

## **About us**

The Medical Wing is a service wing of the Rajyoga Education & Research Foundation which has been established in 1984 by Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV). Founded in 1937. More than 1500 doctors, nurses, pharmacists, and other paramedical staffs give their free valuable services for the benefits of society and the world. The PBKIVV offers a variety of educational courses for the development and application of human and spiritual values through its more than 7500 branches in 115 countries. Besides, its 18 wings offer free services to all sections of society with an aim to bring about a positive change in the world. It is achieving this noble task by empowering individuals to develop innate human qualities and spiritual powers. It is a non-governmental organization, affiliated to the United Nations Department of Public Information and also holds general consultative status on the Roster of the Economic and Social Council (ECOSOC) and with the UNICEF. The BKIVV has received many awards for its projects such as "Million Minutes of Peace" and "Global Cooperation for a Better World".

## **Aims & Objectives**

The Medical Wing is trying to meet the challenge of building a healthier world by introducing a holistic approach in health care. It aims to eradicate disease and suffering by spreading awareness about all aspects of health and by using the combined therapies of medication and meditation to restore health. Meditation is a process of relaxing the mind and the body and emerging one's inner powers through positive thinking. It empowers a person to face the ups and downs of life without coming under stress. It triggers a relaxation response within the body by which various biological parameters are set right. Increased will power helps patients to regain health quickly.

### **The objectives are as follows:**

- ❖ To conduct scientific experiments to understand the psycho-physiological mechanisms by which Raja yoga helps one to achieve complete Health
- ❖ To propagate Raja yoga as an auxiliary means to achieve positive health.
- ❖ To project the concept of holistic health care through conferences and seminars on a wide range of topics such as "Meditation as Medicine", "Science and practical techniques of stress management", "Ten principles of healthy living", "Mind-body-medicines" for the 21<sup>st</sup> century and so on.
- ❖ To spread awareness about the ills of drug addiction, thereby attempting to save the younger generation from tobacco, alcohol and psychotropic drug abuse.
- ❖ To educate the rural masses about healthy living, personal hygiene and nutrition.
- ❖ To work for achieving holistic health for all in collaboration with the government, the public and NGOs. For example Raja yoga teachings by Brahma Kumaris have shown positive effects on delinquent children in Arthur Road Jail, Mumbai

- ❖ To reaffirm ethical standards of the medical profession.
- ❖ To project the practical applications of meditation for medical professionals in diagnosis and treatment and to improve doctor-patient relationship.

As a whole, what we can say that medical wing is mainly aimed at making this world a healthy world.

## **Towards Perfect Health**

Health which has been defined by the **W.H.O.** as , **“A state of complete physical, mental and social well-being of a person, not merely absence of disease or infirmity”**. Health is an invaluable asset of every individual. Healthy people are the most precious treasure of a nation. In today’s highly competitive, roller-coaster age, staying healthy has not only become a necessity but also a challenge. Though the 21<sup>st</sup> century has witnessed unprecedented success and growth in the field of medicine and life sciences, medical research has not kept pace with the emergence of new diseases related to unhealthy lifestyles, stress, poverty and population. The need of the hour, therefore, is to add a holistic dimension to health care, which deals with the whole person rather than just the diseased organ.

Besides providing medical assistance, **holistic health care empowers the patient to lead a healthy life by building up resistance to disease and the will to regain health in a faster and less painful way**. It is not just a mode of treatment but also a key to healthy living where a person is able to feed his mind and body with positive energy and achieve an optimum level of performance without coming under stress and tension.

Every year, nearly 15.3 million people become victims of heart disease, stroke and hypertension. Another 9.2 million fall prey to cancer and chronic obstructive pulmonary diseases. In most of the cases, the origin of these killer diseases can be traced to unhealthy lifestyles, which are also responsible for high blood pressure, diabetes, peptic ulcers, gall bladder stones, obesity, insomnia and even Aids. The majority of these diseases are caused by stress, bad eating habits, addiction to alcohol, cigarettes and certain types of drugs and lack of exercise.

A lifestyle based on material comforts and shaped by the desire to achieve too much in too little time has robbed people of mental peace, happiness and love, which are so essential for good health. Instead, chronic stress and tension marked by irritability, arrogance, self-centeredness, possessiveness, fear, anxiety and depression have become second nature to modern society. Stress has an adverse effect on the nervous system, the hormonal balance and the immune system of the body, which ultimately leads to the above mentioned illnesses.

### **Activities**

**For achieving its goal, the Wing has been organising many programmes such as :**

Organizing conferences, seminars and get-togethers.

Organizing Health fairs to educate people about health

Arranging lectures, workshops

Conducting Rajyoga Meditation camps, Personality Development camps, Positive Thinking Course etc.

Organizing Health Awareness Campaign.

Organizing Drug addiction camps & rehabilitation camps

Organising counseling camps with doctors for drug de-addiction.

Setting up exhibitions and tableaux.

