

# Medical Camps

*“Doctors should win the hearts of the patients by talking to them with compassion and concern. Diseases are half cured when the doctors talk to the patients with love and consideration.”*

Sri Sathya Sai Baba, January 21, 1994

In spite of government and private expenditures on healthcare, social and economic inequalities exist that result in large populations that are uncared for, with poor sanitation and poor access to appropriate healthcare. In the United States, for example, recent reports indicate that nearly 46 million Americans, or 18 percent of the population under the age of 65, were without health insurance in 2007. In addition, nearly 90 million people below the age of 65, accounting for about one-third of the population, spent a portion of either 2006 or 2007 without health coverage because of the recent economic crisis and this problem continues through 2009. Lack of health insurance compromises the health of the uninsured because they receive less preventive care, are diagnosed at more advanced stages of disease, and once diagnosed, tend to receive less therapeutic care and have higher mortality and morbidity rates than insured individuals. There is a great deal of pain and suffering for the affected families as a result of not having appropriate and timely medical care.

To help alleviate some of the suffering, the Sathya Sai Organisation has actively provided free, good quality healthcare by organising free medical camps throughout the world. They benefit those people without health insurance or any other form of social assistance. The following are some of the services provided in these free medical camps:

- **Disease Prevention** Health education regarding diet, exercise, weight control, meditation, dental hygiene, smoking cessation, anger management, and cleanliness.
- **Preventive Screening and Management** that may include measurements of body weight, body mass index, blood pressure, blood glucose, lipid profile, hearing and vision screening, bone densitometry, mammograms, Pap smears and importantly immunisations.
- **Training in Basic Lifesaving Skills** such as first aid, basic life support, CPR, and disaster preparedness, as well as bone marrow and blood donation drives.
- **Disease Treatment** In several countries, medical and surgical treatments for chronic conditions are also provided to patients in addition to preventive care. The type of care provided was based on the local need, healthcare policies, and available resources.

Below are descriptions of medical camps organised all over the world.

## India

### Andhra Pradesh



Forty-six medical and veterinarian camps were conducted in the state of Andhra Pradesh in 2007-2008. During these camps, 5,085 animals and 18,132 people were seen and treated. Minor surgical procedures as well as cataract surgeries were carried out. Preventive healthcare was the theme in several camps, which included prenatal health education for expectant mothers. Cancer screening, as well as screening for hypertension, diabetes, and heart disease was frequently carried out.

### Assam

Several free medical health checkup camps were organised in 2008-2009 in villages near Gauhati where there are no basic medical facilities. In all, 3,050 patients were seen and 210 animals were seen in veterinary camps. Specialists in internal medicine, paediatrics, orthopaedics, surgery, dentistry, gynaecology, dermatology, ENT and ophthalmology provided medical care. Free medications were dispensed to the patients. In addition, in order to preserve health, villagers were given safe drinking water, low-cost latrines, smokeless ovens and education in sanitation.

### Gujarat

The Sathya Sai Organisation routinely conducts medical camps, education on cleanliness and child-care in several villages. In 2008-2009, 1,478 patients

were seen and treated in 4 medical camps and 465 cattle were seen in a veterinary camp where they were treated for routine illnesses and vaccinated.

### Haryana and Chandigarh

Eighteen medical camps were held in Haryana and Chandigarh during 2008-2009. In these camps, a total of 14,296 patients were seen by specialists in internal medicine, paediatrics, orthopaedics, dentistry, dermatology, gynaecology, ophthalmology, ENT, and drug rehabilitation. In addition two blood donation camps were conducted in which about 900 units of blood were donated.

### Jammu and Kashmir

The Sathya Sai Organisation of Jammu and Kashmir continue to organise veterinary camps in the villages of the State for the benefit of villagers. In 2008-2009, seven veterinary camps were organised in which 750 cattle were vaccinated against common communicable diseases.

### Karnataka



From January 28-31, 2007, a medical camp was held in a coastal village in Karnataka where specialty care was provided in general medicine, surgery, gynaecology, paediatrics, ophthalmology, ENT, dentistry, and radiology. In this camp alone over 11,000 patients were seen. Special camps were conducted on the subsequent four Sundays for eye care and prescription of eyeglasses. About 2,000 pairs of eyeglasses were distributed in the camp. About 1,000 patients were referred for further consultation, investigations,

and surgery. Because many specialists could speak the local language, the villagers were very happy with the care they received. During the medical camp, about 12,000 people were fed.

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A medical camp was held near Mangalore from January 28-30, 2008. More than 3,500 patients were seen, and several specialities were covered. Blood, ECG, and x-ray tests were carried out for the needy. More than 1,000 pairs of eyeglasses were also provided. Three hundred and fifty-four patients were offered free surgery if needed, at hospitals in Mangalore. About 80 doctors, including several paramedical staff, participated daily in this camp. A few doctors and optometrists came from the UK, and two physiotherapists came from Russia and Ukraine. Food was served to 6,500 people in the camp.

### **Punjab**

The Sathya Sai Organisation held 18 medical camps in 2007-2008 in several villages in Punjab. In these camps, a total of 14,613 patients were seen and treated.

A blood donation camp was also organised at the same venue on September 30, 2007, at which 82 units of blood were donated by Sathya Sai Youth. In addition to these, 173 cataract operations were conducted successfully in medical camps. An annual medical camp was organised at Gurdaspur, in which artificial limbs were provided to about 200 patients on November 16, 2008.

In addition to the medical camps, 3 veterinary camps were conducted and a total of 183 animals were treated. The villagers from far-flung villages who could not bring their animals to the camp site were provided this facility at their doorstep.

### **Rajasthan**

The Sathya Sai Organisation conducted two cattle-care camps in villages near Udaipur on March 25, 2007 and May 4, 2008 in which about 600 cattle were provided veterinary treatment.

### **Sikkim**

A free medical camp was organised where free medicines were distributed to the patients. About

103 patients were treated and food was served to all the patients. About 200 villagers benefitted from this service. A healthcare programme for the children was also conducted. Sathya Sai Youth also organised a free medical camp at Upper Suman on May 20, 2007. More than 300 patients were treated, and free medicines were distributed to them.

A veterinary camp was organised by the Sathya Sai Youth in Kabrey village with the help of the Animal Husbandry and Veterinary Service Department, Namchi. Resource persons delivered lectures on live-stock management and control of animal diseases. Cattle were also treated. About 73 villagers derived benefit from the programme.

### **Tamil Nadu**

Several medical camps were conducted in the state of Tamil Nadu by the Sathya Sai Organisation. A specialised screening camp for gynaecology and general medicine was organised for a cluster of villages in the Tiruvallur district on February 3, 2008. A total of 220 patients were examined. All of the patients were provided with a health record book. As a follow-up to this screening, 2 patients requiring surgery were identified, and they were taken to Chennai, where they were operated on.

A free diabetes awareness and screening camp was organised in Kodaikanal, on June 13-14, 2009. A 32-member team of diabetologists, ophthalmologists, dietitians, diabetes educators, technicians, nursing staff, and pharmacists rendered this service with the active support of volunteers. Of the 715 persons screened, 13 were found to be new cases of diabetes. Medicines were provided free of cost.

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**Eye camps** Three medical camps including an eye camp was organised in Kodaikanal in June, 2008. Three hundred and one patients were seen and 32 of them received cataract surgery. Seventy-five patients were provided with eyeglasses free of cost. In a follow-up camp held on July 20, 2008, 32 patients who underwent cataract surgery were reviewed, and post-operative checkups were carried out. A paediatric camp exclusively for village children under the age of 12 years was organised on July 27, 2008.



Another eye camp was conducted in Chennai in June, 2008 in which a total of 203 patients were screened for various eye ailments, including cataracts. Fifty-three patients received cataract surgeries.

### **Uttar Pradesh and Uttarakhand**

Three blood donation camps were conducted near Noida with the help of doctors from AIIMS, New Delhi. For the camp held on May 13, 2007, advance door-to-door campaigning for 15 days was done by the Sathya Sai Youth of the area. As a result, 150 persons turned out to offer blood. A total of 111 units were accepted by the doctors for their blood bank.

Sri Sathya Sai Organisation of Delhi performed service in 9 villages in the East District of Delhi under the Sri Sathya Sai Village Integrated Programme. Door-to-door surveys were conducted in these nine villages, covering over 1,200 families. Data reflected health problems, mainly eye disorders. Therefore eye checkup camps were held in seven villages, where as many as 1,150 patients were examined, free medicines were given to 475 patients, eyeglasses were made and given to 455 needy people, and 76 patients suffering from serious problems were referred to nearby hospitals.

A bus fitted with complete dental equipment visits the Matiyala village as often as required. All procedures such as fillings, extractions, medication, etc., are provided to the patients. Most of the senior citizens of the village have been checked and operated on for cataract/glaucoma. Patients are taken to an eye hospital, and treatment is given when needed.



Delhi Eye Camp

## North America

### USA Bone Marrow Registry

Currently a critical need exists, in the National Bone Marrow Registry, for South Asian registered donors. The National Bone Marrow Donor Program has 5 million registered donors, but less than one percent of the donors are South Asians. Other ethnic groups in the USA are also highly under-represented, such as Native Americans, Pacific Islanders, and others with various forms of cancer, whose lives could otherwise be saved. Consequently, a viable treatment remains out of reach for many Asian Americans, Africans, and others.

Various regions began immediate plans to implement the bone marrow registration drive in their areas. The St. Louis Medical Camp, in November 2008, collected tissue samples from members of several ethnic groups. Members of the Sathya Sai Centre of Memphis, Tennessee, held three drives in which over 20 volunteers, including young adults and Sai Spiritual Education (SSE) students, registered 65 members of the Indian community.

Bone marrow registration drives have been conducted by Sathya Sai Centres in over 20 major cities in the USA. Many centres have conducted multiple drives on multiple dates. Due to the selfless service of Sathya Sai volunteers, over 1,200 people have been added to the National Bone Marrow Registry, which means that 1,200 more possible bone marrow matches are available to those who may need to receive treatment for life-threatening illnesses.



### USA Medical Camps Arizona

**Phoenix, 2005** A daylong medical and dental camp was conducted on Saturday, June 25, 2005, at the Central Arizona Shelter Services facility in Phoenix, Arizona. Eighty volunteers from all across the state participated in this camp, which served homeless people. Twelve physicians and 6 medical assistants composed the medical team that rendered services to 150 patients at the camp. Prevention and health education were emphasised in the following areas: smoking, hepatitis and HIV, alcoholism, diet and exercise, and mammogram and Pap smear tests for early cancer detection in women. Patients were provided with hygiene kits and appropriate referral services for follow-up care. Sai Spiritual Education children made posters on healthy living. At the dental clinic, a team consisting of 4 dentists and 2 dental assistants rendered services to 57 patients. The procedure consisted of thorough examination, evaluation, and treatment pertaining to extraction, filling, and cleaning of teeth. A free lunch was served around noon to approximately 375 people.

### California

**Carlsbad, 2006** A free veterinary clinic was held in Carlsbad, California near San Diego on December 9, 2006. At the camp, 88 dogs and 35 cats were seen by veterinarians. Veterinary examinations were conducted along with vaccinations, flea and parasite control, blood analysis and grooming. In addition, pet owner education was provided in pet nutrition, disease prevention, early intervention with flea and parasite infestation, proper grooming and dealing with pet's behavioural problems from a base of love and compassion. All these services were offered to the public completely free of charge by the Sathya Sai Organisation. For follow-up care, the pets were referred to local low-cost clinics and charities. The event, which took place at a local Christian Church, began with a brief talk by Dr. Samuel Sandweiss. Dr. Sandweiss focused on Sri Sathya Sai Baba's teachings of "Love All – Serve All" and exhorted all



to treat the patients, pets and each other with love and compassion. All pets received food and pet toys and the owners received fruit juice and snacks free of charge.

During the same time as the veterinary camp on December 9, 2006, a medical camp was held at the Pilgrim United Church of Christ in Carlsbad. A team of 32 doctors, 8 dentists, 27 nurses, psychologists, dietitians and physical therapists provided free consultations in paediatrics, family practice, internal medicine, cardiology, endocrinology, dermatology, ophthalmology, orthopaedics, and dentistry. One hundred fifty-seven patients were seen by primary care doctors, 193 patients received dental screening and 316 laboratory tests were performed, all free of charge. In addition to this, 282 persons were screened for diabetes, hyperlipidemia, hypertension, breast cancer, and cervical cancer. Dr. Poniachik, an internist on the staff at North County Health Services, kindly volunteered at our camp and made this observation: "After having been involved in numerous charitable medical activities, the (Sathya Sai) Carlsbad Free Medical Health Screening was the most well-organised community clinic I have ever participated in. Most importantly, all the patients were extremely happy with the care they received."

