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# manohriday

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**Back Cover:**  
Picture of Staff taken on 1-Jan., 2026



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



With humility and gratitude at the Divine Lotus Feet of Bhagawan Sri Sathya Sai Baba, I present the Annual Report for the calendar year 2025 of Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield.

The year 2025 has been one of the most intensive

and transformative years in the recent history of the Institute. It witnessed major technology transitions, infrastructure upgrades, expansion of patient services, academic and research initiatives, and a series of curtain-raiser events, all unfolding as we prepared ourselves for the Silver Jubilee celebrations.

**Patient Care – Expanding Reach, Deepening Impact**

Patient care remained the central focus of all our efforts.

During the year 2025, the hospital managed a total outpatient load of over 2.03 lakh patients and more than 9,300 inpatient admissions, reflecting sustained demand for specialized tertiary care services. High-volume and complex procedures were performed across multiple specialities. A total of 8421 Procedures & surgeries + 522 safe deliveries, including Cardiology (2,593 procedures), Cardiac Surgery (874 surgeries), Neurosurgery (1,630 procedures), General Surgery (824 surgeries), Ophthalmology (960 procedures), Orthopaedics (326 procedures), and ENT (636 procedures).

The Department of Obstetrics & Gynaecology conducted 578 surgeries and facilitated 522 safe deliveries, while Dental Surgery services catered to over 9,300 patients. Importantly, the hospital continued to maintain an infection rate lower than international benchmarks, underscoring the institution’s strong emphasis on patient safety, quality standards, and clinical governance.

A total of 11.4 lakhs laboratory investigations, 50,989 Radiology investigations and 20,733 Physiotherapy sessions supported these clinical services.

Trained counsellors, through their unique SAI Counselling method counselled 16,680 patients and conducted over 23,260 therapy cum counselling sessions to patients and caregivers.

To this spectrum of clinical services, Neuro and Cardiac rehab services were added with an advanced facility inaugurated in Dec-2025 valued at Rs.53.47 lakhs. This year also witnessed a renewed thrust on preventive

healthcare with the launch of Sai Sparsh initiative for preventive cardiac healthcare. Also included were several screening and awareness programs for women’s health.

Despite the growing volumes and complexity, care continued to be delivered with compassion, dignity, and clinical excellence.

**Medical Infrastructure Upgrades – Supporting Advanced Care**

During 2025, major medical infrastructure upgrades were undertaken across critical departments, including ICUs with replacement of essential life-support equipment, Cardiology with the addition of three new echocardiography systems, and Cardiac Surgery with new heart–lung machines to support complex procedures. The Neurosciences programme was strengthened with replacement of neuro head frames, advanced neurosurgical and endoscopic systems, while Pathology introduced tele-pathology services to enhance diagnostic reach. Safety and training were reinforced through upgrades to Smoke detection and Fire hydrant systems and the addition of advanced simulation mannequins for the Nursing College.

These upgrades were executed with careful phasing, ensuring uninterrupted patient services.

**IT & Digital Transformation – A Defining Milestone**

One of the most defining achievements of 2025 was the successful digital transformation of core hospital systems. A hospital-wide rollout of ATHMA, a cloud-based EMR, was completed on 26 January 2025, covering OPD, IPD, Nursing, Diagnostics, Operating Theatres, Radiology, and Laboratory services. The transition from legacy systems was seamless, with minimal disruption, resulting in improved clinical documentation, real-time access to patient records, and better continuity of care.

In parallel, the enterprise PACS platform was transitioned to MedDream PACS, a current-generation system built on modern IT technologies and fully integrated with ATHMA. This has enabled clinicians to view imaging studies directly from the EMR, supported remote reporting by volunteer radiologists, and established robust failover mechanisms between Whitefield and Puttaparthi, ensuring resilience and data safety. Together, these initiatives have laid a future-ready digital backbone for the institution.

**Academic Activities – Teaching as a Sacred Responsibility**

- Academic engagement remained strong throughout

the year. DNB, Nursing, and Allied Health training programmes continued with structured teaching schedules, regular case reviews, and faculty-led academic discussions, ensuring sustained clinical and academic rigor.

- As part of the offerings for Bhagawan's Centenary celebrations, the clinical community across specialities, along with the faculty of the College of Nursing, conducted multiple CMEs and knowledge-sharing programmes. During 2025, a total of eight conferences were organized across the specialities of Obstetrics & Gynaecology, Cardiology, Orthopaedics, Ophthalmology, Dental sciences and Anaesthesiology.
- In June 2025, a Global Conference on "Sri Sathya Sai Ideal Healthcare" was jointly organized by all healthcare institutions of the Sri Sathya Sai Central Trust at the Sai Hira Global Convention Center. This unique conference showcased the timeless healthcare model gifted by Bhagawan to humanity. Further, in September 2025, a three-day symposium and exhibition were held in observance of World Heart Day 2025, with active participation from students of the College of Nursing and Allied Health Sciences in the medical camp, cardiac exhibition, and conference.

#### **Research & Innovation – Purpose-Driven Inquiry**

- Research activities gathered significant momentum during 2025. Alongside the continued strengthening of our long-standing collaboration with GE Healthcare, in Dec-2025, the Institute entered into a strategic clinical research partnership with Siemens Healthineers, titled "Collaborative Clinical Research in Echocardiography." This collaboration brings together SSSIHMS's commitment to free, value-based healthcare with Siemens Healthineers' leadership in advanced ultrasound and cardiovascular imaging.
- In parallel, structured initiatives were undertaken to strengthen data governance, research ethics, and regulatory compliance, aligned with emerging national laws and guidelines.
- Research at the Institute continues to remain firmly anchored in the guiding principle that knowledge and innovation must ultimately serve humanity.

#### **Curtain Raisers – Building Momentum**

- The year was marked by a vibrant series of campus-wide events organized by various categories of staff, creating an atmosphere of joy, unity, and collective participation. These initiatives served as meaningful curtain raisers to the Silver Jubilee celebrations. Cultural offerings were presented by the Facility Management Services, clinical and nursing staff, and students of the College of Nursing and Allied Health

Sciences, reflecting the shared spirit of devotion and selfless service that defines the institution.

- In addition, a Sports and Cultural Fest was organized in December by the Residents Welfare Association, witnessing enthusiastic participation from staff members and their families, and further strengthening bonds within the campus community.
- On 6th December 2025, a unique and deeply moving program titled "Seva Vandanam – A Tribute to the Silent Sevaks" was held within the hospital premises. This event honoured the heartbeat of Sri Sathya Sai's Healthcare Mission—those whose unseen hands sustain this Temple of Healing through nishkama seva. Over 650 volunteers were physically present, with many more joining virtually from across India and overseas, making it a truly global expression of gratitude and reverence.

#### **Spiritual Anchoring – The Invisible Strength**

Amidst all progress and activity, the spiritual core of the institution remained unchanged. The year was also interspersed with several significant spiritual observances, including the hosting of the Sri Sathya Sai Prema Pravahini in June, a Deepotsavam in the central dome with over 5,000 lamps in November, the Sri Sathya Sai Akhanda Prema Jyothi in December, and a 25-hour Akhanda Bhajan in January 2026. These curtain raisers and preparatory activities brought together clinical, administrative, and support teams across departments. Along with staff-centric initiatives, they fostered a deep sense of belonging, gratitude, and shared purpose. Together, these events reflected a year that was dense with activity and rich in meaning, in the true spirit of Bhagawan's message.

This spiritual foundation continues to guide every decision and every act of service.

I place on record my heartfelt gratitude to the Managing Trustee and Trustees of Sri Sathya Sai Central Trust for their constant guidance, doctors, nurses, technicians, and staff for their tireless commitment, IT, engineering, and administrative teams for their support, visiting consultants, volunteers, and partners for their selfless service, and above all, we acknowledge that every achievement is possible only by Bhagawan's Grace.

As we reflect on 2025, we see a year that was technologically transformative, clinically demanding, academically vibrant and spiritually anchored.

As we step into the Silver Jubilee year, & in the background of the Centenary year of Advent of our Divine Master Bhagwan Sri Sathya Sai Baba, we renew our commitment to serve with humility, excellence, and love.

*Annual report delivered in Sai Kulwant Hall | 19  
January 2026*



On the morning of 19-Jan-2026, SSSIHMS Whitefield marked its Silver Jubilee year with the launch of a holistic, Preventive Cardiology initiative titled “**Sai Sparsh**” (Sri Sathya Sai Preventive Cardiology and Rehabilitation Services for Health & Healing) in the Divine Presence of Bhagawan Sri Sathya Sai Baba.

The launch took place during a special ceremony at Prasanthi Nilayam, attended by the Sri Sathya Sai Central Trust members, hospital directors, senior medical staff, and patients. The event underscored the institution’s commitment to moving beyond mere curative interventions (stents and bypasses) toward a holistic model of prevention and rehabilitation.

### Addressing the “Vacuum” in Healthcare:



In his opening address, Dr. Prayaag Kini, Sr. Consultant, Cardiology, SSSIHMS Whitefield, highlighted a critical gap in modern medicine. Despite advanced treatments, he noted an alarming rise in heart attacks among Indians in their 30s and 40s.

“Our centre stage has become stents and bypasses, but the answer lies in preventive cardiology,” Dr. Kini stated. Citing that 57% of deaths in India are caused by coronary artery disease, he urged the audience to recall the teachings of Bhagawan Sri Sathya Sai Baba, who envisioned a hospital where patients are treated so well physically and spiritually that they never need to return as patients.

### Sai Sparsh: Tackling “Hurry, Worry, and Curry”



Dr. Reeta Varyani, Head of Department, Cardiology, SSSIHMS Whitefield, introduced the Sai Sparsh program as a comprehensive initiative supported by the Sri Sathya Sai Central Trust and the departments of Dietary, Physiotherapy, and Cardiology.

