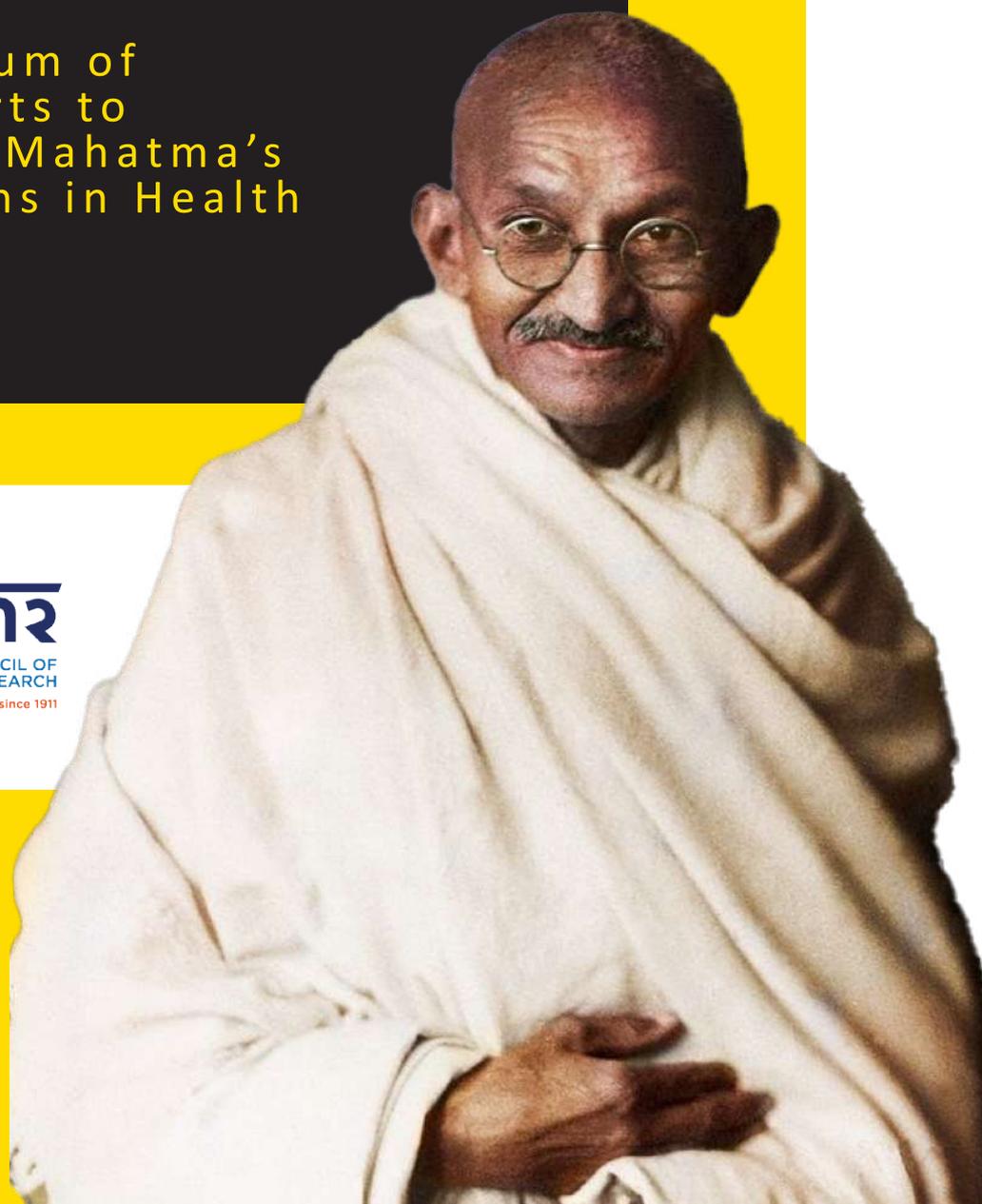


GANDHI AND HEALTH @150:

A compendium of ICMR's efforts to amplify the Mahatma's Contributions in Health



in partnership with



राष्ट्रीय गांधी संग्रहालय
National Gandhi Museum

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National Gandhi Museum

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Year of Publication: 2020

Patron & Advisor

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With support from Global Health Strategies

- Kaushik Bose, Vice President
- Sohini Pal, Manager
- Mirza Shadan, Manager
- Sanya Sodhi, Program Associate

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CELEBRATING GANDHI AND HIS VALUES THROUGH AN EXHIBIT

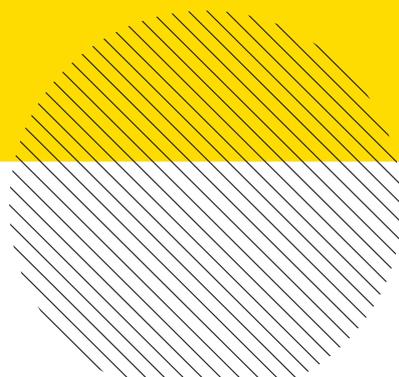
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INTRODUCTION



The Indian Council of Medical Research (ICMR) was set up in 1911 and is one of the world's oldest medical research organization. In a journey that has spanned more than a century, this institution has made immense contribution towards various disease control programs and has tried to follow the path

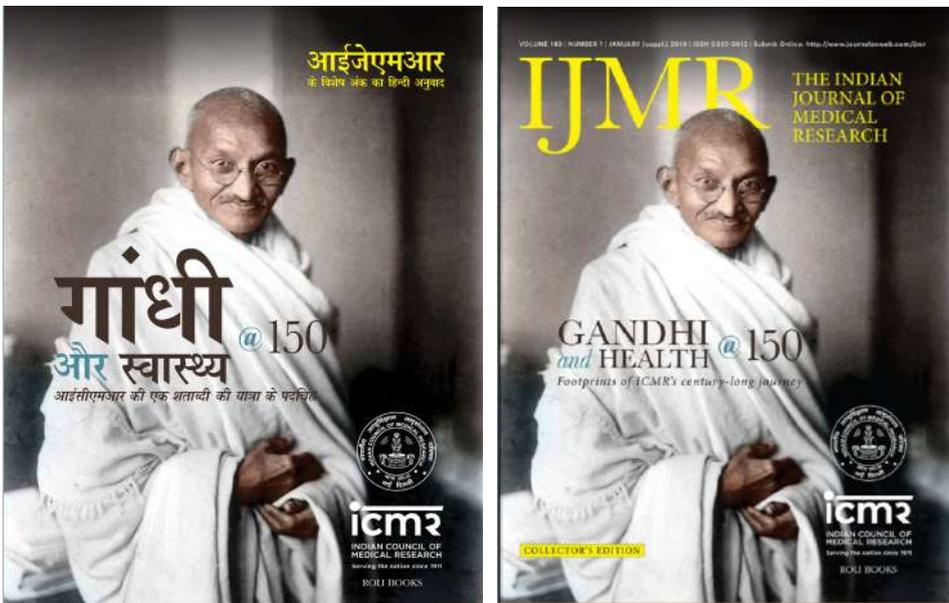
shown by the Mahatma Gandhi by touching and impacting millions of Indians' lives. Mahatma Gandhi had spearheaded many revolutions in our country, and ICMR has embodied his values and principles in its health research to improve the country's health and well-being.





The Gandhian virtues and philosophy of good health, which he preached & practiced, are relevant even today. To commemorate the Mahatma's 150th birth anniversary, ICMR conducted various activities to profile the health of Mahatma Gandhi and amplify Gandhian principles of health. Prof Balram Bhargava, Secretary, Department of Health Research, and Director General, ICMR, guided and led the conceptualization of Gandhi and Health's activities.

ICMR worked in collaboration with the National Gandhi Museum to perform these activities. Additionally, ICMR partnered with other scientific research organizations, state governments, and institutions to alleviate the Gandhian values on health.



IJMR COLLECTOR'S EDITION: RESEARCHING GANDHI & HEALTH

ICMR has developed a collector's edition of the Indian Journal of Medical Research (IJMR), focusing on the health of Mahatma Gandhi and Gandhian principles of health. The special edition titled, 'Gandhi & Health @150' was launched in Dharamshala by His Holiness the Dalai Lama on 20th March 2019 ([Click here for the address](#)).

This special edition of IJMR was also printed in Hindi and details ([Click here to view e-book version](#)) Gandhi's medical legacy, his health profile, and his experiments on health, based on articles published and health records that are available. It also highlights ICMR's contributions in areas that are relevant to Gandhian principles, such as the

importance of hygiene and sanitation (relevant to diseases like cholera, malaria, TB, and leprosy), living a disciplined life, and the role of physical fitness with meditation (relevant to lifestyle diseases, mental health, and the youth) and balanced diet (relevant to nutrition). This edition also illustrates how ICMR has focused its research on areas that Gandhi was passionate about - environment, lifestyle diseases, and social behaviour.

ICMR published and distributed over 5,200 copies of the journal to various international and national organizations, research institutes, governments, and journalists.

TESTIMONIALS

Mahatma Gandhi was a man with extraordinary qualities. His motivation to solve the problems of society and steer the freedom movement through the path of truth and non-violence is inspired by his physical and emotional wellbeing. Gandhi Ji's life shows us that by dedicating one's life to others makes a person emotionally and physically strong. Honouring Gandhi ji's philosophy on health will not only inform the present society on improving the well-being of people but will also help them imbibe a lifestyle that is disciplined and rewarding.