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**Chula Vista, 2008** On Sunday January 27, 2008, Sathya Sai volunteers organised the Second Free Pet Health Screening Day at Memorial Park, Chula Vista, California, a poor community south of San Diego, close to the border with Mexico. With 8 veterinarians, 22 veterinary technicians, 23 local high school students and 108 volunteers, 240 dogs and 58 cats were examined. All the dogs received de-worming medication, flea control treatment and a full examination. Groomers were on sight to trim nails, clean ears and give grooming tips. Vaccines were administered depending on the need, age and circumstances. After 100 dogs received the rabies vaccine for free, the city of Chula Vista provided licences for them. The benefits of having fewer stray dogs and cats were addressed. Ten dogs and two cats had blood tests, and the results were referred to three local veterinarian hospitals that chose to participate in these efforts.

The pet owners were given a gift bag filled with pet food, gift coupons and a medical record booklet. All the pets were given water and pet biscuits while they were waiting for the examination. Pet owners were full of gratitude and some even wanted to volunteer their time for the next veterinary camp. Respect, compassion, kindness, and patience were felt throughout the camp.

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**Corona, 2004, 2007-2008** The City of Corona is located in the outskirts of Los Angeles, California, and the Sri Sathya Sai Organisation of America has



conducted free medical camps there in 2004, 2007, and 2008. Over 2,900 people were served lovingly during these camps. Up to 100 medical professionals and 200 other volunteers including school children provided loving service during these camps.

Services provided in these medical camps included audiology, cardiology, chiropractic care, dentistry, dermatology, endocrinology, ENT, family practice, internal medicine, gastroenterology, gynaecology, ophthalmology, orthopedics, paediatrics, pharmacology, pulmonology, rheumatology and urology. Other essential services were provided, such as psychiatric and nutritional counseling, immunisations, blood tests, hypertension screening, EKGs, and bone density tests.

Special tests for women were also performed. Cancer screenings were conducted with mammograms, Pap smear, prostate screenings and blood tests. Screening was also offered for diabetes, hypercholesterolemia, cardiac disease, pulmonary disease, osteoporosis and visual acuity. Routine immunisations

were provided. Patients were provided with snacks and drinks.

In recognition of the exemplary service rendered to his community by the Sathya Sai Organisation, the Mayor declared October 9, 2004 as “Medical Camp Day” and presented an official proclamation to the Sri Sathya Sai Organisation of America on behalf of the Corona City Council, recognising and commending the efforts to serve the needy through the medical camp.

During the March 17, 2007 medical camp, Mayor Pro-Tem Jeff Miller, stated that, “the Sathya Sai Baba Organisation of America has a strong commitment to provide much needed health programmes and services that address the unmet needs of children, youth, seniors, and families in the Corona-Norco community.” He formally presented the Sathya Sai Baba Organisation of America with the Proclamation passed by the Corona City Council and signed by Mayor Eugene Montanez that proclaimed Saturday March 17, 2007 as “Corona-Norco Community Free Health Screening Day.”

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**Los Angeles, 2005** On April 16, 2005, a free health screening camp was held in the working-class Hispanic community of Sun Valley near the city of Los Angeles. More than 200 individuals were served at this camp. Besides primary care, dental care, ophthalmology, paediatrics, blood tests, Pap smears, and mammograms, other specialised services offered at this camp included dermatology, endocrinology, cardiology, pulmonology, orthopaedics, and gastroenterology. The love and care of the Sathya Sai volunteers was evident throughout the organisation of the event. “We didn’t expect much,” said a patient who came with his wife and four children ranging in age from 8 to 13, “but we received a lot. Everybody helped us very well.” His wife added, “All the people in the different departments were very kind – in paediatrics, in dentistry, in the blood department.... We are very satisfied.” It was indeed an uplifting experience for all present. The mood at the camp is most aptly described in the words of one of the patients, “I feel as if I am on sacred ground.”

**Oxnard, 2006-2008** The city of Oxnard located by the Pacific Ocean in California has many low-income people who do not have access to adequate healthcare. Free medical screening camps were conducted in 2006, 2007, and 2008 by the Sri Sathya Sai Organisation of America. Over 1,450 people were served by several medical professionals and other volunteers. During the October 21, 2007 medical camp, with remarkable determination and love, many volunteers braved 80 kmph gusts and raging forest fires in the region and provided loving services to patients.

Medical professionals included primary care physicians and specialists in heart, lung, bone, skin and paediatrics. Medical services included screening for blood glucose, cholesterol, high blood pressure, vision, anaemia, cancer, and nutrition. Health education and disease prevention counseling was provided. Psychological counseling was also provided. Patients with positive findings were followed up by local clinics and hospitals. Volunteers distributed food and clothing to those in need. During these camps, many VIPs visited the medical camp grounds. All of them were impressed with the number of services being provided and the number of volunteers who participated. On seeing that the camp was organised by Sri Sathya Sai Baba Organisation, the Consul General of Mexico, commented, “Oh, I know Sathya Sai Baba. He is well known in Mexico!”

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**San Jose, 2005** The Sathya Sai Baba Centre of Central San Jose conducted a health and wellness screening service on April 9, 2005 in Sunnyvale, California. The location of the project, Fair Oaks Park, is a predominantly Spanish neighbourhood that was selected with considerable help from the City Mayor’s office. During this half-day camp, 49 people were served. The services included blood glucose level, blood cholesterol level, blood pressure, height, weight, body mass index, risk factor profile, nutritional counselling, exercise recommendations, smoking cessation counselling, and alcohol and drug rehabilitation information.

The medical team consisted of 5 doctors, 3 registered nurses, and 2 medical assistants. More than 50 non-medical volunteers, including SSE students, participated in the areas of registration, documenta-



tion, ushering, sandwich preparation, distribution of flyers, poster displays, and transportation. Approximately 7 volunteers rendered help translating for Spanish patients in the areas of registration, ushering, and doctors' recommendations. A list of local health resources (public hospitals, community hospitals, free clinics, and Planned Parenthood centres) within a 10-mile radius of the project location was prepared and shared with the patients for follow-up. Patients were served food.

The Mayor of Sunnyvale, Mr. Dean Chu visited the project and commended the loving and disciplined service rendered by the Sathya Sai workers. The Mayor and the City of Sunnyvale have invited the Sathya Sai Organisation to conduct similar projects in other areas of the city in the future.

## Florida

**Jacksonville, 2006** In Jacksonville a medical camp was conducted on January 28, 2006; 74 patients were seen and screened for cholesterol, glucose, hypertension, HIV, and sickle cell disease. In addition, dental and visual examinations were performed, and the influenza vaccine was administered. Primary prevention presentations were given on heart disease, obesity, cancer, stress management, diabetes, and anger management. The event was covered by a local television station.

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**Tampa Bay, 2005-2007** In Tampa Bay, free medical screening camps were conducted in 2005, 2006, and 2007. Over 750 people were lovingly served by numerous medical professionals and volunteers. Medical services provided in these camps included screenings for diabetes, hypertension, obesity, asthma, HIV, hyperlipidemia, dental health, vision, hearing, head and neck cancers, hepatitis B and C, and syphilis. In addition, individual consultations were provided in internal medicine and family practice as well as various specialties including paediatrics, pulmonology, gastroenterology, endocrinology, dermatology, cardiology, oncology, gynaecology, psychiatry, dentistry, and ophthalmology. Paediatric vaccinations were provided as needed. Health education classes were presented on various topics including anger management, depression, smoking cessation, digestive dis-

orders, heart disease, diabetes, weight management, breast cancer awareness and women's health issues. In 2007, the Department of Health provided free children's vaccinations on site.

People went out of their way to express how much love, genuine care and attention they felt. One commented, "We thank you for such a wonderful experience and to see firsthand how love and dedication can be given without conditions. I am honoured to have been a part of that special day and to witness the real truth of brotherhood. You all truly demonstrated the message of Sathya Sai Baba."

During the June 11, 2005 medical camp, the Mayor's representative, Beth Eschenfelder paid an official visit and was very impressed with the camp operations. She talked about the city getting actively involved in the camp in future. This inspired her to seek more information on Sri Sathya Sai Baba and His magnificent humanitarian works. During the June 11, 2006 medical camp, the Clearwater City Commissioner, Carlen Petersen visited and was very impressed by the camp, noting that it was a good example for others in the community. At a formal monthly Homeless Coalition meeting presided over by community shelter directors, social service agency heads and the mayor's representative, the Sathya Sai Baba Organisation and its volunteers were formally recognised and thanked for organising the medical camp and serving the community.





## Georgia

**Fulton, 2007** On May 19, 2007, a free medical camp was conducted in Fulton, Georgia. Thirty physicians/nurse practitioners, 15 nurses/allied healthcare workers, and 75 volunteers served with love and compassion. The 128 patients seen on that day were screened for blood glucose, cholesterol, obesity, dental caries, vision, pulmonary function, and infectious diseases. Consultations were also provided for internal medicine, paediatrics, psychiatry, ophthalmology, cardiology, podiatry, and nutrition. Vaccination records were reviewed, and free immunisations were provided. Several adults received vaccinations for hepatitis A and B and meningitis.

## Illinois

**Chicago, 2003** A free child clinic and health fair was organised by Sathya Sai volunteers on March 14-15, 2003. Over 200 children were examined during the fair. After registering and receiving name tags, children and parents enjoyed educational booths while waiting for their doctor's appointment. The games, toys, and gift items at each station put endearing smiles on all the little faces. Volunteer nurses and medical students took vital signs and plotted growth charts.

The medical services included a general physical examination, minor procedures, medications, and follow-up care in a local free clinic as needed. To increase awareness in the community about lead hazards and the risks of lead exposure to children, pamphlets in English and Spanish, stickers, and colouring books were handed out. The Department of

Health offered free lead testing, follow-up education, and financial support to have home hazards rectified. General vision screening and follow-up referrals were also provided to the children as needed. An interactive booth was in place to teach children about proper brushing technique and the importance of dental care. Free toothbrushes, toothpaste, dental floss, posters, and brochures were given out. All children and parents received a healthy snack, and each child received a book appropriate to his or her reading level. Finally, the members of the community were encouraged to become involved in upcoming service projects, including cleanup, painting, and beautification of their neighborhoods.

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**Ingleside, 2007** From September 1-3, 2007, a regional retreat was held at Camp Henry Horner in Ingleside, Illinois. The theme of the retreat was "Feeling the Presence of God – Living in Loving Service." As part of the retreat, a free medical camp was conducted. During the camp, 89 patients were screened for hypertension, diabetes, and cholesterol abnormalities. Health education was provided on nutrition, exercise, heart disease, stroke, and cancer. Several of the participants diagnosed for the first time at the health screening had abnormal findings with their blood pressure and/or blood tests. These patients were referred to appropriate facilities for further treatment. The camp also provided continuity of care for those screened in the past.

## Indiana

**Ft. Wayne, 2004** The Sathya Sai Centre of Fort Wayne, Indiana undertook a Health Screening Medical Camp for the Burmese refugee community at St. Patrick's church in the city of Fort Wayne on June 5, 2004. Aided by Burmese translators, this daylong event served about 120 Burmese patients. The services included cardiac checkup, blood cholesterol and glucose check, osteoporosis screening, hypertension and diabetes screening along with dental, vision, asthma, and hearing screening. Adult and paediatric consultations were provided. Follow-up referrals were made to the local free clinics, especially ASK Medical Clinic, where some Sathya Sai physicians serve as volunteers. Besides screening, preventive health educa-



tion was provided to cover all these areas, along with counselling for diet and nutrition.

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**Ft. Wayne, 2006** A free medical camp for sheltered women was conducted on April 8, 2006 at Fort Wayne, a charming town located in the State of Indiana. During the camp, physicians saw 33 female patients for preventive healthcare and health education. Health education was provided on an individual basis. This made the advice valuable as it addressed individual concerns. Health education was regarding hepatitis, AIDS, diabetes, breast cancer, osteoporosis, menopause, nutrition, smoking and alcohol. Screening was provided for asthma, dental health, osteoporosis, hypertension, mental health and vision. A total of 31 abnormalities were identified during the screening and these patients were appropriately referred for follow-up. The camp was much appreciated by the Health Commissioner who expressed a desire to visit India to see Sri Sathya Sai Baba.