The program is built upon the foundational health philosophy given by Sri Sathya Sai Baba: the avoidance of “**Hurry, Worry, and Curry**” (physical stress, mental stress, and fatty foods). Dr. Varyani emphasized that Sai Sparsh integrates medical care with counselling and self-care education to treat the “spiritual heart” alongside the physical one.

### The Science of Prevention



Dr. Nayanjeet Chaudhury, Senior Consultant for Preventive Healthcare and Lead for the Preventive Cardiology program, elaborated on the scientific framework of the program. He drew parallels between the spiritual concept of “Hurry, Worry, and Curry” and the medical concept of “Allostatic

Load” (the cumulative wear and tear on the body).

Dr. Chaudhury explained the genetic predisposition of Indians to heart disease (the “Thin-Fat Indian” phenotype) and how historical survival mechanisms against famine are now contributing to heart disease in an era of abundance. “The program is designed to be personal and aspirational, guiding patients through small, incremental changes to manage their health,” he said.

### Rehabilitation: The Bridge Home

The event highlighted that rehabilitation is the “bridge” between the hospital (The Temple of Healing) and the patient’s home. Data presented during the session revealed that patients who undergo cardiac rehabilitation have significantly higher patency rates for stents and bypass grafts compared to those who do not.

“We want the patient to return not as a patient, but as a devotee of a healthy lifestyle. Rehabilitation is where the actual medicine happens; it is Punarvasan (resettlement) into a normal life,” Dr. Kini added.

### Key Releases

The ceremony concluded with the release of three publications:

1. “**Heart of Health**”: A training manual for volunteer counsellor coaches.
2. “**Sai Sparsh**”: A patient education magazine simplifying heart disease concepts.
3. “**Mano Hriday**”: A Silver Jubilee commemorative souvenir.

Certificates were also awarded to the first batch of Sai Sparsh volunteers, who have been trained to guide patients through this new preventive journey.

### Evening Program:

#### “Krutajnata Kusumanjali – Garland of Gratitude” Cultural Presentation.

On the evening of **January 19, 2026**, **Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield** presented an inspiring cultural event titled “**Krutajnata Kusumanjali – Garland of Gratitude**,” marking 25 years of the institute’s inception and service in the field of healthcare.

“**Krutajnata Kusumanjali**” was conceived as a cultural tribute reflecting deep sense of Gratitude towards Bhagawan Sri Sathya Sai Baba by the various stakeholders in the Sai Healthcare Mission viz. staff, students, doctors, Sevalal, former staff, and other well-wishers, who played a vital part in the success of the Institute over the past 25 years. The presentation blended artistic expression with spiritual ethos, underlining the values of service, compassion, and selfless dedication the Institute embodies.

At its core, the event celebrated **gratitude** — not merely as an emotion but as a living principle demonstrated through decades of medical service provided free of cost to patients from diverse backgrounds. The Silver Jubilee occasion provided a unique opportunity for the SSSIHMS family to reflect on achievements, challenges, and the collective journey rooted in service.

The cultural performance included **songs in various languages**, each emphasizing the theme of love, unity, service, and gratitude. These artistic pieces were woven together through a narrative by the respective stakeholders, to create a tapestry of emotion and meaning, illustrating how healthcare is suffused with spiritual values at SSSIHMS-Whitefield.





**Sri Sathya Sai**  
**Institute of Higher Medical Sciences**  
 Whitefield, Bengaluru

Cumulative Statistics - Jan-2001 to Dec-2025			
Outpatient Visits		Laboratory Tests	
Cardiology & Cardiac Surgery	11,08,571	Biochemistry	58,96,966
Neurosurgery	4,96,847	Blood Bank	7,44,197
Neurology	2,78,480	Haematology	8,948,190
<b>Total</b>	<b>18,83,898</b>	Histopathology	33,053
<b>Telemedicine Consultations</b>		Microbiology	1,08,965
Cardiology & Cardiac Surgery	20,078	Serology	7,40,966
Neuro Surgery	19,462	<b>Total</b>	<b>1,64,72,337</b>
<b>Total</b>	<b>39,540</b>	Radiology Exams	
<b>Cardiac Catheterization Procedures</b>		CT Scan	1,09,997
Diagnostics	35,455	MRI	2,10,362
Interventions (Inlc. pacemaker, ICD and device implants)	44,494	Neurocathlab	14,167
<b>Total</b>	<b>79,949</b>	Ultrasound	91,119
<b>Surgeries</b>		X-Ray	4,19,509
Cardiac Surgeries	31,335	<b>Total</b>	<b>8,45,154</b>
Neuro Surgeries	37,631	Physiotherapy	20,733
<b>Total</b>	<b>68,966</b>	Neuro Cognitive Rehab	24

**Sri Sathya Sai**  
**General Hospital**  
 Whitefield, Bengaluru

Statistics for the period Jan-Dec-2025			
Outpatient Visits		Medical Inpatients	
Anesthesia Clinic	9,086	General Medicine	91
Dentistry	9,306	Pediatrics	80
Dermatology	409	Pediatrics (new borns)	522
Otolaryngology (ENT)	9,395	<b>Total</b>	<b>693</b>
Endocrinology	198	Gynec OPD procedure	90
Gastroenterology	1,040	Surgical Inpatients	
General Medicine	30,851	Obsteterics & Gynecology	698
General Surgery & Urology	13,710	Ceasarean Surgeries	262
Obstetrics & Gynecology	16,802	General Surgery & Urology	956
Ophthalmology	15,628	Ophthalmology	1,004
Orthopedics	10,708	Orthopedics	356
Pediatrics	7,764	Otolaryngology (ENT)	637
Psychiatry	1,429	<b>Total</b>	<b>3,913</b>
Wellness Clinic	56		
Emergency	6,099		
<b>Total Outpatient Visits</b>	<b>1,32,481</b>		



Humble Pranams and Salutations at the Lotus feet of Bhagwan

A decade back when myself and Devi had newly moved into the Sri Sathya Sai Hospital Quarters, while taking a morning walk around the Hospital, Bhagawan appeared in the clear blue sky

as clouds outlining His form with His arms held high. It lasted a few seconds and I was overwhelmed by the sight. Bhagawan was welcoming us to His fold with His blessings. I had a reassuring feeling, as we joined this unique organisation which strives to give back to the society.

In September 2025, following a health setback I underwent a bypass procedure in this very Temple of Healing. I wish to share my personal experience from the moment of consultation to discharge. Personally, I am yet to grasp the magnitude of events that unfolded. Ward boys, Nurses, CCU, ICU Staff, Doctors, Sevadal, each and every one of them took such good care that I hardly felt the strain or pain after such a major procedure. Bhagawan's presence was felt and experienced via the services of each of them.

Right from the moment I got admitted until discharge, things transpired in super fast mode akin to a T20 cricket match. It was as if everything was planned and executed to precision. Assurance and moral support provided by the doctors before the procedure helped

me go to the operation theatre with a smile and in a positive frame of mind. Dr. Reeta went out of her way to keep me in good spirits. During my recovery in the ward, I had a hard time getting to sleep at night. As a result, during the day I felt tired and stressed. One such day, as I was lying with my eyes closed after breakfast, I felt someone massaging the back of my head and I could experience the stress and tiredness vanish with the final stroke of massage. Assuming it was my wife who was massaging I requested her to repeat it. She was sitting away from me and was surprised by my request. I opened my eyes and it dawned on me that the assuring hand who massaged was none other than Bhagawan!

I celebrated Saraswathi Pooja in the CTVS ward along with the doctors and staff. It was an occasion to convey my gratitude to Bhagawan and staff for their care and support. Dr. Prayaag noticed that I was happily dozing away during the daytime. He immediately instructed me to jump from bed and walk. My caretakers who had hard time convincing me to walk regularly were gleefully watching as I was tutored by Dr. Prayaag with an assuring hand over my shoulder on the importance of walking and keeping my heart active. From that day I have religiously followed the morning walk routine which has immensely helped in my recovery and shed weight.

I am deeply indebted to the staff and management of SSSIHMS, Whitefield and join in wishing the Hospital a happy 25th Anniversary.

Aum Sri Sai Ram

**Kaliappan K.**

## Reconnecting to Him: Sadhana Shivir at Sai Sruthi, Kodaikanal

With the divine grace of Bhagawan Sri Sathya Sai Baba, a spiritually uplifting Sadhana Shivir was held on 17-18 May, 2025 at the serene Sai Sruthi Ashram, Kodaikanal, for the staff and families of SSSIHMS. The objective was to feel His presence, understand the significance of the Sai Avatar, appreciate the rare opportunity of serving in His institutions, and deepen our connection with Swami.

A total of 128 participants (49 gents, 62 ladies, and 17 children) took part in this one-and-a-half-day retreat. The sacred ambience was enhanced through Suprabhatam, Vedam, and Bhajans.

The first session, Sai Avatara Vaibhavam, featured inspiring talks by Sri Sanjay Sahni and Sri Sai Krishna,

enriched with personal experiences, visuals, and a quiz on Swami's life and mission. The evening session, Swami in Kodai, included heartfelt narrations, staff sharing, and a creative value-based "Highway to Heaven" Snake & Ladder presentation by Balvikas children.

The final session focused on Our Opportunity in Swami's Mission, with deeply moving talks by Sri Sanjay Sahni and Dr. Sundaresh D.C. The visit to Swami's room was the most sublime experience, leaving hearts filled with devotion and gratitude.

We sincerely thank Sri Sathya Sai Seva Organisation for the loving arrangements, prasadam, and accommodation.



Bapan Sk was only five years old—an age meant for scraped knees, carefree laughter, and afternoons spent chasing friends across sunlit rooftops. He was the second of three children born to Bapi Sk, a hardworking mason, and Ameena Bibi, a devoted mother whose world revolved around her

children. Their modest home in Mithipur, Jangipur, in Murshidabad district, held little in terms of possessions—but it overflowed with love, resilience, and hope.

