



CARE

Creating an Ambience to Reenergize and Enrich

CHAITANYAM INSTITUTE FOR HUMAN EXCELLENCE IN HEALTHCARE

From the Director's Desk

July is a sacred month in our almanac, when we observe and celebrate the festivals of Ashadi Ekadashi and also worship the Supreme as our benevolent Guru with prayers seeking Divine blessings for the happiness and welfare of our fellow beings. Chaitanyam Institute for Human Excellence in Healthcare, is an offering for Society with the objective of providing happiness and contributing to the welfare of our fellow beings in the healthcare sector. A first of its kind of Institute in this country, integrating the aspects of Vidya (healthcare education), Vaidya (Healthcare services) and Vairagya (the spirit of giving back to the society). One sector that suffers from the huge supply constraints of qualified personnel is the healthcare sector. This problem is more acute in highly populous and developing countries like ours. And to this, the lack of personnel who shall render service with empathy and love, the scenario is just scary. Chaitanyam aims to address this by acting as a model institution. Creating and training a talent pool of healthcare givers in an

environment of love, respect, service and discipline, coupled with the training in latest equipments / labs available will surely help achieving this. In addition, the training will open vast employment opportunities to the youth, thereby contributing to the overall GDP. This will also improve the "Happiness Quotient" of our country, a measure which was hitherto ignored but gaining importance of late. Be it the healthcare education, health care skill development, geriatric physiotherapy, pediatric occupational therapy, sound therapy, yoga, alternate medicine or the Divine Mother and Child Health program or health camps, Chaitanyam provides a perfect platform for all (individuals, trusts, societies, governments, corporates etc) to participate and contribute in this unique and wonderful venture which will be of immense value to the society. Am sure this venture will contribute its share in achieving the 'right to healthy living' as envisaged by the constitution. Like the cool rays Guru Purnima full moon, may the activities at Chaitanyam provide the happiness and joy to all. Best wishes.



दैवी माता आणि बाल आरोग्य कार्यक्रम

Divine Mother & Child Health Program

Under the umbrella of Divine Mother and Child Health Program (DMCHP), two teams of 2-3 each visit the Govt. run maternity homes 4 days a week. The team consists of Counselors, Public health professionals, Occupational Therapist and Physiotherapist. We are proud to record a staggering 40% surge in the beneficiaries in June (550) against May's counter of 390.

Conception is a blessed event,
Fertilization, a divine intervention.
The development of an embryo is miraculous encounter.
The birth of a child is a supernatural spiritual event.
- Laila Gifty Akita (Author)

MORNING AFFIRMATION

"I am a PURE BEING

Everything I hear is clean.
I don't let people to tell me about
Others' weaknesses or problems.
I strictly refuse to listen...
I shift the focus to their qualities...
Or I change the conversation

I take care of my emotional diet."
- B.K.Shivani

THE LIFELINE OF OUR LIVES – DOCTORS

The 1st of July marks the celebration of National Doctors' Day to commemorate the birth and death anniversary of Dr. Bidhan Chandra Roy, a famous physician of India.

Our sincere best wishes & thanks to the doctors associated with Chaitanyam for their selfless service and devotion lead by our Directors of Chaitanyam, and to the doctors nationwide serving patients with a compassionate heart and loving spirit. Let us remember to express gratitude to our doctors who have healed us of ailments of the mind, body and soul.

Doctor Speaks



I am Dr. Pushkaraj Vartak, DNB(ENT), MNAMS and reside in Thane, an ENT surgeon by profession with 10 years of clinical experience in the field.

Chaitanyam is committed to noble work in the field of social welfare and healthcare. It is catering to those who cannot afford basic medicines and health facilities and these programmes help them a lot. It provides a sense of fulfillment while I dedicate my time on the weekends. I take it as an opportunity to give it all back to the society. May God bless all of us for this work of "serving ourselves".

Hear it from them



Being associated with Chaitanyam is one of the best things that has happened to me. Chaitanyam is a temple where selfless service and love go hand-in-hand. The seva activities are purely for the welfare of the people and me, being able to contribute in a small way is indeed my best fortune.

The medical camp conducted every month is one such activity where countless patients are treated and provided medications free of cost.

