



Souvenir

1991 - 2016



J Watumull Global Hospital & Research Centre



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This hospital's ambience is so happy that people forget their sorrow.

*Your vibrations create the hospital's ambience.
Because you are happy, your hospital is an ever happy hospital.
Your impact is surely there.*

*If everyone were always to be happy and laughing, the consumption of
medicine would be reduced to half.*

Whatever happens, do not change your mood. Stay happy.



Om Shanti

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A happy hospital has many facets. Here, orthopaedic clinic technician Bakshi Ram Chauhan plays the clown at a staff picnic!

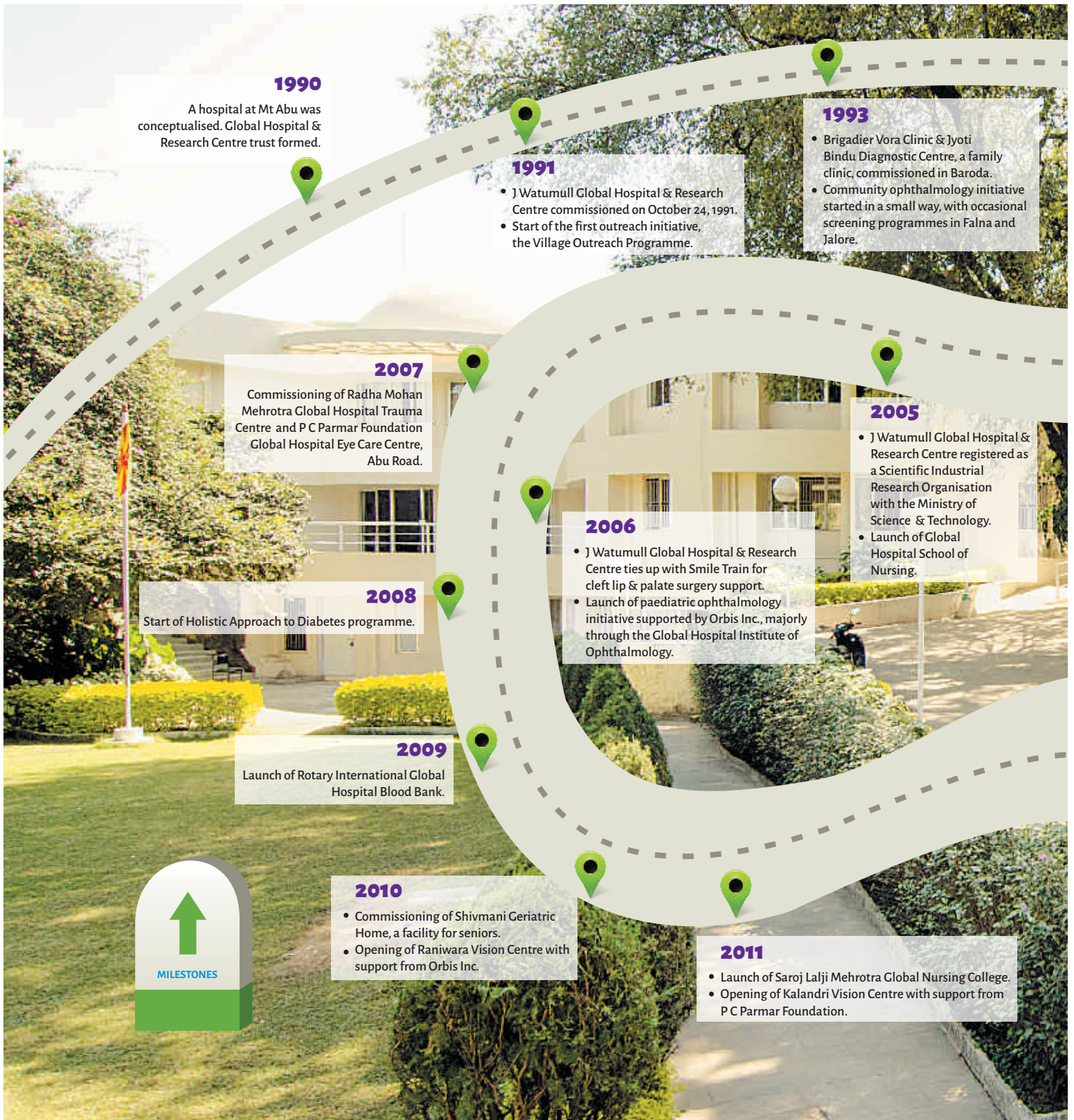
J Watumull Global Hospital & Research Centre, Mt Abu



An idea planted 25 years ago has borne much fruit, thanks to consistent nurturing!

Souvenir released on the Silver Jubilee of J Watumull Global Hospital & Research Centre
Delwara Road, Mt Abu, 307501, Rajasthan
T: 0091 (0)2974 238347

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1990
A hospital at Mt Abu was conceptualised. Global Hospital & Research Centre trust formed.

1991
• J Watumull Global Hospital & Research Centre commissioned on October 24, 1991.
• Start of the first outreach initiative, the Village Outreach Programme.

1993
• Brigadier Vora Clinic & Jyoti Bindu Diagnostic Centre, a family clinic, commissioned in Baroda.
• Community ophthalmology initiative started in a small way, with occasional screening programmes in Falna and Jalore.

2007
Commissioning of Radha Mohan Mehrotra Global Hospital Trauma Centre and P C Parmar Foundation Global Hospital Eye Care Centre, Abu Road.

2008
Start of Holistic Approach to Diabetes programme.

2009
Launch of Rotary International Global Hospital Blood Bank.

2010
• Commissioning of Shivmani Geriatric Home, a facility for seniors.
• Opening of Raniwara Vision Centre with support from Orbis Inc.

2006
• J Watumull Global Hospital & Research Centre ties up with Smile Train for cleft lip & palate surgery support.
• Launch of paediatric ophthalmology initiative supported by Orbis Inc., majorly through the Global Hospital Institute of Ophthalmology.

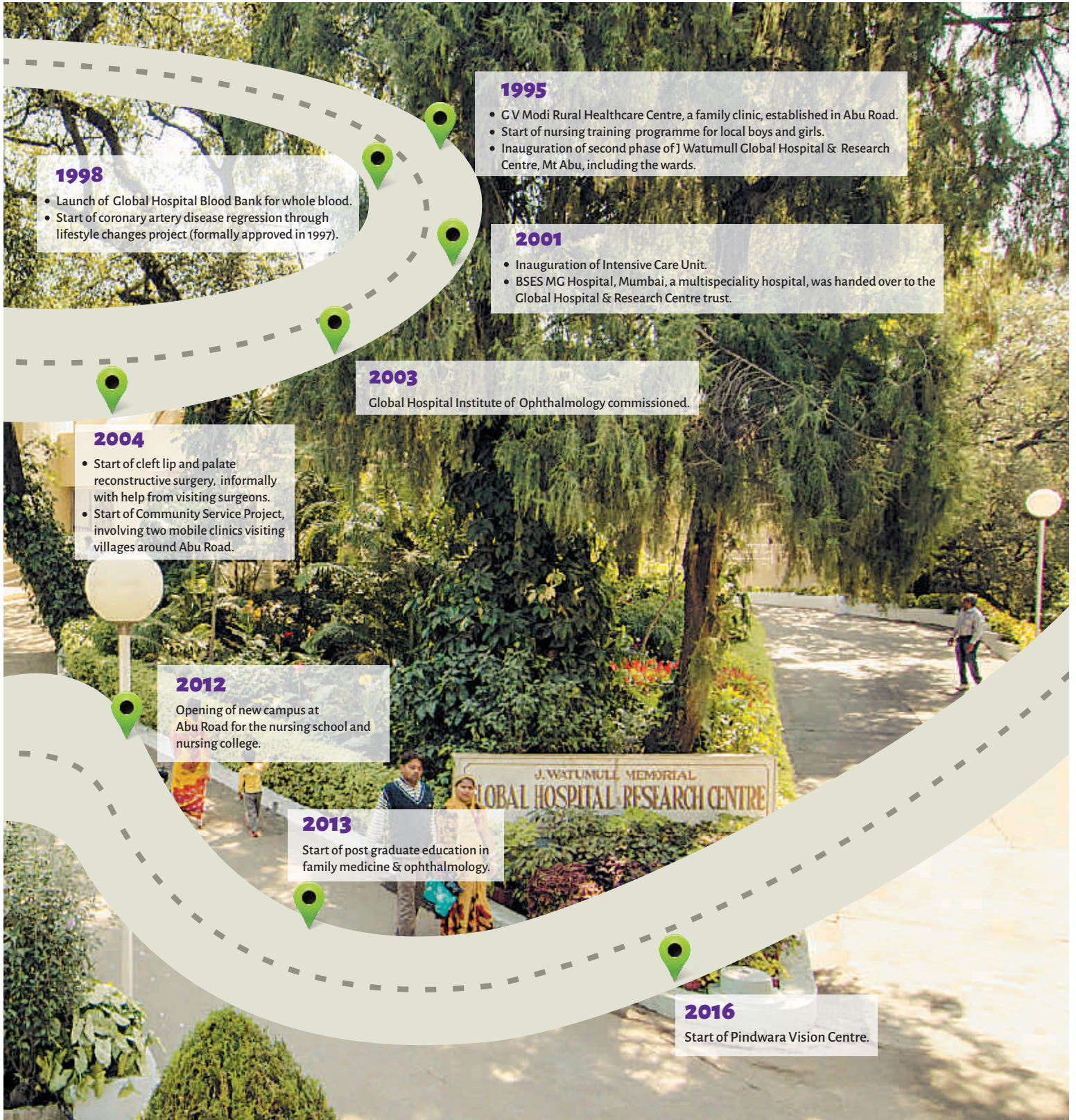
2005
• J Watumull Global Hospital & Research Centre registered as a Scientific Industrial Research Organisation with the Ministry of Science & Technology.
• Launch of Global Hospital School of Nursing.