## Maryland

**Baltimore, 2006** A medical camp was organised by Sathya Sai volunteers in Baltimore, Maryland, on June 17, 2006. Sixteen medical personnel and 44 volunteers saw 90 patients and screened them for hypertension, diabetes mellitus, mental health, visual impairment and glaucoma, dental abnormalities, lead exposure, paediatric health, and malnutrition. In addition, free CPR training was provided with certification for 6 registrants.

## Michigan

**Ann Arbor and Southfield, 2004** The Sathya Sai Centres of Southfield and Ann Arbor organised a health screening medical camp for an inner-city community in the city of Detroit, Michigan, on September 11, 2004. Held at the Motor City Resource Center, the camp offered the following services to nearly 100 patients: routine physical check, blood pressure check, heart and lung examination, blood testing for full lipid profile (cholesterol, triglyceride) and blood glucose levels, vision check and lead screening for young children. In addition, they also provided health education for asthma patients and nutrition counselling by certified dietitians. To encourage reading among

children, free books were provided to all children who attended the health camp. Many of the resident physicians from the University of Michigan along with other volunteers from local hospitals and other health organisations were inspired by the love and dedication of the Sathya Sai workers and expressed gratitude to the Sathya Sai Organisation for the opportunity to serve.

## Missouri



**St. Louis, 2005-2008** The Sathya Sai Organisation of America conducted free medical camps in St. Louis on June 11, 2005, August 12, 2006, June 10, 2007, and November 1, 2008, serving over 990 people. Over 150 volunteers, including physicians, nurses, interpreters, and non-medical volunteers, participated. Services provided included body mass index check, blood pressure check, blood cholesterol and blood glucose check, lead screen, asthma screen, paediatric assessment, vision test, hearing test, dental check, skin



care assessment, flu vaccinations, behavioural health, mammograms, Pap smears, osteoporosis screening, and diet/nutrition counseling. Other services provided during these camps included free eyeglasses, donation of bicycle helmets, and infant car seat checks. During the 2006 medical camp, a “Sai Human Values and Health” booth offered information in English and Spanish about Sri Sathya Sai Baba’s teaching on human values and health. Several county and city officials visited the medical camps and highly commended the services provided.

The director of health of St. Louis County attended the camp and was very pleased with the Sathya Sai Organisation’s efforts, as evident from the following proclamation by the Mayor of St. Louis:

*Proclamation*

*WHEREAS, The City of St. Louis has been apprised that Sri Sathya Sai Baba is celebrating His 80th Birthday; and*

*WHEREAS, Sri Sathya Sai Baba is one of the most revered spiritual teachers in the world today whose life and message are inspiring millions of people throughout the world to turn Godward and to lead a more purposeful and moral life; and*

*WHEREAS, Sri Sathya Sai Baba was born as Sathyanarayana Raju in Puttaparthi, a remote village in the State of Andhra Pradesh in southern India. At the age of fourteen, He proclaimed His mission to bring about the spiritual regeneration of humanity by demonstrating and teaching the highest principles of Truth, Right Conduct, Peace, Love and Non-violence; and*

*WHEREAS, Throughout His life work, Sri Sathya Sai Baba has established an educational system which includes primary and secondary schools and an accredited university, offering undergraduate, graduate and doctoral degrees with no fees to the students. He has also established four hospitals, two of which provide advanced tertiary care and The Sri Sathya Sai Organisation; and*

*WHEREAS, The City of St. Louis is pleased and honoured to recognise Sri Sathya Sai Baba for all of His humanitarian work and extends best wishes to Him for good health, peace and happiness as He continues His journey along life’s path.*

*Now, therefore, I, Francis G. Slay, Mayor of the City of St. Louis, do hereby proclaim 11th September, 2005 as:*

*“SRI SATHYA SAI BABA DAY”  
IN THE CITY OF ST. LOUIS*

*In witness whereof, I have hereunto set my hand and caused to be affixed the seal of the City of St. Louis, this 11th day of September, A.D. 2005.*

*– Mayor of the City of St. Louis*

## Ohio

**Columbus, 2009** On April 4, 2009, a free medical screening camp was held in Columbus, Ohio at the Wesley Church of Hope, United Methodist Church. About 110 people ranging in age from 5 to 85 were served. Some patients were seeing a doctor for the first time in their lives. Twelve medical doctors, including specialists and a physical therapist, provided loving service to the patients in the fields of general medicine, paediatrics, geriatrics, ophthalmology, gynaecology, psychiatry and physical therapy. Blood screening (lipid profile) tests were conducted. About 60 volunteers, including Sai Spiritual Education (SSE) children and Sathya Sai Young Adults, rendered service. Non-perishable food items and personal hygiene supplies were distributed. Tears of gratitude shimmered in the eyes of many patients.

Pastor Richard Duncan communicated the success of the camp to the Regional Methodist Church, and as a result, a few other churches have since expressed strong interest in taking part in similar events in future. The medical camp was a concrete step towards “community building,” as people felt comfortable and welcomed during this event. As a fitting finale to the whole medical camp, the church asked that the banner with Sri Sathya Sai Baba’s teaching, “Love All – Serve All” and “Help Ever – Hurt Never,” be left at the premises.

## Oregon

**Eugene, 2008** A dental camp was organised in Eugene, Oregon, by Sri Sathya Sai Organisation of America in partnership with a local dental clinic on May 2, 2008. The camp served 73 children and adults. Many saw a dentist for the first time. Following the

x-ray and initial screening, 4 dentists treated patients. Treatment included teeth cleaning, tooth extractions, and cavity fillings. Patients were then escorted from the treatment room to receive dental kits and oral care education from Sathya Sai volunteers with a nursing background. The children were offered free balloons. The smiles on the children's faces with their balloons brought pure joy and happiness to all! Refreshments were also provided to all patients. There was a true spirit of loving kindness and compassion among the volunteers. Patients expressed deep gratitude for receiving dental treatment. Many of them came with immense pain and left with great relief.

### Tennessee

**Memphis, 2007** The Sathya Sai Centre of Memphis, Tennessee, celebrated Sri Sathya Sai Baba's 82<sup>nd</sup> Birthday with a medical camp and a nursing home service activity. The medical camp was held on November 3, 2007 in one of the poorest areas of Memphis. Patients were screened for high blood pressure and cholesterol abnormalities. In addition, patients were given counselling for disease prevention and health maintenance. On November 24, 2007, Sathya Sai volunteers distributed quilts to 125 residents of a nursing home and entertained them with Christmas carols and instrumental music. All the residents enjoyed the programme and were thankful to the Sathya Sai volunteers for their generosity and love.

### Texas

**Kenedy, 2003** On November 1, 2003, over 135 volunteers of the Sathya Sai Organisation conducted a Health Fair in Kenedy, a small town of about 4,000 inhabitants, located near San Antonio, Texas. Several days before the event, the City Council made extensive efforts to spread awareness about the Health Fair among the populace in and around Kenedy. The morning of the Fair saw the entire venue bearing a festive look. In his brief welcome, the mayor of the city of Kenedy profusely thanked the Sathya Sai Organisation for coming forward to conduct this much-needed service. The Health Fair offered a full range of screening and tests including blood and urine tests, height and weight measurements, hypertension screen, vision screen, dermatology screen, scoliosis,

dental screen, immunisations (in partnership with the Texas Department of Health), and audiometric screen. Volunteers also helped to set up appointments for women with the Family Planning Center of Kenedy for Pap smear, mammograms and health education. Such was the enthusiastic response from the locals that over 250 patients were seen during the Fair.

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**Kenedy, 2004** volunteers from Sri Sathya Sai Centres worked together once again to respond to some of the medical needs in the rural Texas county of Kenedy, Texas. The Kenedy Health Fair on April 3, 2004, was organised to allow the residents of Kenedy to receive free medical screening, lab tests, consultations with physicians, immunisations and information on preventing common medical ailments. Various booths for "scoliosis screenings, eye examinations, blood tests, dental examinations, height/weight check-ups" were set up, staffed by volunteers and operated throughout the day. Behind the scenes, volunteers from the San Antonio Centre lovingly prepared huge quantities of food and snacks for the volunteers and patients. Along with discussing laboratory test results and disease-prevention tips, doctors and volunteers exchanged kind, caring words with the Kenedy residents. Consulting with doctors and volunteers, patients learned not only of their cholesterol and blood pressure levels, but also the meaning behind the numbers, and most importantly, how to change and implement daily habits to lead a healthier lifestyle.

Sri Sathya Sai Baba's loving presence manifested itself in the cooperation and love connecting the many volunteers. An abundance of enthusiastic volunteers—doctors, parents, medical students, young adults and children from the region's Sathya Sai Centres united with the singular goal to serve.

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**Pineland, 2006** A free medical camp was conducted in Pineland, Texas, on July 15, 2006. The camp was conducted in the Harvest Way Church by 120 Sathya Sai volunteers including 9 physicians. During the day 263 patients were seen. The small town was ravaged by Hurricane Rita, and to surmount logistical difficulties, several Sathya Sai volunteers traveled to Pineland the day before the camp to set up the facility. The



service began with a universal prayer chanted by the pastor of the church. In addition to receiving routine health examinations, patients were directed to separate booths where health screening for diabetes, hypertension, obesity, vision acuity, dental health, and scoliosis were provided. Mammograms were used for breast cancer screening. Health education was provided on diet, physical activity, meditation, and emotional and developmental disorders. Some other volunteers visited local nursing homes, where they talked and provided company to the elderly. Both the volunteers and the patients felt a sense of peace that they were in the hands of the Lord.



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**San Augustine, 2005** A medical camp was conducted on March 12, 2005 in the First Baptist Church in San Augustine, Texas. A total of 120 volunteers travelled from all over Texas and from the neighbouring state of Arkansas to serve in the camp. Several of the volunteers reached the campsite one day before the camp, set up the booths and organised the area.

The camp commenced after prayer by Rev. David Burcham, the Pastor of the Church. The brief inaugural ceremony consisted of remarks by the Hon. Mayor of San Augustine, and the camp directors, Drs. Prasad and Chintapalli. Hon. Mayor Pat Fussell welcomed the volunteers and expressed appreciation for their efforts. He underlined the fact that several people in the country did not have medical insurance and had not seen a doctor for many years.

The team included 19 doctors, 5 registered nurses, 4 laboratory technicians, 3 social workers, 3 nutritionists, 5 translators, and 79 volunteers. The

doctors, who specialised in internal medicine, paediatrics, family practice, nephrology, orthopaedics, anaesthesia, pathology, radiology, and dentistry, offered their services with great devotion and love. Blood-screening services for diabetes, high cholesterol, high blood pressure, and obesity were provided. Specially trained paediatricians discussed emotional and developmental problems with the families. Screening for vision, hearing, foot, and dental problems was provided. Women volunteers did breast examinations, and patients who needed further evaluation by mammograms were referred to the local area health network personnel who were on site. Osteoporosis (bone density) screening services and free blood glucose test kits were provided to patients who had diabetes or were over 50 years of age. To prevent adult onset of diabetes mellitus, health education about diet, meal plans, and physical exercise was presented. The doctors also explained to the patients the benefits of preventive health care, meditation, and prayer. The State Health Department provided immunisations for those who had not completed their immunisation schedules.

At the camp, 30 children, 78 men, and 136 women were seen in consultation. The residents of the city with tears in their eyes thanked all the volunteers and requested the team to come again. Volunteers and patients experienced the pure love of Sri Sathya Sai Baba.

### Washington, D.C.

The Sri Sathya Sai Baba Organisation conducted a medical camp on October 8, 2005, in Washington, D.C. A total of 41 patients were seen in one day. Patients were assessed and screened for glaucoma, hypertension, diabetes, asthma, vision, and dental diseases. In addition, counselling was provided for nutrition, diabetes, heart disease, smoking, stress management, mental illnesses, and common cancers. Many patients commented that they had never felt such love and graceful compassion pouring forth from healthcare professionals.

## Central America

### Dominican Republic

A medical camp was organised by Sri Sathya Sai Organisation in the Las Guamas community of the city of Santiago de los Caballeros on October 17, 2004. Held in a Catholic church, the camp saw a total of 577 patients, who were provided loving care by a team consisting of 8 doctors, 8 nurses, 2 pharmacists, 12 social workers, 2 nutritionists, and 6 volunteers.

Regular medical camps were conducted in the outskirts of the metropolitan capital of Santo Domingo by the Sathya Sai Organisation of the Dominican Republic. As of 2006 there is also a free eye clinic, where cataract operations and other eye surgeries are carried out at no cost to the patients.

The organisation also adopted the community of Lecheria, which is a slum neighborhood of the city of Santo Domingo, about 20 km from downtown. More than 2,000 medical consultations in general medicine, cardiology, gynaecology, paediatrics, dentistry, and other areas have been conducted.