- His Holiness the Dalai Lama



I convey my best wishes and thanks for sharing the valuably informative book.

- Ramesh Pokhriyal Nishank,
Minister of Human Resources
and Development, Government
of India



The book has a great value and of course a guide to the health-conscious person. We thank you once again and hope that such efforts will continue for the welfare of the people.

- Kailash Choudhary,
Minister of State
for Agriculture and
Farmers Welfare,
Government of India



The teachings and philosophy of Gandhi ji are timeless and will remain relevant for many generations. I am happy to note that ICMR is practicing and propagating Gandhian thoughts ardently. Let me congratulate Dr Bhargava and ICMR for this excellent initiative.

- G. Kishan Reddy,
Minister of State
for Home Affairs,
Government of India



I would like to extend my thanks for sending me a copy of the book "Gandhi & Health @ 150" to commemorate the 150th birth anniversary of Mahatma Gandhi.

Impressive work by ICMR & would prove to be a valuable resource.

- Dr. Srikar Pardesi,
JS to PM



- Anurag Singh Thakur,
Minister of State for
Finance and Corporate
Affairs, Government of
India

The book is beautifully crafted and befittingly features Articles on health, commemorating the 150th Birth Anniversary of Mahatma Gandhi. I really liked it to share, in context to many references which will enrich the information regarding the virtues, their importance in the life of Mahatmaji for his followers.

- Vijay Rupani, CM, Gujarat



IJMR has added an excellent volume to Gandhi literature.

- Gandhi Peace Foundation



Articles are interesting and thought provoking.

- Manoj Jhalani, Addl Secy, MoHFW

We are extremely grateful to you and your entire team at ICMR for bringing out the special issue of IJMR titled "Gandhi & Health @ 150". The design, layout is also quite impressive. I congratulate the entire team.

- Atul Pandya, Director,
Sabarmati Ashram

This publication containing the health file of Mahatma Gandhi, his medical legacy, his virtues and their importance in the current health scenario makes it very useful.

- Yogi Adityanath,
CM, Uttar Pradesh



This is a valuable addition to our Library. The inputs and contributions from concerned health professionals, Gandhians and eminent personalities from multidisciplinary sectors have really enriched the final outcome. It is a useful educational resource.

- Amrut Modi, Secretary, Sabarmati Ashram

I congratulate you for having got an opportunity to release this edition with the blessings of His Holiness The Dalai Lama. I found this book very useful, interesting and informative.

- *Jai Ram Thakur, CM, Himachal Pradesh*



I start by quoting Gandhi and his conviction that 'in a gentle way you can shake the world.' He was a living testament to that truth.

It is indeed a privilege to commemorate the 150th birth anniversary of such a visionary leader. I extend my warmest thanks to the Indian Council of Medical Research (ICMR), for convening this event.

ICMR's contributions to implementing core Gandhian Principles has always been commendable - I am pleased they have been documented in this first-of-its-kind, very important initiative.

Through access to Gandhian ideas on health, sanitation, nutrition and well-being we can access traditional wisdom on key public health principles that, when integrated with empirical evidence, can lead to better health for all.

Indeed, WHO appreciates very much ICMR's role - particularly the very dynamic and able leadership of Dr Balram Bharagava - in steering this multidisciplinary team of experts to produce the special edition of the Indian Journal of Medical Research (IJMR) or Gandhi & Health @150.

It will serve as a repository of knowledge for the communities across the world, especially in promoting healthy lifestyles - a pressing need given the challenges we face from non-communicable diseases.

People from a range of disciplines could also learn a thing or two, as Gandhi observed, "It is health that is really wealth, and not pieces of gold and silver."

- *Dr Poonam Khetrapal Singh*
Regional Director, WHO, SEARO, New Delhi





I congratulate you and ICMR for bringing out this fantastic publication. Indeed a collector's item, it features articles on the medical legacy and virtues of Mahatma Gandhi which are relevant and thus, inspire many.

- Nakul Parashar, Director, Vigyan Prasar




Please accept my heartfelt thanks and convey the same to all members of the IJMR Family for sending me your beautiful product, GANDHI@150 and Health. What a wonderful book you have made! institutions all over the world have made their contribution for Gandhi 150 and IJMR's will occupy a top slot. Beginning from getting arrested in South Africa, Mahatma Gandhi got into jail some 21 times. Every time in jail, he wrote useful books. His last jail stay was 1942 to 1945 in Aga Khan Palace. During all those 3 year., he made only a small book, "KEY TO HEALTH", because, he said that he considered health so much important for human well being. His prescription was 'Prevention better than cure,' and nature cure". IJMR has added an excellent volume to Gandhi literature and I send you my admiration.

- Dr SN Subbarao, Director, Gandhi Peace Foundation



This Journal will immensely boost the knowledge of the students as well faculty members to know the ideology of Mahatma Gandhi about life and health.

- Dr ML Brahma Bhatt, Vice Chancellor, KGMU



The volume is indeed very well produced in all the ways with information that has not been easily available to the readers. We are pleased to keep this copy with us for our reference and record. We congratulate all who have contributed in publishing this remarkable work.

- Kapil Rawal,
Navajivan Trust

It is really an excellent initiative taken by the ICMR to pay tribute to Father of the Nation.

- Dr Jagat Ram, Director, PGIMER

The book will definitely enrich the field of Medical Science and useful for the readers.

- Dr Lalit Kumar Meher, Bhima Bhoi
Medical College, Odisha

The collector's edition is simply brilliant in conception and execution, laden as it is with informative, authentic and well-written articles and rare photographs.

- Philip Mathew, Editor, *The Week* and
Malayala Manorama

The book contains many informative and instructive articles on health and it will be very helpful to me. It will surely find a place in my Library. I congratulate you and the entire team of Indian Council of Medical Research (ICMR) for bringing out this special edition and the efforts put in gathering the relevant information published in the book.

- Parimal Nathwani, MP,
Rajya Sabha



It is an excellent production. One can feel the effort, passion and dedication that has gone into the production of this valuable and unique publication. Congratulations to you personally and your entire team for this beautiful book.

- Dr CL Gupta, Professor, Solar Energy Unit,
Sri Aurobindo Ashram



It was indeed a great honor to receive the Collector's edition titled "Gandhi & Health@150" to commemorate 150th birth anniversary of Mahatma Gandhi brought out by Indian Council of Medical Research (ICMR). The Hon'ble Minister of Tribal Affairs has conveyed his deep sense of appreciation for this commendable effort and his good wishes for similar pioneering work by ICMR in future

- Office of Ministry of Tribal Affairs, Government of India



Sevalaya acknowledges with thanks the valuable book "Gandhi & Health @ 150", the edition of IJMR., to commemorate the sesquicentennial celebration of Mahatma Gandhi. This valuable book takes place in Sevalaya's library for the benefit of our Teachers, students and village youth, who extensively use of our library.

- V Muralidharan, Founder and Managing Trustee, Sevalaya

Gandhi & Health @150 really interested me as it has shed light on Gandhiji's life through a scientific & health perspective. The book explains Gandhiji even better than his own biography "My experiments with truth".

- Prachi Yadav, Scientist, Drosophila Genetics, IARI, New Delhi



It is an exemplary compilation of the vision of the Father of the Nation and also the continual mission of the ICMR and its endeavour to alleviate the suffering of humanity for more than a century. I will, always cherish the book, and it will, get its due place of honour, reference as a book in the library of our Institution, to be shared by the coming generations of medical students and faculty.

- Dr Anil Chauhan,
Principal, Dr Radhakrishnan
Medical College, Hamirpur



Mahatma Gandhi's interest in health used to combine kindness and compassion in accordance with his message of non violence and is a subject of deep study. This interest started at a very early age. It took shape in south Africa, even before he returned to India. Amongst his greatest achievements in the field of medicine is his work, care and cure of leprosy patients. This commemorative volume does full justice to the importance of health care in Mahatma Gandhi's life.

- Sukanya Bharatram, Great granddaughter of Mahatma Gandhi

At the outset let me take this opportunity to Congratulate the team for bringing out this most classical book on Mahatma Gandhi and Health at 150. I am sure this book is going to add value to the universe of knowledge. I was flabbergasted to see some of the classical write ups on Swwachh Bharat Mission and Mahatma's contribution towards achieving the goals and accomplishing the mission. The Facts and Resources depicted in this pictorial book is an outstanding contribution to this country and also to the Father of Nation. We are proud of you and team. This book or at least the excerpts of this book should be disseminated far and wide, both nationally and internationally.

- Shantanu Ganguly, Fellow,
The Energy Resource Institute

I have gone through the titles and articles, photographs etc it represents a good research book. We shall be able to utilise the same in our library.

- TRN Prabhu,
Sevagram Ashram

I am deeply honoured to receive a copy of the book "Gandhi and Health@150", a collector's edition. It is indeed a comprehensive and unique book in many ways. You have included a large spectrum of Gandhiji's life and his view on health, starting from his own health. A detailed chronology of his own health conditions says a lot!

The first three articles under the sub-head "Health: An important Aspect of Gandhi's Life" provides a lot of information not commonly known. The contents and the production of the book are rich, and yet not lavish. You have added an important title in the vast treasure trove of literature on Gandhiji.

