

manohriday

THE JOURNAL OF SRI SATHYA SAI INSTITUTE OF HIGHER MEDICAL SCIENCES



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Annual Edition

Dear Readers,

The Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield completes 18 years! For those who have seen it come to life, it seems just the other day that it was inaugurated by the Prime Minister.

It also seems only the other day that Bhagawan Sri Sathya Sai Baba, the revered founder of the Institute visited the Hospital, partook lunch with all the staff, interacted with the doctors and patients, and overwhelmed all with His presence, love and compassion.

While we still miss His physical form and the valuable interactions, His spirit continues to pervade this Institute and guide it. His work continues to expand on various fronts, with the patient being the primary focus.

In this issue, we focus on the human side of this enterprise. We showcase a few visiting doctors, who commit their time and expertise in treating patients, with no other motive than to serve the patient. Be inspired by the octogenarian Sevadal, who has been serving patients for over two decades.

The Institute continues to be on the forefront of academics as the DNB gold medal in

Cardiology proves, and so also the numerous awards received by the staff in various fora. The conferences and workshops conducted by the clinical departments continue to stand testimony that the Institute believes that providing quality education too, is a much-needed service, apart from the high-quality free patient care.

Of course, the patients we touch is the reason we exist and no issue of Manohriday is complete without some patient stories. Read about Dinabandhu Ghosh and how he chose to repay the surgeon who operated on him. And in Dilip's own words how the Institute helped him overcome his disability.

Holistic healing and wholesome growth are what come to mind, when you read about the updates from the Wellness clinic, or the investments made in new infrastructure, and also the outreach initiatives.

The Institute journeys on, and with Baba's grace, aspires to touch new standards of excellence. We heartily welcome you readers, to occupy the ring-side seats and enjoy the journey of the Institute so far.

– The Editors





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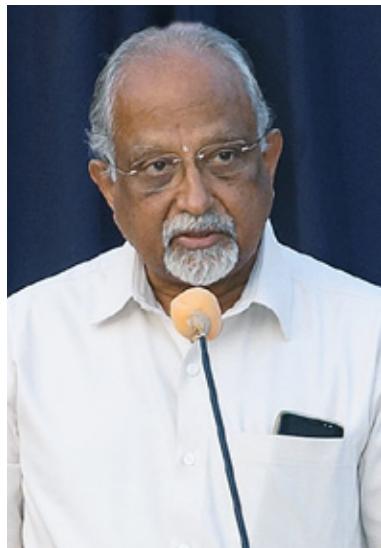
Front cover:

Bhagawan's room at the Hospital.

Back cover:

Around 5000 lamps were lit in the hospital foyer on 23-Nov-18, on the occasion of Karthika Deepam (festival of lights), coinciding with Bhagawan's 93rd Birthday.

Excerpts from the Director's speech delivered on the occasion of the 18th Anniversary Celebrations



and needy 18 years ago.

The healthcare professionals here are blessed with the opportunity to serve in Bhagawan's healthcare mission. This healthcare mission is, to my knowledge, the most well-conceived, executed and sustaining mission, ever known to mankind. Bhagawan, in His divine benevolence and concern for humanity, has put this mission into place and is continuing to facilitate this unique healthcare delivery system, with the mission statement: ***Healthcare with love and compassion, delivered free of cost to all those who need it.***

A frequent question being asked in the recent past is, "How is this enormous mission sustaining itself after the Mahasamadhi of Bhagawan?" The fact that it is thriving well is looked upon with a lot of awe or a lot of doubt. Most often, it is referring to the financial sustainability of the five institutions under the Sai healthcare mission - two superspecialty hospitals, two general hospitals & the mobile hospital. There is no force on the face of this earth that can stop this divine mission that has been willed to serve humanity for eternity. The annual expenditure of these health care institutions comes from the interest earned out of a corpus fund accumulated over the years from voluntary donations of devotees of Bhagawan Baba from all over the world and fresh donations, which continue to come in.

The hidden factor here is the dedicated human resource helping run these institutions efficiently, starting from the members of the Sri Sathya Sai Central Trust, to the employees and all those who render voluntary services in these health care institutions.

During my tenure these past three years, I have come across a cross-section of people who have contributed to

I offer my pranams at the lotus feet of Bhagwan Sri Sathya Sai Baba with a prayer to continue to bless the patients of this temple of healing & all the staff offering their services here.

It is my privilege to stand before you today to celebrate the attaining of adulthood of this temple of healing. This institution this was dedicated to the service of the poor

the cause of the Sai healthcare mission in various ways. I would like to highlight the importance of Bhagawan's personal involvement in blessing these individuals to serve in SSSIHMS, Whitefield.

Bhagawan had declared during the first anniversary of the hospital in 2002 that this Hospital will be known to the world by the unity of its staff. What is noticeable here is the tremendous unity amongst the staff during this project which resulted in the swift progress. The unique feature of the Sri Sathya Sai healthcare mission is the large volunteer group at various levels who come and serve with dedication, expecting no return.

These institutions are conceived & put in place for eternity by Bhagwan Baba Himself directing their operations from conceiving to construction and implementation to the finish with His personal touch. The list of employees and volunteers whose life has been touched by Swami and are working in the hospital is too long to be recalled in this report for paucity of time.

Bhagwan, in His infinite grace, not only founded these temples of healing and learning, but also chose the people to take care of it. Now after His mahasamadhi, He continues to shower His grace by revealing His constant presence in this hospital through vibuthi manifestation in the Director's office and in His room at the hospital. This is a source of inspiration and re-dedication to all of our staff and other devotees.

I end with this poem by an anonymous author:

Dear Swami,

*EVERY DIRECTION I MOVE IN,
is an impression of your footstep*

*EVERY DECISION I TAKE,
happens under your guiding light*

*EVERY CHALLENGE I CONQUER,
is a result of the confidence you instilled in me*

*EVERY SUCCESS I ACHIEVE,
comes with a learning you bestowed upon me*

*EVERY DREAM I REALIZE,
is an inspiration from you*

*EVERY SMILE I WEAR,
is the magic of your compassionate charm*

*EVERY TEAR THAT TWINKLES IN MY EYES,
is a reminder that you are in my heart.*

Report | 18th Anniversary Celebrations

Sri Sathya Sai Institute of Higher Medical Sciences looked resplendent on the occasion of its 18th Anniversary Celebrations, held at the Institute on the evening of 16-Jan-19. The Director welcomed the gathering, consisting of various dignitaries, including the chief guest for the event, honorable Chancellor of Sri Sathya Sai Institute of Higher Learning and member of Sri Sathya Sai Central Trust, Sri K. Chakravarthi. Dr. A.S. Hegde, Chairman, Neurosciences, and Dr. P. K. Dash, Head of Department, Cardiology and other heads of department were also present for the program.

The program formally started with bhajans, lamp-lighting by the dignitaries, and an invocation by the women staff. After the introduction by Sri V. Praveen, Special Assistant to the Director, the Director Dr. D.C. Sundaresh delivered his welcome address. This was followed by an address by the chief guest, Sri K. Chakravarthi. In his talk, he highlighted the aspect of service in Swami's Institutions, citing that the more years you serve Him, the younger you seem to become. He mentioned there is no word 'retirement' in these Institutions.

The formal speeches were succeeded by a colourful presentation of song, music and dance by the Balvikas children of the SSSIHMS-Whitefield Samithi. The program concluded with a song rendition by the alumni of SSSIHMS College and Nursing and Allied Health Sciences, presently serving as staff of SSSIHMS-Whitefield.

The program concluded with Mahamangalaharathi followed by prasadam dinner. Following are a few glimpses from the colourful evening.





Sri Sathya Sai Institute of Higher Medical Sciences
Whitefield, Bangalore

Statistics for the period Jan-2001 to Dec-2018

Outpatient Visits		Laboratory Tests	
Cardiology	8,55,919	Biochemistry	3,86,4205
Neurosurgery	3,43,721	Blood bank	5,07,945
Neurology	2,15,409	Haematology	55,22,444
Total	14,15,049	Histopathology	17,550
Telemedicine Consultations		Microbiology	82,724
Cardiology	7,238	Serology	4,65,830
Neurosurgery	9,937	Total	1,04,60,698
Total	17,175	Radiology Exams	
Cardiac Catheterization Procedures		CT Scan	75,213
Diagnostics	26,968	MRI	1,55,769
Interventions	35,071	Neurocathlab	2,625
Pacemaker Implantations	1,373	Ultrasound	48,687
Total	63,412	X-Ray	2,64,242
Surgeries		Total	5,46,536
Cardiac Surgeries	25,280		
Neurosurguries	27,782		
Total	53,062		

Sri Sathya Sai General Hospital
Whitefield, Bangalore

Statistics for the period Jan-Dec, 2018

Outpatient Visits		Inpatients	
Dentistry	6,865	General Medicine	67
Dermatology	1,310	Pediatrics	6
Otolaryngology	8,958	Pediatrics (new borns)	318
Endocrinology	1,045	Gynec day care	171
Gastroenterology	111	Normal deliveries	197
General Medicine	34,952	Total	759
General Surgery	11,002	Surgeries	
Obstetrics & Gynecology	16,852	Gynecology	282
Ophthalmology	6,359	Caesarean surgeries	119
Orthopedics	14,548	General surgery	417
Pediatrics	6,707	Urology	253
Psychiatry	964	Ophthalmology	201
Urology	781	Orthopedics	308
Wellness Clinic	1,394	Otolaryngology	459
Total	1,11,848	Total	2,039

Epigenetics as part of Wellness Clinic

In Oct. 2018, Epigenetics was introduced in the wellness clinic.

Epigenetics literally means "above or on top of genetics." It refers to external modifications to DNA that turns genes "on" or "off". These modifications do not change the DNA sequence but only shows how epigenetic factors affect gene expression.

The main epigenetic factors include environmental pollution, synthetic and chemical substances in the human food chain, pesticides on fruits and vegetables, ionizing and non-ionizing radiation, synthetic medications, cosmetics, smoking and stressful lifestyles.

Dr. Upendra Acharya, Head of Department of the Wellness Clinic, has procured a screening tool from Germany to identify these epigenetic factors using bio-radiance technology by hair profiling.

The hair root cells actively divide in a hair follicle, which can reveal a person's physical health, while the hair shaft records the metabolic conditions of the environment in which the person lives.

The hair scanner is a medical device using S-drive technology and the optimize PRO program is a simple system of aligning the environment to optimize our physical, mental and emotional capabilities. The report

gives an ocean of information on the health status at a cellular level.

Our nervous system is strongly affected by toxins, additives, EMF/ELF. Our enzyme processes are entirely reliant on a constant supply of vitamins, minerals, amino acids and essential fatty acids for proper function.

The optimize PRO program also provides a 90-day plan for dealing with these issues, including food intolerance and optimizing through dietary nutritional and supplement program.

Optimization is an awakening process whereby one becomes aware of the effects of our environment on our body so that the positive choices we make determine our own destiny.

Our health is entirely in our hands. In the Wellness Clinic we have taken five cases of infertility with hormonal imbalance to identify the epigenetic factors and we are due to repeat the test after three months.

The S-drive technology will reveal much information in our understanding of insulin resistance, intestinal health, cardiac and thyroid functions, metabolic syndrome, anti-immune disorders, heavy metal toxicity, nutritional deficiencies, mental health issues, inflammation etc. and provide solutions to deal with the above at an earlier stage at the cellular level.

Report of Sai Vibronics activities

Sai Vibronics is an alternative system of healing which works at curing diseases by acting on the vibrations of the cells of the body. In this method of healing, no physical or chemical substance is administered to the patient. Instead, healing vibrations for any type of ailment are given in a solid or liquid medium like small sugar pills or water. These vibrations do not interfere with the allopathic medication. It is harmless and does not have any side-effects and can be given to people of all ages.

In the Wellness Centre of SSSIHMS, the Sai Vibronics clinic functions regularly every Tuesday, Thursday and Saturday from 2.00 - 4.00pm. To extend further support, the clinic is now open on Friday from 10.00am - 4.00pm. A team of five practitioners are rendering service to the referred patients, staff and sevadals.

During the last one year, about 800 patients have been treated for various illnesses. The patients are referred by Cardiology, Neurology and other departments. Generally, these patients are from far off places and cannot travel frequently. They are treated for their respective illnesses.

After the initial consultation, the practitioners monitor the progress of the patients via phone and send remedies by post with no cost to the patients. Many of the local staff and sevadals visiting from different parts of Karnataka are also availing this service.

With Swami's immense grace, **all** the patients treated are feeling much better in their respective conditions and are very grateful to Swami for the same.

All the five practitioners attended a refresher workshop in Puttaparthi held on Nov. 30 and Dec. 1, 2018, to get enhanced know-how and receive updates with the latest developments in the field.

It will be of great benefit to the patients of all types of illnesses to take this treatment along with the allopathic medication through referrals by different departments.