2011
• Launch of Saroj Lalji Mehrotra Global Nursing College.
• Opening of Kalandri Vision Centre with support from P C Parmar Foundation.



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Our journey thus far



1998

- Launch of Global Hospital Blood Bank for whole blood.
- Start of coronary artery disease regression through lifestyle changes project (formally approved in 1997).

1995

- G V Modi Rural Healthcare Centre, a family clinic, established in Abu Road.
- Start of nursing training programme for local boys and girls.
- Inauguration of second phase of J Watumull Global Hospital & Research Centre, Mt Abu, including the wards.

2001

- Inauguration of Intensive Care Unit.
- BSES MG Hospital, Mumbai, a multispeciality hospital, was handed over to the Global Hospital & Research Centre trust.

2003

Global Hospital Institute of Ophthalmology commissioned.

2004

- Start of cleft lip and palate reconstructive surgery, informally with help from visiting surgeons.
- Start of Community Service Project, involving two mobile clinics visiting villages around Abu Road.

2012

Opening of new campus at Abu Road for the nursing school and nursing college.

2013

Start of post graduate education in family medicine & ophthalmology.

2016

Start of Pindwara Vision Centre.

Honorary treasurer Dr Banarsilal Sah interacts with a former surgeon at the trauma centre



Nursing assistants participate in a group training activity, facilitator Shrinidhi K is seen standing



Dharmendra Singh, chief technical supervisor, pathology & blood bank, on the job!



Staff nurse Amita Vadasriya with ophthalmology technician Ajay Dabgar at a patient's bedside



Circa 1989, Sirohi district, southwest Rajasthan.

Four hospitals with an aggregated bed strength of barely 457, and no intensive care facilities, served a population of 750,000. Those taken seriously ill had to be rushed to nearby cities—Udaipur, Mehsana and Ahmedabad—for further treatment. Some found the gruelling journey too strenuous, they never made it to the destination let alone come back. While the less privileged couldn't afford care.

Well-meaning visionaries (BK Nirwair, Dr Ashok Mehta, Khubchand Watumull) set about to make a difference to the health status of the district. A couple of years of planning, the creation of a formal trust, Global Hospital & Research Centre, set the ball rolling for the acquisition of land (Kishore Shah) and construction.

October 24, 1991 is the red-letter day when J Watumull Global Hospital & Research Centre was commissioned. Albeit, the hospital facilities and services developed gradually.

Community services unfolded with the launch of the *village outreach programme*, involving health service visits to 'adopted' villages (Dr Vinay Laxmi supported by Sanjay & Ravina Kirpalani, Kanyadaan Charitable Trust, Global Harmony Foundation). A couple of years down the line, community services in ophthalmology started with screening programmes in Falna and Jalore.

Commitment attracts well-wishers. A few donors expressed an interest in replicating the humanitarian service elsewhere. That is how in 1993, a small family clinic—Brigadier Vora Clinic & Jyoti Bindu Diagnostic Centre—was created in Baroda to offer consultation and diagnostic services to the needy (Shanti bhai Patel). In 1995, a healthcare centre at Abu Road, G V Modi Rural Health Care Centre was operationalised, which gradually became a focal centre for visits by specialists from Mt Abu, and after expansion in 1999, housed wards for ophthalmology patients (Jeetendra G Modi).

An interesting aspect about Global Hospital is projects have been need-based. Just as conceptualising a hospital at Mt Abu was a response to the huge gap in health facilities in the district, all the projects—outreach and hospital-based—have met a need of the local community. In 1995, when the second phase of Global Hospital including the wards was commissioned, nursing assistants were sorely needed.

Attracting talented, qualified health professionals to relocate to Mt Abu proved challenging given the explosion in private health infrastructure across India. Simultaneously the management felt committed to provide employment opportunities for the community. Nursing was an area where this objective could be met—and in the process, tide over the obstacle of a paucity of staff. Thus was launched the Dr Bhanuben Nanavati Nursing Training Centre for training local youth in nursing (late Shri Mahendra Nanavati, Wilde Ganzen).



J Watumull Global Hospital & Research Centre is nestled in the verdant Aravali hills

1997 saw approval come through for the path-breaking *coronary artery disease regression through lifestyle changes* project—a need of the hour as cardiac disease was beginning to impact India's mortality rates (Dr Satish Gupta). 1998 saw the start of blood banking, a pillar of support for medical services, 1999, of joint replacement surgery programmes (Dr Markus Froehling, Dr Narayan Khandelwal), and 2001, the opening of an intensive care unit (Manu bhai Patel).

Unit expansion picked up pace after the hospital's first decade in existence. In 2001, the Global Hospital & Research Centre was awarded the management of BSES Municipal General Hospital in Andheri, Mumbai, a novel private-public partnership.

Community ophthalmology gained a new lease of life with the creation of the Global Hospital Institute of Ophthalmology at Abu Road in 2003 (Sardar Kartar Singh, Maureen Sharma). Community health consultation outreach grew manifold with the launch of the community service project, two mobile clinics making regular visits to remote villages around the town (K P Sanghvi Trust, Vitol, Wilde Ganzen, Zorg van de Zaak).

Back in Mt Abu, a new project involving surgical intervention for people—mostly children—afflicted with a cleft lip or cleft palate—gathered momentum with the assistance of overseas plastic surgeons (Dr Jan Lilja, Dr Shailesh Vadodaria). Over several planned surgical programmes, the hospital assessed its capability to develop this service. In 2006, Global Hospital was accepted as a formal partner of the Smile Train, a global

nongovernment organisation sponsoring restorative surgery on children with the cleft anomaly.

In 2005, nursing education took on a formal shape with the launch of the Global Hospital School of Nursing.

2007 saw the commissioning of two more branches at Abu Road—Radha Mohan Mehrotra Global Hospital Trauma Centre (Radha Mohan Mehrotra Medical Relief Trust, Fundacion Ananta) and P C Parmar Foundation Global Eye Care Centre, a new wing of the eye hospital (late Shri Punam Chand Parmar).

The expanded eyecare facility has been active from day one with the regular eyecare work and a new paediatric ophthalmology project sponsored by Orbis Inc, a global nongovernment organisation working in eyecare.

Within the trauma centre, the Rotary International Global Hospital Blood Bank, created with assistance from the Rotary International (Rotarian Prakash Kishan), was operationalised in 2009 and has since acquired the status of a regional blood bank.

Holistic approach to diabetes, a novel programme to improve the way diabetic patients manage their condition started in 2008 (Sanjay & Ravina Kirpalani).

Shivmani Geriatric Home, a residential facility for seniors, was born in 2010 (Mahesh Patel, Kiritkumar Patel, Surendar Patel and family). Expansion increased the need for nursing staff and hence it was only natural that nursing

education continued to be emphasised. Saroj Lalji Mehrotra Global Nursing College started operations from Mt Abu in 2011 (Chetan Mehrotra). A year later, the nursing school and college shifted to a brand new campus in Abu Road.

In 2013, accreditation came through from the National Board of Examinations (for post graduate medical education) for post graduate education in family medicine and ophthalmology in Mt Abu and Abu Road respectively.

Of late a new Vision Centre has opened, the third of three refraction clinics operating in a radii of 100 km around the eye hospital, offering invaluable eye checkups, pre-operative and follow up services to the community (Orbis, PC Parmar Foundation, Swaran Singh Sian).

25 years, amazing expansion considering the growth has been organic and the trust has not wavered from its humanitarian mission. Thanks is due to the unflinching support of patrons Dr Hansa Rawal, Robin Ramsay, Mahesh Patel and Prakash Vaswani; and trusts: The Janki Foundation for Spirituality in Healthcare of UK, IndiaCare of Germany, Point of Life of USA and Stichting Global Hospital Nederland of Holland Thanks as well to GivelIndia, S J Jindal Trust and the LV Prasad Eye Institute.

So many hospital staff feel the years have gone by in a flash—that says volumes for their commitment to the noble cause of good health for all, for doesn't time fly when your work is fulfilling!



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Selection of comments of guests who visited the hospital



between 1991 and 2016

BK Hriday Mohini, additional administrative head, Brahma Kumaris; hospital trustee Mahesh Patel; BK Janki, head, Brahma Kumaris; BK Ratan Mohini, joint administrative head, Brahma Kumaris; BK Nirwair, hospital managing trustee; and Kiritkumar Patel, donor, at the commissioning of Shivmani Geriatric Home, Abu Road



Medical director Dr Partap Midha explaining the hospital model to prime minister Narendra Modi



Great experiment on mind-body-soul. Integrated treatment. My greetings to Global Hospital & Research Centre and Defence Research and Development Organisation. Great potential and breakthrough is possible.

A boon for heart patients. My greetings and good wishes for the success of this programme.

Thanks for giving me divine happiness. Brahma Kumaris samaj is a great institution in creating great India with great element Rajyoga.

(late) Dr APJ Abdul Kalam
President of India
Bharat Ratna &
Former Scientific Advisor to
Government of India

(He had visited thrice)

Life becomes beautiful when mind-body-health is taken care of. Here there is intense endeavour for both physical and mental wellbeing. This effort is in itself a divine reward.

Narendra Modi
Prime Minister, India

(He visited when he was Chief Minister of Gujarat)



Global Hospital & Research Centre trustees in discussion

I have great respect for doctors and armed forces as a profession as they are holding the unity of India. This is because doctors love all religions as they admit whoever comes to their hospital without any barriers, this is one profession which cares for people. Doctors should have spiritual knowledge—it is very necessary for doctors, especially surgeons, to move towards spirituality.

(late) Sunil Dutt
 Film actor
 Politician
 Social worker

You are doing God's work and I am impressed.