As a Project Coordinator, you have added an important title in the vast treasure trove of literature on Gandhi. The way you (Dr Rajnikant) and Dr Bhargava have executed this book very clearly shows that there is a Gandhi within you

- Dr Varsha Das, Former Director,
National Gandhi Museum



It is a valuable addition to my library.

- Dr Murlu Manohar Joshi,
Former National President,
Bharatiya Janata Party,
Padma Vibhushan Awardee



I had the opportunity to read ICMR coffee table book with lovely pictures of Gandhiji & others. It is such a fantastic effort. Congratulations

- Neethi Rao, Health Policy
Researcher



“गांधी और स्वास्थ्य 150” में राष्ट्रपिता महात्मा गांधी जी के विचारों से प्रेरित, स्वास्थ्य के विभिन्न क्षेत्रों में ICMR सहित उससे सम्बद्ध संस्थानों/केंद्रों के गांधीवादी विचारधारा से प्रभावित प्रबुद्ध लेखकों के अत्याधिक सूचनाप्रद लेखों के संग्रह के रूप में प्रकाशित इस पुस्तक को प्रेषित करने हेतु आपका तथा ICMR प्रबंधन का बहुत-बहुत अभिन्दन।

सुदर्शन भगत
संसद सदस्य, लोकसभा



“गांधी और स्वास्थ्य @ 150” भारतीय आयुर्विज्ञान अनुसंधान परिषद द्वारा प्रकाशित महत्वपूर्ण और नवीन जानकारियों से भरी पुस्तक मुझे प्रेषित की गई है। निश्चय ही हम लोग गांधी जी के हमेशा कृतज्ञ रहेंगे, जिन्होंने अपना सब कुछ इस देश को दे दिया और हमें आजादी की सांसे प्रदान की। गांधी और स्वास्थ्य एक ऐसा अनछुआ पहलू था जिसकी जानकारी संकलित करके प्रकाशित करना कठिन कार्य था पर आपने और आपके साथ जिन लोगों ने इस महत्वपूर्ण कार्य को पन्नों पर उकेरा है, उन्हें मैं हृदय से धन्यवाद देता हूं।

विवेक के. तन्खा
सांसद सदस्य (राज्य सभा) मध्य प्रदेश



यह सुंदर व महत्वपूर्ण ग्रंथ हमारे पुस्तकालय में खास जगह रखेगा।

कुमार प्रशांत
अध्यक्ष, गांधी शांति प्रतिष्ठान



आपकी पुस्तक महात्मा गाँधी और स्वास्थ्य, आई. सी. एम. आर की एक शताब्दी की यात्रा के पद चिन्ह पढ़ने में बहुत सुन्दर लगी।

- (डॉ. सी. पी. ठाकुर), सांसद एवं पूर्व केन्द्रीय मंत्री, भारत सरकार



गांधी जी की विचारधारा, विशेषकर स्वास्थ्य के प्रति व्यक्त किए गए उनके विचारों के प्रचारण-प्रसार की दिशा में आपका यह प्रयास वास्तव में सराहनीय है और मुझे विश्वास है कि भविष्य में आप इसे पूरी सक्रियता व और अधिक उत्साह के साथ जारी रखेंगे तथा अधिक से अधिक लोगों को स्वास्थ्य के प्रति जागरूक करते रहेंगे।

डॉ. महेन्द्र नाथ पाण्डेय
मंत्री, कौशल विकास और उद्यमशीलता मंत्रालय
भारत सरकार
अध्यक्ष, भारतीय जनता पार्टी, उ. प्र.



पुस्तक एवं पत्र प्राप्त हुआ। धन्यवाद। पुस्तक में वर्णित गांधी जी की हेल्थ फाइल, स्वास्थ्य के क्षेत्र में उनके योगदान तथा अन्य सूचनाप्रद लेख उत्तम कोटि का है। आशा है समाज के लिए ऐसा लाभप्रद पुस्तक हमेशा प्रकाशित होता रहेगा।

आर. के. सिन्हा
सांसद- राज्य सभा



APPRECIATIONS RECEIVED FROM

*Dr. Manmohan Singh,
Member of Parliament,
Rajya Sabha & Former Prime
Minister of India*



*Y. S. Jaganmohan Reddy,
Chief Minister, Andhra
Pradesh*



*Manohar Lal, Chief Minister,
Haryana*



*Shrinivas Patil, Member of
Parliament, Lok Sabha*



*Capt. Amarinder Singh,
Chief Minister, Punjab*



*Piyush Goyal, Minister of
Railways and Commerce
and Industry, Government of
India*



*Dharmendra Pradhan,
Minister for Petroleum &
Natural Gas and Steel,
Government of India*



*Debasree Chaudhuri,
Minister of State, Ministry
of Women & Child
development, Government
of India*



*Ratan N. Tata, Chairman,
Tata Trusts; Former
chairman, Tata Group*



*Parimal Nathwani, Member
of Parliament, Rajya Sabha*



*Prem Singh Tamang, Chief
Minister, Sikkim*



*Arjun Munda, Minister of
Tribal Affairs*



Dr Rajan Khobragade, IAS, Principal Secretary, Kerala Health Department

Brajendra Navnit, Joint Secretary to PM, Prime Minister's Office

Chandresh Sona, Director, Prime Minister's Office

Dr. Rajiv Kumar, Vice Chairman, NITI Aayog

T R N Prabhu, President, Sewagram Ashram Pratishthan, Wardha, Maharashtra

Dr D M Diwakar, Prof. & Head, A N Sinha Institute of Social Studies, Patna

Shobhana Radhakrishna, Chief Functionary, Gandhi Forum for Ethical Corporate Governance, New Delhi

Dr. Leena Mascarenhas, ICMR-NCDIR, Bengaluru

John F Ryan, Director, European Commission, Directorate General for Health and Food Safety

Meghraj Sinh Zala, Gujarat

Meghshyam T. Ajsaonkar, Executive Secretary, Mani Bhawan Gandhi Sanghralaya, Mumbai

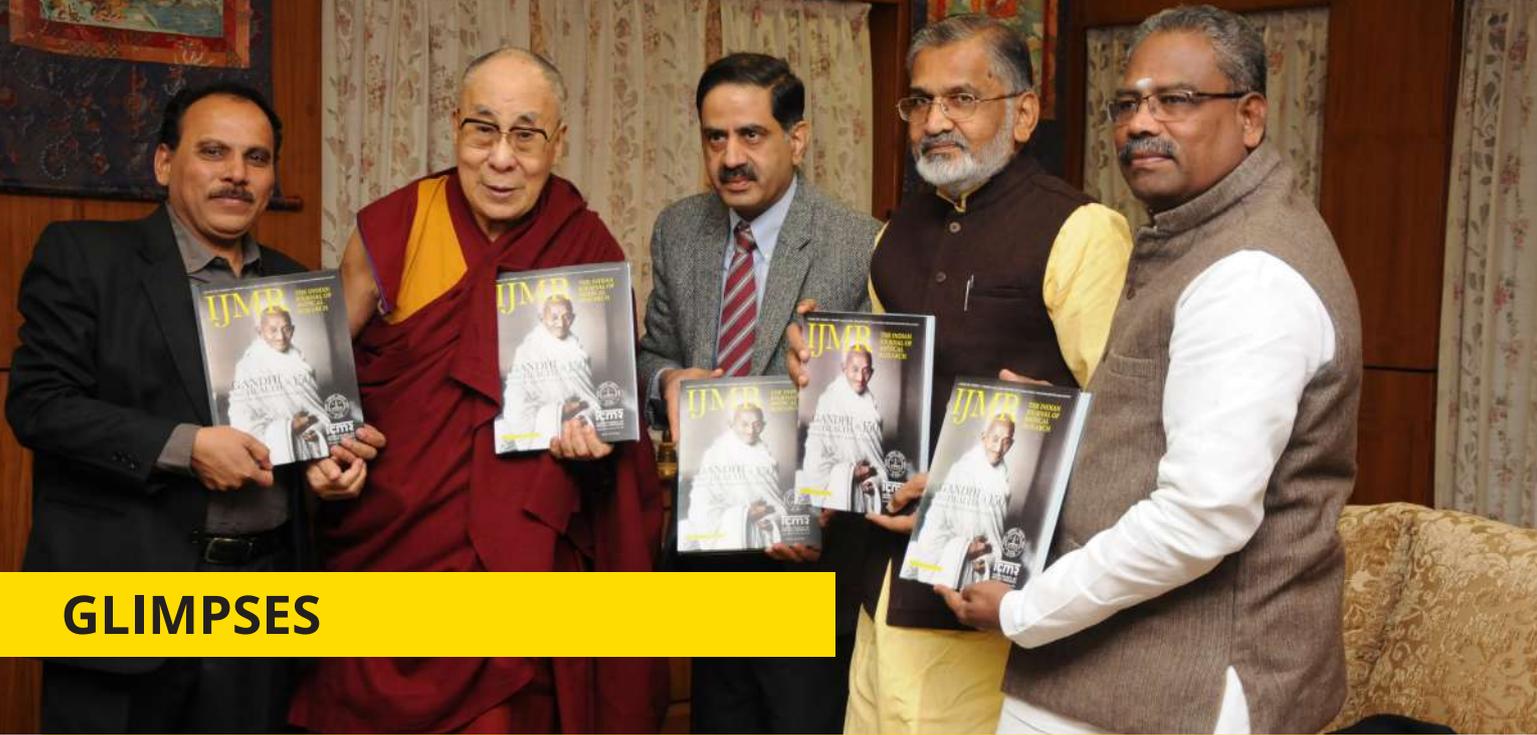
Farhat Mantoo, Director General , Medecins Sans Frontieres –India

Dr. B.B. Upadhyay, Azamgarh U.P.