Sai Vibronics can be contacted for further information, please call 97315 29560 or Ext. 4409.

Sai Vibronics Team



Manam (Mind) and Hridayam (Heart) represent the spiritual division of practicality and empathy. Every human being has them, but not everyone uses them. Some are torn by their inner conflict; some follow one and end up being materialistic, while some follow the other and end up taking impulsive decisions. Only a few balance both and not only earn spiritual

satisfaction but also alleviate the pain of their fellow human beings.

With the blessings of Sri Sathya Sai Baba, we had an opportunity to find this fine balance during a patient we treated at the Institute. Here is the experience I wish to share.

One October morning we were informed about a patient in CCU who required immediate cardiac surgical attention. The Cardiology, CTVS and Anaesthesiology teams under the leadership of Dr. Dash, Dr. Hiremath and Dr. Chalam converged in the CCU to brainstorm.

All the minds (manam) noticed an 8-year old boy from north India with history of prolonged high grade fever in heart failure due to ventricular septal defect, vegetation over the pulmonary valve and right ventricular low-lying infundibular stenosis. It was a high-risk case, which may require prolonged CTVS ICU stay post-operatively with prolonged ventilation. He was already on broad spectrum antibiotics, cachexic due to catabolism of the infection and confined to bed. He needed medical stabilization and urgent surgery.

The heart (hridayam) noticed a weak, scared 8-year old attached to his mother's lap for warmth and assurance. He was always obedient and cooperative, showing no resistance to all our pricking, prodding and probing. The trust and unwavering faith in the doctors and nurses was evident in his hopeful eyes. His heart had hope, which was stronger than his affliction. The parents, weary of running around arranging money for treatment in other hospitals had somehow got to know about Baba's hospital. They bundled up the last of their resources and came here.

In a few days of admission the child developed rashes all over his body. Hence, without further ado, he was taken up for surgery. During the surgery, the VSD was closed with a pericardial patch, the vegetation was removed and muscle bundles excised. He received the best of care from the cardiac surgery, perfusionist and the anaesthesia teams without any monetary restraints. Their brains (manam) do not uphold profit above health care. The heart was thus healed and for further recovery he was shifted to CTVS ICU. Owing to his frail physique he was given parenteral protein and lipid supplementation to help him fight the catabolic state he was in.

Even though he was confined to the ventilator with all tubes and tubings sticking out of his body his heart (hridayam) stayed strong, evident by his compliance to all our commands and maneuvers. His will to survive was burning bright. His extubation and smooth recovery in the ICU were all possible due to his strong will, aided by the care of our CTVS ICU doctors and nurses.

Everyday when we met him he was the first one to wish us, never complaining of pain, never refusing our orders and never quitting his fight. But after a few days he complained of headache and was quite lethargic. His spark seemed to be fading. A CT brain showed small opacity, probably due to septic emboli. The Neurosurgeons joined our team and advised medical management. After 72 hours, he recovered and started smiling again. The brain healed!

He stayed in our ward to finish his six weeks of intravenous antibiotics. During his further stay, he gained weight, became active, devoured cartoon shows on his father's smart phone and devotedly wrote "Sairam" 108 times daily in his notebook.

On the day of his discharge he took selfies with the nurses. He became the epitome of the saying, "Pain is inevitable, but suffering is optional."

All the departments together serve thousands of such patients with their mind and heart. No service is complete till the mind's (manam) knowledge and practicality conglomerates with the heart's (hridayam) empathy, and such service is possible only at SSSIHMS.

Sairam!

Dr. Siddharth Amboli

Junior Consultant, CTVS, SSSIHMS-Whitefield.



Dinabandhu Ghosh is a man of humble means. All of 29 years old, he was perhaps inspired by his compatriot Nobel laureate in Literature, Rabindranath Tagore, to complete his BA in English Literature and take up a job as an English teacher. It was a struggle to make ends meet. His family consisted of his wife, his 9 year old daughter Deepika, and with another child on its way, it seemed his life was 'settled'.

However, it turned out to be otherwise - like the calm before a storm. He started developing back pain, which would not go away. He then started developing weakness in his lower limbs-first the left and then the right. Being the sole bread-winner in the family, he started worrying about the future; he needed no "surprises" at this stage in his life.

The local doctors put him on some medication, which did not have any effect on the limb weakness. He started becoming despondent especially when he could not walk at all and was restricted to a wheelchair. He met some specialists in a local tertiary care hospital, who ordered an MRI and found he had a tumour in the lumbar region, which could be the reason for this type of muscle weakness. The cost of surgery projected by the doctors was in lakhs and completely out of his reach.

Through a chance interaction with a friend, he came to know about Sri Sathya Sai Institute of Higher Medical Sciences, Bangalore. It was a pleasant surprise for him when he learnt that this hospital did not have a billing department. He immediately rushed to Bangalore, with his cousin, leaving his expectant wife with her parents.

Dr. Niranjana, Consultant at the Neurosurgery dept, who examined Dinabandhu Ghosh in the OPD recalls, "...Dinabandhu came to us in early October 2017, with progressive weakness in the lower limbs since 3 months... he was wheelchair bound for a month. On the left side, he had absolutely no power, and on the right side he had minimal power."

"We evaluated him with an MRI, which revealed a tumour at the lumbar level L1-L2 level. The tumour was pinching the spinal cord, which resulted in the weakness. If this was left to continue, there is very likely a permanent damage of the nerves, resulting in his being paralyzed," she recalls.

Dinabandhu was admitted at SSSIHMS on Thursday, 26-Oct and posted for surgery soon after.

Dr. Niranjana elaborates on the surgery: "The technical name for this tumour is epidural lymphoma, which is something we often see at our centre. Surgical intervention is a must in these cases. In a surgery which spanned close to 3 hours, we approached the tumour in the spinal canal and completely removed it."

"His recovery was uneventful, and even while he was in the ICU, he started showing signs of improvement in his limbs. The histopathology study of the tumour revealed it was malignant, so we advised him adjuvant chemotherapy."

Dinabandhu was discharged on 3-Nov-17, exactly 9 days after surgery. He came back to us after a year and he had completely recovered his power of his limbs and the scans showed no tumour. He had really improved over the course of one year," she recalls.

On the day of discharge, Dinabandhu was very emotional. He had come in a wheelchair just a few days ago, and less than a week after surgery, he is walking already! He was now looking to walking in to his home.

The entire treatment at SSSIHMS was a transformative experience for Dinabandhu, and he was determined to show his gratitude and admiration to Baba, the hospital and the doctors and nurses and all the other staff, who provided such loving care throughout his stay at the hospital.

The opportunity presented itself very soon. His wife delivered a healthy baby girl on 22-Nov-17, a day prior to Baba's own birthday. In the moments of joy that followed the birth of this child, Dinabandhu decided he would name her Niranjana, after the surgeon at SSSIHMS who operated on him.

Dr. Niranjana shares her surprise hearing of this: "I felt so very humbled and touched by his gesture. I don't think I have done anything out of the way for this particular patient. If at all, it is certainly a team effort, against the backdrop of the environment Baba has provided. It is Dinabandhu's greatness he chose to express his gratitude in such a manner. All said and done, one such story, and it makes the time, work and effort we put in as surgeons, all worthwhile."

Dinabandhu Ghosh turns emotional, "Dr. Niranjana...she saved my life and my family. I named my little daughter Niranjana, to remind me of her service my whole life."

Such stories abound in SSSIHMS, where Bhagawan Sri Sathya Sai Baba has created and is sustaining an edifice where love and service are the undercurrent of every activity, performed to reduce the suffering of the multitudes who come through its gates every day.



Chandan Das and Namomita Das were a simple couple hailing from Berhampur, West Bengal. Married for 19 years, they were blessed with one girl child, now 16 years old studying in 12th class. She was diagnosed with thalassemia when she was 2 years old.

Namomita's journey to SSSIHMS-Whitefield started almost 4 years ago, when she experienced a shooting pain in her ear one day.

After visiting a couple of ENT doctors in her hometown they advised an MRI which showed a tumour in her brain, which needed to be operated upon. They said it would cost them Rs.1.5 to 2 lakh. Chandan Das ran a tuck shop from his home and could not even dream of raising that amount of money for the surgery.

One of Chandan's friends had earlier visited SSSIHMS, Whitefield for his wife's brain surgery and recommended he come here too. He shared the hospital did not have a billing department, and this ray of hope pierced through the clouds of gloom Chandan and his family were covered under. They rushed to Bangalore.

They were initially seen by Dr. Reema Shetty, Junior Consultant, in the ENT OPD and later by Dr. Ravi Manohar, the honorary visiting consultant ENT surgeon. When they offered to perform her surgery here, they were thrilled beyond measure.

Dr. Ravi Manohar explains the clinical aspects of this case to Mano Hriday: "Namomita came to us suffering with facial nerve palsy for three years. She was diagnosed with a rare form of tumour called jugular para ganglioma, which though classified as benign, is locally malignant; these can take upto two decades to grow and mostly affect the young and can cause death by 50-60 years of age. The tumour mainly affects the lower cranial nerves, and can cause aspiration and voice change depending on the cranial nerve that is affected. Complete loss of hearing, in addition to facial nerve palsy, can also occur."

"These tumours are so rare a typical ENT surgeon will see only a dozen such cases in his whole career. Being a referral hospital, SSSIHMS is likely to see more such patients, and it is great that we were able to help this patient without referring them out."

It was Baba's Grace we had available with us the expertise of Dr. Sampath Chandra Prasad, an otolaryngology, head and neck surgeon from Gruppo Otorologico, Piacenza-Rome, Italy. He happened to be available in Bangalore at the time. He had trained with world authorities from Italy in this specialty. When we approached him to guide us, he was gracious enough to offer his services

free of cost to operate on Namomita.

Namomita underwent the surgery in September 2018. This marathon surgery by Dr. Prasad took over 15 hours to complete. Dr. Ravi explains, "This was an advanced tumor, had multiple channels of blood supply and the risk of bleeding was high. We previously considered embolisation of the feeding vessel to prevent blood loss. Due to technical reasons, and since the cost of embolisation was high, it was not an option. With a prayer in our heart and after obtaining the patient's consent, we decided to carry on with the surgery without embolization. Thanks to Dr. Prasad's expertise, we were able to complete the surgery with minimal blood loss of less than one litre."

Namomita recalls, "My husband told me before surgery, 'Baba is with you, you will be alright.'" And Chandan recalls how a quiet confidence pervaded his being after he installed a large picture of Baba at home with the quote, 'Why fear, when I am here'.

Namomita's recollection of the surgery was only two moments - one moment when she was wheeled into the OT and the doctor asked her name before administering anaesthesia and second when she woke up post-op in the ICU with a dry throat and signalled to the sister for some water. Her faith in Baba and the skilled hands of the surgeons seem to have completely cleared her anxiety during the long procedure.

At the time of this interview Namomita is awaiting the stitches to be removed. The doctor promised to send her home the day after. Both of them are waiting to get back to their home and their daughter.

"We are so blessed to have received the treatment at Baba's hospital. All the staff - doctors, nurses - were so loving and helpful," they share as they hold their hands up in gratitude to Bhagwan for giving their family a new lease of life.

The thought of "Disability" is an excuse to stay in comfort zone. Well, I learnt this lesson the hard way. I was diagnosed at age 17 with spondylitis, a genetic disorder in which the joints fuse, leading to lack of mobility. And now, here I am, at age 41, serving as an Operations Manager in Infosys BPM. Let me share my journey with you all.

I was a normal kid and grew up playing cricket, football, and what not. I used to ride a bicycle to my school. It was all going well till I turned 16. One day after my SSLC exam, I experienced a pain in my right hip and I found it difficult to walk. I showed up at the family doctor's clinic, and took some medicine which was of no use. Then I went to an Orthopedic surgeon, who took an X-ray but they were diagnosed as normal. I continued to suffer with the pain but with no diagnosis. I consulted various other doctors, but the result was the same. Normal x-rays and no diagnosis. I tried Ayurveda, even homeopathy but nothing helped. I had to take a painkiller daily, else I could not even get up from the bed. It was a depressing time, when I spent two years of my pre-university writhing in pain in the hospital, rather than in the college.

After the PUC, the pain aggravated and both my hip joints froze and I could not walk. I learnt to use crutches to walk and I was confined to home. I discontinued my studies but continued to search for the doctor with a cure for my condition. It was almost three years later that I was lucky enough to meet Dr. Sundaresh, where he was HOD of the Orthopedics Dept. in MS Ramaiah hospital. After our first consultation itself, he diagnosed my condition as ankylosing spondylitis and that both my frozen hip joints would need to be replaced with artificial joints.

