



CARE

Creating an Ambience to Reenergize and Enrich

CHAITANYAM INSTITUTE FOR HUMAN EXCELLENCE IN HEALTHCARE

FROM THE EXECUTIVE SUITE

Have you all seen a temple of learning, caring, healing and giving? As they say in Sanskrit - Vidya, Vaidya and Vairagya? That too all in one place? No?

Ok. Welcome to Chaitanyam !

A first of its kind institution in India or for that matter in this world. An institution that beautifully blends education, on the job training, while imbibing a spirit of love, compassion and giving back to society. A first of its kind in its idea, concept and delivery. An institution which will draw diverse expertise from across the spheres of medicine, healthcare, sociocare, training, music and fine arts.

A not for profit institution, dedicated solely for

the benefit of humanity.

Never before has there been such an institution setup anywhere in the country, for that matter in the world. I personally look upon this as a great entrepreneurial opportunity, not just for me but for each one of us, to come together, put our varied skills to best use and make this an outstanding institution. Blending of multiple skills to beautifully create a rhythm of learning, teaching and healing with compassion. Very much like the different musical instruments, varied talents, yet creating one single beautiful Symphony, what I call as "Chaitanyam".

Best Wishes for yet another year of love, learning and living for others.

TESTIMONIALS

I have been doing seva as a volunteer at Chaitanyam. The medical seva is carried out in a well organised manner and doctors of various specialties provide service for different types of ailments. Seeing the response of patients coming for follow ups, it clearly shows that they are being benefitted by this seva.



Sudha Menon
Volunteer

I have been attending this camp for the past 3 to 4 months.

The poor have medical issues and lack of money to pay for their treatment.

If we visit a clinic/hospital, we end up paying a lot of money which we cannot afford. At the camp, we have different doctors to tend to each patients' various kinds of ailments. I am grateful to all who who serve in this camp by spending more than half a day taking care of our needs .

Renuka Eknath Narayankar
Beneficiary

H I G H L I G H T S

Celebrating the International Yoga Day

On the occasion of International Yoga Day (observed globally on 21st June every year), there was a special Yoga session organized by us in collaboration with the Yoga gurus of Shri Ambika Yoga Kutir, Thane. As they related to us the importance of Yoga, we were all guided to perform various 'asanas' for a healthy body, mind and soul. It turned out to be such a rejuvenating session! At the end, on the request from many, such sessions have been considered to be scheduled at Chaitanyam on a regular basis.



~ YOGAPEDIA ~

Yugon Se: Yoga is ancient. It is mentioned in the Rig Veda. Over 5000 years old.

Doga: Is not just rhyming. Enrol your obese and stressed pet dogs and do yoga together, helps in bonding too

Yuva: You will always look youthful and glowing with Yoga

Roga: Diseases can be cured with Yoga

The Midas touch: Purifies and energizes the chakras in the body and transforms lives

Detox Effect: Flushes out toxins from the body

Om Shanti Om: Yes, you will become a peaceful soul

Bhog Shudh Hoga: Yoga brings about conscious eating

Intoxicates: By divine, not wine. Be high on life always

Jeevan Yojana: Yoga is the best insurance policy for a long, healthy life

Laughter is the Best Medicine: Hasyayoga involves exercises in combination with laughter

'Lord of the Rings': Yoga has been an official sport since 2016 Olympics

Divine Mother & Child Health Program (DMCHP)

The month of June continued to witness even more success across all four Municipal Maternity Homes of Thane with a participation of 328 expecting mothers. Healthcare centres have immensely benefitted by the DMCHP Program.

With each passing day, the keenness and support we receive from the mothers-to-be and proud mothers is overwhelming.



दैवी माता आणि बाल आरोग्य कार्यक्रम

Divine Mother & Child Health Program

The program covers areas such as nutrition, physical health, self-care, mental health, family planning, foetal care, new born health, awareness of Govt. Health schemes and services/benefits available at TMC affiliated hospitals. The program aims at healthy and happy expecting mothers and babies.



Monthly Medical and Wellness Camp, 23rd June

Doctors specialized in General Medicine, Pediatrics, Gynecology and Dental care were available at the camp with a turn out of 69 patients. Other facilities like blood Sugar Test, Lung Test and Eye Check-up were also available. Coinciding the International Yoga Day week, a special Yoga session was conducted by the Yoga trainers of Shri Ambika Yoga Kutir, Thane. All the patients, young and old alike, enthusiastically swayed to the tunes of the trainer and felt encouraged to introduce Yoga in their daily lives.

INSPIRED LIVING

Good Heavens!

Betty used to work as a nurse's aide in a hospital, where she befriended an elderly patient, Martha. She took great care of Martha and was attentive to her every need. Martha grew very fond of Betty. They shared stories and jokes—Betty even revealed her lifelong dream of being an illustrator. Once, after she told her about her sorrowfully tiny apartment and cheap furniture, Martha said, "Maybe one day a good leprechaun will come and

help you." Soon after, she passed away. A few days later, there was a knock on Betty's door. It was Martha's son with a truckload of furniture for her. It had belonged to his mother, and she wanted her to have it. And then he handed her a note which read: "Betty, I promise to put in a good word for you in Heaven so you can get the job you've always wanted." Three months later, she got an illustrating job. Her friend had kept her promise.

Reference:- True Story by Betty Tenney, Michigan from the Reader's Digest

HEALING THROUGH SOUNDS

'Sound Healing', now at Chaitanyam


Most of us enjoy listening to instrumental music, the ghazals at popular restaurants, our favorite band at shows, our personal jukebox collections etc. It soothes and relaxes us and makes us forget any worries and stresses temporarily. For a long lasting effect of music in our lives, we need to tune in to the correct frequency and the right channel. This channeling of music can do wonders to our body, mind and soul.



It can bring rhythm, balance, calmness, inner joy, energize chakras and releasing stress, anxiety, harmful cells, toxins from our body. This is the work of 'Sound Healing'.

The mind and body operate at certain vibrations, and those vibrations can be manipulated with the help of sound waves. When the body is sick- it could be a cold, a broken bone, an ulcer, a tumor, or an emotional or mental illness - frequencies of the body are out of tune, off balance, out of synch. Vibration can help bring that back into balance. Thus, it can cure or alleviate ailments such as sleep disorders, anxiety, depression, stress, pain, aches and other such illnesses. The instruments used for Sound Healing are usually gongs, singing bowls, voice (chants or 'Aum') or drums. The good news is, Sound Healing is now conducted at Chaitanyam



by Mr. Sathya Nair, a certified 'Sound Healer', trained from Anahata Vruksh Foundation, Bangalore. Should you wish to know more regarding this therapy, just drop in a Whatsapp message on  **9074146495**.



JOIN THE MOVEMENT

Chaitanyam is your cherished opportunity to partner in developing better care givers to drive a unique model of compassionate healthcare and thereby contribute to national development.

We would love to connect with you for partnering opportunities.

Get in touch:

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VIEW BROCHURE

THOUGHT FOR THE DAY

We all long for heaven where God is,
but we have the possibility of being in heaven right now,
of being happy with God at this very moment.

Being happy with God at this very moment means loving the way He loves,
helping the way He helps, giving the way He gives,
serving the way He serves, saving the way He saves.

It means being with Him twenty-four hours a day by touching Him in those who suffer.

- Mother Teresa