Organizing Training Programmes

## CONFERENCES OF MEDICAL DOCTORS

*The doctors' conferences became another event or platform where highly technically qualified doctors gathered from all over the world to attend these conferences.* Doctors were called upon to work for positive health rather than for treating merely the diseases of a particular organ of the body. They were asked to take into account not only the physical aspects but also consider the mental, social and other factors, in order to give a holistic treatment. They were also told to keep top priority for service, have reverence for life and respect for the individual in order to give better health care to their patients.

It is essential that the doctors should give a word of advice to their patients about the necessity of a changing unhealthy habits and ways of living and suggest visiting institutions where services for this kind of reform are available. They should recommend the **practice of meditation and positive thinking** in order to bring about relaxation and increase in body resistance.

### HOLISTIC HEALTH CONFERENCES

SN of delegates	Year	Dates	Name of the Programmes	no
1	1990	4 to 6 March	3rd International Holistic Health Conference, Belgaum (Karnataka) India	
2	1993	22 to 24 October	4th International Holistic Healthcare Conference Pandav Bhawan, Mount Abu (Rajasthan) India	
3 400	1996	18 to 21 October	2nd International Holistic Healthcare Conference Nursing Professionals Gyan Sarovar Mount Abu (Rajasthan) India	
4 809	1996	17 to 20 June	National Holistic Health Conference and Rajyoga Retreat Gyan Sarovar, Mount Abu (Rajasthan)	

6 359	1998	3 to 7 September	3rd International Holistic Health Conference for Nursing Professionals Shantivan, Abu Road (Rajasthan) India	
7 314	1999	9 & 10 October 2nd	Annual Conference of Rajasthan Ophthalmology Society Gyan Sarovar, Mount Abu (Rajasthan) India	
8 1476	1999	27 Sept. to 1st Oct.	All India Seminars on Holistic Perspective in Ayurveda and Rajyoga Retreat Shantivan, Abu Road (Rajasthan) India	
9 923	1999	11 to 15 Sept.	All India Quit Tobacco Shivar Shantivan, Abu Road (Rajasthan) India	
10 181	1999	1 to 4 September	Advances in Oncology & Meditation Retreat Gyan Sarovar, Mount Abu (Rajasthan) India	
11	1999	6 to 15 August	PATH (Positive Approach to Total Health) Gyan Sarovar, Mount Abu (Rajasthan) India	225
12	1999	25 to 29 May	National Seminar: Coping with the Challenges of Medical Profession in 21st Century & Rajyoga Retreat, Gyan Sarovar, Mount Abu (Rajasthan) India	
13	1999	24 to 26 April	Rajyoga Retreat cum Seminar of Nursing Professional Gyan Sarovar, Mount Abu (Rajasthan) India	
14.	1999	14 to 18 April	All India Seminar on Holistic Perspective in Hospital Management & Administration and Gyan Sarovar, Mount Rajyoga Retreat Abu (Rajasthan) India	
15	2000	1 to 15 November	Diabetic Control Shivar Shantivan, Abu Road (Rajasthan) India	
16	2000	26 to 30 Sept.	2nd All India Quit Tobacco Shivar Shantivan, Abu Road (Rajasthan) India	
17	2000	4 to 8 August	National Seminar on Alternative Medicine and Rajyoga Retreat, Shantivan, Abu Road (Raj.) India	
18	2000	13 to 20 July	Retreat for Diabetic Patients on Life Style Intervention and Rajyoga Meditation	

			Shantivan, Abu Road (Rajasthan) India
19 360	2000	6 to 10 July	SMART (Stress Management & Right Thinking) Train the Trainers Gyan Sarovar, Mount Abu (Rajasthan) India
20	2000	26 to 30 May	Update in Nursing Skills & Core Values for Better Nursing Care Shantivan, Abu Road (Rajasthan) India
21	2000	18 to 23 April	SMART (Stress Management & Right Thinking) Train the Trainers Shantivan, Abu Road (Rajasthan) India
22	2001	16 to 19 Dec.	SMART (Stress Management & Right Thinking) Train the Trainers Shantivan, Abu Road (Rajasthan) India
23	2001	9 to 12 August	Recent Advances in Hepatology and A Meditation Experience Gyan Sarovar, Mount Abu (Rajasthan) India
24	2002	23 to 27 May	A Dialogue on Mind-Body Medicine and Meditation Retreat Gyan Sarovar, Mount Abu (Rajasthan) India
25	2002	27 to 29 Sept.	All India Seminars on Mind-Body Medicine and Meditation Retreat Om Shanti Retreat Centre (ORC), Bhora Kalan, Gurgaon (Haryana) India
26 Monsoon	2002	24 & 25	August Indian Dental Association Gujarat State Convention Gyan Sarovar, Mount Abu (Rajasthan) India
27	2002	23 to 27 May	National Dialogue on Mind-Body Medicine and Meditation Retreat Gyan Sarovar, Mount Abu (Rajasthan) India
28	2002 40	15-April	National Seminar "Updates in Hospital and Health Administration Gyan Sarovar, Mount Abu (Rajasthan) India
29	2003 516	1 to 4 Aug.	National Dialogue on Mind-Body Medicine and Meditation Retreat Gyan Sarovar, Mount Abu (Rajasthan) India

