witness His loving recollections and to stand as a silent instrument in narrating His divine journey.

“Now You See Me”

With Dr. Sanjaya's encouragement, I had the opportunity to participate in **RSNA 2013** in Chicago between **24 November** and **20 December**, and to visit world-renowned institutions such as **RNOH (Stanmore)**, **Cleveland Clinic**, **Johns Hopkins**, and others. While the exposure was professionally enriching, it proved to be far more **personally transformative**.

During my onward flight to London, I happened to watch an in-flight movie titled *Now You See Me*. Its central message—*“The closer you look, the less you see”*—struck me deeply. It felt as though Swami was gently reminding me that while I may have seen Him and His glory in His **physical form**, I had barely begun to comprehend His **cosmic presence** and the vastness of His work across the world.

This journey came two years after Bhagawan's Mahasamadhi. I stayed with devotees in different countries, met many who had

never seen Swami physically, and yet lived lives deeply inspired by Him. Their unwavering love, faith, and dedication to His mission were humbling. Many were actively engaged in Sai Centre activities, sustained purely by His unseen presence.

I realized then that Swami, in His **unmanifest form**, was working silently and powerfully—touching, transforming, and guiding millions far beyond Puttaparthi. The trip became a revelation: **Bhagawan, in His cosmic form, was often far closer to devotees across the globe than to those of us who believed we had known Him closely.**

It was a profound lesson in humility—and a glimpse into the boundless reach of His love and mission.

In HIS K-Ring Hands

I am reminded of an interview in **Trayee in 2002**. We were then staying in Brindavan and commuting daily to the hospital. When Bhagawan asked us to shift to the hospital residential campus, we hesitated, reluctant to move away from His physical proximity. Smiling reassuringly, Swami said, *“Nenu dinnamu akkadaki vastanu”*—*“I will come to the hospital every day.”* The Lord’s assurances never fail.

Looking back over **twenty-five years**, this place has been far more than a hospital to me—it has been my home, held in the loving, K-ring embrace of His divine hands, where every moment unfolds as a celebration of His boundless **Karuna**.

Swami never gave me what I thought I wanted; instead, He gave me **everything I needed—and far more—unasked**. I pray only to remain a **fortunate fool**, content to wither away in loving service at His Lotus Feet.

Sri D.V. Chandrasekhar

Executive Asst. to the Director,
SSSIHMS, Whitefield

Swami – The Divine Sculptor of Human Potential



From the outset, let me clarify: this is not my story. This is Swami's story—His divine play, His orchestration, His compassion. I am merely an instrument, a participant in a cosmic drama where the script, direction, and actions are His. I share these experiences to illustrate how Swami, the Divine Sculptor of human potential, molds lives with the loving touch of a master artist.

Early Experiences: First Darshan and Deep Connections

My journey with Swami began in sixth grade in Ooty. That first darshan is etched in memory: Swami approached us, created vibhuti for my brother and me, asked if we had breakfast, and handed us bananas. Though it was our first close encounter, it felt as if He had known us forever. Swami often said many of us were Vanaras in the Treta Yuga or Gopis in the Dwapara Yuga, arriving now in response to our prayers. That day, the sense of soul-deep familiarity was overwhelming.

As school progressed, Swami's interventions became deeply symbolic. After moving to primary school, I often missed opportunities to distribute prasadam. One day, Swami called me inside and walked behind me, guiding me gently like Parthasarathy guiding Arjuna. On the way, I slipped on spilled Dettol, and Swami Himself caught me. Beyond the physical support, that moment symbolized how Swami catches us whenever we stumble, holding us with unfailing love.

Another memorable incident occurred during a family trip to Kodaikanal. We thought we were following Swami's car for darshan, but Swami was actually following us in a bus. He

blocked traffic, called out to us, handed us biscuits, and remarked about my primary school friends—a sweet play of divine love, reminding us that while we believe we pursue Him, He is always behind us, guiding and blessing.

Educational Journey: Divine Guidance Through Every Step

Throughout school and later as a staff member, Swami guided me in unexpected ways. After tenth grade, I sought His advice on what stream to pursue. Despite my strength in mathematics, Swami said, "Do BiPC." Later, while choosing a college major, I was drawn to chemistry, but Swami redirected me to biology. I excelled, earning a gold medal personally awarded by Swami.

The pattern repeated at every stage. After my BSc, Swami advised management studies, but circumstances led me to an MSc program instead. Through His guidance, I excelled in summer courses and even played Prahlada in the convocation drama. Following this, Swami personally instructed research assignments and later sent us to the US for hospital administration, even speaking to our parents to ensure peace of mind. My ambition was always to serve Swami, not to seek worldly positions.

Miracles and Divine Interventions: Exams, Visas, Travel, and Predictions

The journey to the US involved divine interventions. For the GRE and TOEFL, Swami assured us, "It's a small exam." With minimal preparation time, we cleared the GRE miraculously. The TOEFL was waived due to our English-medium background. Our initial visa application was rejected after 9/11, but precisely at 3:00 PM, officials handed over the visas, fulfilling Swami's prediction. Even travel arrangements, such as a business class upgrade, manifested exactly as He said.

Swami's predictions were always precise. Initially, He said we would return from the US in one year despite a two-year course. Miraculously, credit waivers and fortuitous course discoveries allowed us to complete the program in exactly one year. With Swami, every word was a promise, fulfilled beyond human planning.

Career and Service: Overcoming Limitations with Swami's Assurance

On my first day at work, Swami personally gave us a lift to the hospital. He assigned me to the ICU and reassured me, "When Swami gives you a job, the ability to do it also comes along." Gradually, He helped me overcome shyness, training me to answer questions and take responsibility. Swami emphasized that the greatest fortune is being born when the Avatar walks the earth, studying and working for Him. He assures that serving Him ensures care for our families for seven generations.

Family Miracles: Blessings Beyond Imagination

Swami's protection extended to my family. During a car accident in my father's vehicle, He accurately described the incident and ensured my father escaped with a minor injury. My father's diabetes and cataract complications were resolved

miraculously, often involving timely interventions seemingly guided by Swami.

My mother's cancer diagnosis vanished between scans, and subsequent suspicious cells were surgically removed without recurrence. My grandmother, uneducated and uninitiated, accidentally received darshan, vibhuti, and Swami's blessings, living a long, full life. My grandfather's chronic knee pain ended with hospital intervention under Swami's guidance, enabling active life into his nineties.

Even my son's surgery and my in-laws' medical emergencies were subtly orchestrated by Swami, often at critical moments, saving lives and preventing suffering.

Personal Miracles and Accidents: Swami's Grace in Times of Danger

I survived two life-threatening accidents. In 2003, a lorry collided with our car; I escaped unscathed, protected by Swami's photo on the windshield. In 2008, a bus driver's seizure threatened all passengers, but divine intervention prevented disaster. These experiences reinforced the palpable presence of Swami's protective hand.

Hospital Miracles: Divine Guidance in Swami's Institutions

Miracles are routine in Swami's hospitals. Advanced equipment, often donated at cost or with waived duties, arrives exactly when needed. Vibhuti manifests on photos and in rooms, often communicating messages of unity and divine guidance. Even patients beyond hope often recover, demonstrating Swami's omnipresent hand in healthcare.

In 2016, Whitefield Hospital's registration, delayed for years, was completed within days after vibhuti manifestation during a celebration, symbolizing Swami's guidance and the miraculous realization of his vision.

Service and Seva: The Cornerstone of Swami's Mission

Swami emphasizes selfless service as essential. He recounted stories like Draupadi's sacrifice and the squirrel aiding Lord Rama, highlighting that devotion and willingness matter more than magnitude of action. In this centenary year, Swami's "Pushpak Viman" metaphor illustrates that the upward journey of His mission is fueled by acts of seva. Every act of service, however small, directly serves Swami, and His promise of generational care continues in my family.

Reflections and Gratitude: Living in Swami's Omnipresence

Swami's influence pervades every aspect of life. Even transfers between hospitals did not diminish His presence, manifesting through vibhuti and guiding miraculous outcomes. From launching nursing colleges to merging hospitals, Swami orchestrated every detail. In trials, His assurance—"If you say Sairam, I will take care"—provided solutions defying logic, from minor conveniences to life-saving interventions.

Conclusion: The Path Forward—Serve with Faith, Live with Gratitude

Reflecting on this journey, entirely Swami's orchestration, I am overwhelmed with gratitude. Every miracle, blessing, and guidance has been His doing. In this sacred centenary year, let us recognize the unparalleled fortune of knowing Bhagawan, serving Him through our work, families, and communities. Every opportunity for seva, however small, is counted and rewarded by His endless grace. May we cultivate faith, courage to serve, and joy in living every moment in Swami's loving presence.

Jai Sairam

Sri Praveen V.

Sr. Manager, Cardiology, SSSIHMS, Whitefield

Immense Gratitude



“Thank You” - that is all I wish to convey for this cherished opportunity to share my reflections on the occasion of the silver jubilee of Swami’s SSSIHMS, Whitefield. Through this article, I would like to recount the experiences of my very first day here - one of my most memorable days at this sacred Temple of Healing - and briefly share my

thoughts on this hallowed institution.

A Blessing Beyond Measure

Having had the good fortune of studying in Swami’s college at Puttaparthi, I always wished to serve Bhagawan after completing my higher studies. Yet, I never imagined that my wish would be fulfilled in this form, especially since I came from an IT background that seemed unrelated to healthcare at that time. Truly, it is only God who knows what to give, whom to give and when to give.

In March 2011, I completed my M.Tech in Computer Science from SSSIHL, Prasanthi Nilayam. Two years later, in March 2013, Swami brought me to SSSIHMS, Whitefield, after a two-year period of learning - including about a year and three months of experience in the corporate world at Chennai.

The Day That Changed Everything

It was on 7th March 2013, I first entered this Temple of Healing for my job interview. Along with three other candidates, I completed the technical round of interviews and was invited for the final round in the Director’s office. I vividly remember that meeting with Dr. Swarna Bharadwaj, who as the Director, inspired so many of our staff.

She began by saying that, as the Director, she would never hesitate to pick up a broom if her room were dirty. Her words immediately conveyed the spirit of humility and service that forms the very foundation of this institution.

After some time, she asked me about my salary expectations for the role. I mentioned a figure — let’s call it **X**. With her characteristic calmness, she smiled and said, “For this role, we have fixed the salary as **X / 2**. Would you still be interested?”

I paused for a moment and by Swami’s Will, replied, “Ma’am, may I get back to you in a few minutes after speaking with my parents?” She nodded in agreement. I stepped out and called home. Without a second’s hesitation, my parents said, “Do not miss this opportunity. Please go ahead and say yes!”

When I conveyed this to the Director, she smiled warmly and said, “I appreciate your discipline, and as a reward for that, we are fixing your salary at a figure higher than **X / 2**.”

That moment remains a lifelong lesson — that sincerity and humility never go unnoticed.

Gratitude and Grace

I am ever grateful to my parents for everything — right from showing me the Sai path to helping me hold on to Him. The physical mother may know only the past, but the Divine

Mother knows all and continues to shower us with boundless grace and bounty.

Swami has assured us that He would protect us as the eyelids protect the eyes. We have witnessed this protection not just at the physical level, but at every level — mental, emotional, psychological and even metaphysical.

Swami has not only blessed me with a meaningful career but also with a warm and loving environment to live in, and a wonderful family that supports me in all my endeavours. He has blessed me with a life partner whose presence in my life has deepened my involvement in Swami’s seva. What more could I ask for? Interestingly, Swami came into the life of my wife at the very time she came into mine. She went on to become His student at this very Temple of Healing, in the Department of Medical Laboratory. Today, she continues to serve as an active office-bearer in the samithi associated with the Hospital - yet another way in which Swami keeps us bound to His mission.

Touched by His Healing Mission

Our family has been a direct beneficiary of this Hospital’s loving service. How can I ever thank the skilled cardiologists who performed a pacemaker implantation for my grandfather — a procedure that enhanced and extended his life? How can I express enough gratitude to the cardiac surgeons whose timely intervention corrected the discomfort faced by my father-in-law, giving him a new lease of life? The obstetricians and paediatricians too played a blessed role in our lives, helping my wife deliver the bundle of joy we lovingly call Sai Venya. Words can never fully express the depth of our gratitude to the entire clinical community for their selfless and compassionate service.

Men of Values — The True Wealth

One of my favourite sayings of Swami is:

“Men are more valuable than all the wealth in this world.”

This Hospital is filled with such great wealth — **men and women of values**. It is a boon to work among such noble souls. I am ever grateful to all the staff and to the big Sai family at the residential campus. Each one is an inspiration in their own way.

True to His words, this institution stands as a testimony to the unity among its staff. This unity forms the foundation of the purity that permeates all the work carried out here.

Swami continues to send the right leaders at the right time — guiding, motivating, and inspiring us to put forth our best efforts to make Him happy. It is the power of pure love that sustains this institution, helping it live on eternally, echoing His values and ideals.

Ever Grateful

Thank You, Swami, for giving each one of us a role to play in Your Divine medical mission. May we always live up to Your expectations and remain worthy instruments in Your hands.

Sai Ram.

Sri Gunasekaran N.

Sr. Manager - HMIS, SSSIHMS, Whitefield

Love without Duty is Divine



It was a cold November night. I parked my car outside our building and went in to get a wheelchair for my father-in-law who remained seated in the car because he could not get out by himself. Even as I brought the wheelchair down a short ramp, I wondered how I would help him get down from the car and onto the wheelchair all by myself. It was quite

late to call for help without disturbing sleeping neighbours.

Just then, I saw a young man walk towards the building. I knew him to be a doctor and he seemed to be returning after a long day at work. Despite that, seeing me push a wheelchair towards an elderly gentleman in the car, he offered to help. I could not get myself to request the visibly tired doctor to help me with a task that may require physical exertion. So, more out of politeness, I told him, "Thank you, sir. I will manage."

I proceeded to align the wheelchair near the door of the passenger seat, opened the door gently and considered the situation seeing the frail frame seated in the car. Here was a man envied for his brisk walk and upright gait that belied his 74-year-old body. Just a month earlier, his ten-year-old grandson accompanying him on his walk had to literally run to keep pace with his long energetic strides. However, tonight, he needed all the help he could get, even to sit in the wheel chair. I took a deep breath and prayed to Swami to be with both of us.

He was! In the form of the doctor, who was by then standing beside me! He expertly helped my father-in-law out of the car and onto the wheelchair. He asked me to push the wheelchair even as he bent low to hold and lift the feet that were helplessly planted on the floor. He gently adjusted the footwear on them. As I pushed the wheel chair, he was in a crouched position walking backwards up the short ramp. Holding my relative's feet all the while, he helped us on to the elevator. After we reached our destination, he did not even wait to be thanked.

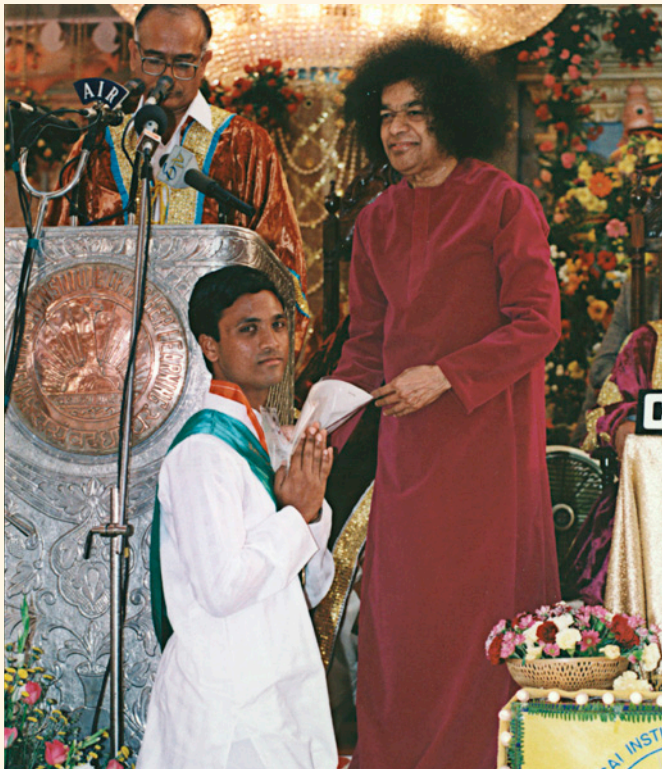
Though we stayed in the same building and served the same hospital, our paths seldom crossed. This was more than just an act of friendship or any symbiotic relationship. He was not even the treating doctor who may have felt duty-bound to extend such help. Also, it was outside his hours of work and at a time when he may have rather rested. He did all that he did without expectation of any reward or even a simple "Thank you". He was just moved by the patient's distress and acted out of spontaneous love.

At our hospital, we see such instances all the time - and I'm grateful.. for every moment spent here; and to every good Samaritan who is ever present to love and serve. They are verily Swami in His many forms. In Baba's words, "Duty with Love is desirable; Love without Duty is Divine". Indeed, such acts are much more than "Duty with Love". Could this be the "Love without Duty" that Swami speaks about?

Sri Karthik N.

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SSSIHMS, Whitefield

Life Lessons at SSSIHMS



25 years! 25 glorious years of working in Sai Institution, working for Sai! I consider it His grace that has given me life lessons working at SSSIHMS.

Swami declared that one of the goals for His avatarhood was for giving bliss to everyone, removing their pains & sufferings – mental, physical and spiritual. The institutions that He established work as the means, as the vehicles, as the instruments for fulfilling His goals.

Swami is the Divine Director; He is the planner, He is the doer, He is the controller.