#### One ordinary afternoon, everything changed

While playing with friends on the terrace, Bapan slipped. A brief cry. An 18-foot fall. When he was lifted from the ground, he was unconscious, blood trickling from his nose, his small body frighteningly still. Panic took over. His parents rushed him to the nearest hospital, and from there he was referred to Kolkata. He underwent emergency surgery for bleeding inside the brain. Complications followed. Infection set in. Part of the skull had to be removed. The boy who once ran freely now lay silent, his parents watching every breath with fear.

#### When he was finally discharged, uncertainty came home with him



Over time, a large swelling began to grow over his head. His scalp became thin. Clear fluid would occasionally leak. His parents did not understand the medical terms—only that their child was still suffering. With limited means and no clear direction, they lived in quiet despair. Ameena Bibi spent countless

nights whispering prayers beside her sleeping son. Bapi Sk returned to daily labour, carrying not just bricks, but the unbearable weight of helplessness.

As Bapan grew older, the visible deformity over his head began to affect more than just his health. Children stared. He became withdrawn. His natural playfulness slowly faded, replaced by hesitation and self-consciousness. For his parents, the pain of watching his confidence erode was as heartbreaking as the illness itself.

It was then that compassion arrived through people. A family friend, Surful Sk, learned of Bapan's condition and told them about Sri Sathya Sai Institute of Higher Medical Sciences in Bengaluru—a place known for healing without burden, for compassion without conditions. Seeing their desperation, Surful did more than offer words. He arranged financial support, organised the journey, and opened a door that would change the family's destiny.

When Bapan arrived at SSSIHMS, he carried not just the scars of injury, but the weight of prolonged suffering. Doctors found that he had developed a large defect in the skull, recurrent infections, abnormal collection of brain fluid, and dangerous pressure within the brain. In September 2021, he underwent surgery to divert excess fluid using a shunt, along with reconstruction of the skull. For a while, things looked hopeful. But healing is not always linear. His fragile scalp broke down. Infection returned. The wound reopened.

What followed was not the effort of a single speciality, but the coming together of many. Neurosurgeons, plastic surgeons, anaesthetists, nurses, and rehabilitation teams worked side by side for one child.

When the infection made reconstruction particularly challenging, the plastic surgery team was brought in for a highly complex microsurgical procedure. Tissue was carefully taken from his chest and back, and under the microscope, tiny blood vessels were painstakingly connected to vessels in the scalp to restore blood flow to the transferred tissue. This advanced free-flap reconstruction was done not only to protect the brain but also to achieve durable healing and better appearance. It was a long, delicate operation that reflected extraordinary teamwork and precision.

Bapan bore it all with quiet courage. In 2022, the swelling returned once again. Further investigations revealed that the natural pathways for brain fluid were blocked deep within the brain. Another intricate surgery was performed near the base of the skull to restore this flow, followed by placement of a new shunt on the opposite side. Slowly, the swelling reduced. His discomfort eased. His eyes became brighter again.

For the first time in years, his parents began to breathe more freely. Follow-ups continued. By 2023, scans



showed stable brain pressure. Doctors discussed the possibility of final skull reconstruction once the family felt emotionally ready. Life, cautiously, began to resemble normalcy again.

Then in late 2025, Bapan returned with headaches and renewed swelling due to a problem with his shunt. A revision shunt surgery was done at SSSIHMS to correct the blockage and restore proper drainage of fluid from the brain, bringing him relief once again. On 22 December 2025, Bapan underwent the final and most meaningful step in his long journey of healing. Surgeons at SSSIHMS performed a cranioplasty using a custom-made, 3D-printed implant crafted from an advanced medical material called PEKK (Polyetherketoneketone), chosen specifically because it is extremely well tolerated by the body and minimizes the risk of any tissue reaction. In simple terms, the implant was designed uniquely for Bapan's head, like a missing puzzle piece, to restore the shape of his skull, protect his brain, and

give him back a normal appearance. The part of his head that had been visibly deformed for years was finally made whole again. With this surgery, his long course of treatment was truly completed.

Today, the visible deformity that once drew stares is gone. The head he once tried to hide is now held high. The child who once avoided eye contact now smiles openly. His confidence—so quietly eroded over years of illness—has returned.

But Bapan's story is not only about surgeries. It is about a child who fell—and was lifted again and again by hands guided by skill and compassion. It is about parents who carried faith when their strength ran out. It is about a hospital where multidisciplinary care is not just a system, but a sacred offering. And it is about how, when science is driven by love, healing becomes something deeper than medicine.





While every moment in Swami's presence is to be cherished, there are some moments that remain forever blazing in one's consciousness. The Silver Jubilee of this Temple of Healing is a sacred opportunity to pause, reflect, and ruminate on how He has used each of us as instruments in His Divine design—placing us precisely where

we were needed, in a cosmic "Divine Sudoku" that only He can solve.

### The Law of Love

Once, during my time in Cardiology, I had many conversations with donors. One, in particular, left a deep imprint on me.

"Brother, I would like to help in the treatment of some children's heart problems."

This request came from an Indian gentleman living in the West Indies. Curious, I asked him, "Why do you want to do this here? Swami would be happy wherever the poor are taken care of. I am sure there is a need in your country as well."

He replied, "All women are like my mother. But when my own mother requires help, I should first take care of her."

The Divine has etched the Law of Karma at the time of creation. But the Divine Mother, Bhagwan Sri Sathya Sai Baba, descended to demonstrate something far greater—the **Law of Love**.

When a child disobeys, falls, and hurts himself, the mother does not say, "You did not listen, now suffer." Instead, she gathers the child into her arms, soothes him, wipes his tears, and applies balm to his wounds. Similarly, the Divine Mother has established these Institutions to care for the poor and the indigent, inspiring countless others to do the same. When the Law of Love operates, the Law of Karma loses its sting.

No wonder Bhagwan says, "*If you cannot understand one mother's love, how can you understand the love of a thousand mothers?*"

Like a mother who gives her child the very best, Swami established this hospital with the finest equipment, dedicated staff, grandeur, and space—so that the poorest patient would feel not like a charity case, but like a guest in a palace.

### Waiting for His Time

After completing double postgraduation—M.Sc. (Physics) and MBA—April 1999 marked the end of my student life and the beginning of an uncertain future. Waiting for Swami's guidance was like waiting for rain. He chooses His time; our timelines are meaningless.

On the early morning of 9th March 2000, Swami was to leave for Brindavan. With no guidance forthcoming, I decided to move on. The evening darshan of 8th March was to be my last. Suddenly, the call came—Swami was calling all "waiting boys," the alumni of SSSIHL seeking His direction.

Though I had decided to move on, I finally entered the interview room. That one decision changed my life forever.

Swami told us to go home for a week and return to Brindavan—He would then tell us "what next." We obeyed to the letter. But Swami chooses His time. Nearly two months later, He called all of us to the newly constructed guest house next to Trayee compound and asked us to choose areas of hospital work—Outpatient, Cath Lab, Perfusion, Echo, ICU, etc.

Not knowing anything about any of these works, I randomly selected Outpatient, but the final allotment placed me in the Cath Lab. Once again, the Master knew best.

During that time, an elder asked in Swami's presence how long we would work in His hospital. After hearing some answers, the elder said, "They should serve Swami till the end." Swami gently replied, "*Let them work as long as they are happy.*"

*In Swami's scheme, there is no retirement."*

### Training Under His Watchful Eye

Soon, training plans unfolded. Some brothers went to the USA, four to Baroda for perfusion, and nine of us—including me—to AIIMS, New Delhi.

Swami personally arranged everything—train tickets, accommodation, training, transport. During couple of interviews, He gave us foldable beds, bedsheets, pillows, clothes, money to stitch clothes, medical dictionaries, and books on Anatomy & Physiology.

When Swami gives, He gives completely—nothing is left for you to worry about.

At AIIMS, one of India's premier cardiology institutes, we were postgraduates learning from experienced diploma holders—an experience that was humbling and enriching. The staff were supportive, having seen our seniors during the Puttaparthi hospital inauguration. Special mention must be made of Sister Alice and Mr. Pradeep, who patiently trained us in Cath Lab materials and imaging views.

We returned in November 2000, in time for Akhanda Bhajan, and were posted to SSSIHMS-PG, where we learnt CPR and the life-saving basics essential for Cath Lab work. It also gave us insights on how Swami's hospital works in terms of culture, processes etc.

On 8th December 2000, we were called to Whitefield to oversee preparations for the inauguration scheduled on 19th January 2001.

### **Building a Temple of Healing**

When we arrived, Cath Labs were still being installed. There was dust, construction activity, and bare walls. Equipment had to be coordinated, installed, and tested—patient monitors, ventilators, defibrillators, temporary pacemakers, ACT machines, and more. We liaised with pharmacy, vendors, CTVS teams, Sevalal, and housekeeping. Sometimes, we ourselves mopped and cleaned.

Swami would walk through every inch of CCU and Cath Lab. If even a tiny speck of dust was left, His keen eye would catch it—yet He was always understanding.

When we explained technology to Him, He would ask, “*How does it help the patient?*”—bringing the focus back from machines to human beings.

The beds were chosen to distribute pressure evenly and remain cool. Granite walls were selected for both grandeur and hygiene. Touch-based monitors were installed when touch technology was still unheard of. The Cath Labs were the best available at that time.

For us, they are patients. For Him, they are His own.

### **Growing With the Department**

During my years in the Cath Lab, there were countless moments of exultation when difficult cases succeeded, and humbling moments when we knew it was all Him. Visiting doctors, nurses, and allied health professionals came at their own cost, bringing skills and materials for patients they had never met—guided only by His unseen hand.

I also worked with companies on equipment features, vendor selection, and system administration. Cardiology was given a state-of-the-art digital network in 2000 itself—Windows 2000 server, NT clients—allowing angiograms to be viewed across the floor. This later integrated into PACS in 2008. It was intense learning, constant expansion, and continuous refinement.

We were blessed with outstanding nursing staff, technical teams, and committed doctors.