30	2003 410	5 to 7 Sept.	*** Gyan Sarovar, Mount Abu (Rajasthan) India
31	2004	17 to 21 Sept.	Diabetic Control Shivir Om Shanti Retreat Centre (ORC), Bhora Kalan, Gurgaon (Haryana) India
32	2004	2 to 6 Oct.	National Conference on Meditation as Medicine and Rajyoga Retreat Gyan Sarovar, Mount Abu (Rajasthan) India
33	2004 2059	14 to 18 Apr	4th National Holistic Healthcare Conference for Nursing Professionals “The Heart of Healing” Shantivan, Abu Road (Rajasthan) India
34	2005 525	8 to 12 July	National Conference on Mind-Body Medicine and Meditation Retreat Gyan Sarovar, Mount Abu (Rajasthan) India
35	2005 1166	23 to 27	Sept. National Conference on Values in Healthcare Shantivan, Abu Road (Rajasthan) India
36 Living	2005 1150	5 to 8 Jan.	National Conference on New Dimensions in Healthy <b>(Dr. Deepak Chopra)</b> Gyan Sarovar, Mount Abu (Rajasthan) India
37	2006 2050	22 to 24	Sept. WCCPC  (World Congress on Clinical & Preventive Cardiology) Shantivan, Abu Road (Rajasthan) India
38	2007 1882	28 to 30	Sept. WCCPC  (World Congress on Clinical & Preventive Cardiology) Shantivan, Abu Road (Rajasthan) India
39	2007 54	10 to 16 Aug.	Master Training  Shantivan, Abu Road (Rajasthan) India
40	2007 121	11 & 12 Aug.	Conference on Art of Psychiatry  Gyan Sarovar, Mount Abu (Rajasthan) India
41	2007 698	12 to 16 July	New Dimensions in Healthcare  Gyan Sarovar, Mount Abu (Rajasthan) India

42      2007    19 to 23 Apr  
          902

National Conference on Mind-Body Medicine

Shantivan, Abu Road (Rajasthan) India

## Objectives of the conference

- To educate doctors about the principles and practices of holistic health care.
- To motivate the participants to develop a healing consciousness.
- To improve doctor-patient relationship.
- To develop better relationships with other colleagues.
- To discuss the significance of lifestyle factors that causes diseases.
- To study the role of meditation in promoting good health.

## General Topics covered

- Handle life with care
- Prevent violence and negligence
- Strategies for health promotion
- New dimensions in mother and child health care.
- Non-pharmacological methods for management of cardiovascular disorder
- Updates in treatment of psycho-somatic diseases
- Genesis of AIDS
- Values for inner life
- Missing dimension in management of the terminally ill
- Vital influence of life style factor in holistic health care
- Health, happiness and harmony
- Role of doctors/hospitals in primary health care
- Role of spirituality in industries and companies

## HEALTH AWARENESS CAMPAIGNS

From time to time the medical wing has been launching **Health Awareness Campaigns** throughout India and in Nepal. The main aim and objectives of these campaigns was to **create awareness for better health and to eradicate all negative habits that are creating diseases in the society**. In these campaigns, the approach taken was direct communication with people and educating them through posters, lectures and street plays. Throughout these campaigns doctors and paramedical staff from all over the country have given free services in the common cause of re-establishing a healthy and happy world.

### THE FIRST HEALTH AWARENESS CAMPAIGN

*The first of its kind, this campaign was started on 27th Feb 1988, at Mysore and concluded on the W.H.O. Day, the 7th April 1988 at Delhi. The six-week campaign was carried out in sixteen states of India, covering 421 cities and villages. Five groups of doctors of various specialties*

*along with nurses and paramedical personnel began the campaign from five different places- Mysore, Trivendrum, Bhuvaneshwar, Amritsar and Bombay, in vans equipped with health awareness exhibitions, films, projector slides, health check-up equipments and medicines.*

As part of the campaign, several kind of services were done at all levels. Special efforts were made to take these services, to rural and backward areas. A total of 281 villages were visited to provide health benefits. A total of 105 health care camps were held to provide complete health care. Health care camps were arranged at schools and for handicapped children. Practical demonstrations were given on how to prepare oral re-hydration solutions.

Moral education was one of the aims of this health campaign. Many children came forward and talked about their personality problems. Children were taught how to develop leadership qualities and to overcome inferiority complexes. They also took an active part in small workshops on the inculcation of values.

Medical check-up camps were held at 141 places and free medicines were distributed. More than 575 lectures were delivered at various places. In all the five states, the health ministers or the governors of the respective states inaugurated the campaigns. **The Indian Medical Association** and its branches in various states and cities provided all the cooperation for organizing programs and camps.

