

FEBRUARY 2022 EDITION



DIVYA VAARADHI

THE DIVINE CONNECTION



SRI SATHYA SAI TRUST FOR
UNIVERSAL WELFARE

LOKA HITAM MAMA KARANEYAM

ABOUT THE TRUST

Sri Sathya Sai Trust for Universal Welfare (SSSTFUW) is a Public charitable trust headquartered in Hyderabad, Telangana, India.

Founded drawing inspiration from Bhagawan Sri Sathya Sai Baba, with a clear vision to Serve the Needy and Create Livelihoods, the Trust enterprises in the fields of Health, education, Hunger Alleviation and other permanent and sustainable service projects.

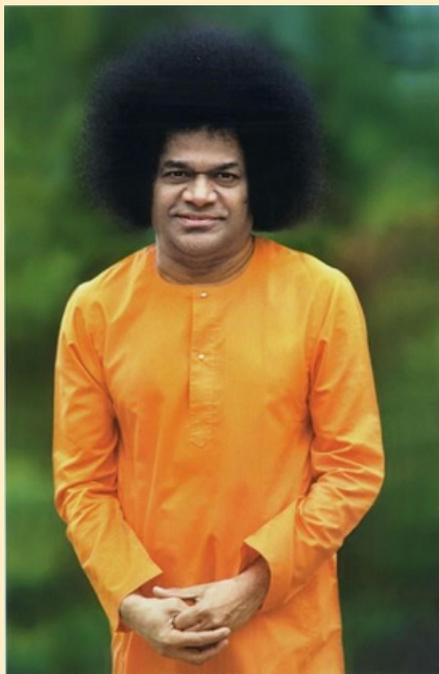
SSSTFUW includes like-minded individuals in partnership with enabled individual and corporates for the betterment of the society





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THUS SPAKE THE LORD

God is not satisfied with the appellations like 'Karunanidhi' and 'Prema Swarupa. God is always blissful. You should not pray to God to fulfil your umpteen number of desires. Just pray, "Oh God! Share Your Bliss with me. Make me blissful!"



From the Desk of Secretary

Dear All,

We all are aware of the mighty disease of Cancer and how it plays havoc in not only the life of the patient but puts the entire family into a mental ordeal. A large section of people, especially from underprivileged and rural sections, are unable to even afford the treatment.

‘Sri Sathya Sai Divyaamritam’ – a hospital that would provide free treatment and world class research facility for cancer related ailments would come up in a 5-acre land in Vizianagaram district near Thatipudi reservoir that will also house a free dialysis center. At these times, when cancer treatment is unaffordable to a majority of the population, Sri Sathya Sai Divyaamritam would provide the much needed succour to poor and needy patients affected by cancer. The hospital will start operations from November 2022.

As February 4th marks "World Cancer Day", we bring to you the awareness programmes on Cancer that we worked on during this month, apart from the other service activities conducted during this month.

With Love and Gratitude,

Dr. Kalyan Sarvepalli

Secretary & Trustee

Sri Sathya Sai Trust For Universal Welfare



WORLD CANCER DAY AWARENESS

As the world is grappling with an uptick in cancer cases every year, and a large portion of people especially from the poor and underprivileged sections are unable to afford or even access cancer healthcare, Sri Sathya Sai Divyaamritam - an upcoming free-of-cost cancer hospital will be quenching the thirst of the parched souls struggling from cancer related ailments.

On this World Cancer Day, let us take a resolution to work towards a cancer-free world! We look forward to your wonderful participation and support in this unique free healthcare project, and be ambassadors of cancer-free world!

#WORLDCANCERDAY

**WE CAN
FIGHT
CANCER**

**SRI SATHYA SAI
DIVYAAMRITAM**

AN UPCOMING **FREE -OF-COST**
STATE-OF-THE-ART
CANCER TREATMENT HOSPITAL

CONTACT FOR MORE DETAILS:
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LOKA HITHAM MAMA KARANEYAM



WORLD CANCER DAY AWARENESS

An interview with the leading Oncologist!

Dr. Rojakiran Gajula, Khammam
Institute of Oncology Private
Limited



1) What is your take on cancer prevalence nation? Is it increasing every year?

Cancer is one of the leading causes of death worldwide, and in India it contributes to about 9% of deaths from Non-Communicable Diseases. There are about 14 Lakh new cancer cases detected every year and the number of cancer related deaths stands at about 9 lakhs every year. A recent report from National Cancer Registry Programme shows a 50% increase in the incidence of Cancer cases in Telangana and certain parts of Andhra Pradesh. In 1990, in the erstwhile state of Andhra Pradesh there were 54 cancer cases per 100,000 population now the number has risen to 75. It is an alarming trend.

2) How can we prevent cancer? Any lifestyle changes you would suggest?

