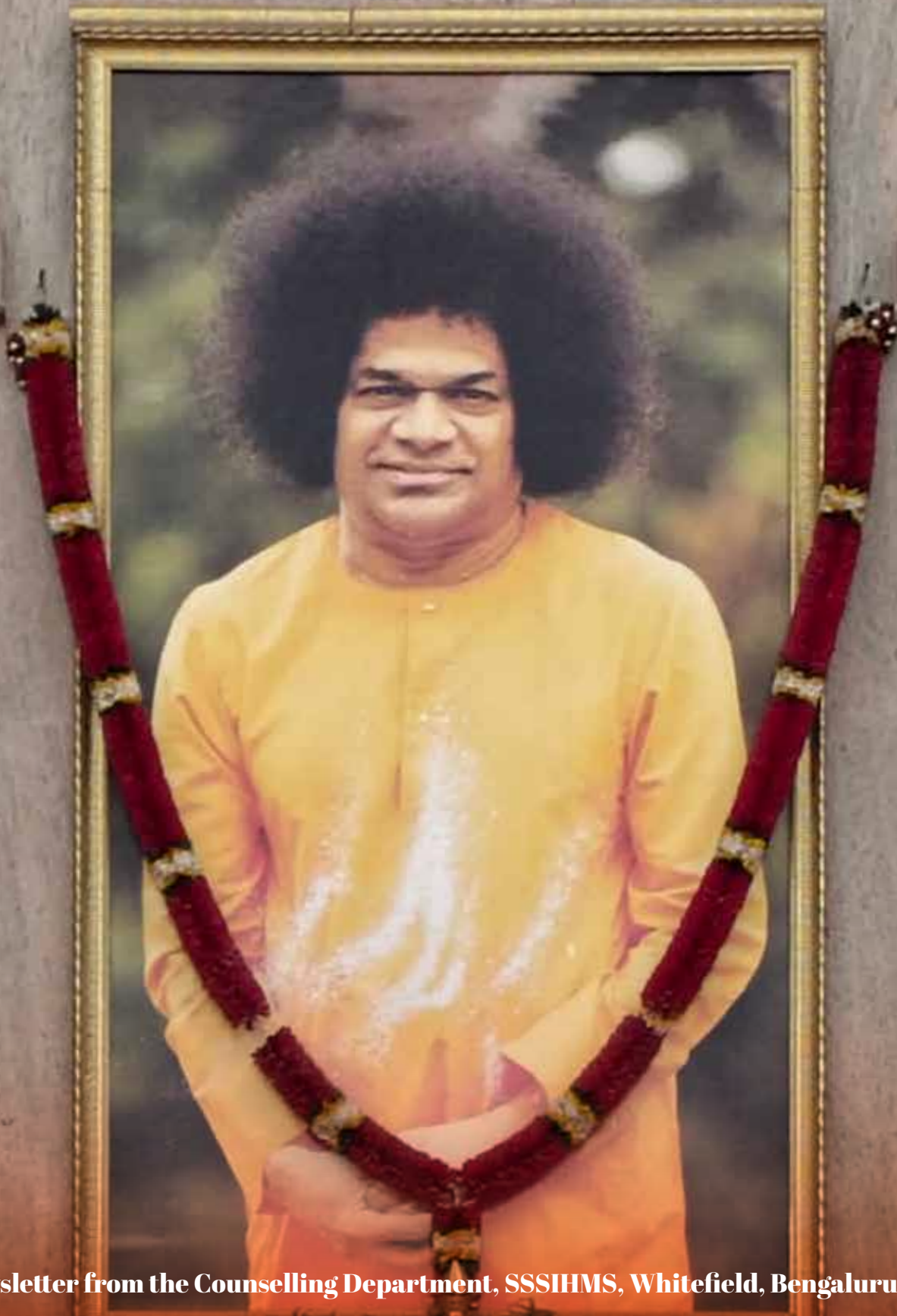


# AntharDhwani

Vol-XV, 19<sup>th</sup> January 2026, Hospital 25<sup>th</sup> Anniversary Special Edition



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## EDITORIAL

In this issue's editorial, we are sharing with you the happenings over the past 25 years in the Counselling Department. We are also projecting the scenario for the coming 25 years. We have included patient stories to highlight the fact that Faith in God is innate in human beings, and this faith factor will always prevail as long as life threatening illnesses prevail.

The 25<sup>th</sup> Anniversary of our hospital is not merely a milestone reached, but truly an epochal time for the Counselling Department, which will hold a place of pride in the annals of this venerable institution. We had the privilege of being part of this unique SAI Counselling program, conceived in Swami's Divine Wisdom, with two of us being chosen by Swami as His instruments from the inception of the Hospital in 2001 until 2011. When He passed away, there were twenty-two trained SAI Counsellors, virtually all who had the good fortune of having interacted with Him. In His inimitable way, Swami inspired us to write a handbook on the 'Selection and Training of SAI Counsellors', anticipating its need.

Looking ahead at the next 25 years to be able to celebrate an equivalent 50<sup>th</sup> Anniversary, there will be several challenges. To maintain the quality of service provided to the patients, we need to continue the present model of personal/tele-counselling. Screening standards for our applicants will be very strict with zero tolerance to meet Swami's standards. Based on age and health issues, we will lose around 30% of our present staff in the next 10 years. This trend may continue. It is extremely unlikely that AI/Robotic technologies will enter our space in the next 25 years. However AI can simplify our data gathering and records maintenance.

Swami has left behind a sacred and priceless legacy for us to use and maintain in its original form without making any fundamental changes.

Jai Sai Ram.....

The Editorial Team

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# Anthar Dhwani

Swami's Divine Messages  
**"BE PREPARED FOR A  
LIFE OF SACRIFICE"**

Every man should recognise that the body has been given to him to render service to others. You must use the body for promoting the welfare of society. Of what use is the endless study of books if you do not use your knowledge for the good of others? A mind that is not utilised for imparting joy to others or a body that is not used for the service of others is totally useless. The way to love God is to love all and serve all.

Keep faith in God, steady like life-breath. Man forgets his true nature because of attachment and egoism. Man should develop firm faith in God. Faith should be like your life-breath, which goes on inhaling and exhaling at all times without respite. Respiration goes on, whatever work you may be doing and whatever be the state of your mind. Likewise, in all situations and at all times, your faith in God should never leave you. It should not change according to whether your desires are fulfilled or not. Like your lifebreath, your faith should remain steady, through joy and sorrow, loss and gain, pain and pleasure. Treat whatever happens as good for you. Have that sense of fortitude.

Dedicate all your actions to God. Realise that there is no greater quality than truth. Truth is God. Dharma is His ornament. Adhere to these two as the highest attributes of humanness. Plant the seed of love in your pure hearts. From that tree of love, you will have the fruits of forbearance, compassion and kindness. Always be smiling. Face every situation in life, including death, with a smile. Speeches would be immensely effective if the words came not merely from the lips but from the heart. There should be complete harmony in thought, word and deed. I desire that you should all redeem your lives by contemplating on God, cherishing good thoughts and engaging yourselves in the service of your fellow men. That is your Duty, and Duty is God.

Swami's Discourse at the Institute Auditorium on 19-1-1997.





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

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

This year, SSSIHMS Whitefield completes 25 years of selfless service. In this special Silver Jubilee edition of AntharDhwani, we bring you stories of faith and transformation that have defined our journey since 2001.

From the first patient counselled to the thousands we serve today, our mission remains the same: to listen with love and heal with compassion. Join us as we celebrate 25 years of the 'Inner Voice' in the service of humanity.

Jai Sai Ram.....