Public Program	Sri Ganganagar
Dentist Association	Delhi
Molana Azad Medical College	Delhi
Delhi University	Delhi
Lady Harding Medical College	Delhi
Kastoorba Hospital	Gwalior
Govt. Hospital	Gwalior
M B M Science College	Gwalior
Goenka College	Calcutta
Bar Association	Calcutta
Management Association.	Calcutta.
Agriculture Office	Amravati
Nagpur Medical College	Nagpur
Law college	Nagpur
H M T	Betul
Dr V M Medical College.	Sholapur
Lions Club	Bhilai
I M A	Bhilai
Nursing School	Durg
I M A	Navsari
Jeevaji University	Gwalior
T B General Hospital	Sikar
I M A	Narnaul
Bar Association	Narnaul
Bar Association	Rohatak
Student Nurses	Bhiwani
Rotary Club	Rohatak
I T I	Shivpuri
I T B Police	Shivpuri
District Jail	Shivpuri
Kastoorba Hospital	Bhopal



Sugar Factory	Sehore
Railway Colony	Bhopal
Women welfare Association	Narsinghgarh
Mysore Medical College	Mysore
I M A	Bangalore
Sanjay Gandhi Hospital	Bangalore
Dental College	Davangere
District Jail	Davangere

### THE SECOND HEALTH AWARENESS CAMPAIGN

*The Second Health Awareness Campaign was launched from Srinagar on May 12, 1989, to Chandigarh covering J&K, Punjab, HP, and Haryana from 12th to 27th May 1989. Various programmes were arranged on the following topics:-*

- G Ten Principles of Healthy Living**
- G Meditation for Stress Management**
- G Remedies for Drug Addiction**
- G Stability of Mind for Positive Health**
- G W.H.O. Theme for 1989: Let us talk Health**
- G Prevention of Heart Diseases**
- G Understanding the Spiritual Dimension of Health**
- G Medical Benefits of Meditation**

### Detailed programs of Campaign

DATE	PLACES
12.5.1989	Sri Nagar
13.5.1989	Sri Nagar
14.5.1989	Sri Nagar, Udhampur-Jammu
15.5.1989	Jammu
16.5.1989	Jammu , Khatau - Pathankot
17.5.1989	Pathankot, Jawali-Kangra, Dharmshala
18.5.1989	Dharmshala
19.5.1989	Dharmshala, Nagrota-Palampur
20.5.1989	Palampur-Joginder Nagar-Kullu
21.5.1989	Kullu-Manali
22.5.1989	Manali
23.5.1989	Manali—Mandi
24.5.1989	Manali-Mandi, Bilaspur, Shimla
25.5.1989	Shimla
26.5.1989	Shimla-Solan, Kasauli-Chandigarh
27.5.1989	Chandigarh

### THE THIRD HEALTH AWARENESS CAMPAIGN

*The Third All India Health Awareness Campaign was launched on 28th Oct,1990 simultaneously from Bombay and Delhi, and concluded on 29th Nov, 1990 at Pondicherry and Bharatpur (Rajasthan) respectively.*

In this campaign the main emphasis was on Drug Abuse, Prevention and Control. Two groups of 8 to 10 doctors travelled in a matador from place to place and educated youth, parents, and social organizations. In each program doctors appealed to the youngsters to take a pledge to abstain from any drug in their life.

The first group which covered an area of 5000 km through four States of Maharashtra, Karnataka, Kerala and Tamil Nadu ended at Pondicherry on 1st December. The second group started at Delhi, travelled through Delhi, UP and Rajasthan covering a distance of 1000 km and ended at Bharatpur. As a part of this campaign, several kinds of services were done at all levels. ***Special efforts were made to take these services to the rural and backward areas.*** This campaign was able to bring benefit to the people at following places.

Total Beneficiaries	24420
Students	20200
Doctors	1410
Advocates	510
Residents of Slum Areas (10)	1000
Prisoners	1300
Press Meets	13
Radio Programs	7
Central hospital	Ulhasnagar
LIC	Ulhasnagar
B. E. C. College	Ulhasnagar
Bar Association	Kolhapur
Rotary Club	Kolhapur
Hamdard Institute of Unani Medicine	Delhi
Bar Association	Sangli
IMA	Manali
Medical College	Goa
Mental Hospital	Goa
University of Agriculture Sciences	Dharwad
Homoeopathy College	Hubli
Aryurvedic Medical College	Hubli
IMA	Hubli
B Ed College	Chikkamangalur
Milk Dairy	Hassan
Govt. High School	Hassan
Institute of Medical Sciences	Bangalore
E S I Hospital	Bangalore
Central School	Bangalore
Kirloskar Electrical Corporations	Bangalore
Girls Junior College	Mysore
Civil Court	Mysore
Bar Association	Mysore
Kendriya Vidyalaya	Coimbatore
SKY College	Trichur
IMA	Tutikorin
American College	Madurai