### El Salvador

A monthly medical camp offers free consultations and medicine. Approximately 23,000 patients have been treated in medical camps in the last 16 years.

### Mexico

The Sathya Sai Organisation supports the poorest and needy communities in Mexico through medical camps. Along with medical consultations, needy people are given medicines along with clothes, shoes,



toys and basic provisions. In addition, lectures are given on dental care, diabetes, arthritis and general cleanliness.

The first medical camp was held in three communities on December 9, 2006. Since October 2008 a medical camp has been conducted once a month in a very poor neighbourhood of Guadalajara City. Consultations and medicine are provided to 90 patients each month.

### Panama



In the last several years, several hundred cataract surgeries and hernia operations have been performed free of cost across Panama. The President and Vice President of the country have noticed the cataract operations done by the Sathya Sai Organisation. Together with the Minister of Public Health, they have offered the Sathya Sai Organisation space in the Santo Tomas hospital in Panama City to set up a Sathya Sai Eye Clinic for cataract operations. At present, many patients are sent to Cuba for surgery since the number of patients exceeds the current capacity to handle these cases. The Minister of Public Health offered to sign a long-term contract with the Sathya Sai Organisation to provide ophthalmologic services.



## South America

Medical camps in South America began more than fifteen years ago in Venezuela and later in Argentina, Brazil, and Colombia. In the last three years Bolivia, Ecuador and Peru have begun medical service activities. During the last two years, medical camps and other health activities in the region have increased by 50%. In this period the recipients have reached an average of 10,000 per year showing an increase of 63%.

As an example, the following two tables show a summary of the activities for the period July 1, 2007 to June 30, 2008:

Country	Number of Persons Assisted
Argentina	2,159
Brazil	917
Bolivia	207
Colombia	4,859
Ecuador	200
Peru	787
Venezuela	1,171
TOTAL	10,300

Activity	Number of Persons Assisted
Medical camp	3,225
Conference	3,003
Clinic	1,923
Visual health camps	802
Medical camp after earthquake	787
Conference on human values	207
Course / workshop	185
Meditation in hospital	80
Cataracts surgical camp	46
Paediatric surgical camp	42
TOTAL	10,300

### Argentina

The medical wing of the Sathya Sai Organisation of Argentina provides both health education and medical treatment. They began by organising a medical camp in 2002 and presently camps are held about 3 to 4 times a year in various towns in Argentina. On average about 300 patients are seen in each camp.

In a medical camp held in 2003, 27 medical professionals participated, serving more than 500 patients and providing free medicine. In Grand Bourg, Buenos Aires, two camps were held in March 2006. One was focused on eye care, and the other included several medical specialties.

From June 2007 through August 2008, four medical camps were conducted in Barrio Toba, Rosario, Posadas, Misiones, González Catán, and Posadas, Misiones. Healthcare professionals specialising in the fields of paediatrics, internal medicine, ear, nose and throat (ENT), radiology, ophthalmology, and dentistry participated in the medical camps. Workshops on AIDS prevention and oral health were conducted. Oral hygiene kits were distributed, and medications were provided to patients free of cost. During the camp, health education topics were also addressed, such as well-baby care, breast-feeding, child development, alcoholism, and family violence. Sathya Sai Youth helped take care of children by involving them in various activities while their parents received medical consultations. In one of the camps, an individual who was not familiar with Sri Sathya Sai Baba was so impressed with the charitable and loving service that he donated 60 pairs of eyeglasses and free vision testing for all patients.

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**Cordoba** On March 27, 2004, the Sathya Sai Baba Organisation of Argentina organised a medical camp at Villa La Tela in the province of Cordoba. After a tornado, this shanty town in one of the poorest communities of Cordoba faced large-scale destruction, prompting the national government to declare a state of emergency. The army erected six big tents for the different specialities in the Sathya Sai medical camp, which served over 1,500 patients.

The day began with singing the national anthem and reading passages from the Holy Bible. Along with many volunteers, 42 medical professionals and 45 nursing students provided a host of specialised services, including paediatrics, dental care, gynaecology, dermatology, audiology, psychological counselling, ultrasound, and screening for cervical cancer, high blood pressure, and diabetes. Free medications were dispensed to all patients through the pharmacy.

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**Buenos Aires** A large medical camp was conducted in the city of Grand Bourg, in the province of Buenos Aires, Argentina, on October 15, 2005. In the camp, 297 patients were seen for varying medical conditions by physicians in various specialities. Ten consulting rooms were fashioned with adequate separators, and all patients were offered not only free medications but also a hot meal. In addition, the team made several home visits for medical consultations when the patient was unable to travel to the medical camp site.

This labour of love was so much appreciated by the local people that one physician and one builder made a commitment to build a consulting room and run a free medical clinic at the same site on a regular basis.

## Brazil

**São Paulo, 2005** The Sathya Sai Organisation of Brazil organised a medical camp on February 4, 2005 in São Paulo. Five doctors, 3 dentists, 5 nurses, 1 pharmacist, 5 psychologists, and 88 Sathya Sai volunteers served 256 patients. Paediatric services, nutrition services, dental services, ophthalmological prevention, blood pressure checkups, cardiology services, and quality life and healthcare education were provided with love and dedication. Sathya Sai volunteers prepared refreshments for the patients and arranged separate rooms for meditation and devotional singing. Seeing the whole environment charged with divine fervour, one patient remarked, “Everything that is made with love works.”

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**São Paulo, 2007** Dental and ophthalmological treatments were carried out, the latter supported by the donation of 50 pairs of eyeglasses. The group effort of doctors, nurses, dentists, and pharmacists served approximately 700 people. Young adults took care of the food items, while other volunteers helped with the reception and registration of the patients. In this inaugural project, procedures were outlined, establishing models that can be applied in the rest of the country.

Since then, these activities have expanded throughout Brazil. In about a year, three large community assistance projects were held—two of them in areas of dire poverty—in addition to numerous medical camps held in various Brazilian cities.

On March 31, 2007, young adults from São Paulo helped in the planning and administration of



a medical camp and community adoption project, serving nearly 1,000 needy people.

### Paraguay

During November and December 2003, for the people with low incomes living in the rural areas and suffering from cataract, Sri Sathya Sai Organisation provided cataract surgeries. Many of these people could not see prior to the surgeries and thus were not able to find work. Approximately 78 surgeries were conducted. People who had no expectation of regaining their eye sight because of their cataract and precarious financial conditions were able to gain eye sight. Medical professionals and the volunteers experienced the immense joy in serving them. Each patient was provided with food, Santa Lucia's photo (the Patron Saint of Paraguay who gives good sight), and a candle. Tears of joy welled up from the patients and they were thankful to the Almighty for his benevolence.

### Uruguay

Sathya Sai volunteers created the Sathya Sai Baba Blood Donors Club in February 2004. The Sathya Sai Centre in collaboration with the National Blood Service in Montevideo, has played a great role in saving many lives by providing volunteers to donate blood for the blood bank.

### Venezuela



**Caracas, 2003** In November 2003 the Sathya Sai Organisation in Caracas, Venezuela, conducted the third in a series of eye camps that had started in 2001. These camps involved the removal of cataracts and insertion

of multifocal lens implants for patients with little or no economic resources. Two hospitals offered their operating theatres with the latest equipment free of charge, and several pharmacies donated medicines. A total of 66 operations were performed, some of which restored full vision to those who were previously completely blind. While eye doctors from the Sri Sathya Sai Organisation brought medical relief, volunteers from Sathya Sai Centres provided food, transportation, and other supplies, as well as cleaning, nursing, and loving attention for the patients.

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**Caracas, 2005** On February 27, 2005, the Sathya Sai Organisation of Venezuela conducted its fifth cataract eye camp at the Instituto de Micro Cirugia Ocular hospital in Caracas. Ten cataract eye operations were performed in two operating theatres. Eight doctors were assisted by a team of 40 volunteers who provided food, transportation, and most importantly, loving care. All such operations performed since 2003 have been successful, and this medical camp brought the total operations performed to 100. In addition to eye surgeries, members of the Sathya Sai Organisation of Venezuela provided laboratory services and postoperative care free of cost with love. The patients, who were selected from economically poor neighbourhoods, were happy to receive the treatment with loving care.

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**Caracas, 2006** An ophthalmological medical camp was held on May 21, 2006 in which 19 senior citizens had cataract surgery and ocular lens implants were inserted. The operations were carried out in a private eye hospital that had cooperated with the Sathya Sai Organisation previously. Sathya Sai doctors did all the operations, while volunteers served delicious vegetarian meals to the patients and drove them to their homes. Many families were moved to tears because of the loving treatment they received completely free of charge.

## West Indies

Medical camps are being conducted twice annually in the West Indies. At these camps, the following services are provided: consultation with the physician, testing of blood pressure and blood glucose, hot meals, new clothes, and a grocery pack (feeds a family of four for one week). Meditation sessions are also provided. Children are screened for eyesight disorders and where necessary, spectacles are given to them free of charge. Older persons are given reading glasses. Usually at these camps between 100 and 300 patients are seen and 60 volunteers participate.

### Guyana

Two medical camps were conducted in Guyana. The first was from September 1-4, 2004, in which over 3,000 patients were seen. The medical team saw patients of all ages with a wide variety of ailments, including cough, cold, hypertension, diabetes mellitus, skin diseases, arthritic problems, congenital and adult heart diseases, eye complaints, dental conditions, gynaecological and gastrointestinal disorders and infestations, and orthopaedic conditions ranging from aches and pains to non-union of fractures. A comprehensive range of treatments was administered, including maxillofacial surgery, dental extractions and fillings, and free medications were dispensed. On September 5, a series of lectures on healthcare issues including HIV, alcohol abuse, hypertension, diabetes, heart disease, and women's health, was given at Prema Nilayam for the Guyanese people.

His Excellency Bharrat Jagdeo, President of the Republic of Guyana conveyed a written message of greetings to Sri Sathya Sai Baba on His eightieth Birthday on behalf of the people of Guyana. In the message, he stated: "You inspire millions of people around the world to transform their lives, and at the same time lift their spiritual consciousness. Your presence gives us all hope for a more compassionate and humane global society where all are guided by the principle of the Brotherhood of Man and Fatherhood of God. The success of Your Avataric mission is evident all around us, as more people are responding positively to the plight of the poor, suffering and downtrodden in the world." This event was announced by the First Lady of Guyana, Mrs. Uma Varshnie Jagdeo, in the local newspapers.

In the second medical camp, a group of volunteer physicians gathered together a multinational and



multidisciplinary medical team to render free medical service to the needy in Guyana. A total of 55 members from the USA, Canada, and the UK departed for Georgetown, Guyana, to set up their medical camp from February 17 to February 24, 2006. There were 13 camp sites in the various cities of Georgetown, Demerara, Essequibo, Linden, the village of Enmore, and Wakenaam City. The group carried with them medical equipment, medications, and supplies to provide primary medical care with the help of the Sathya Sai Organisation of Guyana.

A total of 3,622 patients were seen for general medical care, and 1,600 patients were seen for ophthalmological care. Sixty-five eye surgeries were performed for diseases, including cataracts and glaucoma, 60 laser treatments were provided for diabetic retinopathy, and 1,018 pairs of corrective eyeglasses were distributed for patients with visual impairment. Preventive health screening and education was provided for cardiac disease, diabetes, dental hygiene, hypertension, osteoporosis, HIV, nutrition, smoking and alcoholism, and women's health. Treatments were provided for respiratory, cardiac, gastrointesti-





nal, gynaecological, and infectious diseases. First aid was taught to young adults.

The President of Guyana was very pleased with the service provided and met with the group. He thanked Sri Sathya Sai Baba and pledged his full support for future medical camps. On the last day of the camp the health minister of Guyana commented that “Guyana is better today than it was one week ago — thanks to all of you.”

### **Jamaica**

Yearly free medical camps are conducted at Ocho Rios, where the doctors from the Sathya Sai Organisation provide free medical assistance to hundreds of patients. Medicines are also supplied free of cost. In addition, about 100 inmates at the St. Ann’s Bay Infirmary are given treatment every month.

### **Trinidad**

Medical camps are conducted twice each year in the areas of need by the Sri Sathya Sai Organisation. Between 2006 and 2009, loving medical services were provided by medical professionals, pharmacists, and other volunteers free of cost to over 1,800 people. Services provided during these camps included blood pressure measurement, blood glucose analysis, medical consultations, dental and vision services, cancer screening for women through Pap smears and breast examinations, free eye glasses and reading glasses distribution, counseling sessions and health education.