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



**ALL ARE BENEFICIARIES - PATIENTS, CAREGIVERS  
AND THE SAI COUNSELLORS**



*Do not develop ego about your capacities while doing service. Be humble and think that God has given you an opportunity to do service. Whatever you do to others, your feeling must be that you are serving yourself. In fact and in truth, whatever service you are doing to others, you are doing it for yourself.*



**“Manava seva is Madhava seva - Service to Man is Service to God”**

*“Greater than all other forms of worship is Seva (service to one's fellowmen) done in an unselfish and dedicated spirit. When service is done spontaneously, it is its own reward. It must be done as an offering to God.*

*God has two forms-Lakshmi-Narayana and Daridra-Narayana. Most people prefer to worship Lakshmi-Narayana for ensuring their personal prosperity and welfare, but few choose to worship Daridra-Narayana (the Lord in the form of the poor and the forlorn). Man is the product of society, and service to society is real service to God. Such service should be rendered without regard to caste, creed, race or nationality. The essence of all religions is one and the same, like the current that serves many different purposes but is the same energy. In serving society, they should bear in mind the four ideals of Sathya, Dharma, Shanthi and Prema”.*

*Sri Sathya Sai Baba.*

## PATIENT ALOKE KUMAR DUTTA'S STORY: 'HEADING BACK TO NORMALCY AND A WISH FULFILLED'

*"Engage yourselves in service activity. Consider social service as service to God. This is the best way to earn God's Love. Love all and serve all. Your entire life will be sanctified thereby".  
- Sathya Sai Baba*



Patient Alope Kumar Dutta, aged 53 years, a retired Shashastra Seema Bal (Para-Military Force) Inspector, came to our Hospital for his follow-up checkup in April 2025. After the checkup the doctors told him that the pacemaker is in a good condition and functioning well. He told the Counsellor that, "he is Swami's blessed child, He is taking care of him".

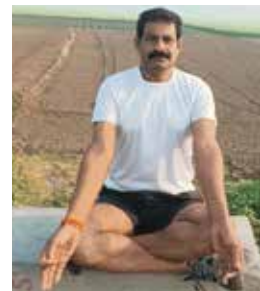
Patient Alope Kumar Dutta hails from North 24 Paraganas District of WB. He was suffering from multiple episodes of sudden fainting spells for short durations in the past year and came to our Hospital seeking medical treatment for his illness, on 1<sup>st</sup> April 2024. His wife Mou Dutta accompanied him as caretaker; they have a twenty one year old son. They are a spiritual family, their family deities being Bholenath and Ma Kali.

He was advised he needed a Permanent Pacemaker Implantation (PPI).The procedure was done on 2<sup>nd</sup> April 2024 successfully and he was discharged on 4<sup>th</sup> April 2024 and was asked to come for a check up on 12<sup>th</sup> April 2024. After that he was told it would only be a routine annual check up.



Patient Alope Kumar Dutta when he came in April 2025 for his routine annual check up, he shared with the Counsellor his journey back to normalcy, after getting treated successfully for Arrhythmia. He recalls and reminisces the reassurance and support given by the Doctors of SSSIHMS, when they said that he would be able to lead a normal life after the pacemaker is implanted - he felt so relieved.

True to the words of the Doctor and his disciplined life-style he follows from SSB training, Patient Alope Kumar was able to recoup and get back to his normalcy in a span of 15 to 20 days post the PPI procedure. Sharing his routine, Patient Alope Kumar says that his day starts at 5 a.m. with morning walk and yogasana. He also does his breathing exercises. He walks for 40 minutes without any difficulty; he can carry weights up to 10 kgs and has no difficulty in riding his bike. He did not feel any discomfort as such. He is an inspiration, especially to the youth in his town. They regularly join him in his morning routine and exercise. Patient Alope Kumar, says that prior to treatment he could not climb 20 steps and would also fall unconscious. He also had difficulty breathing. At present, after the treatment, he is able to climb 2 floors comfortably at his home.



Patient Alope Kumar, in one of the conversations shared with the counsellor expressed his wish to serve and do seva in Swami's Organisation, as a token of Gratitude for the second Life bestowed on him by Swami. True to his yearning, he has joined the Sri Sathya Sai Seva Organisation in Barackpur, WB. He takes part in various Seva activities of the samithi like cleaning the premises, attending bhajans and taking part in the prasadam distribution. He along with other sevadal members distributed food packets in the Vriddhashram and orphanage. He was thrilled to share that, as part of Swami's Centenary celebrations, he was blessed to take part in the Sai Run (Run for Unity). He participated in the walking category and successfully completed the walk. Even now he takes part in 5 Km to 8 Km walkathons. Patient Alope Kumar is also a member of an NGO in which there are about 150 volunteers. They donate food, clothes to the poor and also sponsor education for poor children. They also organize blood donors for needy patients.

As Patient Alope Kumar has retired from Service he and his wife Mou spend their time in a fruitful way. Mou is an affectionate and an emotional person. Mou has great belief in Maa Kali, and Patient Alope Kumar has firm faith in Bholenath and Sathya Sai Baba. He supports Mou's favorite hobby of gardening, which is very therapeutic for her. They have a beautiful garden which brings happiness and peace. Patient AlopeKumar experienced a lot of peace and felt relaxed when BRMC(Body Relaxation and Mind Cleansing) was taught in our Hospital. He says "All his fears disappeared". He feels that the Counseling support provided here is a very unique and essential part of Healing."



Patient Alope Kumar and his wife Mou reverentially offer their gratitude to their Beloved Mother Sai. What they experienced cannot be expressed in words. On entering the premises of the hospital, he was awestruck by the beautiful garden. He was humbled by seeing the cooperation and helpful nature of the sevadals, staff and other attenders. He is especially grateful to the Doctors, as they motivated him to go in for the procedure and clearly explained the benefit of having the Pacemaker. He really liked the quietude - the "Nishabda", the cleanliness, the discipline and friendliness of all the doctors, nurses and staff in our Hospital.

To Patient Alope Kumar Dutta, Swami's Hospital is verily a Mandir - a 'Temple of Healing', which has taught him Life Lessons and has given him a new lease of Life. As he says he has realized the true meaning of "Service to Humanity".

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

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



*"You have to busy yourselves with activity in order to use time and skill to the best advantage. That is your Duty and Duty is God."*

*Sri Sathya Sai Baba*

## PATIENT MARFAT KHAN'S STORY: 'FAITH IN ALLAH AND A POSITIVE ATTITUDE TO LIFE'



Marfat Khan is 39 years old and is from Howrah, West Bengal, and has been working in Kerala doing embroidery work for the past 8 years. His wife also works and does embroidery work. He has two daughters, 10-year-old Masumulla and 8-year-old Muquadittar. The family lives in Midnapore, West Bengal. His caretaker was his brother Saddam, who lives in Kolkata and works there.

In 2023, when he was at work, he had frequent spells of breathlessness and once he fainted. He was then admitted to a hospital in Kerala itself, and he believes that he was in a very serious condition, and Allah helped him to recover. Thereafter, he was on medication, but he continued to be serious, and his Doctor advised him that he needed surgery and to seek urgent treatment elsewhere.

His first visit to SSSIHMS was on 7<sup>th</sup> April 2025, and he visited alone for a checkup. He was told that his condition needed immediate surgery as his valve was bad, and was advised to bring his relative immediately. His brother Saddam came immediately as his caregiver. He was apprised that his condition was risky. He was shattered, lost all hope and surrendered to Allah. At this juncture, the Hospital requested counselling for Marfat. A senior counsellor from our Counselling Department counselled him the night before surgery and filled him with hope and confidence, and trust in his God, Allah. He felt reassured that he was not alone and that all were with him. He was operated successfully for a Mitral Valve Replacement and discharged on 14<sup>th</sup> April 2025.