IMA  
Rotary Club  
IMA  
Public Function

Madurai  
Madurai  
Pondicherry  
Bharatpur

## THE FOURTH HEALTH AWARENESS CAMPAIGN

*The Fourth Health Awareness Campaign was launched from 10th to 22nd Sept 1992 in Haryana and Punjab. A group of seven doctors from different parts of India travelled a distance of 1500-km covering 26 small and big towns and cities of Punjab and Haryana.*

The year 1992 was devoted by W.H.O. to the theme of Heart Beat -the rhythm of health, to increase public awareness of the world-wide dimension of cardiovascular diseases, and to sound an alarm against their spread. They account for more than 15 million deaths every year worldwide. In India more than 40 million people are suffering from CV diseases. It is estimated that half of all deaths due to CV diseases are preventable. **The most practical and minimal means of prevention is through healthy living.** Researches in this field indicate that although the signs and symptoms of heart diseases are experienced after many years, the seeds are sown in childhood due to unhealthy lifestyle. Hence there is need to educate children and youth to adopt a healthy life style.

### Subjects Covered during the Campaign

Ù Risk Factors of Heart Disease  
Ù Principles of Healthy Living  
Ù Stress Free Life

During this campaign 106 programs were arranged and approximately 20,000 people were contacted personally or directly and indirectly through radio, TV programmes, and newspapers covering all sections of the society.

Medical College PGI	Chandigarh
General Hospital Sector 16	Chandigarh
Civil Hospital	Ambala
Civil Hospital	Sirsa
IMA	Tohana
Govt. College	Kurukshetra
Govt. College	Mansa
Govt. Teacher's Training Centre	Amritsar
Women ITI	Amritsar
Public School	Panipat
S. D. College for Women	Jalandhar
D.A.V.college	Jalandhar
Bar Association	Jind
Bar Association	Mansa
Bar Association	Panipat
Rotary Club	Chandigarh
Lions Club	Ambala
Railway Club	Amritsar
CRPF	Jalandhar
State Bank of Patiala	Bhatinda

### THE FIFTH HEALTH AWARENESS CAMPAIGN

*The Fifth Health Awareness Campaign was launched from 27th Sept, to 11th Oct 1996 from Nepal to India. The campaign passed through the hilly regions of Nepal & Sikkim covering more than 2000 kms.*

Due to poverty and low socio-economic status and illiteracy, many life style-oriented diseases are common among the masses. The major diseases were Tuberculosis, Cancer, AIDS, Heart Diseases, Drug Addiction and especially addiction to tobacco was very common. A team of ten doctors and paramedical staff started the journey in a van from Allahabad and entered Bhairwa via Gorakhpur. Major focus of this campaign was to educate the masses on adopting healthy life styles and arrange free health check-ups at various places. **Hon'ble Chief Justice of Nepal**, on the eve of inauguration said the role of NGOs like *Brahmakumaris in providing the services for uplifting of humanity* is *highly praise worthy*. The **W.H.O.** representative in Nepal, **Dr. William J. Piggot** said holistic approach for the prevention of diseases is really important in third world countries. **Dr. M. Pandey**, senior cardiologist of Nepal praised the role of doctors for their contribution to serving the poor in this country. He conveyed his good wishes for this campaign.

<b>Total Beneficiaries</b>	<b>9080</b>
Beneficiaries through TVs, Newspapers	70,000
Total number of programmes	38
Free Medical check-ups	12
Services of Prison	06
Schools and Colleges	15

### Places Covered

Public function	Bhairwa
Public function	Pokhra
Police Force	Kathmandu
VIP Get-together	Kathmandu
Narayni Kala Mandir	Narayangarh

Commerce and Industry Association	Hetaundua, Makwanpur
Public Function	Birgunj
Prison	Biratnagar
Public Function	Biratnagar
Saraswati School	Damic
Public Function	Janakpur
Nepal Trading Corp	Biratnagar
Satya Narayan School	Biratnagar
Women Welfare Association	Bargachi Biratnagar
Public Function	Rajbiraj
Public Function	Dharam
Prison	Rajbiraj
Training school	Biratnagar
Public Function	Gangtok
Public Function	Siliguri

## COMMENTS OF PROMINENT DOCTORS

**Dr. S.N.Shetty** (Jogeshwari, Bombay): Camps of this type are very useful for medical practitioners. Many patients in our day-to day practice do not require medicine. What they need is support, courage and loveful attention.

**Dr. Bipin T. Bhavsar** (Malad, Bombay): I forgot all my worries and difficulties during the whole day. I felt like I was in heaven for a day. My mind and body were quite free from all disturbances, which I had been getting routinely.

**Dr. S.A.Patel, M.D.** (Medicine) Patan (Gujrat): It was an excellent discussion. **Dr.Girish Patel** has explained in such detail. It is very useful for day to day practice. Psychosomatic problems are increasing, so Rajyoga is a good way to treat most of psychological and psychosomatic disorders.

**Dr. M.L. Agrawal, M.D.** (Psychiatry) Ajmer: Meditation is useful in treating anxiety, tension, depression and psychosomatic disorders.

