

CENTRE FOR RESEARCH IN AYURVEDA AND SOCIAL MEDICINE FOR INTERNATIONAL BROTHERHOOD (CRASMIB)

(REGISTERED UNDER INDIAN TRUST ACT-1882, FOUNDED-1992)



ANNUAL REPORT- 2020-21



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AMessagefromPresident-

The CRASMIB is happy to place its annual report for the year 2020-21. As a registered voluntary organization, it has continued to make sustained efforts to achieve its aims and objectives of serving the most disadvantaged social groups. During the period under report, the organization successfully held various programmes and activities. One of the main objectives of the organization is to create awareness among people on social issues, mobilize them for social action and motivate them to work together for social development.

CRASMIB gives utmost importance to programmes related to women empowerment, as they constitute the most deprived and exploited sections of our society and require special attention for its social rehabilitation. Its objective is to impart suitable training to women and make them self-dependent. With its dedicated team of trained professionals, the organization reached out to a large number of target groups. The focus of its programme this year was on income generation activities for people living in disadvantaged circumstances.

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CRASMIB Trust

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1-IntroductionofCRASMIB-Trust:-

CENTRE FOR RESEARCH IN AYURVEDA AND SOCIAL MEDICINE FOR INTERNATIONAL BROTHERHOOD is located in Delhi. CENTRE FOR RESEARCH IN AYURVEDAANDSOCIALMEDICINEFORINTERNATIONALBROTHERHOOD (CRASMIB-Trust) is registered as a Trust at state of Delhi with Ngo unique registration ID 'DL/2011/0043138' . The NGO registration is done by Sub-Registrar with registration number 6812/4, Vol. 2514/77-87 on the date of 18-09-1992. The Chairman/ Chief functionary officer of CENTREFORRESEARCHINAYURVEDAANDSOCIALMEDICINEFOR INTERNATIONALBROTHERHOODisDrJitendraSingh.

Centre for Research in Ayurveda and “Social Medicine for International Brotherhood” (CRASMIB-Trust) with Its registered office Fourth Floor, Pal Mohan Sadan, 26/32, East Patel Nagar (Rajendra Place), New Delhi-110008 is a fast growing NGO/ Public Trust / Society constantly fighting for the cause of the community. The prime object of the NGO is to mobilize efforts for overall development of weaker and marginalized section of Indian Society. The organizationisimplementingvariouswelfareprograms inNationalCapitalRegionandexpanded its base in all other part of the county.

CRASMIB on its panel has so many intellectual and prominent personalities those have joined the hand to promote and eradicate the social causes prevailing in our society especially in rural areas. Almost people from all the streams have joined the CRASMIB Trust - society to promote its aims and objects. Society has economist, environmentalist, psychologists, sociologists, thinkers, doctors, engineers and management Govt’s retired people who are constantly putting their efforts to find out concrete solutions to the prevailing socio-economic conditions and deteriorating social structure of the society in its achievable frame. Our aims are great, name of the organization is self-explanatory, our efforts may be enhanced as and when it is supported by the Government and the administration.

PHILOSOPHYANDIDEOLOGYADOPTEDBYTHEORGANIZATION

- Respectforhumandignityandself-respectisthecoreforanydevelopmentwork(no charity)
- Everyculturetoberespectedandenrichedthroughsocialdevelopmentactivities (Destruction of culture and religion is anti-development)
- Tobringthemarginalizedandpoortomainstream ofthesocietythroughEducation, Training and development.
- Anyhelporservicesrenderedtothosewhoneedassistanceistohelptostandontheir own feet and move towards independence and self-reliant.
- Toempowerpeopletohelpthemtorealizetheirpotentialsandexercisetheirtalentsand abilities to the maximum extend.

2. Mission and Vision:-

The CRASMIB promotes sustainable and equitable social development with a team of dedicated social workers, activists and volunteers. It works against all forms of social, economic and political injustice and exploitation through motivating and mobilizing youth for the welfare and development; It strives for the welfare of the economically weaker sections such as schedule caste/tribes, Minorities, unemployed youths, rural Adolescents and people belonging to low-income groups.

The CRASMIB Trust - Society has adapted education, community health, poverty –alleviation, environment protection, rural employment and creating a scientific temper in social life.

