



Nepal

# Sathya Sai Young Adults



Hungary

The Sathya Sai Young Adults Programme encourages young men and women around the world to lead purposeful lives by learning and practising the teachings of Sathya Sai Baba. Thousands of Young Adults (YAs) lovingly participate in a wide range of activities including devotional, educational, community service, and humanitarian relief projects, as highlighted below.

## **Love All Serve All (LASA)**

The LASA project, personally blessed by Sathya Sai Baba in 2007, was designed to ignite the flame of unity across humanity by transcending all barriers of language, race, religion, caste, creed and nationality through the medium of music. Relunched on an international scale in 2016 as a subcommittee, the LASA team maintains a repository of songs propagating the five universal human values (i.e. Truth, Right Conduct, Peace, Love and Non-violence) to cater to the society at large. The team also assists in creating content and video production.



## **Sathya Sai International Leadership Programme (SSILP) for Young Adults**

Established in 2014, the SSILP for Young Adults provides leadership training to YAs worldwide based on Sathya Sai Baba's teachings. The sessions are delivered by subject matter experts through monthly webinars culminating with a residential course at Prasanthi Nilayam.



The course centres on Sathya Sai Baba's life and His teachings on leadership, the overview and structure of Sathya Sai International Organisation (SSIO), and various aspects of leadership. A growing number of YAs graduating from the Programme have taken up leadership roles at various levels in the SSIO.

## **Young Adults Talent Development (YATD)**

The YATD programme is based on a series of monthly workshops that equip YAs with skills applicable to both their personal and professional lives. Based on Sathya Sai Baba's teachings on human values, the YATD programme is available as online workshops to all YAs globally.



## **Sadhana of Love (SOL)**

The SOL has equipped YAs from around the world with tools and information on the practise of daily sadhana. The various initiatives include study circle guides that assist YAs in exploring Sathya Sai Baba's four steps to Self-realisation. This programme has reached over 20 countries and continues to expand globally encouraging all YAs to share their personal experiences.



# SATHYA SAI YOUNG ADULTS

## Serve the Planet (STP)

The STP initiative was developed in 2013 to honour the Avatar Declaration Day on 20<sup>th</sup> October, when Sri Sathya Sai Baba declared His divine mission in 1940. The STP theme for 2017 and 2018 has been 'Protect the Planet', which focuses on applying the concept of Ceiling on Desires (COD) by reducing the usage of plastic, conserving water, and advocating the consumption of nourishing and wholesome food for healthy living and spiritual growth. In 2018, the emphasis has been on conservation of energy. An STP for Sai Spiritual Education (SSE) initiative, 'Heal the Environment, Love the Planet' (H.E.L.P.), was also launched in 2017, inviting children from around the world to protect Mother Earth by practising COD.



### Ghana



## 01

### ZONE 1

YAs from Zone 1 distributed food and care kits to the needy, tutored children, sang carols at senior centres, organised a sports and service day with Syrian refugee families, and built houses for the deprived in the Dominican Republic.

More than 200 YAs came together to host a Canadian Young Adults Festival, under the theme 'Celebrate, Explore, Unite.' The festival also marked the launch of several resolutions, including a 'Heart-2-Heart Connection' programme.

The global STP initiative inspired YAs to engage in beach clean ups, plant trees, and volunteer at community gardens. Walk for Values events were also held in various locations, with YAs leading key roles.



## 2A

### ZONE 2A

YAs of Panama lovingly sang songs, played games, and distributed gifts to 100 patients at a local children's hospital. The gifts of love included grooming products and activities that left the recipients feeling happy and invigorated.

In Mexico, YAs offered medical services to needy patients in the form of consultations, medicine, and hygiene kits. In addition, the YAs shared knowledge on first aid. They worked with senior members and visited a shelter for the elderly, sharing love and laughter through music, after which the SSIO of Mexico decided to adopt the shelter.

YAs from Guatemala, El Salvador, Panama, Venezuela, and Mexico all came together at a Zone 2A Young Adults retreat, wherein they shared stories and experiences.



## 2B

### ZONE 2B

In Zone 2B, YAs of South America engaged in various service activities including distribution of more than 750 food packs per month in Venezuela. YAs also conducted SSEHV lessons for children, adolescents and the homeless in several cities, spreading the teachings of Sathya Sai Baba through stories, songs, films and inspiring activities.

In Argentina, YAs formed a devotional music group called Laudate, whose repertoire includes devotional songs from different religions.

YAs also undertook active roles in the first - SSE retreat held in Brazil, an international retreat in Chile, and the first Education in Human Values Camp in Argentina. The global STP initiative motivated YAs to lead study circles on more conscious use of plastic, food, and water, and encouraged them to engage in environmental awareness activities.



Venezuela



Argentina

# SATHYA SAI YOUNG ADULTS

## 03

### ZONE 3

In Australia, 135 YAs congregated at a National Young Adults retreat to immerse themselves in study circles, devotional singing, sports, and enjoying nature. An annual blood donation drive saw an overwhelming participation by YAs and which facilitated the creation of an innovative marketing video. The Red Cross ranked the SSIO fourth in blood donations received and the agency also shared the YAs video to raise further awareness about the cause.