There are certain life style changes that we need to bring into our everyday lives to reduce the risk of developing cancer. Most important of all is to quit usage of tobacco in all forms. An estimated 40% of cancers, predominantly oral cancer and lung cancer, are primarily caused by tobacco usage. Another important lifestyle modification is avoiding or at least limit the consumption of alcohol, as it is one of the leading causes of liver cancer. Having a lot of fresh fruits and vegetables as part of our diet significantly reduces the risk of cancer, as dietary fiber and antioxidants help in removing harmful toxins from the body. Moderate physical exercise or yoga and meditation help in reducing the stress and contribute to enhanced immunity



WORLD CANCER DAY AWARENESS

3)What should be the screening strategy? Is it necessary for all to undergo regular screening for cancer?

Cancer screening is a way of detecting cancer even before the symptoms develop. Cancers of the Breast, Cervix or Colon can be detected very early by undergoing regular screening. Women who are over 40 years are advised mammography every year, and woman over 21 years can be screened for Cervical Cancer every 3 years by Pap Smear technique.

4)As you know, Sri Sathya Sai Trust For Universal Welfare is coming up with a free-of-cost cancer treatment hospital. What do you think are the gaps that we can concentrate on, with respect to cancer treatment?

There exists a significant gap in accessing healthcare especially when it comes to cancer. Those who are less privileged are at a higher risk of getting diagnosed at an advanced stage and subsequent higher death rate in the marginalised sector of the population. The reasons being lack of health education, absence of regular screening and even when diagnosed with cancer these people default from treatment due to financial constraints. Having a comprehensive cancer care facility which caters to the needs of the under privileged free of cost would be of great service to them, as cancer treatment is usually a lengthy and expensive process rendering patients and their families financially and emotionally exhausted. Promoting health education, reaching out to them with regular medical camps for cancer screening and providing comprehensive cancer related services including palliative care under one roof, will greatly contribute to the cause of alleviating their suffering.

WORLD CANCER DAY AWARENESS

Serving Love to inmates in 2 Cancer hospitals

Our team in Hyderabad visited the inmates in 2 cancer centers namely the 'MNJ Cancer Hospital' and 'Sivananda IMPACT Pediatric Cancer Center'. While distributing fruits to them, the team took the opportunity to express their love for the inmates. The inmates were touched by the team's gesture.

We realised the importance of Cancer awareness and the need to take cancer care to more and more needy sections. We trust that the upcoming Sri Sathya Sai Divyaamritam is a step in that direction.





SRI SATHYA SAI DIVYA PRAASADAM (DIVINE HOUSING PROJECT)

Food, Shelter and Health are basic needs for anyone, It often becomes the society's duty to enable some of them for the needy who are unable to afford even 1 of these 3. A shelter in the form of a simple house would enable many BPL (below poverty line) families to seek better livelihood and thus catapult out of poverty.

A love-filled project filled with concern for the homeless was launched in November 2021, where 12 needy families will be recipients of Bhagawan Sri Sathya Sai Baba's Divine Shelter in the form of newly built houses. Each house will have a hall, a bedroom and kitchen covering an area of around 65 - 75 sq. yards. The 12 families, through the Divine Housing Project (Sri Sathya Sai Divya Praasadam), will be able to lead respectable lives. The beneficiary families are from a needy background, and thus will now have a permanent roof of protection that will allow them to seek respectable livelihoods.





VASANTHA PANCHAMI CELEBRATIONS

The auspicious day of Vasantha Panchami signifies the transition from the cold winter to the blissful spring. More importantly, this day is dedicated to Goddess Saraswathi, and Saraswathi Pooja is performed on this day across the country.

To propitiate the Goddess of Learning, Saraswathi Pooja and Saraswathi homa were performed in Visakhapatnam. Over 400 students participated to take the blessings of Goddess Saraswathi. Auspicious activities such as Aksharabhyasam were performed. All students were provided with books and stationery along with Divine Prasadam.



HEARING AIDS FOR NEEDY CHILDREN

A family, belonging to a worker from a construction company, have 3 children who are all specially abled. Of these 3 young school going girls, 2 are deaf. Unable to bear the costs of treatment and of instruments, the family reached out to our team.

The team understood the needs and after due diligence reached out to the doctors and ensured them of our support for the hearing aids.

The 2 girls are now happy to have received their hearing aids, and will be able to continue their studies!



DIVYA PRASADA SEVA (DINNER AT DOORSTEP!)

About 82 Madhukaris are receiving dinner daily at their door step, to ensure they don't venture out in the night in search of food. Staying hungry affects one's physical and mental health. It is very important for us to not only have our fill, but also ensure to share the happiness of divine food with the less privileged to ensure they don't stay hungry. While the needy are able to receive food during the day with the help of kind souls, it is not the case with their supper meal.

In order to reach out to more nooks and corners and alleviate the needy from suffering due to night hunger, we now have a vehicle that will carry food to more distant locations. Let us build a Zero Hunger society.