On the day I was to join the hospital– Swami gave padanamaskar in Trayee Brindavan & said, “You go to hospital for work, I will come right behind.” And as promised, He came to the Biochemistry lab where I was to work and asked me, “Do you work here?” Even before I could respond, He said, “Take namaskar”. On the very first day, He showed that He will be with me in all my endeavors and I have felt His presence in every major decision.

In a few instances, He allows us to see Him being the Director, the controller.

I would like to recall one such instance - the episode of replacement of our Biochemistry analyzer. The average life of these machines is about 10 yrs, we had used our analyzer for 14+ years and it was time to replace them. We had two such analyzers. The Purchase committee had short-listed a model, but there were unprecedented delays in importing the analyzer customs duty-free. There was tension everyday due to the uncertainty of the older analyzers to hold-up and perform the analysis. The old machines would at times freeze mid-way and if switched off, we weren't sure whether they would boot-up.

During one such period, one of two analyzers was not switching on for about a week. One fine day, the second one also froze! I was very tense since the samples had already started pouring-in. One Christian colleague of mine came near me, kept his hand on my shoulder and told me, “Sai Kiran, don't worry; this is Swami's hospital, He will take care.” I was really moved by his gesture and faith – He showed such belief in our Bhagawan! True to his assurance, the problem was miraculously resolved. The first machine, which could not be booted for a week started functioning on its own, at the most critical time! Even our biomedical engineers were surprised and all of us offered a prayer of gratitude to Swami. This was a lesson in faith for me – true surrender means that one should not be worried in any situation for He is in-charge of everything!

But the delays in procurement were a part of His bigger plan. Towards the end of that year, the company said they would not be able to hold the quoted price any longer. We informed them the delay was beyond our control; after a few discussions, the company agreed to absorb the amount towards customs duty. Not only that, they gave us a model which had more features (the ion-selective electrode module) at no extra cost! Those features were very useful a few months later, when the General Hospital moved into our campus. Swami was taking care of the current work as well as arranging for the future requirements of the hospital. When God delays something, we can be sure that He is planning to give something better. Such occasions taught me to completely surrender to Him and I remember Him in every major decision & pray that He works through me, keeping the best interest of the hospital in every decision.

I should try and remember that I am a mere instrument, given the privilege of witnessing His work and that I should not come in the way of His work.

Our entire organization is based on Swami's Karuna (compassion) – the letter 'K' lending itself as the shape of our building. The spirit of philanthropy guides every aspect of the organization, whether it is treatment being provided free for patients or whether it is sevadals offering their time & energy or whether it is professionals sacrificing the worldly benefits/ higher salaries in private commercial organizations to serve at His institute.

I am blessed to be in the philanthropic heart of such a philanthropic organization, the Blood Bank, where every blood donor is a voluntary donor. Philanthropy taking the form of 'blood donation', which otherwise cannot be purchased or manufactured. Only one person can give to the other. I had myself donated blood and have persuaded/ urged many of my friends and contacts to become a blood donor. I learnt the spirit of blood donation through two incidents: one, that I was a direct witness to and another that I heard. One day, we saw one patient walking into the Blood Bank. By his dress, I could make out he was a post-surgery patient. I tried telling him he has reached the wrong place; he is supposed to be in the ward. But in a very humble manner, he asked me – is this where blood can be donated?

He said, "I am a poor man and have undergone bypass surgery here. I am going to get discharged tomorrow. Undergoing a major surgery was way beyond my means but Swami gifted me this freedom from illness. To repay, I don't have anything. So, I thought, "Can I give my blood so that some other patient can benefit." I felt this was the true spirit of philanthropy and mentally bowed to him. Of course, we explained to him that in his condition of recovering from a cardiac surgery, he cannot donate blood and that his prayers for other patients and his living a good, happy life are enough gratitude.

The second experience was that of a teacher in our college – once when blood was required at the hospital, he had visited the blood bank to donate. Exactly at that time Swami visited the blood bank. Needless to say, the teacher was excited! It was an opportunity to interact with the Divine and also show he had done a good deed by donating blood. Seeing this teacher, Swami asked, "Did you donate blood?" The teacher replied with a hint of pride, "Yes, Swami". Swami remarked in Hindi, "But mujhe nahi diya" (but you did not give Me). The teacher was nonplussed as to why he needs to give blood to Swami, but upon contemplating, he felt Swami's message was that when doing a good deed like donating blood, we should have the feeling that we are doing it as an offering to God, maybe to God in the form of the patient. Only then does that act become holy; else, it might only serve to fan the individual's ego. Swami says seva becomes sadhana only when the devotee has the thought that 'I am serving my Lord' when serving.

In these past 25 years, Swami has sent the right type of people at the most appropriate times. I take this opportunity to pay my gratitude to all the administrators, the doctors in the departments that I worked, and all the colleagues in my department – for guiding me, teaching me and working with me. Through them, I have learnt and am doing my duties. The technologists – senior & junior – have their unique strengths and have taught me in one way or the other

I recall how the initial two doctors of the department prepared me for the work & challenges. Dr. Sujatha would strictly challenge us to learn and implement new techniques rapidly and that learning was good for the department. Dr. Shailaja would give me the freedom, encouragement & support. For instance, to use my chemistry knowledge to prepare solutions & reagents in-house, she was a true 'enabler' and would not hesitate to pass on the knowledge & responsibility (even though I was very junior). I learnt from her and now, with respect to reagent preparations, I help standardize, give inputs, troubleshoot but pass-on the responsibility to our technologists.

Recently the non-availability of a reagent pushed us to improvise, think, read, find out and prepare an alternative ourselves, which turned out to be a fraction of the cost of the

imported reagent. I mentally thanked Dr Shailaja for helping us gear-up for such challenges.

In those early days of the hospital, there were many such wonderful sharers of knowledge like Sri Sai Babu, Sri Abul Hussain and many more, who helped set up the department and standardize the procedures. There was also Dr. Nandita, who took the challenge of setting up the neuropathology lab, though we had limited experience at both the technical and reporting levels. For all our endeavors, the support from the Administration was exceptional.

I also learnt decision-making, based on financial calculations from people like Krishna Kumar sir and Maya madam. I learnt from my IT colleagues about analyzing data and extracting meaningful insights from data. I learnt a lot from the way the different Directors of the hospital showed ways of administration – from Dr. Safaya, Dr. Hegde, Dr. Swarna Bharadwaj, Dr. Sundaresh and Dr. Shekar Rao – each of them had a different flair, different ways but all were so very effective in ensuring Swami's decision/plan was implemented. Swami sent the right type of people at the right time. I also learnt lessons in humility and hard work observing the many great clinicians who worked in Swami's hospital.

After completing my Masters in Chemistry at Puttaparthi, I was waiting for Swami to give me an opportunity to work in His institutions, to work for Him. Having seen many alumni work as teachers in His school and colleges, I was also prepared to teach. Swami knows what's best for each of us and put me to work at the hospital, where I expressed my desire to teach by helping staff children with doubts in their school subjects. However, in 2008 when the college for Nursing and Allied Health sciences started, Swami fulfilled my desire of teaching by allowing me to teach B.Sc students.

Some of my contacts say that by working in Swami's Institution I have sacrificed the advantages the world could provide; frankly, considering the relative benefits, I would say I have chosen the best for me. I have not done any sacrifice; in fact I was allowed to 'selfishly' select what is best for me. There has been no dearth or shortage of any kind at any time.

I only hope to become the instrument that He would like me to become – in His analogy – like the flute which is hollow (ego-less) so that He can play His Divine music through me.

The only expression that I have for Swami is that of gratitude. Lord Krishna is called Vanamali and in God's forests, His Institutions are umbrella-like huge trees which give protection, succor and allow beings to thrive in them. I am ever grateful to Swami and this Institute for giving me the opportunity to serve. I pray that the glory of Swami and this hospital grow manifold beyond the numbers 100 & 25 that we are celebrating this year.

Sri J. Sai Kiran

Sr. Manager, Laboratory & Blood Bank,
SSSIHMS, Whitefield

Blending Passion with Profession



As the Hospital steps into its 25th year of service, it is an opportunity to look back, reflect and plan ahead. At an individual level, working in the Institute has been a beautiful journey, with numerous opportunities for growth and contribution to the community.

Having joined Swami's University for my MBA, post graduation, and while waiting for Swami to guide me what to do next, I was apprehensive about finding a place of work, where my interests could find fulfillment. When Swami guided me to join the Hospital on 19-Mar-2001, I was not even sure what the job entailed. Since I had a science background, my first job was ensuring the medical equipment were received without short-shipments and were commissioned satisfactorily. This gave me an opportunity to see up close state-of-the-art medical and engineering equipment. There was so much to learn and absorb at that stage. Gradually, the role shifted to maintenance and import-substitution of spares.

When I joined the Institute, I was 21-years old, fresh out of college. Swami provided a wonderful set of mentors – highly successful professionals, ranging from chartered accountants to bankers to engineers to defence personnel – who all chose to join Swami's institutions to serve Him. Working with them on a day-to-day basis provided me many learning opportunities, right from drafting letters to record keeping to dealing with Government officials. Each of them were grounded in Swami's teachings in their own way, and I felt like a sponge, assimilating the best from everyone around me.

By the time the equipment was ready for replacement after 10-15 years of use, I was part of the purchase committee involved in the procurement of replacement equipment.

What I am deeply grateful for is that alongside work, I also had the opportunity to pursue my creative outlets. I had an interest in carpentry, and I got to interact with an American carpenter, Richard Bambace, who made the discourse tables and podiums, which are still in use in Parthi. After Swami's Mahasamadhi, he relocated to Australia and donated all his woodworking equipment to the hospital, which I had the opportunity to work with and create items, which are still in use in the hospital.

Cycling to Sai-Cling

When I joined the Hospital, a few of us students were allotted rooms in the Gokulam in Kadugodi. I used to cycle to work at the hospital. Over the weekends, I loved exploring the city on bicycle. In December, 2004 I embarked on a bicycle ride, from Bangalore to Pondicherry via Tiruvannamalai. It was His Grace that kept me safe as I rode towards Pondicherry on the day the devastating tsunami hit the east Indian coast. I undertook many more solo rides subsequently, to Puttaparthi, Ooty, Tirupathi, Madanapalle, and also the temple towns of Dharmastala, Sringeri & Udipi.

These solo adventures lay the foundation for a project I undertook in 2014 of experiencing first-hand the Sai Rehabilitation Project, where patients of SSSIHMS are provided post-op follow-up care close to their own hometowns. In coordination with the Kerala state Sai organisation, I rode my bicycle from Kasargod till Kanyakumari, meeting patients, who were treated at Swami's hospitals. I witnessed the "Hrudaya Sangamam" programs, where regular follow-ups with doctors were arranged for these post-op patients.

It was a unique privilege to see the eyes of patients light up with love and gratitude, when they heard that I was representing His Institute, carrying the love and good wishes from the Director, doctors and all the staff at the hospital. I was awestruck by the reach of Swami's Mission, and touched by the ways He handpicked people to do His Work.

While meeting patients in their homes was fulfilling in itself, it was ever more satisfying the ripple effect it had had on the Brindavan students of SSSIHL, who launched a program "Prema Bandhan", wherein students used to visit the homes of patients close to their own hometowns during vacation. For at least two years, these students had presented at the hospital the joy given and received at the homes of these patients during their visits. Thus, I was able to blend my love for cycling with the hospital outreach.

In Nov, 2025 I was honored to be part of the SSSIHL initiative of Sai-Cling 4 Sai, where 160 students and staff of SSSIHL rode from the Brindavan campus of SSSIHL to Prasanthi Nilayam as their offering to Bhagawan, pledging to make sustainability a part of their daily life.

Individual Health to Environmental Health

While I cycled long distances occasionally, I took up running on a regular basis to keep myself healthy. In August, 2017, 92 days before Swami's 92nd birthday, I took up a challenge of running a minimum of 3 km for 92 days in a row. This was an offering to Swami as a way of keeping myself fit to serve Him. I was successful at this, and have since continued to run daily without a break for the last 3000+ days, during which time, I ran several marathons and ultramarathons and logged over 20,000 km.

During the pandemic, I took up a project of tracing the pathways of waste generated by the hospital. This took me to various places – from pig farms to material recovery facilities to

biomedical waste handling units and e-waste recycling facilities. It was at a mixed waste handling facility, where I saw a woman with no gloves sorting through mixed waste, picking out recyclables to earn her daily wage. I was saddened by the downstream impacts of improper waste disposal. The true realization of “Help Ever, Hurt Never” dawned on me that day.

At a personal level, I started making changes in my personal life. I learnt to compost my waste, and be more mindful with my buying habits. At His Hospital, where healthcare is provided free of cost, I realized there is still an environmental cost of providing free healthcare, which needs to be mitigated.

Over time, with the permission of the Director, a waste management committee had been set up in the hospital to institutionalize source segregation and reduce dependency on dumpsites for disposing waste. The hospital is now a part of the Healthcare Environment Leadership Platform (H.E.L.P) run by an international NGO, Healthcare without Harm, working towards minimizing the environmental impact of providing healthcare. Case-studies have been published about the efforts of the Institute in this regard. In over five years, SSSIHMS-Whitefield has recycled over a 100 tons of waste and earned a revenue of close to Rs. 30 lakh from sale of scrap. This represents additional value created from every rupee a donor has contributed to the Trust. Also, elderly devotees and SSSIHL alumni volunteer in the Stores periodically, helping with segregation of paper, metal, plastic, glass, demonstrating that no act is menial, when done with a higher purpose.

Noticing the impact, the Sri Sathya Sai Central Trust has launched a “Zero Waste to Landfill” project, envisioned to make all of Sai institutions, zero-waste institutions, and role-models in environmental stewardship.

Given my interest in running and waste management, a natural progression was to plog (picking up litter, while running). I started picking up litter when I ran and deposited this in the recycling bins in the Stores for processing by authorized recyclers. Soon, plogging events became a regular feature at the hospital, with nursing students, Balvikas children participating in these events. Over time, my interest in waste expanded into other aspects of sustainability as well including water, energy and nature conservation.

In 2021, along with a fellow runner Jay, we took up a project of running from SSSIHMS-Whitefield to SSSIHMS-Puttaparthi, to promote individual and environmental health. We ran for 27 hours straight to be received at SSSIHMS-Puttaparthi by the staff, who ran along with us the last few hundred metres. We were exhausted and energized at the same time by the effort.

This run was re-christened as “S.A.I Ultramarathon” (S.A.I stands for Sustainability through Awareness & Individual / Institutional actions), and in its third edition in Dec, 2024, we had boys from three campuses of Sri Sathya Sai Institute of Higher Learning join us for a few kilometres of the run.

Swami always advised that it is best and the wisest thing to do to not fall ill. He highlighted hospitals should promote preventive measures also and try to educate patients about methods to avoid illness. He also encouraged the use of bicycles, instead of automobiles to promote health and reduce pollution.

I was also fortunate to be involved with and present at the inauguration of the well-equipped “Sai Veda Venkatrama Health & Fitness Center”, which Swami blessed the Institute with on 7-Jun-2008, to provide active relaxation for doctors and staff.

The SSSIHMS-Whitefield Health & Environment Club is a WhatsApp community formed a few years ago has been humble initiative to inspire, and support hospital staff and their family members in exercising regularly and encourage environmental sustainability through regular runs, bicycle rides and plogging events, all aimed at creating a vibrant community, where health and environmental sustainability are encouraged.

As Swami has declared often, the Institutions He has set up are Sasvatham (forever), and we can neither add nor subtract from their grandeur through our individual actions. Working in these institutions is simply a privilege He has bestowed on everyone working here, to work on our own individual growth, all while providing quality healthcare to the needy with love and compassion.

I pray Bhagawan blesses us all with purity, patience and perseverance to pursue our passions and blend them in our profession to maximize the social impact through our service.

Sri B. Satish Chandra
Sr. Manager, Central Stores,
SSSIHMS, Whitefield

Mahayajna of Healing



यज्ञेन यज्ञमयजन्त देवाः
तानि धर्माणि प्रथमान्यासन् ।
ते ह नाकं महिमानः सचन्ते
यत्र पूर्वे साध्याः सन्ति देवाः ॥

Through their sacred offering, the gods worshipped the Divine as offering itself. From that timeless act arose the first rhythm of truth and order that holds the world together. By that spirit of giving, they ascended toward the light of higher realms, where the ancient ones dwell in peace and harmony. - Rg Veda

Oftentimes, one pauses to wonder why a spiritual personality would choose to build a hospital, ostensibly within an export promotion industrial park, where its charitable nature shines in quiet contrast. But then, divine descent seldom treads the path of ordinary and reflects mysticism incessantly. The actions of such beings are akin to aphorisms - profound, essential, comprehensive, coherent, clear and exact. What may seem ironic or inconsistent in the *Vyavahārika* (transactional) expressions of divine personalities is, in fact, a revelation of *Paramārthika* (transcendental) wisdom. It is up to us to perceive the meaning behind their actions and fathom the wisdom that flows through them mellifluously.

This hospital shines differently. Right as you walk through the portals of this hospital, every inch of it feels unlike a typical hospital. There is no pungency of tincture in the air, but the gentle fragrance of quiet warmth. There is no scent of suffering, but a subtle presence of healing and grace. There is no cold sterility that stares through you and numbs the soul, but a softness that holds you in silent reassurance. There is no atmosphere of clinical detachment, but an ambience that soothes, embraces and uplifts. There is no feeling of being held by strangers in white coats, but the comfort of being with your own family, gently tending to you. You do not feel diagnosed or treated, but you feel as if you are in the divine hands, waiting to be caressed. Truly, the smell of this place is different.

