



## International Medical Committee



**GURUPOORNIMA MEDICAL CAMP REPORT, JULY 14-20, 2017**



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### Aum Sri Sai Ram

“Some gurus initiate the pupil into a mantra (mystic Formula) and advise the repetition of the same, but they do not emphasize the innate divine reality of the pupil which they can't ignore even for a moment, nor do they insist on moral regeneration, which is so necessary to for clarifying his inner faculties. The mantra granting guru is Deeksha Guru (initiating preceptor); the personality recasting guru is the siksha guru (guiding Preceptor). It is the later guru that is reverentially praised in thousands of ways in the holy texts; he removes the faults in vision and destroys the darkness of ignorance. He reveals the atma to the individual and makes him free.

The Gurupoornima is dedicated to such gurus. The moon (the presiding deity of the mind) is full, clear, cool and bright on this day! It has no blemish or dullness which diminishes its glow. The guru too is pictured and praised today as unblemished, bright and affectionate. On this Gurupoornima, you must decide to master your senses and intellect, emotions, and passions and thoughts and feelings through intense sadhana.

----- Divine discourse 27-7-1980





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## Inauguration

The Medical Camp started auspiciously with a prayer session at 6 am on July 6, 2017. Amidst chanting of Vedam and other prayers, Dr Narendranath Reddy, Chairman, Prasanthi Council arrived to formally inaugurate the camp. As in prior camps, Dr Reddy started off by appreciating the medical and non medical volunteers whose presence makes the camp happen. At the same time, he reiterated the good fortune that the volunteers have of serving on the holy and haloed precincts of Prasanthi Nilayam. Dr Reddy gave an analogy of digging for water in a desert (takes longer, and one has to go deeper) than by the sea shore, where water can be reached sooner and more easily. Similarly, he concluded, serving at Prasanthi Nilayam is like digging for water on the sea shore: the results are accrued much faster.



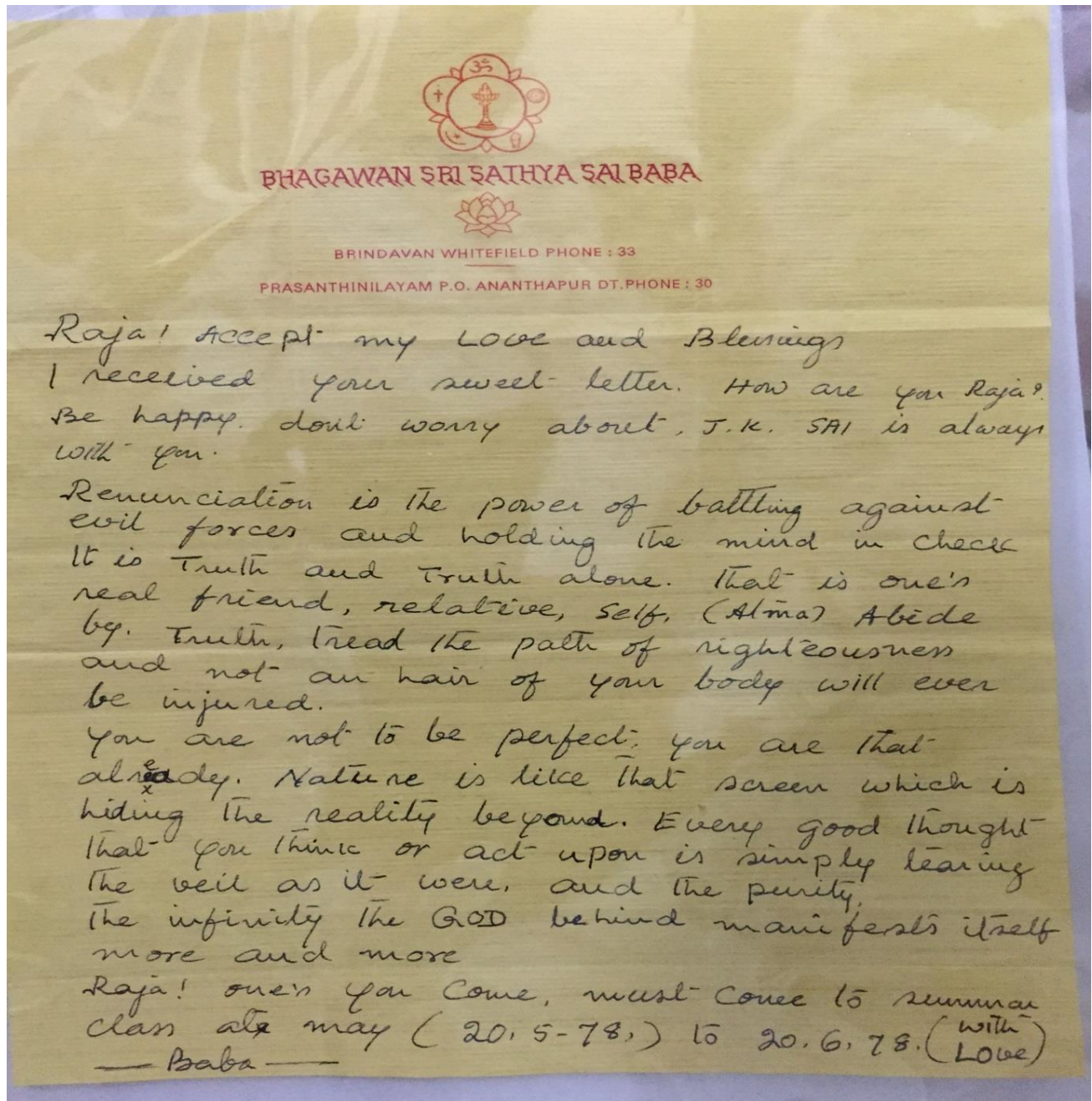
Dr Reddy also reminded the Medical Camp crew that service is not only “Narayana Seva” where everyone we serve should remind us of the God in them, it is also “Swayam Seva” – we are but serving ourselves; because, service helps us in removing the impurities within ourselves and helps us progress further along the spiritual path. Although we are already “perfect beings”, the perfection is hidden behind a veil of impurities. By acts of selfless service, we tear away at the veil a little bit at a time, thus revealing our pure self. Therefore, we should always remind ourselves that we are serving ourselves by serving others. True Narayana Seva means the one is being served is God, the one who is serving is God and the act of service itself is God.