During discharge counselling, he expressed that he had slight pain, but breathlessness was gone. He was advised a diet to be followed strictly. BRMC was done for him and his brother, Saddam, and both of them felt relaxed. He was so used to working from a very young age of 5 years, when his father passed away, he had no time for anything else. He prays and reads the Quran daily and keeps himself positive. He is not educated.

Post-discharge, he has followed the routine as advised by our Doctors and practices the BRMC, taught by our Counsellor and spends time with his children. Marfat is following a very disciplined life, post-surgery, following a strict diet as advised by the dietician, without greens and non-vegetarian food once a month. He has also been advised not to lift any heavy weights.



He is contacting the Hospital and the Doctors when needed. He had come for a check-up 2 months ago, and the Doctor had told him to maintain himself and continue with the blood test every month and monitor the same. The Doctor has asked him to continue with his work /profession so that he will know his abilities and limits. His next check-up at our Hospital is in July 2026.

He is feeling much better and is very positive. He feels difficulty in breathing when there is smoke, especially now that he has to cook for himself. He has realised this and will look into the possibility of bringing his wife for a few days, and also to consult our Hospital Doctor.

His appreciation for the Hospital and staff and their dedication is very genuine and from the bottom of his heart.

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

Contributor - SAI Counsellor Lalitha, Department of Counselling SSSIHMS, Whitefield.

## PATIENT PROSENJIT PAUL'S STORY: 'GOD'S GRACE WITH COMPASSION'



Patient Prosenjit Paul, aged 29 years, accompanied by his father Nirapada Paul, was admitted to the Neurosurgery Department at SSSIHMS on 28<sup>th</sup> August 2021. Immediately upon admission, the counsellor reached out to both Prosenjit and his father over the phone and began supportive counselling. Both were overwhelmed with fear, stress, and anxiety about the diagnosis and forthcoming treatment. Through gentle counseling and introduction to BRMC therapy (Body Relaxation and Mind Cleansing), both father and son began to feel a sense of calm and gradually shared details about their journey.

Prosenjit lives in Dumdum, Kolkata, with his parents and younger brother, and managed a small bookshop. Until four months ago, life was normal, but then he began experiencing double vision, progressing to blurred vision, making reading impossible. Despite numerous tests at a local hospital, the diagnosis remained unclear until an MRI revealed a brain tumor.

He suffered from headaches and seizures, which intensified with time, bringing great distress to Prosenjit and his family. Upon learning about SSSIHMS through Swami's Grace, they decided to seek treatment at SSSIHMS Whitefield. At SSSIHMS, Prosenjit was diagnosed with Left Frontal Anaplastic Astrocytoma (Grade 3), a malignant brain tumour. On 29<sup>th</sup> August 2021, the neurosurgeons successfully performed his surgery. Post-operatively, Prosenjit showed steady improvement and was discharged in stable condition on 6<sup>th</sup> September 2021. Throughout this time, both Prosenjit and his father expressed deep gratitude for Swami's Blessings and the compassionate care they received from the hospital staff. Their faith offered much-needed strength during a difficult time.

On 9<sup>th</sup> September, while traveling back home to Kolkata by train, Prosenjit experienced recurrent seizures. His father, initially unsure and frightened, sought help from fellow passengers to get off at Katpadi Junction. Through divine providence, they arranged an ambulance and were rushed to SSSIHMS Whitefield emergency department. Prosenjit was treated for disorientation, fever, and infected bed sores and showed remarkable recovery. Soon after, he was discharged on 16<sup>th</sup> September 2021.

Prosenjit's father diligently followed all medical advice to ensure his son's continued wellness. Prosenjit underwent 31 sessions of radiation and five rounds of chemotherapy postoperatively as per the doctor's advice. Regular follow-ups at SSSIHMS revealed encouraging progress. Financial hardship led to the family selling their bookstore. A ray of hope was regained when his vision improved. He felt encouraged to apply for a job, and his perseverance helped him get a job at the very clinic of the ophthalmologist who initially treated him. His resilience and return to work have been a source of hope and joy to the family.

Spiritually, Prosenjit feels a deep connection to Swami's Grace. During his stay at our hospital, he would often visit the shrine at our Counselling Department to pray and receive Swami's prasad of holy ash (Vibhuthi), which reassured him. He is currently filled with positive vibrations and feels blessed despite life's challenges. Prayer has been a source of comfort and motivation in his healing journey.

The counselling team continues to support Prosenjit and his family with prayers and emotional guidance, hoping for his complete recovery and a fulfilling life ahead.

His story is a testament to courage, faith, and the healing power of compassionate care, and above all, God's Grace.



Jai Sai Ram.....

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

## PATIENT RAJENDRAN'S STORY: 'PATIENT'S FAITH IN GOD AND SWAMI'S MIRACULOUS HELP TO THE PATIENT'S WIFE'

Patient Rajendran R, aged 58 years, was working as a security guard in a hospital in Coimbatore, TN. He has total faith in Lord Shiva and prays to Him twice everyday. His first wife passed away in November 2018 due to cancer. They did not have a child of their own but, Rajendran had adopted a baby boy at a very early age and had educated him to become a dentist and had also got him married. His first wife was alive to see a baby boy born to their adopted son. Soon after, within a month's time she passed away. Two years later Rajendran married Devaki, a very pious and loving person.

He had to take a loan of 15 lakhs for his first wife's treatment from a lady close to his home but was not regular in paying the interest or the capital, so he was bullied into signing his own property worth 1 crore to this lady. He was given a compensation of 15 lakhs. Since memories were very strong, he moved to another house after paying 5 lakhs to that house owner.



Rajendran's stress level became very high and he fainted one day while on duty. He was immediately rushed to a nearby private hospital in an unconscious state. He was diagnosed with three blocks in the heart. They could not afford the treatment cost so his wife, Devaki took him to a Govt. hospital. He regained his consciousness in the ICU there. He was asked to undergo Angio there but since it was corona time in 2021, he was discharged and the hospital told him that they will call him back in 2 month's time. After returning home Devaki made a homemade medicine that she had heard about, for him to drink first thing in the morning. He returned to the Govt. hospital after two months; his CAG was clear and he was discharged without treatment.

He had been finding it very difficult to walk due to breathlessness for the past few months. They were regulars at the nearby Swami's Samithi; so the convenor of that Samithi sent them to our Hospital for treatment. Patient Rajendran was admitted to our Hospital on 16/12/2025 and a CAG was done on 19/12/2025. He was discharged on 20/12/2025 under medical management. He has been a diabetic, type II, for the past four years and is on medication. He is an ex-smoker and is overweight, 71 kg. He was advised that he needs to take care of himself.

His caregiver Devaki is a highly devout person with faith in Ambal. Rajendran was admitted to Swami's hospital to undergo ICD. On the day of his procedure Devaki had to go to the ward very early in the morning when it was still dark, from where all the caregivers stay. She was afraid of the dogs, and being new to the place she wanted somebody to accompany her but there was no one at that time. She stood in front of Swami's photo and prayed to Him. Immediately a person with a blanket on his arm came down the stairs close to the picture.



Devaki looked at him expectantly and he nodded his head silently and motioned her to come with him. On the way he had walked ahead and waved to her to follow. They went together up the emergency ramp and when she reached the staircase going up to the cardiac ward her escort had simply vanished. She looked at the lift but it was on the ground floor only. Our most benevolent Swami had rushed to escort His devotee in her time of need. One recalls the words of *Shirdi Sai Baba*:

*One Call Of Love And I Shall Answer, One Honest Prayer And I Shall Fulfil,  
I Reside Where There Is Complete Faith And Devotion.*

Devaki's blessings extended beyond this when her husband was discharged with just CAG and the doctor told her that he does not require ICD.

