

## **B.K.'S MY INDIA HEALTHY INDIA CAMPAIGN ENDS—AWARENESS CONTINUES!**

**BY: KRISHNA CHANDER MOULI**

Can medicine alone cure all sorts of diseases? The answer to this question has the potential of creating controversies. Because all the practitioners of medicine irrespective of whatever pathy they practice are of a firm conviction that medicine alone can help cure any disease, physical pain and other human ailments. Yet there is a segment of the society who strongly believes that medicine should be the last option and should be both preferred and administered in an emergency alone or in a situation of surgical intervention. This particular segment advocates pranayama and yogic exercises and meditation. Practitioners of all pathies and systems are also now gradually agreeing with this view while practising medicine.

It is in this context that the recent MY INDIA HEALTHY INDIA CAMPAIGN of Brahmakumaris Ishwariya Vishwavidyalaya is of relevance. The medical wing of Rajyoga Education and Research Foundation of the Vishwa vidyalaya launched a campaign from all the four corners of the country like Guwahati(north eqast),Trivandrum (south-west) Dehradoon (North) Bhubaneshwar(east), Lucknow, Chennai(south) Ahmedabad (west) and many other such capital cities of the states. The campaign finally culminated at Mumbai.

The chief objective of this campaign was to inform, educate and make people aware about their physical and mental health and the dietary needs. Inculcating in them to lead an addiction free, drug-free, tension-free healthy life was another important objective. People have been further educated during this campaign about the importance of meditation-specially the Rajyoga meditation of Brahmakumaris- and a value-based life style for absolute physical and mental health.

Dadi Janaki the Chief Administrator of Brahmakumaris in her blessings for the successful completion of the campaign congratulated the team of doctors, para-medical personnel, rajyoga meditation teachers , B.K. sisters and brothers for their selfless service leaving no stone unturned in organizing the campaign all over the country involving various [V.V.I.Ps](#) and [V.I.Ps](#) in it.The Chairperson of the Brahmakumaris Medical Wing Dr.Ashok Mehta has a dream of changing the health scenario of the country with special stress on rural health. A large number of VIPs have also been associated with this campaign and their exhortations and best wishes have added to the efficacy and strength of the programme.

Justice S.N.Shukla of Allahabad High Court in his inaugural address of the campaign from the Sangam city observed that this campaign would usher in a new healthy India. Pranayam Guru Baba Swami Ramdeo too wished great success for this campaign.Leaders like Dr.Murli Manohar Joshi,Rajasthan C.M.Ashok Gehlot,Information Minister Ashok Birwa, Supreme Court former Justice V.R.Krishna Iyer, Karnataka Health Minister Sri Ramulu,Haryana Education and Transport Minister Mangaram Gupta, Sikkim legislature speaker Gyaltsen,Assam C.M. Tarun Gogoi,

Kerala Governor R.S.Gavai, Goa C.M. Digambar Kamat, U.P.Governor B.L.Joshi, Mayors, MLAs, academicians, and senior doctors have also associated themselves with the *MY INDIA HEALTHY INDIA* campaign which enabled it achieve grand success.

Encouraged by the unprecedented response to the campaign, Chairman Medical Wing RERF of Brahmakumaris Dr.Ashok Mehta announced on the culmination of the campaign at Mumbai that mobile Rajyoga meditation camps coupled with the integrated treatment medicinal practices would be held in each state for about a fortnight in future aiming at achieving the goal of *MY INDIA –HEALTHY INDIA*.

Dr.Ashok Mehta expressed deep satisfaction at the culmination of the successful campaign at the country's economic capital Mumbai but modestly claims that though the campaign ended the awareness programmes by Brahmakumaris will continue for a long time to come till the whole Nation learns and experiences the virtues of Rajyoga meditation in treating the physical ailments of all types and mental stress of all intensity.

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