I have been lucky to have had the opportunity to contribute many times in the camp.

I hope Swami continues to shower us with such opportunities of seva at Chaitanyam.

Pooja Nair
Volunteer



This is my first visit to Chaitanyam. I have been referred by a friend who now serves as a volunteer here. I feel very happy about the services being provided here. There is a sense of fulfillment in this organization.

It feels like a temple and I am feeling much better just spending time here. The Yoga session was very helpful. The trainer has recommended me Yoga 'asanas' addressing my health issues that will bring positive changes into my life.

Rekha Tike
Beneficiary

Rendezvous with Mrs.Shraddha Tendulkar



Mrs.Shraddha Shrikant Tendulkar has been a Matron with E.S.I.S. Hospital marking her glorious 34 years of journey. She holds responsible high positions with Govt.bodies, community centres and social work.

“Service to my patients is service to God“, she said, is the slogan that drove her this far. She works hard towards empowering women, to educate girl children and to uphold the dignity of bar dancers by educating/counselling them on the risks of HIV & protecting those who have fallen into the pit of deadly disease.

“After the Human excellence workshop that I attended, I so concur with Chaitanyam. It is only time before people compete to associate with this marvelous mission“, she said.

Monthly Medical Camp – 28 July 2019

1. Fantastic response with 107 patients attending (Existing – 51; New – 56).
2. Existing beneficiaries also served as volunteers at the camp and/or
3. They also help spread the word about the good work to friends and friends of friends
4. General Physician, Pediatrician, ENT specialist, Geriatric doctors served at the camp.
5. Blood Sugar test, Pulmonary Function Test & Eye check up were the additional facilities.
6. Yoga session by Sri Ambika Yoga Kutir, Thane (W) energized all.
7. Fun filled games engaged children to aim at creating healthy lifestyle and food habits.

The whole event turned out to be very enthusiastic and engaging. Everybody expressed gratitude and felt a renewed vigor to glide through the days with a healthy body, mind and soul.



Medical check up



Registration desk



Pulmonary Function
Test

Sound Healing

Healing with sound has been the oldest and most natural forms of healing known to man. The singing bowls, gongs and other overtone – emitting instruments are intended to stimulate the alpha & theta brain waves which are attributed to deep meditative and peaceful states that are conducive to healing.

Sound Healing cures chronic conditions like:- Fibromyalgia, arthritis, backaches, headaches and injuries, boosts your body's natural healing abilities, clearing stuck emotions, pre and post surgery conditions, strengthens bones, ligaments, and muscles, helps the major systems in the human body to perform better like digestive, respiratory and nervous system, cures sinus, asthma, controls Parkinson's disease, helps one transcend to other states of consciousness.

Sound Healing therapy is performed by Mr. Sathya Nair, a certified 'Sound healer', trained from Anahata Vruksh Foundation, Bangalore. Kindly whatsapp him on 9074146495 for appointments.

HEALING SOUND VIBRATIONS : My experience was awesome. It was a very positive response for me. I felt the energy flow and had blockage of my upper nose resulting in snoring which was embarrassing for me. But after that its clear and has stopped. The vibrations I felt was so nice and relaxing. I look forward to have many more sessions with Sathya bhaiya.

Rukmini Rao



Be a life saver

Most of us lack the knowledge and presence of mind while facing mishaps in life. People go panicky and there is chaos with multiple suggestions coming in. And the bad news is, there isn't much time to do that one right thing.

We, at Chaitanyam, have been conducting BLS training as part of outreach program for Govt. organizations, residents of societies and labour groups, Hotel staffs or any small organization that is willing to get trained.