They both returned back to Coimbatore on the same day and they both decided not to look back and feel sad about the past, but to begin a new life from now on.

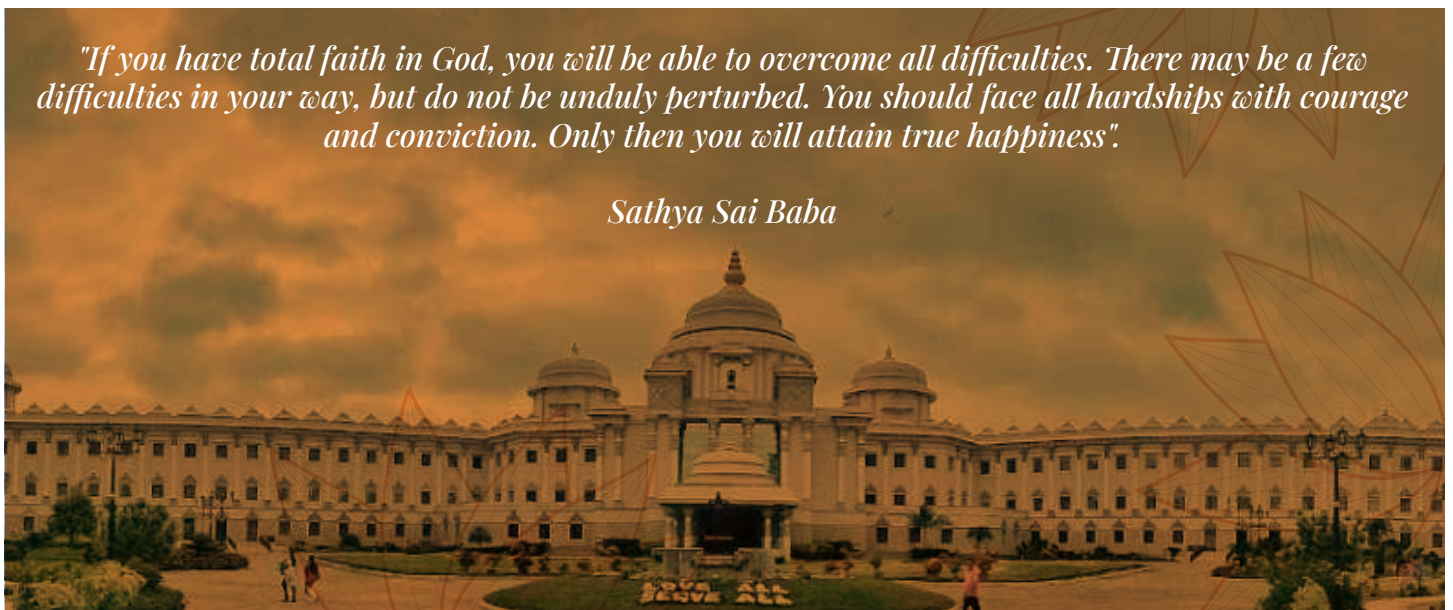
**Jai Sai Ram**.....

Contributor - SAI Counsellor Anuradha, Department of Counselling SSSIHMS, Whitefield.



*"If you have total faith in God, you will be able to overcome all difficulties. There may be a few difficulties in your way, but do not be unduly perturbed. You should face all hardships with courage and conviction. Only then you will attain true happiness".*

*Sathya Sai Baba*



## PATIENT GOWRI DEVI'S STORY: 'STOIC COURAGE AND SWAMI'S MERCY'



Patient Gowri Devi, 45 years old, comes from Thakurganj town in Kishanganj District, Bihar. Patient Gowri's health issues, according to her, started when a theft happened in her house, when she was just married in 1999. She always felt breathless and fearful. She started getting chest pain also, and she went for a check-up first at Purnia and then to Patna, where her illness was diagnosed. The doctor prescribed medicines, and even though she was taking them regularly, they did not help her.

Her father found out about Swami's Hospital, and she came here in 2003. She was admitted along with her daughter, Muskan, as her caretaker during her stay in the hospital. A PTMC was done, and a second PTMC was again done in 2015 at our Hospital. She was following the doctor's advice regularly.

Unfortunately, her husband, who was a school teacher, passed away in 2018. Even though she was also working as a school teacher, due to shock and worry about her future, she neglected her health, and she stopped taking her medication. No one from her husband's side supported her. But her parents helped her.

She started getting chest pain again in 2023. She used to pray to all the Gods all the time. But she said she did not realise she was neglecting her health. She was admitted to our Hospital on 03/05/23 and was operated on for MVR on 04/05/23. The surgery took a long time, and the patient's daughter was concerned and called the counsellor many times. The Counsellor's assurance and prayer helped the patient's daughter Muskan very much, and then she followed, breathing slowly, calmed down and said she felt as if her Mother was speaking to her. As her Father was not there, she needed the emotional support which she got when she needed it. Patient's daughter Muskan and her son Sourabh, being teenagers, felt worried and restless during the surgery, and the motherly support from the Counsellor made a huge difference, she said. Later, the patient's daughter also kept in touch with the Counsellor whenever she felt nervous.

The Counsellor told the patient and her children how important it is to follow the discharge advice given in the Discharge Summary and have a blood check-up every month, as also the medication as advised by the doctors, the diet as per the dietician's advice, exercise and physical activity as per the physiotherapist's advice. All of them noted all the points carefully.

They are extremely grateful to Swami, and they are going to pray to Him every day along with the other Gods. Two years have passed, and with Swami's Grace, Patient Gowri Devi is fine. She is strictly following the doctor's advice. Her children are studying in Kolkata, and she has the courage to stay alone in her house at Thakurganj, and she still works as a teacher.

She calls the Counsellor often, and whenever she calls, she says it is all due to Swami's Mercy(Karuna).

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

Contributor - SAI Counsellor Aparna Hoskote, Department of Counselling SSSIHMS, Whitefield.



*"Be courageous! Know that you are the Atma, not this body;  
then you will be without fear."*

*Sri Sathya Sai Baba*

## PATIENT SIVAKUMAR'S STORY: 'FAITH IN THEIR GOD AND GRATITUDE TO SWAMI'

Patient Sivakumar S, aged 42 years, lives in Tiruvannamalai, TN, with his wife Vijayarani and their two sons, studying in 8<sup>th</sup> std and 5<sup>th</sup> std, and one daughter, studying in 3<sup>rd</sup> std. His mother lives with them.

He has neither BP nor Diabetes. He used to smoke and consume liquor occasionally, but now he has quit. Sivakumar is a Govt. Bus Driver who drives on alternate days from Thiruvannamalai to Salem and back, which takes him 8 hours. He regularly listens to music on the radio in his bus while driving. In his spare time, he pursues his passion as a TV mechanic, which keeps him busy and he enjoys. Sivakumar makes time to be with his children and wife. The family prays regularly to their family deity, Angalaparameshwari.

A month ago, in November 2025, he started getting mild pain on the left side of his chest and back, behind his shoulder. He has been getting light discomfort for a few months at intervals. But he didn't take it seriously enough to consult a doctor. But this time it was more than before. He got worried, and they decided to have a check-up with a local cardiologist. With an angiogram, the doctor detected a block. Since it was not possible to remove it, a stent had to be inserted. Sivakumar came back, wondering how he was going to gather so much money for treatment. Just at that moment, a close friend called and told him about Swami's hospital and said he was getting an appointment for consultation.