We were not in a position to afford the cost of treatment of the hip replacements at the time. He guided us to the Sri Sathya Sai General hospital, where he said the treatment would be provided completely free. Soon enough, I showed up at the General Hospital and very soon I was admitted and got my right hip joint replacement first and after a gap of two months, the left hip joint was also replaced. I vividly recall that while entering the Operation Theatre, there is a board at the entrance, which reads "Sai is the Surgeon". The gave me such immense confidence that the surgery would be successful as the grace of Bhagawan Sri Sathya Sai Baba would always be there. Truly, with His grace, both the surgeries were successful and I was able to resume a normal life. I am deeply indebted to Bhagawan Sri Sathya Sai Baba and to Dr. Sundaresh, my surgeon, as my life transformed after that.

I felt it was very important that I should get a proper education in order to succeed in the world outside. I



therefore went on to complete my graduation in commerce, followed by an MBA. I got an opportunity to work at Infosys, and since then I must admit I never looked back! With my keenness in staying current in my field, I also completed General Management Program from Indian Institute of Management, Bangalore.

At work, I had to work the night shift, which was new to me and I had to adjust to the new environment. I adapted quickly, and I started doing yoga daily to keep my body and mind healthy. Well, this is not the end of the story.

The spondylitis started spreading to my spine, and my back started to bend and the hunch gradually increased year after year. I reached a state where my neck froze and I could not even lift my head up, and due to the hunched back, I found it difficult to see in the front.

I rushed to Dr. Sundaresh for his advice; he suggested I get a kyphosis surgery done, where the spine would be straightened through screws and rods. He explained the risks involved in the surgery, as even a small damage to the spinal cord could leave me paralyzed my whole life. However, I decided to get the operation done and since it was a specialised procedure and not done at the Sri Sathya Sai General Hospital, he guided me to a private hospital, where this was carried out with a good rate of success. I underwent the surgery with the faith that Bhagawan Sri Sathya Sai Baba's grace is not restricted to His own hospitals! With Baba's and my Guru Paramahansa Yogananda's grace, the operation was successful and my spine was straightened. Now, I am able to walk almost straight and lead a normal life.

I have seen a lot of miracles happen in my life, but the biggest miracle is how Sri Sathya Sai Baba's hospitals work, where, on a daily basis thousands of patients get treated and that too, with state-of-the-art facilities, all totally free of cost. The patients are cured and blessed for their life. What more miracle you need than this? Where private hospitals are unable to provide the facilities even for a hefty fee, the hospitals run under Bhagawan Sri Sathya Sai Baba are providing to the poor and needy, totally free of cost. Even after Baba has left his physical body, His organizations continue to function just as effectively. If this is not miracle, then what is?!

I am deeply influenced by Baba, especially his quote, "The hands that serve are holier than the lips that pray." I seek His grace so I should also be physically able to serve my fellow-men.

With a deep sense of gratitude,

B.A. Dilip

Publications – Journals:**Laboratory**

01. Preoperative Cytoreduction of Clival Giant Cell Tumor: An Effective Replication of the Systemic Modality in the Skull Base. Sekar A., Rudrappa S., Gopal S., Ghosal N., Gupta V., Ts L. World Neurosurg. 2018 Nov;119:97-102. Doi: 10.1016/j.wneu.2018.07.207. Epub 2018 Aug 1. PMID: 30075260

02. Clinicopathological and imaging features of lipoastrocytoma: Case report. Sivaraju L., Aryan S., Ghosal N., Hegde A.S., Neuroradiol J. 2018 Feb;31(1):32-38. Doi: 10.1177/1971400917710667. Epub 2017 Jun 23. PMID: 28644072

Anaesthesia

01. Rupture of Sinus of Valsalva - A 15 year single Institutional Retrospective Review: Does Preoperative Heart Failure have an impact on Postoperative outcome? - Dr. Anitha Diwakar In annals of Cardiac Anesthesia Journal for April - June 2019 edition.

02. "Complex Congenital Heart Disease for Non Cardiac Surgery Anaesthesia considerations", - Dr. Anuradha Kamat published in the book ISACON 2018, Kerala.

03. Airway Anomalies in Anomalous Pulmonary Venous Drainage - 3 Rare cases with Literature Review - Dr. Anuradha Kamat.

CTVS:

01. Absent superior vena cava in tetralogy of fallot. Shah TR, Hiremath C.S., Diwakar A., Soman Rema K.M. Ann Card Anaesth. 2018 Apr-Jun;21(2):205-207.

02. Azygous vein to the rescue of Warden anastomosis in high pulmonary venous drainage accepted by the World journal of Paediatric and Congenital Heart Surgery WJPCHS-17-0233. R1 Siddarth Amboli, Shah T.R., Hiremath C.S., Diwakar A., Soman Rema K.M.

Radiology

01. Bhavana N., Sunitha P. Kumaran, Sanjaya Viswamitra "Classic case section: MRI of Encephalo crano cutaneous Lipomatosis" American journal of Neuroradiology (AJNR).

02. Bhavana N., Sunitha P. Kumaran, Sanjaya Viswamitra "case of the week section: MRI of Epidural Rosai dorffman disease of spine" American journal of Neuroradiology (AJNR).

03. Bhavana N., Sunitha P. Kumaran, Sanjaya Viswamitra "case of the week section: MRI of Chordoid glioma" American journal of Neuroradiology (AJNR).

04. Bhavana N., Sunitha P. Kumaran, Sanjaya Viswamitra "Classic case section: Idiopathic hypertrophic pachymeningitis" American journal of Neuroradiology (AJNR).

05. Bhavana N., Sunitha P. Kumaran, Sanjaya Viswamitra "Classic case section: Arnold Chiari Malformation - III" American journal of Neuroradiology (AJNR)-(status: accepted).

06. Bhavana N., Sunitha P. Kumaran, Sanjaya Viswamitra "case of the week section: MRI of atypical intracranial dermoid" American journal of Neuroradiology (AJNR).

07. Bhavana N., Sunitha P. Kumaran, Sanjaya Viswamitra "case of the week section: MRI Extradural hydatid cyst in spine" American journal of Neuroradiology (AJNR).

08. Prashanth Reddy D., Bhavana N., Bharath B. Das, Sankar N. "case of the week section: MRI of Spinal arachnoid cyst with intramedullary extension." American journal of Neuroradiology (AJNR).

09. Myriad of MR imaging phenotypes of primary central nervous system lymphoma in a cohort of immunocompetent Indian patient population. Neelakantan S., Kumaran S.P., Viswamitra S., Ghosal N., Indian J. Radiol Imaging. 2018 Jul-Sep;28(3):296-304. Doi: 10.4103/ijri.IJRI_23_18. PMID: 30319205

Neurosurgery

01. Sai Kiran N.A., Sivaraju L., Vidyasagar K., Raj V., Rao A.S., Mohan D., Thakar S., Aryan S., Hegde A.S. Intradural "limited drill" technique of anterior clinoidectomy and optic canal unroofing for micro neurosurgical management of ophthalmic segment and PCOM aneurysms-review of surgical results. Neurosurgical Review. 2018 Nov 27.

02. Dadlani R., Rao A.S. An unusual postoperative complication in a thoracic spinal extradural arachnoid cyst. Neurology India. 2018 Nov-Dec;66(6):1837-1839.

03. Thakar S., Rajagopal N., Mani S., Shyam M., Aryan S., Rao A.S., Srinivasa R., Mohan D., Hegde A.S. Comparison of telemedicine with in-person care for follow-up after elective neurosurgery: results of a cost-effectiveness analysis of 1200 patients using patient-perceived utility scores. Neurosurgical Focus. 2018 May;44(5): E17.

04. Sivaraju L., Aryan S., Ghosal N., Hegde A.S. Clinicopathological and imaging features of lipoastrocytoma: Case report. Neuroradiology Journal. 2018 Feb;31(1):32-38.

05. Thakar S., Sivaraju L., Jacob K.S., Arun A.A., Aryan S., Mohan D., Sai Kiran N.A., Hegde A.S. A points-based algorithm for prognosticating clinical outcome of Chiari malformation Type I with syringomyelia: results from a predictive model analysis of 82 surgically managed adult patients. Journal of Neurosurgery Spine. 2018 Jan;28(1):23-32.

06. Rao A.S., Thakar S., Sai Kiran N.A., Aryan S., Mohan D., Hegde A.S. Analogous Three-Dimensional Constructive Interference in Steady State Sequences Enhance the Utility of Three-Dimensional Time of Flight Magnetic Resonance Angiography in Delineating Lenticulostriate Arteries in Insular Gliomas: Evidence from a Prospective Clinic radiologic Analysis of 48 Patients. World Neurosurgery. 2018 Jan;109: e426-e433.

Accepted Article:

01. Avinash K.S., Thakar S., Aryan S., Ghosal N., Hegde A.S. Malignant transformation of pediatric low grade gliomas: report of two cases and review of a rare pathological phenomenon. Neurology India.

Publications: book chapters

01. Thakar S., Aryan S., Subramaniyan M., Sarma R. Predictive Analysis in Chiari Type I Malformation in The Chiari malformations, (2nd edition) to be published by Springer International Publishing AG.

Paper/Poster presentations: international

Neurosurgery

01. Dr. Niranjana Rajagopal, Junior Consultant, Neurosurgery, presented a paper in The Nagoya-Shanghai Neurosurgical Forum 2018, held on 11th August, 2018 in Nagoya Japan. Her paper was titled 'Timing of surgery and surgical strategies in Symptomatic Brainstem Cavernomas: A study of 3 cases and review of literature.'

Paper/Poster presentations: national

Obstetrics/Gynecology

01. Oral Paper presentation: AICOG 61st conference held at Bhubaneshwar, Orissa 17th to 21st Jan. 2018. Title: 'Human pericardium - Interposition graft in repair of urogenital fistula- An innovative technique' - Dr. Akkamahadevi C. Hiremath

Laboratory:

01. Title: Antibiotic susceptibility patterns of gram negative bacteria isolated from ICUs in a tertiary care hospital At: World Congress of Infectious Diseases and Antibiotics 2018 By: Dr Priscilla S. & Charutha P.

Cardiology:

01. "An echocardiographic prediction score for post - PTMC mitral regurgitation" at Annual CSI conference organized by Cardiological Society of India at Mumbai between Nov 22nd-25th 2018 - Dr. Prayaag Kini.
02. "Echo cardiographic & hemodynamic out comes o PTMC in patients with sinus rhythm v/s AF" at the Annual CSI conference, Mumbai organized by Cardiological Society of India between November 22nd-25th 2018 - Dr. Prayaag Kini.
03. Gender Differences for CAD in INDIA Data Analysis from SSSIHMS Registry presented at the Annual CSI conference, Mumbai organized by Cardiological Society of India between November 22nd-25th 2018 - Dr. Prayaag Kini.

04. "A rare case of VSD with Infective Endocarditis causing vegetation" at the annual meeting of Karnataka chapter of Indian Academy of Echocardiography, November 2018, Bangalore - Ms. Akashatha, Cardiac Technologist.

05. "Infective Endocarditis in case of Tetralogy of fallot - Rare but mortal" at the Annual "Echo India 2018" organized by Indian Academy of Echocardiography at Chennai in October 2018 - Dr. Prayaag Kini.

06. "A rare case of PML Aneurysm" a case study pre and post surgery", at "Echo India 2018, Chennai organized by Indian Academy of Echocardiography in October 2018 - Ms. Chandrakala, Cardiac Technologist.

07. "Echo Cardiographic study of LV Diastolic dysfunction in patients going for CABG and relation to surgical outcomes" at the annual meeting of Karnataka Chapter of Cardiological Society of India, in September 2018 at Bangalore - Dr. Prayaag Kini.

CTVS:

01. Surgical treatment of left ventricular aneurysm: Our case series - Dr. Anagha Tulsi-IACTS CON 2018.
02. CABG vs PCI for unprotected LMCAD- Long term follow up - Dr. Anagha Tulsi-IACTS CON 2018.
03. CABG in situ versus dextrocardia with CAD - Dr. Anagha Tulsi-IACTS CON 2018.
04. Surgical management of RV rupture post CABG with fulminant mediastinitis - Dr. Anagha Tulsi-IACTS CON 2018.
05. CABG in coronary artery disease with complete heart block - Dr. Tejdeep Dudde - IACTS CON 2018.
06. ICR in Adult TOF, SSSIHMS experience - Dr. Tejdeep Dudde - IACTS CON 2018.
07. Successful RSOVA closure and aortic valve repair in dextrocardia - a unique presentation - Dr. Tejdeep Dudde - IACTS CON 2018.
08. Making of a Cardiac surgeon in the present era - Dr. Siddharth and Dr. Yatindra - IACTS CON 2018.
09. Review of Surgical Repair of Ruptured Sinus of Valsalva - Dr. Utkarsh. "IACTS mid-term CT CME 2018".
10. Aortoarteritis - Our experience in last Five years - Dr. Anagha Tulsi. "IACTS mid-term CT CME 2018".

