



Vietnam

# Sathya Sai Young Adults



Argentina



# SATHYA SAI YOUNG ADULTS

The Sathya Sai Young Adults (YA) programme encourages young men and women around the world to lead purposeful lives by learning and practising Sathya Sai Baba's teachings. The YAs are an integral part of the SSIO and lovingly participate in the work of the Organisation.

Nine International Young Adults subcommittees encourage and inspire the YAs to progress on their spiritual journey. Some of the subcommittees are outlined below:

## SERVE THE PLANET (STP)

The STP initiative was developed in 2013 to commemorate Avatar Declaration Day on 20th October. While the initiative focused on practising Sathya Sai Baba's message of 'Ceiling on Desires', the theme 'Protect the Planet – Conservation of Energy' was adopted for 2018. The team created greater awareness of this topic through study circle guides, presentations, infographics, posters and social media campaigns.



Over 700 children from across the globe enthusiastically participated in the inaugural STP Sai Spiritual Education initiative – H.E.L.P: 'Heal the Environment – Love the Planet'. Their contributions were displayed at the very first Go Green Conference in Prasanthi Nilayam in July 2018. At the conference, a global environmental project to help reduce electronic waste (e-waste) from mobile phones was also launched.

## LOVE ALL SERVE ALL (LASA)

The LASA team aims to transcend the barriers of religion, language, caste, and race by igniting the flame of unity and humanity through the medium of music. YAs endeavour to disseminate the message of human values to all corners of the world through melodious music.



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## SADHANA OF LOVE (SOL)

The SOL subcommittee spreads the message of universal love, based on Sathya Sai Baba's four steps to Self-realisation namely Self-confidence, Self-satisfaction, self-sacrifice, and Self-realisation through various initiatives.



The 'Living in Love' programme is designed to help YAs focus on their spiritual transformation through the practical understanding of the four steps to Self-realisation. The programme, comprising of nine modules, emphasises the application of spiritual knowledge in daily life.

## INSAIGHTS

The former Young Adults Talent Development team hosted over 10 sessions of online courses to motivate the YAs globally. The topics included, 'Discovering Intuition: Journey to self-discovery', 'From Stressed to Blessed', 'Decision Making in Uncertainty', to name a few.



## SATHYA SAI INTERNATIONAL LEADERSHIP PROGRAMME (SSILP) FOR YOUNG ADULTS

Based on Sathya Sai Baba's teachings on leadership, the SSILP was developed to provide standardised leadership training to YAs globally. The course covers foundational knowledge and its practical application in society, through nine modules delivered across six online instructor-led sessions, and three residential sessions at Prasanthi Nilayam. More than 1,300 YAs have graduated from the SSILP and are now taking leading roles within the SSIO and helping with various important initiatives locally and globally.



## YOUNG ADULTS MEDIA TEAM

The YA Media Team is the hub for outreach, promoting subcommittee initiatives. The team uses social media platforms – Facebook, Instagram, and Twitter as @saiyoungadults to share Sathya Sai Baba's teachings and the work of YAs worldwide to inspire through graphics, videos and text. The team also creates a monthly video called 'Sai Lens', which highlights inspiring YA activities as part of the SSIO. The YA Editorial Team supports the Sai YA programme, including the various subcommittees, with editorial and communication tasks.



To learn more about Young Adults activities, visit <http://sathyasai.org/ya>

# SATHYA SAI YOUNG ADULTS

## ZONE 01

YAs from Canada, Guyana, Suriname, Trinidad & Tobago, and USA distributed food and care kits to the needy, tutored children, conducted free medical screenings, visited detention centres, led STP and other Go Green activities, conducted anti-bullying campaigns, organised a beach day for the disabled, conducted blood drives, organised winter coat drives, and sang carols at senior nursing homes.

YAs from Canada played key roles in the SSIO's participation at the Parliament of World Religions in Toronto in November 2018. A college, university, and career fair were held in Toronto, Canada, to assist SSE Group 4 students in their transition from high school.

YAs across the Zone led several inter-faith activities including a 9/11 multi-faith picnic in Palo Alto, USA, and a Peace Day interfaith programme in Winnipeg, Canada.



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## ZONE 2A

YAs organised a monthly service in the community of 'El Tizate', Zapopan Jalisco, Mexico, to support the community and provided consultations, medicines, haircuts, and human values classes for children, and even fed the street dogs. This service has been regularly conducted for more than a year.

In Mexico City, YAs organised a national project to assist the graduates from the SSILP to develop and execute their post-programme activity.

In the Dominican Republic, YAs of Cotuí Community perform regular services at the nursery home of 'America Esperanza', where they spend quality time with elders, share food and sing songs, making the seniors happy.

