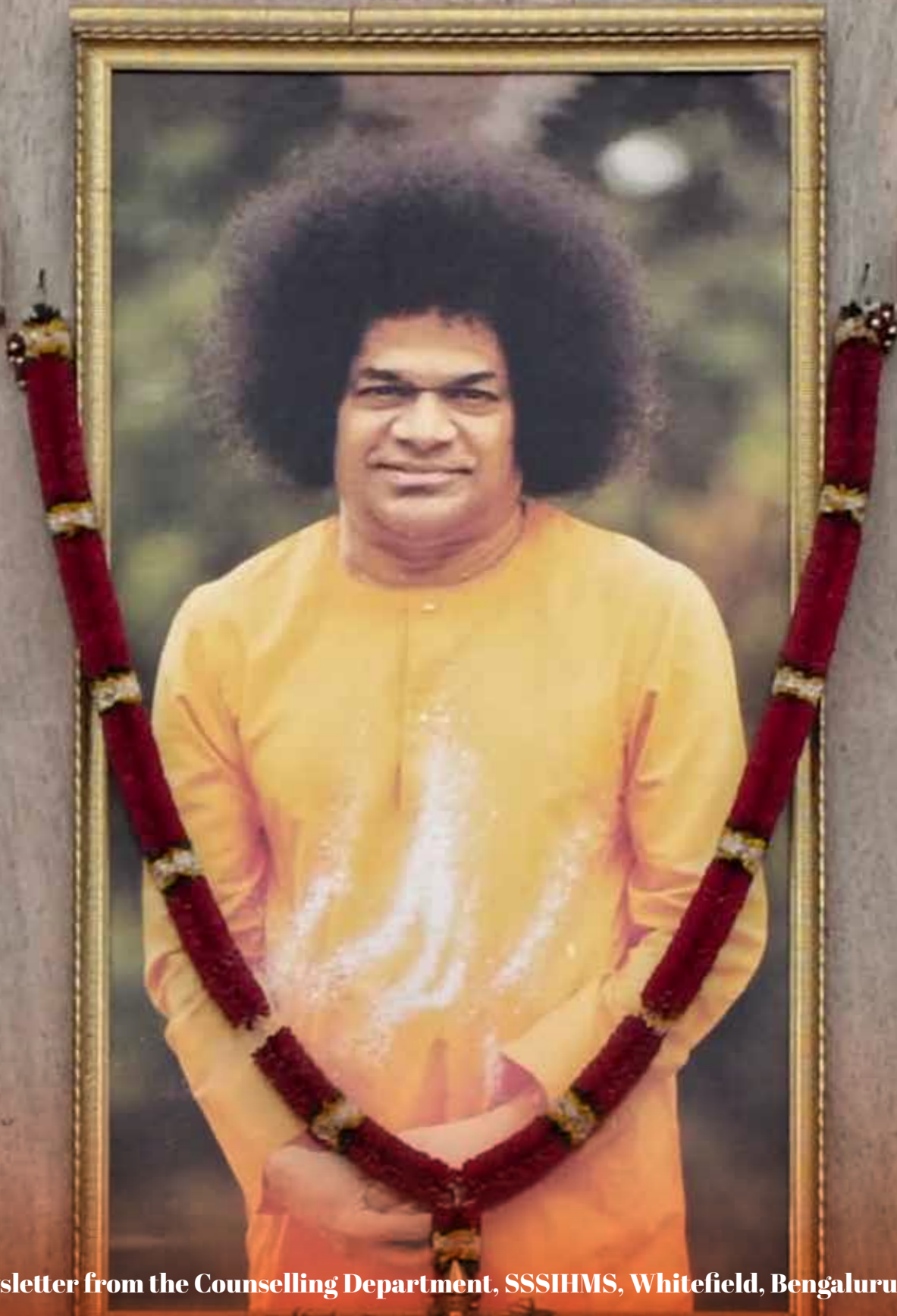


# AntharDhwani

Vol-XIV, July 2025 | Guru Purnima Edition



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## EDITORIAL

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God is integral to healing especially where tertiary level care is involved. Faith in God, His Grace and the power of prayer to your God, are all inherent traits in human beings. It is a well known fact that when a person, regardless of societal status, is confronted with an illness requiring immediate tertiary level care like a heart attack or a stroke, the first priority is to rush the patient to the nearest hospital. The second priority is to pray to the God of your choice for His Grace and Blessings.

Belief in God in India is very high as shown in the research done very recently (2019-2020) by a very reputed company, Pew Research Center, USA. According to this study Indians show a high level of religious observance across socioeconomic levels. 97% of the general population including people with no formal education, primary through secondary, college graduate, urban and rural areas. The study also incorporated a break up by religion, which included the three major religions in India - Hinduism, Islam and Christianity.

Creating awareness and teaching the patients to leverage this innate strength within them is the job of the Counselling Department and the SAI Counsellors. In this issue there are ten patient stories and in each one of them the role of the counsellor is vividly described. Each patient has a different story to narrate of their journey to our hospital and the benefits they reaped - the cost free treatment, the loving service rendered by the staff and the total healing of body, mind and spirit.

**Jai Sai Ram**.....

**The Editorial Team**

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# Anthar

# Dhwani

Swami's Divine Messages  
"Let God Be Your Guru"

The supreme meaning of human birth is the realisation of one's true nature. Self-realisation is the path to immortality. Man's life is a bridge between this world and the Divine.

One should not blame God for his difficulties. The Upanishads regarded Prema (love) as a quality of the eternal and hatred as Asurathvam (a demonic quality). Looking upon love of God as a sacred quality, one should cultivate it and strengthen it. One should realise that he alone is responsible for his happiness or misery. He should not blame God for his difficulties. God has no likes or dislikes. As thoughts are the most important factor in determining one's attitude and behaviour, one should entertain only good and sacred thoughts.

It is only when the heart is purified that divinity can be realised. There is no room for divinity in a heart filled with egoism, pride and hatred.

Cultivate love to achieve fullness. Even when the Divine appears in human form, moves freely amongst men, and is near in various ways to people, few are able to recognise Divinity in the physical form. It is not easy to recognise the nature of the Divine through the corporeal form alone.

A true Guru (spiritual preceptor) is required to reveal the real nature of Divinity. Such a Guru has been equated with the Trinity Brahma, Vishnu and Shiva. The devotee who regards God Himself as his Guru will not have any difficulties. Today many who are looked upon as Gurus utter the mantras (sacred formula) in the ear and stretch their palms for money. For everything they do, they expect money. Such Gurus are "baadha" (harmful) Gurus and not "bodha" (enlightening) Gurus. The true guru is like an ophthalmic surgeon. The latter removes the film in the patient's eye and restores his natural vision. The Guru also should remove the veil of ignorance and attachment that blurs the vision of the disciple and restore his natural spiritual vision.

If your faith is strong, no doubts will crop up. Where there are doubts, there can be no faith. We alone are responsible for our doubts. The Divine acts as only a Witness. The Divine shows you the path to self-realisation. Your doubts arise or disappear because of your past karma (action). To realise Divinity you must first get rid of all your doubts. From time to time, God subjects you to various tests. These are not intended to be punishments as you may imagine. These are intended to strengthen your faith. Look upon God alone as your true Guru. Therefore, the first requisite is deepening one's faith in the words of the Lord. It is not possible to know the Lord by book knowledge or by human intelligence.