This hospital is not merely a place for consumption of a service or medicine but is about reverence to the cosmic energy and aligning oneself to it. This is not merely a place of treatment but a sacred space where the science of care meets the spirit of service. Healing here is not a profession but is a prayer in motion. It is a sacred dialogue between the seen and the unseen. It is a *Yajna* (sacrificial fire) in which every physician, paramedic, patient and partner of care becomes a *Samidha* (fuel). The healer offers skill, the healed offers faith and together they invoke the fire of transformation or healing. This place is a true *Yajnashtala* (consecrated site), where every act of service becomes an offering and every life touched becomes a blessing. It is in this sacred convergence that we understand the essence of Healing and the significance of *Sri Sathya Sai Institute of Higher Medical Sciences* stewarding a trine of transformation: the healer, the healed and the healing.

The healer is not only a practitioner of science but also a custodian of faith. He stands as the priest of this invisible fire,

offering knowledge, skill and compassion. With every diagnosis and gesture of care, the healer tends the sacred fire of life. In the light of that fire, knowledge turns to wisdom and skill becomes service. The healer's strength lies not only in precision but in presence, in the silent understanding that true medicine begins with compassion. When the healer acts without pride or expectation, every act becomes worship, every treatment a mantra, every life touched a benediction.

The healed, often called the patient, is not merely the receiver of care but a companion in the journey of healing. He brings the offering of faith to this *Yajna*. By choosing trust over fear and acceptance over resistance, the healed becomes a participant in the process, not a mere recipient. He becomes the seeker, placing faith and surrender upon the altar of recovery. Through faith, patience, and courage, the healed transforms from one seeking cure to one discovering balance.

Healing is the invisible fire that connects giver and receiver, science and spirit, body and soul. Healing is the sacred alchemy that transforms suffering into insight and anguish into peace. It refines pain into purpose, weakness into wisdom and struggle into surrender. Healing begins the moment gratitude replaces despair and surrender replaces struggle. This fire burns silently, fueled by the compassion of the healer and the trust of the healed. It does not know any boundary, religion or status. It is the living presence of the Divine, restoring what was never truly broken but only hidden beneath the layers of imbalance.

Hands that help and lips that pray together heal the wounds that hurt. When the healer, the healed and the act of healing unite in purpose, a sacred harmony arises. In this communion, healing ceases to be an event and becomes an awakening. The hospital becomes a *moolasthan* (sanctum sanctorum), the ward a *mandapa* (pavilion) and every heartbeat a *mantra* (sacred chant). Healing then is a shared remembrance that life is sacred and to serve it with love is the highest form of worship. It ceases to be a transaction and metamorphs into transcendence.

At the heart of this unique vision and foundational culture stands the compelling presence of *Bhagawan Sri Satya Sai Baba*, whose compassion gave birth to this healing space. Swami's hospital is not merely a charitable institution but an embodiment of a deeper purpose that is *of the divine, by the divine and for the divine*. A divine democracy indeed, embracing all without conditions, qualifications or expectations. Every patient who walks in carries a story. Every physician, paramedic and caregiver who serves becomes a part of that story. Together they weave a tapestry of faith, effort, and grace. In this light of oneness, the work of healing becomes the highest form of devotion, a living *Yajna* where the Divine is both the giver and the receiver, both the flame and the fragrance that arises from it.

Temples often exist quietly amidst the bustle of the town. The presence of this profound institution amidst the hustle of commerce is a reminder to us that the sacred and secular are not opposites but complementary. The world may run on the rhythm of production and profit but somewhere within that

motion the heart must find its stillness. The flame of compassion must burn amidst the engines of enterprise, for only then progress finds its soul. This hospital, placed where trade and transactions thrive, is a gentle beacon teaching that healing is not separate from life's machinery but at its very heart. It is a living testament that spirituality need not withdraw from the world but can and should dwell right within it, transforming work into worship.

It is but natural to be moved by such a sacred and profound phenomenon and long to be a part of it. Yet, to be within the precincts of this institution, endowed with the gifts of skills and capabilities to serve, is not the destiny of all. However, in a deeper sense, healing is not the privilege of physicians alone nor of paramedics or caregivers. Each of them too seeks healing in their mind, heart and spirit. The true healer is anyone who draws inspiration from this *Akbanda Jyothi* (the eternal flame of compassion) arising from a *Nitya Yajna* (continuous offering) and carries its light outward through love, care and understanding. This *Yajnagni* (sacred fire of offering) is limitless, boundless and inexhaustible.

The flame of healing inspired by the Infinite and drawn from the divine, only burns brighter as it is passed from one heart to the another. When such sacred love is shared, it does not diminish but multiplies. In the effulgence of such sacred experience we dissolve our shadows. In the lustre of such wisdom we diffuse our ignorance. Life thus lived becomes the very answer to our fundamental quest as to what after all is the purpose of our existence. A true renaissance of souls devoted to the welfare of society becomes the very path to their own liberation.

When medicine becomes an offering and care becomes a prayer, healing ceases to be a profession. It becomes a sacred act of pristine love and the hospital becomes a *temple of healing*. Pantheons of such a temple would *love all and serve all*. They would *help ever and hurt never*.

सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद् दुःखभाग्भवेत् ॥

*May all beings be happy, may all be free from illness.
May all behold only the good, may none suffer in any way.
- Bṛhadāraṇyaka Upaniṣad*

May *Vaidyanātheeswara*, the Supreme Divine Healer,
bring healing to everyone.

Sri R.D. Prasad
Former Sr. Manager,
SSSIHMS, Whitefield

The Unbroken Stream : A Quarter-Century of Service and Divine Tutelage



As we stand on the threshold of the Silver Jubilee of the Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), Whitefield, our hearts feel like a vast, overflowing library of “Expressions, Moments, and Reflections.” For the world, January 19, 2026, marks twenty-five years of a premier, state-of-the-art healthcare institution. But for those of us who have been part of its fabric since the beginning, this milestone represents something far more profound: a quarter century of a living miracle - a “Temple of Healing” where every brick was laid with Divine intentionality and every corridor continues to echo with the grace of our beloved Bhagawan Sri Sathya Sai Baba.

Expressions: The Roots of a Lifelong Calling

My connection with the Sathya Sai Mission did not begin with the hospital; it began in the humble, sacred classrooms of Balvikas. The foundation was built on those weekly lessons of human values, which shaped a worldview long before we understood the complexities of a hospital. Having completed the 3rd group of Balvikas in 1991 and receiving the certificate from the organization, I felt a deep, burgeoning sense of belonging to a cause greater than oneself. Serving as a Balvikas Guru before joining the Sri Sathya Sai Higher Secondary School in 1992 was my first practical lesson in the philosophy that defines SSSIHMS: *Service to Man is Service to God*.

After completing M.Sc (Mathematics) at the Sri Sathya Sai Institute of Higher Learning in 1999, I along with some of my class and college-mates, entered a period that many of us alumni remember with a mix of nostalgia and reverence: the “waiting period.” A group of us, affectionately known as the “waiting boys,” stayed back in Puttaparthi, waiting for Swami’s guidance. We had no jobs, no concrete career plans, and a shared, stubborn desire not to burden our parents with our uncertainty.

Physically, it was a period of struggle. Yet, spiritually, it was an immersion in Divine Love. We lived simply, often wondering what the future held. Swami looked after us with the care of a

mother, giving us abundant love that made the physical hardships feel like badges of honor. We didn’t know then that Swami was not just testing our patience; He was seasoning us. He was preparing our hearts for a monumental task that we couldn’t have imagined even in our wildest dreams. This period taught us that in Swami’s fold, “waiting” is never “wasting” - it is an essential period of internal alignment.

The Calling: From Mathematics to Medicine

In 2000, the “waiting” came to a divine end. A few from the group were selected for specialized training in Cardio-Pulmonary Perfusion at the Medtronic Institute in Vadodara and later at the prestigious All India Institute of Medical Sciences (AIIMS) in Delhi. At that time, we were barely aware of the magnitude of the upcoming hospital in Whitefield.

In student circles, working at Swami’s hospital was considered an aspirational dream, something reserved for a “chosen few” whom Swami would personally pick, based on the precedent set by the Puttaparthi hospital in 1991. We grew up looking at those “hospital boys” as role models of dedication and discipline. When we were told that we were to be part of the Whitefield project, the feeling was one of profound unworthiness. We were mathematicians by training, upstarts with no medical background. Why us? The answer, as it always is with Bhagawan, was simply His Infinite Love and His penchant for turning “unlikely candidates” into “instruments of His mission.”

Moments: The Birth of a Temple

Construction of the hospital had begun in early-to-mid 2000. In December 2000, after our training, Swami instructed us to move to Whitefield to assist those already at the site. We moved from the protected “small pond” of college life and plunged directly into the “ocean” of hospital infrastructure and preparation.

The weeks leading up to the inauguration on January 19, 2001, were a whirlwind of activity. We were not just employees; there was a sense of being “founder-servants.” The daily routine was grueling but sanctified: attending Swami’s Darshan at Trayee Brindavan in the morning, and then rushing to the site, working until 11:00 PM or midnight to speed up the completion.

We plunged into the work of preparing the Operation Theaters (OTs), ICUs, and wards. While the training at AIIMS had introduced us to the clinical functions of these departments, we now found ourselves interacting with them in a completely different way - assisting with the installation of medical equipment and coordinating with procurement, pharmacy, engineering, biomedical, CSSD and even the construction engineers. We were learning the logistics of running these departments from the ground up.

Every evening at Trayee, the “Director of Directors,” Swami, would enquire about the progress. He was the Supreme

Architect and the Micro-manager of Love. He would ask about the smallest details - the color of the tiles, the placement of machines, the comfort of the beds. He guided us through our naivety with the patience of a thousand mothers. It was during these sessions that the realization hit us: we weren't just building a hospital; we were being built by the hospital and shaped by the process.

A Master-class in Humility: The AIIMS Connection

One of the most transformative "Moments" of this journey was working alongside the team from AIIMS. These were distinguished professionals, veterans in their fields, who had come to help set up the departments. Many were entirely new to Swami's organization. They didn't know the protocols, or the "Sai way." Yet, their dedication was a sight to behold.

A particular moment stands out before the first surgery was scheduled. The OTs and ICUs needed to be scrubbed and sterilized to a level of absolute perfection. These highly experienced department heads from AIIMS did not hesitate for a second - they took up the scrubbing brushes and manually cleaned the floors and walls alongside us.

For us, the hospital was "ours" because Swami is our Father. For them, it was an act of pure professional and spiritual dedication to a vision they were only just beginning to understand. Their lack of ego was a stinging rebuke to any pride we might have felt. Swami rewarded them beautifully during His visits, showering them with Love that transcended their initial lack of familiarity with His Mission. It taught us that work performed with such intensity and selflessness is worship, regardless of whether one knows the name of the Deity being served.

Reflections: A Founder's Perspective

Being present during that final construction phase and the inaugural month gave the team a unique perspective. We saw the hospital when it was still a shell of potential. This gave us what might be called a "founder's perspective" - a deep-seated sense of responsibility where everything felt personal. If a piece of equipment wasn't ready, it wasn't just a technical delay; if a patient was unhappy, it felt like a personal failure in our hospitality to a guest in Swami's house. It was a hurdle in Bhagawan's work. This sense of ownership - the realization that we are administering our own hospital run by our Divine Parent - has stayed with us all along.

The doctors and senior staff were remarkably patient. For us, it was a steep learning curve. Mistakes were made, and the lack of industry experience likely caused friction during those high-pressure days. Yet, everyone involved, whether a devotee or a professional, showed utmost patience and love for Swami's work.

My journey through the various departments - Operation Theatre, Medical Purchases, Administration, Canteen, Engineering, Laundry, CSSD, and Hardware & Networking - has been my real-world university. In my college days, I had many doubts about what a math student could contribute to the world. But here, I was thrust into the deep end. I learned that skill is important, but will is paramount.

The Legacy of 25 Years

Over these two and a half decades, the learning curve has never flattened. We have seen the hospital evolve from a manual, paper-heavy startup into a sophisticated, digitally integrated institution. We have seen technologies change and medical protocols advance. But the core - the "Heartbeat" - remains the same.

We have witnessed miracles that no medical textbook could explain - patients arriving at death's door and walking out with a smile, not just because of the surgery, but because of the "Sai Love" they felt from the doctors, the nurses, the technicians, the Sevadals and everyone around. We have seen the resilience of patients' attendants and the quiet, unsung heroism of our colleagues who work behind the scenes in every department.

Personally, working with such a wide variety of departments has given me a "widened outlook" and a constant refinement. We started with limited knowledge and many doubts, but working with highly distinguished individuals in this "Temple of Healing" has been a long, enriching experience. Even after 25 years, we are still learning - about clinical excellence, about administration, and about life itself.

The Instrument and the Player

As we reflect on these twenty-five years, we realize how Swami connects seemingly unconnected people and events to serve His purpose. He brought together donors, sevadals, seasoned professionals from across the country, His students from Puttaparthi & Ananthapur, to create a symphony of healing to save the life of a villager who has never traveled beyond his district, and many others.

SSSIHMS Whitefield is not just a hospital for today; it is a vision for twenty-five years and beyond. It is a laboratory of the Spirit where the cure for the body is the gateway to the healing of the soul. We are profoundly aware of how insignificant we are in the grand scale of Bhagawan's mission, yet are eternally grateful for the significance He gave to our lives by allowing us to be a small cog in His divine wheel.

On this Silver Jubilee, we offer our lives and our service at the Lotus Feet of our Dearest Bhagawan. He is the Source, the Path, and the Goal. May we remain worthy of being His instruments in this Temple of Healing as we move into the future.

Jai Sai Ram.

Sri Shivakumar Kotne
Sr. Manager, CTVS, SSSIHMS, Whitefield

A Flute in His Hand



*Avatarinchuta yanutalo ardhmami?
Narulapai preeti vaatsalyaparata toda
Vaari sthayiki daivambu vacchu bhuviki
Jeeva prajna to baatugaa daiva prajna*

In a short poem, about Himself, Bhagawan Sri Sathya Sai Baba ensconced the reason for the Advent of an Avatar. The Avatar descends to help humankind evolve and realize its true nature.

Salokyam, Saameepyam, Saaroopyam and *Saayujyam* are in concord with a combination of factors beyond the ken of limited human intelligence. Many are called but few are chosen is an oft repeated aphorism. But Bhagawan Sri Sathya Sai Baba has declared that every single soul has a unique role to play in His Master plan.

Bhagawan has often said, “The best way to love God is to love all and serve all”. True to that, Bhagawan has lived His promise, “My life is my message.” His entire earthly sojourn has been in service to society, exhorting, inspiring, motivating and enabling humankind to serve itself. Seva, the highest form of devotion, where one sublimates one’s individual identity in service of others.

To that end, Bhagawan created multiple opportunities through Institutions He established. SSSSO with its spiritual, educational and service wings, SSSHSS and SSSIHL with schools and colleges, offering free education from ‘KG to PG’ and Ph.D as well, SSSIHMS at Whitefield and SSSIHMS, SSSGH and SSSMH at Puttaparthi - these are but flagship institutions. The metamorphosis of millions of hearts and minds through the chrysalis of Sadhana into better human beings, loving and serving one’s fellow beings with no desire of recognition or reward; that, is true transformation.

One is fortunate to be among the many to study in SSSIHL for 8 years, earning multiple post graduations, and then blessed by Him to be part of His Divine Health Mission, to serve at the SSSIHMS Whitefield for over a decade. One would like to recount a few memories.

“The more you think of Me, the more I think of you”

Bhagawan selected and sent alumni of SSSIHL, for paramedical technician training to AIIMS Delhi, from June to November of 2000. We were hosted by a devotee of Bhagawan in a guest house, with all amenities including transport, to and from AIIMS. During those months, I had a severe attack of Sciatica, was immobile with great pain for several days. I was miserable at letting Swami down, and was constantly praying so I could get back to training. With medical management, I managed to get back to training, and must thank the rest of the brothers, for putting up with my condition. Our host, Sri. RM who regularly visited Prasanthi Nilayam, carried our letters to Swami and also reported our technical/academic progress to Him. On his return, he would convey Bhagawan’s instructions and advice to us. The week I returned to training, he noticed I had not written a letter and asked, “Arvind, what do you want me to tell Swami?” In retrospect, one realizes it

was Swami who inspired the response. I replied, “*Sir, Swami is taking care of everything for us, my prayer to Swami is, please request Swami to take care of Himself!*” Sri.RM smiled and the conversation ended. On his return the next week, He called me aside and said, “*Arvind, Swami asked about you and only about you.*” I was dumbstruck at Bhagawan’s love and grace. Not only did He respond to my prayer of getting me back on my feet, but acknowledged it in a way I could never forget. The more you think of me, the more I think of you.

“I don’t want work that...”

We returned to Prasanthi Nilayam in November and were sent to SSSIHMS PG, to learn the ropes, and apply our knowledge in the real world. One must proudly say, the adherence to quality in SSSIHMS is way above that of other corporate hospitals one has subsequently visited. After a few weeks we were sent to the Whitefield location to help set up the hospital. All of us took it up as His Divine Mission and days and nights merged as we worked towards the inauguration. Bhagawan came to Brindavan and blessed me with several opportunities to speak in His Presence. On one such occasion, with pure intent of purpose I spoke of the effort and sacrifices the entire team, not just the alumni, were putting into preparing the hospital. I recollect saying, “We do not care, whether we eat or sleep, all that matters is Swami’s word, Swami’s instruction. If Swami says, it has to be done, we will do everything to make it happen.” The talk was well received as was evidenced in the reactions and responses from the audience. But Swami had a different take altogether. The first sentence of His Divine Discourse nipped in the bud the weed of Spiritual Ego (*Adhyatmica Abamkaaram*). To paraphrase His words, “*Work that is done in My name, sacrificing your food, sleep and health is not an offering to Me. I don’t want you to ruin your health and do my work. Take care of yourself. That matters most to Swami. The work will get done. It is Swami’s Sankalpam.*” Bhagawan reaffirmed that we are just instruments in His Divine Hands, and were His chosen ones to stray even by a whisker, He immediately responds to set it right. His Love is all encompassing and He is always watching, guiding and guarding us.