### **Experiencing His Omnipresence**

Bhagwan always said His Love and Grace pour like rain. Even today, His omniscience, omnipotence, and omnipresence are experienced daily. A few examples:

#### **1. Ask, and Thou Shalt Be Given**

In 2008, the department aspired to start device closures for holes in the heart—avoiding surgery for children. Each device cost Rs.80,000–Rs.1.5 lakh. There were no formal requests, only prayers.

Swami arranged visiting experts, resources, and training. Today, SSSIHMS is among the largest centers in India for device closures—all done free of cost.

#### **2. Do Your Best, Leave the Rest to God**

We had two Cath Labs, each with different FFR systems. After a corporate acquisition, costs of using one FFR system rose steeply. Despite negotiations, no solution emerged.

One evening, after exhausting all efforts, I mentally told Swami, “I have done my best. Now it is up to You.”

Soon after, the old system failed—something that had never happened before or after. Contractual obligations forced the vendor to replace it with the cost-effective system we had originally requested.

Swami operates at dimensions beyond our understanding.

#### **3. The Superman Is Always in Control**

Cardiology imaging is complex—Echo, TMT, Holter, EP, IVUS, OCT, Cath Lab, and more. PACS was radiology-centric and inadequate for cardiology needs. A unified “Super App” was only available at prohibitive cost.

Unexpectedly, a company approached us with an affordable integrated solution, specially considering the charitable nature of the institution. After many twists and turns, the system was installed.

Swami is truly omnipotent.

#### **4. Pray, and Thou Shalt Never Be Denied**

Devices for rhythm disorders cost 4–12 lakhs. Visiting doctors bring limited numbers. Patient demand always exceeds supply.

In March 2023, we prayed for additional support. Discussions were inconclusive. As we stepped out of the Director’s office, the HoD received a call from a Heart Valve Bank offering funds—unsolicited, unprompted, and sufficient.

Every patient was taken care of.

Swami is omniscient.

His one action benefits patients, staff, donors, suppliers—everyone—simultaneously.

These Temples of Healing are living embodiments of the **Law of Love**. We are privileged to be instruments in His mission. When we turn our thinking and actions towards His work, the infinite downpour of His Grace becomes limitless expansion of service, love, and gratitude.

This Silver Jubilee is not just a celebration of 25 years of a hospital.

It is a celebration of **His Love in action**.

**N. Srinivas**  
Sr. Manager-HR & Academics,  
SSSIHMS, Whitefield



The Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS) stands as a unique institution in the world of healthcare, embodying the vision and compassion of Bhagawan Sri Sathya Sai Baba, lovingly referred to as Swami. Swami's influence at the hospital goes far beyond its clinical operations, infusing every

aspect of the patient and caregiver experience with spiritual depth, selflessness, and service.

### The Spirit of Service

At SSSIHMS, the essence of Swami's teachings—"Love All, Serve All" and "Service to Man is Service to God"—is evident in the daily operations. The staff, regardless of their role, approach every patient with empathy and respect, creating an atmosphere that feels more like a spiritual sanctuary than a conventional hospital. The model of providing world-class medical care completely free of cost is a direct expression of Swami's boundless compassion.

### Divine Presence in Everyday Life

Many patients, visitors, and staff recount a palpable sense of Swami's presence throughout the hospital corridors. The serene environment, regular bhajans, and spiritual discourses provide comfort and hope to patients dealing with difficult diagnoses. Volunteers and employees often share that they feel guided and protected by Swami in their day-to-day tasks, especially in challenging situations, attributing successful surgeries and recoveries to his blessings.

### Transformative Patient Care

Patients at SSSIHMS frequently describe their experience as transformative—not just in terms of

physical healing, but also emotionally and spiritually. The absence of financial burden allows families to focus solely on the patient's recovery. Many recall interactions with doctors and nurses, who not only offer medical expertise but also listen with patience and kindness, often sharing words of encouragement inspired by Swami's teachings.

### My Journey & Experiences In SSSIHMS

For me, the best experience was when Swami gave his pure love in the form of lunch for all staff, in the year 2008, just before Swami left His physical form. It was a time of pure bliss, inner learning and holding on to the precious teachings of our beloved Lord. As my Journey started as a Sai student from 2001-2006 in Anantapur, and followed by being blessed to work as a staff from 2006-2017 was beautiful healing touch for my soul. Now I am able to spread His words as action in corporate world outside.

### Stories of Faith and Miracles

Over the years, numerous stories have emerged of patients experiencing unexpected recoveries, timely interventions, and solutions to seemingly insurmountable problems. These are often attributed to Swami's grace, with devotees and even some non-devotees acknowledging the mysterious, uplifting energy that pervades the hospital.

The SSSIHMS experience with Swami is not just about receiving medical treatment. It is about being enveloped in an environment of unconditional love, where each person is treated with dignity and care, regardless of material circumstances. Swami's vision has transformed SSSIHMS into a temple of healing, where the power of selfless love and faith creates miracles every day.

Jai Sai Ram !!!!

Gayathri Srinivasan  
Former Dietician, SSSIHMS, Whitefield

## Cardiology:

### Conferences conducted:

**8-9 Mar & Nov, 2025:** The 10th & 11th editions of SPEED (Sri Sathya Sai Preparatory course for Exam-going DM/DNB Cardiology Students) were conducted, reaffirming its status as one of the most sought-after preparatory courses in cardiology education.

**12-Mar-2025:** The 2nd edition of FACTS (Formative Assessment of Cardiac Care Technology Students) was conducted, providing a rich and practical learning experience for the 450+ delegates.

**7-Jun-2025:** Crystal 2025 SSS Cardiac care Technology refresher course for Advanced Learning was conducted by hospital. Around 150 Cardiac care Technologists participated in this program benefiting the students through the various sessions.

**27-29-Sep-2025: Sri Sathya Sai Global Cardiovascular Conference**, held at the **Sai Hira Global Convention Center**, Prasanthi Nilayam, was a landmark event commemorating **World Heart Day 2025** and the **Centenary Celebrations of Bhagawan Sri Sathya Sai Baba**. Organized in collaboration with the **World Heart Federation (Geneva)**, **Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS)**, and **Rochester Medical Center (USA)**, the conference brought together science, spirituality, and service in a unique confluence. Departmental staff played a pivotal role in coordinating the conference both from logistics point of view and actual conduct of the conference.

The over reaching theme, **“Harmonizing Heart Health – Reducing Hurry, Worry, Curry”**, echoed Bhagawan Sri Sathya Sai Baba’s teachings on holistic well-being. The conference emphasized the integration of **spiritual, emotional, and physical health** in cardiac care.

### Conferences participated in:

Dr. Reeta Varyani, HoD, Cardiology, was invited speaker at International Conference-American College of Cardiology 2025, at Chicago. She delivered a talk on the topic: *“Right to Access for Cardiovascular Care Powered by Breakthrough Artificial Intelligence: India.”*

During the year, three Electrophysiology camps, four complex paediatric device camps, three complex coronary camps, three rota camps were organized with the support of visiting cardiologists and electrophysiologists Dr. Sivaraman Yegaraman, Dr. Ashok Garg and Dr. Srivatsan, and Dr. Nageshwar Rao and Dr. Chaddha. Close to 100 patients benefited from these camps.

### Noteworthy cases:

On 17-Apr-2025 our Cardiologists performed a complex Peripheral intervention named TEVAR Thoracic Endovascular Aortic repair to correct life threatening Aortic aneurysm in the thoracic region using Bentley stent graft on a 45 year old female patient. Patient has recovered and when home with her disease cured.

On 20-Apr-2025 our Cardiologists successfully treated a 21-year-old nursing student from our college, diagnosed with the rare disease, Takayasu Arteritis affecting the Aorta using a Zephyr-Balloon-expandable peripheral vascular stent. She recovered and went back to her studies at the college with her disease completely cured.

On 7-May-2025 our cardiologists successfully treated a 72-year old lady suffering from life-threatening Abdominal Aortic Aneurysm. A successful endo-vascular aortic repair (EVAR) was performed using Medtronic Valiant Thoracic stent graft.

## Neurosurgery:

### Major Activities & Achievements

#### 1. Initiation of Endoscopic Spine Surgery

The department has successfully initiated **endoscopic spine surgery**, representing a major step forward in minimally invasive spinal care. This milestone was achieved under the expert guidance of a visiting specialist from CMC Vellore, enabling the team to adopt advanced endoscopic techniques. These procedures offer reduced surgical trauma, smaller incisions, faster postoperative recovery, shorter hospital stays, and improved patient outcomes.

#### 2. Collaborative Metabolomics Research on Gliomas

The department completed a collaborative research study with Sri Sathya Sai Institute of Higher Learning (SSSIHL) on the metabolomic profiling of gliomas in the Indian population. This work was carried out as the DNB thesis of Dr. Khizar M., presently a Junior Consultant in the department. The study is among the few of its kind conducted in India and utilized high-end metabolomics technology at SSSIHL. The academic and clinical significance of this research was duly recognized by its recent acceptance for publication in *Neurology India*, a leading peer-reviewed neurosurgery journal.

### 3. Advanced Tumor Visualization Using the Leica OHX Microscope

Following the recent acquisition of the Leica OHX operating microscope, the department has successfully employed **tumor fluorescein imaging mode** in several brain and spinal tumor surgeries. This technology enhances intraoperative differentiation between tumor tissue and normal neural structures, facilitating more accurate tumor margin identification. Its use has contributed to safer resections, improved extent of tumor removal, and better preservation of critical neural tissue.