When the Lord comes in human form, His measureless powers are not to be judged by looking at his age, size or innocent behaviour. Such judgement will only lead to greater misunderstanding of the Divine. The Avatar is not to be judged by reference to age or actions. Premaswaruupas (embodiments of divine Love)! On this holy day of Guru Purnima, take a resolve to purify your minds and to install in your hearts the Supreme Lord. Look upon God alone as your true Guru.

*Guru Purnima Discourse - 24 July 1983  
at Poornachandra Auditorium, Prashanthi Nilayam.*



**Om Sri Sai Ram**  
**SAI COUNSELLING**

**DIRECTOR'S MESSAGE - Dr D C Sundaresh**

**Introduction**

Recognizing the health care needs of the population of India, Sathya Sai Baba started His health care mission in a small village in the state of Andhra Pradesh in the year 1956 where all treatment was given free of cost. Thus began the journey of the Sathya Sai Health Care mission, With this was also born the 5 cardinal principles of Healthcare delivery.

1. Universal Healthcare - Easily accessible for those who cannot afford quality health care.
2. Free Healthcare - Towards this it was ordained to be free of charge to whoever needed it without any distinctions.
3. Loving Healthcare - Providing care with love and compassion addresses more than half of the patients' problems.
4. Comprehensive Healthcare - The health care delivery is comprehensive and of high quality. There cannot be any compromise just because it is being given free of cost. It is this principle that has been implemented in all the health care institutions which use the best of equipment, best of consumables and employ highly qualified trained professionals.
5. Preventive Healthcare - The incidence of non-communicable diseases - Diabetes, hypertension etc. are recognized to be the cause of premature death leaving the families distraught and without support. All patients seeking care in the hospitals and with these problems are advised about the need for caring for themselves with adequate exercise, proper diet, medications, and to follow a healthy lifestyle with a touch of Spirituality having faith in the God of their choice.

*The result of this is - Globalization, Decommmercialization, Humanisation and Spiritualization of Healthcare.*

**Historical Background**

Baba started the first hospital in the remote village of Puttaparthi in 1956 on the request of His mother who saw the people of the village & the surrounding villages suffer due to lack of health care facility nearby. The foundation stone for this hospital was laid in November 1954 & was built with the help of volunteers & inaugurated in 1956.

The first super specialty hospital was ordained to start in the village of Puttaparthi in Andhra Pradesh on the 22<sup>nd</sup> November 1991 and the first cardiac surgery was conducted the same day. The first departments were Cardiology and Cardiac Surgery; the Departments of Urology, Ophthalmology, Orthopedics, Gastroenterology and Plastic surgery were added over time. Having started a major super specialty hospital in a rural area Baba decided to start a similar hospital with cardiac and neurosciences at Bangalore. It was started on 19<sup>th</sup> January 2001 and is popularly known as "The Temple of Healing". The patients to this hospital come from all over the country; the hospital is equipped with the most advanced equipment and is totally IT enabled to make the out-patient services paperless. Being a free hospital, the overwhelming crowds are avoided by a phone-based very efficient appointment system managed completely by a group of 200 volunteers. Unique to this hospital is the Counselling Department with twenty trained SAI voluntary counsellors who take care of the emotional and spiritual needs of the patients.

Counselling includes stress alleviating methods like prayer according to their own religion, BRMC therapy etc. These methods have helped improve outcomes as documented by interviews with patients and caregivers. What's truly priceless is the hope restored, the dignity preserved, and the compassion rekindled in every patient, every family, every life touched. This is healthcare with a heart - a model of love in action.

*"The Secret of Perfect Health Lies In Keeping The Mind Always Cheerful,  
Never Worried, Never Hurried, Never Borne Down By Any Fear, Thought  
Or Anxiety" - Sri Sathya Sai, Brindavan, 7-7-1975*

Jai Sai Ram.....

**Dr D.C. Sundaresh,**  
**Director, Sathya Sai Institute of Higher medical Sciences, Whitefield.**



## **“Faith in God”**

**Love, faith and prayers to your God are innate characteristics of human beings especially when confronted with life-threatening illnesses. Dr. Herbert Benson, the renowned physician from Harvard Medical School has stated in his book ‘Timeless Healing’:**

*“Faith in God, however, seems to be particularly influential in healing because “God” by all definitions of which I am aware, is boundless and limitless”.*

*“Where there is faith, there is love; where there is love, there is peace; where there is peace, there is truth; where there is truth, there is God; where there is God, there is Bliss”.*

***Sri Sathya Sai Baba.***

## PATIENT PUJA GORAI STORY: 'GIFT OF LIFE THROUGH THE PRAYERS OF HER BABY DAUGHTER'

This is the story of a young 20-year-old Patient Puja Gorai and her family's triumphant experience during her treatment and stay at SSSIHMS, Whitefield, the 'Temple of Healing'. The story resonates with Puja's resilience and undaunted spirit, husband Ashish's caring and unwavering support and her father's resilience, faith and surrender to their Ishta Devatha and trust in the doctors during the family's toughest "Battle of their Life".



In the year 2011 Puja experienced chest pain and an Aortic Valve Balloon Dilatation, (AVBD), procedure was performed in her hometown Durgapur to treat a congenital narrowed Aortic Valve. She was in good health thereafter. Twelve years later, she experienced discomfort and after surfing the net came to know about SSSIHMS in Whitefield, Bangalore.

Puja Gorai was admitted on 31/07/2023 at SSSIHMS, Whitefield for Aortic Valve Replacement (AVR). The counsellor connected with Puja when she was taken in for surgery on 07/08/2023 in her mother tongue Bengali. She came across as a young girl with a bubbly voice. The counsellor spoke to Puja's father Jaydeb who shared that the AVR operation and a dual chamber Pacemaker Implantation procedure was done because there was a complete heart block.

Unfortunately, it so happened that, during post operative findings, the doctors in SSSIHMS found that when Puja had delivered her baby a year back through C-section in Bankura, due to medical negligence there was infection in the suture area. It now became a risk factor. The family was informed by the doctors at Swami's hospital and an emergency re-surgery of the C-section was performed. Post surgery Puja was on ventilator support for 3 days thereafter in ICU for a month where she was given utmost care. She recovered well and was discharged on 18/9/2023.

The counsellor learnt from Puja's father Jaydeb that the family hails from Bankura Dist. West Bengal. Father is a Toto driver; Mother is a homemaker. Puja has studied till Class 9 and has a younger brother who is 10 years old. She could not continue studies due to her father's financial constraints. Puja got married at the age of 16. Her family includes husband Ashish, daughter Shreeja and in-Laws. They stay separately. Husband is a Civil Engineer and has his own business.

During the second tele-counselling session with Jaydeb, he mentioned that Puja's illness became severe at the time of delivery. It so happened that 15 days before her delivery, she was admitted to the hospital as her blood pressure had come down to virtually zero. Doctors advised the family to take her to a heart specialist. To save the mother and the child, the doctors performed an Emergency C-section. She was in the unit for a week after which both mother and child were fine.

Puja shared her innermost feelings with the counsellor as she was away from her 11-month-old daughter Shreeja, whom she fondly calls Ladoo. She shared that her "Ladoo" was with her husband Ashish in Kadugodi and is very cooperative with him. Even at her tender age, she was able to understand that, for mother's well-being, she had to stay separate from her. As Puja was a lactating mother, it was painful, as she was unable to feed her.

She only got to see her during the visiting hours. Body Relaxation and Mind Conditioning (BRMC) with flute music was introduced by the counsellor and Puja felt relaxed. Her Ishta Devatha is Maa Kali. It so happened due to the long stay in the ICU and being away from family, especially her daughter, she felt depressed and she missed her baby too. Due to this, a referral for counselling the patient was sent from the ICU to the HOD of our counselling department, who allotted a counsellor to meet Patient Puja the following day and take her through the relaxation response, silent prayer and reassurance.