Till then, Sivakumar did not know about our hospital. When he got the appointment after a week, for 8/12/25, he and his wife Vijayarani came, and they were grateful to their God for guiding them here. They found the place very peaceful and all the staff very friendly and helpful. The BRMC therapy was conducted by a counsellor, and they found it very relaxing and relieved of their fears and anxieties.

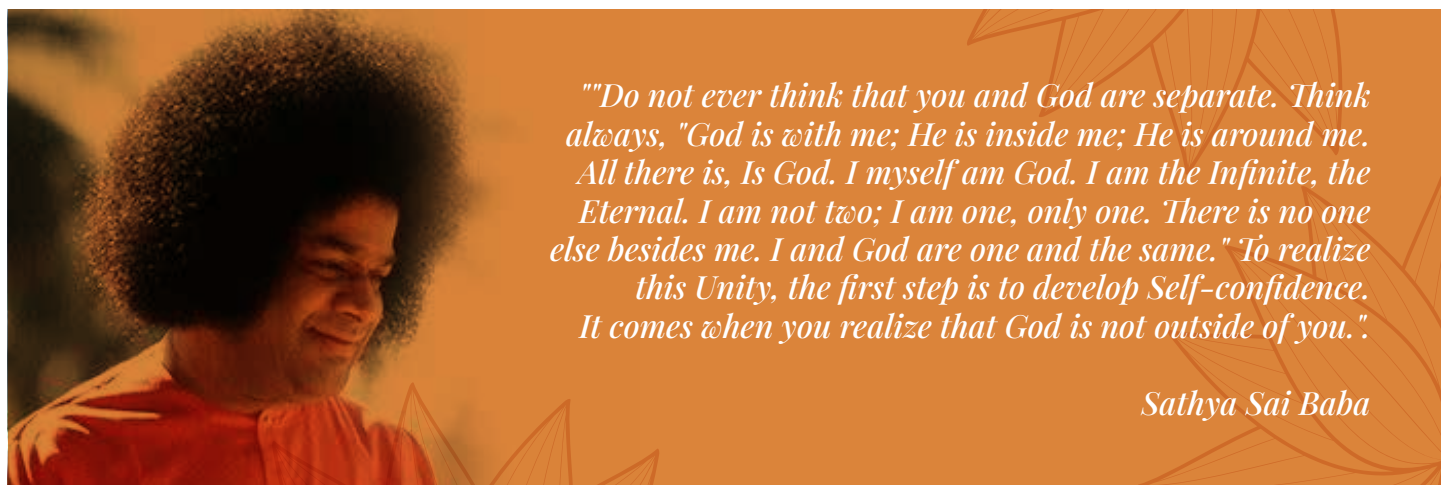
After doing the routine tests, a PTCA, a minimal invasive procedure, was done successfully on 10/12/25, and he was discharged on 11/12/25.

Sivakumar is very happy and grateful to Swami and the hospital for the care that he received and for bringing him here. They are now familiar with the BRMC therapy, and the counsellor has explained the benefits it has on their physical and mental health and told them to include it in their daily routine, twice daily - once in the morning and once at night.

After his wonderful experience here, he has recommended two of his friends to go to Swami's hospital for their treatment.

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

Contributor - SAI Counsellor Subha Srinivasan, Department of Counselling SSSIHMS, Whitefield.



*"Do not ever think that you and God are separate. Think always, "God is with me; He is inside me; He is around me. All there is, Is God. I myself am God. I am the Infinite, the Eternal. I am not two; I am one, only one. There is no one else besides me. I and God are one and the same." To realize this Unity, the first step is to develop Self-confidence. It comes when you realize that God is not outside of you."*

*Sathya Sai Baba*

## PATIENT MUKESH KUMAR PASWAN'S STORY: 'SWAMI'S GRACE ON A SINCERE AND HARD WORKING PATIENT'



On 13<sup>th</sup> December, 2025, Mukesh Kumar Paswan, 43 years old, was admitted at Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), Whitefield, Bangalore.

He hails from Hajipur, Vaishali district, Bihar. Mukesh is a school teacher working in a private school. He has long working hours typically spending 11 hours a day teaching, at school and in home tuition (post school hours). His family consists of his wife, two sons, one studying B Tech and the other in his tenth grade. His parents, both above 65 years old, stay with him.

Mukesh has been diagnosed with diabetes around 7 years back and regularly consults a diabetic specialist. His mother is also a diabetic patient. During October 2025, Mukesh observed swelling in his legs. Due to his diabetic condition, his family got worried and anxious and immediately contacted his regular diabetic doctor. The doctor advised him to get an echo done. Based on the echo reports, the diabetes doctor referred him to a cardiologist.

Mukesh and his family were worried, anxious, and stressed because of a potential cardiac condition and the high associated treatment costs, being apprehensive of any blockages in the heart. At this juncture, one of his relatives who had his wife treated at SSSIHMS for a cardiac ailment, recommended the hospital for the high quality medical care, personal attention, and the free treatment given to all the admitted patients. They also shared the hospital helpline number.

Mukesh was unable to reach the helpline as it seemed to be constantly busy. So he came down to Bangalore and, after explaining his situation to the helpdesk, was able to secure an early appointment. He was admitted on 13/12/25. A cardiac MRI was done, and he was discharged on 16/12/25 to be under medical management. His wife spoke with the counsellor and informed her that Patient Mukesh was prescribed medication and advised on lifestyle changes as per the advice given in the Discharge Summary, to be followed strictly.

The counsellor asked Patient Mukesh and his wife to practice BRMC, the therapeutic breathing exercise taught to them at the Counselling Department prior to his hospital admission. The Counsellor told them that the BRMC therapy helped in first relaxing the body through abdominal breathing, followed by cleansing the mind, shedding negative thoughts like anger, hatred, revenge, etc. and imbibing positive thoughts like love, forgiveness and service to others. You then pray to the God of your choice and surrender to Him.

One feels totally relaxed and free of fear and anxiety. The counsellor told Patient Mukesh and his wife to do it twice daily, once in the morning on waking up, and once before going to sleep.

The counsellor also told Patient Mukesh to revive his hobbies of singing, listening to music, and gardening as part of his daily routine. This would be a good break between his teaching at school and taking up his private tuitions. It would immensely help his health.

Patient Mukesh and his wife are simple and hard working persons. He believes in God, and also believes that though there are different religions, prayer to any form of God will be answered. Swami is now his favourite deity. His only regret is that he was not able to bring back a framed picture of Swami along with him. He says that looking at Swami's picture removed all negative thoughts and filled him with positive energy.

Jai Sai Ram.....

Contributor - SAI Counsellor Ashalatha, Department of Counselling SSSIHMS, Whitefield.

## PATIENT ANIL DAS'S STORY - 'A JOURNEY OF RESILIENCE, GRATITUDE, AND FAITH'

Patient Anil Das, aged 51 years, hailing from Jharkhand, came to Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield (SSSIHMS), and was admitted to our Hospital on 26/03/2024, accompanied by his son Nandlal Das. His association with SSSIHMS dates back to 2012, when he underwent a PTMC procedure in our Hospital. His returning to our Hospital reflects the deep trust he and his family had in Swami's Hospital over the years. He suffered from chronic Rheumatic Heart Disease. Patient Anil Das had been experiencing progressive breathlessness on exertion for the past two and a half years.

A tempo driver by profession, he was the sole breadwinner of his family. As his illness advanced, he was compelled to give up his livelihood, plunging the family into financial and emotional hardship. His family consists of his wife, one son, and two daughters—one daughter is married and settled, and his son, who got married recently, works in a private job in Dhanbad. During this challenging phase, his wife took up tailoring work to sustain the household, embodying inner courage and selfless dedication.