Radiology

Event: Indian Association of Cardiac Imaging (IACI) Mid Term Cardiac Imaging CME 2017 May 06 - 07, 2017, Chennai, Tamil Nadu

01. Spectrum of coronary anomalies in computed tomography cardiac angiography - Dr. Bharath B. Das.
02. Cardiac CT for TAVR – what you need to know - Dr. Prashanth Reddy.

03. Interplay and optimization of TReffective, TRprotocol and TRtemporal resolution in cardiac imaging - Dr. Prashanth Reddy.

Neurosurgery

01. Dr. Akhil Sunil, fourth year resident, DNB Neurosurgery, presented a paper in the award category at the SKULLBASECON 2018, the 20th Annual Conference of the Skull Base Society of India, held at Ludhiana on November 1st to 3rd, 2018. His paper was entitled 'Optic chiasm morphology and its implications on visual recovery after pituitary adenoma resection: Analysis of an under-recognized phenomenon.'
02. Dr. Vivek Raj, final year resident, DNB Neurosurgery, was selected for an award paper presentation at the NSICON 2018, 67th Annual Conference of the Neurological Society of India and presented a paper entitled 'Novel preoperative indicators of recurrent lumbar disc herniation: evidence from a predictive model analysis of 250 patients using artificial intelligence'.
03. Dr. Sumit Thakar, Additional Senior Consultant, Neurosurgery, was invited for a paper presentation entitled 'Brain and spinal biopsy: a neurosurgical perspective' in a symposium at the Indian Academy of Neurology annual conference (IANCON 2018) held at Raipur in September 2018.
06. Few and Far Between - Imaging of Uncommon Intracranial Dural Pathologies - Dr. Suman T.P.
07. Paint the Brain Brown: Pigmented Lesions in Neuroimaging with Histopathological Correlation - Dr. Bharath B. Das.
08. Conventional and Advanced MRI Descriptors to Improve Imaging Diagnostic Accuracy of Tumefactive Demyelination - Experience From 22 Biopsy Proven Cases - Dr. Bharath B. Das.
09. Key stone status of radiology in surgical decision making in TOF - Surgeons perspective - Dr. Bharath B. Das.
10. Rarely, Fat Is A Friend Not A Foe: Uncommon Fat Containing Lesions in The Brain - Dr. Bharath B. Das.
11. Unmasking of Meningioma Mimics - Radiopathological Correlation - Dr. Bharath B. Das.
12. What Went Wrong? - Ventriculo- Peritoneal Shunt Complications - Dr. Bharath B. Das.
13. What You Have Not Thought About!! - Uncommon Spinal Epidural Space Lesions - Dr. Bharath B. Das.
14. Evaluation of A Low Dose Technique for The Performance Of CT Guided Lumbar Foraminal Nerve Blocks - Dr. Bharath B. Das.

Conference presentations: international

Cardiology

01. Dr. Prayaag Kini was Faculty and invited speaker at the 10th Annual congress of cardiology ICC BIT Time organized at Rome Italy in August 2018.
02. Dr. Sanjay K Shah delivered a talk on "Preop Cardiac Evaluation" at a conference organized by U.S Health Works in February 2018 at Palm Springs, California.
03. Dr. Sanjay K. Shah presented "ECG review" at a conference organized by U.S. Health Works in February 2018 at PalmSprings, California.

Radiology

Event: Radiological Society of North America (RSNA) - 2018 104th Scientific Meeting and Annual Assembly, November 25-30, Chicago, USA

Presentations

01. It is not as simple as it seems - Imaging of lateral ventricular tumours - Dr. Rahul Sharma.
02. Go with the flow - applications of MRI cine phase contrast CSF study - Dr. Rahul Sharma.
03. Why Can't I Extend My Knee? Imaging of Anterior Knee Pain - Dr. Bhavana Nagabhushana Reddy.
04. Reading Between the Guidelines: Techniques and Pitfalls in the Assessment of Resting Perfusion Defects on Dual Energy CT Coronary Angiography - Dr. D. Prashanth Reddy.
05. The 10 Commandments of Artefact Reduction in Cardiac MRI - Dr. D. Prashanth Reddy.

06. Few and Far Between - Imaging of Uncommon Intracranial Dural Pathologies - Dr. Suman T.P.

07. Paint the Brain Brown: Pigmented Lesions in Neuroimaging with Histopathological Correlation - Dr. Bharath B. Das.

08. Conventional and Advanced MRI Descriptors to Improve Imaging Diagnostic Accuracy of Tumefactive Demyelination - Experience From 22 Biopsy Proven Cases - Dr. Bharath B. Das.

09. Key stone status of radiology in surgical decision making in TOF - Surgeons perspective - Dr. Bharath B. Das.

10. Rarely, Fat Is A Friend Not A Foe: Uncommon Fat Containing Lesions in The Brain - Dr. Bharath B. Das.

11. Unmasking of Meningioma Mimics - Radiopathological Correlation - Dr. Bharath B. Das.

12. What Went Wrong? - Ventriculo- Peritoneal Shunt Complications - Dr. Bharath B. Das.

13. What You Have Not Thought About!! - Uncommon Spinal Epidural Space Lesions - Dr. Bharath B. Das.

14. Evaluation of A Low Dose Technique for The Performance Of CT Guided Lumbar Foraminal Nerve Blocks - Dr. Bharath B. Das.

Oral presentations

01. Evaluation of role of diffusion weighted imaging, apparent diffusion coefficient and chemical shift imaging in distinguishing benign versus malignant vertebral body lesions with histopathological correlation - Dr. Gurudat Shenoy.
02. Diagnostic performance of dual energy 64-row CT coronary angiography with fast KvP switching for the evaluation of coronary artery stenosis due to calcified plaque: Additional value of static myocardial rest perfusion images - Dr. Prashanth Reddy.

Event: North American Society for Cardiovascular Imaging (NASCI), Sep. 22 - 25, 2018, South Carolina, USA

Oral presentations

01. Dual energy cardiac CT for the detection of resting myocardial perfusion defects in patients with chronic myocardial infarction on cardiac MRI: Utility of iodine maps and virtual monochromatic images derived from different post processing methods - Dr. Prashanth Reddy.

Event: Radiological Society of North America (RSNA) - 2017 103th Scientific Meeting and Annual Assembly, November 26 - Dec 1, Chicago, USA

01. Dive and Discover: Neurodegenerative Disorders Revisited - Dr. Aishwarya K. Mahendrakar.
02. Dual Energy Adenosine Stress Perfusion CCTA: What You Need to Know - Dr. Pankaj M. Kohle.
03. Multimodality Imaging Approach to Cranivertebral Junction (CVJ) Anomalies: A Road Map for Surgeons - Dr. Anju T. Das.

04. The ABC's of Computed Tomographic Imaging in Post Coronary Artery Bypass Graft (CABG) Surgery Patients - Dr. Anju T. Das.
05. Cerebral Hemiatrophy Syndromes Presenting As Childhood Intractable Seizures - Dr. Sankar Neelakantan.
06. Restricted Diffusion in CNS Neoplasms: Assumptions and Application - Dr. Sunitha P. Kumaran.
07. Rare Pathologies in the Spine: Unusual Locations, Unusual Manifestations Causing Difficulties and Diagnostic Challenges - Dr. Sunitha P. Kumaran.
08. Myocardial T1 Mapping: Imaging and Pitfalls - Dr. Bhavana Nagabhushana Reddy.
09. Coordinate Your Moves: Imaging of Cerebellar Ataxia in Children - Dr. Bhavana Nagabhushana Reddy.
10. Cortical Based Neoplasms and Tumor Mimics: Think Outside the Box - Dr. Bhavana Nagabhushana Reddy.
11. MR Imaging of Chiasmatic Pathologies: To Cross Over From Common to Uncommon - Dr. Bhavana Nagabhushana Reddy.
12. The Road Less Travelled: MR Imaging of Rare Neoplasms of Cerebellum - Dr. Bhavana Nagabhushana Reddy.

Event: American Roentgen Ray Society (ARRS)
Annual Meeting - April 22 - 27, 2018, Washington DC

01. Multimodality imaging in Moya Moya disease - A pictorial review - Dr. Prashanth Reddy.
02. Postoperative imaging in Moya Moya disease with CT angiography and MR/CT perfusion - Dr. Prashanth Reddy.
03. When to wave the red flag? Imaging spectrum of heart conditions that can cause sudden death - Dr. Sankar Neelakantan.
04. A review of radio-pathological spectrum of Clival region lesions - Dr. Bharath B. Das.

Conference Presentations: National

Anaesthesia

Dr. Kolli S. Chalam:

Delivered lectures on:

01. "Clinical update: Perioperative Glycemic control in cardiac surgery - Do we have a target yet?" 2nd National Symposium on Cardiac Surgical Critical Care - 22 to 24 June, 2018, Institute of Cardio-Vascular Diseases, The Madras Medical Mission, No.4-A, Dr. J.J. Nagar, Mogappair, Chennai 600 037, India.
02. Troubleshooting versus Problem Solving at National mechanical ventilation workshop, conducted at Narayana Hrudayalaya, Bengaluru.
03. Physical principles of vaporisers on 26th January, 2018 at Vydehi Institute of Medical Sciences and Research Centre. In association with Bangalore City Branch of Indian Society of Anaesthesiologists.

04. Chaired a session at 12th National & 3rd International Transesophageal Echocardiography (TEE) conference at August 2018 at Narayana Hrudayalaya, Bengaluru.

Dr. Kolli Chalam was Organizing Chairman for

- Refresher course of cardiac anesthesia update on 28th October, 2018.
- Critical care medicine on 6th & 7th January, 2018.

Dr. Anitha Diwakar:

05. Lectures delivered on: Cogulopathy in cardiac surgery and point of care solutions at "Sri Sathya Sai IACTA FCA Refresher course and cardiac anaesthesia update 2018".

Dr. Anuradha Kamath

06. Lectures delivered on "Complex Congenital Heart Disease for Non Cardiac Surgery Anaesthesia considerations", at ISACON 2018, Kerala.

Dr. Akkamahadevi C. Hiremath

01. Chaired a session: At AICOG 61st conference held at Bhubaneshwar, Orissa 17th to 21st Jan. 2018 Topic: Public Health Interventions for Improving Maternal Outcomes.

Cardiology:

Dr. P.K. Dash

07. Delivered Nadouda oration titled "Device closure in shunt lesion" ORATION at the Annual meeting of Karnataka Chapter of Cardiology Society of India on 12th September, 2018.
08. Moderated the experts group discussion on "Myval THV Organized by Meril Life Sciences at Wapi, Gujarat between 9th-10th December. 2018.
09. Panel member at the "Anti Coagulation - academy" workshop organized in Bangalore on 21st April 2018.
10. Panel Member of Experts committee discussions on "ACEI vs ARB" in Bangalore on 1st April, 2018.
11. Organizing Secretary, Faculty, presentor, Moderator and Trainer at various sessions of SPEED 2018 organized by Sri Sathya Sai Institute of Higher Medical Sciences, Bangalore between Feb. 17th-18th 2018.
12. Faculty and delivered guest lecture on "recent advances in Cardiology" at CUPON, Aurangabad between 1st-2nd February 2018.
13. Chairperson of the monthly "Clinical Meeting" organized by Bangalore Chapter of Cardiological Society of India in June 2018.
14. Faculty at the "electrophysiology Conference" organized by Madras Medical Mission, Chennai between 17th-18th August, 2018.
15. Chairperson & Faculty at the conclave organized by Heart Failure Foundation, Bangalore on 14th July, 2018

16. Dr. Pravat Kumar Dash was Faculty at "Cardiology up to date - IVCD" organized by Madras Medical Mission between 12th-14th January. 2018.

Dr. Prayaag Kini

17. "ECHO in critical Care scenarios and dire emergencies in Cathlab" at the annual meeting of Karnataka chapter of Indian Academy of Echocardiography in November 2018 at Bangalore.
18. Dr. Prayaag Kini Participated in the India Live Interventional conference organized at Chennai in March 2018.

Multi Faculty

19. Dr. Reeta Varyani, Dr. Prayaag Kini, Dr. Sanjay K. Shah, Dr. P.K. Dash presented "A decade of free CRT implantation - a Powaqqatsi averted Real - world data from SSSIHMS Bangalore" at the annual CSI conference organized by Cardiological Society of India at Mumbai between November 22nd-25th 2018.
20. Dr. Reeta Varyani, Dr. Prayaag Kini, Dr. Sanjay K. Shah, Dr. P.K. Dash presented "LMCA the final frontier Data from Sathya sai Hospital" at the Annual CSI conference organized by Cardiological Society of India at Mumbai between 22nd-25th 2018.
21. Dr. Prayaag Kini, Dr. Reeta varyani, Dr. Sanjay K. Shah, Dr. P.K. Dash presented one of the 10 best cases titled "Hybrid VSD Closure in the cardiac OT rarest of rare cases" at the Annual National Interventional Council meet, Hyderabad in April 2018.