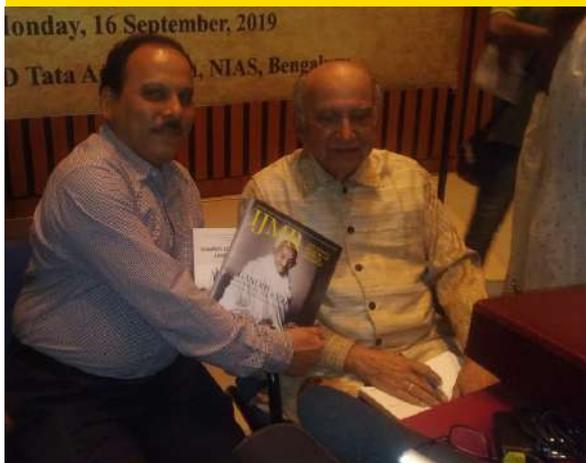
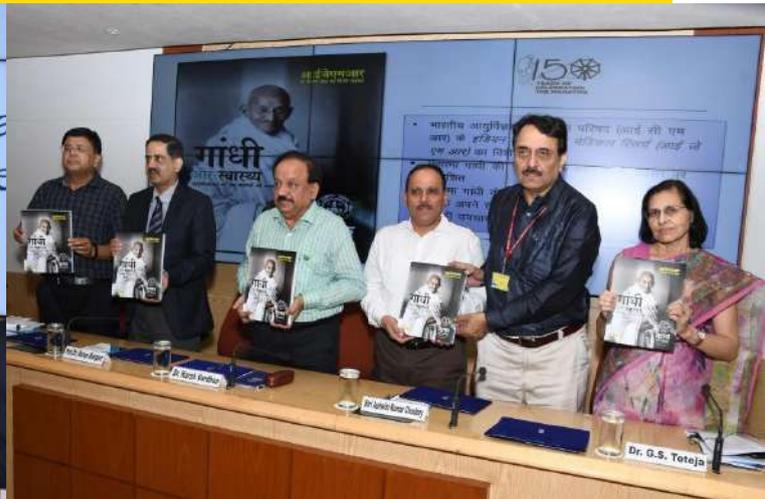
Rajiv Kumar, OSD to Home Minister, Government of India

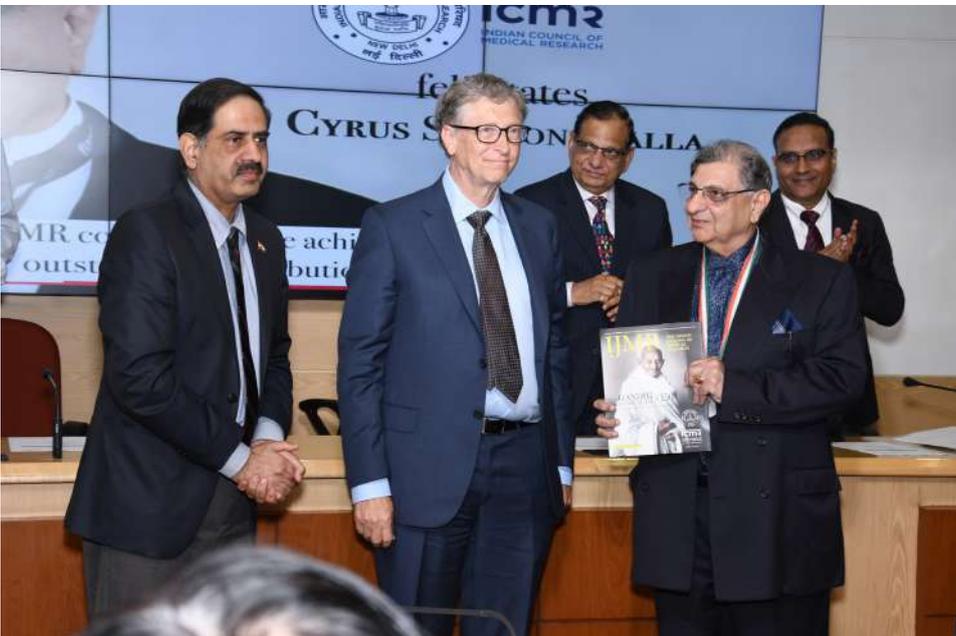
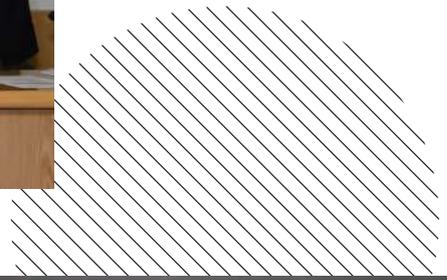
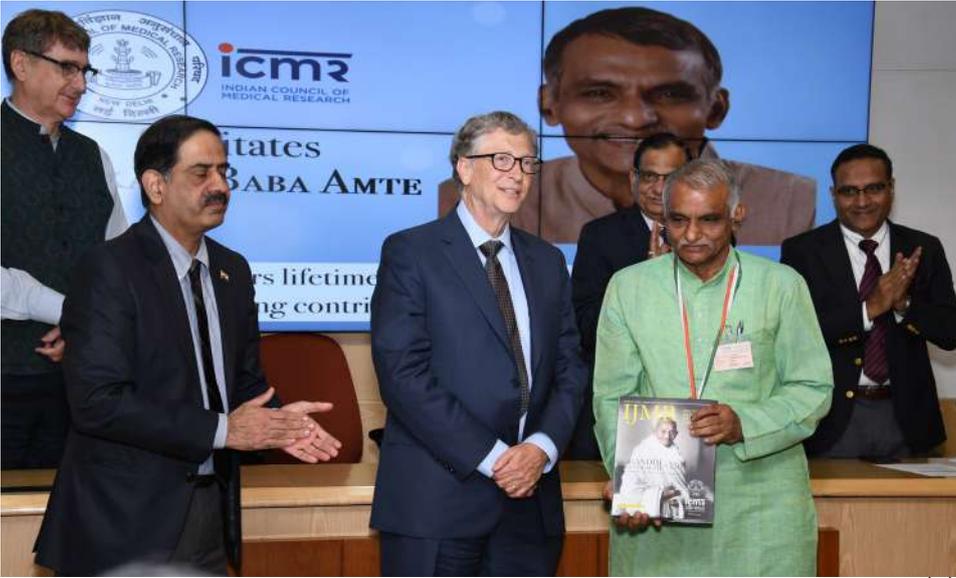
Prof. V K Kapoor, SGPGI, Lucknow

Dilip C. Chauhan, Surat, Gujarat



GLIMPSES





Gandhi and Health Symposium: Bringing together intellectual minds

ICMR conducted a 2-day symposium ([Click here for the agenda](#)) to elaborate the Gandhian values and virtues in the area of Health, which are so relevant in today's time. The symposium had the following technical sessions and panel discussions were conducted during the symposium, in which eminent speakers delivered informative talks and held scientific deliberations.

Technical Sessions

- Insights of Mahatma: Gandhian Values & Philosophy towards a Healthy Nation
- Following the Footsteps of Mahatma: Health, Hygiene, Nature Cure, Cleanliness and Sanitation
- Gandhi A Known Leader - Unknown Scientist Experiments With Diet And Dietetics
- Public Health Legacy of Gandhi: ICMR's Research Linked to Gandhian Values and Philosophy
- Gandhi and Mental Health - Self, Wellbeing And Consciousness

Panel Discussions

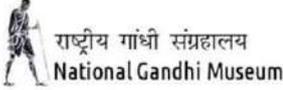
- **India's State of Health & Gandhi:**
Dr. P.N. Tandon, Dr. V.M. Katoch, Dr. Manju Sharma
- **Swachh Bharat – The Gandhian Principle That is Changing The Face Of India**
*Dr Indira Chakrovarty, Shri Balmiki Prasad Singh, Former Governor, Sikkim;
Dr R Ramanan, Mission Director, Atal Innovation Mission*
- **'Make In India'- Gandhi's Mantra for Health Innovation**
Dr N K Ganguly, Former DG, ICMR; Dr M K Bhan, Former Secretary, DBT; Dr Indu Bhushan, CEO, NHA
- **Gandhi and International Perspectives**
Dr. Sachin Chaturvedi, RIS; Dr Mark Lindley; Officials from Embassies of Germany (Mr. Stephan Lanzinger); South Korea (Mr. Sung Jin Park); European Union (Ms. Tania Friederichs); Taiwan (Dr. Henry H. Chen)



Musical exploration of Gandhian Values

There was a special session on Re-invoking Gandhi - a musical exploration of Gandhian Values by Dr Deepti Navratna, Director, Indira Gandhi Institute of Culture, Bangalore in the lawns of ICMR.