Dr Nirmal Kumar Ganguly
 Advisor,
 Translational Health
 Science & Technology
 Institute
 President,
 Jawaharlal Institute of
 Post Graduate Medical
 Education and Research in
 India

(He visited when he was
 Director General, Indian
 Council of Medical
 Research)

I had the pleasure of seeing the ophthalmology department...the personnel impressed me a lot. They were young and energetic. They were carrying a good load of clinical work... India needs such people.

Dr S S Badrinath
 Founder
 President &
 Chairman Emeritus,
 Sankara Nethralaya

Very impressive and well equipped hospital. The sense of compassion is palpable all over.

Rajshree Birla
 Director,
 Aditya Birla Group

Thank you for a beautiful visit in the field of infinite possibilities.

Dr Deepak Chopra
 Author - Speaker, USA

Trustees of the Sar-La Education Trust when the Radha Mohan Mehrotra Global Hospital Trauma Centre, Abu Road was commissioned

Ratan Thadani, trustee, The Janki Foundation for Spirituality in Healthcare, inaugurates Shiv Sagar, a staff residence





Trustees Dr Ashok Mehta and BK Yogini with Dadi Hriday Mohini

Rotarian Prakash Kishan of Black Mountain, USA, has helped to establish the Rotary International Global Hospital Blood Bank

It has been a unique hospital which has imbibed the welfare of the community as its motto. The sincerity of purpose, devotion and the professionalism of running this centre is contagious. I wish I was a doctor to have become a part of this yeoman service. DRDO has been working in cooperation with doctors of this institution and wish to continue vigorously in conducting research in holistic manner. I wish the institution the best. God bless you.

Vijay Kumar Saraswat
Member,
NITI Aayog
Planning Commission of
India

(He visited when he was with the Defence Research and Development Organisation & Chief Scientific Advisor to the Minister of Defence)

Wonderful place, wonderful hospital, wonderful people. Thank you and blessings to all of you.

Dr Jan Lilja
Plastic Surgeon
Sweden

(He was one of the surgeons who helped establish cleft lip and palate surgery at J Watumull Global Hospital & Research Centre)

Unique experience to see selfless services with the best of creative environment for peace of mind.

Dr Suresh H Advani
Medical Oncologist,
Fortis SL Raheja
Mumbai

(He visited when he was head, Department of Medical Oncology, Tata Memorial Hospital, Mumbai)

Enlightening, enheartening, endearing and encouraging humanitarian endeavours.

Naseeb Dajani
Chairman,
Global Harmony Foundation

(The foundation has contributed towards the Village Outreach Programme)

God bless us. No words to describe the experience. See you again but hopefully never as a patient.

Sonu Nigam
Shobha Nigam
Madhurima Nigam

Homecoming for me. Pleasant to see enormous expansion of healthcare services through holistic approach. Spiritual ambience combined into selfless service help in relieving the pain of patients. We were fortunate to be closely associated with the coronary artery disease project at this hospital. Look forward to nurture the interaction.

Dr W Selvamurthy
President,
Amity Science, Technology and
Innovation Foundation
&
Director General,
Amity Directorate of Science and
Innovation

(He visited when he was
Distinguished Scientist & Chief
Controller for Research &
Development, Defence Research
and Development Organisation,
Government of India)

J Watumull Global Hospital & Research Centre is a fine hospital, rendering services to the poor and needy with devotion and dedication. I had this experience for the last few years, in conducting eye camps in Rajasthan, in Sirohi and other districts. This time as a patient in Global Hospital I could understand and experience it better. To serve poor and rich patients, both with the same dedication, is an achievement, made possible by spirituality. Every staff member and each doctor look after patients with a smiling face. May God grant them the highest blessings!

(late) P C Parmar
Chartered Accountant
& Collaborator
Pune



Staff enjoys an annual picnic at Peace Park, Mt Abu; here Om Kathpalia of Shivmani Geriatric Home, HH Chhaya, civil engineer and trustee Kishore Shah are in the thick of a game!



Joaquin Tamames of Fundacion Ananta, a Spanish NGO, with his sons Pedro and Jorge, his sisters Christina and Olga, his nephew Juan, and managing trustee BK Nirwair inaugurating a critical care ambulance on May 1, 2009



Patient relations officer Rishiraj Mehta handling the busy cash counter



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Reflections of patrons, visiting doctors, former staff,



current staff and donors on their association with the hospital



J Watumull Global Hospital & Research Centre, a haven for healing

Om Shanti and greetings of love to the Global Hospital family!

The heart is filled with pride and thanks as we honour 25 years of Global Hospital & Research Centre's wide-ranging services. Dadi is extremely fond of her association with the hospital, and similar establishments that provide all-round service: physical, mental and spiritual.

The good wishes that emerge from the hearts of patrons, donors, patients and their families are enabling a gigantic task to be accomplished year after year, and we congratulate every member of the staff for their determination and tireless services!

Our Almighty Supreme Surgeon, the Incorporeal Supreme Father and Mother, has taught us how to interact and serve others with compassion that is selfless and free from expectations. So this underlying virtue within the medical fraternity is the greatest healing power we can offer the restless, suffering world today.

Let us continue to follow the footsteps of our Supreme Being by alleviating sorrow and bringing happiness to all!

BK Janki
Administrative Head
Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya

Om Shanti!

Saying 'Om Shanti' brings peace to the mind. When I stay in this experience of peace, it brings me wellbeing and the gifts of health, wealth and happiness.

Good health is everyone's birthright, and as Global Hospital has shown in its 25 years of existence, it is attainable. Not just physical health but the hospital is an oasis providing mental peace and comfort to patients.

Global Hospital's uniqueness is its spiritual environment, created by the doctors, nurses and staff who practice meditation. They understand the need to care for patients completely, body and mind. Thanks to them, returning to good health becomes easy.

For this reason, many visitors say 'it does not feel like a hospital' and many come to see this 'healing space' as a 'holy place' rather than a hospital.

There is no bigger gift than the gift of peace of mind. May you continue to serve everyone in the remembrance of the Divine and nourish them with this precious gift. Million fold congratulations for your untiring service and may you accrue millions of blessings.

BK Hridaya Mohini
Additional Administrative Head
Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya

Greetings of peace!

J Watumull Global Hospital & Research Centre was started with the aim to positively impact the health status of the local community. It is heart-warming to see how through hospital-based services and outreach programmes, the hospital has gained the trust of the population of district Sirohi and nearby districts, and grown to become the region's largest healthcare provider. Locally, 'Global' has become a household name!

We could never have imagined this expansion. Looking back, however, we realise how it is inevitable that a pure thought, the seed of selfless service, will bear fruit.

Thanks to many philanthropists who adopted that pure thought and helped translate the vision of bringing good health to all into reality.

My own experience of receiving care at Global Hospital has shown me just how unique the hospital is. Applying spirituality in healthcare truly puts heart into healing. May your great service continue for years to come.

Congratulations and good wishes on completing 25 years of service to humanity.

BK Ramesh Shah
Managing Trustee
World Renewal Spiritual Trust

All good wishes to J Watumull Global Hospital & Research Centre on its Silver Jubilee.

It pleases me to know that a hospital committed to promoting holistic health has made great strides in the last quarter century.

In the Brahma Kumaris perspective, the best medicine for bringing lasting outcomes, gently, is meditation. Rajyoga meditation is easy—it requires no props! All it involves is switching the focus from the outer to the inner, then connecting the inner to a source of immense power. By empowering the mind, the body heals.

Global Hospital staff practicing Rajyoga meditation can do great wonders to create a healing environment and spread this message.

BK Brij Mohan
Additional Secretary General
Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya

Hats off to the medical directors, esteemed consultants, dedicated nurses and other staff! Your sincere endeavour and dedication have brought J Watumull Global Hospital & Research Centre, Mt Abu, and the other trust hospitals onto the world map. So multifold congratulations, and best wishes for more commendable services in the future!

Local authorities and the Government of Rajasthan have been very kind to appreciate our effort to provide quality healthcare to the general public, for which many of our doctors and staff members are felicitated annually around Republic Day.

This year, as we are celebrating the Silver Jubilee of J Watumull Global Hospital & Research Centre, we hope that the Central Government of India and State Government of Rajasthan would further acknowledge our voluntary services in the field of healthcare, and extend their much-needed support for our ventures.

Very soon we expect the State Government to grant us permission to expand the healthcare facilities, as well as provide a hostel for male students. We also hope to receive the kind cooperation of our respected chief minister Shrimati Vasundhara Raje, her other cabinet colleagues and government officials in bestowing voluntary health services to a maximum number of poor patients from the villages and towns around Abu Road.

On Spiritual Seva,

BK Nirwair
Managing Trustee,
Global Hospital & Research Centre



Managing trustee, World Renewal Spiritual Trust, BK Ramesh Shah attends an event on the occasion of the National Eye Donation fortnight



Leaders of the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya late Dadi Prakashmani, Dadi Janki, Dadi Hriday Mohini and late Dadi Chandramani with Global Hospital trustees BK Nirwair and Dr Ashok Mehta



Joint chief of the Brahma Kumaris Dadi Ratan Mohini, director of Cyan Sarovar Academy for a Better World Dr Nirmala Kajaria and others

Managing trustee BK Nirwair, trustee Dr Partap Midha and others interact with former President of India, late Dr APJ Abdul Kalam



Chief of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya Dadi Janki presents a gift to late Dada Khubchand Watumull, trustee



It gives me great pleasure to congratulate Global Hospital & Research Centre's managing trustee divine Brother BK Nirwairbhai ji, the august Board of Trustees, the elite team of doctors, nurses and staff on the Silver Jubilee of this esteemed and unique institute.