CTVS:

Dr. Hiremath

01. IACTS Quiz conducted by Dr. C.S. Hiremath for the residents across the country also chaired various sessions during the National conference.

Neurosurgery:

Dr. Dilip Mohan

01. A faculty member for conference on Radiosurgery organized by Vydehi Institute of Oncology on February 9th, 2018.

Dr. Saritha Aryan

02. Faculty member at the Neurological Society of India 13th Instructional Course at NIMHANS, Bangalore on January 20th & 21st, 2018.

Dr. Sumit Thakar

03. Faculty at the IANCON 2018, the National conference of the Indian Academy of Neurology at Raipur from 27th to 30th September, 2018.

Conferences & Workshops Conducted at SSSIHMS-WFD

Obstetrics/Gynecology

01. The department conducted its first ever CME under Karnataka Medical Council in the SSSIHMS WFD premises on 2 Dec. 2018. The theme of the session was

"A spectrum of opportunities...make a difference" and was attended by 75 candidates from various medical colleges and PG students.

Cardiology

01. Department of Cardiology, Sri Sathya Sai Institute of Higher Medical Sciences, Bengaluru hosted the monthly Clinical Meeting of Bangalore Chapter of Cardiological society of India, in June 2018.

Radiology

02. Skull base imaging SACRED 19 (Sri Sathya Sai Academy of Radiology Education) - 25th February 2018 SSSIHMS, Bengaluru, India.
03. Pediatric Neuroimaging SACRED 20 (Sri Sathya Sai Academy of Radiology Education), 8th July, 2018 SSSIHMS, Bengaluru, India.

Training Programs Conducted at SSSIHMS-WFD

Cardiology

01. Department of Cardiology has organized the 5th edition of its most popular annual Clinical Cardiology CME code named "SPEED" between February 17th-18th 2018. With an impressive registration and attendance, it has transformed into a light house guiding not only students of cardiology but also CTVS, cardiac anesthesia etc to reach shores crossing the rough seas of examinations. Both the faculty and students were effusive in their praise for the quality and content of the CME and also contributed for its improvement. The format and framework has been adopted by many other institutions organizing such CME's.

02. The monthly SAInapse Sessions where the staff and students would be exposed and with the Founders philosophy has successfully completed one year.

CTVS:

IACTS Score 2018

01. It is unique program the only one of its kind in the country conducted in our Institute by the department of CTVS in collaboration with IACTS. It is an annual national level CME for the CTVS residents across the country for all CTVS DNB/MCh practical exam going students, Organizing Secretary Dr. C.S. Hiremath. SCORE 2018 was conducted on March 5th & 6th for the entire exam going post graduate Doctors (DNB, MCh). It was well appreciated by all the students across the country and will be conducted every year before examinations in our Hospital. There were 140 students registered out of which 120 students attended.

Reviewer, Board & Faculty Nominations

Cardiology:

01. Dr. Prayaag Kini was elected as the Executive Member of Karnataka Chapter of Indian Academy of Echocardiography for the fourth year.

02. Dr. Prayaag Kini was offered by publisher Taylor and Francis to write a book on "Clinical research & Experimental Cardiology".
03. Dr. Pravat Kumar Dash has been an inspector of various DM/DNB accredited institutions on behalf of MCI and National Board of Examinations, Government of India, New Delhi.
04. Department of cardiology has been selected as a center for examinations to conduct practical examinations for cardiology students by National Board of examinations, Ministry of Health, Government of India, New Delhi in May and October 2018. With Dr. Pravat Kumar Dash as internal examiner with three external examiners around 10-12 candidates have been examined over a three day period and evaluated their suitability to award the DNB (cardiology) degrees.

Neurosurgery

01. Dr. Sumit Thakar, Additional Senior Consultant, Neurosurgery, is an ad-hoc reviewer for 23 international journals and has reviewed articles for the following journals in the 2018: BMC Neurology, World Journal of Surgical Oncology, Journal of International Medical Research, BMJ Case Reports, SAGE Open Medical Case Reports and Journal of Case Reports and Studies.
02. Dr. Sumit Thakar, Additional Senior Consultant, Neurosurgery, is an invited Rater for the McMaster Online Rating of Evidence (MORE) System offered through the Health Information Research Unit of McMaster University, Canada and has rated 10 articles across various international journals for the period of January 1, 2018 to December 31, 2018. Rating includes perusing and appraising higher quality studies and systematic reviews published in the health care literature or by national evidence review organizations.

Research

Cardiology

01. With the rise in Hypertension across various strata in Indian population, there is a general rise in associated clinical manifestations. The conventional ECG criteria have a lower specificity and sensitivity. Dr. Krishna of Cardiology department has undertaken a study to validate the applicability of these new algorithms in Indian populations which would help in more accurate diagnosis of LVH without use of echocardiography. Guide: Dr. Prayaag Kini, Co-guide: Dr. Reeta Varyani
02. A good proportion of congenital cardiac diseases (heart disease at the time of birth) comprises of Atrial Septal Defect (Hole in the upper part of heart). In Indian scenario this goes undetected and untreated sometimes till late in adult life. Dr. Bhushan has undertaken a study to scientifically document these observations, which has the potential to modify clinical guidelines for Indian populations. Guide: Dr. Reeta Varyani, Co-guide: Dr. Prayaag Kini

03. Rheumatic Heart Disease is very common in developing countries like India. It affects mostly the Mitral Valve leading to Mitral Stenosis and Mitral Regurgitation. Balloon Valvuloplasty is the preferred treatment for Mitral Stenosis. Dr. Rohit has undertaken a study to use LA volume as a predictor of improvement post PTMC. Guide: Dr. P.K. Dash, HOD & Cardiology.

04. Department of Cardiology is partnering in the Clinical trial of Daffodil valves, a surgical valve manufactured by Meril Life Sciences, being performed by Department of Cardiac Surgery.
05. Clinical evaluation of T AYU BKV in patients of chronic heart failure with special reference to B type natriuretic peptide (BNP), funded by Department of Science and Technology under women scientist category. Dr. Savitri Vasudev, Ayurveda Physician as PI and Dr. P.K. Dash and Dr. Hiremath as Co-PI.
06. Clinical evaluation fo Melange BRS - Sirolimus eluting bioresorbable peripheral scaffold system from Meril Lifesciences with Dr. P.K. Dash as PI and Dr. Hiremath as Co-PI.

Neurology

01. Metabolic Re-wiring Modulates Amyloid Formation in Huntington's Disease - Sai Manohar, Thota, Sai Sanwid Pradhan, Rajesh Babu D., Venketest S. (PI) from Sri Sathya Sai Institute of Higher Learning, Prasanthi Nilayam. Joshy EV (Co-PI), Krishnamurty V., Bhavana N., Sankar N. from Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield; Sunil HV from Mazumdar Shaw Cancer Centre, Bangalore.

Proposed

01. Department of cardiology have proposed to undertake a study titled "Using Speckle Tracking for studying Left Ventricular dysfunction inpatients with rheumatic mitral stenosis" with the support of GE Medical systems.
04. Department of Cardiology have proposed to undertake a study titled Acute Impact of Balloon Mitral Valvotomy on Left Atrial mechanical Function in patients with Mitral Stenosis with support of GE medical systems.

CTVS

01. Establishment of An Organ Bank for Cryo Preserved Homografts at SSSIHMS-Whitefield - Phase 1 & 2 Completed. Phase 3 with the Karnataka State Govt. given clearance. Principal investigator Dr. C.S. Hiremath.
02. Elucidating the mechanisms, possible therapeutic targets and biomarkers in Coronary Atherosclerosis, Co-Investigator Dr. C.S. Hiremath.
03. Clinical Evaluation of T AYU BKV in patients of Chronic Heart Failure with special reference to B type Natriuretic Peptide (BNP), Co-Investigator Dr. C.S. Hiremath.

04. Dafodil™-1: A prospective, multi-center, single-arm clinical study to evaluate safety and performance of the Dafodil Pericardial Bioprostheses in patients who require replacement of their natural or prosthetic aortic or mitral valve, Principal investigator Dr. C.S. Hiremath Co Investigators - Dr. P.K. Dash, Dr. Chittaranjan, Dr. Siddharth Amboli. Our institute stands first in the country in the number of cases operated.

Radiology

01. Coronary Artery Calcium Score In Symptomatic South Asian Population - Poor Correlation With Coronary Artery Disease Severity - Dr. Anita.
02. Dual energy cardiac CT for the detection of resting myocardial perfusion defects in patients with chronic myocardial infarction on cardiac MRI: Utility of iodine maps and virtual monochromatic images derived from different post processing methods - Dr. Prashanth Reddy.
03. Diagnostic performance of dual energy 64-row CT coronary angiography with fast KvP switching for the evaluation of coronary artery stenosis due to calcified plaque: Additional value of static myocardial rest perfusion images - Dr. Prashanth Reddy.
04. Digital subtraction neuroangiography: Review from resident's perspective - BJR under review - Dr. Sankar Neelakantan.
05. What you see is NOT what you get: Imaging differentials of diplopia- Insights into imaging- under review - Dr. Sankar Neelakantan.

Awards:

Cardiology:

01. Dr. Booma Soundarajan was awarded the Dr. H.S. Wasir Gold Medal on 24th September 2018 for topping the exams at the All India Level in the Speciality of Cardiology conducted by National Board of Examinations, Ministry of Health, and Government of India for the batch of 2014-17.
02. Dr. Prayaag Kini was awarded "the best original study research paper" for his submission titled "An echocardiographic prediction score for post – PTMC mitral regurgitation" at Annual CSI conference organized by Cardiological Society of India at Mumbai between Nov. 22nd-25th 2018.
03. Dr. Prayaag Kini bagged the CSICION - Modi Mudi Pharm award for original cardiology research paper titled "Echo Cardiographic & Hemodynamic outcomes o PTMC in patients with sinus rhythm v/s AF" at the Annual CSI conference, Mumbai organized by Cardiological Society of India between November 22nd-25th 2018.

04. Dr. Prayaag Kini was awarded the best paper award for his poster "Gender Differences for CAD in INDIA Data Analysis from SSSIHMS Registry" presented at the Annual CSI conference, Mumbai organized by Cardiological Society of India between November 22nd-25th 2018.

05. Ms. Akshata bagged the first prize for her case presentation titled "A rare case of VSD with Infective Endocarditis causing vegetation" at the annual meeting of Karnataka chapter of Indian Academy of Echocardiography, November 2018, Bangalore.

06. Dr. Prayaag Kini won the best paper by a Faculty titled "Infective Endocarditis in case of Tetralogy of fallot - Rare but mortal" at the Annual "Echo India 2018" organized by Indian Academy of Echocardiography at Chennai in October 2018.

07. Ms. Chandrakala bagged second prize for her presentation titled "A rare case of PML Aneurysm" a case study pre and post surgery", at "Echo India 2018, Chennai organized by Indian Academy of Echocardiography in October 2018.

08. Dr. Prayaag Kini bagged the "Best Paper" award for his presentation titled "Echo Cardiographic study of LV Diastolic dysfunction in patients going for CABG and relation to surgical out comes" at the annual meeting of Karnataka Chapter of Cardiological Society of India, in September 2018 at Bangalore.

CTVS

01. Dr. Utkarsh - Review of Surgical Repair of Ruptured Sinus of Valsalva - 1st prize National level.
02. Dr. Anagha - Aortoarteritis - Our experience in last Five years - 2nd prize National Level.

Radiology

01. ESR (European Society of Radiology) - March 2018, Vienna, Austria: what you see is NOT what you get: Imaging differentials of diplopia - "Magna Cum Laude" - Dr. Sankar Neelakantan.

Obstetrics/Gynecology

01. Dr. Vaishali won the gold medal in Diploma in Gynecology and Obstetrics (DGO), conducted by examination body of NARCI.

Neurosurgery:

Fellowships

01. Dr. Niranjana Rajagopal, Junior Consultant, Neurosurgery completed her fellowship in cerebrovascular surgery at the Fujita Health university Nagoya Japan from July to September 2018.

SSSIHMS Whitefield has been the recipient of six gold medals so far awarded to the all India toppers of the DNB programs run at the Institute.

Following is an interview with Dr. Booma Soundararajan, DNB student, Department of Cardiology, SSSIHMS, Bangalore and awardee of the Dr. H.S. Wasir Gold Medal awarded to the topper of the National level Cardiology examination conducted by the National Board of Examinations, Ministry of Health, New Delhi in 2017.

Mano Hriday (MH): Did you aspire to or aim to get a gold medal?

Dr. Booma Soundararajan (BS): No, I did not. I was only aiming to pass the exam. I consider it God's grace and Swami's blessings that I not only passed the exam, but also topped it.

MH: Can you share the format of the exam and the scoring?

BS: There are two parts of the DNB exam - theory and practicals. This year, there were around 150 people who would have appeared for the exam in Bangalore and around 400 throughout the country. This year, owing to a syllabus change, there was a little uncertainty and the papers were expected to be tougher than usual. The answer format was long essay type, which I ended up writing till the last second of the time limit.