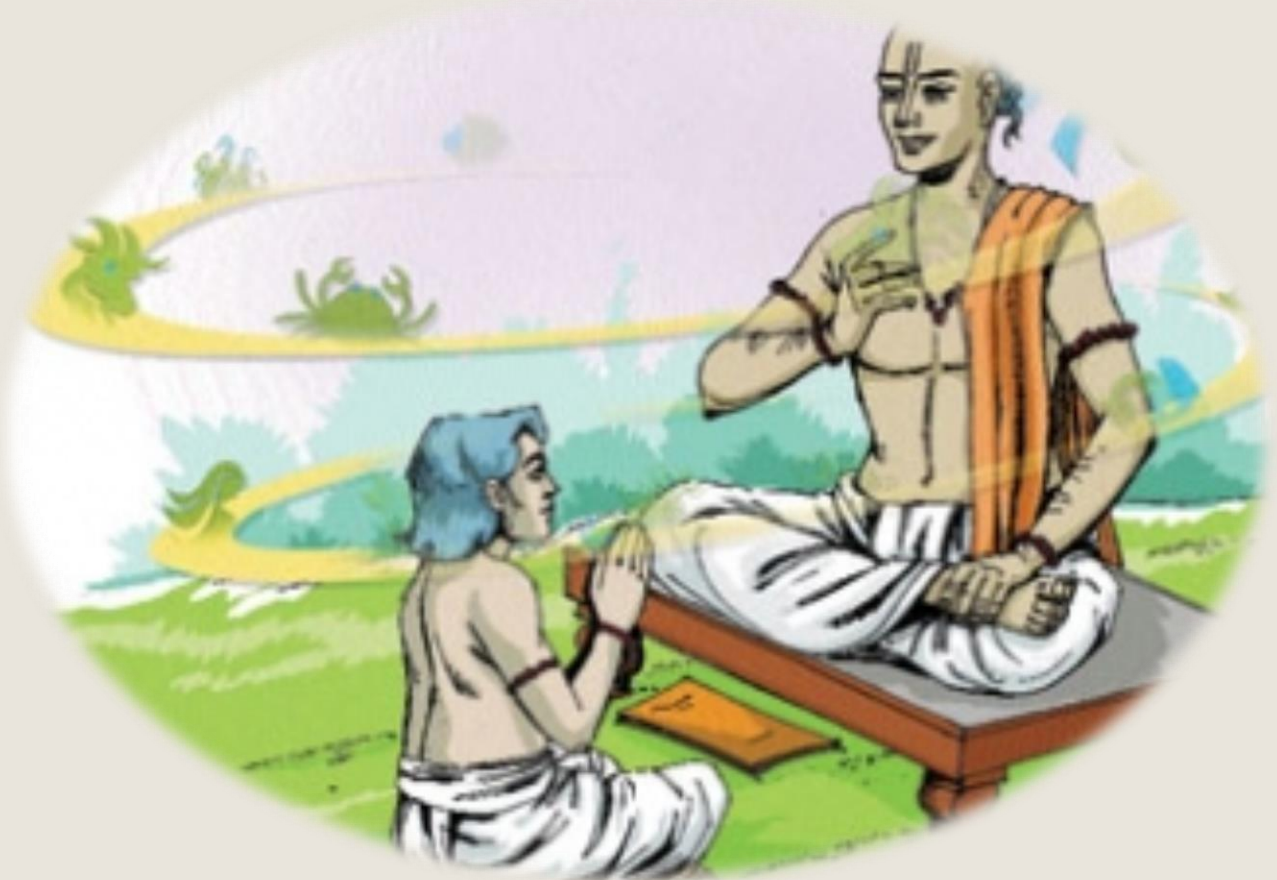
Our most recent session was held on 23 July 2019 at Shiv Sena Shakha, Thane (W). The session had an enthusiastic participation of 39 beneficiaries. Post the session, the participants felt empowered and capable, in case any unforeseen situation were to arise.

In case you wish to conduct the BLS training for your community, kindly contact us at 9820460235.



GURU POORNIMA

In the honour and gratitude of the teachers at Chaitanyam, we held a felicitation programme on 17 July 2019. The hall wore a festive look, all the women were dressed in fine attire, men wore the symbolic white outfits, there was a sense of completeness and bliss in the air as all gathered to commemorate the day. The teachers were presented with a tulsi plant and a rose. Post the felicitation ceremony, we celebrated the presence of the Sadguru in our lives by singing bhajans in His praise. The bhajans were followed by much awaited prasad of varieties.



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

Men lose all the material things they leave behind them in this world, but they carry with them the reward of their charity and the alms they give. For these, they will receive from the Lord the reward and recompense they deserve.

- St. Francis of Assisi