J Watumull Global Hospital & Research Centre is at the forefront of introducing a holistic and spiritual approach to healthcare through medical research and outreach projects. It promotes healthy lifestyles, positive thinking, stress management, counselling, deaddiction and many other healthcare solutions with a spiritual touch. Combining medication with meditation, *dava* with *dua* is unique. When the mind is empowered, it calms the spirit and heals the body.

Adhering to high medical standards and an essential value system, spirituality in healthcare is unique. Only the commitment and perseverance of many dedicated personnel—doctors, nurses and others—can carry forward this cause. It gives me great joy to acknowledge your invaluable contribution.

Global Hospital has done yeoman services to humanity by offering free services to the majority of its patients. Its motto of delivering holistic healthcare to all irrespective of patient's economic or social standing is laudable.

Blessings of needy patients, their relatives and of philanthropic kind-hearted souls would ensure that this masterpiece of a hospital continues to progress, serving society both through the physical and spiritual realms of healthcare in a big way.

I take pride in having been associated with Global Hospital for the last many years. I believe this work of God will continue to assist, guide and sustain good health and stronger minds.

BK Yogini
Trustee, Global Hospital & Research Centre
Honorary Director Administration, BSES MG Hospital
Director Rajyoga Centre, Vile Parle, Mumbai Sub-Zone



Managing & founder trustee BK Nirwair and founder trustee Dr Ashok Mehta inaugurate a machine at J Watumull Global Hospital & Research Centre

Let us look back as we celebrate the Silver Jubilee of J Watumull Global Hospital & Research Centre—our trust's flagship. A tiny seed planted in 1990 has blossomed into a large humanitarian health organisation receiving support from philanthropic individuals, companies, trusts, students of the Brahma Kumaris World Spiritual University, The Janki Foundation For Spirituality in Healthcare, UK, etc. It has been an exciting journey!

It was sheer coincidence that two individuals developed heart problems—myocardial infarction and anginal pain—during my first visit to the Brahma Kumaris in Mt Abu in 1988. A volunteer carpenter suffered a massive heart attack. When I first saw him, he was cold and perspiring, with a very weak peripheral pulse. He needed intensive care support. Unfortunately, this was neither available in Mt Abu nor nearby. He had to be shifted to a city 100 km away, a four hour drive. Then Brahma Kumar Nirwair, our managing trustee, developed angina. He was advised to travel to Mumbai for a coronary angiography and bypass surgery. These incidents triggered a thought process that ended in the creation of the Global Hospital & Research Centre trust, and thereafter with the acquisition of land for a health establishment, with generous support from Dada Khuba Watumull of the Watumull Trust.

Until then, the Brahma Kumaris had actively promoted health through holistic health fairs emphasising mind over matter, and by stressing the need for lifestyle modification—a vegetarian diet, positive thinking, stress management, addiction-free living and Rajyoga meditation. Mind Body Medicine conferences were held annually. The creation of J Watumull Global Hospital & Research has given a new impetus to these endeavours as the hospital has taken up structured projects to spread this awareness.

* Physician Dr Satish Gupta launched the *coronary artery disease regression by lifestyle modification* project in 1997. This programme has grown popular and achieved great success, resulting in a number of World Congresses on Clinical, Preventive Cardiology and Imaging being held at Shantivan, Abu.

* Dr Shrimant Sahu, consultant diabetologist, conducts a popular 5-day residential programme for diabetics to impart training on how to control diabetes.

* Joint replacement programmes started by visiting German orthopaedic surgeon Dr Markus Froehling of Frankfurt in 1999, when such surgery was just being initiated in the country has now blossomed into a major regular service. So also the free cleft lip and palate surgery sponsored by the Smile Train.

* Late Dr Vinay Laxmi, a gynaecologist, passionately and single-handedly developed the *village outreach programme* bringing succour to poor and neglected villagers.

* Nursing education, the eye hospital and trauma centre—these need-based developments have contributed immensely to healthcare in southwest Rajasthan.

* As a result of our good work in Mt Abu, the trust was offered the management of the 100-bed BSES Municipal General Hospital in Mumbai in 2002. We have transformed it into a state-of-the-art multispecialty hospital providing humane care to patients cutting across all social levels.

It is time to rededicate ourselves to deliver the fruits of the progress of modern medicine to the less privileged. Let us reaffirm our commitment to promote positive health by incorporating spirituality in medical practice and creating a spiritual model of healthcare.

Dr Ashok Mehta
Trustee, Global Hospital & Research Centre
Honorary Medical Director, J Watumull Global Hospital & Research Centre & BSES MG Hospital

I remember all the discussion we had before launching J Watumull Global Hospital & Research Centre, and vividly recollect the inauguration!

A large hospital opening in a small town like Mt Abu was a novelty for the local people. Many asked: Who will come uphill for treatment?

Don't worry, I replied.

We had done our calculations well.

J Watumull Global Hospital & Research Centre offers a unique proposition to patients—the salubrious mountain environment starts the process of restoring health, and then the holistic health services take over. Poor people have an additional attraction—treatment free of charge.

So many of our senior Dadis and Dadas have passed away since 1991. They were our mentors and inspiration.

I feel happy the humble beginning has borne so much fruit!

Raghunath L Wadhwa
Trustee,
Global Hospital & Research
Centre

It is an honour and a privilege to narrate the incredible story of J Watumull Global Hospital & Research Centre, a story of courage, conviction, cooperation, compassion and generosity. Like all movements, it all started with an idea—to deliver health care to the unreachable. And then—people needed to translate that idea into reality appeared just when they were needed, with invaluable contributions of skills and resources, giving of themselves so freely that I have never ceased to be amazed at the power of pure thought.

Dadi Prakashmani, Brahma Kumar Nirwair, Dr Ashok Mehta, Dada Khuba Watumull—all visionary leaders in their own right created history by commissioning a health facility of the stature of Global Hospital at Mt Abu in October 1991.

> Thanks to Dadi Prakashmani, who went out of her way to support us, enquiring about our welfare and visiting the hospital. She helped make the hospital an extension of the Brahma Kumaris headquarters, which means so much to staff practising Rajyoga meditation. Is J Watumull Global Hospital & Research Centre a hospital or a centre for Rajyoga meditation? Because of her, it is both.

> Thanks to BK Nirwair, for attracting competent people committed as whole-heartedly to the cause as he, inspiring with his pure intention and belief that health is every individual's Godly birthright.

> Thanks to Dr Ashok Mehta, for his continuous technical inputs, for instilling in us the confidence that wonders happen even with limited resources.

> Thanks to Dada Khuba Watumull and his family for their generous help to start the hospital.

We have never looked back. The idea took a beautiful shape with the cognito and incognito support of thousands of individuals and nongovernmental organisations, the Government of Rajasthan and the Government of India. Ours is truly a never-ending list of well-wishers.

We are humbled by the support of the Brahma Kumaris. Its current chief Dadi Janki has always said to me that the hospital can work with the Brahma Kumaris to show the world how a new age lifestyle—simple living, high thinking—can cure disease. She inspired the Janki Foundation for Spirituality in Healthcare, a charity that has been like a mother to the hospital, helping us emerge on the global stage.

Brahma Kumar Ramesh Shah has stood for the ophthalmology hospital and dialysis facility, Brahma Kumar Brij Mohan, late Brahma Kumar Jagdish Chandra Hasija have imparted wisdom and good wishes without which we would be nowhere. And sisters, too many to name, have pitched in whenever we called upon them, and of their own accord.

What to say of our donors?

Dada Nari Kirpalani, Sanjay and Ravina Kirpalani, helped extend the hospital's reach beyond its four walls to the community from the very start.

Wellwishers in Germany, USA and Holland took bold steps in launching the IndiaCare trust, Point of Life Inc, and Stichting Global Hospital Nederland to help channel resources to serve those most in need.

Patrons Dr Hansa Rawal, Robin Ramsay, Mahesh Patel, Prakash Vaswani, Maureen Sharma have given unconditionally and continue to do so.

Global nongovernmental organisations like Smile Train, Orbis, Wild Geese, Fundacion Ananta, Vitol, Zorg van de Zaak, GiveIndia and Bridge of Life have supported our community projects and facility expansion.

With support over all these years our field of care has grown to fit the early vision spanning healthcare, education, geriatric care and research.

Personally, the last quarter century has felt like a fantasy. Things have happened by divine design. I feel grateful for the ample opportunities to learn. God has bestowed on me the ability to see myself more clearly, given me reasons to appreciate my fortune, accept and play my tiny role, abstain from criticising and controlling, and let the Father work through me. Today I have complete trust that the answers will appear, just hang in there. And while you are waiting, be the embodiment of good cheer and infinite happiness.

I salute my team with folded hands. Thank you all for being my support in good times and challenging hours. We have developed a bonding that proves to me that only unconditional love and God's grace can transform the world.

Consultants, doctors, nurses, paramedics, admin staff, support staff, you are all exceptional. You have performed magic. You have one pure thought in your mind: service, service and service. Each of you has given your best—and one cannot ask for more.

The Supreme has guided us with unending love. He will continue to do so. Let us pledge to move forward with more love, more kindness, more generosity and more commitment.

I started out as a novice. When I quit, it will be as a sage, content and completely fulfilled.

Dr Partap Midha
Trustee / Medical Director
J Watumull Global Hospital & Research Centre



Consultant ophthalmologist Dr Seema Laad sees a patient



Late Dr Gyan Prakash, former director, Medical & Health Services, Government of Rajasthan, addresses a doctors meet

Disease is born when man out of ignorance, indolence or indifference transgresses the laws of Mother Nature. Hospitals are an answer to rectify the ills wrought out of such unawareness. J Watumull Global Hospital & Research Centre is a hospital with a notable difference, where care, concern and compassion come alive in a very tangible manner.