MH: What do you attribute the gold medal to?

BS: I see no virtue in myself to have deserved this honour. The entire credit goes to the Dept. of Cardiology at Sri Sathya Sai Institute of Higher Medical Sciences, under the leadership of the HoD, Dr. P. K. Dash.

The questions in the theory portion were all topics which Dr. Dash had us prepare for during our daily presentations, which we had well researched and hence were prepared well to answer. I was confident during the practicals due to the training provided to us, especially in viva-voce during the DNB program. Both these helped me get an edge over the other candidates appearing for the exam.

My deep sense of gratitude goes out to the other consultants at the departments of Cardiology, SSSIHMS-Prasanthigram and Whitefield viz., Dr. Barooah, Dr. Iyer, Dr. Srikanth Sola, Dr. Reeta Varyani and Dr. Prayaag Kini, who were all so supportive of my training needs.

MH: How and when did you receive the news that you received the Gold Medal?

BS: I got a mail from the Board, stating I received the H.S. Wazir gold medal for the Dept. of Cardiology. I couldn't believe my eyes and went through the mail again and again, certain this mail was sent to me in error. It took me a while for the news to sink in.

I know gold medals find their way to Sri Sathya Sai Institute, and I am humbled that I was instrumental in reaching this one to the Institute.

MH: Please share your previous academic accomplishments.

BS: I was the district topper in 10th standard and stood 4th in my school during my 12th standard.

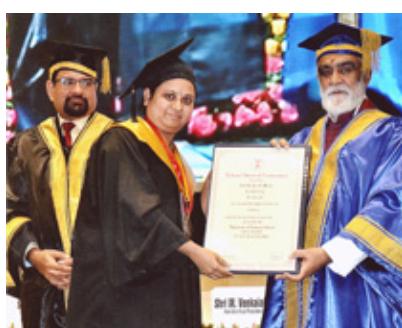
MH: Please share the experience of the award ceremony.

BS: The award ceremony was held on 24-Sep-18 during the 19th Convocation of the National Board of Examinations, under the aegis of the Dept. of Health and Family Welfare at Vignan Bhavan, New Delhi.

I was presented the Gold Medal by the Hon'ble Minister of State for Health & Family Welfare, Shri Ashwini Kumar Choubey. It was really a moment of pride for me to represent the Institute and it was a coincidence that Shri Choubey was the chief guest at the 17th anniversary celebrations of SSSIHMS-Whitefield.

MH: What are your plans for the future?

BS: I am presently working as a Jr. Consultant to Dr. K.P. Suresh Kumar, interventional cardiologist at Kaveri hospital, Chennai. I aim to study further and specialise in electro-physiology and pacemakers.



Dr. Niranjana Rajagopal, Junior Consultant, Dept. of Neurosurgery spent three months at the Fujita Health University's Banbuntane Hospital, Nagoya, Japan as part of a Fellowship in cerebrovascular neurosurgery. She shares her experiences from the visit with Mano Hriday.

Mano Hriday (MH): Can you share how the opportunity came about?

Dr. Niranjana Rajagopal (NR): In 2016, as a final year DNB resident, I attended the Neurological Society of India (NSI) conference in Chennai, where I met Prof. Yoko Kato, Chief of the Neurosurgery Department at the Fujita Health University Banbuntane Hotokukai Hospital. She is the first woman neurosurgeon in Japan and a living legend.

I approached her to apply for a Fellowship to study under her. The opportunity finally came up during July-Sep, 2018.

MH: What was the structure of the program and who were in the program along with you?

NR: In the first month, I was in the fellowship program along with two other neurosurgeons. Our day started by 7 30 am with the academic session, case discussions, presentations, then pre-op ward rounds, observing in the OTs and so on. We received a comprehensive exposure in various neurosurgical techniques.

There were many specialists, who periodically visited this hospital from other associate hospitals on invitation to operate specific cases and we had the opportunity to interact with them. For e.g, we had the honour of meeting Dr. Hirotoshi Sano, a renowned vascular neurosurgeon, who holds the Guinness Record for maximum number of aneurysm clippings by a single person.

We participated in journal clubs and had the opportunity to present in the neurosurgical conferences in Japan.

MH: Please share your experiences working with Prof Yoko Kato?

NR: I re-learnt the value of discipline from her. Prof. Kato is a strict disciplinarian, and at the age of almost 67 years, she comes in to the hospital daily by 6 am and begins her day by cleaning up her office. I found it incredible to see a person of her stature carrying out these day-to-day tasks.

I learnt so much about the culture of Japan directly from her, especially about how everyone should do their own work. The sense of pride and the dignity associated with every work, without it being classified big or small, is something she epitomised.

Her daily schedule is gruelling. After cleaning up the office, she proceeds to the wards by 6 30 am and leads the pre- and post-op patients herself in performing the daily morning exercises. After this session, we have an academic classroom session from 7 30 am till about 8 30 - 9 am, during which that day's cases were discussed. The

OT follows, and then the post-op rounds continue till late evening and we leave the hospital behind Prof. Kato, who leaves the hospital by 8 pm. And while I was there she did not take off a single day.

Having said the above, she did value occasional breaks in the schedule. One such break was when she organised an outing for all the inmates and staff of the hospital during a weekend.

MH: How do you compare it with the training you received at SSSIHMS?

NR: Infrastructure-wise, we are comparable and caseload wise too, we do similar cases, though our workload across certain specialities is higher. As Japan is an aneurysm prone nation, there are more aneurysm cases being done there. They seemed to have all the resources - both staff and infrastructure - as per need.

Overall, it was a different perspective and an exposure to a different culture, which helps me appreciate our own set up a little better.

MH: Did you face any challenges during your stay in Japan?

NR: The most significant challenge was food! Being a vegetarian, it was very difficult to source vegetarian food.

Apart from this, it took me a little while to get used to their compact spaces and stop tripping over things!

MH: How do you feel after returning to SSSIHMS-Whitefield?

NR: I feel I owe a huge debt of gratitude to our Chief of Neurosciences, Dr. A.S. Hegde for the generous recommendation, which got me into the fellowship program in the first place. I also owe it to my seniors and mentors in the department, Dr. Dilip Mohan, Dr. Sarita Aryan and Dr. Sumit Thakar, who took on the additional workload during my absence, and to Dr. Sundareswaran, the Director, provided me the support to go for the training. Of course, the family support was so very important to me.

Above all, I feel glad to be back to work at SSSIHMS!





Dr. Mohammed Umara, MD.M.B.Ch, M.Sc, Neurophysiology, Surgical Neurophysiologist, Erbil Teaching Hospital, Iraq was at SSSIHMS-Whitefield, training the doctors and technicians in the use of intra-op monitoring of patients.

He spent one week at the Institute during October 2018 and supervised the monitoring of close to 10 surgeries. Following are few of his excerpts from his interactions with Mano Hriday:

...I am happy to have been associated with this Institute in providing some orientation and hands-on training to the clinicians and technicians in this field...

...the equipment available here is one of the best and most advanced systems in the world...

...I admire the spirit of this Institute, providing treatment totally free for everyone and am impressed by how this utopian ideal has been translated into reality...

...I will never expect to find such a friendly, helpful, welcoming community. And I hope I will be able to come again and again to visit this hospital...

... In this institution you have very good, highly qualified technicians to carry out the work and you carry out very advanced surgical procedures here. They run shoulder-to-shoulder with the surgeons and the anaesthetists...

... I wish the team all the best with the wonderful work they are doing here and wish this organisation expands its ability to serve more patients...



A team from Healing Little Hearts (HLH), UK, comprising of volunteer doctors, nurses and perfusionists was at SSSIHMS, Whitefield during October 22-26, 2018 and carried out about 15 pediatric and adult cardiac surgeries. Following are excerpts of the impressions from their visit:

...we were very impressed with the facilities and how welcoming the people are, how positive and keen to learn they are and to work together to look after patients...

...when we came, we did not know anything about Sai Baba, or the hospital or the way it works with everything being free for all the patients, compared to anywhere else in India. I have not realised how unique this is...

...I am taking back how welcoming and positive the staff working at this hospital are, and I can see how it is related to the institution's ethos...

- **Dr Fabriano De Rita**, pediatric cardiac surgeon

...the surgeries and the doctors here were much more advanced than what we expected...we were pleasantly surprised at the quality of infrastructure available here...

...I found the work practices and infrastructure very similar to what I work with in the UK...

...From here I take back how we could be more careful with the resources and the environment...

- **Dr. Claire Baker**, Anaesthetist, HLH team

...the doctors and nurses here work really hard to take care of the patients. We certainly have to learn from here the way resources could be optimized...

...we are very pleased to see how you are all working....

- **Dr. Bedangshu**, Pediatric intensivist

...The surgeons are doing a phenomenal job and the support staff is doing very good work and nowhere the quality is compromised, and safety is taken care of. I really admire how the Institute is able to offer such high-quality care totally free of cost...

- **Selva Kumar**, Sr. Perfusionist, NH, Bangalore part of the HLH team



New Residential Block for Gents Sevadal at SSIHMS, Bangalore



In His infinite compassion and love for humanity, Bhagawan Sri Sathya Sai Baba established the Sri Sathya Sai Institute of Higher Medical Sciences at Whitefield, Bangalore in 2001.

HE also blessed the Sevadal of Karnataka to exclusively render seva at this Hospital and indicated that 100 sevadal should be provided. Accordingly, since 2001, 100 sevadal volunteers, both gents and mahilas, coming from all the districts of Karnataka, have been rendering exemplary seva at the Hospital, 365 days of the year.

The mahila Sevadal were provided with a new residential block at the time of inauguration of the Hospital; however, the gents sevadal had to be housed in one of the buildings, used as a project office, after necessary renovations.

An exclusive canteen was also established in another project building to provide nourishing food to the sevadal members.

Renovation of kitchens

The SSIHMS Welfare Society is an integral part of the hospital and has been in existence since 2004. The Welfare Society was primarily started to run the canteens and provide other amenities to patients and staff. Towards this endeavour, this year Rs. 15 lakh was invested towards renovation of the kitchens and other infrastructure.

Automation in Tissue Processing:

With the intention of ensuring good quality sections in the histopathology dept., SSIHMS has invested in an automated tissue processor. This would help reduce manual intervention and have the technician's time be available for other critical functions.

Ophthalmology Acquires New Equipment:



The Trust has invested in a phaco-vitrectomy system and a green laser for use in the Ophthalmology dept this year. The equipment are the latest in their line and will help the department enhance the level of care provided to the patients.

Though some inconveniences were there in the accommodation, the Sevadal brothers adjusted to it and continued to render their seva.

In 2018, Sri Sathya Sai Central Trust graciously spent over Rs.1 crore to construct a new Residential Block for the gents Sevadal. The new residential block coined 'Sai Ramachandra' was inaugurated on Friday, 22-Jun-18. The Trustees of Sri Sathya Sai Central Trust, Director of SSIHMS, Convenor and trustees of Sri Sathya Sai Trust, Karnataka, office bearers and sevadal brothers and sisters participated in the function.

The new residential block is well furnished to accommodate 100 sevadal members. It is provided with cots, mattresses, pillows, bed sheets. Modern toilets, wash rooms have been provided in sufficient numbers. TV that telecasts Radio Sai programmes of Bhajans and speeches of Bhagawan has been provided. Wifi facility has also been made available.

Sri Sathya Sai Central Trust has also been kind enough to expend Rs.21 Lakhs to refurbish and modernize the kitchen, store and dining area of the Canteen.

It has been our endeavor to provide good accommodation and food to our Sevadal volunteers to make their sadhana of Seva at the Hospital a pleasant experience and realize Swami's love for them.

The Welfare Society is actively involved in various Seva activities associated with the SSIHMS Samithi. The Society also supports the Hospital in providing assistance during conferences, annual day celebrations and other special occasions. In addition, the Society performed Narayana Seva (poor feeding), twice a month during every month of 2018.

Hybrid Solar Water Heaters:

In its drive to be at the fore-front of all things green, SSIHMS has invested in a hybrid heat-pump + solar water heating systems. In the first phase, these will be installed in the nursing students' hostel and the ladies and gents Sevadal living quarters. Other areas needing hot water would be covered in subsequent phases.

ERP Software for Inventory & Accounting:

The IT department of SSIHMS has initiated procurement and implementation of a Microsoft product viz. Microsoft Dynamics NAV. This would integrate the inventory management and the accounting functions and lead to better controls, and aid in decision-making.

Upgradation of Patient Bed-lifts:

The Kone bedlifts underwent an upgrade to replace the floor and lift carriage doors and the associated controls and sensors, to improve their efficiency and reliability.