Dr Reddy went on to read a wonderful letter written by Bhagavan Baba to one Mr Rajagopal. In the letter, Bhagavan Baba lovingly explains how service helps us get rid of any negativity in us; and how, if we live a life treading the path of righteousness, and abiding by Truth, not even a strand of hair on our body will come to harm. Renunciation in fact is battling evil thoughts and deeds and keeping the mind in check.



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Finally, Dr Reddy observed that it is indeed wonderful to see so many young volunteers – both medical and non medical – attending the camp. He was also happy to note the presence of volunteers from different parts of the world. Dr Reddy wished the camp well and departed after having left much goodwill and inspiration behind for the volunteers.



**Swamy's letter to Mr.Rajagopal**



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## Health care team

The medical camp is represented by 75 volunteers (24 physicians, 51 paramedical/volunteers) from USA, UK, Australia, India, Malaysia, UAE, Canada, Nepal, Thailand, Srilanka and Netherlands.

## Camp Personnel

**Medical Professionals:** There were 24 medical doctors at the camp spanning various specialties like Pediatrics, Dermatology, Hematology/oncology, Gastroenterology, Nephrology, ENT, Podiatry, Physical therapy, Neurology, Anesthesia and Internal medicine.

**Pharmacy:** The pharmacy section was staffed by 2 pharmacists, doctors, young adult volunteers assisted in inventory management, filling prescriptions and explaining dosage information explicitly to the patients.

**Volunteers:** 51 volunteers assisted the Camp with all non-medical duties such as registration, patient flow, vital signs recording (weight and Blood Pressure), translation from Telugu, Hindi into English and vice versa, and pharmacy tasks. In addition, Seva Dals from Kerala state cadre were deployed by their units to help out the camp.

## Walking Sticks & Canes:

Patient with severe osteoarthritis, gait instability and endemic fluorosis related degenerative joint diseases were treated and those who needed help to walk were given Walking sticks / canes which were of great help to the needy.



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## Structure of the Medical camp

The Medical Camp premises were divided into two distinct areas: one wing served the women patients, while the other served male patients. In addition to separate consulting rooms, the two wings shared an Acute Care room, a pharmacy and a health education room. The courtyard of the building served as the registration area, and was staffed with volunteers from around the world. The volunteers registered the patients, noted down vital signs such as weight and blood pressure of the patients on a registration slip, and managed the flow of patients to the consulting rooms and other facilities. The medical education room was used in the mornings to impart valuable lifestyle tips to diabetic patients who came in for blood sugar tests.

## Day to Day Schedule

The day started early for the participants at the camp. At 7 AM Doctors and volunteers assembled in the Altar room - where an elaborate altar was set up for Bhagawan Baba - to chant prayers. The powerful prayers chanted every day included the Ganesha adharva sheersham, Rudram, Sai Rudram and the Durga Suktam and ended with Arathi. After an hour of energizing prayers everyone took up positions to start seeing the patients.