In keeping with the theme of STP, YAs from New Zealand along with inter-faith groups, planted more than 230 native trees in Auckland, cleaned the surrounding reserves, and performed landscaping to make way for new seedlings.

While the islands of Fiji are blessed with pristine waters and sandy beaches, the metropolitan areas have become increasingly polluted. This sparked an environmental initiative by YAs to organise an energising spiritual session at sunrise, followed by an extensive clean-up of surrounding beaches, which also fostered environmental awareness in the community.

More than 200 YAs from across the zone participated in a 'Beyond 2020' festival in New Zealand. The resolutions shared demonstrated the YAs' commitment to enrich, express, and expand love to all through a variety of initiatives.



## 04

### ZONE 4

YAs of Zone 4 enthusiastically organised and participated in the Nepal Integrated Service Project, Vietnam Medical Camp, Laos Village Improvement Initiative, as well as the Myanmar Medical Camp and School Refurbishment project, with help from the Zone 4 media team. YAs across the zone engaged in spiritual development through sadhana camps and leadership retreats. National and regional camps were held in Nepal, Sri Lanka, Malaysia, and Indonesia.

YAs of Malaysia initiated a D.A.R.T.S. project, a national initiative for the prevention of issues associated with Drug and Alcohol use, Relationships, Time wastage, and Smoking.

In Sri Lanka, YAs assisted with distributing school supplies to encourage children's educational progress in Mortuwa.





## 06

### ZONE 6

Several YAs from across the zone participated in the first European Sai Young Adults Camp, held in Athens, Greece. In Spain, YAs led a tree-planting activity as part of the STP initiative. More than 100 participants attended an event in the Canary Islands, in collaboration with the local township and two environmental NGOs.

In September 2017, YAs submitted a Human Values song to the LASA programme. They also prepared a beautiful video on the theme 'Protect the Planet.'

Finally, 20 YAs in France, Greece, Italy, and Spain provided food and clothing to the needy, and regularly visited homes of seniors, as well as physically and mentally challenged children.



## 07

### ZONE 7

To observe Earth Day and commemorate Avatar Declaration Day, YAs in the Krkonose Mountains, Czech Republic, organised a forest clean-up activity and restored a natural monument.

YAs in Hungary organised several events including regional meetings, and Earth Day public meetings, where the life and teachings of Sathya Sai and the work of the SSIO were presented. YAs donated several items to the residents of a mothers' home, served food to the homeless, organised a cultural programme for the elderly in Piliscsaba, and held an Easter meeting for people with special needs.

In Latvia, YAs participated in a Christmas service at a women's shelter; led study circles on conscious use of water, plastic and food; and conducted a children's workshop for Human Values Day.

As part of Sathya Sai's birthday celebrations, Lithuanian YAs wrote and directed a drama based on the principle of keeping good company, while Dutch YAs assisted with the catering and sound system.

In Poland, YAs participated in a drama and led workshops during a national meeting in Spala.



Czech Republic

## 08

### ZONE 8

Twenty-five YAs participated in a Zone 8 YA Conference in Russia, and various other national and regional conferences, meetings and study circles. As part of the STP initiative, several YAs conducted study circles, held discussions with children, and engaged in service projects such as tree planting, and cleaning of forests and rivers. YAs served hot meals to the needy across the zone and organised a Sai Olympics in Russia based on the Sadhana of Love programme. YAs from Zone 8 also participated in an International Volunteer Camp in Russia, where they assisted with educational and medical tasks, providing care to those in need. In addition, a national health project initiated in 2016 continued in 2017.