**"These organizations are meant to broaden your love,
to channelize your activities along lines of constructive service, performed as worship."**

- Bhagawan Sri Sathya Sai Baba

This issue of Mano Hriday, we focus on the electrophysiology program of the Cardiology department at SSSIHMS and profile a few cardiac electrophysiologists, who have been providing highly specialized treatment to the patients at SSSIHMS.

The heart is a complex organ, and while a cardiologist specializes in the functioning of the heart with all its complexities, including structural defects, the sub-specialty of cardiac electrophysiology (EP) focuses on diagnosing and treating arrhythmias, which could lead to severe heart failure, and hence can be life-threatening. Procedures such as EP studies and radio-frequency ablation, require a high-level of expertise and specialized equipment. For certain types of arrhythmias, the treatment option is to implant an implantable cardioverter-defibrillator (ICD) or a cardiac resynchronization therapy (CRT) device. These are highly expensive, costing around Rs.4-10 lakhs per device.

In the past 6-8 years or so, electro-physiology camps at SSSIHMS have become a regular feature, during which CRT & ICD devices are implanted and ablation procedures carried out under the guidance of experts. This program is in addition to the pacemaker implantation that happens on a regular basis, helping thousands of patients.

Dr. P.K. Dash, Head of Department, Cardiology shares the importance of these camps: "EP treatment, especially where it requires the ICD or CRT devices, is completely out of reach of the common man. SSSIHMS stands out as a beacon of hope to patients, who require this treatment."

"In the past 7-8 years alone, we have implanted over 200 such devices, all totally free, and the market value of the devices alone is around Rs.1.6 crores. We have recently presented at the national level the work accomplished at our Institute. We seem to be the single Institute in the country, where this quantum of work has been carried out totally free to the patients.

"With Baba's grace, the outcomes are truly phenomenal. Our heartfelt gratitude to the whole team of Cardiac electrophysiologists, all from the US, who have been instrumental in starting the program here at SSSIHMS and who continue to support us in serving the patients."

We present here a list of cardiac electrophysiologists, who are part of the EP program at SSSIHMS.

- **Dr. Sivaraman Yegya-Raman**, New Jersey, USA
- **Dr. Ashok Garg**, Arizona, USA
- **Dr. Uma Srivatsa**, California, USA
- **Dr. Ulrika Birgersdotter-Green**, California, USA
- **Dr. Gregory Feld**, California, USA
- **Dr. Roger Freedman**, Utah, USA.
- **Dr. Moeen Abedin**, Texas, USA.



Here are some impressions from a few of the visiting cardiologists about the EP program and their experience, serving at SSSIHMS:

...In 1998 I had my first darshan of Bhagawan. Since 2002, I have been fortunate to get an opportunity to serve at SSSIHMS-Whitefield. It has been memorable journey for me, along with my fellow visiting cardiologists, to contribute our expertise to this Institute...

...The devices we implant here in the two annual camps we conduct at SSSIHMS are largely donated by the industry and they have been very generous and supportive of the program here at SSSIHMS-Whitefield...

...Education is also service. We have been facilitating exposure to other Cardiologists to the implantation of the devices during the camps, so it's not only benefiting the patients, but also providing a learning experience to the cardiologists working elsewhere...

- Dr. Sivaraman Yegya-Raman



...I came into Swami's fold in 1994...In 2005, Swami permitted me to volunteer here...I am fortunate to work with the best doctors and para-medical staff, who were extremely dedicated...

...when I joined the Sai organization, I was impressed that the persons in the organization are highly dedicated to pursue living with the five values Swami espouses, namely love, truth, peace, non-violence and right conduct. I realized that, the best way to lead one life is to follow Swami's teachings...

...Our patients are mostly young people. They have serious cardiac conditions such as Wolff Parkinson White Syndrome and are at risk for very rapid heartbeats and even sudden death. The outcomes with Swami's grace are excellent...

...For physicians and for everyone, the best way to grow individually and professionally, is to love people. Swami's strongest message was to love everyone. So if I can build love for everyone, then I will develop most and best...

- Dr. Ashok Garg



...we have a wonderful working relationship with our friends and colleagues at SSSIHMS who assist in setting up a schedule and selecting the appropriate patients. We spend 5-7 days working at the hospital during which time we implant about 4 pacemakers and/or defibrillators, do 6-8 ablations a day and assist in cardiac surgery. We also provide teaching of faculty, fellows and staff through lectures and hands on workshops...

...The hospital provides a great infrastructure for these procedures and the staff is wonderful to work with. All of this makes for excellent outcomes and patient care...

...I have always been very impressed and appreciative of everyone who works at the institute. Their dedication and motivation is absolutely inspirational and I am honored to work alongside such a wonderful group of people...

- Dr. Ulrika Birgersdotter-Green



...I had my first darshan of Baba in 1987 and since then have had a deep connect to Him. This led me to serve in an honorary capacity for one year in 2011, which I cherish till date, and continue to be associated with SSSIHMS through the ongoing EP program ...

...working here has helped me see Swami in everyone... and realize that He is acting through each of us caregivers, to ensure the best outcomes for each and every patient...I realize I am an instrument in His hands...

...I carry some very beautiful memories of the patients, whom we operated on...I recall this poor weaver from Assam, who offered me a hand-woven shawl, in gratitude to the treatment received at the Hospital

...the satisfaction we derive in serving patients at SSSIHMS is remarkable...

- Dr. Uma Srivatsa



The few examples cited above are only representative of a large group of volunteers, staff and others, who exemplify Baba's dictum, "Manava seva is madhava seva" (Service to man is service to God).

Bhagawan Sri Sathya Sai Baba in a letter to His brother in 1950 said, "I am attached to a 'work' that I love: to remove the suffering of the poor and grant them what they lack." SSSIHMS is one organisation, established with that specific thought in mind. It also exemplifies Baba's own benchmarks as to how organisations should work. He says, "Let your organisation promote love, scatter love, be fragrant with love, and preach the gospel of love, through example."

Annually, the department of cardiology, at SSSIHMS Whitefield performs over a thousand coronary & vascular interventions, 500 structural interventions, 500 valvular interventions, 100 pacemaker implantations and carry out around 350 electrophysiology studies and radio frequency ablations, in addition to many diagnostic procedures. Over the past 18 years, we have performed around 3000 ablations. The department is well equipped with state-of-the-art equipment, including intravascular ultrasound and rotational atherectomy system, to aid clinicians in providing the highest standards of care to the patients.



Glimpses of the visiting doctors at work and with patients

**Please find below two heart-touching stories of two women,
who benefited from the Cardiology EP camps.**

Munmun Bibi, from Kolkata, West Bengal received an implantable cardioverter defibrillator (ICD) **and** **Savitri**, from Bangalore, Karnataka who received an implantable cardiac resynchronization therapy (CRT) pacemaker.

Born into a poor family, where her father was a daily wage labourer and the sole earning member in a family of four, even at a young age, Munmun Bibi used to complain often about uneasiness in the chest and difficulty in breathing. Her father used to take her to a nearby clinic and get her medicines. The relief she received was short-lived.

Due to family circumstances, she was married off at the age of 15. Against medical advice, and due to family pressure, she became a mother at 16. By the time she was 30 years old, she had given birth to three sons, the oldest being half her age. It was a struggle to bring up the children with her health, but she bore it all. However, something more tragic happened soon after.

When her third son was just five months old, her husband met with an accident and passed away. Her father too succumbed to a stroke. Her in-laws abandoned her and it was living hell for her. All this while, she continued to suffer because of her poor health.

Her younger brother came to her rescue and took her to a health centre in Kolkata, who declared her heart was failing, and if not treated urgently, it would lead to her death. They were told she needed a pacemaker and that it would cost Rs.4-5 lakh rupees; they were dejected, as this was out of their reach.

Through someone they heard about a hospital in Bangalore, offering treatment for “minimal” charges. It turned to be a private hospital close to SSSIHMS. They reached this hospital and received the same feedback as in Kolkata, that it would cost Rs. 4-5 lakh rupees. It seemed the end of the road for them. At this point, the doctor casually informed them about the free treatment at SSSIHMS and that they could try and get her treated there.

With hope and prayers, they approached SSSIHMS. It was fortuitous that admissions were underway for the pacemaker implants, and she was admitted and very soon underwent the procedure to implant the pacemaker. The implantation were perfect and her heart started responding well to the device. Her condition improved remarkably.

Though her life continues to be full of challenges, through the treatment received at SSSIHMS, Munmun Bibi has now the confidence to can stand up to them.

She said, “Only Baba came to my rescue. He held my hand and made me stand up to face life all over again. I am there for my children now.”

“If it was not for Sai Baba I would not have been alive today,” she signs off emotionally.

Savitri is a 48-year old servant maid hailing from Bangalore. Her sole reason to live was her two daughters, whom she single-handedly raised. She wanted them to get a decent education and work in an office and not suffer like her. Towards this end, she worked hard day and night, so she can raise enough money for their education.

Things were going smoothly for her, till she started having dips in her energy and enthusiasm. She started having spells of breathlessness too. Taking rest did not help regain her energy. She could not continue her routine work even. She felt uneasy and this lasted for a few days. Things came to a head one day, when she felt extremely tired and was gasping for breath. Her daughters rushed her to a government hospital, where she was diagnosed with a heart ailment, requiring a pacemaker. The doctor told her it would cost her Rs.4-5 lakh. She was dejected hearing the news and was unable to function normally. She tried her best to continue her work to keep her earnings coming in, but she could not continue functioning normally.

It appeared pure chance that one of her employers heard about free treatment being provided at SSSIHMS and referred her there. With reluctance after the first consultation, but with hope that something different may happen here, she approached SSSIHMS and after examination she was told to come after a month for admission.

The visiting team of doctors was due to come at the time, and bring some pacemakers. She came a month later, and true to their promise, she was admitted and underwent the pacemaker implantation procedure. The procedure was successful and Savitri is now hale and hearty. She is able to go about her work, and effusive in her praise for Baba and His hospital. “If not for Bhagawan’s hospital, my daughters would have been orphaned. But now, I am there for them, and all ready to start my second innings,” she says, shedding tears of gratitude.



The Nursing College completed 10 years since its inception in 2008. 7 batches of 216 nursing students passed out of its portals with 100% pass percentage and 39 students securing distinction.

6 batches of 99 students passed out from the Allied Health Sciences with 100% pass percentage and majority of students being toppers at the University level:

The Nursing & Allied Health Sciences

Sports & Cultural Meet
11th January

69th Republic Day

26th January

X Batch Graduation & Lamp Lighting Ceremony

27th February

World Tuberculosis Day

24th March

Theme: Wanted: Leaders for a TB-free world

World Health Day

7th April

Theme: Universal Health

Coverage: Everyone, Everywhere

National Safe Motherhood Day

11th April

Sri Sathya Sai Education in Human Values Program

28th April

World Breast Feeding week

1st - 7th August

Gratitude Program

3rd August

Graduation Ceremony

13th August

Chief Guest: Dr. Nischal B., IRS
Addl. Commissioner of Income Tax, Bangalore

72nd Independence Day

15th August

In-service Training

21st August

Topic: "Epidemics"

Guest speaker: Mrs. Shani E. Mathew, Professor & HOD Community Health Nursing, VINS & RC

Farewell Program

22nd August

Sai Samskruti Vaibhavam (Glory of Sai Culture)

4th - 5th September

10th Anniversary Program

8th September

World Arthritis Day

12th October

Internal Sports & Cultural Meet

3rd November to 1st December

Freshers Day 2015

26th November

Theme: Spring Blossoms

International Day of Persons with Disability

3rd December

Student Nursing Association (SNA) Carnival

8th December

Theme: Fassenacht

State-level Conference

15th December

Theme: Recent innovations in Nursing education, practice and research

Gita Jayanti

18th December

Chief Guest: Dr. C.L. Prabhakar Ph.D. (Vedic Studies), Dr. T. Sitaramalakshmi



SSSIHMS Hospital Seva - Jan to Dec 2018 Summary

OM SRI SAIRAM

"Hands that serve are holier than the lips that pray", declared Bhagawan Sri Sathya Sai Baba.



In 2015, the alumni of Swami's educational institutions were inspired to put this declaration of Bhagawan into action by offering their humble services at SSSIHMS, Whitefield, one day in a month; usually on the third Saturday.

While the initiative is coordinated by the alumni, many others, including colleagues and friends of alumni, as well as other devotees, including senior citizens, regularly participate in the Seva activities.

In addition to this monthly Seva, the alumni also actively coordinated, throughout the year, the Blood donation Seva, based on the needs of the hospital.

In 2018, a total of 293, or an average of 24 volunteers per month, participated in the Seva, contributing to the following activities:

- Maintenance and cleaning of computers
- Retrieving and repurposing old folders
- Housekeeping and documentation in the pharmacy
- Servicing and cleaning of air conditioners
- Patient interviews and transcription
- Folding clothes in the laundry
- Arranging books in the library
- Sorting and arranging materials in the Central Stores
- Gardening and clearing the weeds
- Data entry in the Finance department
- Landscaping and painting
- Scanning old records of the Accounts department and filing them
- Sorting and moving old patients' slips
- Drawing Rangoli as a part of Swami's birthday celebrations & decorating the venue with thoran
- Shifting unused racks to the warehouse

- Cleaning the roof area
- Volunteering for Seva during the Assembly election voting, when the regular Sevadals' presence was less.