170th Day of
Divya Prasada
Seva



Serving
82 Madhukaris
every night



SWAYAM PAKA SEVA

Sai Swayam Paka sets in the form of groceries are being provided for needy temple priest families every month, who are unable to make their ends meet.

With this, the families are in a position to cook their own food for themselves, thereby feeling self-reliant in terms of quantity & quality!



SAI SWAYAMPAKAMS
February 2022





DIVINE DISCOURSE

Bhagawan Baba lovingly granted us His Message as follows:

Embodiments of Love!

As we go on talking for hours together, we tend to forget what we really intend to communicate. So many deviations and distortions creep into our speech. Today, the entire world is filled with negative feelings. Whoever you come across, and in whatever you see, negativity is widespread. All are reflections of your inner thoughts and feelings.

But beyond all these, there is one entity, called Atma, which is the Embodiment of the Divine Self. There is only one Atma, which dwells in every individual, or should I say in every living being. The Bhagavad Gita declared “Mamaivamso jeevaloke jeevabhuthah Sanathanah” (the Eternal Atma present in all beings is a part of My Being). There is no scope at all for any doubt or duality in this aspect. It is “Ekameva adwitheeyam Brahma” (The Atma or Brahma is one without a second). That is why it is said “A man with a dual mind is half blind.”

Divinity is described in the Vedas as “Sahasra seersha purushaha sahasrakshah sahasra paad” (The Cosmic Being has thousands of heads, eyes and feet.). The significance of this statement is that one Divinity expresses itself through millions of individuals and therefore all are Divine. We tend to forget this great truth and consider each individual as separate from one another. The strife and conflicts between human beings started the moment humanity forgot its fundamental unity. It is time that this trend is reversed and the elemental unity among human beings is re-established.



Along with unity, there should be purity. When unity and purity go together, there is Divinity. The combination of unity, purity and Divinity will result in the realisation of the Atma Tathwa (Atmic Principle). The Upanishads, especially the Taithreeyopanishad, dealt at length with this Atma Tathwa. The one who develops faith only in this Atma Tathwa will succeed in all his endeavours.

The Atma Tathwa or Divine Consciousness permeates the entire Universe. Even a blade of grass cannot move without this Divine Consciousness. Everything in this Universe is the reflection of this Divine Consciousness. It is the same Atma Tathwa which dwells in all human beings irrespective of religion, caste, creed, and nationality.



*Let us make a resolution to bring smiles
and happiness
in the lives of the needy*

LOKA HITAM MAMA KARANEYAM
It's our duty to do good to the world!





GET INVOLVED

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And spread the Divine news!

We will be happy to have your support and participation!

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Account Number:- 40458034101

IFSC Code:- SBIN0021458

MICR Code:- 500002470

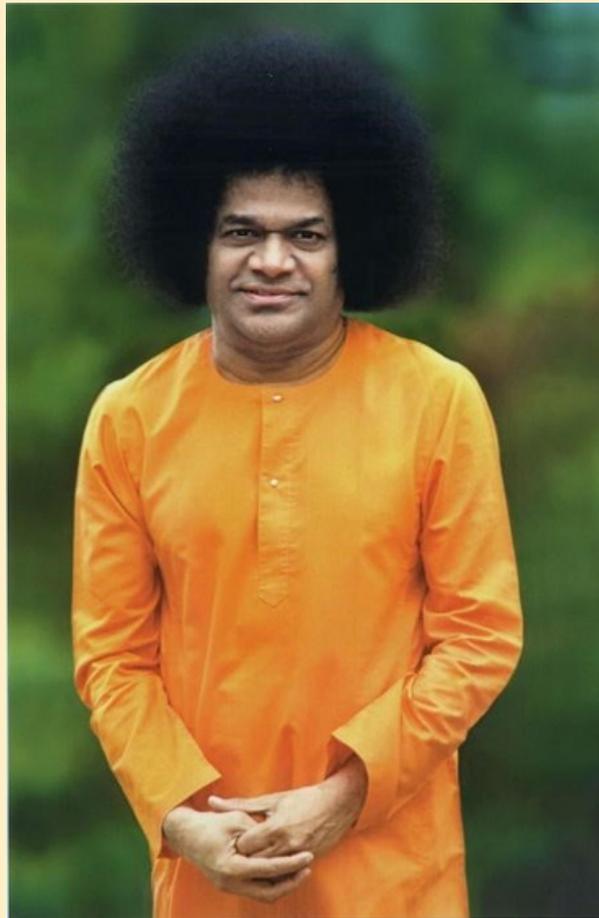
Bank & Branch:- State Bank of India, Sairamnagar Colony, Karmanghat - 500079





THANK YOU

FOR YOUR PARTICIPATION!



WE PRAY TO BHAGAWAN TO
SHOWER BLESSINGS ABUNDANTLY
ON YOU AND YOUR FAMILY!

SAMASTHA LOKAH SUKHINO BHAVANTHU

STAY SAFE | STAY BLESSED