During Christmas, YAs from Panama conducted a special service for 200 people at Ciri Grande community (a three hour drive from Panama City), where they sang, played games, and cooked vegetarian food for the indigent community. The YAs also distributed baby bags and baby baskets for new mothers at the Santo Thomas Hospital.

## ZONE 2B

Over 150 YAs from 10 countries attended the Latin American Festival for Sathya Sai Young Adults 2018 held in Cardoba, Argentina.

In Venezuela, Brazil, Peru, Chile, and Argentina, YAs lovingly served at nursing homes and shelters, where they distributed gifts, clothes, and toys. They also shared moments of love and joy with the residents.

YAs in most South American countries were involved in STP initiatives. They conducted study circles, workshops, and raised environmental awareness at Sathya Sai Centres, schools, and public venues.

YAs organised SSEHV lessons in Uruguay, Paraguay, Peru, Chile, and Argentina for more than 300 children, adolescents, and homeless people, thus awakening human values in their hearts through meditation, stories, songs, plays, and motivational activities.

YAs from Colombia held their first camp titled, 'Young life in the Sai style' at Prema Sathya Sai School in Santander.



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## ZONE 03

In Australia, YAs actively participated in the National Blood Donation drive and initiated a National Young Adults Literature programme aptly titled 'Drop Everything and Read Sai' (D.E.A.R Sai) - delving into 'Summer Showers in Brindavan, 1990' and 'Sathyam Shivam Sundaram, Vol 1'.

90 YAs came together in Prasanthi Nilayam for their National Pilgrimage to learn more about Sathya Sai Baba's life and teachings.

Over 250 YAs from Australia, Fiji, Singapore, South Africa, and New Zealand attended the Young Adults Festival in Hamilton, New Zealand. The event covered a wide range of programmes.

YAs wholeheartedly practised 'Love All Serve All' after a horrible terrorist incident in Christchurch, New Zealand took many lives. A special 'Unity of Faiths' programme was held in honour of the victims, where key members from each faith group shared the message of solidarity, hope and love.

In Fiji, the YAs held a three-day retreat during their national sports and wellness weekend, which focused on empowering YAs in strengthening their efforts and commitment towards the environment and joining the fight against climate change.

## ZONE 4A

YAs of Nepal participated in the Sri Sathya Sai Community Drinking Water Project. They dug out channels, transported and laid out pipes to supply water to the Shyangme village.

The Institute of Sri Sathya Sai Education in Nepal organised a 9-day residential programme called Sri Sathya Sai Leadership Development Programme for YAs from Nepal. The graduation ceremony featured a wonderful musical performance.

More than 350 YAs attended the National YA Conference in Sri Lanka. YAs from west Sri Lanka visited a leprosy home on Valentine's Day and offered hand-made greeting cards and sweets to the residents.

# SATHYA SAI YOUNG ADULTS

Nepal



New Zealand



Fiji





# SATHYA SAI YOUNG ADULTS

## ZONE 4B

YAs were engaged in elderly care, animal service, serving the underprivileged, medicare, conducting sessions in local communities, Honouring Our Parents Everyday (HOPE) programme and health education.

Indonesia responded with a national initiative, when earthquakes and a tsunami struck a few cities. YAs supported the Sai Rescue Team, built housing complexes as well as temporary shelters, and organised medical camps. At a medical camp in Lombok City, they distributed supplies, and provided trauma relief counselling, health education talks, and human values classes.

As a follow-up to the natural disaster in Indonesia, the Malaysian YAs organised Disaster Management training, to be better prepared to face natural calamities.

Sadhana camps, leadership retreats, and National/Regional YA camps were held in Malaysia and Indonesia during 2018.

## ZONE 05

In Hong Kong, YAs served food to the homeless, organised study circles and conducted 'Educare' English lessons at a local Chinese primary school. They also conducted an annual Christmas fun fair for the residents of a home for mentally challenged adults. Additionally, YAs also participated in the Go Green Fun Fair titled 'Let's Green It Up'.

YAs conducted monthly study circles in Japan and a SSILP graduate launched weekly Spanish-Japanese SSEHV classes.

In Taiwan, the YAs visited several local libraries to clean bookshelves and rearrange books, volunteered at a blood donation drive, and assisted students with creating 'Peace Day' posters. As part of the STP initiative, YAs participated in a beach clean-up effort and organised a 'Walk for Values'.

# SATHYA SAI YOUNG ADULTS



Taiwan



Hong Kong



Vietnam



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## ZONE 06

YAs in Israel joined hands with another group and served food to the poor at Lassova Restaurant in Tel Aviv. Every second week, they spent a day working with refugee children and their families at day care and after-school centres for children.