“Pani Mukhyam kaadu, Swami Sannidhi mukhyam”

After SSSIHMS Whitefield was inaugurated on 19th Jan 2001, Bhagawan returned to Prasanthi Nilayam and we would go over on weekends to have His Darshan, and were He to bless, sparshan and sambhashan. I got so immersed in the work that I did not go to Puttaparthi for several consecutive weeks. The rest of the team would go but I was conspicuously absent. The message reached through multiple channels that Swami was asking about me and that weekend I went over to Prasanthi Nilayam. Bhagawan was standing on the portico when we reached the mandir, bhajans were yet to start. On seeing me His countenance turned stern, and He gestured to approach. I moved to Him and knelt with trepidation. His eyes followed me all along and when we were just a few inches apart, His eyes gazing into mine... a smile blossomed and He laid a hand on my shoulder. The next words are etched in my heart, mind, memory for ever.

Swami leaned forward and whispered, “*Swamini choodataanki neeku ippudi samayam dorikinda?*” (Did you now find time to see Swami?)

Though taken aback, I whispered back, “*Swami pani chestunnavu, Swami.*” (I am doing your work Swami.)

Swami waved His hand dismissively and in His inimitable style said in English, “*That is different.*” He looked once again into my eyes and said, “*Nee raaka kosam Swami vechi yunnaru.*” (Swami is waiting for you to come.) My eyes misted up and I felt a lump in my throat. He continued, “*Pani Mukhyam kaadu, Swami Sannidhi mukhyam.*” (Work is not important, the Sannidhi of Swami is important).

Bhajans started, Swami allowed me to take a padnamaskar and left me with advice for lifetimes. The opportunity to work in His Institutions, to be part of His Mission is just an excuse to be with Him, His proximity - *Saameepyam and His Sannidhi*. Let us not confuse the opportunity and the journey with the destination. He is all that matters, the rest is just the means.

There are many more such wonderful Magic Moments with our Beloved Bhagawan where He taught the lessons of life and steps for one to evolve on the inward path. In conclusion, all that one can offer in return for the wonderful opportunity to be part of His mission, directly or indirectly, as part of His institutions or in our daily lives, is the deepest and most sincere gratitude. As it is said in the Viveka Choodamani, Swami has blessed us with *Manushyatvam* (the human body), and *Mahapurusha samskrayam* (the proximity and company to the greatest of beings), all we need to work on is *Mumukshatvam*, the desire to be liberated. Seva in any form is the best way to purify oneself, annul one's ego and offer oneself as an empty flute to the Lord.

Jai Sai Ram.

Sri Y. Arvind

Former Sr. Manager, SSSIHMS, Whitefield

When Love Becomes Healing



As Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield steps into its Silver Jubilee year, my heart overflows with devotion and gratitude. Twenty-five years of this sacred institution is not merely a measure of time — it is a chronicle of Grace. Each stone, each corridor, each smile of a patient carries the imprint of Bhagawan's divine sankalpa. To

contribute to this commemorative edition is, for me, a deeply personal act of offering at His Lotus Feet — because every memory that arises is infused with His presence.

Before I share my reflections, I must start at the beginning — at that moment of indescribable grace when the seed of my life's purpose was planted by the Divine Himself.

EMR: An “Electronic Memory Repository” of His Love

How fitting that our commemorative EMR is described as a collection of *Expressions, Moments and Reflections*. For long before a digital system was conceived, each of us carried a living EMR in our hearts — a sacred storehouse of experiences that shaped us, guided us and held us steady in moments of challenge.

For me, these memories are not just recollections. They are prasadam — blessed moments that continue to instruct, uplift and illuminate my path even now, decades later.

Expressions: What the Hospital Means to Me

The First Call: *“Bangaru, will you all work in the hospital?”*

The earliest and most defining moment of my journey came when Bhagawan lovingly summoned a few of us. We were just “waiting boys” — eager, waiting, unsure of life's direction. And then came His words, filled with Divine sweetness and purpose: *“A new hospital is coming up in Whitefield. Bangaru... will you all work in the hospital?”*

Those words, spoken with infinite love, etched themselves forever upon my spirit. From that moment, the path was no longer mine to choose — it was His to guide and mine to simply walk with surrender.

Divine Assignments — Personalized by the Omniscient One
Bhagawan did not merely ask; He *assigned*.

To each of us, He personally indicated the area in which we were to be trained.

When He turned to me, His words were both a blessing and a sacred responsibility:

“You will work in the Cardiac Cath Labs.”

Even today, reliving that moment brings tears to my eyes. What did I know of Cath Labs then? What competence did I possess? But as in the Ramayana, when Lord Rama entrusted Hanuman with His mission, something mysterious happened — the *actor, the action, the task and the goal all united into one seamless flow of grace.*

From that instant, training was no longer academic. It became sādhanā.

Moments: Divine Guidance at Every Step Training at AIIMS — A Divine Classroom

We began our training at AIIMS, New Delhi — a place of immense knowledge and clinical excellence. Yet, even in that vast institution, we were not alone. Every procedure we observed, every protocol we learned, every new skill we acquired was infused with a single aspiration:

“How will we replicate this in His hospital?”

Every day was an act of worship. Every technique, a mantra. Every learning, a flower to be placed at His Feet.

And even from afar, the Omniscient One held us in His protective hands.

Bhagawan's Loving Enquiries Through Shri Mahajan

Our gracious host, Shri Mahajan, frequently visited Bhagawan in Prasanthi Nilayam. Each time, Swami would lovingly ask:

“How are the boys? What did they learn today? Are they happy? Are they doing well?”

To know that the Lord of the Universe was enquiring about our daily activities — about boys insignificant in the world's eyes — was enough to dissolve any sense of burden. His love strengthened our resolve. His attention refined our intention. And His involvement reminded us that this was not a project — it was a Divine Mission.

One day, the long-awaited message arrived: *“Bhagawan wants you all to come back to Prasanthi Nilayam.”*

Those words lifted our spirits beyond measure.

Training in “Our” Hospital — A Lesson in Identity

When we returned, Swami gave instructions that revealed the depth of His thoughtfulness. He said:

“At AIIMS you were guests. But now you will work in our hospital with our doctors. Only then will you understand fully.”

This distinction between learning as a guest and serving as a custodian reshaped our entire perspective. Suddenly, every detail mattered. Every instruction felt sacred. The hospital was not a workplace; it was His Temple, and we were instruments chosen to help build it.

The CPR Lesson — Planned by the Divine Long Before We Understood It

During our time at AIIMS, we learned CPR in the Cath Labs. At the time, it seemed like an additional certification. Only years later, when CPR became a foundational skill in our Cath Lab operations, did I recognize the subtle orchestration.

He had planned it all — even before we knew what we needed.

Two Experiences That Are Forever Etched in My Heart

1. “Bangaru, are the patients happy?” — A Lesson in Purpose

One week, we performed a highly complex procedure in the Cath Lab. Filled with pride and youthful enthusiasm, I went to Parthi that weekend, eager to narrate the success to Bhagawan.

As my turn came, I began describing the case with technical excitement. Halfway through, Bhagawan interrupted gently and asked:

“Bangaru, are the patients happy?”

I was stunned. Had I failed to communicate properly? But quickly, by His grace, understanding dawned.

Success was not measured by technical achievement. Nor by procedural complexity. Nor by professional pride.

The only metric that mattered in His hospital was:

“Did you lessen their suffering? Did you bring them comfort? Are they happy?”

That question transformed us.

We spent the next week speaking to patients and families. We discovered that although treatment was free, many struggled with travel expenses — especially those coming from far-off places. This insight seeded early discussions that contributed to later support systems for economically challenged families.

What a profound lesson:

Healing is incomplete until the heart is at peace.

2. The Dream About Patient Privacy — Divine Architecture

During the design phase of the hospital, I was deeply preoccupied with CCU layouts and patient privacy. One night, after wrestling with these thoughts, I fell asleep.

Bhagawan came in my dream.

With infinite tenderness, He asked:

“Are you thinking about patient privacy?”

He then showed me — with His own hands — how the curtain hooks should be arranged to ensure complete privacy for each patient within a two-bed pod.

To receive architectural guidance from the Avatar Himself — who else can claim such compassion?

When I awoke, the solution was clear, and eventually, it was implemented exactly as He had shown.

These experiences confirmed what every devotee knows in the depths of their heart:

He is the Designer, the Planner, the Visionary — we are merely the instruments. Reflections: Lessons Received at His Lotus Feet

Serving at SSSIHMS has been my greatest education — not in theory, but in Truth.

1. Precision Is Devotion

Every protocol exists because He willed excellence. Even the smallest act, when done with care, becomes worship.

2. Teamwork Is Spiritual Practice

The harmony of departments is not logistics — it is loka-seva in action.

3. Leadership Is Stewardship

To lead in His hospital is to serve with humility, ensuring His standards are never diluted.

4. Service Is the Path to Self-Purification

Every patient interaction refines us. Every challenge strengthens us. Every success belongs to Him.

Gratitude Beyond Words

There are countless other moments — some too personal to articulate — where Bhagawan’s guidance shaped my journey. Each one is a flower in the garland of experiences that I humbly offer at His Feet.

To have been chosen, trained, guided, corrected, and loved by Him is the greatest blessing of my life.

As SSSIHMS, Whitefield celebrates its Silver Jubilee, I pray that we continue to uphold the standards He set, the compassion He embodied, and the love He showered upon every seeker who walked these corridors.

Conclusion: My Heart’s Offering

This hospital is not merely a healthcare institution. It is a living testament to His Love.

A shrine where science bows to spirituality.

A space where healing is both a process and a prayer.

A home where every heartbeat carries His name.

As I look back on my journey — from being a “waiting boy” to being entrusted with responsibilities in His hospital — I realize one truth:

Bhagawan did not prepare us for the hospital. He prepared the hospital through us.

And He prepared us through His love.

May we forever remain worthy instruments of His mission.

Sai Ram.

Sri Narasimha Rao
Former Sr. Manager, SSSIHMS, Whitefield

Temple of Healing - With Dava & Duva



This hospital is unique - it does not look like a hospital, does not smell like a hospital, does not charge like a hospital—yet it is among the best hospitals in the world. It stands as a living example of Swami's message - **“My life is my message.”**

19th January 2026 marks the Silver Jubilee of this remarkable Diamond, a true treasure that Swami has gifted to humanity.

25 years of selfless service and healing. For me, this milestone is deeply personal. From 2000 to 2005, I had the privilege of being part of Swami's Divine mission here. Professionally, it was my first job—the beginning of my career. Spiritually, it was an opportunity to serve humanity under the guidance of Swami.

A Unique Journey Through Swami's Institutions

I consider myself blessed to have studied across three campuses of Swami's educational institutions - Alike, Brindavan and Puttaparthi - and later worked at SSSIHMS, Whitefield.

After completing my M.Sc. in Physics in 2000, I stayed back as part of the “waiting group” eager for Swami's instructions. Six months later, in Brindavan, Swami called me and 3 classmates, blessed us with Pada Namaskar, and gave us the opportunity to serve at SSSIHMS, Whitefield. I served in the Radiology Department.

The Temple of Healing

The hospital was brand new then—fresh paint, cool air-conditioning, gleaming granite floors, spacious lifts, and above all, the majestic central dome. It never felt like a hospital; it felt like a Temple of Healing. As a tertiary care center for Neurology (Mano) and Cardiology (Hriday), it truly embodied the spirit of “Mano Hridayalaya.”

Even the bus drivers recognized its sanctity. When the bus reaches the hospital stop, the bus conductors would announce in Kannada: “Devasthana bantu, ilidukolli” – We have arrived at the temple. Please get down.

Swami's Grace and the Inauguration Day

One day, Swami called us to Trayee Brindavan and gifted each one of us a suitcase filled with essentials - a premium Safari cloth piece, mirror, shaving set, toiletries, pen, watch and more. Swami even gave us money to get the Safari suits stitched, which we planned to wear for the hospital inauguration on January 19th, 2001.

I took responsibility for getting the clothes stitched. The tailor, unaware of the importance of the date, delayed the delivery. On the morning of the inauguration, we were disappointed, preparing to wear our usual clothes. Suddenly, a call came from the hospital gate - the tailor had dropped off all the stitched Safari suits! I rushed to collect them, and soon, we marched to the inauguration, dressed in Swami's gift, radiating joy and pride.

A Historic Moment

I vividly remember sitting under the central dome during the inauguration. Late Shri Atal Bihari Vajpayee, then Prime Minister of India, spoke from the heart:

“In this temple of healing, you will receive Dava (medicine) and Duva (blessings).”

In an era where healthcare is highly commercialized, SSSIHMS shines as a beacon of hope, proving that world-class healthcare can be offered free of cost. I feel proud to have contributed to this noble mission, even though it was for a few years.

Cherished Memories

My most treasured moments were when Swami visited the hospital - walking through departments, speaking to doctors, patients and us. For the first anniversary, each department created patient education posters for an exhibition in the central dome. Presenting those posters to Swami was an unforgettable blessing.

A Diamond of Compassion

As SSSIHMS celebrates its Silver Jubilee, I bow in gratitude to Swami for this priceless gift to humanity. May this Temple of Healing continue to serve mankind with love and selflessness for decades to come.

Jai Sairam !

Sri Thandava Murthy

Former Sr. Manager, SSSIHMS, Whitefield

Sharanamayya Karunamaya



In June 2000, fresh out of my M. Tech and holding a deep longing to serve Bhagawan, I prayed that He alone guide my next step. My father was unwell, and my parents were asking me to come home. For 3 consecutive days, I tried to tell Swami and take his permission and direction, but He kept avoiding me prompting the Warden of Brindavan say “HE

doesn't want you to go ra”.

On June 9, during the morning Darshan, Swami came near me, and I asked for permission to briefly go home to see my father, who was unwell. Swami lovingly said in Tamil, “Poitu vango” - go and come. He blessed me with the presence of mind to ask, “How many days, Swami?” and He replied, “One week poitu vango.” Those words changed my life.

Following His direction, my parents asked me to return to Parthi on June 16, but with a condition - only till the end of June. If no opportunity arose by the end of the month, I was to return home and explore options elsewhere. The following days were spent in prayers. On June 24, answering my prayers, Bhagawan personally handpicked me along with a few more boys for His Super Specialty Hospital in Whitefield.

Our first job interview... was in Swami's Interview Room. Could there be a greater blessing?

Swami then directed me to Bangalore on July 3rd for training on the Medicom EMR - even before the hospital was ready. I joined 3 boys whom Swami had sent to Bangalore earlier. Couple of us were trained on the functionalities of all the modules of the EMR in their office. We would visit SSSIHMS weekly, when it was still just brick and mortar. To witness its divine birth was an experience in itself. On the EMR front, configuring every module, aligning workflows of the departments, training users, testing systems, writing user guides - was to serve the Temple of Healing right from its foundation. Very soon, it became my first home in spirit.

Whenever I looked at the magnificent structure from the main gate, the two wings felt like two divine arms, always ready to embrace every soul who entered. Countless times, I have mentally embraced that holy space. Even today, after 25 years and being physically distant, I still do the same when I see its photos.

As the four HMIS boys in the campus before the official inauguration, we participated in every opening - Biomedical, Dietary, Canteen, Admin Block to name a few. It felt like witnessing each stage of a sacred birth.

I also had the blessed opportunity to compose the song 'Sharanamayya Karunamaya' for the 10th Anniversary of SSSIHMS. It was humbling that everyone liked it, and to this day, it continues to be rendered in anniversary celebrations. Later, I composed a few more songs for the hospital's annual programs - each one a heartfelt offering at His Lotus Feet.

SSSIHMS was never just a workplace for me - it was family. I initiated the Annual Sports & Cultural Meet for the Nursing

College students and hospital staff. Inspired by the grand events in Prasanthi Nilayam, we conducted games and events. It became a cherished annual celebration that brought joy, unity, and Swami's spirit of 'Love All, Serve All' alive beyond the wards and workstations.

During my 12 years there, I walked the length and breadth of SSSIHMS and always it was living and not a building. To see so many Sevadals volunteering to manage the operations, to witness many doctors who initially joined for academic interests but soon became ardent devotees of Swami, was truly inspiring. Seeing patients wait in queue outside the gate with the hope of getting healed was humbling. When visitors from nearby IT companies would come to explore collaborative partnerships and say SSSIHMS looks like a palace and not a hospital, we would feel proud and grateful.

Moments - Stories That Shaped My Journey

1. A boy's life, a family's future - Grace in action

SSSIHMS offered me many opportunities to be a small instrument in Swami's grand mission of selfless healthcare. In 2001, a friend referred a 19-year-old boy, who was suffering from both cardiac and neurological complications. His father had passed away, and his mother, a humble cook, depended entirely on him. His life was not just his own - his family's survival rested on his recovery.

He urgently needed cardiac surgery. But at that time, moving a case ahead in the waiting list required approvals from multiple authorities - the Medical Director, HOD, and the Hospital Director. Something within pushed me to act. I carried his file, met each authority, explained the situation, and prayerfully submitted his request.