A cancer patient from Odisha also participated in the Seva and her letter to Swami was blessed with vibhuti.

While any Seva is a reward in itself, the volunteers were also blessed every month, with the Darshan of Bhagawan in His room in the Hospital.

In a first, the students who passed out from SSSIHL in 2018 also participated in the Seva activities; thereby gaining an early introduction to this Seva initiative. In another first, 10 children, who are alumni of Bal Vikas, participated in the Seva activities.

The volunteers are eagerly looking forward to more opportunities to serve Him in His mission in the future years too.

Humble Offering at His Lotus Feet,
Hospital Seva Volunteers.



Outreach Centre Odisha



Amlan, a 40-day old boy, son of an autorikshaw driver in Bhubaneswar was diagnosed with a heart problem- Coarctation of Aorta and a failing heart. His father was desparate as he couldn't afford the cost of surgery. It was then he met a Sai Youth who directed him to the newly opened Sri Sathya Sai Cardiac Outreach Centre. The patient was evaluated and his condition discussed with the cardiac team

at SSSIHMS and was immediately rushed to Bangalore. Within three days, the boy was on the cath lab table and underwent a dilatation. His heart function improved dramatically thereafter and in a weeks' time the happy and grateful parents were back home. The parents were at a loss of words to explain the twists and turns their lives took in one week, swinging from desolation and despair to hope and health. The Lord had reached out to this poor family in their hour of need even before they turned to Him.

Sri Sathya Sai Cardiac Outreach Centre is an effort by the Sri Sathya Sai Seva Organisation of Odisha to facilitate preoperative screening, diagnosis and post operative follow up for cardiac patients, thus helping them avoid multiple visits to SSSIHMS. The Sai Rehabilitation Programme and Telemedicine Centre have already been serving the patients treated at SSSIHMS. Going a step ahead, the organisation took up this initiative to benefit preoperative patients as well. The centre has been set up

Sai Rehabilitation Program continues to serve

The Sai Rehabilitation Program (SRP) continues to serve the post-operative Cardiac patients treated at both SSSIHMS, Whitefield and Prasanthigram. Presently, it is implemented in six states viz. Karnataka, Andhra Pradesh, Kerala, Tamil Nadu, Odisha and West Bengal. The running of the SRP is taken up by the Sri Sathya Sai Seva Organization of that particular state.

This program commenced operations in 2004 and has been immensely beneficial to the patients. SSSIHMS offers its heart-felt gratitude to all the SRP coordinators.

SSSIHMS celebrates World Blood Donor Day

To celebrate the World Blood Donor Day on 14-Jun. 2018, the staff of the blood bank carried out an outreach program to increase awareness regarding blood donation amongst the staff, patients and patient attendants and also appreciate the regular blood donors. The staff visited the offices or institutions from where blood donors regularly visited the hospital and gave them a sapling to be planted, tying in with this year's motto of the celebrations viz. 'Donate Red, Spread Green, Save Blue'.

with the support of alumni of Bhagawan's institutions and mentoring by senior doctors of SSSIHMS including Dr Dash and Dr Sundaresh. The centre was inaugurated on July 9th by the Honorable health minister of Odisha Sri Pratap Jena. On the occasion, a cardiac camp was organized where Dr Dash examined an unprecedented 400 patients in a single day! The camp went on till the last patient was seen at 1 am. This marked the beginning of a saga of seva which aims to make the pre- and post-operative phase of the patient as comfortable as the perioperative phase in the hospital.

The centre is now manned by volunteer cardiologists from the city and has facilities for ECG, Echocardiography and blood tests like PT/INR, blood sugar and hemoglobin.. The centre also has other support services like a physiotherapy unit, medicine, pediatric and dental OPDs and a yoga instructor. Alumni of SSSIHMS from Odisha also volunteer to serve in the centre along with sevadals of the organization. Recently, with the support of the alumni of Sri Sathya Sai Educational institutions, the centre has been completely digitized. The organization hopes that the centre will serve for screening and followup of patients of the entire eastern region of the country and contribute to Bhagawan's mission of taking free and quality healthcare to the last man in society.



Sri Sathya Sai Institute of Higher Medical Sciences
World Blood donor day 14th June
Save a life Give Blood
And if you can give blood, but have not ...
it's a wonderful day to start
'Sign-up' to participate in this mission of saving lives ...
contact SSSIHMS Blood Bank at 080 2800 4715;
Email: laboratoryblr@sssihms.org.in





This issue, we cover the experiences of **Shri B.L. Satyanarayana**, an octogenarian Sevadal volunteer, who has been serving in the Sri Sathya Sai General Hospital since 1998. Shri Satyanarayana is 81-years of age. He completed his BE (Civil Engineering) from Mysore University in 1961 and joined the Central Government and was inducted into the Central Water Engineering Services. In 1978, he did his M.Tech (Water Resources Engineering) from IIT Delhi. His specialisation is hydraulics and had worked on the design and construction of large hydro-electric projects, notable ones being the Srisailam Power Project and hydro-electric projects in Jammu & Kashmir, Bhadra etc.

It is notable that Shri Satyanarayana commutes close to 40 km daily each way for 5 days in a week to be able to serve at SSSIHMS, Whitefield.

My coming to Swami:

In the 1970s, I used to occasionally go for Sai Sathsangh in Delhi, where I served along with few of my office colleagues, one of them being a bhajan singer. In 1974, I had my first darshan of Swami in Prasanthi Nilayam, a day after Shivarathri.

After returning to Delhi, I read Howard Murphet's 'Man of Miracles', after which I started evincing a deep interest in Swami. I read a few more books on Swami and started by subscribing to Sanathana Sarathi. Reading Swami's Ashtotara Shathanamavali and daily prayers to Swami followed. I recall having attended Sai Satsang in Kulwant Rai's house around 1972 in Delhi.

I retired from Government service in 1995 and became an active Sevadal volunteer in 1998, serving in the Brindavan ashram, Gokulam canteen and Prasanthi Nilayam during Karnataka state's turn. Dr. Sundaresh inducted me into the General Hospital service in 1998. Initially, I started serving one day in a week and soon enhanced it to two, three and four days a week. After the General Hospital shifted to SSSIHMS campus, I have been serving in the

screening block of the General Hospital five days in a week (Monday-Friday).

Experiences while serving showing Swami's grace:

In my early days of service, well before the advent of computerised record-keeping, it was the volunteer's task to pick up the patient files from the filing cabinets and send them to the doctors. There were

so few volunteers and so many patients. When there would be a rush of patients and the doctors would ask for the files to be given fast, we would panic. But Swami would come to our rescue in a unique way. With Swami in mind we would open the racks containing 500 or so files and the hand would go straight to the particular record, saving time of search and in meeting the doctors' demands. This grace of Swami was noticed often.

The experiences of Swami's love and grace described below are of a very ordinary nature, when compared with the wonderful experiences devotees have had with Swami and have written about them in impressive style. Yet, in contrast, the little experiences of Swami's love and grace I have had are very personal, and profound, for which I consider myself very blessed and fortunate.

Swami to the rescue in Tanzania:

The Government of India had a scheme in the 1960s and later of helping underdeveloped countries by sending experienced engineers, doctors, teachers etc to work in those countries. From 1978-82 I was assigned by the Govt of India to work on deputation with the Ministry of Water, Electricity and Mines, Government of Tanzania, East Africa.

At that time, Tanzania was waging a war with neighbouring Uganda to overthrow the despotic regime of Idi Amin, which it successfully did, but at a huge cost to the economy. A severe crunch of foreign exchange had to be faced by Tanzania. As expatriates, we were allowed an expatriation allowance which could be remitted to India every month besides a final remittance of all earnings at the time of final departure from the country. Even the monthly remittances to India were held up for long periods because of the foreign exchange crisis.

My only hope was Swami, to whom I would pray and remit the papers in the Tanzanian banks. When I left Tanzania for good in 1982, I drew up the final remittance papers, sought Swami's blessings for them

and submitted them to the bank. The situation then was that remittances, monthly and final, had been help up since 1979 and there was no hope of early repatriation of money.

I returned to India in November, 1982, placing my hopes on Swami's grace. Meantime, Swami's blessings had begun to work of which I was not aware. As if it were a windfall, all my dues were received towards the end of 1983, in less than a year's time! If not for Swami's blessings, I would not have received my dues till 1988 or beyond as was the case with many who left Tanzania before me and with me. It was solely Swami's gift.

Swami, the Arogya Daatha...

It was January, 2002 around the first anniversary of SSSIHMS-Whitefield (19-Jan-2002). Swami was in Brindavan. On 18 Jan, I was doing Sevadal duty at the medical block in Sai Ramesh Hall during Swami's morning darshan. As Swami moved around the hall, He came and stood behind me and started talking to a doctor for about two minutes. While Swami was talking, I could feel that His robe touching my back. I was enjoying it, praying the conversation should go on for some more time. Then Swami moved away.

I was assigned duty at SSSIHMS for the Anniversary day. Swami was to participate and bless the celebrations. Before going to SSSIHMS, I wanted to serve for a while in the Gokulam canteen where I used to serve regularly, whenever Swami was physically present in Brindavan.

While entering the canteen from the kitchen side entrance, I stepped on a cabbage leaf, covering an oil spill. I skidded two meters, struck my knee against the wall and fell down. I heard the bone snap and I lay there, with my leg out of action.

Strangely, by Swami's grace, there was no pain, even though the knee had swollen to the size of a big ball. I was shifted to the Sri Sathya Sai General hospital. An x-ray confirmed a knee fracture. I was admitted, it was not sure when I could be operated. Being Friday, the surgeries for the day were fixed and the surgeon could not take on mine. The next day was the anniversary of SSSIHMS and all were expected to go there. Subsequent day was Sunday, a holiday for the hospital. As things appeared, I was to stay put in the hospital until Monday or even further till some doctor could schedule the surgery. It was a distressing situation and all I could do was to pray to Swami for His intervention.

As if Swami heard my prayers, suddenly Dr. Sundaresh appeared at the hospital, though it was not his day to volunteer there. He saw me and decided to operate on me immediately. He performed the surgery that same day and I was shifted to the ward after a successful operation. Next morning, I was made to walk with a walker and I was discharged within in barely 24 hours of admission. It was purely Swami's love and grace that made the operation happen in a most unlikely situation. The way Swami arranges events and situations are mysterious and beyond our comprehension.

Medical miracles continue...

Here is another example of Swami's grace on me. Sri Balaji

and I had gone to meet Sri Hemchand Gupta (husband of Kuppam Vijayamma, author of Anyatha Sharanam Nasthi) on 1-Oct 2012 in his Brookefield residence. On the way back to the hospital from there, while crossing the road, a motorcycle came from nowhere at a high speed and knocked me down. I fell down unconscious, profusely bleeding from the head. As Sri Balaji told me, I lay still without any movement or response. No one cooperated in shifting me to the hospital. Finally, an auto rickshaw driver brought me to the hospital, and immediately left without even taking the fare. There was an injury on the forehead above the right eye to which sutures were put. I had severe giddiness and sensation to vomit indicating bleeding inside the head. I was taken to SSSIHMS for CT scan which was done and I was kept under observation for one day and discharged.

After a month or so, I developed imbalance. A week later I developed serious impairment of mobility. I consulted a private hospital closer home and the MRI revealed severe hematoma and was advised emergency surgery, which I underwent. Four holes were made in the head and the accumulated blood was drained out. I was hospitalised for one week.

At the time of discharge, the neurosurgeon told me that it was a miracle that I survived without any damage to the brain and the limbs. He said that such recovery was highly unlikely at the advanced age of 75 years. Little did the neurosurgeon know that the Divine neurosurgeon had showered His grace for my recovery and well being. My constant prayer to Swami worked and it has given me the conviction that in any situation or predicament, a heartfelt prayer to Swami will work out.

I had another accident, where I was hit by a speeding auto rickshaw and I had a blow to my right ear. By Swami's timely grace nothing had happened except for the trauma and shock. Our ENT doctor treated me as an outpatient and told me that I was lucky to suffer no damage to the ear and hearing.

Time and again Swami has been saving me from danger. Perhaps, it is Swami's wish that I should continue to do some service in His Mission for some more time. Or else, why should He protect me?!

In closing, it may be important to highlight that Sri Satyanarayana is not alone. There are other octogenarians - both men & women - serving at SSSIHMS. Their energy and commitment to serve is an inspiration to all.



Festivals & Campus Activities

Glimpses from the festivals celebrated and Balvikas events conducted by SSSIHMS Whitefield Samithi during the calendar year 2018





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