राष्ट्रीय गांधी संग्रहालय
National Gandhi Museum



150
YEARS OF
CELEBRATING
THE MAHATMA





icmr
INDIAN COUNCIL OF
MEDICAL RESEARCH
Serving the nation since 1911

REINVOKING GANDHI

A MUSICAL EXPLORATION OF
GANDHIAN VALUES

Dr. Deepti Navaratna
Arun Kumar
Ashwin Walawalkar

26 MARCH 2019 :: 3.30 pm
ICMR Campus, New Delhi

**CARNATIC
ALCHEMY
PROJECT**





Mission SHAKTTI - Reintroducing Gandhi at schools: Health Awareness Campaign

ICMR rolled out Mission SHAKTTI (School based Health Awareness, Knowledge Test and Training Initiative) in collaboration with National Gandhi Museum and Directorate of Education, Govt. of Delhi. Through this mission, ICMR created health awareness among school children. A total of thirty-six schools from the National Capital Territory of Delhi (NCT) were selected for the pilot study. The study was designed keeping the demographic and socio-economic aspects in view. The schools were selected from all the districts of Delhi and balance between Government- funded, Government- aided and private schools was kept.

Theme: Healthy diet, Healthy habits, Healthy environment



PRE -ASSESSMENT

Open- end Questionnaire



5 MINUTE FILM

Audio Visual Stimulation for coherent memory formation



INTERACTIVE TALK



QUIZ

Exciting way of assessment and active participation of students



POST -ASSESSMENT

Open- end Questionnaire

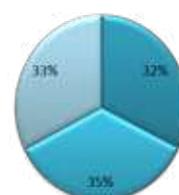
Key Statistics



- 22 days
- 36 schools: 3 schools (Govt., Govt. aided & private) in each district
- Age Group: 12-17

Distribution of school students

Govt Govt aided Private

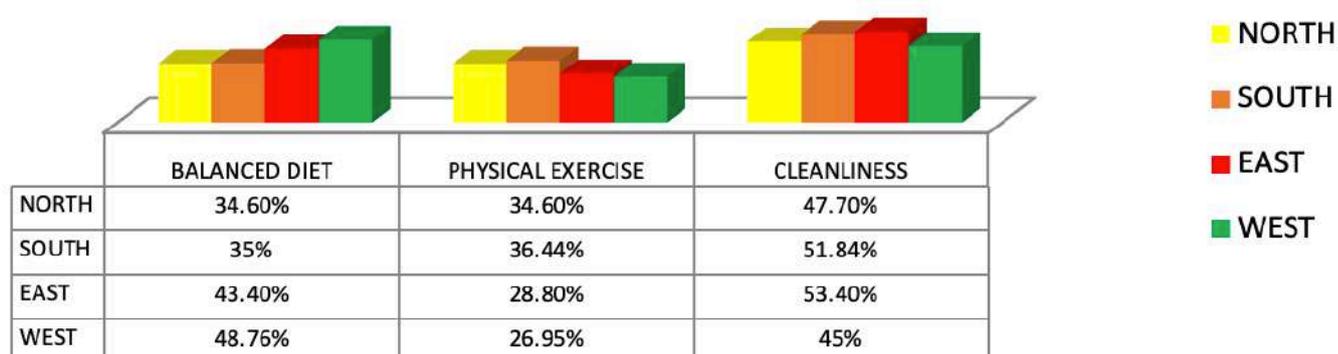
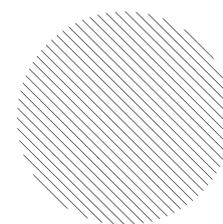


Mission SHAKKTI: An Analysis

A total 1894 students enrolled in pre-assessment and 1875 were found correct for analysis as 19 students could not fill the form. A short questionnaire was administered to the students in their school. An attempt was made to check students' knowledge about Gandhiji and health. Students were asked to define "Balanced diet", "Energy Rich foods"; Recommended physical exercise for adolescents and Identify 3r's for cleanliness.

Results and Findings

DOMAIN	ZONE				Total percentage	
	NORTH N= 482	SOUTH N= 428	EAST N= 479	WEST N= 486	N=1875	
BALANCED DIET	167 (34.6%)	150 (35%)	208 (43.4%)	237 (48.76%)	762 (40.64%)	
PHYSICAL EXERCISE	167 (34.6%)	156 (36.44%)	138 (28.8%)	131 (26.95%)	592 (31.57%)	
CLEANLINESS	230 (47.7%)	222 (51.86%)	256 (53.4%)	219 (45%)	927 (49.44)	
3 R's of cleanliness	Adequate Knowledge	277 (57.47%)	239 (55.84%)	310 (64.8%)	207 (42.60%)	1033 (55.10%)
	Not Adequate Knowledge	205 (42.53%)	189 (44.16%)	169 (35.2%)	279 (57.40%)	842 (44.90%)



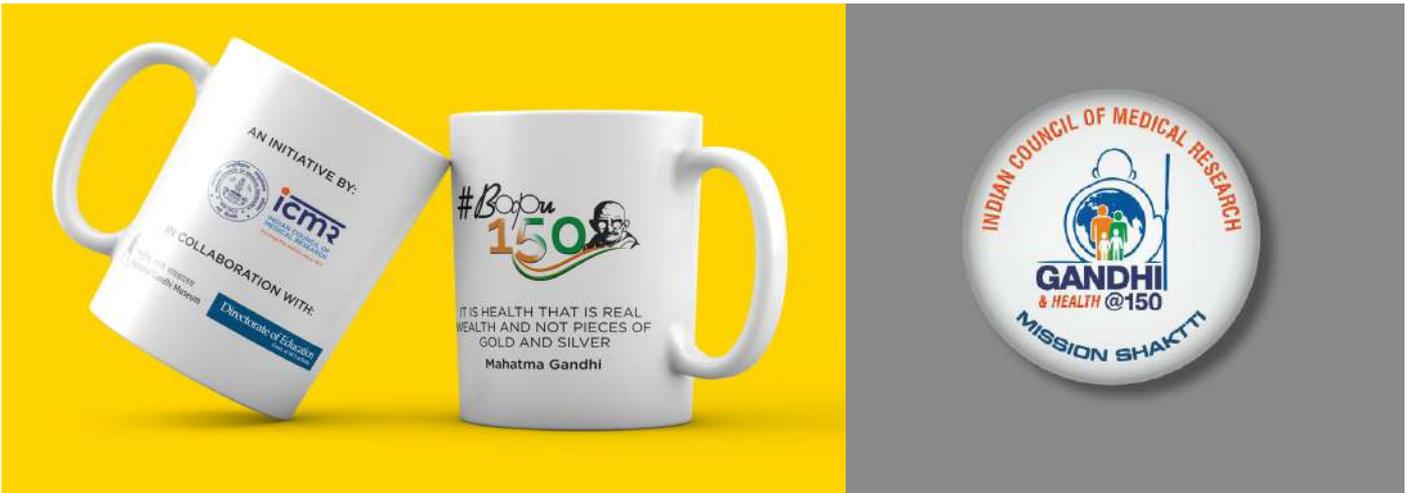
Conclusion

The objective of Mission SHAKTTI was to explore knowledge, attitude and their perception about health and its relation with Gandhi's advocacy of good health among school children and also to strengthen their knowledge through interactive educational session of test and training. The more explanatory results will help us to identify the level of awareness among school children about healthy practices e.g. balanced diet, physical exercise and their knowledge about cleanliness. This will also help us in future to develop a school based health module for school children/adolescents.

Collaterals and Glimpses

Click here to watch the video developed for the program in [English](#) and [Hindi](#)





MISSION SHAKTTI

(School based Health Awareness, Knowledge Test and Training Initiative)

Meditation: To fight daily stress
Did you know? Gandhi used to observe maun vrat (a day of silence) once a week.

Balanced diet: Key to health
Did you know? Gandhi took an early vow to avoid milk products (including ghee). However, after his health began to decline, he relented and started drinking goat milk.

Walking : Be active, stay healthy
Did you know? Gandhi used to walk around 18 km every day for nearly 40 years. During his campaign from 1913 to 1948, he walked around 79,000 km, which is equivalent to walking around the Earth twice!

Avoid alcohol and tobacco
Did you know? Gandhi strictly preached against the intake of tea and coffee along with drugs, tobacco and alcohol.