The day started with checking fasting blood sugars and rendering medical education. There was a constant flow of patients from morning 8 AM till 7:00 PM. The patients were very happy with the care rendered by the physicians and volunteers; especially it was a great experience for the young adults, beaming with full of energy on this holy occasion to render service to our fellow brothers and sisters.



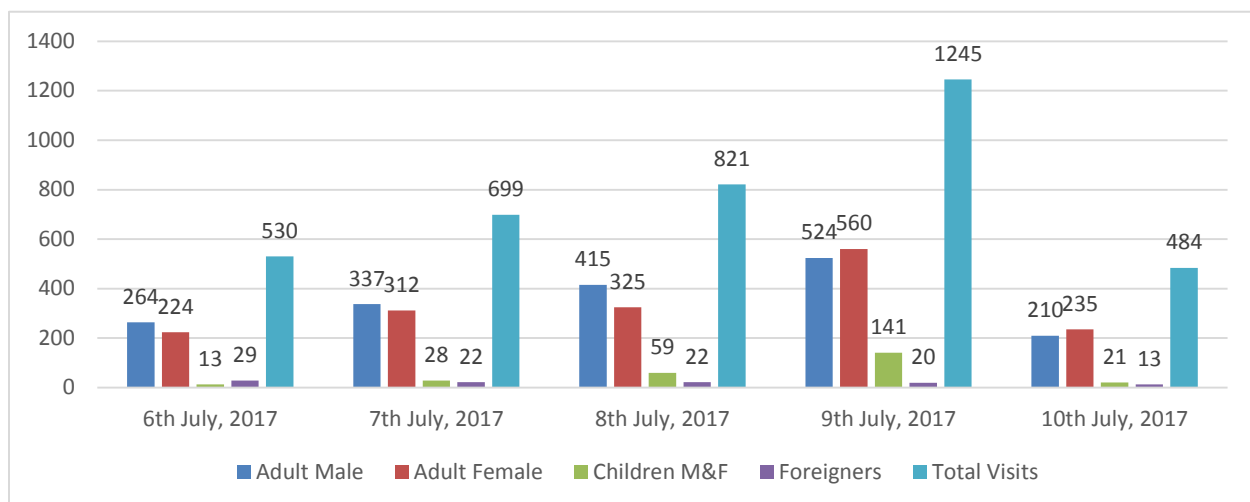
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## Daily statistics

The table & the graphs below outline the total number of visits which is 3779.

S.No	Date	Adult Male	Adult Female	Children (M&F)	Foreigners	Total clinic visits.
1	6/7/2017	264	224	13	29	530
2	7/7/2017	337	312	28	22	699
3	8/7/2017	415	325	59	22	821
4	9/7/2017	524	560	141	20	1245
5	10/7/2017	210	235	21	13	484
						<u>3779</u>

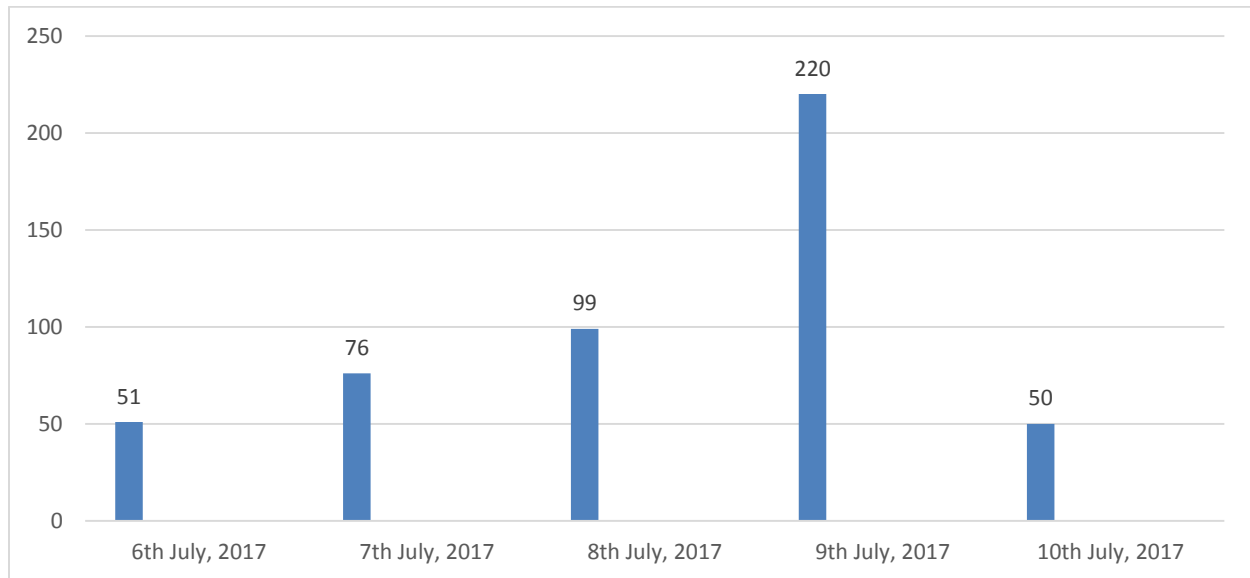
**Number of clinic Visits by Gender and by day**