**Dr. M.G.Shah** (Matunga, Bombay): I have learnt that we can treat and cure many ailments of mind and body by Rajayoga. I feel this is really the best medicine to achieve mental peace and tranquility.

**Dr.B.N. Purandare**, Gynaecologist, Bombay: Rajyoga Meditation as demonstrated today is the best way to keep one-self fit mentally and physically for happy and healthy living. The simple procedure is immensely beneficial to every individual.

**Dr. Jagadish D.Shah**, Child Specialist, Nadiad: During the whole day the ideas given, have really become helpful in my life as well as for others. I will definitely try Raja Yoga in my practice for treating patients.

**Dr. K.H. Jituri, M.D.** Hubli: Meditation is the only way of training the mind, and everyone must practise it. This knowledge must be taken to the common man by arranging such camps in different localities, which this institution is already doing. This is a loveable service.

# HOLISTIC HEALTH FAIRS

In mid-1994 it was decided that a community service project be taken up in the form of a Health Fair (Swasthya Mela). It was organized with the intention of promoting “**Holistic Health**” which includes *physical, mental, social and spiritual well being of the person*. And this also illustrates that health is not only a precious possession but also a resource, which helps the whole community to progress and prosper.

The fundamental *aim of organizing such fairs was to create awareness among the people about the risk factors of various diseases, curative methods, importance of health, principles of healthy living and suggesting preventive measures*. As the saying goes “An ounce of prevention is worth tons of cure” and staying healthy has not only become a necessity but also a challenge. Therefore the need of the hour is to add a holistic dimension to health care which deals with the whole person rather than just the diseased organ.

Besides providing medical assistance, holistic health care empowers the patient to lead a healthy life by building up resistance to diseases and the will to regain health in a faster and less painful way. It is not just a mode of treatment but also a key to healthy living where a person is able to feed the mind and body with positive energy and achieve an optimum level of performance without coming under stress and tension.

## Objectives of the Health Fairs

- ❖ To create health awareness amongst the masses.
- ❖ to create an awareness of factors leading to diseases and the role of sanitation, balanced and nutritious diet to maintain good health.
- ❖ to teach mothers about oral re hydration therapy and to encourage use of hygienic measures in cooking and preserving food.
- ❖ To create an awareness of the drug problem existing among school children and to educate them about its harmful effects, means of prevention, and ways to give up alcohol, drugs, smoking and tobacco-chewing habits.
- ❖ To create awareness among parents, students, community health workers, nurses, medical and paramedical persons, doctors, medical students and nursing students on the holistic approach to health.
- ❖ To increase accessibility of health services to the community in order to enable them to seek services relating to prevention and cure of diseases, as well as promoting a healthy way of life.
- ❖ To develop a system of providing periodic health checks with a back-up system through the routine health services.
- ❖ To provide treatment for common ailments and other communicable and non-communicable diseases and to provide counseling for their prevention .

**The fair consists of the following pavilions with meaningful pictures, beautiful artistic models, attractive illustrations and educative slogans.**

**HOLISTIC HEALTH PAVILION:** It gives an introduction to the different aspects of *health-physical, mental, social, spiritual and effect of stress on the body through psycho-neuro-immunology (PNI)*.

**POSITIVE HEALTH PAVILION:** It creates *awareness of the contribution to physical health of proper hygiene, ventilation, balanced vegetarian diet, sound sleep, exercise, positive attitude and positive thinking.*

**HABITS, ADDICTIONS AND DRUG AWARENESS:** *It explains about causes and solutions of drug addiction particularly the ill effects of tobacco and alcohol on the body.* The main message of this stall is to encourage the parental role in prevention of drug addiction, and education in helping young people say 'no' to drugs.

**RAJYOGA PAVILION:** *It describes the basics, methodology and attainments of Rajyoga meditation in promotion of health and in cure of many psycho-somatic diseases like Hypertension, Heart disease, Diabetes, Asthma, Headache, Insomnia, Joint pains and Neurotic ailments.*

**RESEARCH PAVILION:** *Various researches conducted in the field of meditation* are displayed at this pavilion.

**MEDITATION PAVILION:** Here *practical demonstration of Rajyoga Meditation is given* by senior trainers to gain tranquility of mind.

**LITERATURE PAVILION:** *Books and periodicals on holistic health, Godly knowledge and Rajyoga* are available at this pavilion.

**MEDICAL CHECKUP PAVILION:** *Free medical check up* facility is provided at this pavilion.

**DONATION PAVILION:** In this pavilion the ill effects of drugs and other addictions are explained to the masses and they are asked to *donate their negative habits.* Many visitors take a pledge to abstain from drugs and other addictions.