For more than 8 years, the Valsayn Medical Clinic has been providing free monthly medical services for 15 to 20 patients. Blood glucose testing and medical consultations are provided. Free medicines are dispensed to the patients.

Between January and June 2008, a medical clinic was organised on a weekly basis to provide free medical services. Approximately 10 patients were served each week.

Blood donation camps are being conducted for the past 10 years. Four to six camps are held annually. Approximately 80 to 100 pints of blood are donated annually.

Over the past 5 years, 20 to 30 people were provided with wheelchairs each year.



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## Europe

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### Bosnia and Herzegovina

The Sathya Sai Organisation of Bosnia and Herzegovina, in cooperation with the citizens' association UG Roma, organised a medical camp on February 19, 2005 to provide free medical care to the residents of Ciljuge, Bare, and other housing regions in the Zivinice Municipality and Kiseljak. Thirty-five medical volunteers from the Bosnian International Medical Association and the public health centre JU "Dom zdravlja," including doctors, laboratory technicians, pharmacists, nurses, and medical students offered their services at this camp held at the Second Primary School. Nearly 650 consultations were provided at the camp in various specialities such as pulmonology, gynaecology, epidemiology, paediatrics, dental extractions, cardiology, ultrasound, stomatology, and neurology. Blood tests were also provided. Nearly 800 kg of food items such as sugar, cooking oil, pasta, juices, coffee, sandwich, jam, sour cream, and bread were distributed during the course of the medical camp.

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A medical camp was held in Kozarac on February 18, 2006, where over 200 patients were seen and 451 boxes of free medicines were distributed.

Another medical camp was held in Bosanski Samac on April 16, 2006, in which 271 patients were seen. Screening, treatment, and preventive healthcare were provided by specialists in internal medicine, psychiatry, neurology, gynaecology, ophthalmology, paediatrics, dentistry, and physical therapy at these camps.

In the town of Samac, in Bosnia and Herzegovina, Sathya Sai volunteers conducted a medical camp, supported by 67 doctors, social workers, the Women's Association, the Red Cross, and local volunteers. Medicines were donated by Sathya Sai members from all over Europe, and the Bosnian firms Euroilijek and Brcko helped with other supplies. The local school director, aware of the work carried out by the Sathya Sai Organisation, offered his school premises to hold the camp in. During the camp, 295 patients were served from the town and the surrounding villages. An

ophthalmologist conducted over 100 examinations. Volunteers from Germany looked after 24 children engaging them in a "painting" workshop, and enabling their parents to be free to see the doctors.

A medical camp and a veterinary camp were organised on May 21, 2005 in the city of Modrički Lug in the Republika Srpska region of Bosnia and Herzegovina. Ninety-nine consultations were provided including several ophthalmological examinations and free medications were disbursed. They were supported by a dedicated team of 29 Sathya Sai volunteers from Bosnia, Herzegovina, Croatia, and Serbia. A veterinarian examined dogs and distributed medicines for poultry. Local doctors were given training in modern surgical procedures by the camp physicians.

Later, a medical camp was conducted in the same town of Modrički Lug on March 18, 2006, in which 97 patients were seen.

The medical association BIMA in Bosnia and Herzegovina cooperated with the Sathya Sai Organisation of Bosnia and Herzegovina to provide assistance. Medical examinations were performed in two elementary schools, the Saint Sava school in Modrića town and the Aleksa Šantić school in Modrića Lug. BIMA came to the medical camp with a team of 35, including 18 doctors, 2 laboratory technicians, 1 pharmacologist, 2 medical nurses, and 12 students of general medicine, dental medicine, and veterinary medicine. The Sathya Sai Organisation sent 2 doctors and other persons who helped in the medical camps. These 2 doctors conducted 99 internist's examinations and 14 ophthalmology examinations.

At the camp 616 examinations were performed, 21 home visits were made, and more than 279 packages of medicine were given to people. In addition, there were 5 veterinary examinations.



## Poland



The Dubeninki and Zytkeijmy regions of Poland bordering Russia are two of the most economically disadvantaged regions in the country. The efforts of the Sathya Sai volunteers to help these people through a free medical camp in 2005 was rewarded many fold in 2006 when volunteers sought to conduct a similar medical camp again. In 2005, 30 volunteers, including 3 doctors, saw 210 patients and at the same time renovated a house, ran a spiritual education programme, conducted a workshop for women, and organised a beautiful Christmas programme for approximately 200 people. In response, the local authorities in 2006 provided the Sathya Sai volunteers with a school bus to transport patients from nearby villages and gave them an entire school building to conduct the camp. On July 5-9, 2006, 90 Sathya Sai volunteers from Poland, Germany, and Ukraine combined their efforts to see 400 patients in five days. Many villagers said that “we thought that God had forgotten us, but He sent us Angels.”

## Switzerland

Sathya Sai Youth of Switzerland organised blood donation camps in Zurich, Lugano, and Basel on January 17, January 24, and March 13, 2008 respectively.

## UK

Several medical camps have been conducted within the UK by Sathya Sai Organisation of UK over the last several years. Various diagnostic specialties are offered, including ophthalmology, optometry, dental care, physiotherapy, and orthopaedics. Significant emphasis is placed on preventative care (health education). These camps are held with an aim to relieve the burden on the UK National Health Service. The camps also offer a “one-stop” service for the elderly in ethnic minorities because it enables them to consult various specialists for their common ailments, under one roof, on one day. The following are examples of services offered:

- **Diabetes** – blood glucose tests, information
- **General health** – weight check, blood pressure check, answering any medical queries/concerns
- **Dental examination** – health and oral hygiene leaflets
- **Eye-related ailments** – consultations on general eye care and glaucoma, and diabetes
- **Chiropractic** – information on correct posture and how to avoid back problems
- **Blood donation** – information desks set up by the National Blood Service to give out information leaflets and register potential donors
- **Bone marrow donation** – donors’ clinic set up in conjunction with the Anthony Nolan Trust
- **Yoga and meditation workshop** – by trained instructors
- **Fitness and Diet Presentations** – on heart disease (cardiologist), diabetes (doctor), healthy eating (nutritionist), asthma (consultant), physiotherapy (doctor, physiotherapist), and blood donation.

## Russia and Russian-Speaking Countries

### Russia

**Lodeynoye Pole** In the ancient Russian city of Lodeynoye Pole in the Leningrad Region of Russia, a medical camp was held from August 15-22, 2004 with specialist medical professionals coming from different countries such as the United Kingdom, Russia, Belarus, and Ukraine. This was the thirteenth such medical camp conducted in Russia. A total of 230 volunteers worked tirelessly for this camp, which treated nearly 8,000 patients suffering from a variety of disease conditions.

This was followed by several medical camps in the same town. Approximately 56 patients attended the free medical camp on April 14-15, 2007. Patients were screened for hypertension and diabetes, and had their vision checked. Acute illnesses were treated and psychiatric counseling was also provided. From July 1-8, 2007, 184 Sathya Sai volunteers from 14 countries, including the United Kingdom and Germany held another medical camp. They rendered selfless service with love to 2,970 patients. The medical team also visited 5 neighbouring towns to serve the needy. Patients with different ailments were given the best medication and advice with utmost care and love. The dental team performed several major procedures.

Another medical camp was conducted from May 29, 2009 to June 6, 2009. During this period, 88 volunteers from Russia, Holland, Moldova, and Germany, including a medical team of 33, provided 1,700 consultations. A pharmacy was set up at the medical camp to dispense free medications to those who needed them.

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**Nyazepetrovsk City** In the southern foot of the Ural Mountains is the rustic Chelyabinsk region of Russia. A Sathya Sai medical camp was held on August 5-12, 2006, in Nyazepetrovsk city in the Chelyabinsk region. About 200 Sathya Sai volunteers from Ukraine, Kazakhstan, Belarus, the UK, and the USA participated in the camp. Of these, 96 were medical personnel. A total of 7,000 patients were seen during the eight days of the camp. Medications and 1,000 pairs of eyeglasses were given to patients, and 7,500



syringes were given to a nearby hospital for its use. Education and screening for diabetes, hypertension, obesity, asthma, and heart disease were conducted.

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**Novoselye** On October 18-19, 2003, a medical camp was held in the village of Novoselye, not far from St. Petersburg. More than 40 volunteers of the Sathya Sai Organisation took part in it. The medical team treated over 250 patients.

### Kazakhstan

From April 11-13, 2008, a medical and service camp was held in Bersuat village located 100 km from the capital city of Astana in Kazakhstan. This was the seventh camp in the country focusing on medical service, Educare, and feeding the poor. In the medical camp, 450 patients were seen by a medical team which included specialists in internal medicine, paediatrics, ENT, gerontology, dentistry, and physical therapy. Fifty-three volunteers, including 19 youth, provided loving service. In addition, a team of eight teachers taught human values-based lessons to local school children. A film was shown depicting Sri Sathya Sai Baba's lovingly conversing with His students. In this film, the First Lady of Kazakhstan, Sara Nazarbayeva, quoted Sri Sathya Sai Baba and stated that it is important to love everyone and to live in love.

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On April 11-12, 2009, a medical camp took place in the Akylbai village. The medical team included a





paediatrician, ear, nose and throat (ENT) specialist, dentist, geriatrician, and physical therapist, and provided more than 350 consultations. Free medicines were distributed. Patients expressed heartfelt gratitude. The local people were surprised to hear that doctors used their free time and came at their own expense. One letter of gratitude thanked them, saying the “doctors who visited us left a warm sign in the heart of each person” they served. Another letter of gratitude read: “I am grateful to all doctors of the visiting team for their unselfish work and caring treatment of patients.”

A medical camp was conducted in Ulentý village in rural Kazakhstan in mid April 2007. At the medical camp, there were 31 Sathya Sai volunteers, including 5 health professionals, serving 631 patients lovingly. The team consisted of a general internist, a gynaecologist, a paediatrician, a dentist, and a physiotherapist. This was the largest number of patients seen in a medical camp in that country. Medications were provided free of charge to all patients who required medical treatment. Additionally, lectures and presentations were given on disease prevention and leading a healthy lifestyle.

### **Ukraine**

A medical camp was held in the town of Bogodukhov, Ukraine, from June 28 to July 5, 2008. About 90 physicians and several volunteers from Ukraine, Russia, the UK, and the USA worked in harmony in caring for over 6,000 patients. Patient services were provided in the fields of cardiology, ear, nose, and throat, paediatrics, ophthalmology, physiotherapy,

radiology, pain management, occupational health, psychiatry, general surgery, neurology, endocrinology, dermatology, optometry, and osteopathy. Physicians not only conducted medical clinics but also held talks and distributed pamphlets for prevention of heart disease, diabetes, and women’s health problems. Wheelchairs were donated to a local orphanage for physically challenged children. In one of the villages, there was only one resident physician who regularly cared for many people. He had to travel long distances on his bicycle in order to take care of all of his patients. One of the visiting doctors lovingly arranged a new scooter, which would help the doctor to cover such a large area with less strain.

Approximately 784 new pairs of eyeglasses were dispensed, and 750 pairs were donated to the local ophthalmologist for free dispensing to needy people. Free medicines were also dispensed to patients. Advanced investigations, such as electrocardiogram, ultrasound, and echocardiogram, were carried out.



A medical camp was conducted from June 2-3, 2007 in Korolyovka village in the Kiev region of Ukraine. A total of 42 patients were seen for acute illnesses such as fever, pain, and infections. The medical team, consisting of four healthcare professionals, was joined by 44 Sathya Sai volunteers from various parts of Ukraine. During the medical camp, 31 grocery packets, clothes and footwear were distributed to needy elderly people and families in the village. Furniture, medicines, and other equipment were donated to a local school. The camp was attended by 121 active members of the Sathya Sai Organisation together with their families from 14 towns.

## Africa

### Sathya Sai Vision for Africa

As of September 2005, 3,244 cataract surgeries were performed in Nigeria, Mombasa, Ghana, Malawi, South Africa, and Zimbabwe.

- **Ghana** Since 1978 the Sathya Sai Baba Organisation has been organising a medical camp every Friday in Ghana and has treated about 5,000 patients since its inception.
- **Kenya** Sathya Sai volunteers of Mombasa Sathya Sai Centre in Kenya conducted more than nine eye camps between February and August 2005, restoring the gift of sight to over 500 people.
- **Malawi** Five cataract camps were conducted in Malawi from July to November 2005, in which a total of 5,295 patients were examined and 516 cataract operations were performed.