The next day, the counsellor met Puja in the ICU before she was taken into the OT. She also met caregiver Jaydeb who was waiting outside the ICU. The experience in the ICU was one of its kind. The Counsellor witnessed the care and love the sisters spread, so that the spirit is kept high. Puja was being fed through the special tube that was inserted in the stomach. The Sisters said that she could see her family, who were in their hometown, whenever her father made a video call. The ICU sisters made the counsellor sit comfortably beside Puja's bed. When the counsellor called out Puja's name, she opened her eyes and responded, as she was familiar with the voice of the counsellor. Loving words of reassurance and affirmations were given by the counsellor. The counsellor showed the photo of Maa Kali to Puja, which is her Ishta Devatha and said that Maa Kali will take care of her and that we all are praying for her quick recovery. With the permission of sisters, soothing relaxation flute music was played softly. And when a stanza of the Bengali prayer "Mangal Deep Jele" was played, she closed her eyes and was completely relaxed. The counsellor gently caressed her forehead and prayed for her.



After the session, the counsellor led Puja's father Jaydeb to the Shrine in the counselling department to pray in quietude. He completely relaxed while doing the BRMC therapy and knelt in complete surrender at Swami's Feet. In the absolute silent atmosphere, Jaydeb found solace and inner strength. All throughout Puja's father was poised, alert with unwavering faith and patience.

Soon after by Swami's Grace, Puja was shifted to the ward and successfully discharged on 18/09/23. After a week, it was heartening to see Puja and her father as they visited the shrine after giving the PT INR test. Puja here mentioned to the counsellor, that she was missing her mother and was very happy when the counsellor met her in the ICU. She is grateful to her father for taking care of her during her stay in the Hospital.

During the follow-up tele-counselling session, Puja was cheerful and joyous, as she had reached her hometown. She was with her beloved daughter "Ladoo". Puja, sharing her innermost feelings, said, that "It was only her dear daughter Ladoo's prayers that brought her back to life".



In this whole journey Puja specially thanks her husband Ashish who has been a pillar of strength and moral support. He arranged a comfortable stay in Kadugodi and took care of her after she was discharged. She fondly recalls that before she was getting wheeled into the OT, her husband was allowed to visit her with their baby Ladoo. To keep her strong and positive, Ashish clicked a photograph of her and Ladoo in her arms. He mentioned that this photo stands as a testimony to her new 'Lease of Life', as she is about to undergo the surgery for her good health. Father Jaydeb too sharing his thoughts said that during his dear daughter's critical state, it was Swami alone who brought her to Life. He is very grateful to the doctors, sisters and the counselling department for their support.

Puja is now leading a normal life. She is following the advice given by doctors and the medications prescribed. Her daughter who is now two years old keeps her busy. In the little free time she gets, Puja loves to read books. She along with her family expresses their deep gratitude to Swami, doctors, sisters and the staff of the Hospital.

Jai Sai Ram.....

Contributor - Sai Counsellor Sharada Gopinath, Department of Counselling SSSIHMS, Whitefield.

## PATIENT BISHAMBER ASH'S STORY: 'GRATITUDE TO GOD FOR ALWAYS BEING THERE WHEN NEEDED'

Fifty-Seven-year-old Patient Bishambar Ash is an auto driver from West Bengal, Dashpur Dist. He also owns a small grocery shop which his wife, Mangala, takes care of. They have a daughter, Rathri, who got married recently and a son, Karthik, who is a graduate in Computer Science. Bishambar Ash experienced chest pain and tiredness in February 2024 while walking. He went for consultation at the local Burdwan Medical College Hospital. An Echo and ECG were done. A heart problem was detected and medicines were prescribed. After 15 days he had severe pain in the chest again. He was familiar with SSSIHMS as he had an Ortho problem in July 2023, when he was treated here at Swami's Hospital for the pain in his right shoulder and upper back and discharged. Now after seeking an appointment for 07/04/2025, this was their third visit to the Cardiac department. Bishambar Ash was diagnosed as a CAD patient and he was discharged on medical management.

The counsellor had tele-counselling sessions with Bishambar Ash and Mangala when they had come to SSSIHMS for the cardiac treatment initially in 01/04/2024. They had communicated in Hindi, a language which Mangala was quite fluent with. They were very happy with the treatment and ever grateful to Swami, the doctors and the counselling staff. The counsellor took them through the Body Relaxation and Mind Conditioning (BRMC) therapy which relieved their anxiety and fear about the forthcoming heart operation. They have strong faith in their family deities Durga, Kali and Shiva which gave them the strength to overcome the pre-op anxiety and nervousness. A CAG+PTCA +Stent procedure was done on 02/04/2024, which was successful. Patient Bishambar was advised to follow the Discharge Advice, quit smoking and discharged on 03/04/2024. On reaching home, Caregiver Mangala had felt comfortable to call and confided with the counsellor that she had a kidney stone problem and checkups were done and medicine prescribed at Swami's hospital. The Counsellor patiently listened to her and advised her to take care of her health.

Five months later on 19/09/2024, they had come for a review. After an Echo, the doctors realized that there was some variation in the heart. Patient Bishambar Ash was admitted for CAG. Fortunately, the same Counsellor counselled him this time as well. Although they were very happy to converse with the same Counsellor, this time there was an underlying fear and anxiety in them. The Counsellor spoke to them lovingly and relaxed them with BRMC. She reassured them to continue having faith in God and the doctors. The doctors did a CAG+PTCA and discharged him on 21/09/2024 in a stable condition.

Meanwhile, Mangala also underwent a scanning test and she was referred for surgery 3 months later. Three months later when they came, Mangala came to our Counselling Shrine to offer her gratitude to Swami. She mentioned to the counsellor present in the department at that time that she wanted to meet a certain counsellor who on both occasions earlier had lovingly addressed their issues of fear and anxiety and relaxed them. This was purely Swami's Wish and Grace that the counsellor they were speaking to was the same counsellor who had tele-counselled them and been with them during their journey in SSSIHMS since 2024. They were very happy to meet the counsellor in person, as the counselling connection was made very gently and gradually over the months. The counsellor now learnt that Mangala had lost her mother two months earlier in a fire accident. She felt helpless and sad that she couldn't save her mother. When she saw the counsellor, she burst into tears saying that the counsellor looked like her late mother. The counsellor hugged and consoled her saying that her mother will be in peace with their God.



A Bengali Counsellor too present there comforted her in her Bengali. This was another beautiful connect being made in the shrine as Mangala unburdened in front of Swami. She could feel her mother in the counsellor. Mangala sat in the department shrine and prayed in silence and felt calm and at peace. Mangala could not contain her happiness, on her return home, she happily told her son that she had got her mother back.

Bishambar Ash and Mangala are grateful to God each passing day for keeping His door open for them each time the need for a treatment arose.

Jai Sai Ram.....

Contributors - Sai Counsellors Meenakshi Uchil and Sukanya Chattopadhyay, Department of Counselling SSSIHMS, Whitefield.

## PATIENT GAYATRI'S STORY: 'OF UNWAVERING FAITH AND SURRENDER TO SWAMI'



In 2003, 47 year-old Patient Gayatri experienced discomfort after a heart attack and was taken to a hospital in Malleswaram, Bangalore, where a CAG was done. As Gayatri's condition was the focus in the family, some of her cousins who were working as staff in Swami's hospital suggested Sri Sathya Sai Super Speciality Hospital, SSSIHMS, Whitefield, where she sought admission and a CAG + PTCA was done in 2005.