He underwent a MVR surgery successfully and was discharged on 09/04/2024. Throughout his long journey of illness, Patient Anil remained deeply grateful to Swami and to our Hospital for the care and compassion he received. He followed medical advice sincerely, adhered to his medications, and ensured regular blood investigations. He also gave up his habit of alcohol consumption. During counselling, he was taught the BRMC (Body Relaxation, Mind Conditioning) therapy with prayer to God, an important step towards healing, stress relief and inner transformation.

With the post-discharge treatment and constant support, his condition improved and stabilised. Though he could no longer return to driving, he began working as a farm labourer, determined to remain useful and self-reliant. He prayed regularly to his beloved deity, Bajrangbali, and firmly believed that Divine Grace and Swami's unseen hand protected him at every step.

In Patient Anil's life, love manifested through selfless doctors, compassionate nurses, dedicated counsellors, and the sacred atmosphere of our Hospital, where service is offered as worship. As a counsellor, it is profoundly moving to witness such faith, acceptance, and gratitude even in the face of prolonged suffering. When the breadwinner of a family falls ill, the entire household is shaken—financially, emotionally, and socially. It is during these vulnerable moments that institutions like SSSIHMS become a true refuge. The free, compassionate, and excellent medical care offered here not only treats and heals the disease, but restores dignity, hope, and stability to families.

Patient Anil Das's journey stands as a quiet yet powerful testimony to the strength drawn from faith and selfless service. His life reflects Swami's message that healing goes beyond the body—it touches the heart and uplifts the spirit. It is, therefore, no wonder that patients and their families leave SSSIHMS with hearts filled with gratitude towards Swami, Whose Divine love flows through every act of service rendered here.



Jai Sai Ram.....

Contributor - SAI Counsellor Mallika, Department of Counselling SSSIHMS, Whitefield.

## PATIENT KANAK SINHA'S STORY: 'SUPPORT FROM A LOVING FAMILY AND SURRENDER TO SWAMI'

Patient Kanak Sinha, a young girl, hails from the Paschim Bardhaman district of West Bengal. Kanak's father works as a contractor. Kanak is one of the twin children who has a congenital heart disease, and has always been weak since birth. Naturally the family, especially the parents were, saddened, but were determined to give her the best medical treatment, and to intensify their prayer to God. At six months of age, she got a fever. It was diagnosed as pneumonia. Chest, x-ray, and other tests revealed the child's cardiac problem. After consultations at many hospitals in West Bengal, Kanak was brought to Dr Devi Shetty's Narayan Hrudayalaya, Bangalore. An angiogram was done, and surgery was advised for Kanak. The doctors recommended Sathya Sai patient Hospital, Whitefield, to them.

Patient Kanak Sinha, an eight-year-old girl, was admitted to our hospital in 2019. All checkups were done, and she was discharged on medical management. A surgery would be required three years hence, in 2022.

Her father, Anil Kumar Sinha and grandmother, Muni Sinha, were her caretakers. Her mother remained at home to look after her baby and another older child. Her grandfather was in Whitefield at a lodge in Kadugodi, taking care of Kanak's twin sister. In all, Kanak has three siblings—two sisters and one brother, their names are Komal, Kanishka and Aman. Kanak is from a very closely bonded family. Her grandparents are a lot of support to their son, daughter-in-law and all grandchildren.



After three years, the child was brought here again in 2022 for the procedure to be done. Her parents and grandparents' devotion to their family deity, Durga Maa, gave them a lot of spiritual strength during this period. They had also totally surrendered to Swami.

On the patient's admission day, the Counsellor had a tele-counselling session with Kanak, her father and grandparents. The Counsellor's empathic listening and open-ended questions helped the attenders to unburden. They enjoyed the BRMC therapy. The child also practised it. They all seemed very calm and relaxed. Her father mentioned that the child would turn blue at times and have breathing problems, also.

Post surgery, her father and grandmother kept in touch with the counsellor. Her father would often visit our counselling shrine area and found it very peaceful. It helped him connect to his inner source. After discharge, Kanak called me to speak to me and promised to send me videos of her dancing and singing. Her father mentioned he was very happy and satisfied with the outcome. He mentioned that everyone in our hospital, doctors and nursing staff, were very helpful and treated them very nicely.



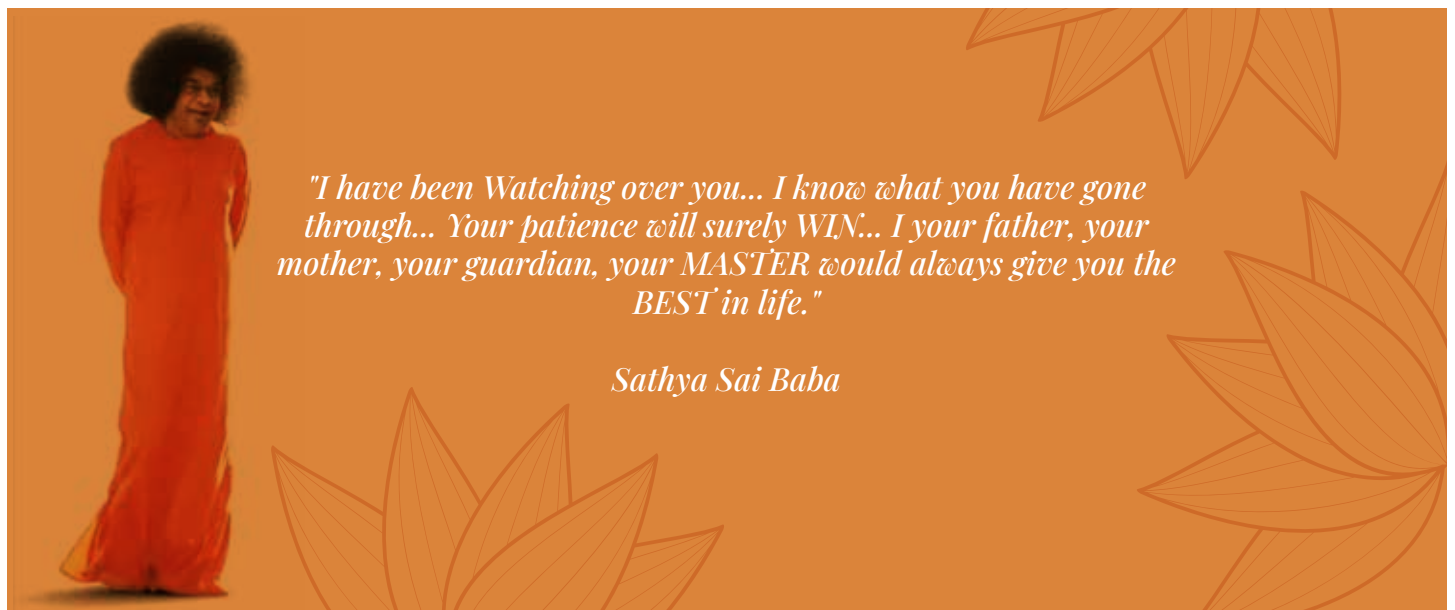
Later on, the father called me from their home in West Bengal, and Kanak spoke to the counsellor. Her mother and grandmother also shared their emotions over the phone and thanked the counsellor for her support.

Father was aware of the Discharge Summary advice, and the medication and diet. In May 2022, Kanak's parents brought her again to the hospital for the routine review checkup. On Diwali day in 2022, they spoke to the counsellor and were very happy and thankful to Swami. Kanak is doing fine. She is studying in class six. She spoke to the counsellor. Praying to Swami for Kanak's good health and well-being.

Now in 2025, Kanak is doing fine She is studying in class six. She spoke to the counsellor. Her aunt (father's sister) mentioned about the good progress in the child's health, she eats good food, studies well, and has got excellent results. Family is very happy about this, and have shared their heartfelt gratitude to Swami and our hospital staff and counselling department.