#### Kenya



The Sathya Sai Service Organisation of United Kingdom, in conjunction with the Mombasa Sathya Sai Centre, held a weeklong medical camp in the Mariakani area of Mombasa from April 10-16, 2004. A total of 4,757 people received free medical services at the camp, including general medical diagnosis, treatment, and minor surgeries; testing and treatment for blood pressure, diabetes, and glaucoma; and ophthalmic, dental, gynaecological, paediatric, and neurological care. In addition, 2,500 eyeglasses were dispensed, 7,000 pharmacy prescriptions were filled, 57 surgeries were performed, and 5,000 people were served free food. Eighty-five medical and non-medical volunteers participated in this camp, including many of the local physicians who were inspired by the love and dedication of the Sathya Sai doctors.

#### Malawi



In 2004, the first medical camp was conducted in Malawi during the holy weekend of Easter. A team of 28 doctors and volunteers from the United Kingdom conducted the very first eye-care camp at Chikwawa, south of the city of Blantyre. More than 5,000 patients were treated for visual impairment.

From September 9-15, 2007, a medical camp was held in Chiradzulu village in Malawi in southeastern Africa. The country has more than a million children orphaned by AIDS. Using the facilities of the Amitofo Care Centre and the Chiradzulu Hospital, Sathya Sai volunteers from the UK and Malawi conducted the camp, in which 6,000 patients were seen. Patients were assessed and treated by specialists in general surgery, ENT, ophthalmology, optometry, paediatrics, dental surgery, and haematology. In addition, the team had an anaesthetist, pharmacist, and nurses. During the camp, 2,500 new prescription glasses were handed out, 10,000 prescriptions were filled, and 11 hearing



aids and 5 prosthetic eyes were provided. The volunteers from Malawi lovingly served meals to the patients every day. New clothes for babies, children, youth, and adults were given out. Children, including the orphaned children at the Amitofo Care Centre, were given toys as well as stationery for school. The children had the opportunity to participate in face painting and festive activities during these camps. The local hospital's x-ray machine and operating theatre equipment were repaired by an engineer in the group. Patient follow-up was conducted by one of the doctors who remained for three months.

Honorable Henry Mussa, member of Parliament of Chiradzulu East thanked the Sri Sathya Sai Organisation for arranging such a generous and caring medical camp. He said, "People of this district are very poor. I thank the Sri Sathya Sai Organisation for organising a camp in this area. All the people here need a lot of medical attention." While addressing the crowd, he urged the people to make the best use of the doctors.

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**Blood Donation Programmes** With the help of the Malawi Blood Transfusion Service (MBTS), the Sathya Sai Group started organising regular blood donation camps, which were held every three months. Various hospitals rely on them for a consistent and dependable supply of blood. Group members are also listed in an emergency database. It provides blood testing and other blood-related services.

### Sierra Leone

The coastal country of Sierra Leone, located in northwest Africa, has been experiencing peace after several years of civil war. The Yoni chiefdom is a neglected cluster of 64 villages without adequate water, food, and sanitation. From December 17, 2006, to January 2, 2007, the Sathya Sai Organisation provided much-needed medical service and food to the people, especially the children affected by war. The medical camp was inaugurated on December 26, 2006 by Alhaji Dr. Ahmad Tejan Kabbah, President of the Republic of Sierra Leone. The president was to fly to Mecca for the Haj on the day of the camp inauguration. Despite his busy schedule and his focus on the journey, he asked to be driven to Yonibana,

where he officially inaugurated the medical camp in the midst of a gathering of ministers, senior civil servants, paramount chiefs, subchiefs, elders, the sick, and onlookers from many chiefdoms. The President, in his address thanked the Sathya Sai Organisation for its continued assistance in the task of reconstructing the country after a 10-year civil war. He later toured the clinics and received eye treatment for himself.

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In December 2006, 4,000 mosquito nets were distributed to the Yoni Chiefdom organised by the UK Sathya Sai medical doctors and the Nairobi Sai Net Directorate. A medical camp held by UK doctors treated 10,000 patients.

In 2007, a hernia medical camp was organised by doctors from UK and 60 successful hernia operations were performed. In a medical camp organised by doctors from Greece 8,000 patients were treated. Another camp organised by Greek doctors in 2008 treated 7,500 patients. During 2008 and 2009, 13 water wells were provided for Yonibana town.

This selfless work received a letter of gratitude and appreciation from Jacob Kanu, the Executive Chairman of the Alphasorie Trust of Sierra Leone. The most heartfelt prayer of gratitude for Sathya Sai Baba's work came from many recipients of medical service who said, "Now we have seen God."

### South Africa

On July 3, 2005, a dental camp was organised at the Catherine Booth Hospital where 165 patients were treated; 145 dental extractions were performed, and medical services were provided to 20 more patients. On July 16-17, 2005, an eye camp was held at the Catherine Booth Hospital where 21 cataract operations were performed. The Sathya Sai Organisation of South Africa is making great inroads and progress in strengthening outreach programmes to the disadvantaged members of its communities.

A regional wellness programme was implemented. Patients are screened for high blood pressure, cholesterol, blood glucose, vitamin B12, and body mass index. The ladies' forum forms an integral component of this programme because it encourages volunteers to lead healthier lifestyles by giving them special health talks and recipes. In the hospital service programme

volunteers assist the hospital staff in nursing duties (bathing, feeding); by helping patients in their personal hygiene (shaving, cutting of nails, combing of hair); by performing administrative duties (filing of patient cards); by transporting patients; and lastly by just giving of their time and love to patients by listening to them, encouraging them, and showing empathy.

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**Blood Donation Services** The Sathya Sai Organisation of South Africa and the South African National Blood Services (SANBS) have a standing relationship dating back to the early 1980's.

Blood donation is acclaimed as one of the leading service activities in South Africa and this was acknowledged at the International Seva Conference at Prasanthi Nilayam in 2002. The blood donation programme was initiated in South Africa after the first International Seva Conference that was held in Prasanthi Nilayam in 1984. The success of this launch led to the holding of the first blood donation clinic organised under the aegis of the Sathya Sai Organisation in 1986 with the assistance of the SANBS.

Because of the highly successful clinics organised by the Sathya Sai Organisation during the late 1980's and in view of the uniqueness of the Sathya Sai clinics, a very harmonious association developed between the Sathya Sai Organisation and the SANBS.

To date, the Sathya Sai Organisation has achieved the following:

- There are approximately 60 Sathya Sai Blood Donor Centres throughout South Africa.
- An average of approximately 10,000 pints of blood, are now donated annually.

The Sathya Sai Organisation takes responsibility for promoting the clinics by means of posters, banners, handbills and word-of-mouth. The significant contribution of the Sathya Sai Organisation in alleviating the blood shortage/needs in South Africa has led to the Sathya Sai Organisation dedicating the month of September every year to World Blood Donation (Sathya Sai World Donor Month). During this period the Sathya Sai Organisation accelerates its efforts with the total support of all Centres and its members. On an average over 1,600 pints of blood are collected in September every year.

In addition to holding its own clinics throughout the year, the Sathya Sai Centres also assist the SANBS in holding and promoting SANBS fixed sites and Community Clinics in other areas.

Distinguishing features of the Sathya Sai Blood Donation Clinics which makes it a force in Nation Building in South Africa are:

- The Sathya Sai Organisation is one of the single largest blood donors in South Africa.
- Blood donations are voluntary, selfless and free of any compensation by the SANBS.
- There is a strong brotherly bond between the Sathya Sai Organisation and the SANBS. There are regular meetings and communications with the Blood Transfusion Centre which assist in regularly assessing all blood clinics and to achieve excellence in this service programme.
- Donors with iron deficiency are provided with remedial health awareness programmes.
- The SANBS showers accolades on the Sathya Sai Organisation annually for its selfless contribution in alleviating the blood shortage especially during crisis periods. The SANBS also acknowledges the dedication of the Sathya Sai Organisation and the commitment of its devotees who so willingly service the community with this vital need of providing safe blood. They especially rely on the Sathya Sai Clinics to bring in type "B" and type "O" blood.

From January 1, 1992 to July 31, 2009, the Sathya Sai Organisation donated a staggering 178,643 pints of blood; a remarkable achievement.

Excerpts from a letter from the South African Red Cross Air Mercy Service (AMS) to the Sathya Sai Organisation of South Africa:

*"KwaZulu-Natal has a population base of 9.3 million of which, majority live in outlying areas with poor infrastructure and limited access to health care. We rely on the Volunteer Health Specialists, Government Medical Institutions, other NGO's and the Religious Medical Groups to make the programme work. To this end, Dr. Selvan Gounden and his medical team (Sathya Sai Organisation) have been major*



*contributors to the success of the KZN Health Outreach Programme, where more than 27,000 indigent patients a year receive Specialist Health Care in their home towns. Dr Gounden's team has conducted several outreach clinics which included Cataract Surgery as well as a vast array of medical specialities to health facilities in KZN.*

*The SA Red Cross Air Mercy Service (AMS) and the KZN Department of Health (DOH) appreciates*

*the Health Resources and Skills that Dr. Gounden and his Team affords to the programme and the community of the province."*

Thank you.

Yours faithfully

Afzal Khan

Regional Manager - KwaZulu-Natal and  
Mpumalanga

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## Middle East

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### Abu Dhabi

The United Arab Emirates is a federation of seven states in the Persian Gulf, and Abu Dhabi is the capital city, with a population of over a million.

A medical camp was organised by Sri Sathya Sai Organisation of Abu Dhabi in the industrial town of Mussafah on October 1, 2004. The clinic was set up in a car workshop belonging to a devotee. Three doctors and several Sathya Sai volunteers provided medical care to 77 patients. Blood pressure measurement, glucose monitoring, and treatment of minor illnesses were provided in the camp. The loving care provided by the doctors brought joy to the recipients.

A medical camp was held in Mussafah, an industrial centre within Abu Dhabi, on October 14, 2005. A total of 25 volunteers and 4 doctors saw 117 patients. In addition to medical treatments that were administered free of charge, patients were counselled on the importance of good diet, hygiene, stress management, and avoidance of vices like smoking and the consumption of alcohol. They were also given medications and transportation free of charge.

Another medical camp was held on the premises of the Indian Embassy in Abu Dhabi, where 90 patients were seen and the film "His Work" was screened. The Indian ambassador came from his residence on a holiday to greet the doctors and volunteers. These camps were landmark events where free medical care was given with love and compassion to patients under the Sarva Dharma rubric of the Sathya Sai Organisation.



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**Ongoing Medical Camps** The Abu Dhabi Sathya Sai Centre regularly conducts free medical and health awareness camps for the benefit of those patients who have no access to quality healthcare. The camps are organised at the Indian embassy, beginning with the holy month of Ramadan. His Excellency, the Indian ambassador, has permitted the Sathya Sai Organisation to host the camps at the Embassy premises. In the camp on February 24, 2006, the Indian ambassador to the UAE enthusiastically took part in the camp and gave a talk on healthy living to the patients, arranged for the embassy to provide furniture and video display units.

Medical Camp Date	Number of Patients
October 28, 2005	90
November 25, 2005	122
December 23, 2005	105
January 20, 2006	120
February 24, 2006	129
April 7, 2006	160
April 28, 2006	176
May 26, 2006	225
June 23, 2006	105
July 24, 2006	143
August 25, 2006	124
September 29, 2006	195
Total	1,694

In these medical camps, preventive healthcare and free health screenings are conducted along with medical treatments for common ailments. Presentations are made in four different languages on stress management, balanced diet, hygiene, smoking, and alcoholism. Patients are often provided free transportation in an air-conditioned bus to facilitate travel to the clinic. Two films “*His Work*” and “*Pure Love*” are shown continuously during the clinic.

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**Blood Donation Drives** In addition to the monthly medical service, the Sathya Sai Organisation also conducts blood donation drives throughout the year. On the occasion of the eightieth birthday of Sri Sathya Sai Baba, 63 blood donations were received.

### Dubai

Medical camps are conducted periodically in different labour camps. During medical camps, free medicines are given to all the patients as well as food is provided to all the labourers. On the average 4 medical camps per year are conducted and approximately 150 patients are seen at each camp. Blood donation camps are also conducted 4 times a year. More than 100 volunteers donate blood on each occasion.

### Kuwait

A medical camp was held in December 2005 with the primary goal of reaching out to those who cannot afford private healthcare. The beneficiaries were industrial and hygiene workers of various nationalities. The industrial workers were drawn from companies engaged in the oil fields and refineries of Kuwait. The hygiene workers belonged to companies engaged in maintaining the hygiene of big industrial establishments and buildings. Doctors provided health and safety counseling as well as rendered medical care.