#### Publications:

- 1: Jhajharia A, Thakar S. Giant brain Stone: Calcifying pseudoneoplasm of the neuraxis (CAPNON). *J Clin Neurosci.* 2025 Feb;132:111010.
- 2: Ghosal K, Kanthaje A, Ghosal N, Palasamudram S, Thakar S, Aryan S. Three cases of pituitary adenoma with a review of the literature and insight into a rare variant of ependymal pituitary adenoma. *Clin Neuropathol.* 2025 May-Jun;44(3):89-96.
- 3: Ghosal K, Thakar S, Kumaran SP, Aryan S. Association of Cerebellar Peduncle Morphometry with Hypertrophic Olivary Degeneration: A Pilot Case-Control Study. *AJNR Am J Neuroradiol.* 2025 Dec 4;46(12):2582-2589.
- 4: Thakar S, Alle P, Lakha A, Sarkar S, Aryan S. Economic Evaluation of Surgery Alone versus Surgery Plus Adjuvant Therapy for Glioblastomas in India. *Neurol India.* 2025 Nov 1;73(6):1173-1179.
- 5: Alle P, Thakar S, Aryan S. Moving Beyond Morphometrics and Alignment: Prospective Longitudinal Study on Cognition, Quality of Life, and Diffusion Metrics in Congenital Craniovertebral Junction Anomalies. *Neurosurgery.* 2025 Jan 1;96(1):111-121.

#### Conference presentations/ workshops attended:

- Dr. Anand Akash, DrNB resident, presented a paper titled 'Microvascular decompression for unusual vascular conflicts' at the Bengaluru Neurological Society Meet in January 2025.
- Dr. Prashanth Alle, senior DrNB resident, presented a paper titled 'Cognitive deficits in CVJ anomalies' at the Bengaluru Neurological Society Meet in January 2025.
- Dr. Chetana Govindaraju, Junior Consultant, presented a paper titled 'Radiotherapy induced Moya-Moya syndrome' at the Bengaluru Neurological Society Meet in January 2025.
- Dr. Avinash Lakha, Junior Consultant, presented a paper titled 'Dural AVFs- endovascular management

of a rare pathology' at the Bengaluru Neurological Society Meet in January 2025.

- Dr. Sauradeep Sarkar, Consultant, presented a paper entitled 'Optico-chiasmatic distortions in pituitary adenomas' at the Bengaluru Neurological Society Meet in January 2025.
- Dr. Sanjay H., Consultant, attended the 13th NIMHANS Microvascular Anastomosis Workshop in March 2025, gaining hands-on experience in advanced microvascular techniques to enhance surgical expertise in vascular neurosurgery.
- Dr. Sumit Thakar, Senior Consultant, delivered a talk on 'Navigating Neural Space' at the Global Conference on Sri Sathya Sai Ideal Healthcare at Puttaparthi on June 28-29, 2025.
- Dr. Sumit Thakar, Senior Consultant, delivered a talk on 'Need for Rehab after Brain Injury' at a Seminar on Rehabilitation at SSSIHMS, Whitefield on December 6th, 2025.
- Dr. Sudharsan P. Vijayaraghavan, Junior Consultant, presented a paper entitled 'Early minimally invasive microscopic hematoma evacuation: A promising low-cost approach for improved functional recovery in large basal ganglia hematomas' at the 73rd Annual Conference of the Neurological Society of India held at Indore from 10th-14th December, 2025.

#### Reviewer assignments

- Dr. Sumit Thakar, Senior Consultant was an ad-hoc reviewer for articles submitted in the following peer-reviewed indexed journals in 2025: *BMC Neurology*, *Surgical Neurology International*, *Neurology India*, *Acta Neurologica Belgica*, *Neurosurgical Review*, and *Case Reports in Oncology*.
- Dr. Sauradeep Sarkar, Consultant was an ad-hoc reviewer for articles submitted in the following peer-reviewed indexed journals in 2025: *Pituitary*, *World Neurosurgery*, *World Neurosurgery X*, *Neurosurgical Review*, *Journal of Clinical Neuroscience*, *BMC Endocrine Disorders*, *Journal of Neuro-Oncology*, and *Spine*.
- Dr. Sumit Thakar, Senior Consultant, is an invited Rater for the McMaster Online Rating of Evidence (MORE) System affiliated to the Health Information Research Unit of McMaster University, Canada since 2017. In the year 2025, he rated articles published in *Lancet Oncology*, *JAMA*, and *Spine Journal*.

#### CTVS:

##### Presentations & Publications:

On 20th Feb 2025 at the 71st Annual Conference of the Indian Association of Cardiovascular Thoracic Surgeons (IACTSCON), New Delhi,

- Dr. Dipika Niraimati (DNB, CTVS) presented a paper on “Surgical Bail Out for PTCA Complications – RCA Stuck Stent and Guidewire Removal Case Report”
- Dr. Gautham Shetty supervised and co-authored “Technical Challenge in Surgical Retrieval of Sinus of Valsalva Device” and was presented by Dr. Samanvita Venkataramani, DNB Resident
- Dr. Gautham Shetty supervised and co-authored “Unusual Presentation of Double Outlet Left Ventricle,” which was presented by Dr. Dipika Niraimati, DNB Resident.

#### Conferences attended:

- Dr. Sarthak Gupta, DNB Resident, CTVS, participated in IACTS SCORE (Online) on 1-2 Mar, 2025.
- Dr. Samanvita V, DNB Resident, CTVS attended Heart Valve Symposium on Mar 21-23, 2025 at IIT Madras, Chennai.

#### Anaesthesia:

CME on Cardiac Anaesthesia on 21-Dec-2025.

#### Lab & Blood Bank:

##### Research:

Participating in “Uropathogenic Klebsiella study” – a multi-center study by SSSIHL on Klebsiella infections in the urinary tract.

##### Continuing Education:

- Staff & B.Sc MLT interns visited Plasmagen Biosciences Pvt Ltd. to understand the processes & methods of plasma fractionation.
- B.Sc MLT: 4 students completed the course in 2025; another 21 are currently pursuing the course.
- Initiated a “Journal Club” on the last Saturday of each month to keep the academic vigor and offer continuous medical education for staff.

#### Noteworthy case:

The following case describes how a simple, routine test helped identify a major disease and helped the clinician prepare a treatment plan.

A 74-year old lady had frequent symptoms of cardiac & respiratory problems. The findings from a cardiac examination were inconclusive. The doctors were unsure why the symptoms were recurring.

During routine blood tests, the pathologist noticed abnormal findings in the Peripheral smear examination and suggested a serum protein electrophoresis test. This helped arrive at the diagnosis of Myeloma, which explained the patient’s symptoms. Appropriate treatment was then initiated and the patient improved.

## Obstetrics & Gynaecology:

#### Conferences conducted:

2-Mar-2025: Sai Ob Gyn Conclave with the theme - “Her Health Matters”, focused on holistic women’s health through interactive academic sessions.

#### Conferences attended / papers published:

Dr Sharmila Nagendran attended Gnanvarsha 2025, Bengaluru, where she presented, “Case series of Vaginal cysts beyond the common Bartholin’s, diverse and rare presentations of vaginal cysts and surgical challenge- a 3-year experience.”

#### Research Projects:

- a) Case series of Vaginal cysts beyond the common Bartholin’s, diverse and rare presentations of vaginal cysts and surgical challenge- a 3 year experience.
- b) Prospective study to determine the association of Serum Uric acid levels in Early pregnancy with the development of Gestational Diabetes Mellitus
- c) Ribbon technique in Endo bag abdominal manual morcellation in Laparoscopic myomectomy- safe and zero cost alternative to power morcellator.

#### Community Outreach

- a) Mobile mammography camp was conducted to screen and staff members and relatives to screen for breast cancer.
- b) Talk given by Dr Kavya Kshatriya at Lowry Adventist College and group of Institutions on the theme, “Prioritize Breastfeeding: Create sustainable support system”.
- c) Talk for nursing students on Prevention of Breast and Cervical cancer emphasizing awareness, early detection and hope for cure, by Dr Neekita Pradhan.
- d) Antenatal clinics on Thursdays, addressing pregnancy related queries, emphasizing balanced diet during pregnancy.
- e) Free antenatal yoga classes on Saturdays for all pregnant patients with a goal of a healthy mother and healthy child.

#### Noteworthy case:

At 26 years old, a young mother of two came to our institution with a condition rarely seen in women her age. Both her children were delivered normally, but after a particularly difficult labor seven years earlier, she began to notice changes in her body. Gradually, she developed a bulge from the vagina, persistent lower abdominal pain, difficulty emptying her bladder, and painful intimacy. Over time, these symptoms interfered with her daily life, causing discomfort, embarrassment, and silent suffering during what should have been her most active years.

After living with the condition for seven years, she finally sought medical care. Doctors diagnosed her with significant uterine prolapse, a condition that can occur even in young women following difficult childbirths. She was reassured that effective treatment was available.

Following thorough evaluation, she underwent a minimally invasive laparoscopic sacrohysteropexy. Through small incisions, her uterus was restored to its normal position and supported without removal. Her recovery was smooth, and the results were life-changing. The bulge disappeared, pain resolved, urinary symptoms improved, and her confidence returned.

Her journey highlights that uterine prolapse is not limited to older women and that suffering in silence is unnecessary. With timely care and modern surgical techniques at SSSIHMS, healing is truly possible.

### Orthopaedics:

Conferences conducted:

15–16 March 2025: The Dept. of Orthopaedics conducted a two-day academic event “SAI Basic Arthroplasty Course”, focused on enhancing surgical skills in arthroplasty.

Presentation made:

Dr. Sundaresh, Director, SSSIHMS-Whitefield and HoD, Orthopaedics, delivered a talk during the plenary session on **Innovation in Healthcare Technology** during the World Health Innovation Forum (WHIF 2025). He also participated as a panellist in the session titled “**Skilled Hands, Safe Outcomes – Science and Expertise in CSSD.**” In addition, he was provided a guided tour of the AMTZ facility, which incubates and manufactures a wide range of indigenous medical technologies.

### Dentistry:

Conference conducted:

15-May-2025: Perspectives in Practice: A Multidisciplinary approach to Oral Health and beyond.

### Ophthalmology:

Conference conducted:

13-Jul-2025: RESICON-2025 – “Evaluation and Investigation - Simplified for Residents”.