After 17 years, Gayatri was admitted on 10/02/2022 at SSSIHMS, Whitefield, and diagnosed as a CAD case. A PTCA stent was put on 11/10/2022, she was discharged on 12/10/22 and asked to come for a review in 2023. Unfortunately, the pain and discomfort gradually increased and on 25/03/2022 she came back to Swami's Hospital where a PTCA stent procedure was done and the patient discharged on 26/03/2022 in a stable condition. She was advised to reduce weight by 20 kgs and keep her BP and diabetes under control.

During tele-counselling, when the counsellor connected with her in a common language, Kannada, patient Gayatri and her son Yashwant felt very comfortable and unburdened a lot. He mentioned about his sixty-six-year-old mother having cardiac problems since the past 16 to 17 years. She also started having blood pressure and diabetes in the past 8 to 10 years. The counsellor took both of them through the BRMC (Body Relaxation and Mind Conditioning) therapy. The caregiver deeply relaxed as he experienced the guided therapy. Both patient and son remembered the soothing ambience of the counselling department.

Gayatri married her mother's brother who is also a Swami devotee. He is very caring and a calm person. They were initially staying in the joint family where they had their loom business but due to family conflicts, they faced losses and lost their share and all savings. Together they bore all these drawbacks in their lives. Gayatri's 4 children were very young children at that time. She brought them up through these hardships, advising them well about life and most importantly to surrender and have faith in Swami at all times. They are a close-knit family.

The counsellor also learnt that caregiver Yashwant had a pacemaker implant done at SSSIHMS in 2008 and then again in 2019. During his treatment here, his mother was his caregiver. She had totally surrendered to Swami, confident that her son would be taken care of well here. A CAG + PTCA procedure was done and a Pacemaker was implanted later. He was in the hospital for 21 days. Gayatri surrendered to Swami and it really gave her the courage to overcome this tough situation with calmness. She chanted Swami's name that gave her a lot of solace and strength. Now the same surrender is seen in son Yashwant towards his mother who is the patient in Swami's hospital.

After two years, Gayatri had come for a review to SSSIHMS in 2023. Although she was advised surgery, she wanted to finish some of her responsibilities and was not in the right frame of mind, she went back home and chose to continue with the medication. Gayatri came to Swami's Hospital the following year in 2024 but the doctors for various reasons suggested that she get it done elsewhere. Hence her family took her to other hospitals. The cost amounted to 12 lakhs and they were also told that surgery would be a risk factor for her life - Gayatri refused surgery. Gayatri was not disturbed or worried about this and stayed grounded taking things one day at a time without worrying about the future. She has kept herself engaged in spiritual activities, practicing BRMC, doing seva in the nearby ISKCON temple, regularly practicing Pranayama, she knows to perform homa at home too. Her surrender to Swami has helped her stay calm and relaxed. She is forever grateful to Swami.

Gayatri is endowed with fortitude and patience which give her calmness and strength. She has understood the discharge summary and is following it well. Guided by Swami, Gayatri believes that surrender to Swami has helped the family during hard times and He will take care of her.

Jai Sai Ram.....

Contributor - Sai Counsellor Sadhana Rao, Department of Counselling SSSIHMS, Whitefield.

## PATIENT PRADIP MAJHI'S STORY: 'SURRENDER TO KRISHNA BHAGAWAN AND SAI BABA TO OVERCOME FEAR'

Pradip hailing from Midnapore in West Bengal used to suffer from cold and cough very often and gradually he experienced breathlessness during farming. When he went to a local Cardiologist, he was diagnosed with a hole in the heart and was recommended surgery. This forty-two-year-old was disturbed and absolutely helpless as they did not have the funds for such an expensive surgery. Simultaneously, he came to know about Baba's hospital in Whitefield, Bangalore from some neighbours. In 2006, he first visited SSSIHMS and the doctor advised him to come after 3yrs for another checkup and discharged him under medical management. Unfortunately for Pradip Majhi he overlooked the checkup as he could not understand the instructions due to language barrier but with medication prescribed, his symptoms subsided and he could go about his normal activities.

In 2017, his symptoms surfaced. He came to SSSIHMS. He was admitted for microsurgery. The doctor, though concerned, was nevertheless upset with him as he had delayed his visit. To add to that, on the day of surgery, he developed fever and infection. The surgery had to be postponed. Pradip returned home disappointed but was determined to visit Swamy's Hospital after a month. Life turned differently for Pradip again. His father suffered a cerebral stroke and was discharged from the local hospital in a paralytic condition. Pradip was shattered. The whole family 's responsibility came on his shoulder as he was the eldest among the siblings. As a result, he started ignoring his health and started taking care of the family. In 2020, his father passed away. New challenges suddenly emerged in his life. His mother fell sick due to the sudden shock about her personal loss. As a caring son Pradip continued taking care of his mother as well as the whole family. Unfortunately, his mother also expired due to COVID in 2022.

Pradip was agitated at this turn of events in his life and was now plagued with fear about his own health. He realised how important it is to take care of his own health now. He made an appointment to SSSIHMS and came to Bengaluru.



The Counsellor connected with Pradip Majhi on the day he was admitted on 25th September 2024 over the telephone. He was accompanied by his younger brother Rajib as his caregiver. Pradip said that his family consisted of six members - his parents, wife, one son and two younger brothers. They made their livelihood by working in the fields and though they have financial constraints, their life was going smoothly. The patient unburdened to the counsellor in his mother tongue Bengali. Patient Pradip was in intense fear with lots of guilt feelings as the doctor had told him that he had already delayed his treatment. The empathic, compassionate counsellor tried to strengthen his hope and confidence by speaking to him in their common language, Bengali. Pradip felt relaxed, and continued unburdening. The counsellor assured him that the doctors here at SSSIHMS will definitely take care of him and do the best. Pradip Majhi being in a vulnerable state was constantly in touch with the Counsellor and informed her when his date of surgery was fixed. As the day of surgery approached, he frantically called the Counsellor to know the reason why an open-heart surgery was being performed on him. The Counsellor with genuine concern and a caring voice asked him to accept the situation which would be good for him. She also asked him to connect to his own deity Krishna Bhagawan and Sai Baba and surrender to Them fully. She further helped to strengthen his confidence and reduce his inner conflicts by taking him through Body Relaxation and Mind Conditioning (BRMC) therapy.



On 01/10/2024 two successive surgeries were performed for him. ASD Closure and CABG x2 grafting. He recovered very fast by God's grace. The Counsellor met him on 05/10/2024 during her bedside visit to the cardiac ward. He was very happy, delighted and extremely grateful to the hospital staff for their loving care and treatment. He was filled with a deep sense of gratitude to Sai Baba. Pradip was discharged from the hospital on 06/10/2024 with lots of happiness as he had finally recovered from his heart disorder that he had been suffering from for a long time.

Jai Sai Ram.....

Contributor - Sai Counsellor Sukanya Chattopadhyay, Department of Counselling SSSIHMS, Whitefield.

## PATIENT BABY THANVI KHATUN'S STORY: 'FATHER FULL OF GRATITUDE TO SWAMI, SINCE HE SAW ALLAH IN HIM'

Patient Baby Thanvi Khatun, a 1 year old female child was admitted to Swami's hospital on 28/4/25, with CHD, underwent pericardial effusion on 2/5/25 and was discharged on 4/5/25. Her father Md Yasin and mother Sabina Khatun were with her during the treatment.