By Bhagawan's Grace, the approvals came quickly - he underwent Mitral Valve Replacement and recovered well. On the day of discharge, I couldn't control my tears watching his mother standing before Swami's photograph, tears flowing - tears of gratitude for a future returned to her family. That moment was a revelation. Swami does not need words. His love operates silently - turning despair into hope, restoring dignity, and healing far more than just the body.

Even after 25 years, I vividly remember every detail - his name (P N Bharadwaj s/o Prabhavathy), his MRN (WS00024978), his story. I learned that when we put sincere effort for the sake of others, the Divine will move mountains to make it happen.

2. The first patients - when the hospital came alive

Jan 19 2001 was set as the date of Inauguration for SSSIHMS, Whitefield. Swami sent word that He did not wish to inaugurate an empty hospital - He wanted the wards to be full. Days before the grand opening, one evening we were informed that the first group of cardiac patients would be arriving that night around 10 30 pm.

I had requested two ward secretaries to stay back late. Together, we admitted each patient into the Medicom HIS. It may sound like a small task, but for us, it was the culmination of six months of relentless work.

When I saw the ward list populate on screen for the very first time, the bed icons turning from vacant to occupied... it was a moment of fulfilment - the transition from a dream and dedication to a reality that would heal thousands. The Temple of Healing had awakened. It was no longer a structure - it was a Mission taking its first breath.

Reflections – Insights and Legacy

During my twelve years at SSSIHMS, I was privileged to contribute not only to patient care but also to the backbone systems that made this care possible. One of the most defining challenges came in 2005, when Medicom upgraded their system to a web-based eHIS, moving the backend database from Oracle 8i to 9i. The entire database schema had changed, yet no migration strategy existed for the hospital's critical data.

Swami's grace gave me the courage to step forward. I challenged Medicom's recommendation to go "greenfield" and leave revisit patients behind. Instead, I proposed building an intermediate database to migrate data accurately. I worked with a team of database analysts, designing scripts, verifying every detail, and working intensely over 6 months. Through meticulous planning and testing, we reduced migration downtime to just 18 hours and completed the move successfully over a weekend.

This effort spanned all departments and modules - including patient records, blood bank stocks, and donor databases. It was not just a technical success; it was a testament to Swami's teaching that sincere effort, combined with faith, can overcome formidable challenges. 2 years later, when Parthi Hospital migrated to eHIS in 2007, I was entrusted to migrate 15 years of data from multiple sources - DB2, FoxPro, SQL Server - a task far more complex than my earlier experience. Together with senior colleagues, we completed it, and Medicom later

integrated this approach into their Data Migration Tool, a legacy born of dedication at SSSIHMS.

I was fortunate to contribute to and witness many firsts and in-house developments - the first online order to Labs from Physicians and result transmission from analyzers back, developing the program to print patient barcode labels, the first OT list generated through EMR, integration of Tally to HR system, building a full-fledged Payroll system, payments module of the backoffice suite, and many more memorable milestones.

Beyond technical accomplishments, SSSIHMS shaped my character and work ethic. I learned the importance of teamwork, mentorship, and meticulous planning. Every challenge taught me resilience, precision, and humility. Walking the corridors of the hospital, serving patients and colleagues, witnessing devotion in action - all instilled in me a deeper sense of purpose, gratitude, and a commitment to serve selflessly.

Before sending me for the Medicom training in Bangalore, Swami told me lovingly "nuvvu akkada Head alaga untavu." I truly didn't understand the depth of His words then. But those few divine words became both an assurance and a responsibility - it was not a designation or position, but an inner empowerment to lead, to take initiative, to stand up for what was right, and to guide others with confidence rooted in humility.

Swami's teachings were never just words. Through every system I configured, every patient record I safeguarded, and every workflow I optimized, I felt His guiding hand. SSSIHMS is not merely where I worked; it is where I learned to align action with devotion, responsibility with love, and technology with compassion.

Sri Satheesh Kumar S.V.

Former Sr. Manager, SSSIHMS, Whitefield

Learnings from the Super Specialty Hospitals



It was the month of February 1993. The International Cardiac Symposium was due to be held at Prasanthinilayam. World renowned surgeons from India and abroad were slated to attend the conference. Bhagawan identified a few students and faculty to proceed to the Super Specialties hospital and put up decorations all over the hospital.

Festoons were colourfully hung all over the domes and gates, artistically made arches were being set up on prominent doorways and entrances. I was right on the top of the central dome with a few of my brothers, from where my brothers below were helping tie the central spread of buntings. That is when a sight caught my attention – something which left a lasting impression on me. At the far away main gate, there was an elderly person with a pushcart in front of him. A young boy was sleeping with a tattered blanket on the pushcart. The elderly person approached the gate pushing this cart. There was a short conversation with the seva dal there at the main gate and in good time, a seva dal member took over pushing the cart to the main entrance of the hospital while the elderly person followed. Soon, a stretcher arrived and relieved the pushcart. The young boy was taken into the hospital along with the elderly relative.

One look at the patient and his attendant and you could tell they did not have much by way of material possessions – tattered clothes, unkempt hair. I lost sight of them once they entered the hospital. It was a good three hours later that I went down into the main hospital and espied upon the same elderly person sitting comfortably on a chair in the waiting room. I went up to him and could not help but notice the look of peace and happiness on his face. Unable to resist, I started a conversation with him. He was a poor banana seller (it was the very cart he had employed to bring his grandson to the hospital) and that morning, his grandson had abruptly collapsed. A local medical practitioner in his village (about 5 km away) told him to go to the Super specialty hospital and that is how had arrived here. I asked him if things were taken care of. He smiled, did a pranam and told me, “The moment I came, my grandson was taken into the emergency room and examined. The doctor then gave a list of tests and they are doing it now.” He then broke down and said, “Son, approaching even a clinic for a consultation for fever is totally out of the question for us – we cannot bear the doctor’s fees and cannot afford the medicines thereafter. Now, my grandson’s heart has major issues, and I have not paid a single paisa till now. They have assured me that I do not have to pay for anything till I leave the hospital with my grandson. Sai Baba is taking care of everything. How do I express my gratitude but with these tears?” I was moved and quietly asked him if he had eaten anything. He wiped his tears and said, “Son, not only did they take care of my grandson, but they also gave me food. I cannot call this a hospital because no

hospital can be like this. This is God’s infinite grace on humanity – a temple that welcomes and heals all, and we are blessed that Sai Baba has given this to us.”

Roll back to about a decade earlier when a TV had broken down in our house and a technician came to repair it. He finished his job and as he was leaving, asked me, “Are you devotees of Sai Baba?” (There was a large photograph of Swami in the main hall). I said “Yes”. He paused and emphatically stated, “He is truly a God.” I asked him, “Are you also a devotee?” He shook his head, and I could not help asking him, “Then how do you state He is God?” He responded, “To be a devotee, I should be blessed to experience Him. But this I know – anyone who has Rs.10 with him and thinks how He can help others with that money instead of doing anything for himself, MUST be a God. Nobody else can have such an expansive love.”

Indeed, each of Swami’s projects reflect this very aspect of Divinity – that of all encompassing love. I remember in the early 90s, a couple of years before the first super specialty hospital was inaugurated at Prasanthinilayam, Swami was talking about this project to a few elders. Some of them expressed caution at taking up the project – it was massive, involved a huge capital outlay in terms of money as well as manpower and the timeline was impossibly short. Swami heard them out patiently and said, “This was something the mother of this body has asked for, and I had promised her. It is therefore my will that it should come up. Do not worry about the resources. If intentions are pure and firm, everything falls into place.” That day, I saw a demonstration of another important aspect of Divinity. That of a steely resolve, determination and confidence.

One may wonder that Swami is the Supreme being and He is the very source of such qualities. So, if He says something, He will definitely do it and make it happen like a miracle. During the days that unfolded leading to the inauguration of the hospital, it was indeed a miracle that unraveled spectacularly. But it was a miracle which HE made us perform. He showed us what a true miracle is - to put mind, body, heart and soul into a task and offer it as a sincere offering to God. Each person involved with the project – be it the labourers, engineers, technicians, doctors – all recognized the hand of God in their work. But this hand of God worked through them. They understood that if they offered themselves selflessly as capable instruments, God would definitely use them to complete the task at hand.

A third aspect of Swami that was driven home through the project of this Super Specialty hospital was that of having a clear focus. Clear focus stems from having self-confidence. At one point in 1993, some elders were talking to Swami. One of them mentioned that a few doctors in Hyderabad had ridiculed the project saying that it was impossible to run a super specialty hospital totally free of cost and that it was sure to wind up within a few years. Swami smiled mercifully and said, **“If there was even an iota of doubt that this project would not succeed, I would not have wasted so much time, money and effort in executing it. My will is strong and my**

vision is focused. That is why what I will shall happen. It is already two years since we set up this hospital. It will grow from strength to strength. And today, I am telling you that along with this, I will build a similar but bigger hospital in Bangalore also.” In January 2001, I was fortunate to be blessed by Swami to travel with Him in His car to go to the second Super specialty hospital in Whitefield to witness the first surgery being performed. I could not help but recollect this episode that happened eight full years ago! What confidence!! Swami did not need this. But He willed this episode because that was a message He was transmitting to those in His presence that day.

Swami once said that if the mind is in control, all the inner strength of man will find avenues to emerge and do their tasks. Different people use different sadhanas to attempt keeping the mind under control. I remember once in 1990 during the 65th birthday celebrations. A large battery of experienced doctors of different specialties had descended to offer their service in medical camps. In all His benevolence, Swami organized a medical camp in the “old hostel” (next to the Gopuram gate) and told all the boys staying there to get a health check done. He was speaking about it in the portico and said, “You know, they have machines to test everything – your blood, heart, kidney, ears, eyes, brain. But they do not have anything to test and cure your mind!” There was laughter in the portico. In that background noise of multiple tones of laughter, Swami muttered in a very hushed tone, **“Only this Sai Baba can test and cure the mind!”**

Much as laughter is welcome, in this instance, it proved to be a background noise because we missed a great lesson from Swami. Even in this world, what we perceive as important is often a background noise that hides the true essence of God’s voice, often speaking to us and guiding us. But if we are aware of His presence and keep our focus on the Goal, we will always be in tune with His voice. Once we are in tune with His voice, self confidence automatically develops. And with that starts a beautiful journey of smooth progress towards our goal.

Dr. Sainath Manikonda

Former Asst. Professor, SSSIHL

Exec. Director, ICFAI

My Transformational Journey



I offer my humble pranaams at the Lotus Feet of Baba.

Initially, like many devotees, I too was a skeptic. I met my late wife Nanditha in 1983 who is solely responsible for bringing me to Bhagawan Babas' fold. I had eagerness and longings for Shirdi Sai Baba with belief instilled after a

turbulent time at college. A rebel at heart with ignorance of life after coming from a residential school wherein was sheltered from the chaotic outside world wherein one needs to be worldly wise, the least I could be.

Nanditha, my beloved wife who merged at the lotus feet of our Baba, was a recipient of swami's blessings & grace from childhood. She had attended a Summer Course at Brindavan, Whitefield. Later, I too was showered with His divine grace due to the unwavering devotion of my wife. Maybe I must have done some small good deed in my past life to be associated with Swami's divine mission.

My wife willed that I serve in SSSIHMS, as she underwent a cardiac surgery at SSSIHMS-Puttaparthi.

I was a reluctant partner but because of her strong desire that I serve in Swami's Institute had to bow before the will of the lord. So in the year 2000 I started my little service at the fag end of the Hospital Project, culminating in me joining the SSSIHMS-Whitefield.

Setting up a Medical store with just bare staff was very daunting and challenging. We worked day and night. Swami, knowing our issues and limitations, arranged for additional people to step in over a period of time. It is an experience of untold magnitude that manifested and kept the momentum of flow with the help of students and seniors.

During the course of establishing the pharmacy, I came across many vendors who were helpful and many volunteers & staff from Puttaparthi who came to assist and offer their services. This teamwork left an indelible mark on me and continues to be a source of inspiration.

Nanditha, my wife, volunteered to do the counselling at the cardiac OPD.

She was totally immersed in her work with Swami beside her guiding and listening to her pleas for the patients' welfare. My wife's love for Swami is unparalleled. I would always say, she is Swami's daughter.

I consider myself worldly and she is an epitome of divinity. My marriage to her was Swami's way of beginning my transformational journey.

The service rendered by the Sevadals was another thing that is imprinted in my mind. The selfless service will touch all the hearts that come across them. The hospital always looked spic and span due to their endearing services.

Words are just a play, a true sevak just goes around doing his service and does not look for any recognition or accolades. It's just he and his/her love for swami.

Swami's grace & benevolence to all of us continues to be there for us to tread on the path shown by Him.

"Everything in the world moves by the will of Bhagawan"

I would like to narrate my experience while working in Saudi Arabia.

My wife and I were traveling from Hofuf to Damman in our car on the expressway and had to turn right after some distance to enter Damman city on our way to a devotee's house, who hailed from Sri Lanka. I asked Nanditha, "Is God required for even small things like a decision to take a right turn?" and in that instant, I missed the right turn. Lo! Baba answered in an instant and this lesson stays with me forever.

My service in SSSIHMS came to an end in December 2015 as I was struggling to take care of my wife who was not keeping well from Jan 2015. She ultimately left for heavenly abode on the 26th Jan 2016. She was a strong anchor to me. Without her beside me I was too devastated and not in a state to accept. I was left to drift without a sail and direction, praying to Swami for His support and guidance.

I share below, the key takeaways I imbibed, working in Swami's organisation:

Service before self; Help Ever Hurt Never; speak obligingly, even if you are not in a position to help

Service to Man is service to God, and above all, **Love All Serve All.**

Sri Anand Tatti

Former Chief Pharmacist,
SSSIHMS, Whitefield

A Journey of Grace and Gratitude



I humbly offer before our beloved Bhagawan Sri Sathya Sai Baba my immense gratitude and pride for the privilege of serving this noble institution, fondly referred to as the “Temple of Healing.” I was blessed to be associated with SSSIHMS, Bengaluru, right from the project phase, serving for 11 long years as the Head of the Central Sterile Services

Department and Laundry.

For me, this institution has been a sacred space of learning, growth, and service. What makes my journey truly meaningful is not merely the number of years I spent here, but the depth to which I have been shaped by the values and vision of Swami. His guiding principles of selfless service, compassion, and excellence in care have been the cornerstone of everything I have endeavoured to do.

The roles of the CSSD and Laundry Departments were never merely supportive services. They have always been integral to the hospital’s ethos, contributing silently yet significantly to patient care. Our mission was clear and uncompromising. Every surgical instrument had to be sterile, every linen pristine, and every patient assured of the highest standards of hygiene, safety, and comfort.

Our team comprised dedicated Sevadals and volunteers who truly embodied the spirit of selfless service. Coming from diverse professional backgrounds, they worked harmoniously, fully aware of the critical importance of these departments in the hospital’s functioning.

In addition to my responsibilities at the hospital, I also served as an Assessor for the National Accreditation Board for Hospitals. This strengthened my commitment to quality and compliance. Stringent quality measures were followed by incorporating multiple stages of control, including physical, chemical, and biological controls, for every single item sterilised in the department. Our commitment to excellence was recognised through several accolades. One such honour was the “Excellence Award for Best Practices in Hospitals,” conferred under the Sustainability category by the Consortium of Healthcare Organisations during CAHOCON 2025 in New Delhi.

The medical field is ever-evolving, and being part of this hospital since its inception meant continuously embracing change in technology, procedures, and approaches. I consistently upgraded my skills, welcomed new challenges, and mentored younger staff, always striving to be an instrument of quality care.

Working in an institution blessed by Bhagawan Baba carries a spiritual energy that is difficult to put into words. It kept me grounded, especially during challenging times - whether it was a long day, a difficult decision, a complex situation, or moments of self-doubt. It was this spiritual strength, drawn from the divine environment, that sustained me.

Over the years, I realised that I was no longer merely part of the institution; the institution had become a part of me. The dedication I brought to my work each day was my humble offering to Baba’s mission - to serve with love, to heal with compassion, and to work with integrity. These were, are, and will always remain the most cherished moments of my life.

Towards the end I would like to share two incidents that reaffirmed my faith in Swami’s omnipresence.

On one occasion during Pada Namaskar at Puttaparthi, when Swami came close to me, I asked Him for an interview. Swami simply replied, “2018.” At that time, there was no understanding of why He mentioned that year. When I shared this with a senior octogenarian devotee working in Sai institutions, he immediately remarked that Swami would surely recover from His then-critical physical condition, as He had indicated 2018 as the interview year. However, destiny unfolded differently. Although Swami was not physically present in 2018, His promise manifested in an extraordinary miraculous way.

In that year, I visited SSSIHMS and met the then Director, Dr. Shekhar Rao, expressing my willingness to serve again should an opportunity arise. After the meeting, as I was about to leave, Dr. Shekhar Rao and Shri Praveen asked me to visit Swami’s room before departing.

Until then, I had never entered Swami’s room. Yet, in 2018, I was taken there. As I entered, a small garland fell from Swami’s photograph. The person in charge of the room told me that it was prasad from Swami, acknowledging my visit. Later, I learned that Swami’s room at SSSIHMS also served as the interview room. At that moment, I realised that Swami had honoured His promise of granting me an interview - exactly in 2018.

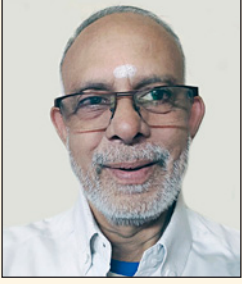
The second incident occurred when I planned to relocate to Mumbai to be with my aging parents. I was scheduled to be relieved on 27 July 2025. However, Director Dr Sundaresh requested my presence for a gratitude meeting on 29 July 2025. During the discussion, the critical importance of the CSSD department and the lack of a recognised CSSD course in the country were highlighted. I expressed my interest in contributing if ever given a suitable platform.