Presentation:

Dr. Archana Preethi, Add Sr. Consultant, was invited as a guest faculty by Bengaluru ophthalmic society for BOS Summit 2025 on 26 & 27th July. She presented on the topic: “Corneal ulcer from presentation to resolution”.

Noteworthy cases:

### A Sight Restored: Pavan’s Journey to Light

Ten-year-old Pavan arrived at SSSIHMS with a severe corneal tear and vision reduced to mere hand movements. Turned away elsewhere due to financial constraints, he found hope here. Immediate reconstructive surgery was performed and by Swami’s grace, Pavan’s vision is restored—a true miracle of selfless care.



Restoring Vision, Renewing Hope



### College of Nursing:

Conference conducted:

29-Nov-2025: **Revolutionizing Nursing Care with the Power of Artificial Intelligence:** The objective was to enhance delegates’ competencies in AI-driven nursing practice and to introduce emerging technologies reshaping modern healthcare.

### Physiotherapy Services:

Conference conducted:

6-Dec-2025: The **Seminar on Rehabilitation** brought together eminent professionals from Neurosciences, Cardiology, Physiotherapy, and Allied Health Sciences to share insights on the growing need and evolving approaches in Rehabilitation Medicine. The speakers touched upon the genesis of the department, the need and approaches towards neuro and cardiac rehabilitation.

### HR Department:

30-May-2025 Workshop conducted on “**Prevention of Sexual Harassment at Workplace (POSH) & the Process of Inquiry**” for IC members from SSSIHMS, Whitefield, Brindavan Ashram, HR representatives, and faculty from the Nursing College.

## Awards & Recognitions:

### Cardiology

**Dr. Prayaag Kini**, Sr. Consultant Cardiology received

- the Best Research Paper Award at the Heart Failure Society of India (HFSI) Conference held on 7-9 Feb, 2025.
- the best research paper award at “India Live” March 2025.

**Jayashree** received 3rd prize at the Karnataka Allied Health Professionals Association (KAHPA) Conference held in Feb 2025.

### Neurosurgery:

- Dr. Anand Akash, Dr.NB resident, won the Best Paper Award for a paper entitled ‘Microvascular decompression for unusual vascular conflicts’ at the Bengaluru Neurological Society Meet in January 2025.
- An article “Association of Cerebellar Peduncle Morphometry with Hypertrophic Olivary Degeneration: A Pilot Case-Control Study” published in the *American Journal of Neuroradiology (AJNR)*, a premier international neuroradiology journal, was selected for inclusion in *AJNR Scantastic*- a distinguished monthly highlight curated by AJNR editors for articles with exceptional educational merit.

## Nursing College & Allied Health Sciences:



Smt. Eswaramma All Rounder Gold Medal is awarded to **Ms. Aswini R.U.**, B.Sc. Medical Laboratory Technology of 10th Batch (Academic Year 2017–2021)

Smt. Eswaramma Academic Gold Medal was awarded to **Ms. Parvathy Satheesh**, B.Sc.

Nursing of 13th batch (academic year 2020-2024) and **Ms. Gajula Rajasekhar Gari Monika**, B.Sc. Cardiac Care Technology.

**Ms. Gajula Rajasekhar Gari Monika** won the 4th rank in the Combined State-Level Examination conducted by the Rajiv Gandhi University of Health Sciences in the stream of B.Sc. Cardiac Care Technology for the year 2025.

**Ms. Sreelakshmi** (2018 batch) secured 9th rank (Karnataka State) in the B.Sc Perfusion Technology course conducted by Rajiv Gandhi University of Health Sciences.

**Sri M. Subramaniyan**, Sr. Manager-HMIS, is now **Dr. M. Subramaniyan!**



On 22-Nov-2025, Sri M. Subramaniyan, Sr. Manager-HMIS, was conferred upon degree of Doctorate of Philosophy in Computer Science during the 44th convocation of the Sri Sathya Sai Institute of Higher Learning (Deemed to be University), Prasanthi Nilayam, presided over by the Hon’ble Vice-President India, Sri C.P. Radhakrishnan. His doctoral thesis is titled, “*Some Machine Learning based data-driven models for useful predictions for improved prognosis and treatment outcomes.*”

Leveraging the advances in Artificial Intelligence, his work focused on developing an interpretable, data-driven machine learning framework designed to enhance clinical effectiveness and operational efficiency, accelerate translational research, and support a sustained shift toward evidence-based healthcare practice.

As part of his thesis, Dr. Subramaniyan used data gleaned from SSSIHMS-Whitefield and proposed a framework, which uses Machine Learning & Artificial Intelligence to demonstrate strong clinical relevance across multiple use cases including early detection of cardiogenic brain abscesses in patients with Tetralogy of Fallot, prevention of disease recurrence following lumbar disc herniotomy, and facilitated outcome prediction in patients with rheumatic heart disease and mitral stenosis undergoing Percutaneous Transluminal Mitral Commissurotomy.

Together, these applications highlight the framework’s potential to improve decision-making and patient outcomes. Importantly, these contributions align directly with the UN Sustainable Development Goal 3 (Good Health & Well-being), of reducing mortality from non-communicable diseases by enabling earlier interventions and more personalized, targeted care pathways.

## Celebrations: Birth Centenary & Silver Jubilee

- On Saturday, 24-May-2025, 2 Nos. of 20ft.-high cut-outs of Bhagawan in standing Abhayahasta pose were erected in front of the hospital and 1 in the Residential Campus.
- As part of the Centenary Celebrations of Bhagawan Sri Sathya Sai Baba and the milestone anniversaries of Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield (Silver Jubilee – 25 years) and Sri Sathya Sai General Hospital (Golden Jubilee – 50 years), a 30-foot high commemorative inflatable display was procured and installed atop the hospital building.
- Facade lighting was installed to enhance the hospital's night-time visibility and visual appeal.
- 30-Nov-2025 - Deepotsavam 5,000 lamps of love were lit in the hospital dome area with the theme “25 Years of Healing with Compassion.”
- 2-Jan-2026 - A 25-hour Akhanda Bhajan was reverentially offered at the Divine Lotus Feet of Bhagawan as an expression of collective gratitude for 25 years of His boundless grace. The sacred Bhajan offering was conducted at Dhanvantari Hall from Friday, 2 January 2026 (4:00 PM) to Saturday, 3 January 2026 (5:00 PM).
- 18-19 Aug-2025 Prema Pravahini Ratham Celebration.
- 6-Aug, 2025 - Standing idol of Lord Ganapathi from the terrace installed behind Dhanvanthri Statue.



*Glimpses of spiritual activities & facelifts done at the Hospital as part of centenary & silver jubilee celebrations*

Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield (SSSIHMS-WFD), successfully completed a major digital transformation with the transition to ATHMA, a cloud-based Electronic Medical Record (EMR) system, and MedDream, a web-based Picture Archiving and Communication System (PACS), in January 2025.

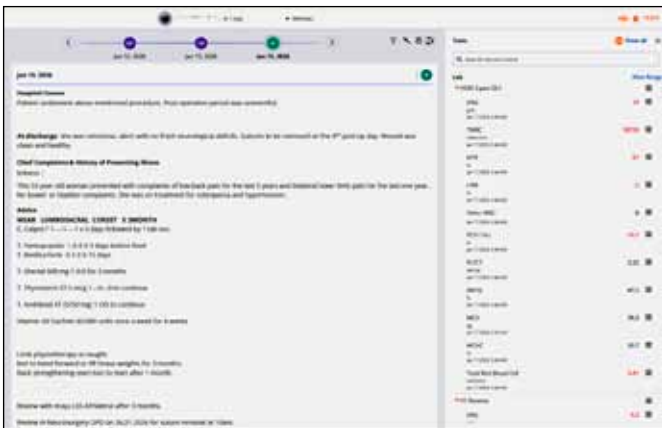
The ATHMA EMR was rolled out hospital-wide on 27 January 2025, covering OPD, IPD, Radiology, Laboratory, Operating Theatres, and departmental diagnostics. The go-live was smooth, with active participation and quick adaptation by doctors, nurses, and staff. Onsite and backend support from the ATHMA team ensured continuity of clinical operations, and post-go-live refinements are being addressed collaboratively.

In parallel, the PACS transition from Fujifilm SYNAPSE to MedDream was completed on 26 January 2025. All Radiology, Cardiology, and Dental modalities were configured for DICOM worklist and

image storage to MedDream. Integration with ATHMA enables seamless access to imaging studies directly from relevant clinical screens. Image transfer and viewing performance have been stable, with no major issues reported during the initial ramp-up phase. Robust failover mechanisms have been established between Whitefield and Puttaparthi PACS environments to ensure data availability and resilience.

Certain integration challenges—particularly related to order amendments within ATHMA for Radiology and Cardiology workflows—have been identified, and workarounds and long-term fixes are being explored with the ATHMA team to ensure data accuracy and operational efficiency.

Overall, the coordinated rollout of ATHMA EMR and MedDream PACS marks a significant milestone in strengthening SSSIHMS-WFD’s digital healthcare infrastructure, enhancing clinical integration, accessibility, and continuity of care.



ATHMA

Investigation Name	Result	Remarks
Total Cholesterol (TC)	120 100-160 mg/dL	
Triglycerides (TG)	188.8 50-160 mg/dL	
HDL Cholesterol (HDL-C)	29.31 35-65 mg/dL	
LDL Cholesterol (LDL-C)	77.6 60-160 mg/dL	
Ratio Total Cholesterol / HDL Cholesterol	4.27	
VLDL Cholesterol	21.96	



PACS - MedDream

## Waste Segregation & Recycling:

During the calendar year 2025, the hospital has responsibly recycled 60 tons of metal, plastic, paper, glass, e-waste and wood, through tie-ups with authorized recyclers.



The Institute has entered into an MoU with Bintix in 2024 for responsible disposal of dry, recyclable waste from the residential quarters of SSSIHMS.