The family hails from a village East Medinipur in West Bengal. They have a six year old son. On the day of discharge the father revealed his child's problem and the stress and emotional upheaval the family had to suffer till she was admitted in Swami's hospital. He shared the relief, joy and gratitude to Swami.

They learnt of Tanvi when the baby was 1 month old. Her lips turned blue whenever she cried. They took her to the nearest hospital where it was diagnosed that she has congenital heart disease and had to undergo surgery. However the doctors said that it was risky to operate on such a small child. They also said it would cost them around 4 lakh rupees.

The distraught father went from pillar to post to look for the right place. In the meantime the baby was showing more frequent attacks of turning blue. He got to know of Swami's hospital both at Jharkhand and Bangalore. They went to the former first since it was nearer and they did all the tests and sent them to Swami's Whitefield hospital. They came here with all the papers and were very patiently listened to, but since the baby was only 3 Months and weighed less than 8 kg they said he would have to wait till she turned 1 year or attained 8 kg weight.

They returned home. The parents silently prayed and put in a lot of effort to make Baby Khatun to gain weight. They cried remembering the difficult months gone by, there were many occasions when the whole family would break down. At last the baby turned 1 yr and also weighed 8 kg when she was brought here. The father during narration portrayed the helplessness, their striving doing the best and above all praying to God.

Patient Baby Thanvi Khatun was successfully treated and discharged on 04/05/2025 after being in our hospital for eight days. Thanvi's father in his narrations revealed some very unique traits. He said that he believes in putting the right effort along with his faith. In years just before Covid his mother had developed a kidney problem for which no treatment was available locally. Her only kidney was functioning 40%. He took her to KEM, a government hospital in Mumbai and it is more than 8 years and she is fine and fit. He himself while at Mumbai got Dengue and his platelets fell drastically to dangerous levels. He stayed in the hospital for 15 days. He had the courage to tell his doctor to talk to him only about his illness and not to share with his innocent young wife. He said I prayed to God whenever I became afraid and in his recovery as well as his mother's recovery he saw divine support. These traumatic and difficult situations did not diminish his faith nor in his effort.

He added that during his school leaving years he wanted to join the army/police , a trend in his times. He maintained a physique required for it through activities to build muscle. He also abstained from tobacco and other temptations common among villagers.

He qualified for the written exam and interview but he was asked to pay 5000/ . His father had got his two sisters married with his meagre income from farming and he therefore could not join either of the departments. His friends he said who could pay joined , this did not deter him . He joined a small company making beds where he worked 12 to14 hours every day for a salary of ₹ 200/ daily. Within a year he learnt the art of making it independently and now has a shop of his own.He earns enough to feed himself, his wife, his children and parents, all stay with him. He was full of gratitude to Swami, since he saw Allah in Him and feels his daughter is special and dreams that she would make it great. Their coming to this special place he feels makes it special. It is very rare to see care, faith, courage, effort and above all a positive ability to dream big for Patient Baby Tanvi, who is truly lucky to have such parents and to have come to Swami's 'Temple of Healing'.

Jai Sai Ram.....

Contributor - Sai Counsellor R. Vimala, Department of Counselling SSSIHMS, Whitefield.

## PATIENT SONALI'S STORY: 'COURAGE IN THE FACE OF ADVERSITY'



Standing strong and determined when faced with challenges requires inner strength. Listening to fourteen year old Sonali Datta drove home the truth that she is an epitome of courage, poise and inner strength. There was an air of graceful acceptance in her countenance during the counselling session on her day of admission at SSSIHMS, Whitefield on 26-2-2024 where she was diagnosed with Traumatic C6 Subluxation with locked facets and incomplete or partial dislocation caused by an accidental fall. She was clear in understanding what was explained to her by the neurosurgeons at SSSIHMS regarding her surgery.

Sonali's popularity in school and in her neighbourhood made her parents proud of her. Sonali belongs to a loving close knit family and is a popular student in school and has a good circle of friends in Binodhini Girls High School, Hooghly, West Bengal. Credit for her passion for sports goes to her mother Ruma Datta, herself an athlete and her father for his unconditional support. They encouraged her to pursue gymnastics as a sport and over the years Sonali focused on honing new skills and mastering the art and science of gymnastics.

She excelled in the artistic aspect involving creativity, aesthetic expression and presentation, and was blessed with an inherent talent to embrace the scientific side of biomechanics, physiology and psychology of movement, mental fortitude, strength, balance, flexibility and focusing.

An unfortunate turn of events when she was in the eighth grade took place in December 2023 leaving the parents shattered. While Sonali was eagerly preparing for the national level gymnastic competition to be held in Chennai she accidentally lost her grip over the training bar and fell down from a height of seven feet. The fall affected her physically, she complained of severe pain, but despite the pain and trauma she remained mentally strong. There was no trace of self pity or sorrow when she narrated her experience to the counsellor, she appeared calm and confident while narrating her experience and the outcome of the tragic event.

Sonali's parents Ramen Datta and Ruma Datta on the other hand were totally devastated by the sudden turn of events on that fateful day. They were deeply concerned about their daughter's condition especially when she complained of weakness and radicular pain in all four limbs and experienced stiffness in her neck. Ramen Datta an entrepreneur and sole owner of a small scale manufacturing unit in Hooghly producing weighing scales felt helpless and Sonali's mother Ruma Datta who was an athlete and a member of State level Kabadi team searched high and low to find good medical support.

They consulted local Doctors in West Bengal and she was initially treated conservatively with therapy and traction. Unfortunately even after a month of treatment there was no improvement in Sonali's condition. She was referred to a higher centre for further treatment. The parents explored various options to provide the best treatment for their child and a well wisher of the family shared details about SSSIHMS, Whitefield. Ramen Datta made the necessary arrangements to reach SSSIHMS on the appointed day. Mother Ruma could not accompany Sonali to Whitefield since she had to take care of her three year old son Sukrit.

Soon after my first session with Sonali I met her father in the ward. As a contrast to Sonali's poise her father Ramen Datta was highly stressed. His voice shook with anxiety, emotional pain and sorrow as he recalled the incident of her fall on that fateful day in December which shattered his dream and his wife Ruma Datta's hope of seeing Sonali win the National competition in Gymnastics.

Ramen Datta needed and received continued counselling support which helped him manage his stress and tension during his stay at the hospital. Towards the end of the initial session he was keen to share pictures of Sonali's performance and trophies treasured on his mobile phone. The videos of her performance were very impressive, it displayed her flexibility, strength, balance, graceful movements and above all confidence. It was evident that this young teenager had worked hard over the years and was used to a structured training regimen which had helped her attain peak performance at various competitions.

After a successful surgery Sonali was discharged in February 2024 with the advice to attend the annual check up session in February 2025. The result of her progress was satisfactory and according to the Doctors she has been requested to avoid strenuous contact sports and avoid gymnastics. Surprisingly her accident has not dithered her from her decision of pursuing sports, she hopes and dreams to be an athlete. Her dream of being an athlete still persists and Sonali currently plans to complete her tenth standard board exam and explore opportunities to join sports like running.

Despite her physical challenge this young adult's spirit is extremely positive which lends itself to healing. One often wonders at the mental conditioning of such individuals. Can we attribute the positive behaviour to her training as a gymnast? Can we attribute it to her strong faith in her favourite deity Shiva? Or are qualities like courage and positive emotions not acquired from outside but are an inherent part of an individual?



Sonali cheerfully answered my call a year after her surgery. She has been following the doctor's advice and has accepted gracefully the fact that she has to give up gymnastics permanently. Sonali's remarkable and positive attitude brings to mind the following words of Jeff Foster from his collection of poems and it resonates in me.