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

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



## PATIENT RATHNAMMA'S STORY: 'FAITH IN GOD AND OUR HOSPITAL'

Patient Rathnamma, 60 years old, was admitted to our Hospital on 18<sup>th</sup> December 2025. She is from Karnataka, speaks Kannada. She lives in Chikkamuskal village, Ramnagara District in Karnataka. For the past 8 years, she has been suffering from heart palpitations; it has been a scary and uncomfortable experience. Her husband Mukundayya is a farmer. Patient Rathnamma is a homemaker and also helps him in his work. As we are aware, medical facilities in remote areas are hard to find, and the financial expenses to reach medical help are a strain on the family, adding more stress and anxiety. However, the patient and husband are lucky they have very affectionate and caring children, one son and one daughter, who are also very supportive.

When Patient Rathnamma's health problems started, she was taken to the ESI hospital in Tumkur. An angiogram was done, and she was put on medical management, which gave her relief for the next four years. Again, the same problem; an angiography was done in the same hospital. The doctor said she needed a pacemaker and was told to go to Bangalore.

Caregiver Mangalagowri, who is the patient's daughter, got the information through her husband, who is an auto-driver, that a doctor had recommended that Patient Rathnamma be taken to our hospital. One and a half months ago, they brought the patient to our hospital for consultation in our Cardiac OPD. It was confirmed that she needed a pacemaker. On 18/12/2025, she was admitted to our Hospital. She had her 3rd angiogram in our Hospital. Unfortunately, after that, she developed a fever, so the pacemaker procedure was postponed. Finally, on 23/12/2025, the pacemaker procedure was successfully done. She was discharged on 25/12/2025. She has to come for a review on 14/03/2026.

When Rathnamma had her first angiogram done in Tumkur, her son, who was 35 years old, and Mangalagowri were both with their mother in the hospital. The son went to his sister's home to sleep and return to the hospital in the morning. He was found dead in the morning, and the doctor declared him dead because of a heart attack. This sad news came as a shock to the family, and naturally, their stress increased. The son's wife took the children and went to live with her family, adding more sadness to the patient's family. But the grandson is now taking care of the patient's husband.

Mangalagowri and her husband, Shantakumar, who is very loving and supportive, took over the troubles of her parents. Mangalagowri lamented that her mother could not see her son's face after he passed away. 8 years have passed by, but still the old pain lingers in the mother, Patient Shanthamma and Mangalagowri. Mangalagowri was counselled and made aware that she has come through all of these events very stoically. The counsellor found her to be very well-grounded. Both the patient and caregiver passed through our department; they learned the BRMC therapy and prayed at the shrine to their family deity, Lakshmi Narasimha Swami; they felt happy, peaceful, and relieved from stress. Patient Shantamma and caregiver Mangalagowri have settled down well after returning home. They were grateful to Swami and the entire medical staff of the Hospital.



Jai Sai Ram.....

Contributor - SAI Counsellor Nirmala Murthy, Department of Counselling SSSIHMS, Whitefield.



*"Once you know that the Lord, the Omnipotent Power, is the mainspring of your life, there will be no fear any more".*

*Sri Sathya Sai Baba*

## PATIENT KESSANI'S STORY: 'A FARMER'S FAITH IN SAI'



Patient Kessani Venkatesu, aged about 50 years, a dedicated farmer from Krishnapuram near Puttaparthi / Madanapalle is a farmer who cultivates coconuts, mangoes, and other crops on his own land. He is supported by his wife, Sudhamani, who helps him in the fields. He had two siblings who have passed away. Venkatesu and Sudhamani have two children, a son, Surya Teja, and a daughter, Lailika. Both are currently studying B.Tech in Madanapalle. Surya Teja, the responsible brother, ensures his sister's well-being by staying in a nearby hostel so he can be there for her whenever she needs him. In addition to farming, Venkatesu has been running the Sri Sathya Sai Baba Purified Drinking Water Plant near Bukkapatnam for the last 15 years. A devout man, he prays regularly to their family deity, Venkateshwara and is a devotee of Swami. he actively participates in Samithi activities, offering his seva, providing prasadam to devotees, and performing bhajans for Swami's birthday and other festivals.

The health challenges began one night when Venkatesu suddenly lost his balance/grip while getting water in the kitchen and fell to the ground. He initially sought treatment at Puttaparthi Swami's hospital, but when the medicines did not provide relief, the family came to SSSIHMS Bangalore in August 2023. By now, he was experiencing numbness that started in his feet and legs and eventually spread to his hands also. His illness was diagnosed as C3-4 canal stenosis which required surgical treatment.

Upon admission, Venkatesu was naturally worried, tense, and anxious about undergoing surgery, which was scheduled for the next day. A counsellor intervened through telecounselling, providing crucial reassurance and hope.

He found a lot of relief talking through his anxiety to the counsellor, who gave him a lot of internal courage to face the challenge. The counseling sessions were instrumental in increasing his faith in Swami and teaching him the BRMC technique, which he found relaxing. With renewed faith and calm, he went ahead with the surgery, which was successful.

Following his discharge, Venkatesu is enjoying spending time in his garden. He has been diligent in his recovery, carefully following the discharge summary as advised by the doctors, which includes taking his medications and doing the prescribed exercises. His counsellor had stressed the importance of adhering to the discharge summary. Following his discharge, Venkatesu returned home to find peace in his garden.

Currently, Venkatesu continues his annual check-ups at SSSIHMS and remains on his prescribed medication. While his walking has not yet returned to normal, his doctors have assured him of a slow but steady recovery. Venkatesu trusts his doctors and is very positive about recovery, fully.

Although he still occasionally visits his fields, his son Surya Teja, has stepped up significantly by taking over the responsibility of managing the fields with his father's guidance Venkatesu also continues to practice BRMC regularly, to maintain his mental well-being, as also through his faith in Swami and Venkateshwara.

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

Contributor - SAI Counsellor Radhika Subbaiah, Department of Counselling SSSIHMS, Whitefield.

## PATIENT TUHIN'S STORY: EMBRACING ILLNESS WITH FAITH AND HOPE: 'A CAREGIVER'S PATH TO ACCEPTANCE AND RESILIENCE'

On 19<sup>th</sup> January 2020, in a small private nursing home in the village of Erpala, Paschim Medinipur district, West Bengal, Tarak Samantha and his wife Anjali celebrated the birth of their son with a loving embrace. In that sacred moment of joy, they were unaware that their newborn was silently battling a complex cardiac illness. He was later diagnosed with cyanotic congenital heart disease with tricuspid atresia, pulmonary atresia, and Wenkebach atrioventricular (AV) block.



Very soon, their happiness gave way to deep concern. The infant's rapid breathing, bluish tint of the skin and lips, and poor feeding alarmed the young parents. The doctors at the nursing home, worried by these symptoms, advised them to consult a cardiologist without delay. That advice marked the beginning of baby Tuhin Samantha's long journey as a patient, and of his parents' journey as caregivers - filled with helplessness, physical and financial strain, fear, anxiety, and denial. Tuhin was soon treated for a patent ductus arteriosus with a catheter-based procedure in a reputed hospital in Kolkata. Unaware of the complexity of his condition, Tarak and Anjali expected an immediate cure from this intervention. They were deeply disturbed, disappointed, and angry when they learned that Tuhin would still need ongoing medical care at a tertiary level hospital they could scarcely afford.