**Blood Donation Service:** A mass blood donation campaign was conducted by the Kuwait Sathya Sai Centre on October 2, 2005. The required mobile blood donation vehicle with adequate beds was supplied by the Central Blood Bank at Mubarak Al-Kabeer Hospital, and the venue was kindly arranged at the Indian Community School for Girls. The smiling and hardworking staff worked ceaselessly till about 10:30 PM, when the last donor could donate blood. At the end of the donation process, 109 donors had participated.

### Oman

On January 13, 2006 a health camp was held for industrial workers residing in the Ghala area of Muscat, Oman. The camp was conducted in the recreation centre of a large industrial firm. A team of 6 doctors of various disciplines, 3 paramedical staff and 10 volunteers were present. A few volunteers arrived early and setup temporary partitions in the recreation hall to accommodate the doctors and a common examination table.

Volunteers with multiple linguistic skills registered the patients as they arrived and sent them to the paramedical staff along with a card containing their historical records. The paramedical staff checked their weight and collected blood samples for sugar test. They were then directed to the doctors who checked their blood pressure and recommended suitable medicines and diet for those having high levels of sugar and blood pressure. Consultation and advice was provided by the doctors on other ailments and suitable medicines prescribed to those who needed them. A trained pharmacist dispensed the medicines



prescribed. A total of 140 patients were seen during the day. Breakfast was served to them, as many came with empty stomach to check their sugar level.

A talk was given by one of the doctors on the ill effects of smoking, tobacco chewing and drinking and the need to give up such destructive habits in order to lead a healthy life. The importance of proper diet and regular exercise were emphasised.

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**Sai Baba Camp:** This health camp is conducted on the second Friday of every month. Officials from the Ministry of Health visited the camp and appreciated the healing touch offered to the sick and needy with

love and compassion, free of cost. The camp is lovingly referred to by the patients as “Sai Baba Camp.”

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**Blood Donation:** In Oman, a blood donation drive that planned to collect 80 units of blood collected 136 units. The Director of the Department of Blood Services, Ministry of Health, commended the Sathya Sai Group for their humanitarian work.

## **Qatar**

A medical camp was conducted on December 30, 2005 in Qatar, and 80 patients were screened.

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## **Asia**

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### **Indonesia**

The Sathya Sai Study Group, Medan, organised a series of service programmes during the months of February to June 2005. Medical camps and food distribution were provided in the following areas: Pulo Sicanang, Rantau Panjang, Citaman Jernih, Bagan Kuala, Ujung Kubu, and Sei Bulu. During the five-month period, a medical team consisting of 5 doctors and 50 Sathya Sai volunteers served a total of 3,433 patients. The ailments treated included asthma, skin problems, rheumatism, and influenza. Free medications were also distributed to the patients. Sathya Sai workers conducted several food distribution drives to the needy people in the above locations. Each family received a package consisting of, on average, 5 kg of rice, two tins of milk, and a variety of other items needed daily. To date, a total of 19,300 kg of rice and 890 tins of milk have been distributed, benefitting over 5,000 families.

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On May 29, 2005, Sathya Sai Study Group—Makassar organised a medical camp at Kelurahan Tamagapa. The camp focused on polio awareness to educate the villagers about the dangers of the disease and the importance of immunisation. Dental health services were also provided at this camp, which saw the loving participation of 22 doctors and dentists along with 30 volunteers. Tooth extractions and

treatment were provided to 55 patients. In addition, 105 children were counselled about dental hygiene and were taught how to properly brush their teeth.

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About 20 km from Medan, the capital of North Sumatra, is a village called Tanjung Rejo. Due to the economic constraints faced by the people of this village, together with the large distance separating the village from the nearest city, medical care has been neglected. The volunteers of the Sathya Sai Organisation of Indonesia conducted a medical camp in this village on March 19, 2006. Four physicians, 8 pharmacists, and about 30 Sathya Sai volunteers saw 164 patients. Consultations were provided for arthritis, dermatology, diabetes, and personal hygiene. Free medications were dispensed by the pharmacists. In addition, packages, each consisting of 5 kg of rice, five packets of noodles, one bar of soap, and one set of clothing, were distributed to 477 families in the village. The entire village was grateful for this loving concern and service by the Sathya Sai Organisation.

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On July 23, 2006, and September 10, 2006, two medical camps were conducted. The first was in Medan, North Sumatra, in which 39 Sathya Sai volunteers served 332 patients in one day. The second was in Kuala Langkat, also in North Sumatra, in which 295 patients were seen. In both medical camps, patients

were given a general health checkup and screening for diabetes, hypertension, and dental health.

Health education consultations were given for GERD, personal hygiene, diabetes, hypertension, heart disease, and infectious gastroenteritis. In conjunction with the medical camp on September 10, 1 tonne of food items was distributed to over 400 families in Kuala Langkat. As a reminder of the importance of preventive health, a vitamin bottle was given to every child in the village.

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As part of Guru Poornima celebrations on July 20, 2008, the Sathya Sai Study Group of Jakarta organised a medical camp and served 869 people in the Dadap area in Tangerang, Jakarta, where personal hygiene is difficult to maintain because of the paucity of clean water. Diarrhoea and many skin diseases inflict the young and the old. Sathya Sai volunteers, doctors, and nurses, along with local people, formed a team of 75 to provide medical service to the residents. Medications were prescribed and provided free to all patients.

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In March 2009, the Sathya Sai Centre of Jakarta conducted three medical camps. Two of these were carried out in Dadap (Tangerang Regency), where clean water is a scarcity. The residents suffer from many skin ailments and other diseases, including diarrhoea, vomiting and tuberculosis. In the first camp, held on March 1, over 600 patients were served by 67 volunteers. During the second camp, held on March 29, 75 volunteers served about 800 patients. A third medical camp, held in Cilincing, North Jakarta,

on March 15, had 58 volunteers serving 117 patients. Patients were treated for ailments ranging from minor upper respiratory tract infections to elephantiasis and eye disorders. Cilincing is a slum area where several hepatitis vaccination programmes were previously carried out. During all three camps, patients received food packets.

### **Lao People's Democratic Republic**

A medical camp was conducted as part of the SAINET project in the remote villages of Phoukhout district of Xieng Khuang Province in March 2006.

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Sri Sathya Sai Organisation of Lao People's Democratic Republic (PDR), together with Dr. Naren Chellapah from Australia, organised a dental camp for blind and needy children from July 7-8, 2007. Preventive dental checkups, along with scaling, filling, and extraction services, were provided. About 50 blind and 30 needy children were seen at the camp. The camp was visited by the ambassador of India to Lao PDR.

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Sri Sathya Sai Organisation of Lao PDR organised a medical camp for the flood victims of Lao PDR in the province of Khammouane on October 18-19, 2008. Four medical professionals and 20 volunteers provided loving service to 120 patients. Services included general health checkups and medicines for common ailments like diarrhoea and dysentery.

### **Malaysia**

A specialist medical camp was organised by the Sathya Sai Central Council of Malaysia at Parit, Perak on August 15, 2004. General medical screening was conducted by 10 doctors and nearly 80 volunteers, including paramedics and nurses. More than 500 Parit residents attended this medical camp. A number of specialists, including general surgeons, gynaecologists, ophthalmologists, orthopaedic surgeons, ENT surgeons, skin specialists, cardiologists, and urologists, also provided their services. A unique feature of this medical camp was the simultaneous implementation of sociocare and envirocare projects at Sekolah Agama Rakyat dan Tadika and the adjacent Taman Parit Jaya Playground, Sekolah Menengah Chung



Hwa and Sekolah SJK (T) Ladang Glenealy. These consisted of painting seesaws, benches, and swings; planting trees and flowering plants; creating a playing field for children; painting the school compound, and building a badminton court.

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**Blood Donation Services** The holy festival of Thaipusam is widely regarded as an important festival in Malaysia, and it draws large crowds. On February 10-11, 2006 large groups of worshippers climbed the 272 steps to reach the temple of Batu Caves in the outskirts of Kuala Lumpur. In this setting, the Sathya Sai Organisation organised the voluntary donation of blood. Volunteers worked continuously for 33 hours. About 80 beds were laid out for donors, and a target of 2,006 units of blood was set. Similar blood donation camps were held in Perak, Penang, and Johore during the same period. Several volunteers from different faiths joined the blood donation effort. The event was covered live by satellite radio. Remarkably, the total amount of blood collected was in excess of 2,500 units.

Penang State Blood and Organ Donation campaign was held on August 8-9, 2009 at the Penang International Sports Arena. There was also a free blood pressure checkup for members of the public by several doctors and nurses of Penang General Hospital. A total of 198 pints of blood were collected and 30 organ donations pledged.

### Mauritius

Since January 2008, the Sathya Sai Organisation of Mauritius has conducted 20 medical camps in

remote villages where health facilities were scarce. The following services were provided: screening for diabetes, hypertension, cardiac ailments, and body mass index; vision checks, dental checkups, etc. Treatment was provided as needed. A nutritionist gave advice on proper nutrition. Newly diagnosed cases of diabetes, hypertension, and cardiac diseases were referred to the nearest health centre for investigation, treatment, and follow-up. Patients presenting with visual problems were referred to an eye specialist.

### Nepal

Sri Sathya Sai Organisation of Nepal had declared 2005 as the “Grama Seva Year” to mark the eightieth year of the Advent of Sri Sathya Sai Baba. The yearlong celebrations were initiated with a medical camp in Kathmandu in early 2005. Held during the Sivarathri festival on the premises of the world-renowned Pashupatinath Temple in Kathmandu, the camp aimed to serve pilgrims from various parts of Nepal, as well as neighbouring India, who visit the temple during this auspicious festival. Altogether 158 patients availed themselves of the medical services. About 60 Sathya Sai volunteers worked assiduously during the camp, serving refreshments and assisting the elderly and disabled pilgrims.

In 2005, a medical camp was conducted along with an exhibition. A lecture was organised in Trishuli, a remote hilly town, on August 27, 2005. Altogether 12 doctors and 10 paramedics rendered services to 500 patients. Two of those patients who were seriously ill were transported to a better-equipped hospital in Kathmandu, and their treatment was arranged by the Sathya Sai Organisation volunteers. Such a combination of avenues for spreading Sri Sathya Sai Baba’s message of love through medical camp, exhibition, and lecture was a first in Nepal.

### Sri Lanka

A one day medical camp for general, eye and dental care is conducted once in four months in remote areas. About 750 to 1,000 patients are served at each camp by 7 to 12 doctors. Screening for cataract surgery and tooth extraction is also done. Medicines are provided free of charge. Spectacles are also issued for the needy.

Those screened to undergo cataract surgery are brought to Colombo and Kandy hospitals for cataract surgery in batches of 20. The surgery is performed by a team of Sathya Sai volunteer doctors. The lenses and all required medicines are provided free of cost. Transport for the persons to undergo surgery from their villages to Kandy or Colombo is provided along with accommodation. To date, over 250 cataract surgeries have been performed.

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**Eye Donation Programme** A unique project that has been initiated is the Bhopal eye donation service project. The organisation has been providing eye corneas to the hospital in Bhopal for the restoration of sight of those affected by the chemical disaster that took place in Bhopal, India, a few decades ago. Up to now 83 corneas have been sent to Bhopal to date.

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**Blood and Organ Donation** Buddha Poornima was celebrated on May 2, 2007, at the Sri Sathya Sai Baba Centre in Colombo with devotional singing and service activities. About 500 lunch packs were distributed to the homeless in Colombo. A blood donation camp was held in which 35 donors gave blood. In addition, 50 Sathya Sai volunteers registered to donate their corneas and other body parts after death.

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**Welfare Camps** The end of the civil war in Sri Lanka resulted in several people becoming homeless in the north and east of the island. For 21 days medical camps were conducted by the Sri Sathya Sai Baba Organisation for these homeless people. Approximately 3,000 patients were screened at each camp. Free medicine and nutritional supplements were also distributed to those who were screened. About 20 volunteers, including doctors, nurses, pharmacists, first aid practitioners, and youth, took part in each service camp. The Sri Lankan Sathya Sai Organisation plans to continue this service activity in the future. Medical officers, on assessing their needs, divided the patients into three groups:

1. Those who needed immediate attention were provided with 3 to 7 days of basic treatments.
2. Those who needed immediate sophisticated medical attention were referred to District Hospital, Chettikulam, and General Hospital, Vavuniya.

3. Those who needed follow-up and medical supervision were provided with medicines and educated about their conditions and follow-up measures.

Immediate referrals to hospitals were made for the following cases:

- Diabetic ketoacidosis
- Badly dehydrated patients following gastroenteritis
- Unstable angina
- Ischemic heart diseases
- Infective hepatitis
- Varicella zoster

The free distribution of fruits, infant milk powder, biscuits, and glucose sweets for children, kits for pregnant mothers, mosquito nets for children, clothing, sanitary pads for women, and disposable diapers for children took place during the medical camps. Thousands of people received these packs.