Gandhi's Mantra to HEALTH

"The body was never meant to be treated as a refuse bin, holding all the food that the palate demands." *"It is Health that is real Wealth and not pieces of gold and silver."*

मिशन शक्ति

(स्कूल आधारित स्वास्थ्य जागरूकता, ज्ञान परिक्षण प्रशिक्षण पहल)

संतुलित आहार: स्वास्थ्य की कड़ी
क्या आप जानते हैं? महात्मा ने ही भोजन को लेकर एक व्रत (एक दिन का खाने का त्याग) रखा था। बाद में, जब उसकी सेहत खराब होने लगी, तो उन्होंने दूध और घी का सेवन शुरू कर दिया।

धराय और तम्बाकू से बचें:
क्या आप जानते हैं? महात्मा जी ने चाय और कॉफी के साथ-साथ दवा, तम्बाकू और शराब के सेवन से भी बचना कहा था।

टहलना: सक्रिय रहें, स्वस्थ रहें
क्या आप जानते हैं? महात्मा जी लगभग 40 वर्षों तक प्रति दिन करीब 18 किलोमीटर पैदल चलते थे। पूरे भारत में 1908 तक अपने अभियान के दौरान वे लगभग 79,000 किलोमीटर पैदल चल चुके थे जो पृथ्वी के दो बार घेरने के बराबर है।

धराय और तम्बाकू से बचें:
क्या आप जानते हैं? महात्मा जी चाय और कॉफी के साथ-साथ दवा, तम्बाकू और शराब के सेवन से भी बचना कहा था।

बेहतर स्वास्थ्य के लिए गांधी जी के मूल मंत्र

"शरीर को कभी भी कच्चे के डिब्बे (रिफ्रिजरेटर) में रखा नहीं जानना चाहिए। कभी खाया पचाना ही शरीर का सचकात ब्रह्म है, जब तक कि वह स्वस्थ न रहे।" *"स्वास्थ्य ही शक्ति का सारथिक बल है, न कि सोने और चांदी के टुकड़े।"*

Think positive: Enhance mental strength
Did you know? He mastered his anger, gained mental strength throughout his life to be a strong person, enough to lead our country towards attainment of Swaraj.

Compassion for others: Makes the world a healthy place
Did you know? During his early days in South Africa, he served voluntarily in the British Army in the Zulu War and Boer-War as the stretcher bearer.

Forgiveness: Promotes inner peace
Did you know? Mahatma Gandhi was ill-treated and was even thrown into jail and beaten on the roads. People raised their voices to kill them. But it was Gandhi's forgiving heart that made him refrain from uttering a single word against those people. Rather he forgave all of them who hurt him in any way.

Non-violence: Healthy way to sort issues
Did you know? His teachings included avoiding injury to anything on earth, whether it be in thought, word or deed. In this sense, not just physical action, even a harsh speech to someone or thinking bad of others is a form of violence. Gandhi's birthday is recognised as the International Day of Non-Violence by the United Nations.

Early to bed, early to rise: Balancing the body clock
Did you know? He used to wake up at 4 o'clock in the morning and retire to bed by 9 o'clock in the night.

Fasting: To reset your body and promote discipline
Did you know? Gandhi undertook 17 fasts during India's freedom movement. His longest fast lasted 21 days.

"A man is but a product of his thoughts. What he thinks he becomes." **"The best way to find yourself is to lose yourself in the service of others."** **"The weak can never forgive. Forgiveness is the attribute of the strong."**

सकारात्मक सोचें: मानसिक शक्ति को बढ़ाएं:
क्या आप जानते हैं? महात्मा जी को क्रोध को दबाने और मानसिक शक्ति प्राप्त करने की महत्वपूर्ण शिक्षा दी। उन्होंने शरीर में एक चुटुका साबित करने का तरीका बताया।

दूसरे की प्रति करुणा: दुनिया को स्वस्थ बनाने का पहला कदम है।
क्या आप जानते हैं? दक्षिण अफ्रीका में अपने मुकामों पर ही फौज के दौरान उन्होंने दूध और घी का सेवन शुरू किया।

ठामा: आंतरिक शक्ति को बढ़ाने का तरीका है।
क्या आप जानते हैं? महात्मा जी ने 17 बार उपवास किया था। उनमें से सबसे लंबा उपवास 21 दिनों तक चलने वाला था।

अहिंसा: विवादित मुद्दों को दूर करने का बेहतर समाधान।
क्या आप जानते हैं? महात्मा जी को हिंसा में पृथ्वी पर किसी भी बंदूक को नहीं ले जानना चाहिए था, चाहे वो हिंसा करने वाला कौन भी व्यक्ति न हो।

जल्दी सोना, जल्दी जागना: शरीर की जैविक घड़ी को संतुलित रखना है।
क्या आप जानते हैं? वे प्रायः 4 बजे जागते थे और रात में 9 बजे तक सो जाते थे।

उपवास: शरीर को पुनः व्यवस्थित करने और अनुशासन को बढ़ाने का तरीका है।
क्या आप जानते हैं? महात्मा जी ने भारतीय स्वतंत्रता आंदोलन के दौरान 17 बार उपवास किया था। उनमें से सबसे लंबा उपवास 21 दिनों तक चलने वाला था।

"मनुष्य अपने विचार के अनुसार बहता है जो वह सोचता है, वह पैदा हो कर रहता है।" **"दुसरी की सेवा में रखा ही नहीं होता है, अपने स्वयं की चिन्ता का चरम रूप होता है।"** **"कठोरता कभी सच नहीं कर सकता। सच ही जीतकर सब कुछ है।"**

An initiative by: In collaboration with:

के सहयोग से:



More than 200 school students from local schools from Kolkata along with their teachers as well few students from Atal Tinkering Lab attended the program at Science Village Dome, Biswa Bangla, Convention Centre, New town, Kolkata on 8th November. The whole activity was crafted keeping the interests of children in mind and to give them a break from traditional classroom learning. It consisted of four components: pre and post assessment questionnaire, a short animation film, an interactive talk by eminent experts and an exciting quiz. The element of fun was included to keep the students motivated and curious.

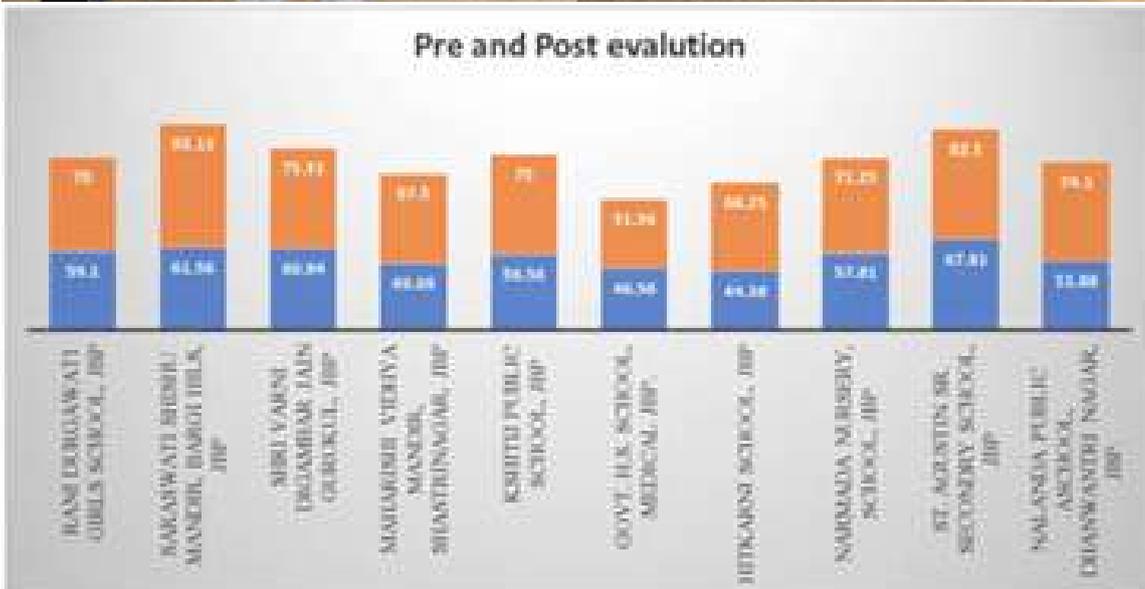


ICMR-National Institute of Research in Tribal Health rolled out Mission SHAKTTI (School based Health Awareness, Knowledge Test and Training Initiative) programme in different schools of Jabalpur, Madhya Pradesh to disseminating Gandhian virtues and philosophy of good health and to creating health awareness among school going children. The event was held across 10 schools in and wherein over 600 students participated.

The pre and post evaluation shows that the improvement in knowledge level from 55 ± 23 to 72 ± 34 %. During pre-evaluation the schools lowest score was 44% and the highest score was 93%.



Pre and Post evaluation



Testimonials

ICMR launches Mission SHAKTTI

By Jyoti Singh | New Delhi, Monday, July 18, 2019



To commemorate 150th birth anniversary of Mahatma Gandhi Indian Council of Medical Research (ICMR) has launched Mission SHAKTTI (School based Health Awareness, Knowledge Test and Training Initiative) in collaboration with National Gandhi Museum and Directorate of Education, Govt. of Delhi. This initiative is to create awareness among school children about health.

Under this program ICMR scientists and officers are visiting schools for active interaction with the school kids to aware them regarding value for good health. During these visits the students are made aware with a talk and quiz on Gandhian health philosophy to create awareness among school children. A total of 36 schools of Delhi are participating in this programme. To start with the GGSSS, Moti Ram Memorial, Dilsad Garden, Delhi-95 and Arwachin International School, Gurudwara Road, Dishaad Garden, Delhi-95 were visited first.

Health is the most important aspect of life. In this era of rising lifestyle related diseases, including



Ramjas School, Anand Parvat

15 जुलाई

Ramjas school, Anand parbat had been selected by directorate of education to celebrate 150 th anniversary of Mahatma Gandhi on 15 July 2019 at 9.30 a.m in the school premises. The program was held under the guidance of Ms. Rumi Johri, Additional director of education. The program was intended towards paying a heartfelt tribute to a man who gave India a real taste of freedom. It was also intended to sensitize students about various diseases and health issues.