Global Hospital is the result of hard work, commitment and the untiring efforts of a rare group of individuals who have come together for the sole purpose of creating a humane hospital. Using the term hospital here seems almost a misnomer. Enter, and the warm and affectionate feeling you get is as if you were at home—but with health support. Everyone has a kind word, a warm smile and time for patients—so unique in the current health system. Patients and their attendants are treated in a rare, dignified style, with endearing words like “dada” or “didi”.

My association with Global Hospital has been personally truly enriching. I have been an integral part of it ever since the foundation stone was laid 25 years ago! I look at my relationship with this hospital in the form of a trinity: first, as a doctor; second, as a patient; and lastly, as a human being.

When I look through the eyes of a doctor, I feel proud to belong to a fraternity of noble souls trying to alleviate pain and suffering as humanly as possible. Global Hospital's staff is dedicated, competent, and has brushed aside the lure of handsome salaries and lucrative

jobs in big commercial set-ups, simply to be part of this service-oriented family. Doctors here have made a conscious choice to practice and live the concepts of gentleness, humaneness, compassion and empathy—qualities once considered to be the synonyms of being a doctor!

As a patient, one can blindly place ones complete trust in their capable, competent hands, working in conjunction with a heart full of divine love, and a mind guided and directed by divine intelligence. In their care, you can take a deep breath, relax and let go... You are at home; you are being taken care of; you are with your family; in God's hands.

And it's not just the medical staff. Kitchen staff, utensil cleaners, janitors—they are all special. See the smile on their faces, gentleness in handling and transferring patients, and an abounding sense of patience and deep contentment within. I see not the slightest trace of irritation or impatience either with the patient or anxious attendants. At Global Hospital, your questions are listened to and answered with immense patience; doubts cleared with gentle, precise explanations; fears allayed with deep trust in divinity; and negative clouds dispelled with rays of positivity and optimism.

What more could you ask for?

Mount Abu, a land of eternal *tapas* and *sadhana* is blessed to have Global Hospital. I am proud to be part of this divine family.

Today, lying on the hospital bed as a patient who has but a few precious breaths to my credit, I, from the very depths of my being, pray to the Almighty to help sustain this noble effort.

May you continue your mission uninterrupted, with inexhaustible spiritual zeal!

May you keep receiving divine grace and guidance from above!

May the Almighty shower His blessings on all of you dedicated souls!

May Global Hospital continue to shine as the last beacon of divine hope and inspiration for those who have been shown the door by other more 'successful' hospitals!

May yours be the first heaven to cradle the newborn!

May yours be the last haven for those ready to set sail to the other shore...!!!

Om Shanti Shanti Shanti.

Dr Gyan Prakash
Former Director, Medical & Health Services,
Government of Rajasthan

Advisor and mentor to J Watumull Global
Hospital & Research Centre

(Dated August 27, he passed away peacefully on September 11, 2016)

Bhavna Patani, trustee & honorary secretary, The Janki Foundation for Spirituality in Healthcare, has helped train facilitators in India to deliver Values in Healthcare: A Spiritual Approach



Dear Dr Partap, doctors and all staff members of Global Hospital,

Congratulations on this wonderful occasion as you celebrate 25 years of global service.

Although I remember well all the months of planning and preparations prior to the opening of what would be the first hospital in Mt Abu, we could not have imagined the amazing service that it would provide to so many people from at least 120 countries.

The hospital and staff have provided a beautiful blend of love, care, generosity and attention within a spiritual atmosphere which surely must be unique in today's world. So many people have shared with me over the years how surprised and impressed they are by the wide variety of therapies that are available under one roof.

This is a great credit to all the healthcare providers that work so tirelessly for a holistic approach to health.

I wish you all success for the future and I know that God's blessings are with you in abundance.

With all good wishes,

In Baba's loving yaad,

Jayanti Kirpalani
Director,
Brahma Kumaris—Europe



Jayanti Kirpalani, European Director, Brahma Kumaris World Spiritual University, UK, with scientists from Defence Institute of Physiology and Allied Sciences, involved with the coronary artery disease regression project



Late Dr Raj Dhawan, founder trustee of the RajShila Trust, handing over keys of a vehicle to (then) supervisor, transport, Mohan Lal. RajShila Trust has supported the hospital in various ways

Heartfelt Namaskar,

Many years ago my late husband Shri P C Parmar and I spent a fortnight at J Watumull Global Hospital & Research Centre, Mt Abu, on Dr Partap Midha's invitation. We were very happy to see the service and spiritual orientation of those we interacted with—both in J Watumull Global Hospital & Research Centre and in the Brahma Kumaris international headquarters. We decided to collaborate with the Global Hospital & Research Centre trust to create the P C Parmar Foundation Global Hospital Eye Care Centre. Indeed, the trust is also managing that unit very well. On behalf of my family, I congratulate J Watumull Global Hospital & Research Centre on its Silver Jubilee.

Indumati Punamchandji Parmar
Donor
P C Parmar Foundation Global Hospital Eye
Care Centre, Abu Road

For more than four decades, I have worked at medical centre hospitals in the USA and inspected state-of-the-art hospitals around the world. All hospitals need advanced technology and accurate procedures for patient treatment. My experience has taught me that for healing to begin, all patients need a loving and caring atmosphere, and a sense of belonging from the medical staff. I have witnessed that the J Watumull Global Hospital & Research Centre medical staff is providing this special and unique quality of care. Their dedication and selfless service makes up for the most modern, well equipped medical centres in the world.

Global Hospital is located in a rural area and provides medical care to poor and underprivileged village people without charge. I am honoured to be associated with Global Hospital since its inception and will continue to support this noble and deserving charitable cause.

Hansa Raval, M.D.
Colonel, United States Army (Retd.)

We would like to congratulate J Watumull Global Hospital & Research Centre on its Silver Jubilee. Congratulations for achieving 25 years of service to the local community!

Many lives have been saved and bettered through the combination of spirituality and medicine under one roof. We have been touched by the care and dedication displayed by the doctors and staff towards patients and their families. This inspired us to become involved with the Village Outreach Programme 22 years ago and we are pleased to see it is still going strong.

We wish the hospital much success in the future.

Warm wishes,

Sanjay and Ravina Kirpalani
Patrons of the Village Outreach Programme,
the hospital's flagship community outreach
initiative



Late P C Parmar with his family & Global Hospital trustees at the foundation stone laying ceremony of P C Parmar Foundation Global Hospital Eye Care Centre at Abu Road

Late Dr Vinay Laxmi, chief, Village Outreach Programme, leads a rally to spread awareness about tuberculosis





Launch of the Global Hospital Institute of Ophthalmology in 2003, patron Robin Ramsay is seen sitting in the second row

Smile Train recognises J Watumull Global Hospital & Research Centre, Mt Abu, for unrelenting dedication to the community and patients for reconstructive cleft surgery. Putting smiles on their faces and giving them a second chance at life!

Renu Mehta
Country Director - India,
Smile Train

I am immensely pleased to congratulate the J Watumull Global Hospital & Research Centre on its 25th silver anniversary.

IndiaCare of Germany has been wholeheartedly supporting the hospital right from the beginning.

We are immensely proud of the service Global Hospital has rendered towards the people of Mount Abu and surrounding districts. Right from its start the holistic approach, seeing the soul and body of the patient has made this hospital so special and unique.

We congratulate the hospital, its staff, the founders and countless supporters for their tireless efforts to uplift humanity.

Golo Joachim Pilz
President,
IndiaCare

Yes, it really was over 25 years ago that the foundation stone was laid for this wonderful enterprise.

Architect Sonal Shah's creative design was brought brilliantly to life on top of a mountain on the edge of the Rajasthan desert! Who could have believed it? And this was just the beginning. Brother Nirwair's vision of serving the community through sophisticated health care allied to meditation has grown exponentially over the years as the hospital's expansion has become an essential part of the fabric of Abu Road. The Abu Road hospital complex, in a location so easily accessible to local people, also serves members of Brahma Kumaris, as well as doctors, patients and visitors from around the world...

I am always wonderstruck by the dedication of Dr Partap and his staff. To this day I remember meeting boys and girls who had had successful surgery to repair a cleft palate, as well as older people from the desert who, with a simple operation costing less than \$ 35, are now able to see again: and there are thousands of stories like this to tell. Truly remarkable. From myself and everyone at 'Sanctuary Australia', congratulations and blessings to all!

Robin Ramsay
Patron

It is my great fortune and privilege to be associated with the J Watumull Global Hospital & Research Centre from its beginnings. Bringing advanced and much needed medical care to the rural population around Mt Abu, along with providing basic orientation to health maintenance and self care practices always struck me as a noble and practical aim. Although this has been attempted successfully at many other places in India, the uniqueness of this facility is the palpable vibrations of peace and love as one enters the doors of the hospital even in an emergency.

I have seen that the dedication of the staff to their routine of meditation and simple lifestyle frees them to have extremely positive interactions with the patients and among themselves. Having had the experience of the state of healthcare services in the West, I really appreciated this stress free approach whenever I went in for medical reasons of my own or someone else.

I must also say that Global Hospital has been a great source of hope and inspiration for us in the USA to begin our spiritual services to those in the healing profession. Just as we have witnessed its progress and success from an idea, we have been able to give life to the concept of integrating spirituality in healthcare through initiatives like Hope in Healthcare and Point of Life Foundation. I extend my deep gratitude to all those who have made it possible for Global Hospital to be the example and stand as a beacon of healing light and pointing to the One Light.