In Athens, Greece, the YAs organised artistic activities to engage children suffering from mental and physical disabilities in a recovery house. A similar programme is also conducted once a month in a home for elders in Athens.

YAs from Slovenia focused on artistic endeavours at the Ljubljana Sathya Sai Centre.

In France, YAs cleaned up the Parisian riverbank as part of the STP initiative, in addition to providing various services to homeless people.

In Bosnia, YAs organised a public outreach event focused on truth and righteousness, which featured a musical event. The YAs also translated Sathya Sai literature from English to local languages.

YAs from Spain organised a blood donation drive in the region of Malaga.

The second European Sai Young Adults Camp was held at Sai Prema in Athens, Greece in August 2018, where YAs from across Europe, UK, and Russia participated in enriching activities and a musical offering.

### Greece



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## ZONE 07

Dutch YAs visited a mosque, to gain an understanding about Islamic faith, and participated in national Eid celebrations wherein traditional food was prepared for all attendees.

German YAs celebrated Pentecost by focusing on the descending Holy Spirit upon the followers of Jesus Christ and actively participated in various workshops.

Hungarian YAs organised interactive workshops at the national meeting on the topic 'Unity of Faiths'. They also visited a facility for the elderly and mentally challenged, where they entertained the residents with music, songs and poems.

YAs from Czech Republic supported the government by planting trees over two sessions.

During Christmas, the Latvian YAs participated in their annual service to a women's night shelter where they prepared and distributed packages of sweets to the residents.

In Poland, YAs supported a local initiative by preparing 10 litres of traditional soup, which was distributed to the needy to give them comfort during the bitter cold winter.



**Czech Republic**



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## ZONE 08

In Kazakhstan, YAs worked as translators in an International Volunteer Camp. Activities included education, healthcare, humanitarian aid and public service.

Following the Go Green Conference, YAs from Zone 8 engaged in STP activities including, study circles, tree planting, forest and coastal area clean-ups, and lessons for children. A conference was organised by the YAs for teenagers on the theme 'Green Planet is our Home', which included presentations on practical tips, creative workshops and a concert.

In addition, yearly YA conferences and hikes are organised. They also serve at animal shelters and conduct health awareness projects in schools.



# SATHYA SAI YOUNG ADULTS

## ZONE 9A

In Mauritius, YAs organised a multifaith programme titled 'Garland of Devotional Songs at the Divine Lotus Feet'.

As part of the STP, YAs led a workshop on energy conservation and sustainability. They also conducted beach and river clean-ups.

YAs organised a fun day and conducted value-based games as part of SSEHV class for children from an adopted village – Bambous. The YAs also visited old age homes.

South African YAs celebrated National Youth Day and organised beach clean-ups, 'Walk for Values', and fed the homeless.

YAs from Western Cape gathered together for a weekend of spiritual upliftment at a camp known as 'Lets Camp' with the theme 'God and I'. They are currently participating in a 4-module programme titled 'Mastermind' aimed at creating peace and lasting happiness.

YAs in Ghana conducted a service activity for 30 children and visitors at an orthopaedic centre in Nsawam and gave SSEHV lessons to the children.





# SATHYA SAI YOUNG ADULTS

## ZONE 9B

YAs in the Middle East countries distribute food to the needy on a regular basis. Each month, YAs from Abu Dhabi (U.A.E.) distribute home-cooked food packets to more than 500 low-income workers.

YAs from Dubai and Abu Dhabi (U.A.E) organised the Annual Sai Sports Day in their respective cities, which was attended by more than 300 people including SSE children and parents who joyfully participated in various activities.

In Oman, a workshop on Health and Hygiene was organised for 40 SSE children.

A spiritual retreat on the theme 'Unity is Divinity' was held in Abu Dhabi. YAs participated in activities to improve team dynamics and concluded with a devotional music session.

Several study circles based on the study guides by STP subcommittee were conducted throughout the year. YAs from Bahrain participated in cleaning a local beach.

### Bahrain





# SATHYA SAI YOUNG ADULTS

## UK & IRELAND

YAs participated in various spiritual, educational, and service activities in the community. Easter celebrations saw over 1,000 Easter eggs collected in the spirit of 'Ceiling on Desires' and delivered to patients in hospitals across the UK.

YAs volunteered at the annual 'Diwali in London' celebrations along with other faith-based groups and charities to ensure a successful event. YAs prepared a video presentation based on Sathya Sai Baba's teachings, which was shown to about 35,000 people at the event.

YAs donated items to charities and distributed Christmas hampers to patients in a hospital as part of Christmas service.

YAs contributed towards the 'National Bundles of Joy' initiative by helping to make nappies, clothes as well as blankets and distributed 108 of these baby packs to mothers of new-born babies at the Sri Sathya Sai General Hospital in Puttaparthi.