**“YES I AM BROKEN BUT I AM WHOLE”**

*“You do not heal “from” trauma.  
You find healing “in” trauma.  
You find yourself at trauma’s sacred core.  
The one who is always present.  
The one who can bear  
Even the most intense feeling states.  
And survive.  
“And you will cry out in Joy,  
And you will cry out in sadness,  
And you will cry out in relief,  
And you will cry out in revelation.  
“ Yes I am broken, But I am whole.”*

***~ Jeff Foster ~***

*(Extracts from his post dated 28/05/2017)*

Jeff Foster explores the idea of being both broken and whole, suggesting that true healing involves embracing both aspects of oneself... the way young Sonali has accepted her condition.

**Jai Sai Ram.....**

Contributor - Sai Counsellor Gita Umesh, HOD, Department of Counselling SSSIHMS, Whitefield.



*“Be like lions in the spiritual field, rule over the forest of the senses and roam fearlessly with full faith in victory.”*

*Sathya Sai Baba*

## PATIENT SAVITRI RAMAKRISHNA'S STORY: 'SWAMI IS TRUTH, IS GOD AND THEIR GURU DATTA'

In 2021, 70-year-old Savitri Ramakrishna from Sirsi, in North Kanara, felt a sudden jolt in her heart. On consulting with a local physician some irregularities in the functioning of the heart were found. Savitri was then referred to the SDM hospital, Dharwad where she underwent an Angiogram after which she was diagnosed for High Cholesterol. She was comfortable for two years with the medication prescribed and then all of a sudden, she experienced Palpitations every two to three days that would last approximately six hours. She tried out home remedies which brought down her palpitations to about four hours. Her son and caregiver, Vinayak Hegde, not one to settle for uncertainties, took her to the SDM hospital where she was prescribed Metoprolol 25 mg. When the Palpitation cycle repeated itself, the doctors increased her dosage to 50 mg and simultaneously suggested EPS+RFA. A few days later Savitri alerted her son Vinayak when she sensed she was about to experience Palpitations and they went to the visiting doctor at Sirsi who increased her dosage to Metoprolol 100mg. Savitri was good to go for months after that. But the underlying fear of recurring existed and Vinayak simultaneously studied more about RFA and was told about a camp that would be conducted in SDM, in Dharwad's Narayana Hrudayalaya. The family gave a sigh of relief for this facility which was closer to home. Wanting to provide only the best for his mother, Vinayak side by side probed for more options and found out that Mangalore was about 260 kms away but they had only one doctor specialized in EPS+RFA.



Meanwhile, Vinayak learnt through a Sevadal about Swami's Super Specialty hospital, SSSIHMS, in Whitefield and the treatment provided free of cost and also a Camp which was being conducted exclusively for the EPS+RFA patients. Vinayak instinctively felt that this was the place to take his mother to. He along with his mother Savitri travelled to SSSIHMS, Whitefield, where Savitri was admitted on 04/02/2025, She was treated in the Camp conducted by the specialized doctors and Savitri was discharged after a successful procedure where an Electro Physiological study + Slow Pathway Modification of Typical Slow-fast AVNRT was done on 05/02/2025 which was successful and she was discharged on 06/02/2025 in a stable condition.

Going back to the day of patient Savitri's admission on 04/02/2025, the counsellor was unable to connect with the only contact number provided, that of the caregiver Vinayaka Hegde. The next day while at the counselling seva in the Hospital, incidentally, the co-counsellor met Vinayaka when she went to the CCU area to meet the patients. As she was escorting the caregivers to the department shrine, she told the counsellor about this one Kannada speaking patient allotted to me and that he looked as if he needed to be spoken to. The counsellor immediately spoke to him in his mother tongue, Kannada. Vinayak took some time to leave the CCU area as his mother was in the OT. The counsellor shortly had to follow the protocol and went to the Cardiac Ward to meet and counsel the bedside patients and could not meet him. Apparently, Vinayaka has gone to the shrine and spent a blissful 10 minutes in prayer.

The counsellor allotted to Patient Savitri could not connect with them immediately due to the counsellor falling ill, although the short conversation with caregiver Vinayak has left its mark and was constantly at the back of her mind. After a period of two months, the caregiver Vinayak was elated when he heard the counsellor voice over the phone. Vinayak stays 30 Kms away from his parents in Sirsi looking after his family, business and education of his children. His mother though recouping well was having bouts of weakness now and then.

Vinayak Hegde was extremely happy about the treatment provided to his mother and said that he has already conveyed to more than 20 persons about the uniqueness of Swami's Hospital. He spoke about the quiet atmosphere at SSSIHMS, an institution which was unlike any other hospital. All the people working there were immersed in Seva. Meanwhile, as the admission of Patient Savitri was processed, she was told to stop all tablets two or three days before the surgery. The caring son Vinayak hence travelled to Bangalore 2 to 3 days prior so that his mother would be closer to the hospital since she would be without the aid of medicines.

On 05/02/2025, the day of surgery, the Patient was told to be in an empty stomach. By 2 pm, there was no definite communication. Vinayak was clueless as to what would happen. His seventy-year-old mother shed tears as she craved to quench her thirst, he too shed tears emphasizing about the situation his mother was in. Finally with folded hands, surrendering to God Hanuman and Swami he approached the cardiac counter for help and told them the plight of his mother becoming frail. He appreciated the honesty in which he was told that the camp was always a busy place and was also assured that things would be looked into. With nothing else to do, he sat down unable to face his mother and for once doubted his decision in travelling all the way to Bangalore. His mind thus in a turmoil he sat praying to Hanuman, his savior. Just then his name was called and he sat upright not believing his ears as he was informed that his mother was being wheeled in for surgery. He later learnt that his mother had had a drink of water out of sheer hunger and thirst. Finally, he was thrilled as he got to see and talk to his mother within the next thirty minutes. He then made his way to the Counselling Shrine where he sat in silence, prayed and offered Gratitude to the Almighty thus experiencing absolute peace.

With sheer relief and exhaustion after that, Caregiver Vinayak Hegde now sat back to reminisce that morning's situation when he had started doubting the hospital and admitted that it was his human nature to doubt and show impatience. He by now had started addressing our Swami as Guru Datta and it dawned on him that the work being done was SATHYA, the truth and the people sincerely going about their work was proof of that Truth. Vinayaka was being tested. He realized his fault. He further opened his mind to his surroundings and saw the treatment and attention given at the hospital was equal to all patients. He compared the scenario to other hospitals and appreciated Swami's hospital. He thoughts then went to the doctors who had travelled from far away to offer treatment out of sheer love towards humanity. His mind flooded, he felt a sense of regret for not being fortunate to have Swami's physical darshan although he grew up seeing videos of Swami. He was emotional, he in retrospect realized the immense good Swami was doing for society. He saw the world being saved by the work done in Swami's Hospital. All these thoughts came about because of his upbringing where as a child Vinayak was instilled with good values, if a small mistake was committed, he was sent to apologize however late it was. He remains ever grateful to his parents.

He regrets not experiencing the prayer Body Relaxation and Mind Conditioning (BRMC) which he had heard so much about by other patients in the ward. He was looking forward to experiencing the one-on-one session by counsellors to patients before the patient was taken in for surgery. He wanted to experience the peace that he feels is necessary during the tiring situations in the outside world and he is always on the lookout to implement them in his daily routine. Although Caregiver Vinayak was in awe of the Hospital and the facilities, the calm attitude of the nurses and people behind the counters immersed in their work impressed him.