With best wishes for your continued and expanded services,

Dr Kala Iyengar
 Director of Peace Village
 Brahma Kumaris
 USA



Joachim Pilz with medical director Dr Partap Midha, laboratory staff. IndiaCare Trust has channeled a lot of resources to various hospital departments



Cake-cutting at practically every celebration! Seen standing from left to right: BK Nirwair, BK Mohini, BK Jaymini, Dr Hansa Raval, Dr Kala Iyengar

Over a quarter century many visitors have been introduced to the J Watumull Global Hospital & Research Centre healthcare model. Here, medical director Dr Partap Midha is seen explaining the model to eminent author & doctor Dr Deepak Chopra

Martina Alex led the IndiaCare Trust for long, actively sourcing materials for Global Hospital. She is seen here, extreme right, with the operation theatre team, including Ahmedabad-based visiting ophthalmic surgeon Dr Shashank Rathod, third from left, who performed some of the earliest cataract surgeries.



Rotarians associated with the Rotary Club of Black Mountain (USA) and Mt Abu have been exceedingly supportive of the hospital

Please accept greetings and congratulations of love and joy for this auspicious date, the accomplishment of 25 years of service to humanity.

J Watumull Global Hospital & Research Centre is not an ordinary hospital, but a unique and extraordinary one with a foundation of dedicated doctors, nurses and staff members with great commitment.

How fortunate are the patients reaching this place, where they are not only getting physical treatment but also emotional and spiritual care. Learning the means of meditation and spiritual wisdom is the greatest medicine! May this invaluable service continue forever under the guidance and protection of the Almighty, Godfather Shiv.

Here are just a few of my memorable highlights from the day I fell in love with the Global Hospital family:

During my regular visits to Mt Abu, I had the opportunity to lend a helping hand during the construction of the hospital, carrying soil, tagging boards, etc.

Soon after, it was my good fortune to listen to a lecture by Brother Nirwair ji introducing the hospital, and immediately thereafter I got involved in the hospital's service.

In 1990, a handful of enthusiastic and determined brothers and sisters from Germany established a trust, which was recognised and registered under the 'Indo-German Agreement,' thus enabling the passage of relief goods (many containers!) to India free of duty.

As a trained nurse working in those days with the Public Health Department, I had good opportunities to approach and inspire appropriate companies for lending a helping hand to the hospital.

It was overwhelming, how in those days German companies were full of zeal, enthusiasm and love for India and they donated generously. In particular, Pharmacia with its intraocular lenses was most generous! It was our system to give all these donors a report in return for their donation, including photos, letters of gratitude and beautiful Indian gifts. Even the German Government provided a UPS machine (for uninterrupted power supply). This showed the good relationship between Bharat and Germany. We also invited a couple of doctors to Germany to spend some time in German hospitals.

This is just a glimpse of the early days of the hospital, and I'm deeply grateful for that chance to give my return to Bharat. Thank you.

Martina Alex
Former President, IndiaCare Trust
Bremen, Germany



Late Dadi Prakashmani, chief, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, inaugurating the first nursing education facility in 1995



Chief of the Brahma Kumaris & hospital patron Dadi Janki inaugurating the Special Care Unit in 2003. Behind her: Mathilde Sergeant, former president of Stichting Global Hospital Nederland, one of the sponsors, Jacqueline Berg from Holland and Mohini Panjabi from USA



Dietician Sujata Rathi leads Geeta Agarwal, others, in a fitness class

Bringing back smiles sums up my experience at J Watumull Global Hospital & Research Centre.

Global Hospital is an amazing hospital practicing holistic healthcare, which I have had the honour to be a part of and help expand since 22 years. Of my 50+ years working experience in different hospitals across the world, Global Hospital is at the top.

Holistic healthcare at Global Hospital spans ayurveda, homoeopathy, yoga therapy, Rajyoga meditation and positive thinking, with poor patients being treated for free.

Global Hospital promotes total healthcare as the World Health Organisation advocates by focusing on eco-friendly initiatives like water recycling and solar energy, and by the efforts of half of the entire staff who meditate for world peace and peace of mind.

We are reaching out to young people through our nursing school and nursing college. As a nurse educator I am happy to have helped establish professional nursing education. I am proud of the students we taught in-house for a year, who went on to study nursing at a higher level, especially the young women.

We have introduced Global Hospital staff to Values in Healthcare through workshops on compassion, peace and other virtues—this has been a passion for me.

My time here has truly been a learning process, which I hope to extend for long. As a meditator, I have grown spiritually.

Mathilde Sergeant
Former President,
Stichting Global Hospital Nederland

On the completion of 25 years of glorious medical service to mankind—especially to the residents of Mt Abu, it is a boon to have such a large hospital in a small town—on behalf of the local community, I express true gratitude to the doctors and staff of J Watumull Global Hospital & Research Centre.

A huge thanks for caring for patients as people, not just as numbers. I have been in and out of the hospital a lot over the last few years, and the service and care I have received has gotten better each time.

Special thanks to medical director Dr Partap Midha for his administration, guidance and outstanding service which makes the hospital number one. All the staff, catering services to cleaning services, maintenance and especially the doctors and nursing staff are efficient, friendly, caring and helpful. You don't find that in every hospital. Our sincere thanks and deepest gratitude to each one for making hard times easier. Thank you and God bless all.

Geeta Agarwal
Hotel Hillock
Mt Abu

The spiritual aid to healing which Global Hospital provides is unique and one with proven results. The healing is much faster—the atmosphere in the hospital is very light and easy, because of the spiritual vibrations which the staff practicing meditation create and it is this that helps patients heal much faster. I have personally experienced this and whilst it sounds amazing; it is true nevertheless.

This is one of the very few hospital systems in the world which provides medical service to those who need it, based on their ability to pay. It is based on a kind of 'Robin Hood' philosophy and is unique, a refreshing philosophy, very successful and commendable.

Nizar Juma
Industrialist, Kenya
Founder & Coordinator, The Future of Power

I feel honoured and privileged for my association with J Watumull Global Hospital & Research Centre since its humble beginning 25 years ago.

My involvement grew deeper when I had the divine opportunity to operate on respected (late) Dadi Prakashmani ji, Dadi Hriday Mohini ji, Brahma Kumar Nirwair and many more divine souls. This inspired me to carry out free eye camps and perform hundreds of cataract surgeries at Global Hospital for the poor and needy. Eye camps became a regular monthly or bimonthly event. Sister Martina ji of Germany helped us by making intra ocular lenses available.

Performing free cataract operations at Global Hospital became almost routine for me and my team for many years.

I look upon the time spent at Global Hospital as one of my finest professionally.

With each visit, I have seen Global Hospital expanding and growing in all avenues.

The best of Global Hospital is in the future.

Dr Shashank Rathod
Visiting Ophthalmologist
Founder, Eye Care Hospital, Ahmedabad

It is a matter of great pride that J Watumull Global Hospital & Research Centre has completed twenty five years of services for the welfare of society. I would like to extend my heartiest congratulations to all the staff on the occasion of the Silver Jubilee celebrations.

Global Hospital is a unique place for holistic healthcare services not only for the people of Rajasthan but for people across the globe, truly global as are the name and the service. The spiritually charged environment of the hospital along with empathetic doctors, nurses and the other staff provide true holistic care to patients from all walks of life. Its three dimensional approach to healthcare with state-of-the-art facilities in multiple specialities look after the body, mind and soul, all under one roof.

I am sure the hospital will continue to extend high quality patient care under the able guidance of Dr Ashok Mehta and Dr Partap Midha, and the team of dedicated doctors, nurses and other staff.

Dr Kiran Bala
Neurologist
Delhi

J Watumull Global Hospital & Research Centre is a combination of *sewa* and special care, with the most advanced infrastructure for needy patients for the last 25 years.

I feel so fortunate and proud to be associated with the hospital.

May God bless and give you immense strength to pursue your noble cause.

Dr Darshan K Shah
Apollo Hospitals
Ahmedabad

Urologist Dr Pankaj Patel, diabetologist Dr Shrimant Sahu, urologist Dr Darshan Shah, surgeon Dr Sanjay Varma and senior clinical associate, Surgery Department, Dr Nabajyoti Upadhyaya



Laboratory staff with voluntary blood donors at Raj Bhawan, the official residence of the Governor of Rajasthan in Mt Abu, during Shrimati Pratibha Patil's tenure



I arrived at J Watumull Global Hospital & Research Centre in December 1994 when the hospital was in its infancy. I was the first fulltime surgeon, living on campus. My two daughters were still very young.

My initial challenges were twofold: 1. Organising a decent surgical service with the few available resources, especially trained staff, and 2. Instilling confidence in the local population that surgery was possible at Global Hospital.

Having done most of my training in the UK, it did take some time for me to understand the health ethos of the area and also to understand the unique disease spectrum that presented to me. Poverty, illiteracy and ignorance were also major hindrances in delivering effective healthcare.

Over the years Global Hospital evolved and expanded. More clinical support became available and a team philosophy emerged. Dr Jyoti (Nabajyoti Upadhyaya) evolved as a pillar of support for me. I still remember the difficult cases Dr Shrimant Sahu anaesthetised effortlessly.

If I were to pinpoint major milestones in the evolution of surgery at Global Hospital, they would be:

- > Our first operation was an appendicectomy on a lady who lived nearby.
- > We performed the first cleft lip corrective surgery on a four year old—Global Hospital has a full fledged Smile Train sponsored programme now.
- > We introduced full time laparoscopic surgery.
- > We started a urology service which included endo-urology.

It was a great responsibility and joy to have cared for Dadi Prakashmani and Dadi Janki.

Professionally I remember my time at Global Hospital with great satisfaction. On a recent visit I was amazed to see how things have expanded. I am sure Global Hospital will continue the excellent service it provides the local population.

My family also remembers the years at Abu. My daughters are now grown and on the way to becoming doctors themselves. Hopefully they will have imbibed the values and philosophy of Global Hospital where they grew up!