“Between May, 2024 to December, 2025, they have collected 10 tons of waste, and ensured this waste is responsibly recycled and

does not end up in a landfill.

## Collaboration with Vedan NGO (Waste Audit & Capacity Building):

Vedan Trust, a Bengaluru-based NGO working on waste management and environmental conservation has carried out an exhaustive waste audit at SSSIHMS-Whitefield, and has provided us a pathway for the implementation of “Zero-Waste Campus”. They have also provided awareness sessions to the students & staff of the Nursing College, housekeeping staff of SSSIHMS-Whitefield and the staff of the Public Canteen & bakery. They have also designed and provided signages for display in the wards, hostel, college class room, canteens, to support 3-way segregation of waste, to avoid generation of mixed waste.

In the next phase, they will be working with the Sri Sathya Sai Seva Organization to set up a “Train the Trainers” program under which a few volunteers would be trained to provide ongoing orientation and awareness to the sevadal volunteers, who visit the hospital on a weekly basis. Alongside, various other engagements are planned to help the hospital go further on its zero-waste journey.

## Visits to SwachaGraha Kalika Kendra (SGKK):

On 6-Oct-2025, members of the Hospital Waste Management Committee, along with representatives from SSSIHMS-Prasanthigram, Prasanthi Nilayam township and Sri Sathya Sai Institute of Higher Learning (Brindavan Campus), paid a visit to SwachaGraha Kalika Kendra (SGKK)—a community learning centre in Bengaluru focused on composting, decentralized waste processing, and sustainable living practices.

Dr. Shanthi Tummala, from the HSR Citizen’s Forum, gave the visitors a detailed overview of the waste

collection process using the 2-Bin-1-Bag system. Sri Vasuki Iyengar, a composting expert, gave an overview of the various types of composting solutions, which could be employed to compost food waste and leaf litter in a decentralized manner. In a Visits to SGKK help the hospital’s environmental champions gain hands-on insights into **wet waste composting and sustainable lifestyle practices**, strengthening internal waste management strategies and promoting innovation.

## Phase 2 of Campus Water Management Project Complete:

With the support from FluxGen under the guidance of Sri Ganesh Shankar, Founder, FluxGen, aerators were provided in 1700 taps across the hospital, residential quarters and hostels. This is expected to bring about a 16% reduction in water consumption.

As part of Phase 1, FluxGen had provided smart water meters across various key locations and arrived at a clear baseline water consumption.

## MEGA Green Initiative launched at SSSIHMS



On 17-Dec-2025, representatives of the Make Earth Green Again (MEGA) Foundation Charles D’Souza and Ram Kanala, along with Dr. Sundaresh, Director,

SSSIHMS-Whitefield, Sri D.V. Chandrasekhar, Sri Praveen and Sri Vishwas Shetty, launched an ambitious project of greening the Earth with the plantation of 12 trees on SSSIHMS-Campus.

MEGA is based on the premise that an average individual’s lifetime consumption accounts for the loss of 12 trees, contributing to carbon emissions, soil degradation and ecological imbalance. Reversing this impact begins with a simple, actionable commitment of planting & nurturing 12 trees over one’s lifetime.

MEGA is aimed to be not a one-day event but a long-term call to action to individuals and communities to healing the planet by 2040, step-by-step and tree-by-tree.





Geeta was only twenty-one when she stepped into marriage in the year 2000, her hands still carrying the softness of youth, her eyes filled with dreams she barely dared to name. She came from a simple background, where life moved gently between responsibilities and quiet joys. Marriage, to her, was not an ending but a beginning—a promise of companionship, shared struggles, and a future slowly built with love.

The first two years passed in an ordinary, beautiful rhythm. Geeta learned the small rituals of married life—

early mornings, shared meals, laughter over trivial disagreements, and the comfort of knowing someone waited for her at the end of the day. But destiny, it seemed, had planned a harder test for her young heart—both literally and figuratively.

In 2002, Geeta began feeling unwell. What started as fatigue slowly grew into breathlessness, palpitations, and a persistent weakness that no amount of rest seemed to cure. Simple tasks left her exhausted. The sparkle in her eyes dulled, replaced by worry she tried hard to hide from her family. After multiple consultations and investigations, the truth emerged: Geeta had a serious heart problem involving her valves.

The diagnosis came like a storm. She was just twenty-three. Newly married. Her life had barely begun. The word heart—so often associated with love and emotion—now carried fear, uncertainty, and questions no one had easy answers to. Would she survive? Would she ever live normally again? Would she be able to become a mother?

Doctors explained that she would need a valve replacement surgery. For a young woman from a modest background, the news was overwhelming—not only medically, but financially and emotionally. Nights were spent in silent tears, prayers whispered into pillows, and conversations filled with anxiety. Yet, somewhere beneath the fear, Geeta held on to a fragile hope.

It was during this vulnerable time that she was guided toward Sri Sathya Sai Hospital—a name spoken with reverence by those who knew its mission. A hospital where no patient was turned away for lack of money. A hospital where healing was not just a service, but an offering.

In 2003, Geeta arrived at Sri Sathya Sai Hospital. The building itself felt different—calm, dignified, almost sacred. For the first time since her diagnosis, she felt her fear ease slightly. Doctors spoke to her gently, explaining her condition with patience and clarity. Nurses treated her not as a case file, but as a person—a young woman standing at the crossroads of fear and hope.

The valve replacement surgery was major, and the days leading up to it were filled with nervous anticipation. Geeta remembers lying in the hospital bed the night before surgery, hands folded, heart racing, surrendering herself completely—to faith, to the doctors, and to the unseen force she believed was guiding her path.

#### The surgery was successful.



When Geeta woke up in the recovery room, weak but alive, she felt something shift deep within her. It was not just a repaired valve—it was a second chance at life. The days that followed were challenging, filled with pain, rehabilitation, and careful monitoring. But each

passing day brought improvement. Each breath felt easier. Each heartbeat steadier.

The doctors reassured her that the new valve was functioning well. Slowly, Geeta regained her strength. When she finally walked out of the hospital, she carried more than a surgical scar—she carried gratitude so profound it brought tears to her eyes.

Life after surgery was cautious at first. Regular follow-ups, medications, and lifestyle changes became part of her routine. Yet, instead of feeling restricted, Geeta felt liberated. She could breathe freely again. She could dream again.

Two years after her surgery, life surprised her once more—with joy this time.

#### Geeta became pregnant.

The news brought happiness, but also fear. Questions resurfaced: Was her heart strong enough? Would pregnancy put her at risk? Once again, she turned to the doctors at Sri Sathya Sai Hospital. After careful evaluation, they reassured her that her heart was stable and that with close monitoring, she could safely continue her pregnancy.

Those nine months were a delicate dance between hope and caution. Each heartbeat of her unborn child felt like a miracle. Each medical check-up was both nerve-wracking and reassuring. Geeta followed every

instruction with devotion, aware that this life growing inside her was nothing short of a blessing made possible by the surgery years ago.

When she finally delivered a healthy baby girl, her tears flowed freely. Holding her daughter for the first time, Geeta felt the full weight of her journey. This child—warm, breathing, crying softly in her arms—was living proof that life could bloom even after darkness.

#### **Years passed.**

Her daughter grew into a bright, healthy young woman, full of curiosity and strength. Today, she is twenty-one years old—the same age Geeta was when she first got married. Watching her daughter step into adulthood, Geeta often finds herself reflecting on the fragile thread that connects past and present. She knows that without timely surgery, without compassionate care, this life beside her might never have existed.

#### **Then came the pandemic.**

When COVID-19 swept across the world, fear returned—not just for Geeta, but for millions. Despite precautions, she contracted the virus. Her condition deteriorated rapidly. Breathing became difficult. Hospitalization became necessary. Old fears resurfaced—this time sharper, heavier. Would her heart withstand this new assault?

During her critical illness, doctors conducted thorough examinations. One of the most reassuring moments came when they confirmed that her heart valves were functioning perfectly. Even after nearly two decades, even under the immense stress of COVID, the valve replacement done at Sri Sathya Sai Hospital remained strong.

That news gave Geeta immense courage. She fought the infection with renewed determination, eventually recovering fully. Once again, her heart—both literal and symbolic—proved resilient.

Today, Geeta lives with deep happiness and gratitude. She leads a normal, fulfilling life, cherishing every ordinary moment that once seemed uncertain. Her story is one she shares with humility, always pointing toward the hospital and the doctors who gave her a second life.

To her, Sri Sathya Sai Hospital is not just a place—it is a blessing. A place where compassion meets excellence, where healing transcends medicine, and where lives are restored with dignity and love.

She often says, “My heart beats today because of them. My daughter exists because of them. Every smile in my home carries their kindness.”

Geeta’s life stands as a quiet testimony to what is possible when skill, service, and selfless love come together. Her heart, once fragile, now beats strong—not just with blood, but with gratitude, faith, and the joy of a life fully lived.



“Live the Love” is not merely a spiritual message at the Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS); it is a way of life that permeates every action, every decision, and every act of care. Rooted in the divine inspiration of Bhagawan Sri Sathya Sai Baba, the hospital functions as a sacred space where compassion, service, and excellence in healthcare unite.

Though many may never have seen Swami in person or touched His lotus feet, His presence is deeply felt in the hospital. His love flows silently through every healing hand, every vigilant protocol, and every life protected. Words often fall short in expressing gratitude for this unseen yet ever-present guidance, but it is this divine love that fuels the hospital’s unwavering commitment to patient safety and well-being.

### A Mission Anchored in Service and Safety

At SSSIHMS, protecting health goes beyond treatment—it encompasses **health promotion, prevention, and preparedness**. Infection control is not a routine obligation; it is a sacred responsibility. Guided by this vision, the **Hospital Infection Control Committee (HICC)** plays a pivotal role in shaping and strengthening infection control practices across the institution.