The distinguished guests of the program were

1. Mr. A. Annamalai* , Director National Gandhi Museum
2. Mr. Ansar Ali,* Curator, NGM from ICMR.
3. Mrs. Neeru S. Juneja,* Consultant
4. Dr. Enna* , Scientist 'C'
5. Dr. Deepak* , Scientist 'B'
6. Mr. Vikul* , Data entry operator.
7. Ms. Kiran, from zone 16

The program began with deep prajawan and prayer dedicated to Gandhiji. Mr. Deepak from ICMR provided a form to the students to check their pre knowledge about Gandhiji.

Ms. Neeru s. Juneja, consultant from IMRI displayed a power point presentation to sensitize students about health issues.

As the event moved towards its closure an interactive quiz was conducted by Dr. Enna and Mr. Deepak. Students enthusiastically answered the questions. The winning team was awarded by them.

The program was concluded with vote of thanks given by H.O.S Mrs. Usha Dubey.

The program was appreciated by the distinguished guests and they looked forward to be in RAMJAS again.

Mission SHAKTTI: Mahatma Gandhi is ICMR's new health ambassador



Indian Council of Medical Research launches Mission SHAKTTI to take Mahatma Gandhi's health message in schools

Indian Council of Medical Research (ICMR) has today launched SHAKTTI (School based Health Awareness, Knowledge Test and Training Initiative) in collaboration with National Gandhi Museum and Directorate of Education, Govt. of Delhi. Through this initiative to commemorate 150th anniversary of Mahatma Gandhi and to promote Gandhi's health philosophy in schools, ICMR is sending health awareness among school children. As the Gandhian health philosophy of good health, which he practiced and preached an eternal message to India's youth. To keep this philosophy alive ICMR scientists and officers are visiting schools for active interaction with the school kids to create their regarding their value for good health.

THE WEEK

PUBLISHED ON MARCH 26, 2019

EAT SIMPLE, STAY HEALTHY: UNDERSTANDING MAHATMA GANDHI'S EXPERIMENTS WITH HEALTH AND DIET

He was known for his 'healing touch', but few are aware of how Mahatma Gandhi himself struggled with ill-health. Gandhiji was hypertensive, fell prey to a plethora of diseases such as pleurisy (inflammation of the lung lining), gastric flu and malaria, and had to be operated twice in his life.

These, and many such intriguing details about the Mahatma's experiments with diet and naturopathy to cure himself, have been revealed in the latest issue of the Indian Journal of Medical Research.

The special issue, titled 'Gandhi and health @150: Footprints of Indian Council of Medical Research's century long journey' discusses Gandhiji's medical reports, health files, dietary regimens and nutritional dilemma from the year 1924 to 1948.

So how did Gandhiji manage, given his frequent health troubles? He would experiment with natural remedies and different schools of thought, according to the journal. Sometimes, though, the treatment protocols would be rather unconventional.

GANDHI-HEALTH

For instance, during his stint in South Africa, Gandhiji suffered headaches and constipation. When diet and laxatives didn't work, he adopted a method that most nutritionists and practitioners of modern medicine would scoff at – he started skipping breakfast.

In the chapter 'Health File of Mahatma Gandhi', the authors explain his experiment: "...he had heard of the 'No Breakfast Association' in Manchester that

worked towards improving the health of those who ate too much...For the first few days, he found this new regimen tough, but gradually, the headaches disappeared completely. It made him realise he was perhaps eating more than what was needed."

At other times, however, his methods were rather extreme—according to the authors, at one point in his life, Gandhiji gave up food and milk and was convinced he could survive on a dozen or two oranges. He only gave this idea up after his doctors convinced him that he would need at least 50-75 oranges daily to survive!

What is interesting is how, in his bid to cure himself, the Mahatma always focused on altering his diet – natural diet of fresh fruits and nuts, giving up milk, making his own unleavened wholemeal bread with hand-ground flour, and frequent fasting. He also started eating garlic daily to treat his high blood pressure, and much to his doctors' surprise, managed it for years after the initial frightening diagnosis of hypertension.

GANDHIJI-FOOD

"We looked at Gandhiji's health files from the National Gandhi Museum, visited Sevagram and Sabarmati ashram and pieced together the important aspects of not just his own health, but also his contribution to managing diseases such as leprosy, tuberculosis, cholera and malaria. To understand his own health issues, we looked into his health records including his ECCs, urine analyses, blood examinations, eye tests, diet schedules and blood pressure examinations," Dr. Rajni Kant, senior scientist, ICMR, and

The Telegraph

online edition

PUBLISHED ON MARCH 26, 2019

AROUND THE EARTH ON FOOT, TWICE

Mahatma Gandhi often walked 18km a day, and enough over 35 years to circle the earth twice, had unusually high blood pressure in old age but was otherwise in good health, the Indian Council of Medical Research said on Monday.

The ICMR has in collaboration with the National Gandhi Museum included information from Gandhi's health records in a "collector's edition" of the Indian Journal of Medical Research to mark Gandhi's 150th birth anniversary, which falls on October 2 this year.

Health researchers working with the museum staff used historical documents to determine that Gandhi often walked up to 18km a day over 36 years, covering 79,000km from 1913 to 1948, equivalent to walking around the planet twice.

The journal has also cited a "health file" on Gandhi that documented two of his blood pressure readings—194/130 on October 26, 1937, at age 68 and 220/110 on February 19, 1940, at age 70 – as evidence of unusually high blood pressure.

Gandhi's blood sugar levels were often significantly lower – 41, 71 and 115 on different dates in 1936, 1937 and 1938 – than the normal levels between 80 and 120.

"We can say he was in good health, a good basal metabolism," Balram Bhargava, a senior cardiologist and director-general of

the ICMR, told The Telegraph.

Bhargava said that documents show Gandhi taking drops of an extract from the plant *Rauwolfia serpentina*, known as sarpagandha in Ayurveda, for high blood pressure.

Medical records too suggest that Gandhi used the *R. serpentina* extract, shown through clinical trials to be a promising remedy for high blood pressure.

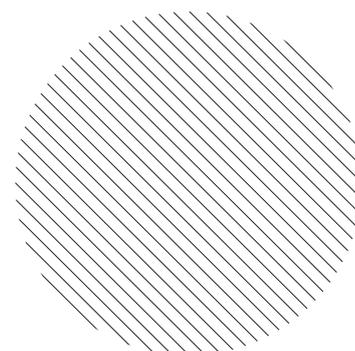
Rustom Jal Vakil, a cardiologist at the King Edward Memorial Hospital in Bombay, had in 1949 described a clinical trial on 50 patients that helped establish *R. serpentina* as a "perfectly safe remedy devoid of any serious or toxic ill-effects".

In addition to such health records, the ICMR's "collectors' edition" contains review articles on the ICMR's findings that are relevant to Gandhian principles, such as the importance of hygiene and sanitation to diseases such as cholera, leprosy, malaria and tuberculosis.

The special issue of the journal also contains review articles on the environment and lifestyle-related diseases.

"Gandhi was a firm believer in the principle that a healthy mind keeps the body healthy and he (had) stressed the importance of a balanced diet, natural cure and physical fitness," the ICMR said.

HEALTH AWARENESS IN SCHOOL TEXTBOOKS



ICMR took an initiative to incorporate various important health and hygiene practices in the curriculum of school children. A book chapter on “Cardiopulmonary Resuscitation (CPR) and its relevance” in 8th and 10th std of NCERT textbooks has been included. QR Code material has been compiled for NCERT textbooks on different health and hygiene related topics, such as:

- Tuberculosis: Causes, Symptoms and Control
- Diabetes: Causes, Symptoms and Control
- Cancer and : Causes, Symptoms and Control
- Vector borne diseases: Causes, Symptoms and Control.

The QR material was Bilingual (Hindi and English) and more in pictorial form for understanding of school children and has been already incorporated in different standards. These are available in the NCERT Website also and is opened for public. An Audio – Visual awareness programme on ‘Proper Hand wash techniques’ for children was designed with the help of AIIMS, Delhi and NCERT. The video is being telecasted on “NCERT Free to Air Channel”. It is also uploaded on NCERT YouTube channel and available on ICMR website.





K.L. Sudharshan
Memorial Lecture
by Prof. (Dr.)
Balram Bhargava,
Secretary, DHR
& DG, ICMR at
National Museum,
New Delhi



A talk on Gandhi
& Health at one
day symposium
"Gandhi @150- Ideas
and Relevance to
contemporary societal
challenges" by Dr. Rajni
Kant at NIAS, Bangalore



Talk on Gandhian
philosophy & Public
Health by Dr. R.R.
Gangakhedkar at
National Gandhi
Museum, New Delhi



Bamji MS, Rajnikant S,
Gavaravarapu SRM (2019).
"Gandhi and Health @
150: Foot prints of ICMR's
Century Long Journey"
(Book Review), Current
Science, 117(8): 1376-137

Article in Vaigyanik
Drishtikon (Nov 2019)

Article in ICMR Patrika
(2018 & 2019)



Singal AK, Ramakrishnan
S, Bhargava B (2019).
An Historic ECG From
the Past.Circulation
140(17):1437-1440. doi:
10.1161/CIRCULATION
AHA.119.042892. Epub
2019 Oct 21.