Yet, Tarak's love for his child, his desperation, and his willpower became the driving force that kept him moving forward. He began making enquiries, and searching for hospitals where his fragile infant could be safely treated. His unwavering efforts finally led him to the Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS) in Whitefield, Karnataka. Despite the very real risks and uncertainties of the Covid-19 pandemic in 2020, the young couple gathered their courage and undertook the long journey from Medinipur, West Bengal, to Whitefield, Karnataka - carrying with them a small bundle of belongings, and an immense bundle of faith, hope, and love for their little Tuhin. Tarak had leased his agricultural land to developers and taken a long leave from his job as a goldsmith in Mumbai. Support from his employers, family, and friends sustained the couple during this critical time. Tuhin was just eight months old, and Anjali was still recovering from the shock. Sleepless nights of caregiving for her frail newborn, compounded by postnatal challenges and nursing difficulties, had left her exhausted.

The portals of SSSIHMS felt like a balm for these weary travellers. They marvelled at the beauty and the healing atmosphere, both outside and within the magnificent hospital. A dedicated team of doctors, nurses, and paramedics welcomed them, delivering world-class care to their baby - entirely free of cost. This embodied the true spirit of selfless service at SSSIHMS Whitefield.

Tarak and Anjali found the silence and ambiance at the counselling department very peaceful. Spontaneously they joined their hands in prayers offering their gratitude to Swami. Their tears of pain combined with relief flowed freely. Observing their raw emotion, it was obvious their deep wounds would heal best in silence. The counselling session was initiated with empathy in prayerful silence. Surprisingly, this simple yet genuine act forged an instant bond between Tuhin's parents and the counsellor. At SSSIHMS, the medical team delivers physical support to patients, while counsellors provide emotional and psychological care to both patients and caregivers throughout their stay and even after discharge based on their need, counsellors provide tele-counselling support to patients and family.

At the hospital Counselling and BRMC therapy occur at key moments: admission day, surgery day, discharge, and as needed during bedside pre- and post-operative care. This addresses concerns, easing stress and tension to foster healing. SAI counselling (Spirituality Awareness Integration) integrates person-centered counselling with BRMC therapy, ending in prayers that reconnect participants with their innate spiritual strength.

Tuhin suffers from an illness that needs prolonged expert medical care and time for cure; it is a marvel that his parents have the tenacity and an undaunted spirit to face challenges with hope and faith. His medical history shown below, is indeed daunting.

- Cyanotic Spell at 5 days after birth,
- H/O recurrent Respiratory tract infection since early age,
- H/O Dyspnea On Exertion which created slight limitation in physical activity,
- H/O suck –rest-suck cycle while feeding- A known clinical sign of feeding indicating that feeding is hard work for the baby (a sign of fatigue)
- H/O FTT- failure to thrive – Growth or weight faltering, bluish discoloration of lip during crying,
- S/P PDA stenting (February 2020) when he was 10 days old – done in Kolkata, West Bengal,
- S/P BD Glenn + atrial septostomy 19-10-2020 at SSSIHMS,
- PAP - ECHO on 4-11-2023
- Paediatrics consultation C/O fever, cough, cold, decreased appetite 6-11-2023
- Dental clearance and treatment for caries 20-11-2023,
- S/P Cath study at SSSIHMS 28-11-23,
- Re evaluation for cath study- PAP Echo 17-5-2024
- PAP review ECHO 20-5-2024
- PAP review ECHO 15-11-2024 (Review after 6 months)



A study of Tuhin's long medical history at such a young age makes one realise the thoroughness and extent of medical support provided by the medical team at SSSIHMS. Tarak and Anjali received continued counselling support during their visit to SSSIHMS and thereafter through tele-counselling sessions. The experience of seeing nine months old Tuhin grow into a young, confident, intelligent and cheerful boy evokes hope despite the future challenges that he has to face. Multiple sessions of active listening to Tarak and Anjali's concerns over the past five years, has helped the counsellor listen to not just the voice but also to the spirit of the suffering. Supporting them through tele-counselling sessions has helped them manage their concerns, one day at a time with a positive frame of mind. The couple have learnt to perceive the child not as a patient but have learnt to experience the warmth of his love, the gift of his presence and the cheer he spreads around their home.



Tuhin's sister, Sanjana who is thirteen years old adores her little brother, he is the apple of his grandmother's eyes. He is blessed to be surrounded with a loving and pious family who are secure in their faith and belief that Baba is helping them every step of the way. During his visit in 2024, Tarak was heartbroken that Tuhin was not yet fit for his next surgery. The long session involving unburdening his fear and anxiety followed by the counselling session ending in BRMC and prayers helped Tarak overcome negative feelings. He spontaneously requested for Vibhuthi Prasad and was grateful to receive hundred packets of Vibhuthi. Twice a day, Anjali applies Swami's Vibhuthi on Tuhin's forehead and feels confident of her child being protected. Swami's Grace and team work at SSSIHMS has provided this family with hope and acceptance. They have learnt to rise above from a state of desperation and suffering and look within at their source of strength as they experience the power of prayers, trust, faith and hope. Currently Tuhin has been enrolled in a school and mother Anjali takes him on her bicycle every morning. He enjoys the company of his classmates and plays with his friends at school, and at home in their farm, with his sister Sanjana, his grandmother and mother.



Reflecting on the meaningful moments of interacting with Tuhin's parents over the years, as a counsellor has been a great learning experience - how an innocent infant with cardiac illness can be like a catalyst empowering the parents, and providing a sense of purpose, build resilience, empowering both his parents and strengthening their faith in God and Divine intervention.

Jai Sai Ram.....

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

# SAI SANKALPA AND GRACE

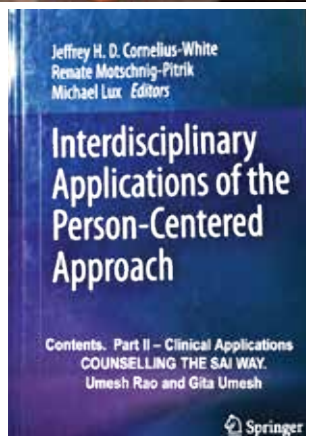
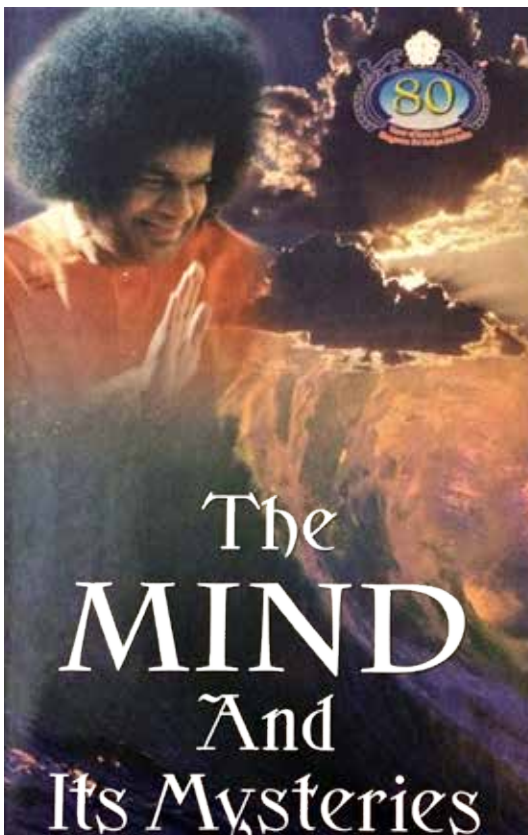



MAYO CLINIC  
**"COUNSELING THE SAI WAY"**  
 Umesh Rao and Gita Umesh, SSSIHMS, Wfd.  
**2010 Mayo Spiritual Care Research Conference**  
*Spirituality and Health Across the Life Span: Investigation and Application*  
**5 November 2010**



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.*