#### List Of holistic Health Fairs

S_NO	DATE1	DATE2	PLACE	STATE
1	3/15/1994	3/20/1994	Chandigarh	Pb.
2	3/22/1994	3/27/1994	Chandigarh	Pb.
3	4/2/1994	4/6/1994	Pathankot	Pb.
4	4/9/1994	4/16/1994	Jammu	J&K
5	5/18/1994	5/25/1994	Mumbai-Malad	Mah.
6	5/27/1994	6/2/1994	Mandi	H.P.
7	6/6/1994	6/13/1994	Kulu	H.P.
8	6/14/1994	6/20/1994	Manali	H.P.
9	10/27/1994	11/3/1994	Amritsar	Pb.
10	11/5/1994	11/13/1994	Panipat	Har.
11	2/17/1995	2/24/1995	Guwahati	Assam
12	2/28/1995	3/1/1995	Tinsukia	Assam
14	10/7/1995	10/14/1995	Jalore	Raj.
15	10/15/1995	10/20/1995	Falna	Raj.
16	10/25/1995	10/31/1995	Jaipur	Raj.
13	10/2/1995	10/7/1995	Jaipur	Raj.
17	11/4/1995	11/12/1995	Raipur	M.P.
19	11/15/1995	11/22/1995	Bhilai	M.P.
21	11/26/1995	11/30/1995	Delhi-Rajori Garden	Del.

22	11/26/1995	12/3/1995	Jabalpur	M.P.
18	11/10/1995	11/15/1995	Delhi-Harinagar	Del.
20	11/18/1995	11/23/1995	Delhi-Chhajupur	Del.
23	11/26/1995	11/30/1995	Indore	M.P.
24	12/3/1995	12/11/1995	Faridabad	Har.
25	12/6/1995	12/17/1995	Alkapuri,Baroda	Guj.
26	12/20/1995	12/30/1995	Bapu Nagar	Guj.
27	12/27/1995	1/3/1996	Ulhasnagar	Mah.
28	1/10/1996	1/20/1996	Solhapur	Mah.
29	2/14/1996	2/22/1996	Kolhapur	Mah.
30	2/17/1996	2/24/1996	Hansi	Har.
31	2/28/1996	3/4/1996	Sirsa	Har.
32	3/2/1996	3/8/1996	Belgaum	Kar.
33	3/7/1996	3/13/1996	Saharanpur	U.P.
34	3/16/1996	3/22/1996	Shamli	U.P.
35	3/23/1996	3/30/1996	Ichal Karanjee	Mah.
36	3/26/1996	3/30/1996	Ferojpur	Pb.
37	4/4/1996	4/10/1996	Fatehabad	Har.
38	4/27/1996	5/3/1996	Isalmpur	Mah.
39	5/12/1996	5/21/1996	Mumbai-Ghodapdeo	Mah.
40	5/14/1996	5/22/1996	N.Mumbai-Vasai	Mah.
41	5/25/1996	6/2/1996	Mumbai-Vapi	Mah.
42	5/27/1996	6/3/1996	Mumbai-Sion	Mah.
43	10/2/1996	10/7/1996	N.Delhi-Sirifort	Del.
44	11/14/1996	11/21/1996	Mumbai-L.Parel	Mah.
45	11/30/1996	12/4/1996	Mumbai-Nerul	Mah.
46	12/7/1996	12/13/1996	Mumbai-Panvel	Mah.
47	12/15/1996	12/24/1996	Kurushetra	Har.
48	12/16/1996	12/22/1996	Mumbai-Santacruz	Mah.
49	12/23/1996	1/1/1997	Vasai	Mah.
50	1/31/1997	2/6/1997	Secundrabad	A.P.
51	2/9/1997	2/16/1997	Hyderabad	A.P.
53	3/9/1997	3/16/1997	Karim Nagar	A.P.
54	3/19/1997	3/26/1997	Siddipet	A.P.
60	4/27/1997	5/5/1997	Anand	Guj.
			Hyd.-Sanjeeva	
56	4/12/1997	4/20/1997	Reddy	A.P.
66	5/24/1997	5/30/1997	Godhara	Guj.
61	5/3/1997	5/6/1997	Nellore	A.P.
63	5/10/1997	5/18/1997	B`lore VVPuram	Kar.
64	5/20/1997	5/27/1997	Kumarapark	Kar.
67	5/30/1997	6/8/1997	Krishna Giri	Kar.
			Mumbai-Kandivali	
55	3/28/1997	3/31/1997	(E)	Mah.
57	4/12/1997	4/16/1997	Mumbai-Malad (W)	Mah.
58	4/18/1997	4/24/1997	Mumbai-Bhyander	Mah.
59	4/26/1997	5/1/1997	Mumbai-Borivali (E)	Mah.
			Mumbai-Kandivali	
62	5/3/1997	5/8/1997	(W)	Mah.
65	5/21/1997	5/26/1997	Meera Road	Mah.
68	7/18/1997	7/25/1997	Trichurapalli	TN.
69	8/16/1997	8/22/1997	Madurai	TN.
70	8/29/1997	9/2/1997	Tirunelveli	TN.
71	9/8/1997	9/18/1997	Chennai- 1st	TN.