"Re-introducing
Gandhi as an advocate
of health: Health
awareness among
School Children"

Feature Article
" Gandhi as an
Ambassador of
Health" published
in Science Reporter
issue of Oct 2019

A lecture was delivered
by Dr. Mark Lindley
(Gandhi scholar, ecological
economist, and historian of
Western music)

*A Comprehensive Sketch of What Mahatma Gandhi
Said and Did re: Health, Nutrition, Hygiene and
Health Care*

-Dr. Mark Lindley



OTHER LECTURES

**Adopting Gandhian Life-style
for boosting Immunity against
COVID-19** – at National Webinar
on Traditional Indian Food Habits,
Life-Style and Immunity with
reference to COVID-19 pandemic
organized by Dept of Home
Sciences, Gorakhpur University on
24th May, 2020. (by Dr Rajni Kant)

**Gandhi and Public
Health in India** – His
own Health File and
Caring for others.
Organized by Dept
of Biotechnology,
Gorakhpur University,
23rd February, 2020.
(By Dr Rajni Kant)

NATIONAL GANDHI MUSEUM
New Delhi

Cordially invites you to the launching of
year long celebration of
150th Birth Anniversary of Mahatma Gandhi

Prof. Ramin Jahanbegloo
(Professor-Vice Dean, Jindal Global Law School and
Director, Mahatma Gandhi Centre for Peace Studies)
will inaugurate the Special Exhibition on
Non-violence and World Peace

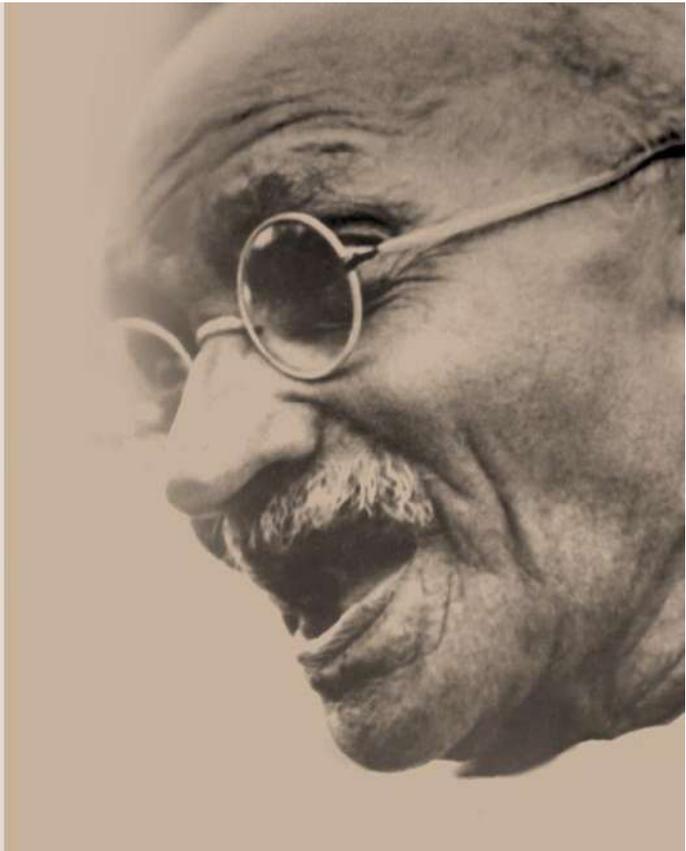
Dr. Balram Bhargava
(Director-General, Indian Council for Medical Research)
will inaugurate the
Recreated Heart Beat of Mahatma Gandhi

Shri K. Narayan
(Managing Director, National Backward Classes
Finance and Development Corporation)
will launch the
Digital Multimedia Kit on Mahatma Gandhi
on
1st October, 2018, at 3.30 P.M.

at
Exhibition Hall
National Gandhi Museum
Rajghat, New Delhi-110002

Prof. Aparna Basu
Chairperson

A. Annamalai
Director

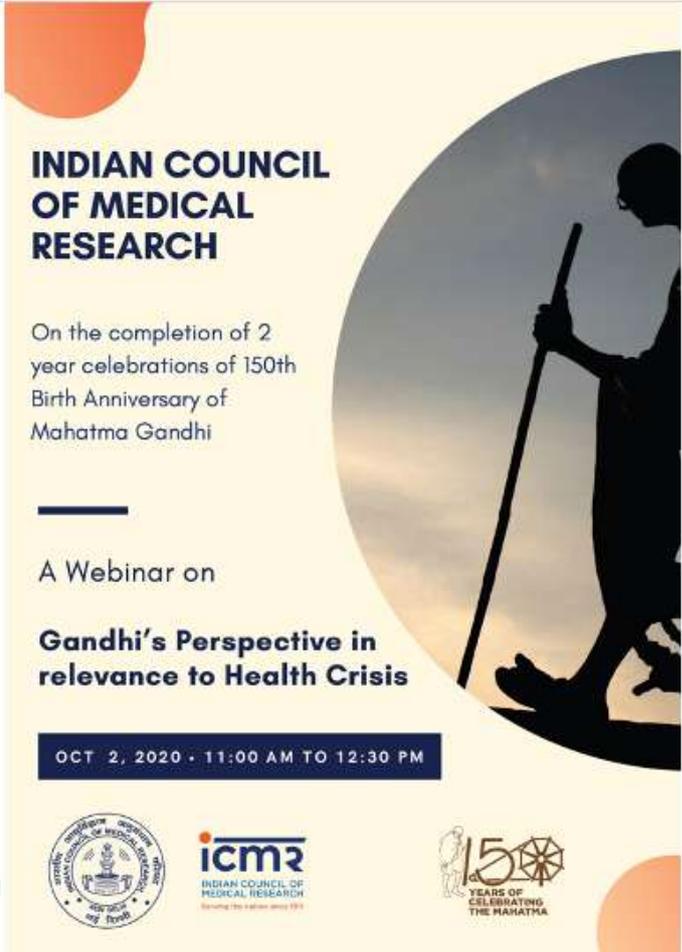


**Inauguration of
Recreated Heart
Beat of Mahatma
Gandhi at National
Gandhi Museum**



CELEBRATION OF GANDHI JAYANTI @ICMR IN 2020

To commemorate the two years of completion of 150th birth anniversary of Mahatma Gandhi, ICMR organised a webinar on Gandhi's perspective in relevance to health crisis. Additionally, on this occasion ICMR released a Gandhi quote book which illustrated key quotes by the father of the nation.



**INDIAN COUNCIL
OF MEDICAL
RESEARCH**

On the completion of 2
year celebrations of 150th
Birth Anniversary of
Mahatma Gandhi

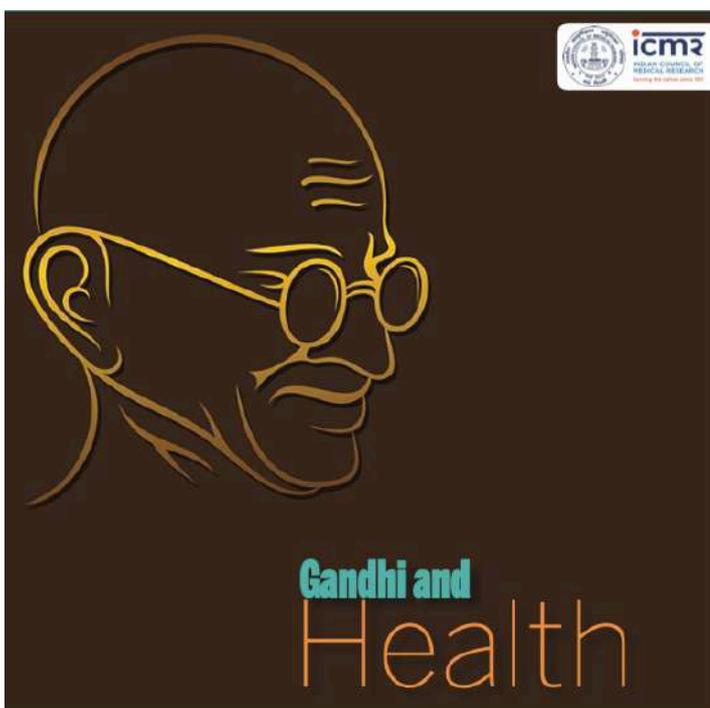
A Webinar on

**Gandhi's Perspective in
relevance to Health Crisis**

OCT 2, 2020 • 11:00 AM TO 12:30 PM

 **icmr**
INDIAN COUNCIL OF
MEDICAL RESEARCH
Serving the nation since 1950

 150
YEARS OF
CELEBRATING
THE MAHATMA



CELEBRATING GANDHI AND HIS VALUES THROUGH AN EXHIBIT

A museum dedicated to the theme, "Gandhi & Health" has been set up at ICMR headquarters. In the museum, a bust of Mahatma Gandhi, replica of his belongings, his health records, posters with Gandhi's photographs along with his famous quotes related to health and a poster depicting QR codes that can be scanned to listen to Gandhi's original speeches are installed. A number of eminent personalities have visited the museum and admired the efforts





INDIAN COUNCIL OF MEDICAL RESEARCH
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(Ministry of Health & Family Welfare)
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Website: <http://www.icmr.gov.in>