

A REPORT ON RISHIKESH CONFERENCE AND MEMORABLE SAMMAN FOR BHAVANA MEMBERS

The Fifth A.R.S.P. Conference on “Total Health Solutions ” of Mind, Body and Soul organized by Antar Rashtriya Sahyog Parishad in association with BHAVANA, LUCKNOW and Senior Citizens Council, Delhi was held at Vanprastha Ashram Rishikesh, from March 1-3, 2013. The conference, attended by over 400 Delegates, was inaugurated by H.H. Swami Chidanand Saraswati, President Parmarth Niketan Ashram Trust and India Heritage Foundation, USA by lighting of lamps and devotional chants. The Chief Guest was Prof. (Dr.) MahavirAgrawal, Vice Chancellor, Uttarakhand Sanskrit University, Haridwar.

The daily routine started in morning with yoga , pranayam and meditation by Swami Vidyanand and Yogacharya Divya Sunil . The Health section of conference included interactive medical sessions by Ayurvedacharyas Dr. Rakesh Agrawal, Vaidyaratna Dr. Ashok Kumar, Dr. Shubdha Bhanot of Medanta Hospital, Gurgaon, gave useful advice to patients of diabetes for prevention and control and useful tips on diet for diabetes. BHAVANA member Dr Narendra Deo delivered a talk on “AAHAR-VIHAR and Power of Gayatri Mantra”

The evenings were marked by Ganga Aarti at Vanaprastha Ashram and Parmarth Niketan and Bhajan Sandhya by world famous classical bhajan singer Srinjan Banerjee of Meerut with his musical group. Delegates were served with sumptuous meals throughout the conference.

In Valedictory session 37 prominent personalities from different parts of India and Nepal were Honoured including TWO BHAVANA MEMBERS Shri S S SAXENA and A K MALHOTRA. They were honoured by Swamy Chidanand Muni Saraswati by presenting a shawl, rudraksh mala, an idol of Ganga maiya and certificate of honour (samman patra) for outstanding and commendable services worldwide, in professional, cultural, social and spiritual fields .