Dr Punnyabrata Ghosh
General Surgeon
December 1994 to July 2002

Physician & intensivist

Dr Sachin Sukhsohale started his innings in 2004 as a doctor with the mobile clinics



General surgeon Dr Punnyabrata Ghosh with his patient, late Dadi Prakashmani, chief of the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya

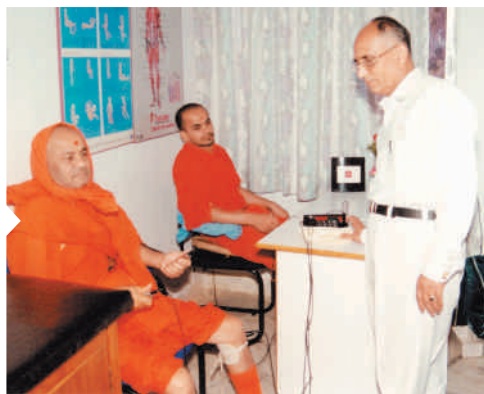


Consultant gynaecologist & obstetrics Dr Saurbhi Singh sees a patient at a village location

*Senior consultant ophthalmologist
Dr V K Sharma with a happy patient,
soon after joining the hospital*



*Honorary
homoeopaths
Dr Pushpa Mehta and
Dr Yogesh Mehta have
been around since the
hospital started*



*Magnet therapist
Dr Ramesh
Dharamthok has
changed the life of
many a case of
paralysis*

It gives me great pleasure to communicate with you through this Souvenir on the celebration of the 25th anniversary of J Watumull Global Hospital & Research Centre, Mt Abu.

On this occasion, I am celebrating 20 years of association with the institution. It reminds me of the day in the year 1996 when I first visited the hospital and operated on a ruptured eyeball. Since then the hospital remained in my thoughts till I joined it in 1998 after returning from Oman.

In 1998, Global Hospital opened a small eye unit at G V Modi Rural Health Care Centre, Abu Road, which was partially supported under the National Programme for Control of Blindness.

From thereon ophthalmic services have developed at the tertiary care level, with the commissioning of the Global Hospital Institute of Ophthalmology in 2003, and the PC Parmar Foundation Global Hospital Eye Care Centre in 2007. Outdoor services have grown from a daily average of 10 patients to 150 patients, and major surgeries from 500 to more than 5000 annually.

Global Hospital Institute of Ophthalmology is an institutional member of Vision 2020, Right to Sight, and has also linked up with many government and nongovernment organisations including ORBIS International, SEE International, Help Age India, SEVA Foundation, etc.

Recently, we have tied up with the Public Health Foundation of India to run a project on reducing blindness caused by diabetic retinopathy. This project is funded by the Queen Elizabeth Diamond Jubilee Trust, London, UK, and the London School of Hygiene and Tropical Medicine, London, UK.

Global Hospital Institute of Ophthalmology is a reputed teaching institution and offers training courses for medical and paramedical professionals including DNB in Ophthalmology. The team of qualified doctors and staff has represented the institution at various national and international seminars and conferences.

I have experienced great respect and love from my colleagues, staff and patients while working here. I have discovered a great strength, experienced spiritual awakening and peace during my stay here.

I am sure the hospitals will grow further and acquire the status of national-level institutions.

Dr Vinod K Sharma
Senior Consultant Ophthalmologist,
Global Hospital Institute of Ophthalmology

My journey with J Watumull Global Hospital & Research Centre has been both joyful and challenging.

It is a peaceful hospital in a peaceful environment for peace loving persons.

I wish the hospital all success in its mission of serving the needy people.

Dr Sharad Mehta
Senior Consultant ENT Surgeon,
J Watumull Global Hospital & Research
Centre

We are celebrating the Silver Jubilee year of our hospital (alma mater). As I have been working here from the very beginning, I have seen how we started and gradually developed to reach the present state.

Our hospital's uniqueness is that it is a healing centre, a temple with a clean and peaceful atmosphere everyone loves.

I feel as if I have been here only 25 days. Not once have I realised I've spent almost half of my life (25 years) in a single institution.

I am proud to have dedicated my life for a noble cause—for the service of humanity as well as for our beloved Father, Supreme Surgeon—Shiv Baba.

Dr Shrimant Sahu
Anaesthetist & Diabetologist,
J Watumull Global Hospital & Research
Centre

Idealistic, ethical service in a peaceful environment with a humanitarian touch was my dream work environment when I started on this noble profession. I joined J Watumull Global Hospital & Research Centre 13 years ago in November 2003, when the Department of Obstetrics and Gynaecology was very new. Since then the department has flourished. Now we take on all types of difficult and complicated cases. Global Hospital has given me the opportunity to learn and progress through national as well as international stalwarts and transfer the benefit of my learning to the less privileged.

During this journey I have always felt the special power of spirituality and God's direct blessings on me and my patients. This is a place where I have been able to truly serve a global community as well as the poor without compromising on my idealism.

Dr Saurbhi Singh
Gynaecologist & Obstetrician,
J Watumull Global Hospital & Research
Centre



Diabetologist Dr Shrimant Sahu conducts a mass awareness programme

Sr consultant ENT surgeon Dr Sharad Mehta, doctors and OT staff after an early cleft surgery programme





Former physician Dr Anshul Wadhwa seeing a patient

Visiting orthopaedic surgeon Dr Narayan Khandelwal checks on a patient as physiotherapist Ram Prasad looks on



My experience of serving in an out-of-this-world healthcare facility—J Watumull Global Hospital & Research Centre, Mt Abu, a hospital nestled in the lap of nature and unparalleled scenic beauty.

My arrival in Mt Abu was serendipitous, but the very moment I reached and began interacting with the extraordinary staff of the Global family, I got the gut feel that I was at a divine place. Each day as I worked my enthusiasm just kept on growing. With many inspiring souls like Dr Partap Midha, the honourable medical director, there was a lot to learn and experience, both as a medical professional and as an individual. Spiritual and holistic medicine as advocated by Global Hospital was a paradigm shift in my perception of healthcare.

Thanks to the efficient team and the blessings of Lord Almighty, the quality of work I delivered over the five years spent in Mt Abu is till date my best and most cherished endeavour. The fragrance of the love and affection of the staff is still fresh in my heart, and I am sure, every doctor who has been fortunate to serve there feels the same.

Many patients have taken benefit from the hospital, many more will continue to do so. Thank you for bringing out the best in me. I salute your spirit of work and wish you success, happiness and prosperity in the coming years.

Anshul Wadhwa
Physician
2005 to 2010

I have been performing joint replacement surgery at J Watumull Global Hospital & Research Centre, Mt Abu, since 2005.

What stands out about the hospital is that it offers the complete range of secondary specialties despite being located in a semi-urban location. It boasts a world class operation theatre where any major surgery can be easily performed, and a fantastic, cooperative team made up of the anaesthetists, nurses, physiotherapist and other support staff. I actually chose to operate on my mother here despite having the choice of operating on her in the best hospitals in Mumbai. One of the reasons for that is that we have logged nil infection rate here in all these years, after performing over 1500 joint operations.

Global Hospital is truly a gift to humanity.

We are operating on 20 joints every month. I see plenty of scope to enhance this as the services of the hospital become better known.

Dr Narayan Khandelwal
Senior Orthopaedic Surgeon (visiting),
J Watumull Global Hospital & Research
Centre
Also, Orthopaedic Surgeon & Medical
Superintendent, BSES MG Hospital, Mumbai

A place where science and spirituality have joined hands for the benefit of humanity is J Watumull Global Hospital and Research Centre, Mount Abu, a landmark in holistic healthcare. I feel great fortune for having witnessed how Global Hospital has presented new dimensions of care—spiritual care, care of the mind as well as body, how it has combined meditation with medication.

In my 25 years with the hospital, I have been blessed every day by patients. Serving at Global Hospital has given me wonderful moments of inner peace... joy... learning... spiritual empowerment and inner satisfaction. When I meet patients with words of hope... happiness... healing, I see smiles, faith and assurance on their faces.

Global is not just a hospital but God's temple where miracles in healing take place. I have seen many hopeless patients get a new life. So how can my dream be anything but to serve more and more.

Dr Binny Sareen
Manager, Public Relations & Mass Media,
J Watumull Global Hospital & Research
Centre

My memories of J Watumull Global Hospital & Research Centre start in 1990, when in one of the first meetings with Rajyogini Dadi Prakashmani ji about the hospital, Dadi ji asked, "Who will serve at the hospital?" I was the first to raise my hand. I was determined to join in 1991 but as per drama faced many hindrances. Dadi Rajyogini Hriday Mohini ji said "You have a very important part to play in Global Hospital but not now. Baba will call you at the right time for the right service."

In 1994, I had visions during meditation about applying Rajyoga meditation to heal the mind and body. I shared these with late Dr APJ Abdul Kalam, then Scientific Advisor to the Defence Minister of India. He said Dr Gupta if you work on this project, myself and the Defence Institute of Physiology and Allied Sciences (DRDO), New Delhi, will collaborate with you.

That is how the Coronary Artery Disease Regression research project started. I asked Dr Partap Midha for his consent to include the hospital's name in my grant proposal to the Ministry of Health and Family Welfare of India. To work on all this, I shifted to Abu in April 1995 with my family. From day one, I experienced spiritual growth.

Approval for the project followed in October 1997, and it was launched in December 1997. Central Council for Research in Yoga & Naturopathy, Ministry of Health and Family Welfare, Government of India, New Delhi and DRDO sponsored the project. Over two studies spanning over 500 patients, we evaluated the efficacy of the 3-Dimensional Healthcare Programme for Healthy Heart, Happy Mind and Healthy Body, a seven day in-house programme. 93% patients could open their blocks in the Interventional group as compared to only 13.5% in the control group. Mount Abu Open Heart Trial was published in September 2011 in the Indian Heart Journal.