Perhaps Swami heard this, omnipresent as He is. Soon after, an opportunity emerged at a university in Visakhapatnam, led by a Sri Sathya Sai alumnus, to establish an Academy of Sterilization Technologies. I was invited to head the institute as its Director. This unexpected development prompted me to take the bold step of relocating from Mumbai to Visakhapatnam. Within months, on 15 October, 2025 the CSSD courses were launched. None of this would have been possible without Swami’s guidance and blessings. It truly reaffirmed His assurance that when we take one sincere step, He takes a hundred steps to make it possible.

Sri S.K. Rangarajan

Former Consultant - CSSD & Laundry Services,
SSSIHMS, Whitefield

Paropakaraartham Idam Sareeram



From 2020-2022, I had the blessed opportunity to volunteer for the SSSIHMS Helpdesk and offer online seva from home. This included interacting with patients, understanding their treatment needs and getting appointments confirmed for them.

My role in the helpdesk team gave me a very profound experience which filled me with both gratitude and awe for the selfless tertiary care that Swami's Institution is offering to people from such diverse backgrounds, especially to those coming from exceptionally challenging circumstances with absolutely no scope for succour.

Listening to patients' experiences, their joy and gratitude at being healed with no currency except for selfless love, was not just emotionally moving but also intensified my desire to take up a voluntary role on a full-time basis in the hospital.

With Swami's blessings, this prayer was answered when I got the opportunity to join as the Senior Personnel Officer on a voluntary basis in October 2023.

The journey from there on was indeed a blessed one where Swami guided me to apply my effort and skills to contribute to the HR and Academics scope of work.

Every day was a special one, enriched by my observations of the unwavering, unflinching, selfless service that the hospital is offering in calm silence infused with Swami's profound teachings of "Paropakaraartham Idam Sareeram".

What touched me most deeply was the realization that the hospital staff had become something like an extended family. Their kindness was entrenched in shared purpose, mutual respect, and the recognition that everyone in the hospital contributes to saving lives-directly or indirectly.

Every patient who comes to this Divine Portal of Love has a story to share. Their journeys that start in search of healing amidst the fast and transactional commercial medical world, the rejections they face due to lack of monetary resources and their pain filled hearts which eventually find Divine relief and motherly reassurance at the door step of Swami's Temple of Healing. A place where no matter what, the only objective is to heal with love, to heal with selflessness and to heal with care. Their journeys from rejection in the outside world to acceptance at Swami's Institution is nothing less than a Miracle, a Miracle that stands testimony to what pure love can achieve.

My own experience is no less than a miracle as Swami saved my life amidst a very sudden unannounced asymptomatic medical condition that I landed with. Exactly a year after I joined, in October 2024, I developed a very critical situation where my platelets fell down to extremely low levels. Even as the reports came and I was mentally processing the situation, the doctors sprang into action and took full control of my treatment, making sure that I didn't face the slightest of inconveniences or pain.

The care and treatment that transpired, inspired me for life. I realised something very very profound.

The question that arose in my mind was "Who is serving Whom?" I realised that I had come with the feeling that I want to do seva but it was Swami who was actually Saving me!!!

I learned from my own experience that the seva we do is not for anybody else but for our own reformation and transformation. The opportunity of being a part of His Mission is indeed the greatest blessing of our life.

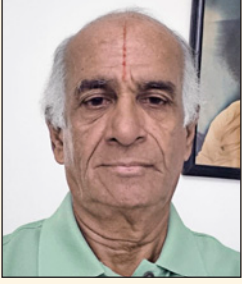
With a heart filled with gratitude, I sincerely pray to Swami to always guide me and bless me to be His worthy instrument and enable me to live His Teachings and Principles.

Om Sri Sai Ram

Sri S. Krishnamurthy

Former HOD, Human Resources & Academics,
SSSIHMS, Whitefield

My Association with the Temple of Healing



Offering my humble pranams at the divine Lotus feet, I would like to share my experience in Bhagawan's Super Specialty Hospital, SSSIHMS, Whitefield, Bengaluru.

It was during the years 1998-1999 that, through our sevadal chief Late Sri.Venkatraman, we learned that Bhagawan had made a Sankalpa to

construct the Super Specialty Hospital, in EPIP area, Whitefield area.

A few of us sevadals accompanied Sri.Venkatraman for the Bhoomi Pooja, which, if I recall correctly, was performed at what is now the northern end of the building. Elders from Karnataka Trust, Sri Sathya Sai Seva Organization, faculty members and a few doctors from General hospital were also present.

During the construction period, there was little work for us sevadals, as the staff and workers from Larsen & Toubro (L&T) were fully engaged. The inauguration took place on 19th January 2001. Once again, I was part of the sevadal team, overseeing VIP seating and reception on that day. It was a memorable experience to be part of history unfolding.

From the very first day the Hospital began functioning, we sevadals, under the supervision of Sri.Venkatraman, took turns performing duties in various departments, both during the day and at night. Over the years, it has been a divine experience assisting doctors and patients - a service we continue to provide to this day.

I have undergone angiography and angioplasty twice at this divine hospital of Bhagawan, under the care of Dr. Dash, Dr. Barooah, Dr. Reeta and Dr. Prayaag Kini. The commitment and discipline of these doctors are exemplary - they are true torch bearers for future generations of doctors and paramedical staff.

The doctors, staff, nurses, all other employees as well as every volunteer are truly blessed souls. Bhagawan's grace is evident in each one of them. His omnipresence is experienced by everyone who visits the hospital and His divine manifestations are proof that, although He left His physical body, He continues to care for each of us with motherly love.

The late Prime Minister Sri.Vajpayeeji remarked on the inauguration day, that this hospital is nothing but a Temple of Healing - and it truly is.

I feel blessed to be able to serve this hospital, even in my limited capacity and I pray that Bhagawan grants me more opportunities and good health to continue serving at His divine Lotus Feet.

Jai Sai Ram.

Sri Dwarakanath N.R.
Sevadal Volunteer

My Experiences in SSSIHMS



During my college days at the Anantapur Campus, we often travelled to Puttaparthi for Swami's darshan and to attend various festivals. These visits were truly blessed moments for all of us. As our bus entered the road leading to Prasanthi Nilayam, we would begin chanting the *Hanuman Chalisa*, our hearts brimming with joy, devotion,

and contentment. Passing through Prasanthigram, we would catch a glimpse of the majestic Sri Sathya Sai Institute of Higher Medical Sciences building. Each time, I silently prayed to Swami that once I completed my studies at the Anantapur Campus, I would be given the opportunity to do my internship at this hospital. This prayer continued throughout my college years.

When the COVID epidemic spread across the country between 2019 and 2021, I had just completed my degree. Even during that uncertain period, my prayer to Swami remained unchanged. I deeply longed to begin my career in His hospital, offering my service to humanity. With this aspiration, I contacted the Dietary Department and even spoke to the Director, expressing my heartfelt desire to join as a Dietary Intern. In 2022, once the COVID wave subsided, I was finally granted permission to begin my internship. I consider this opportunity a profound blessing and a rare chance to be part of Swami's divine mission.

From the moment I arrived at the hospital, I felt Swami's love reflected through my teachers, seniors, and everyone around me - akka and anna alike. The hospital felt like a sacred healing temple, where I witnessed many quiet miracles unfold. I was also blessed with several opportunities to have darshan in the room where Swami left His physical body. The aura I experienced there was indescribable. The positive vibrations melted my heart and enveloped me in His divine embrace.

Alongside these deeply spiritual moments, I also gained invaluable practical knowledge in my field, which prepared me well for the professional world.

In addition to the spiritual blessings, my time at SSSIHMS was academically enriching. I learned immensely through hands-on practice, real-life patient interactions, and the guidance of experienced professionals. The hospital environment exposed me to the true essence of healthcare - a harmonious blend of science, compassion, and selfless service. The practical knowledge I gained strengthened my confidence and prepared me for my future career in a way that no textbook alone ever could.

One of the most memorable aspects of my daily routine was greeting patients with a simple "Sairam." Though small, this greeting carried immense warmth. I watched their faces light up with smiles, and in those moments, I understood how genuine affection and humility can heal hearts. Many patients came from distant places, carrying fear, pain, or uncertainty. Yet, a kind word or a compassionate gesture often gave them courage and comfort. These experiences taught me that healing is not limited to medicine alone - it is equally about love, patience, and empathy.

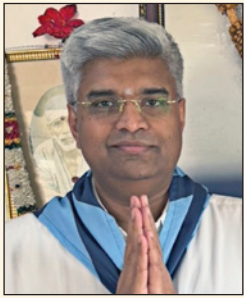
My time at SSSIHMS was a deeply blessed experience and remains one of the most significant turning points of my life. It transformed me and helped shape the person I am today - more grounded, more compassionate, and more devoted to serving others with love.

Today, when I look back, I realise that my journey at SSSIHMS moulded me into a better human being. Swami's love, grace, and teachings continue to guide me in everything I do. The memories, lessons, and blessings I received there remain etched in my heart forever. It is a chapter of my life that I will always cherish—a chapter that shaped my purpose and continues to inspire me to serve with love, humility, and sincerity.

Sushma Rasaily

Volunteer, Dietary, SSSIHMS, Whitefield

Serving with the Heart: My Journey as a Volunteer at the SSSIHMS



Volunteering at the Sri Sathya Sai Institute of Higher Medical Sciences was not a coincidence; it was something I had always wanted to do. My connection to the hospital began long before I ever walked through its doors, because my father had been hand-picked by Bhagawan Himself to serve there when the hospital construction started. Growing up, I

often heard stories of his experiences - the atmosphere of devotion, the culture of selfless service, and the profound impact the hospital had on countless lives. Those stories quietly shaped my own aspirations, planting in me a deep desire to serve in the same sacred space. So, when I finally stepped inside the pristine, peaceful premises as a volunteer after I returned for good from the United States, it felt less like the beginning of a new chapter and more like the fulfillment of a cherished calling. What I did not realize then was how deeply this experience would shape me and transform my understanding of selfless service.

Arriving at the Temple of Healing

My first impression of SSSIHMS was one of profound stillness. Unlike many hospitals where urgency hangs in the air like a constant alarm, this one felt different. Patients from various parts of the country, many of them nervous and burdened with uncertainty, waited calmly in the halls. Volunteers walked with purpose but without rush. There was discipline, certainly, but also a palpable gentleness. I remember standing there on my first day, suddenly aware that I was entering not merely a medical institution, but a space that embodied the ideal of selfless service.

As a new volunteer, I had been briefed about my role—assisting patients, guiding families, helping with administrative tasks, and being available wherever needed. But the true nature of service at the institute, I would learn, lay far beyond these functional details.

Learning the Spirit of 'Nishkama Seva'

One of the first lessons I learned was the meaning of Nishkama Seva - service without expectation. It is easy to volunteer for the satisfaction of doing something good; it is far more challenging to serve without seeking acknowledgment. At SSSIHMS, even the smallest acts were reminders of that principle.

I recall accompanying an elderly patient and his wife who had traveled a long distance for cardiac surgery. The husband spoke only a regional dialect unfamiliar to me. His wife looked exhausted from the journey, anxiety etched on her face. My role at that moment was simple: help them find their way through the admission process. But as I walked with them, called for a translator, and remained nearby until their registration was complete, I felt something shift within me.

They held my hands as they thanked me, even though I hadn't done anything extraordinary. It made me see how deeply small gestures matter to someone who is fearful, lost, or unwell.

Over time I realized that service isn't measured in scale - it's measured in sincerity.

A Day in the Life of a Volunteer

Although each day brought new experiences, a typical volunteering day had its own rhythm. I would start by checking the patient flow in the Out Patient Department (OPD). Some days my role involved directing visitors to different departments - cardiology, neurology, imaging, or the ICU waiting areas. On other days, I assisted the nursing staff in helping patients prepare for diagnostic tests. At times, I worked at the reception desks, answering questions and calming anxious family members.

But it was in the informal moments - sitting with families waiting for hours, offering a glass of water to a tired attendant, or simply listening - that I found the essence of what it meant to be present for another human being.

There were days when the footfall was heavy, and we volunteers had to move quickly to ensure everyone received help. Yet, even in those busiest hours, the environment never felt chaotic. Perhaps it was the discipline instilled by Swami's teachings, or perhaps it was the shared intention among staff and volunteers to uphold the dignity of every patient who walked in. Whatever the reason, the entire collective moved with a calmness I found inspiring.

Witnessing Compassion in Action

Working alongside the hospital staff was one of the most humbling aspects of my experience. The doctors, despite their demanding schedules, would take time to explain procedures patiently to worried families. Nurses often stayed beyond their shifts to comfort patients. Technicians, ward boys, and housekeeping staff - all carried out their responsibilities with devotion.

I remember one incident vividly - a young boy who had to undergo a complex neurosurgery. His mother was visibly distressed, trying hard to hold herself together. The surgeon, just before taking the boy into the operation theatre, knelt down beside him, smiled gently, and said, "Don't worry, little one. We are all with you." That small gesture eased not just the boy's fear, but also his mother's anxiety. I stood nearby, witnessing the kind of compassion that cannot be taught in classrooms.

Moments like these reaffirmed my belief that healing is not limited to medicines and machines; it is equally rooted in empathy.

The Diversity of Human Experiences

One of the profound aspects of volunteering at SSSIHMS was the exposure to the incredible diversity of people. Patients came

from cities, villages, and remote regions, each bringing stories of struggle, hope, sacrifice, and resilience.

I remember speaking to a man who had sold most of his belongings to reach the hospital for treatment. When he realized that all services at the institute were completely free of cost, tears welled up in his eyes. He told me, "This hospital has given me back faith - faith that humanity still exists."

Another time, a young woman awaiting surgery confided in me that she had been hiding her symptoms at home to avoid burdening her family. When she arrived at SSSIHMS and saw the compassionate care offered without discrimination, she told me she felt seen and valued for the first time in months.

Each story I encountered taught me that service is not merely about providing assistance - it is also about witnessing the courage of others, learning from their perseverance, and recognizing our shared human fragility.

Personal Transformation

My months of service gradually changed me in ways I had not anticipated. I became more patient - learning to listen more than I spoke. I became more emotionally aware - learning to sense when someone needed reassurance, even if they didn't ask for it outright. And I became more grateful - realizing how many blessings I take for granted in my own life.

There were emotionally heavy days too. Days when a patient's condition worsened despite all efforts, or when families broke down in grief. As volunteers, we weren't always equipped with the emotional tools to handle such moments, but we supported one another. The senior volunteers guided me, teaching that being present and offering silent support is sometimes the most powerful thing one can do.

One lesson that stayed with me was the importance of seva with equanimity. Service is not just about feeling good when outcomes are positive; it is also about remaining compassionate and steady when situations are difficult, or when the heart feels heavy.

Spiritual Underpinnings of Service

Though the institute is rooted in Bhagawan Sri Sathya Sai Baba's teachings, what struck me most was that service here never felt sectarian. There was no distinction between people based on religion, language, caste, or background. Everyone who entered the hospital - patients, volunteers, staff - was treated with the same respect.

The values of love, service, and unity were not just preached - they were lived.

There was a quiet spiritual resonance in the halls, not loud or ritualistic, but woven into the culture. Many volunteers shared that serving here made them feel closer to their inner selves. I experienced this too. There was a certain joy in doing something without expecting anything in return - a joy that is difficult to describe until one experiences it.

Challenges and Growth

Like any service environment, there were challenges. Some days involved large crowds, and patience was tested. At times, language barriers made communication difficult. On other days, complex cases required volunteers to quickly adapt and coordinate between departments.

But each challenge became an opportunity for growth. I learned to be resourceful, to stay calm under pressure, and to rely on teamwork. I also learned that true service demands humility - the willingness to do any task, big or small, with the same dedication.

Memories That Stay Forever

Some images remain etched in my memory:

- The smile of a child after receiving comforting words before a scan.
- A family folding their hands in gratitude as their loved one was discharged.
- A patient offering me a portion of the meal his family brought, despite having so little themselves.
- The collective quiet moment when staff and volunteers paused for a simple prayer before beginning the day.

These moments reminded me that compassion is reciprocal - it flows both ways. I often left the hospital feeling that I had received far more than I had given.

A Journey of the Heart

When I reflect on my time as a volunteer at the Sri Sathya Sai Institute of Higher Medical Sciences, I feel a deep sense of gratitude. It was not just an act of service; it was a journey of the heart. It made me more mindful, more empathetic, and more connected to the world around me.

Volunteering there taught me that healing happens on multiple levels. While doctors heal the body, volunteers often help heal fear, loneliness, and uncertainty. And in the process, they heal themselves as well.

Carrying the Lessons Forward

My experience at SSSIHMS continues to influence how I live my life. Service no longer feels like something I do occasionally; it has become a mindset - a way of engaging with others. I now understand that even simple acts, when done with love, can create ripples of positivity.

The hospital is more than a place where medical miracles happen; it is a testament to what humanity is capable of when love and compassion leads the way. And I feel honored to have been a small part of that extraordinary mission.

If I were to summarize my experience in one sentence, it would be this:

At the Sri Sathya Sai Institute of Higher Medical Sciences, I did not merely serve - I was transformed.

Sri Ravi Sampath Kumar
Volunteer

Offering My Humble Salutation at the Divine Lotus Feet of Swami



To start with I am neither an alumni nor studied in any of Swami's exalted institutions nor was tutored in a Bal Vikas class. My spiritual tryst towards Swami started accidentally through the famous book authored by Prof Kasturi - Sathyam Shivam Sundaram, given by a family friend years ago. As a youngster, I was amazed at the miracles mentioned therein. A young mind gets easily attracted to such events. I wasn't an exception.