73	9/21/1997	9/29/1997	Amritsar	Pb.
74	9/22/1997	9/30/1997	Vellore	TN.
75	9/26/1997	10/2/1997	N.Delhi-Srifort	N.Del.
52	2/21/1997	2/23/1997	Dehradoon	UP.
72	9/18/1997	9/23/1997	Delhi-Nagloi	Del.
			N.Delhi-Quteb	
77	10/3/1997	10/9/1997	Enclave	N.Del
78	10/8/1997	10/15/1997	Guwahati	Ass.
79	10/14/1997	10/20/1997	Delhi-Dariyapur	Del.
80	10/16/1997	10/25/1997	Agartala	Ass.
81	11/4/1997	11/10/1997	Delhi-Larence Road	Del.
82	11/14/1997	11/20/1997	Bhiwani	Har.
76	10/3/1997	10/11/1997	Chennai- 2nd	TN
83	12/3/1997	12/10/1997	Bilaspur	M.P.
84	12/16/1997	12/25/1997	Korba	M.P.
85	1/23/1998	1/28/1998	Mungeli,Bilaspr	M.P.
86	12/24/1997	1/4/1998	Singroli	M.P.
87	2/20/1998	2/24/1998	Khariya Project	M.P.
88	3/4/1998	3/11/1998	Bhilwara	Raj.
89	3/20/1998	3/24/1998	Jhanjgir	M.P.
90	4/15/1998	4/25/1998	Gangtok	Sikk.
91	4/23/1998	4/29/1998	Trichur	Kerla
92	5/2/1998	5/9/1998	Kochin	Kerla
93	5/15/1998	5/17/1998	Manali	H.P.
94	5/18/1998	5/20/1998	Kullu	H.P.
95	5/21/1998	5/23/1998	Mandi	H.P.
96	5/24/1998	5/26/1998	Sunder Nagar	H.P.
97	5/27/1998	5/29/1998	Sarkaghat	H.P.
98	5/30/1998	5/31/1998	Jogind Nagar	H.P.
99	6/1/1998	6/3/1998	Palampur	H.P.
100	6/4/1998	6/7/1998	Dharmshala	H.P.
101	6/8/1998	6/9/1998	Hamirpur	H.P.
102	6/10/1998	6/11/1998	Bilaspur	H.P.
103	9/6/1998	9/16/1998	Sri Ganga Nagar	Raj.
104	9/19/1998	9/26/1998	Jind	Har.
105	10/9/1998	10/14/1998	Jagraon	Pb.
106	10/29/1998	11/5/1998	Jaipur-R.Park	Raj.
107	11/8/1998	11/14/1998	Barout	UP.
108	11/26/1998	12/4/1998	N.Delhi-Sirifort	Del.
109	12/1/1998	12/15/1998	Valsad	Guj.
110	12/22/1998	12/29/1998	Jamsedpur	Bih.
111	2/6/1999	2/16/1999	Mumbai-Goregaon	Mah.
112	2/21/1999	2/28/1999	Rourkela	Ori.
113	3/7/1999	3/15/1999	Keonjhar, Cuttack	Ori.
114	3/21/1999	3/28/1999	Jetpur	Guj.
115	4/18/1999	4/22/1999	Shahpur (Kalyan)	Mah.
116	4/29/1999	5/8/1999	Kalyan	Mah
117	9/17/1999	9/22/1999	Tezpur	Ass
118	10/10/1999	10/20/1999	Bhiwandi	Mah
119	11/23/1999	11/30/1999	Paralakhemundi	Ori
120	12/5/1999	12/9/1999	Manipur, Imphal	Man
121	12/22/1999	12/31/1999	Bharuch	Guj
122	1/5/1920	1/12/1920	Dhar	MP
123	1/22/1920	1/30/1920	Cuttack-J.Mangla	Ori

124	2/8/1920	2/15/1920	Shiv Sagar	Ass
125	2/20/1920	2/24/1920	Secundrabad BHEL	AP
126	2/20/1920	2/27/1920	Dibrugarh	Ass
127	3/6/1920	3/12/1920	Bhubneshwar	Ori
128	4/4/1920	4/7/1920	Hyderabad-NIMS	AP
129	4/13/1920	4/24/1920	Bidar-Pawan Dham	Kar
130	4/24/1920	5/1/1920	Vasco-Da-Gama	Goa
131	10/16/1920	10/23/1920	Dimapur	Nag
132	12/2/1920	12/10/1920	Navsari	Guj
			Baroda-Chandra	
133	2/10/1901	2/18/1901	Nagar	Guj
134	4/24/1902	4/27/1902	Ponda	Goa
135	9/17/1902	9/24/1902	Delhi-Nagloi	DL
136	9/29/1902	10/6/1902	Rohtak	HR
137	10/17/1902	10/23/1902	Bahadurgarh	HR
138	11/19/1902	11/24/1902	Panaji	Goa
139	12/5/1902	12/9/1902	Pune	MH
140	12/21/1902	12/28/1902	Sambalpur	OR
142	19/11/2002	24/11/2002	kankawli	Mah
143	27/11/2002	1/1/2002	Ratnaghiri	Mah*

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