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## Acute care Visits by day



## Acute Care Treatment

Dates	Total # Treatments	Blood Glucose Test*	Nebulizer	I.V. Fluid	IM/SC/IV injections	Wound care	Splint/Ace	EKG
July 6	51	24	1	3	4	15	5	3
July 7	76	61	0	5	9	31	2	11
July 8	99	85	0	6	14	41	0	13
July 9	220	89	2	10	42	75	0	9
July 10	50	23	1	2	15	8	1	5
<b>Grand Total</b>	<b>496</b>	<b>282</b>	<b>4</b>	<b>26</b>	<b>84</b>	<b>170</b>	<b>8</b>	<b>41</b>

**[Fasting blood sugar done in education room (A 18) are not included\*]**



# MAIN REGISTRATION AREA



# ALTAR ROOM



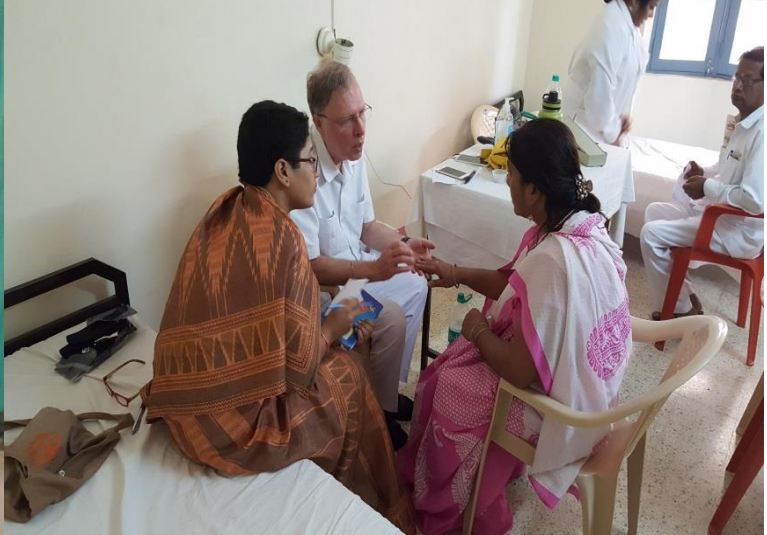
## MALE REGISTRATION AREA



# FEMALE REGISTRATION AREA



# MALE OPD



# FEMALE OPD



# ACUTE CARE



# PHARMACY





## ***YOUNG ADULTS AT CAMP IN VARIOUS ROLES***

Several (17) young adults from the USA, Malaysia, Nepal and India actively participated in the camp. They included young doctors and medical students, as well as non medical volunteers. Their lively presence energized the camp, as they flitted from one job to another and assisted with all sections of the camp from Registration to transport, pharmacy, translation services and, queue management. Young doctors treated patients and, some of them, along with the medical students took the opportunity to learn as much as they can by shadowing the experienced senior doctors at the camp.



***At Registration Desk***



At the closing ceremony on July 10<sup>th</sup>, several young adults spoke in the presence of Dr Reddy, and eloquently described their experience of volunteering at the camp. A few excerpts of the YA speeches are given below.



*“Being a volunteer at this year’s medical camp taught me a whole new dimension of service. I learnt the true meaning of Narayana Seva which is to serve with all the love in your heart and to really have the conviction that the person you are serving is truly God.”*

*“[...] The experience also taught me that one does not have to be a medical professional to help; it could be as simple as donating some shoes to the many shoe-less who come to the camp..... I also really enjoyed being mentored by the excellent physicians here. I have learned so much medically as well as spiritually. They have been good role models, in teaching me to interact with patients. Honestly, being around them has been the best part of the experience.”*



*“For the past three days I have worked at the Pharmacy [...] While*



*every minute has been fun and interesting, this job also has its challenges [...] Swami has often said, “There is only one language, the language of the love”, and I don’t think I have appreciated this teaching more in my life. Truly, I have found that as long as you have a smile on your lips, love in your heart, and the attitude to serve, you can make any patient – whether from Kerala, Orissa, or even Ukraine – understand how many pills they have to take.*

## Young Adults In Action





# Happy Campers



*All the participants of the Camp are filled with gratitude towards Bhagawan Baba for providing this Opportunity of serving his devotees at the Medical Camp. We pray sincerely that Bhagawan may provide such an opportunity again to all of us in the coming years.*