Ukraine



Russia

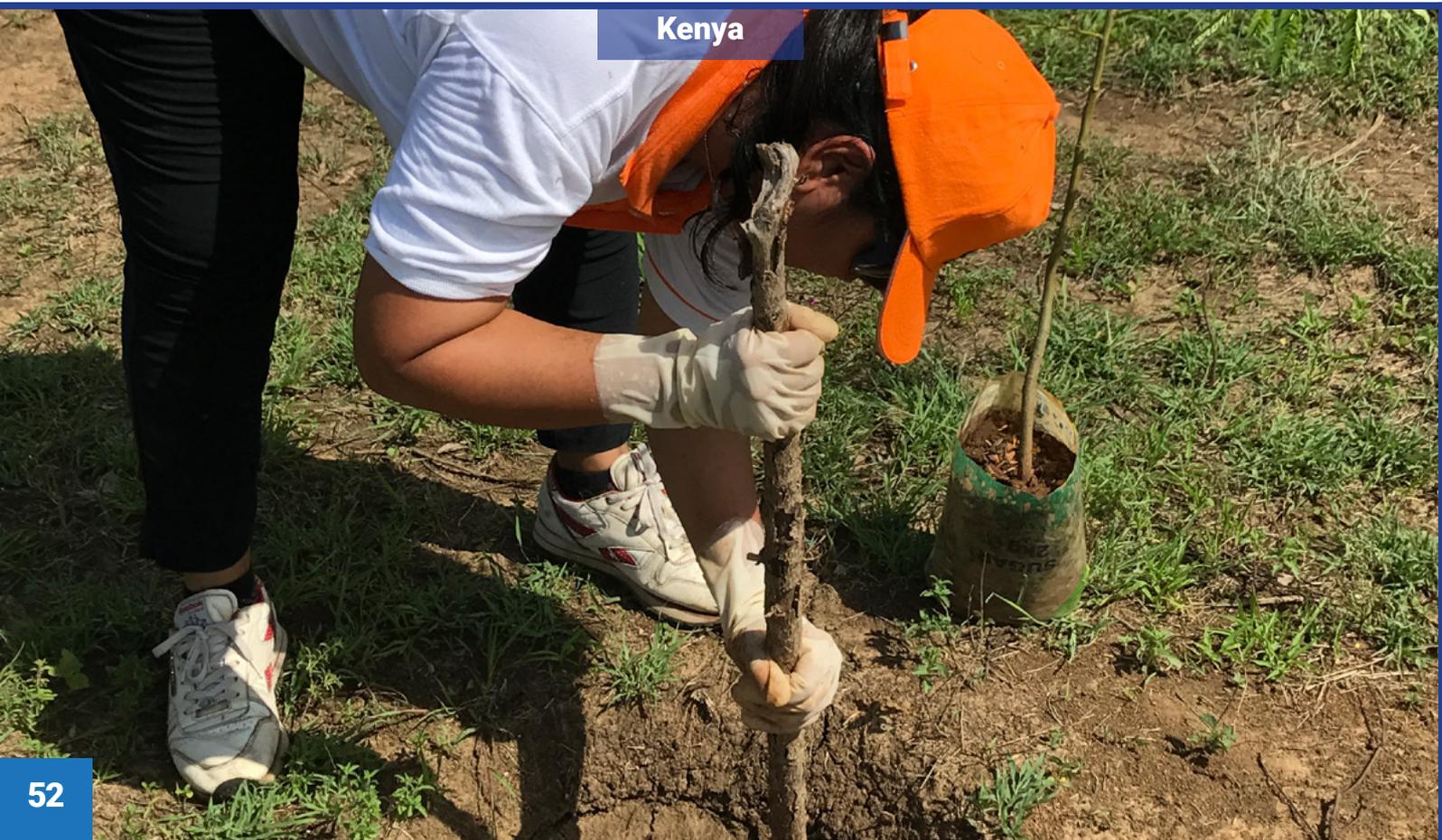
## 9A

### ZONE 9A

In Kenya, close to 1,000 trees were planted as a part of the STP initiative. YAs also installed a borehole nearby to supply water, which helps with the sustainability of this project. In addition to this, volunteers lovingly distributed 1,200 hygiene and stationery packs.

The island of Mauritius is a true paradise of love reflected in clean-up, tree-planting, and mural projects initiated by the YAs. In addition to this, YAs engaged in educational hikes that inspired all those who participated.

YAs of Zone 9A worked with teen youth and educated the younger generation on the importance of Cyber Safety, and Stress Management through a series of workshops. The SATHYA (Sai Archives of Truth and Harmony for Young Adults) newsletter was initiated in South Africa, sparking an interest in YA activities. YAs collected and distributed blankets to local hospitals and organised a National YA Day Festival.



## 9B

### ZONE 9B

Every month in Abu Dhabi, YAs distributed food packs to more than 500 labourers. They also helped organise a 'Sai Retreat' attended by 300 people.

In Dubai, YAs distributed 160 hygiene hampers and 70 ration packs at a Ladies Camp. They also helped organise an Annual Sai Sports Day, attracting more than 300 SSE children, parents, and volunteers. YAs from UAE also attended a spiritual retreat in Dubai, titled 'Back to Sai Within' on the topic of self-awareness.

Every week, approximately 60 YAs and adults from Bahrain and the UAE served refreshments to nearly 2,000 workers at construction sites.

YAs in Oman organised a free eye check-up and supplied spectacles to about 75 individuals. YAs in Oman and Bahrain held weekly sessions for families that have children with special needs. These sessions included talks by specialists, skills development, sports, and interaction with other family members.



# SATHYA SAI YOUNG ADULTS

# UK

## UNITED KINGDOM

YAs facilitated STP initiatives at all Sathya Sai Centres and Groups.

At the National Easwamma Day celebrations, YAs presented Sathya Sai's eternal message to respect the environment and natural resources.

Easter celebrations saw more than 3,000 Easter eggs collected in the spirit of ceiling on desires and delivered to children and the elderly at hospitals across the UK.

Other notable service projects have included national tree-planting days, with more than 1,000 trees being planted to date, bi-monthly food service in most UK regions, as well as renovation and painting of rundown buildings used to house refugees.

Global Human Values Day was celebrated with a grand Walk for Values through Leicester. YAs were integral in the planning and execution of the event, which attracted hundreds of participants to walk with banners on human values, depicting Sathya Sai Baba's teachings. The event ended with a multifaith music concert in the city centre based on human values with a performance by the famous UK group, 'Acappella'.

YAs were also invited to perform at the Birmingham Art Gallery as part of 'Faiths in Tune,' an international interfaith music festival.

## United Kingdom



