

Dear Divine Family

Please accept greetings from Delhi. Yesterday, on 26th September 2019, **Launching Ceremony of "Medical Wing Campaign HOLISTIC WELLBEING : A WAY OF LIFE"** was organized at the Army College of Medical Sciences, Delhi Cantonment, New Delhi .

Rajyogini Asha Didi Ji, Director ORC (key note speaker).

Other Guests on the Stage:

- 1) Dr. Ravinder Chaudhry, Dean - ACMS (chief guest)
- 2) Col. S K Gulati, Professor & HOD-Deptt. of Obst & Gynae (Guest of Honour)
- 3) Dr. Sharmila Dudani, Professor - Pathology, ACMS
- 4) Rajyogini BK Geeta Didi, Siri Fort, Delhi, (Zonal Coordinator Medical Wing-Delhi)
- 5) Rajyogini BK Laxmi Didi, Lawrence Road Delhi (Additional Coordinator Medical Wing - Delhi)
- 6) BK (Dr.) Mohit Gupta, Prof. of Cardiology, GB Pant Hospital Delhi
- 7) BK (Dr.) Reena Tomar, Associate Professor - Pathology, Maulana Azad Medical College & associated hospitals, Delhi

Please find the news and photographs attached .

Headlines

Brahmakumaris launch a week-long campaign for healthcare professionals in Delhi NCR.

Meditation session, Reflections on Holistic Well-being & Heal the Healer subject from dignitaries marked the launching ceremony.

New Delhi.... Spirituality is being seen as one of the effective solution provider for Self Care that eventually will lead to Compassionate Care and effective healing... this was the message that emerged out of a programme on Holistic Wellbeing A Way of Life Campaign launching, held by the medical Wing of Rajyoga Education And Research Foundation under the patronage of Brahma Kumaris, a social-cultural organisation, at the Army College of Medical Sciences on Tuesday.

The programme started with a 'Meditation Session', followed by an introduction and orientation session for the Campaign Launching that **Dr. Reena Tomar** presented.

BK Laxmi didi, Additional Coordinator for Medical Wing in Delhi NCR, then welcomed the august gathering. She said, "Knowing your real soulful self and having learnt to take care of that real self can lead you to actual healing. She added that whatever one does has to have an element of the divine and the power that only a real connection with the self and with god can bring.

Dr. Mohit Gupta, interacted with the audience on the topic "HEAL THE HEALERS" and effectively conveyed how to keep the self healed to be able to provide better and compassionate care. He cited his own personal experience of how he has been able to keep a balance between caring for others and caring for self. He further explained, personal care means to be light, stress-free, happy, charged with positivity.... He emphasised on how regular practice of Rajyoga meditation helped him to be a better person himself and that how it helps him to manage all his responsibilities without being stressed.

The keynote speaker at the event was the director of ORC Gurugram, **Rajyogini Brahma Kumari Asha Didi**. "Today, it is of utmost importance to shift towards Holistic Healing from a mere physical treatment. And spirituality provides clear understanding of how one can do that. She also added that how in today's stressful world even healthcare professionals need to take care of themselves to be able to provide right, compassionate care to others. To know the self and the soul, it is important to have both knowledge and intention.

"We can align ourselves with the divine only if we have an element of the divine in our routine and this can happen only with the practice of Rajyoga," she added.

Elaborating on the concept of Rajyoga, she said, "It is a simple way of connecting the soul to the divine and is not simply training our body. Change yourself and you change the world.... Self Care shall lead to Care for Others too".

After the keynote address, **the guests lit the lamp, tied Value bands to each other and pledged to promote the theme 'Holistic Wellbeing'**. During the programme, there was a dance performance by Kumari Shivani and the auspicious Kalash & flag ceremony to mark the launching event.

Concluding, the chief guest **Dr. Ravinder Chaudhry** said, "I not only wish to congratulate the Brahma Kumaris but also wish to be part of such spiritual events that leads to betterment of humanity. The society today needs these services."

Col. SK Gulati said, "He was fortunate to be part of this noble aim of Holistic Well-being programme and thanked for the opportunity."

Rajyogini BK Geeta Didi, shared her blessings and invaluable words of wisdom. Didi also gave her good wishes for the successful completion of the campaign that would benefit healthcare fraternity in and around the city.

Dr. Sharmila Dudani, presented the Vote of Thanks.

The programme concluded with a meditation session and devotional value based songs.

Thanks & Regards

BK Laxmi

Lawrence Road, Delhi