Patient Savitri was discharged the next day. She was not only prescribed the same tablets that she has been having since the beginning but Vinayak found this unbelievable and a miracle by itself which otherwise would have been a task to procure medicines from another city. He was advised well by the nurses and counsellors regarding care to be followed after discharge.

Patient Savitri is strong now. A dutiful son to his parents, Vinayak updates his 73-year-old father about all situations and the father quietly trusts his son's judgement towards all situations. His caring mother feels grateful for the family devotedly looking after her. She bravely bears the pain in her knees, though she can't bend it to date. She maintained hygiene as a patient so that the docs do not feel that they are treating an untidy patient. She is intelligent and confident and follows the doctor's advice diligently so as not to disturb and trouble anybody.

Vinayak Hegde speaks respectfully about his wife who is supportive to the family in all aspects. His mother Savitri and his wife perform the religious ceremonies and now have made place for Swami's picture in their shrine.

Vinayak conveyed his desire to offer seva in Swami's hospital, however small and was happy when he got a lead from the counsellor.

From a person not aware of Swami and His work, Vinayak, after experiencing first hand the working of the Sai Organization has now accepted Swami as Truth, as Guru Datta and as God.

The transformation begins...

**Jai Sai Ram**.....

Contributors - Sai Counsellors Saroo Annaiah and Subha Srinivasan, Department of Counselling SSSIHMS, Whitefield.

## PATIENT VARADARAJAN'S STORY: 'GOD'S GRACE CAN HEAL THE BODY, MIND AND SPIRIT'

Patient Varadarajan, 66 years old is from Salem, Tamil Nadu. He grew up in Salem and completed his pre-university there. His wife Banumathi takes care of the household and is also kept busy due to his father's ill health. After pre-university, Varadarajan worked in a Paper Mill. He completed M.A. through a correspondence course. He worked as a supervisor in a store and subsequently retired. Patient Varadarajan is the eldest of 2 brothers and 2 sisters His only daughter is well educated and is married; his son in law works in a bank. They have a 9 year old son. Varadarajan's 92 years old father and 85 years old mother live in Chennai. Nobody in his family has heart ailments. All are Sai Baba's devotees.

Varadarajan was diabetic and had a heart problem in 2010 due to blocks; to save him from heart attacks he underwent a CABG Graft surgery during 2010. Until then he had the habit of drinking and smoking . He stopped these after the treatment. In 2021 he had a CAG TVD done in Vijaya Hospital, Chennai. During 2024 he started getting chest pain and unable to walk or work . His younger brother who is an ardent devotee of Swami directed him to come to our hospital for treatment. He was admitted on 14/10/2024 and after a thorough evaluation a CRT-D implantation was done successfully on 15/10/2024. Varadarajan was discharged on 24/10/2024.

While the doctors provided a bodily cure, Varadarajan is still under attack by his own feelings and emotions, his mind is not at peace. His very strict upbringing at home by his father had caused him a stressed life, contributed to his chronic diabetics and heart problems. His father was in business. He had treated all his children alike. But Varadarajan was perhaps more sensitive and seems to have been more affected. He feels their home was devoid of warmth and appreciation, a sense of fear always dominated. He didn't get the privilege of talking to his father or experiencing friendliness without fear. At present his parents live in Chennai . He talks to them over the phone. The Counsellor suggested that he visit them. He said he would do it. He has no regret to maintain emotional and physical distance from them. He has accepted it as a natural consequence.

When talking about his spiritual strength, he said he is not very deep in faith. He is honest and frank about what he says. At present he is doing good health-wise. He is worried about his finances. He said he feels depressed. Counsellor suggested that he consider the good things he had received from his father, like faith in God. The strict upbringing is only an external behaviour to get the children to do what he wanted as a father. Counsellor guided him through guided visualization, to voice out his inner longing for validation and love, imagining himself as a 10 yr old boy in the midst of nature. Self journaling - jotting down one's thoughts, feelings and experiences can help self awareness, and to grow to gain meaningful insights paving the way for peace of mind. Listening to music and bhajans, reading, walking, service to others and practicing the BRMC therapy daily twice - once upon waking up and once at night before going to bed, a tonic for your physical and mental health. All of these resonate with Sai Baba's teachings paving the way for healing the body,mind and spirit.

**Jai Sai Ram**.....

Contributor - Sai Counsellor Mani Meghalai Chandrashekar, Department of Counselling SSSIHMS, Whitefield.



*"God is an ocean of mercy.  
Devotion is the easiest way to win His Grace.  
God's Grace is like sunshine, available to all."*

*Sathya Sai Baba*

## MAMONI DULOI'S STORY: 'GRATITUDE TO GOD FOR THEIR PHYSICAL AND MENTAL WELLBEING'



Patient Mamoni is 41 years old and her hometown is near Kolkata in West Bengal. Her family comprises her husband Ranjith, two children, a 25 years old daughter and a 17 years old son plus Ranjit's mother. The daughter has married after graduation and the son is 17 years old and is studying in the 12th standard. Ranjit was working for a political party at a salary of Rs.12000.00 per month. This was barely enough to cover their expenses. Mamoni looked after the household and the children. They had a small garden in their house, and Mamoni, loving gardening, used to grow vegetables and flowering plants. Their main concern was funding the children's education. Mamoni had good friends. Her health was good and apart from experiencing occasional short episodes of palpitations she had no other cardiac issues.

Ranjith suddenly lost his job which came as a bolt from the blue and upset them terribly. However by God's Grace a close relative of theirs suggested to them that he knew of well paying jobs in Bangalore and he knew the employer, a well known advocate. So Mamoni and Ranjit packed their bags and went to Bangalore. They had the address of the potential employer, which was close to Whitefield and with a prayer in their hearts they went to meet him. Ranjith was offered a job as a live-in gardener in a farm house of the advocate and would be provided with free quarters to live in with all amenities. Ranjith would be paid Rs.17000.00 per month. Mamoni was also given a job in a house half hour away by bus, near ITPL, as a cook and also to take care of the house for a salary of Rs.15,000.00 per month. They thanked God for taking care of their problem.

One day when she was returning home on the bus after her work her heart beat increased alarmingly and she panicked feeling that she would die. She called her husband frantically and they rushed to the nearest doctor. After checking her ECG the doctor advised them to go to a heart hospital. They went to one and were told that a surgery was required costing Rs. 80,000 which was beyond their means. Somebody told them of Swami's hospital and immediately rushed there. They came to our hospital as an emergency case on 16/04/2025 and after a thorough evaluation she was admitted on 17/04/2025 and discharged on 19/04/2025 after a successful EPS+RFA procedure.

Mamoni is a non vegetarian but only has fish once a week. Both the couple are free of any addictions. She is spiritual and believes in Maa Durga. Prays everyday before going to work. She is a very hard working person and her support system is good. Her husband is very caring and he is aware of the cause of all her stresses.

The couple, particularly Mamoni, are worried about their son staying with Ranjith's mother and whether he listens to her. He is not doing well in studies, he has a two wheeler which he uses recklessly. He met with an accident and tore a ligament. Parents are more worried because of the environment in West Bengal. Mamoni is extremely concerned about his ligament tear and she also does not like the harsh manner in which her husband tries to discipline him. Fear, anxiety and worry about her son are very strong in her.

Empathic listening by the counsellor helped her unburden and gain clarity. Her focus shifted to what she has now, having good health and made her reframe her perspective and move away from the fear driven mindset. She experienced the effort and kindness put in by the nursing staff which had a positive impact on her.