Since then gradually I have been on a journey to Sai. Back to Godhead as I would like to call. I remember reading a quote of Swami - You are the one 'hand picked' by the Lord among the billions of people in the world out of God's Love and Grace. Never doubt God. God alone is your true friend forever. This perfectly sums up each of our case. I am extremely grateful to Swami for giving me a chance to be part of His service activities in various forms.

Previous to joining as a volunteer in the online medical seva, I was associated with the "train the teachers" module under PFY (Phone your friend) under the aegis of the SSSVV (Vidhya Vahini in short). This is an English Speaking model for training the teachers in rural schools/ Vidhyalayas. I was part of this program from November 2018 till Dec 2022 trying to guide 6 school teachers of 4 Marathi Medium Schools.

Heath4all website is truly an amazing concept for all working professionals and even retirees who can do selfless seva sitting at home to please Swami.

Swami says, "Show me your availability; I will give you the ability". Though I have no science background, not even remotely connected anything with medicine yet with his grace and also by unstinted support by Hari P sir and Sujana Pandit

Maam I have reached this far in the online medical seva from 15th March 2022. Initial thought at the start of this seva was to survive at least 100 calls to be made by me considering my commerce background. However, as they say man proposes and God disposes. I believe that, I have, with my seniors' support, managed pretty well so far and have been available for taking calls in four languages.

The life lessons I am still learning in this path of seva are humility, compassion and following our inner conscience. The twin Hospitals set up by Swami on the dictum "Service to Man is service to God" on a strong commitment in providing high-quality, holistic medical care entirely free of charge to all people, irrespective of caste, creed, religion, nationality, or financial status is the best platform in my opinion for selfless Seva and also for looking out for Swami in the patients. We the volunteers must strive to ensure upholding the pristine aura of such institutions through our selfless, compassionate and quality service.

One lesson I learnt here is to be detached to the results of the work being done but to do it sincerely. Initially it was a huge emotional struggle to hear out patients pleading for appointments or help where we can't offer. Slowly I learnt the art of informing them of their need and our offerings and thereby making them realise the fact.

I am truly honoured to be a small part of this great institution's rich legacy and am committed to upholding its founding principles. True satisfaction comes from the expression of appreciation we get from patients and their family members while we take their calls and I think that matters a lot to Swami. Also in the end what I cherish the most is the seamless coordination which goes on between each volunteer with the session support in getting the work organised efficiently.

Sri Giri S. Nair
Volunteer

Swami: The Charioteer of My Journey



The year 2000 was a life-transforming period for me — the year of the official entry of Swami into my life. Before this, I had only heard about His wonders but had never experienced them personally.

Professionally, I am a Dietician and Diabetes Educator, and I was working at Bangalore Hospital from 1998

until October 2000. Unknown to me, my father had applied for the post of Dietician at SSIHMS, Whitefield. By Swami's miracle, I was selected as Chief Dietician and Head of the Dietary Department. I was astonished because I felt I was too young to handle such a huge responsibility. Only later did I realise that this was Bhagavan's decision, and He was to be the Charioteer of my journey.

By Swami's grace, Meerakka, a staunch devotee of Bhagavan since childhood, entered my life. She was selected as the Kitchen Manager to share and support the department's responsibilities. Together, with Swami's blessings and management support, we explored the needs of the new department—kitchen equipment, setup, staffing, and more. Before the hospital inauguration, Bhagavan would visit each department to bless and guide us, boosting our energy and confidence.

One such beautiful moment was when Swami blessed Meerakka and me at the entrance of the Dietary Department (Nov 2000).

Building the Department (2000)

By mid-December 2000, almost 90% of the Dietary Department was set — equipment, staff, honorary volunteers, and sevadals. Swami's students and devotees selected as junior dieticians and assistant dieticians, cooks, and kitchen assistants.

Food is considered sacred — “Annam Brahma”. Fittingly, Bhagavan, as Annapoornaeshwari, officially inaugurated the department on 21-Dec-2000, a day we continue to celebrate as “Dietary Day”. He blessed the department that treats food as medicine, guiding us to heal patients scientifically and spiritually.

A structured system was developed with therapeutic diets, tube-feeding formulae, bain-marie trolleys, storage solutions, and a unit for patient diet counselling before discharge

By 19th January 2001, the department was fully ready to serve patients.

Serving in Swami's Temple of Healing

After the hospital inauguration, we began serving patients with modified therapeutic diets like salt-restricted diets, diabetic diets, liquid and soft diets, tube-feeding formulae, normal and high-protein diets and complete meal service from morning milk/coffee to night milk

Dieticians went on rounds from ICU to wards to assess nutritional needs, counsel patients, and prescribe diets. At discharge, detailed counselling along with diet charts was provided to patients and their caregivers.

Tube-feeding formulas (Sai Protein) were prepared in the department itself and delivered every two hours with precise nutrient calculations.

The department had two wings: kitchen management and therapeutic diet management.

Swami made me the instrument to head both wings, supported by the Kitchen Manager and their staff, a dedicated team of clinical dieticians, devotees and sevadals. At a very young age, Swami taught me the management skills of a department.

Procurement of vegetables, fruits, milk, and groceries was handled by the Kitchen Manager with the purchase department's approval. All diets were prepared by our cooks under our supervision. Before sending the diets, “Brahmarpanam” was chanted, offering the food to Swami, and then served as prasadam.

Each floor had customised thermostat trolleys to maintain temperature. Devoted sevadals delivered meals according to colour-coded diet chits and later returned plates to the cleaning department, where another set of sevadals cleaned, dried, and organised them.

Two staff members and sevadals maintained cleanliness throughout the department and assisted with vegetable cutting and chapathi rolling.

A Beautiful Chapter Comes to a Pause (2006)

With Swami's grace, I served the department with complete dedication until April 2006. Then, due to my family expanding — Swami blessed me with a wonderful husband and later a beautiful son, born at our Whitefield General Hospital — I had to step away from active duty to take on the sacred responsibility of motherhood.

Swami always says that if one has a devoted mind, ‘seva can be done anywhere’. With this in heart, although it was difficult, I had to devote my time to family responsibilities.

Once my son turned 3, I resumed my professional journey as a consultant dietician, serving patients through diet therapy, counselling, and teaching — continuing my seva in another form.

Conclusion

Whatever I am today is purely by the grace of God, and the blessings of my parents, elders, and well-wishers. I remain ever-grateful to Swami for guiding every step of my life.

Thank you Swami for everything. Jai Sairam. Loka samasta sukhino bhavanthu

Smt. Aneeta Karthykeyan

Former HOD, Dietary, SSIHMS, Whitefield

A Journey of Divine Grace



When Bhagawan Sri Sathya Sai Baba inaugurated the Sri Sathya Sai Super Specialty Hospital on His 75th Birthday in the year 2000, It was not merely the opening of another medical institution - it was the birth of a Divine Temple of Healing.

Among the countless devotees touched by this miracle of love, I am

deeply humbled to have been one of the earliest instruments chosen to serve in this sacred mission. My journey of twenty-five years at the Sri Sathya Sai Super Specialty Hospital has been nothing short of a divine saga - one woven with blessings, guidance, challenges, learning, and above all, unconditional love from our Beloved Mother Sai.

The Beginning: A Prayer Placed in Divine Hands

In May 2000, filled with hope and devotion, I submitted my job application directly into the loving hands of Bhagawan. With utmost sincerity, I prayed for a livelihood that would allow me to serve humanity through Him. Little did I know then that this simple prayer would blossom into a lifelong journey of purpose and fulfillment. Swami, in His infinite compassion, granted me the opportunity to serve as the Kitchen Manager in the Dietary Department in October 2000, a role that would shape not only my career but my entire spiritual outlook.

On Thursday, 21 December 2000, a day forever etched in my heart, Bhagawan personally inaugurated the Dietary Department. For nearly forty minutes, Swami walked through every corner, carefully inspecting the arrangements, gently offering guidance, and showering His motherly love through His words and smiles. It was the first time that Swami Himself inaugurated the dietary unit of any of His hospitals, and we were blessed beyond measure when He lovingly tasted the food prepared by our team.

His Divine smile, His soft gaze, and His unspoken assurance filled us with the courage and inspiration needed to take on this sacred responsibility. From that day onwards, every grain of rice cooked in the kitchen, every meal served to a patient, and every act of service became an offering at His Lotus Feet.

Food as Worship: The Sacred Service of Nourishment

In Swami's philosophy, food is not just physical nourishment - it is the foundation of the Annamaya Kosha, the gross body that supports and influences the mind and spirit. A well-nourished body enhances clarity of thought, purity of action, and peace of mind. Swami often reminded us that preparing food with cleanliness, devotion, and serving with love is a form of worship.

Day after day, year after year, our department strived to uphold Swami's high standards by ensuring: Cleanliness and hygiene as non-negotiable discipline, taste and nutrition are tailored to the needs of every patient, timely service of meals prepared with care and devotion.

This sacred routine has been supported wholeheartedly by the Sri Sathya Sai Seva Dal, whose loyalty and selfless love made the seamless functioning of the Dietary, Public, and Staff Canteens possible. Their spirit of sacrifice was truly exemplary and continues to be an inspiration. Through this service, I gradually came to understand the deeper meaning of the profound Vedantic truth: **"Brahmavit Brahma Bhavati"** - **One who knows Brahman becomes Brahman.**

When every act is offered selflessly to the Divine, the act itself becomes sanctified, and the individual performing it evolves spiritually. Handling food means handling divine energy; feeding patients has become an opportunity to serve God in human form.

The Second Decade: Guiding Young Hearts

As the years passed, Swami led me into the next chapter of my service. From 2010 to 2021, I was blessed with the role of Hostel Warden for Swami's nursing students. This phase of my journey was filled with profound learning and growth, as I worked closely with young students who were preparing for careers in compassionate healthcare.

Guiding them through duty, discipline, and devotion - the cornerstones of Swami's teachings, was both a responsibility and a joy. At the Sai Karuna Hostel, I witnessed firsthand how these young hearts blossomed under Swami's love. Their dedication during long hours of study, clinical practice, seva, and festival preparations reaffirmed my belief that the future of healthcare lies in the union of skill and compassion.

My role as a warden also blessed me with opportunities to participate in: The Annual Sports Meet in Puttaparthi, a magnificent display of discipline and teamwork; celebrations of festivals like Sankranti, Shivaratri, and Guru Purnima, rich with spiritual fervor; Dussehra and Swami's Birthday programs, filled with devotion and grandeur.

Each event was a reminder of Swami's divine presence guiding us at every step, nurturing us not just as professionals, but as instruments of His mission. Providing support, counseling, and direction to the students deepened my understanding of human nature, patience, and the transformative power of love. In many ways, the students were my teachers, helping me grow into a more compassionate and mindful person.

A New Chapter: Continuing in the Divine Mission in retirement

Retirement, often seen as a period of rest, has turned into yet another opportunity for seva, another blessing from Bhagawan. I have been blessed with the post of coordinator for the Sathya Sai Skill Development Center, a unique program that is helping many underprivileged *mahilas* become financially independent. Today, I continue to contribute by conducting health-care training programs at the Skill Development Center in SSSIHMS for underprivileged *mahilas* to help them become value based assistant nurses.

To witness this milestone and still be part of the hospital's journey is a privilege I cherish deeply. Each day spent in its

serene corridors reminds me that Swami's presence is alive in every act of service, every compassionate gesture, and every heartbeat of this great institution.

Life filled with Gratitude for the Divine Healer

Looking back at these twenty-five years, my heart overflows with gratitude. What started as a prayer for livelihood became a lifelong spiritual journey - one that has shaped my character, enriched my soul, and filled my life with meaning.

I bow in reverence to our beloved Bhagawan Sri Sathya Sai Baba for each opportunity, each lesson, and each blessing. My journey has been made possible only through His grace.

My humble salutations to the Sri Sathya Sai Super Specialty Hospital, a divine sanctuary where every grain of food carries *Sai Nama*, every heartbeat resonates with *Sai Nama*, and every breath vibrates with *Sai Nama*.

Swami, You are my guide, my protector, my joy, and my very life. Lord, You are my everything.

Smt. Sai Meera

Former Warden - SSSIHMS College of Nursing, Whitefield
Co-ordinator Sri Sathya Sai Skill Development Centre

At His Lotus Feet



I came to know about Bhagawan Sri Sathya Sai Baba in the year 1971 when I was a student of class X. My father was a government servant, and was transferred to a remote district of Odisha. We arrived at our new place at night, having brought all our luggage and belongings with us. The next day was a Thursday. We found some people were busy cleaning the

front area of a house and sprinkling raw cow dung water, and spreading some carpets. In the evening, a good gathering of around seventy people started doing bhajan before a portrait in a melodious voice. I was told he is Bhagawan Sri Sathya Sai Baba of Puttaparthi. We dispersed after the programme, but it was love at first sight. I was attracted to Bhagawan. I was waiting for the weekly bhajan. I also decided to go to Puttaparthi anyhow.

In 1979, I joined my government job and got my first salary. I decided to go to Puttaparthi during the next Dasahara festival, having no knowledge of the area or how to get there. I was somehow acquainted with Vijayawada in Andhra Pradesh. I decided to reach Vijayawada by train and to search for Puttaparthi. Then I thought if Bhagawan Baba will guide the way, I will proceed. Otherwise, I will be back.

I was quite new to the area, and reached Dharmavaram by changing three trains, with some devotees whom I met at Guntur. Probably my prayer reached Bhagawan Baba. I felt he fully guided me through the way to reach Puttaparthi.

In 1979, Puttaparthi was not as developed as it is today. Devotees used to stay under the trees in the open ground. I also followed them. It was quite interesting to get up at 4.00

AM, then to proceed to the River Chitravati for daily routine work. It was very cold during Dasahara days. Some Telugu speaking families were staying in Chitravati Road in thatched houses. The female members of those families provide hot water for bathing. After finishing all our work by 5:30 AM we wait for the holy darshan of Bhagawan Baba from the balcony of Prashanti Mandir. It was an amazing scene to have a darshan and experience with hundreds of devotees waiting for this. I enjoyed the Dasahara festival in the Poorna Chandra Auditorium and other cultural activities in the presence of Baba. I came to know a great deal about Bhagawan Baba from various people.

In the following years I availed every opportunity to go to Puttaparthi, gradually, communication also improved up to the present days of Puttaparthi. I was closely associated with different Sathya Sai Seva Samities of the Odisha State and attended Bhajan programmes, Seva and spiritual activities, Balvikas programmes and Study circles of the organization. Further, I visited Puttaparthi to attend different programmes along with my wife and twin daughters several times.

I cannot explain what I got in these fifty years of my journey towards and together with my beloved Swami, I am deeply merged in the ocean of love. But I can say, if somebody asks about the taste of sugar, my answer is, please test it to know.

I was forced to shift to Bengaluru in the year 2021, for the sake of my grandchildren, leaving all my Sai activities behind. I was shocked. Why would Swami deprive me of the activities? Last year, I came to know about Health 4 All online service of two super Specialty hospitals. I joined without any second thought.

It's been around one year now I sit before the laptop almost every morning to contact the needy patients from various parts of the country who are eagerly waiting to get an appointment for treatment in the Sri Sathya Sai Institute of Higher Medical Sciences. Here, people of all religions and genders get free medical assistance, totally free of cost, by the dedicated doctors and paramedical workers. Patients are assisted and helped by Sevadal. The team members support in providing appointments in various Departments of the Hospital. The team members of Health 4 all provide appointments, guided by a group of Session Support (SS)..

As we know, Sathya Sai Seva (Service) activities are diverse, focusing on 'Love all, Serve all'. Every month, volunteers from different states and union territories assemble here to provide selfless service to patients without any expectation of any return on their investment. These sevadal volunteers participate in various activities in the hospital. It is well thought that Seva is a group activity, which a single individual cannot accomplish, a well-knit group or society can achieve.

This year is the landmark centenary year, as we joyously celebrate the 25th year (Silver Jubilee) of this noble institute, SSSIHMS, Whitefield. We are fortunate to be assembled to be healed by the Divine Love of our beloved Bhagawan that permeates this Temple of Healing-to reconnect and relive the glorious journey together. I am blessed by the divine touch of my beloved Swami. I offer this seva at His Lotus Feet.

Sri Satish Ranjan Das
Volunteer, Patient Help Desk

In the Light of Service



Om Sri Sairam.

My humble salutations to my Mahaprabhu—my Lord, my guide, and my dearest friend. Looking back on the journey that Swami gifted me, I realise that every step was shaped, strengthened, and sanctified by His love. What began as a simple visit eventually evolved into a lifelong

commitment to seva, transforming my heart and shaping my purpose.

My association with the Sri Sathya Sai Seva Organisation began in 1983. At first, I visited Prasanthi Nilayam as any spiritual aspirant would—with curiosity, reverence, and awe. But those early visits awakened something deeper: a desire to serve. Inspired by Swami's teachings, I began performing small acts of seva in my village in Kerala, guided by His eternal message—"Love All, Serve All; Help Ever, Hurt Never." Little did I know then that this gentle beginning would unfold into one of the most meaningful aspects of my life.

Over time, seva became not just an activity but a way of living. I joined as a Sevala, embracing every duty joyfully, whether at home, in my village, or at Prasanthi Nilayam. Each opportunity to serve strengthened my connection with Swami's mission and deepened my understanding of spirituality. In seva, I discovered that love becomes action, devotion becomes movement, and humanity becomes worship.