Many people who had to procure special medicine (for example, for heart disease or seizures) did not have access to these medicines for eight or nine months. These prescriptions were collected, medicines purchased, and handed them over the following day. The following activities were carried out in the Trincomalee Hospital by the Sathya Sai Organisation in Sri Lanka:

- Donation of urgently required drugs and medical supplies to the hospital.
- Operation theatre gowns were made overnight for patients who required emergency surgery.
- Supply of drinking water to the medical teams of doctors, nurses, and paramedics sent by the Health Ministry to the Trincomalee Hospital from other districts.
- Distribution of nutritious food to patients and bystanders, including milk foods, nutritional supplement, tea, sugar, etc.
- Distribution of biscuits, fruits, milk food, toys, disposable diapers, and clothes to children admitted as patients and to children of patients.
- Donation of bedsheets, sarongs, towels, shirts, and slippers to the hospital for use of the patients and bystanders and their family members.



- Provision of lunch and dinner to all antenatal and postnatal mothers in Trincomalee Hospital for four days. The meals were cooked at the Sri Sathya Sai Centre and served in the hospital.
- Donation of table fans, water boilers, and flasks to Trincomalee Hospital and to Thampalakamam Hospital, where an excess of patients from Trincomalee were admitted for convalescence.
- From February 2009 to present, the Vavuniya General Hospital has been receiving several patients. After initial treatment, they are sent to other hospitals for further management. These include the General Hospital Mannar, Base Hospital Chettikulam, District Hospital Poovarasamkulam (isolation hospital for communicable diseases, such as chickenpox and hepatitis), Pampamadu Ayurvedic Hospital, Samanakulam elders care centre, and a school in Vavuniya converted into a temporary hospital for convalescent patients. Among the services performed are:
  1. Distribution of clothes and nutritious food items, including milk powder to these patients at Vavuniya General Hospital and Chettikulam Base Hospital.
  2. Elders who were brought to the hospital for minor ailments and who have no family members to care for them are housed in an elders care centre, specially opened in Samanakulam for this purpose. The Sathya Sai Organisation provides mats, pillows, bedsheets, clothes, iron and vitamin tablets, nutritious food supplements, fruits, etc.
  3. At the Pampamadu Hospital the Sathya Sai Organisation provides assistance to the postnatal mothers by providing mats, pillows, maternity dresses, sanitary towels, baby wares, mosquito net covers to babies, and milk food to mothers.
- A series of projects were organised in the northern zone to meet the urgent physiological and psychological needs of the people who escaped the recent tragedies.
- At the request of the government agent of Jaffna, relief packages consisting of clothes, milk food, and ready-to-eat nutritional supplements were dis-

tributed among the homeless families in Mirusuvil; 1,307 members of 415 families benefitted.

- Exercise books and ready-to-eat nutritional supplements were distributed among the homeless in Kopay Teachers' Training College camp by the Kopay Sathya Sai Centre.
- A relief package consisting of clothes, milk food, and ready-to-eat nutritional supplements was distributed to the homeless located at the J. Nelliady Central College; 1,250 members from 473 families benefitted.
- A similar relief package was distributed to the homeless located in Chavakachcheri Hindu College.

### **Taiwan**

On February 3, 2008, volunteers of Taiwan donated 94 units of blood in support of the Blood Bank of Taiwan. Blood drives are held four to six times a year, through which more than 5,000 units of blood were collected. This has helped save several lives in Taiwan. This project was started in 1994 and is still being carried on a regular basis. The blood bank sends nurses and a mobile van to a popular department store to collect blood. The Sathya Sai volunteers encourage the passersby to donate blood, assist them in filling forms and guide them to the van.

### **Thailand**

A medical camp was held on October 16, 2005 in the Tung Khao Puang district in Ching Dao. Thirty Sathya Sai volunteers participated in the camp, where 186 patients were seen for health screening and preventive healthcare. Lunch was served to all patients during the camp, and the young adults played value games with children for two hours during the camp.

## Australia, Fiji, and New Zealand

### Australia

Many services including camps were organised along with other services to the aboriginal community in Toomalah in 2003, 2004 and 2005. Members have provided medical services at some of the National conferences held in various areas of Australia. This consisted of providing first aid stations during the national conferences.

Regular blood donation drives were carried out often coinciding with special events throughout the year.

### Fiji

The Fiji Sathya Sai Organisation has conducted several medical camps, many in remote areas of Fiji, with the help of medical teams from Fiji, Australia, the USA, and New Zealand over the past several years.



**2009** A series of medical camps were undertaken in the rural areas of Vanua Levu and Viti Levu Islands of Fiji from August 8-15, 2009. Five camps were held in Vanua Levu and two camps in Viti Levu. The health professionals and volunteers were mainly from New Zealand along with help from volunteers from Australia, the USA, and Fiji. The team included 10 doctors from different specialties, 2 dentists, 1 dental assistant provided by the Labasa dental office, 2 pharmacists, 1 pharmacy assistant, 1 physiotherapist with 2 assistants, 2 nurses including 1 diabetes nurse spe-

cialist, and 15 volunteers. Four Fijian doctors and 2 Australian doctors joined in the last camp in Gurukul, Lautoka. Students from local schools, including nursing and medical students, assisted in some camps.

Medical services offered full consultation and physical examination. Diagnostic tests, including blood and urine tests, blood pressure, and ECG, were performed as appropriate. Time was spent on patient health education and advice regarding primary and secondary prevention. Free medications were dispensed through the pharmacy, which had a comprehensive range of drugs. Dental services included extractions, fillings, and education on preventive measures. A physiotherapy team provided health promotion, injury prevention, treatment, and rehabilitation advice. Crutches and walking sticks were given free. The women's health clinic provided a basic gynaecological assessment and Pap smear screening for eligible females. Appropriate women's health education was provided as necessary. A total of 2,554 patients were seen.

A medical seminar was also conducted for the nurses at Sangam Nursing School on various medical topics.

During all these camps, Sathya Sai volunteers worked with the local health authorities because the work is complementary to the existing health structure in the remote areas of Fiji. The ministry of health of Fiji has been very helpful in welcoming all the Sathya Sai medical services. The ministry has supported the Sri Sathya Sai Organisation in several ways and has also provided some of its hospitals as venues for the camps. The Sathya Sai medical camps have also received support from the director of northern health services with dental equipment and health professionals who assisted with the medical services. Overall, the work performed at these camps has complemented the work done by the Fiji Ministry of Health in these remote areas of the country.



In addition, the following medical camps were conducted in recent years:

**2005** Barotu Indian School, near Rakiraki, Fiji, is a remote area with no hospital or medical facilities nearby. A total of 13 poor villages in the vicinity composed of indigenous Fijians and Indo-Fijians were served. The medical camp provided services to 619 patients. Approximately 70 percent of these were indigenous Fijians, who at the end of the camp held a surprise special ceremony to thank the Sathya Sai Organisation and volunteers because they were so moved by the total service with loving care. One remarked in his closing address that this camp was a true reconciliation to bring unity in the country.

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**2006** Five medical camps were held from March 19-23, 2006, under the auspices of the Sathya Sai Organisation of New Zealand and Fiji. The Sathya Sai medical team brought 29 cartons of medical supplies, including medications and 3 cartons of used prescription eyeglasses. Scores of patients remarked that the best service provided in the camp was the generous loving care rendered by all. In one of the schools, the headmaster made a speech about the magnanimity of the medical team and the deep gratitude of the local people. He said, "Surely, God has sent you and you bring with you His Love."

A team of neurosurgeons, physicians, nurses, and paramedical personnel from Australia, led by Dr. K. Nadana Chandran of the Australian Sathya Sai Organisation, Dr. Cliff Peady, and Paul Chichio, visited the Colonial War Memorial (CWM) Hospital in Suva, Fiji, from October 23 to November 3, 2006. This project was supported by the Australian government project for neurosurgeons to see and treat neurosurgical diseases in Fiji. The team saw 70 patients, performed 22 neurosurgical operations, and taught local doctors and nurses.

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**2007** Fifty health professionals and volunteers from Australia, New Zealand, and the USA took part in a seven-day medical camp in Fiji from June 16 to June 23, 2007, as part of a joint service project of the Sri Sathya Sai Service Organisation. The team included 15 overseas doctors from various disciplines. This

team of doctors was complemented by 2 pharmacists, 3 dentists including 1 orthodontist, 1 optometrist, 1 physiotherapist, 2 assistants, and 3 nurses. These teams were also joined by 1 pharmacist from Fiji and 1 family physician in Vanua Levu. Approximately 4,450 patients were seen during the seven days of volunteer work: 1,675 in the Western Division and 2,775 in the Northern Division camps. Many patients had multiple consultations that included medical, dental, eye, and gynaecological assessments.



From October 15-26, 2007, Dr. Nadana Chandran, the national medical coordinator, Sathya Sai Medical Unit, Australia, along with his medical team went to Suva, Fiji, to conduct the fourth annual neurosurgical camp (also supported by the Australian government project). About 70 patients were seen in the free clinic, and 14 surgeries were performed to treat various disorders, including brain tumours and spina bifida (congenital abnormality of the spinal column). Dr. Chandran met the officials of the department of health to discuss proper nutrition during pregnancy to help prevent the development of spina bifida. Three team members held educational activities to facilitate the training of registrars and nurses in Fiji. Dr. Chandran addressed the Fiji Medical Association and stressed the importance of training a permanent neurosurgeon in Fiji given the need in the area.

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**2008** The third series of large medical camps in Fiji were conducted by the New Zealand and Australian Sathya Sai medical teams and focused on serving some of the most isolated areas in Vanua Levu. A total of 12 doctors, 1 dentist, 1 physiotherapist, 2

pharmacists, and about 16 volunteers participated in different venues from April 19-24, 2008. Over six consecutive days, six camps were conducted and a total of approximately 2,500 patients were seen. Facilities available to everyone who attended in addition to a comprehensive medical evaluation and minor operative procedures included blood tests, spirometry, and ECG. A full pharmacy service was available for dispensing medications. Screening and testing in these camps have shown that whereas the pattern of disease is predominantly infectious diseases in the Fijian population, in the Indian population it is predominantly diabetes and cardiovascular diseases.



In collaboration with the Sathya Sai Medical Unit of Australia, the Sathya Sai Service Organisation of Fiji conducted a medical camp in the rural areas of Viti Levu from July 13-18, 2008. Free medical services were provided by volunteers from Australia, Fiji, and New Zealand as a service project of the Sri Sathya Sai Service Organisation. The team members consisted of the following: 8 general physicians, 4 dentists, 2 dental prosthetists, 3 obstetrics and gynaecology specialists, 1 geriatrician, 1 paediatrician, 2 ophthalmologists, 1 neurosurgeon, 1 optometrist, 5 pharmacists, 1 physiotherapist, 2 nurses, and 6 volunteers. Some members of the local health authority team also extended their help. A total of 3,264 patients were seen in these medical camps, and the total number of prescriptions dispensed was 3,434. Medical services offered during the camps included a full patient consultation, basic physical examination, and diagnostic facilities, including blood tests, blood pressure, and

ECG in the appropriate setting. Dental department services included extractions, fillings, palliative care, preventive advice, repairs, additions to existing dentures, and provision of partial dentures. Eye services provided a comprehensive checkup and free prescription eyeglasses and eyedrops. The women's health clinic provided a full gynaecological assessment and Pap smear checkups for patients eligible for screening. Patients requiring further follow-up and management were referred via referral letters to the relevant departments in the base hospitals. Physiotherapy was also provided. Informal education was provided to patients, which was well received by them and their family members.

### New Zealand

Free medical camps were conducted 2 to 3 times per year from May 2002 to 2004. Thereafter medical camps were held about 3 times per year until 2005 when the greater New Zealand government funding made it cheaper for patients to visit their family physicians. After 2005 doctors provided their services in countries like Fiji.

**Blood Donation Services** Every year for a number of years, the Sathya Sai Service Organisation in the Auckland region has organised blood donations from its members as part of the service week to celebrate special events throughout the year.

Until the year 2000, the number of people participating in the blood donation drive was small. Then a concerted effort was made by the Service Wing to promote the programme with informative brochures and Sri Sathya Sai Baba's discourses on blood donations.

In 2001 during Guru Poornima, approximately 145 members of the Sathya Sai Organisation from the Auckland area gave blood on that day. This made the New Zealand Blood Service Unit extremely happy.