Over 7200 coronary artery disease patients have opened their blocked arteries without any Percutaneous Transluminal Coronary Angioplasty or Coronary Artery Bypass Grafting. Other benefits include improved insulin sensitivity resulting in diabetic control with less medication, better control of blood pressure, relief from bronchial asthma, migraine, arthritis, depression, insomnia, anxiety and other conditions.

With over 18 years experience, in this Silver Jubilee year of Global Hospital, we are launching a new project called Healthy Heart, Happy Mind, Healthy Body for the primordial, primary, secondary and tertiary prevention of all non-communicable diseases.

Global Hospital is unique for combining modern healthcare with care for the mind and spirit. No patient is denied care for want of paying capacity. I feel privileged to be associated with the hospital as a clinician.

Dr Satish Gupta
Senior Consultant, Cardiology & Medicine

In 2011, senior consultant physician & cardiologist Dr Satish Gupta received the Atma Swasthya Sri endowment award from Naganur Rudrakshimath, Belgaum, for his work in healthcare



Dentist Dr Niranjana Upadhyaya lecturing school children on oral hygiene. Now he runs a busy and successful dental practice and finds less time for field work!



Thanks to Dr Satish Gupta's initiatives in cardiac care, several editions of the World Congress on Clinical & Preventive Cardiology have been held at Shantivan, Abu Road

Eye care managers Sandeep Singh and Dinesh Singh flank senior consultant ophthalmologist Dr Sudhir Singh and visiting faculty Dr Theodore Otis Paul, with beneficiaries of a surgical programme on strabismus



I passed my Masters in January 1999 from SMS Medical College, Jaipur, and was looking for a placement. I got an offer from the Global Hospital & Research Centre trust to work as locum ophthalmologist for the month of March 1999. So, I came as locum and worked in the G V Modi Rural Health Care Centre & Eye Hospital, Abu Road, for a month, during which I logged the highest number of cataract operations performed in the history of the hospital.

Dr Partap Midha (then medical superintendent) offered me the position of junior consultant at the Abu Road unit. I joined on May 1, 1999.

At the time, that extension unit was not popular; it was considered merely a follow up centre for treatment rendered at the J Watumull Global Hospital & Research Centre, Mt Abu. Nevertheless my team was very enthusiastic—and very young. We threw ourselves into community eye services, performing 100 or more cataract surgeries each month. Appreciation and recognition for our work from the community, the management and the Brahma Kumaris followed.

Chief of Brahma Kumaris late Dadi Prakashmani motivated me to do more for the needy and the poor. On January 26, 2000, the Rajasthan Government felicitated me for performing the highest number of cataract surgeries in Sirohi district.

I met Shri PC Parmar at a screening programme in Mohabbat Nagar. It was during our informal chat that we conceptualised a full-fledged eye institute that went on to be created (PC Parmar Foundation Global Hospital Eye Care Centre). During my 17 year association with Global Hospital, I have designed and developed the Squint Master Software. I have reported world fourth, third and first rare cases in international journals. I have invented and published (in international journals) a paper on a new cataract removal technique.

I believe all this has happened because of Dadi Prakashmani's appreciation and motivation, and Dr Midha's faith in me and giving me a free hand to develop.

Dr Sudhir Singh
Senior Consultant Ophthalmologist,
J Watumull Global Hospital & Research Centre



Senior consultant ophthalmologist Dr Sudhir Singh celebrates an early achievement—1001 cataract surgeries with his colleagues

Villagers, and tribal folk, at that, constitute the major beneficiaries of the hospital's cataract surgery programme





Archana Kulkarni, previously eye care manager, now oversees hospital promotion

Precious moments with (late) Brother Jagdish Chander Hasija of the Brahma Kumaris: Rupa Upadhyay (centre), with chief, Village Outreach Programme, Dr Kanak Shrivastava & staff nurse Sangeeta Darji



The year 1991 was the luckiest for me, and most beautiful, when the Brahma Kumaris commissioned J Watumull Global Hospital & Research Centre at Mt Abu, and I was entrusted the duty of finance and accounts.

My task has been challenging but with the guidance of respected Brother Nirwair ji, managing trustee, and Dr Partap, medical director, my journey since day one has been quite smooth and satisfactory. While performing my duties at the hospital, I am proud of having received sustenance from the (late) Rev. Dadi Prakashmani ji and other senior Dadis and Dadas, members of the Brahma Kumaris. I am a dedicated Brahma Kumari and I salute them from the core of my heart.

Om Shanti!

BK Meena Thakkar
Manager Accounts,
J Watumull Global Hospital & Research
Centre

Mother Teresa said "Not all of us can do great things on this earth. But we can do small things with great love"...

Whatever limited skills and knowledge I have, J Watumull Global Hospital & Research Centre has provided me a platform to apply those for a worthwhile cause. It's been 20 years since I joined Global Hospital as a volunteer.

Serving as a member of the outreach team has given me plenty of opportunities to work at the grass roots level, closely observing the lives of deprived communities, understanding their hardships and sufferings.

Being associated with the Brahma Kumaris since childhood, I always aspired to lead a spiritual life, to contribute to God's task of world transformation through self transformation. The experience I've gained by working here, the life lessons I have imbibed, have facilitated my own process of self transformation. Helping others has eased my own challenges, transforming me into a more mature, kind and compassionate person than I was 20 years ago!

Global Hospital: thank you for the chance to become God's instrument to serve His children and bring hope in their lives.

BK Archana Kulkarni
Deputy Manager Hospital Promotional
Services,
J Watumull Global Hospital & Research
Centre

They say a journey of a thousand miles starts with a single step. It seems like just yesterday we started on this journey with 30 staff. Today, with a team of over 300, J Watumull Global Hospital & Research Centre and its sister units enjoy a special place in Rajasthan.

With the thought to offer selfless services, I started my journey here as a staff nurse. I went on to become the OT supervisor. Today, I am the chief of nursing services. In these 25 years, I have received a lot of love, blessings and trust. I have had opportunities to serve patients from India and across the globe. It has been my good fortune to have worked with eminent Indian surgeons and doctors like Dr Ashok Mehta, Dr V N Shrikhande, Dr K H Sancheti and many others. We have also had opportunities to work with international doctors, who exposed us to new techniques and helped us grow professionally.

At Global Hospital, with the balance of medicine and meditation, I have seen many hopeless cases get cured—almost like magic. All these years, Global Hospital has been our family, our alma mater which has cared for us and nurtured us. More than anything else it has been a home of hope for all our patients, especially the poor.

My sincere good wish is that the hospital grows to serve millions, not just by bestowing health but also by gifting peace and happiness to every life it touches.

BK Rupa Upadhye
Chief of Nursing Services,
J Watumull Global Hospital & Research Centre



Nursing supervisor Meena Vadasriya and immunisation nurse Nanda Navrekar administer vaccinations during a school medical check-up programme



Senior nursing assistant Kot Lakshmi helps a patient at a flood relief camp site in Karnataka



Nursing supervisor Smita Prajapati cares for a newborn

Congratulations on successfully completing 25 years of altruistic service!

I am very proud to have been a part of J Watumull Global Hospital & Research Centre's journey—a journey of learning, growing and sharing.

Ever since my college days, it was my dream to join Global Hospital for it is situated in Mt Abu, the headquarters of the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. When I got an opportunity to join the hospital just after my graduation in 1995, my dream came true!

In all my years here I have never felt like an employee, like someone doing a job. I have always felt a sense of belonging; a family feeling has prevailed consistently.

Heartiest thanks to medical director Dr Partap Midha and the Global Hospital family for supporting, trusting, motivating and encouraging me.

I feel ethical medical practice is Global Hospital's major strength. Patients feel safe here, sure that no harm will come to them while they undergo treatment.

As we celebrate a journey of 25 years, a celebration of innumerable lives touched, of initiatives that have reached out to the community and a commitment of a lifetime, let us become aware that we have much more to achieve, a bigger responsibility—to carry forward the torch, to continue this pledge.

Manisha Ligade
Deputy Manager Human Resources,
J Watumull Global Hospital & Research Centre

Many, many congratulations for the Silver Jubilee of the hospital!

I have seen the hospital grow from a day clinic to a fully equipped modern hospital providing much needed medical care to the local area. With many, many well wishers and with regular funding from various organisations as well as sponsorship of major projects, the hospital has expanded its services to include a trauma centre, eye hospital, nursing school, among others, and is also unique in offering various complementary therapies. It is wonderful to witness the hospital reach this milestone and continue to give a large percentage of patients free or subsidised treatment and reach out to many surrounding villages.

On a personal level, I was a patient at J Watumull Global Hospital & Research Centre a couple of years ago when I had knee replacement surgery in both knees. I was very anxious about this major surgery but was encouraged and re-assured by the consulting surgeon, Dr Khandelwal, of the positive outcome. The surgery went well and through my recovery over many weeks, the after care given by the hospital was excellent. The consultant, all the doctors and therapists, the dietitian as well as all the staff were very encouraging, positive, caring and helpful. The environment of the hospital was beautiful and spiritual: peaceful, positive and healing. All this really helped me a great deal to recover and heal, and to start walking normally again. It gave me a new lease of life and changed my day to day functioning completely. I was once again able to live a normal life with the freedom to walk and do whatever I wanted. Before the surgery I was not very mobile so was not able to do much. When I returned to the UK, people were just amazed how well I looked and that I was able to walk normally, they couldn't stop sharing their amazement for some months!

A lot of appreciation, gratitude and blessings to all the staff for their loving care and attention during my recovery.

With all good wishes for the continued valuable work of the hospital in providing medical care and changing lives,

Warm wishes,

Charu Patel
A joint replacement patient
London, UK



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J Watumull Global Hospital & Research Centre

Delwara Road, Mount Abu 307501 Rajasthan, INDIA

T +91 2974 238347/8 F +91 2974 238570 E ghrcabu@gmail.com

URL www.ghrc-abu.com