A turning point came in 1991, when I was blessed to witness the inauguration of the Super Speciality Hospital at Prasanthi Nilayam. Standing there on that historic day, I felt I was witnessing not just the opening of a hospital but the birth of a divine temple of healing. It marked the beginning of a new chapter in my own life as well. From then on, my seva naturally gravitated toward assisting poor patients who were unable to afford medical expenses. Serving them brought me face to face with the rawness of human suffering, but also with the extraordinary resilience, faith, and beauty of the human spirit.

Through this work, I learned that seva goes far beyond physical help. True service requires presence, empathy, and unconditional love. Patients arrived carrying fear, pain, and uncertainty, yet they were met with compassion and reassurance. Sometimes my role was simple—guiding them to the right ward, helping them settle, offering comfort. But I soon realised that even the smallest gesture could become a source of strength for someone who was suffering.

The family members and attendants of patients taught me equally valuable lessons. Their quiet endurance, sleepless nights, and endless hope revealed what true devotion looks like. Even in difficult moments, they offered heartfelt gratitude and treated us with love and respect. Their blessings felt like Prasad. In their eyes, I saw faith that transcended hardship; in their words, I found a reminder that seva is a two-way journey—we give, but we also receive.

My experiences at Sathya Sai Hospital gradually shaped my academic outlook as well. Being in a space where compassion and excellence coexisted inspired me to pursue research and innovation with social purpose. I realised that knowledge becomes meaningful only when it benefits humanity. The discipline of the staff, the precision of the medical teams, and the atmosphere of constant learning encouraged me to balance tradition with modernity, to think critically while staying rooted in values. In this way, even my academic milestones became an extension of my seva—a way of contributing, creating, and serving through knowledge.

The individuals at the hospital—doctors, nurses, administrative staff, and volunteers—were embodiments of Swami's vision of healthcare. They treated each patient not just as a case, but as a life deserving dignity, compassion, and respect. Their devotion taught me that service is not an obligation but a spiritual offering. It is worship in action. These values extended beyond the hospital into my personal life. Even today, when challenges arise, I draw strength from the atmosphere of love, discipline, and courage that surrounded me during my seva days.

One of my most cherished memories dates back to 1992, when I served in the dietary department of the hospital. Those days were physically demanding—carrying food trays up and down the stairs, assisting ward sisters, responding to calls from patients, and often working without rest. Our legs ached, our bodies tired, but our spirits remained full, for each moment felt blessed.

One afternoon, after long hours of service, I sat in the hospital veranda reflecting on the day. I realised then that the tiredness of the body was temporary, but the joy and lessons of seva were everlasting. Just as this thought crossed my mind, someone said that Swami was coming. We rushed to the ward, hearts pounding with excitement. But when we arrived, He was already there—walking toward us with divine grace.

Time stood still.

As He approached, we folded our hands and bowed our heads. Swami placed His hand on me gently and said, "Bangaru, romba santhosham."

In that single moment, all fatigue melted away. His words filled me with indescribable warmth, strength, and bliss. It felt as though He acknowledged my every effort and accepted my seva as an offering. That divine touch became a guiding light in my life, reminding me that when service is sincere, Swami Himself stands by us.

Along with hospital service, I also had the opportunity to engage in backstage seva for cultural programmes from Kerala, especially during Onam and Vishu. These occasions were filled with joy, teamwork, and devotion. We prepared costumes, coordinated performers, and ensured everything ran smoothly behind the scenes. What made these moments unforgettable was Swami's closeness. Before each programme, He would walk near us, interacting lovingly. He would enquire not only about the character we portrayed but also our real names. That personal attention made every volunteer feel valued and loved.

These experiences taught me that no seva is insignificant. Even tasks done quietly, with no spotlight, become sacred when offered with pure intention. Through His encouragement, Swami reminded us that sincerity matters far more than recognition.

Today, when I look back, I feel deeply grateful. Serving at Sathya Sai Hospital shaped my character, strengthened my values, and gave me a sense of purpose that continues to guide my life. Every patient I met, every family I interacted with, every challenge I faced helped me grow. I emerged not just stronger but more compassionate, grounded, and spiritually aware.

Conclusion

In the quiet corridors of Sri Sathya Sai Hospital, I witnessed the true meaning of strength.

It revealed itself in a patient's faint smile, in an attendant's hopeful eyes, in the courage that rises even when the body is weak, and in the faith that sustains families through uncertainty.

Pain and fear may enter these halls, but so do resilience, hope, and divine grace.

I carry these memories as sacred treasures, offering them at Swami's lotus feet.

He allowed me to serve. He allowed me to learn.

He allowed me to grow. For this, and for every blessing along the way—I remain forever grateful.

Sairam.

Sri Muraleedharan M.
Volunteer, Patient Help Desk

Yearning to Serve



This article is personal to me. It is not just a story about my father's journey into seva, but also a reminder of how quietly life can transform someone when they open their heart to serving others.

Growing up, I never imagined that my father—disciplined, logical, and quietly devoted to his work—would

one day find such deep purpose in volunteering. Watching him change in his later years has been one of the most inspiring experiences of my life. His dedication to the Sri Sathya Sai Hospitals has taught our entire family what true service means: compassion in action, consistency without expectation, and kindness without any noise.

I have written this piece with the hope that it may inspire others to discover the joy of seva—whether early in life or much later, as my father did. It reminds me that it is never too late for the heart to find its calling.

Purpose Arrives Quietly: My Father's Unexpected Journey into Service

Sometimes the purpose of a life reveals itself not in youth or ambition, but quietly, in the later years—when the heart is finally ready to listen.

About My Father



Sadhu Ravindranath Gupta

This is the story of my father, **Sadhu Ravindranath Gupta**, who is 78 years old today. For most of his life, he was a sincere, disciplined, and hardworking man—never the kind who sought the spotlight.

A Mechanical Engineer by profession, he worked for more than thirty years at MECON, a public sector company in Ranchi. Sharp yet humble, logical yet soft-spoken, steady yet gentle—this is the father

we grew up with.

His journey as a **Sevadal volunteer**, which began only after he turned 65, showed us a completely new side of him and taught us how deeply service can transform a person.

“Seva does not begin in the hands. It begins in the heart.”

Our Family Beliefs

We were never a deeply spiritual family in the traditional sense. My mother prayed regularly and followed rituals with devotion. My father prayed briefly each day but believed that sincere work was also worship.

As children, we never saw him participate in any structured social service. He was helpful by nature, but seva was not a part of his life. After retirement, he kept himself occupied with small assignments and reading.

None of us imagined that life had kept the most meaningful chapter for him to discover later.

How His Connection with the Hospital Began

Around 2014–15, a small, simple change altered the course of his life.

To keep himself engaged, he began teaching at a small school in Brookefield. Through this circle, he learnt about the **Sri Sathya Sai General Hospital** and the Sevadal work happening there.

Curious and willing to help, he went to the hospital—just to try it out. But seva has a way of touching a person slowly and deeply.

He worked across departments, and one assignment—digitising patient records—became especially close to his heart. His discipline and sincerity found a new direction.

Each evening he shared stories of the hospital, and we noticed something new: He was not just occupied. He was **connected**.

“Service is not an activity. It is a feeling that grows silently within.”

A Growing Bond with Seva

There was no defining moment, no dramatic turning point. But gradually, seva became a part of him.

If he missed a day at the hospital, he felt restless. He spoke with warmth about his fellow Sevadal members. When activities shifted to SSHIMS, he went there daily, working in multiple departments—Front Office, Cloak Room, CTVS, Linen, and more.

For nearly **seven years**, he served every single day.

He met patients who came from distant villages, people who struggled even for food and shelter. Their stories touched him deeply. He helped not only with work but with empathy, patience, and kindness.

He grew attached to the people at the hospital. When my sister made handmade earrings, he took joy in gifting them to the nursing students. He developed a sisterly respect for **Dr. Achutamba**.

On his 75th birthday, the Sevadal honored him with a shawl. His words that day remain etched in my mind:

“My only regret is that I came to know about seva so late in life.”

His Yearning to Serve

A major shift happened when he moved from Whitefield to Sarjapur to stay with us.

I thought the reduction in travel and physical work might be good for him at this age.

But very soon, we saw something missing.

He seemed quieter, incomplete, and withdrawn in a way I had never seen before. For the first time, we saw him **long** for something—seva.

I felt guilty that our family situation had limited him. But he found a solution of his own. He began staying at my sister's house in Whitefield for **one week every month** just to continue seva.

It was as if someone had switched the light back on inside him. His enthusiasm returned. He served wholeheartedly once again.

Even when he suffered from severe neck and back pain last year, he never spoke about his discomfort. He only spoke about the patients he met—their struggles, their strength, their hopes.

“Seva may tire the body, but it strengthens the spirit.”

What We Learnt Through Him

Through his stories, our entire family came to know what Swami's hospitals truly stand for:

Doctors performing complex surgeries free of cost

Volunteers serving with dedication

Donors supporting life-saving implants

Patients receiving dignity and compassion along with treatment

We saw how a single divine vision could inspire thousands of people to serve selflessly.

And in the middle of all this was my father—quietly transformed.

A Life Fulfilled

My father spent most of his life working hard, reading books, and playing bridge. But in the last decade, he found something more fulfilling than anything he had known before: **the joy of serving others.**

Seva did not merely help the hospital or the patients.

It helped him.

It gave him meaning, purpose, and peace.

**“True seva heals both—
the one who receives and the one who gives.”**

Service walked into his life softly, but it stayed in his heart permanently—and in doing so, it changed him forever.

Sri S.V. Srikant
Volunteer

Hands That Serve with Love



Stepping into the Sri Sathya Sai Institute of Higher Medical Sciences has always felt like entering a sanctuary—one where healing transcends medicine and becomes an act of love. From its very inception, this hospital has stood as a beacon of hope, selfless service, and spiritual unity. It continually reminds everyone within its walls that true care is

measured not by procedures performed, but by the compassion, dignity, and respect extended to every soul.

My journey here has transformed my understanding of service into a lifelong devotion. Every act of Seva has become a sacred offering and a lasting source of joy.

What SSSIHMS Means To Me

Serving as the Sevalal Coordinator since the hospital's beginning, I joined Smt. Kusuma Mohan to welcome new batches of volunteers from across Karnataka. Together, we assigned them to various departments and carefully explained their responsibilities. These included patient care, assisting attendants, managing queues, supporting ward activities, facilitating meal distribution, ensuring cleanliness, and maintaining a loving, reassuring presence for all who entered these healing halls.

The Hospital's Sacred Philosophy

The philosophy of SSSIHMS turns service into a way of life. It constantly reminds each of us that love, humility, and teamwork are the foundations not only of healthcare, but of any meaningful existence. The guiding wisdom of Bhagawan Sri Sathya Sai Baba echoes through every corridor: "Service to Man is Service to God." It reinforces the belief that healing is complete only when it nurtures both the body and the soul.

Moments That Shaped My Journey

I was privileged to witness the grand inauguration of the hospital by the then Prime Minister, Shri Atal Behari Vajpayee. In that moment, I saw the dreams of thousands take shape - in stone, spirit, and action. The hospital was consecrated as a haven for all, with architecture intentionally designed to "embrace" everyone, reflecting the founder's vision of care without distinction.

One unforgettable moment occurred during a director's address, when he recounted asking Swami why Sevadals were essential when paid staff could easily be appointed. Swami's reply remains etched in our hearts: *"I have built this hospital for their Seva. It is their many years of yearning. They are all great souls."* This recognition of volunteers as the heart of the hospital reaffirmed the profound spiritual purpose behind our service.

Another deeply moving experience unfolded when the Bangalore Sevadals - who had endured difficult commutes week after week - were seated at the Ashram for Darshan. Swami made it a point to visit us first. He allowed us to take

Pada Namaskar and blessed us in Kannada: *"Ide tara Seva madtha iri, neevellarum neerogavagi kshemavagi irtheera."* (Continue serving like this in the hospital; you will all enjoy good health and prosperity)

It was a moment of immense joy and divine grace, validating every ounce of effort, humility, and dedication we had offered.

Experiences of Love, Resilience, and Learning

Each day at SSSIHMS brings lessons in humility. Witnessing the selflessness and joy with which Sevadals - often travelling under challenging circumstances - carry out their duties is a healing force in itself. Volunteers, irrespective of age or background, become living bridges between hope and healing for patients and their families.

Through coordinated teamwork, tireless dedication, and an unwavering commitment to spiritual values, we have witnessed miracles of recovery, moments of deep compassion, and acts of resilience that transform lives. There have been countless touching instances—children smiling after life-saving surgeries, families reunited with loved ones, complex diagnostics and procedures carried out seamlessly, and donations offered with pure intent. Every successful patient outcome reflects the quality of care, unity of purpose, and embodiment of love that defines SSSIHMS.

His Legacy, His Will

Serving at SSSIHMS has been my greatest learning experience. It has taught me the value of mentorship, the importance of continuous skill enhancement through training. As a coordinator, my role evolved into nurturing new volunteers, fostering collaboration across teams, and upholding excellence even in the smallest acts.

The hospital's infrastructure - from advanced medical equipment to robust digital systems - strongly supports its mission. Yet, it is the human heart - the Sevadals, donors, doctors, nurses, and staff - that truly defines its greatness. The joy of witnessing a volunteer grow, a patient heal, or a team succeed is the living legacy of this sacred space.

The spirit of SSSIHMS continues to guide me both professionally and personally. It reminds me that healing is, at its core, an act of compassion, and that service is the highest form of worship. Together, we remain instruments of Bhagawan's vision for a kinder and healthier world.

Sri Sathya Sai Baba lives on in every act of service at SSSIHMS - a legacy built on love, compassion, and selfless giving. Through His vision, the hospital stands as proof that true healing occurs when we serve with humility and recognise divinity in every person. By carrying this torch forward, we honour Swami's dream of transforming lives - not only through medical care, but through the light of Seva and the spirit of unity.

"Hands that serve are holier than lips that pray."

Smt. Lalitha Sampath
Volunteer

From Africa with Love



As the children of Dr Kishan N. Gadhia, we have had the honour of witnessing a remarkable life shaped by resilience, devotion, and divine grace. Born in 1939 in Uganda, East Africa, our father grew up in a family that had migrated from India to Kampala in pursuit of opportunity and community. His early years were spent in Kampala before he travelled to Jamnagar, India, to pursue his medical studies at MP Shah Medical College.

After qualifying as a doctor, he moved to the United Kingdom, where he lovingly served the community of Leicester as a physician for more than forty years. Even after retiring from medical practice, his dedication to service continued through his work with Bhagawan Sri Sathya Sai Baba, his spiritual guide. For over thirty years, he has led the postgraduate department at the Sri Sathya Sai Super-speciality Hospital in Whitefield and Puttapparthi.

This document is our family's tribute—a retelling of the extraordinary experiences he shared with us, and the miracles that shaped his life, his faith, and all of ours.

Early Encounters With Divinity

Our father first heard of Bhagawan from his cousin, Dr D.J. Gadhia, in the late 1950s. Although the family prayed traditionally to deities such as Rama, Krishna, and Shiva, it was not until our father had his own direct experiences that he recognised the true divinity of Sri Sathya Sai Baba.

As a young medical student, he travelled across South India on pilgrimage, though his first opportunity to visit Puttapparthi did not arise until 1960. Even then, the ashram was modest—no accommodations, no structures beyond a simple mandir. Yet it was here that his life changed forever.

One of his earliest miracles occurred before that visit, in Jamnagar, when a simple silver container mysteriously filled with fragrant vibhuti. This was the first of countless divine interventions that followed him throughout his life.

The First Meeting

During his first interview with Bhagawan, our father witnessed Swami call each medical student by name and country, despite none of them having introduced themselves. When vibhuti

flowed from Swami's fingers for everyone except our father, Bhagawan reminded him that he had already given him vibhuti in Jamnagar—another confirmation of His omniscience.

A Mother's Heart Attack

In a private moment, Bhagawan revealed that our grandmother had suffered a heart attack in Uganda but assured our father that she was under His protection. When our father contacted home days later, he learned that this was indeed true. Such moments deepened his faith and taught our family that the divine protects even across oceans.

A Life Guided Through Turmoil

Our father's life in Uganda continued until 1972, when Sri Sathya Sai Baba warned the family to leave the country. When General Idi Amin seized power and ordered all Asians to leave Uganda within 90 days, it became clear that Swami's earlier guidance had been an act of grace.

One of the most miraculous events of our father's life occurred during this period. Confronted by a military officer who pointed a gun at his chest, our father prayed with Swami's visiting card in his hand. The officer, upon seeing the image of Bhagawan, suddenly changed his mind and let him go. Years later, Swami revealed that He Himself had intervened, even guiding that officer to Puttapparthi to transform his life.

Building a New Life in the UK

Our parents resettled in Leicester in 1972, where our father built a respected medical practice and became deeply involved in community service. From 1978 onward, our parents visited Swami every year, strengthening the bond between our family and the divine.

Through financial struggles, personal challenges, and moments of doubt, Bhagawan continued to guide our father. Swami materialised sacred idols for both our parents, gave counsel, and assured them that He would take care of their needs. Our father has always said that from that moment on, everything in his life has been looked after.

A Life of Miracles, Faith, and Service

Over fifty years, Bhagawan has blessed our father and our entire family countless times. His guidance, protection, and love shaped not only our father's journey but also our understanding of faith, humility, and devotion.

This document, written by us—his family—is a tribute to a man who lived his life with unwavering belief and who taught us, through every story and sacrifice, the power of courage, compassion, and divine connection.

We are endlessly grateful for his example, his love, and the blessings that continue to illuminate our family's path.

Jai Sairam.

The Gadhia Family



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