She was counselled to trust God and surrender to Him. Practicing BRMC helps in relaxing. She has resumed work after taking rest and her employer has been very understanding and considerate, asking her to work less initially and gradually increase work as she gains strength.

The couple are very happy with the hospital's cleanliness and the love they've received here. The environment here is in stark contrast to W Bengal from where they have moved here. They are highly appreciative of the positive experiences in the hospital. Both the patient and her caregiver husband are deeply grateful to God for what they are experiencing and receiving here.

Jai Sai Ram.....

Contributor - Sai Counsellor Anuradha C, Department of Counselling SSSIHMS, Whitefield.

## PATIENT SARAVANAN'S STORY: 'FAITH IN GOD'



Patient Saravanan, 51 years old lives in Thuraiyur, Tiruchirappalli Dt with his wife Revathi. They have 2 daughters, Yogeshwari and Reshma, studying in the 12th and 8th std. He has been a diabetic for over 10 years and has been on medicines and controls his diet. His physical activity is low and he is overweight. This is mostly due to the nature of his job, being a driver and constantly on the move; his diet and sleep also suffer. He is an ardent devotee of Lord Shiva and does Shivanadiyar seva, and of Swami. He was in Bangalore a few years ago and visited Whitefield Ashram and had darshan of Swami.

Saravanan had a tough childhood, His parents got divorced due to a family problem when she was pregnant and his grandfather brought her away to their house where Saravanan was born and raised. His father did not get married, he stayed with his brother but Saravanan never got to meet him. He came to know about his father 4 years back when his father passed away and he had to go to perform the last rites. His mother having a very independent nature worked as a farm labourer for sometime and then started driving an auto rickshaw which she continues till today to support the family. Naturally all of this left a deep scar in Saravanan's mind and he felt sad and insecure in school, comparing himself with his school mates.

After finishing his schooling he did teacher training and applied to a Government school but did not succeed. He came to Bangalore as an office attendant and later took the job at Godrej as a company driver for 15 years. He had Swami's darshan during this period. Then he got married and decided to shift to his hometown Thuraiyur. He found a Shivanadiyar ashram, Omkar Kutir near his home where he started doing seva. He returned to his job as a driver with a travel agency driving a tourist taxi car, which was more strenuous than his driver's job in Bangalore; naturally his health suffered.

One night after dropping a customer off and helping him by carrying some heavy suitcases he returned home and felt a little uneasy. Around 2AM he had severe chest pain. He woke up his wife and both immediately rushed to the nearest hospital, a general hospital, where the doctor after examining him recommended them to go to a nearby heart hospital as quickly as possible. Upon reaching this hospital, which had cardiac facilities, the doctors evaluated Saravanan and did an angiogram, found blocks and advised stents were needed. They could not afford the cost of the surgery and returned home after paying the hospital charges of Rs.40,000.00 for which they had to borrow the money; they felt totally helpless. Even as they recalled the incident there were tears in their eyes as they narrated to the counsellor.

A friend of theirs seeing their plight, who had taken treatment himself at our hospital helped them to come here. Saravanan was brought in as an emergency patient and soon after a preliminary evaluation was admitted to the hospital. His wife accompanied him as his caregiver. He was admitted on 12/04/2025 after several diagnostic tests were done, Saravanan successfully underwent an off pump CABG x 3 Grafts operation on 16/04/2025. He was shifted to the ward to ensure complete wound healing especially since he was a long term diabetic. He was discharged on 21/04/2025.

Saravanan, his wife, children and the entire family were amazed at the way things turned around. Silently they offered their prayers in their individual hearts. Saravanan and his wife Revathi thanked their God Lord Shiva and Swami for their Grace and Blessings. He remembered having had Swami's Darshan in Whitefield and it was Swami who called him here to His hospital and took care. He and Revathi are ever grateful to Swami for saving his life. Being the only breadwinner for the family, he felt very much relieved. He is following the doctor's Discharge Advice as well as the instructions of his diabetologist meticulously. For his mental peace he is following the BRMC therapy.

Another story about Swami's Infinite Mercy and Compassion.

Jai Sai Ram.....

Contributor - Sai Counsellor Mala Chandrashekar, Department of Counselling SSSIHMS, Whitefield.

# SAI SANKALPA AND GRACE

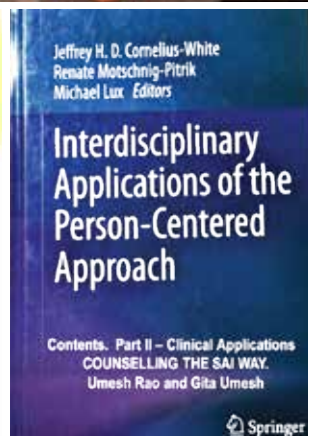
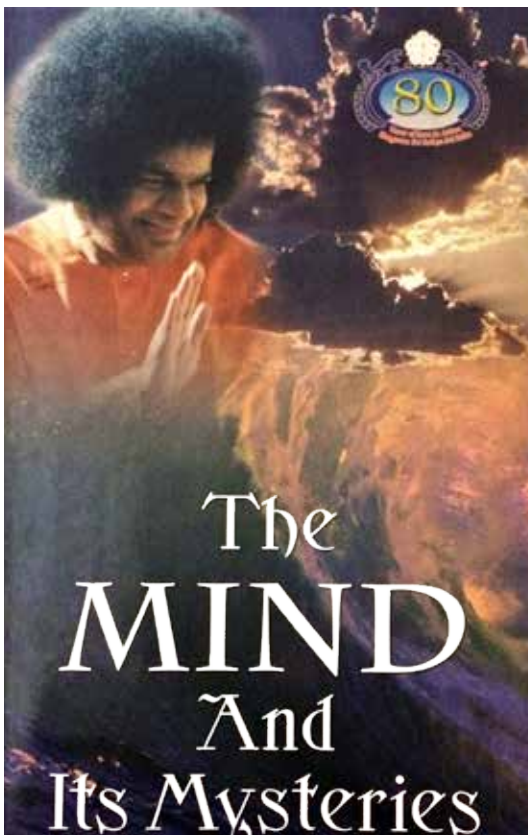



MAYO CLINIC  
 "COUNSELING THE SAI WAY"  
 Umesh Rao and Gita Umesh, SSSIHMS, Wfd.  
**2010 Mayo Spiritual Care Research Conference**  
*Spirituality and Health Across the Life Span: Investigation and Application*  
 5 November 2010



2010 MAYO SPIRITUAL CARE RESEARCH CONFERENCE- Comments about the presentation from the session participants.

- Was very nice to have the depth of a different culture than we usually get and found their work very inspiring.
- Loved hearing about how spirituality is incorporated into patients' hospitalization.
- Extremely interesting. Truly, if the mind is at ease, the body can be.
- My favorite session. I also believe that the holistic approach to healing is far more effective than just the medical aspect. This seminar was especially helpful and enlightening.
- Good Material. It was interesting to learn about their SAI counseling.
- We can learn much from what they are doing at their hospital in India.
- Thank you! At last, the mind, body and spirit approach I believe in. I loved the comment they made, "Let's open our minds". PS I love Sai Baba!
- Very interesting philosophy, we need to do more health care like that!
- They were amazing, as is this facility and the teachings of Sai Baba.
- Great example of a refreshingly different model of spiritual care.



*" There is only one religion, the religion of love.  
There is only one caste, the caste of humanity.  
There is only one language, the language of the heart.  
There is only one God, and He is omnipresent."  
- Sathya Sai Baba.*