The committee continuously recommends strategies to prioritize infection control activities, improve outcomes, and address health disparities. By offering practical guidance, it enables staff across various sectors to work more effectively, ensuring that health protection becomes a lived reality rather than a written policy.



### Audits, Accountability, and Zero Infection Goals

Regular audits serve as direct indicators of how faithfully infection control practices are followed by staff. These audits are not viewed as inspections, but as instruments of improvement and self-reflection. With a dedicated team of doctors and deeply committed nursing staff, SSSIHMS strives relentlessly toward the goal of **zero infections**—a goal that reflects both clinical excellence and moral duty.

### Battling AMR: A Collective Responsibility

One of the hospital’s key strategies in this journey is the formation of the **Antimicrobial Stewardship Program (AMSP) Team**, aimed at combating Antimicrobial Resistance (**AMR**)—one of the most urgent global public health challenges today.

AMR has the potential to affect individuals at any stage of life and spans across healthcare, veterinary, and agricultural sectors. Resistance to even a single antibiotic or antifungal can lead to serious, life-threatening consequences. If these life-saving drugs lose their effectiveness, humanity risks losing the ability to treat infections and control public health threats.

Recognizing this, SSSIHMS follows a robust **antibiotic policy** that guides clinicians to use antimicrobials with precision, responsibility, and foresight. Prevention remains the cornerstone—because preventing infection is the most powerful way to prevent resistance.

### Walking the Path of Love and Responsibility

Committed to patient care and inspired by Swami’s eternal message of love and selfless service, the Infection Control Team at SSSIHMS walks steadfastly toward the vision of **zero infection**, while actively waging a battle against AMR. Every protocol followed, every guideline implemented, and every life safeguarded is an offering at His lotus feet.

In His presence we live.

In His love we serve.

And through dedicated infection control practices, we honor that love—today and always.

**Dr. Renuka Neravi**  
Infection Control Team  
SSSIHMS, Whitefield

With the divine grace of Bhagawan Sri Sathya Sai Baba the Neuro Rehab centre has been dedicated to the service of patients at the Sri Sathya Sai Institute of Higher Medical Sciences on the 6th December 2025.

### How the Rehabilitation Centre Came About

In my previous job as a Professor & head of Orthopedics at the M S Ramaiah Medical College we performed many spinal surgeries. Some of them had residual neurological deficits, resulting in physical disabilities for which we were unable to do much to help them get back to society without being a burden. This thought was continuously troubling my mind. In these circumstances, during an Interview with Swami at Trayee, Brindavan I appealed to Him to permit the starting of a facility for spinal surgery where comprehensive care could be given including rehabilitation. He just smiled & said that everything will happen in time & asked me to be patient.

The impatience in me reminded Swami about this in another interview in 1990 & went on to say that “Swami has forgotten what He has said”. I got a rebuttal from Him stating, “Swami speaks with one tongue” & what I want will happen in time.

It appears that the time to rekindle that thought in my mind came in 2024. I started writing a project proposal for a Rehab centre to be located on the second floor where the College of Nursing was located & was empty since the college moved to the new building. The finished project proposal barring the quotations for the equipment remained in my computer for a while. In September of 2024, on the request of Iyanu foundation, Singapore, I shared the project proposal, which they were happy to support.

Upon the approval of the Sri Sathya Sai Central Trust, I had the site prepared on the second floor & after due process of purchase, we acquired the required equipment & the Neuro Rehab centre was inaugurated on the 6-Dec-25, by Sri R.J. Rathnakar, Managing Trustee, Sri Sathya Sai Central Trust.

I am happy to share this centre is a state-of-art-facility serving persons with neuro & cardiac problems completely free of cost. The benefits of such rehabilitation procedures for this group of patients is immense & helps them return to society as useful members. Most often, the process of rehabilitation is not paid attention to due to the prolonged treatment schedules & high costs. To this facility we intend to add cardiac rehabilitation the usefulness of which is highlighted by the Cardiology Department.

Dr. D. C. Sundaresh

A **Cardiac Rehabilitation Program** is a medically supervised, personalized plan of exercise, education, and support to help people recover from heart events (like heart attacks, surgery, or heart failure), manage heart disease, and reduce risks for future problems by improving physical fitness, heart health, and overall quality of life. These programs typically involve supervised exercise, nutrition guidance, stress management, and emotional support, delivered by a team of healthcare professionals.

Key components of such a program would include the following:

**Exercise Training:** A tailored program of aerobic activity (walking, cycling) and strength training, supervised to ensure safety and effectiveness. This will be provided by our physiotherapist, already our staff.

**Education for Heart-Healthy Living:** Learning about risk factors (blood pressure, cholesterol, diabetes), healthy eating, smoking cessation, and medication management. This will be provided by team of Sai Sparsh volunteers.

**Stress Management & Counselling:** Techniques to cope with the emotional toll of heart disease, including anxiety and depression. This will be provided by our psychologist.

**Nutritional Guidance:** Personalized advice from dietitians on heart-healthy food choices. This will be provided by our dietician.

Availability of cardiac rehabilitation facility improves the long-term success rate of the high-cost interventions (angioplasties & bypass surgeries) at the Institute. It would reduce future costs both to the Institute and the patient.

Dr. Reeta Varyani  
Sr. Consultant & HoD, Cardiology



Inauguration of Rehabilitation Services

## Medical Equipment Replacements:

- **ICUs:** Syringe pumps, patient warmers.
- **Cardiology:** 3 new Echo Machines
- **Cardiac Surgery:** 2 nos. heart lung machines
- **Neurosurgery:**
  - Neuro headframes 4 sets
  - Smith and Nephew Endoscopic System
  - Aesculap Endoscope
  - Vascular Doppler
- **Nursing College:** Training mannequins for skill enhancement
- **Pathology:** Slide scanner for telepathology services
- **Neuro Rehabilitation Facility**
- **Engineering Services:**
  - 200TR chiller
  - Upgrade of smoke detector system



200TR chiller for HVAC Dept.



Ultrasound machines for Cardiology



Digital ECG Machine



Neuro Endoscope



Vascular Doppler for Neurosurgery



Slide Scanner for Pathology



Sysmex coagulation analyzer



Heart Lung Machine for CTVS

## Nursing College Activities:

- Sri Sathya Sai Annual Sports & Cultural Meet – 11.01.2025
- Republic Day Celebration – 26.01.2025
- Lamp Lighting Ceremony (XVII Batch) – 31.01.2025
- Report on SNA Election – 07.02.2025
- Annual Day Programme – 03.05.2025
- Nurses Day Celebrations – 12.05.2025
- Gratitude Programme at Prashanthi Nilayam – 29.05.2025
- Independence Day Celebration – 15.08.2025
- Farewell Programme – 01.09.2025
- Teachers' Day Celebration – 05.09.2025
- SNA Carnival – 06.09.2025
- Sai Samskruthi Vaibhavam – Orientation Programme – 19 & 20.09.2025
- Swasth Nari Sashakt Parivar Abhiyaan – 27.09.2025
- Freshers' Day Celebration – 13.10.2025
- Silver Jubilee Curtain Raiser Anugrahasya Kṛtajnata – 18.10.2025
- Graduation Ceremony – 11.11.2025
- Gita Jayanthi Celebration – 01.12.2025
- Zero Waste Management Programme – 09.12.2025

## Nursing College & Allied Health Sciences through colorful & informative posters:

- World Liver Day – 17.04.2025
- World Hand Hygiene Day – 05.05.2025
- World Environmental Day – 05.06.2025
- World Elder Abuse Awareness Day – 15.06.2025
- International Yoga Day – 21.06.2025
- World Drowning Prevention Day – 25.07.2025
- World Breastfeeding Week – 01.08 to 07.08.2025
- Breast Cancer Awareness Session – 28.10.2025
- Pulse Polio Programme – 21<sup>st</sup> to 24<sup>th</sup> Dec., 2025
- International Day of Radiology - 8.11.2025
- World Blood donor day - 14.06.2025
- Anesthesia day - 16.10.2025





The Annual Sports and Cultural Meet (2025–26) at the Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), Whitefield, was a vibrant celebration of unity and talent. Spanning from December 2025 to mid-January 2026, the event served as a heartfelt offering for the grand Birth Centenary celebrations of Bhagawan Sri Sathya Sai Baba.

The meet was designed to foster a spirit of “I to We to He,” bringing together senior consultants, junior residents, nursing students, and administrative staff in a shared atmosphere of joy and discipline.

### Athletic Events & Team Spirit

The campus buzzed with energy as staff and residents stepped out of their clinical roles and onto the field. The sports segment emphasized teamwork and physical fitness:

- **Field Sports:** Intense matches of **Cricket**, **Volleyball**, and **Throwball** saw teams from different departments competing with high spirits.
- **Traditional Games:** The inclusion of **Kho-Kho** added a touch of traditional flair, requiring immense agility and coordination.
- **The Marathon:** A highlight of the meet, the marathon saw widespread participation, symbolizing the endurance and “long-run” commitment required in the medical profession.

### Cultural & Creative Competitions

The meet also provided a platform for the “hospital family” to showcase their diverse creative talents:

- **Culinary Arts:** The **Cookery Competition** was a standout event, where participants swapped stethoscopes for spatulas, whipping up a variety of healthy and innovative dishes.
- **Fine Arts:** The area in front of the Dhanvantari were transformed by intricate Rangoli designs, reflecting the rich cultural heritage and artistic precision of the staff.
- **Intellectual Spark:** A high-octane **Quiz** competition tested the general knowledge and quick thinking of residents and staff, moving beyond the realms of medicine.
- Fun games for the kids and elders were also conducted during Sankranti and the celebrations concluded with a bonfire.

### The Significance of the Meet

For the residents and staff at Whitefield, this meet is more than just a break from the rigorous hospital schedule. It was an opportunity to bond with each other and showcase their unique talents.



# Festivals & Campus Activities





## **SRI SATHYA SAI INSTITUTE OF HIGHER MEDICAL SCIENCES**

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