3. Aims and Objectives:-

One of the main objectives of the CRASMIB Trust -is to create awareness among people/masses/communities on social issues, mobilize them for social action and motivate them to work together for Social development. The CRASMIB Trust - gives utmost importance to programs related to Adolescents empowerment, as they constitute the most deprived and exploited sections of our Trust and require special attention for its social rehabilitation. Its objectives are to impart suitable training to Adolescents and make them self-dependent. It is also working for the welfare of rural and urban youth by providing them suitable training and employment through self-help groups.

The proposed project is outcome of four sincere efforts that we have put in to solve the prevailing problems in the target area based on need assessment, survey and analysis work done by the social workers of the CRASMIB Trust. The situation of the target community has compelled us to formulate the proposal. The CRASMIB Trust has prepared the proposal with the help of the able professional with proper analysis and strategy formulation. Topography, low literacy and negligible awareness make the Adolescents folk most deprived of their basic rights, health services, etc. for which attempts were being made for a long time. Organization is willing to complement / supplement the Govt. presence in the area for betterment of the Adolescents in need.

4. Activities Details:-

4.1-The Success IAS Coaching Centre-

The Success IAS Coaching Center was established under CRASMIB Trust. CRASMIB Trust was empaneled by the SC, ST & OBC Department of Delhi Government on 14/11/2019 to provide free coaching for IAS and Public Service Commission Exam preparation. This empanelment has been done under Jai Bhim Mukhya Mantri Pratibha Yojana. Under this scheme, 100 students are getting free of cost education at The Success IAS Coaching Center.



4.2-FreeAyurvedic Consultancy:-Nowadays,Ayurvedic Treatment isthemosteffective,safe, and popular way of treating diseases. Ayurvedic Treatment is a much safer and effective treatment as compared to AllopathyTreatment. As most of us know that in Allopathytreatment, doctors and other healthcare professionals (such as nurses, surgeons) treat diseases and their symptoms using drugs, medicines or surgery. From Ayurveda Consultants, you can get the free online ayurvedic consultation anywhere in the world.

People pay lots of money to doctors and still not get the best cure for their diseases. CRASMIB Trust is providing you free ayurvedic consultation online via video or phone. Here, you will get consultation free of cost for any disease. Keeping in mind the side effects of Allopathy, we strongly believe that for many diseases Ayurvedic Treatment is better.

Centre for Research in Ayurveda and Social Medicine for International Brotherhood (CRASMIB Trust)has a big team of the best Ayurvedic Doctors in Delhi who have years of experience and cured many serious diseases. If anybody wants free online consultation with ayurvedic doctors, then CRASMIB Trust.

4.3-Integrated Medicine:- Complementary and alternative medicine (CAM) is the popularname for health care practices that traditionally haven't been part of conventional medicine. In many cases, as evidence of safety and effectiveness grows, these therapies are being combined with conventional medicine.

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Thus, the term "alternative" has been dropped from the name. These therapies are now called complementary and integrative medicine, integrative medicine and health, or simply integrative medicine.



CRASMIB Team provides Integrative medicines to patients which are combines the well-researched conventional medicine with the most well-researched, evidence-based complementary therapies to achieve the appropriate care for each person.

4.4-Yoga Education, Naturopathy and Training:- The importance of Yoga has been on an increase all across the world. Along with the time people are getting aware about yoga and its benefits in terms of mental and physical health. Yoga has become a medium of living a healthy lifestyle; it has also turned to be a profession as many people are pursuing this career.

CRASMIB Trust and its team are active and provide yoga training during program of Ayurveda medicine and other programs. This Yoga Training is for the all age peoples during the health camps and coming people for Ayurveda treatment.

4.5-Activities on Dispensary:-

We have 10 active dispensary in M.P., Chhatishgarh, Haryana, Bihar and Uttar Pradesh. About 128590 patients got benefits from this program so far. suffering with the dreaded deceases were cured and their life returned to normal routine with our treatment .Such cases were suffering from blood cancer, tumor ,arthritis and other many deceases .It is hoped that the Govt. and other agencies will surely promote this work with their special support. It is expected that the same

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will be implementing Charka Practices in detail whereas presently we are attending the same work with our own resources.

There is seething discontent against medicine and the medical profession due to over mechanization of medicine robbing its essence and humanism. The advent of medicine, sophisticated gadgets and increasing technology has depersonalized medicine, lessened its humanity and adversely affected the doctor patient relationship. A super specialization of unquestionable importance but over enthusiasms is self-defeating and against the holistic approach of medicine.

A seething antagonism against doctors and a search for relief through "ALTERNATIVE MEDICINE" has become mandatory today Ayurveda along with the Siddha homeopathy medicine, spiritual healing & Chakra Therapy, magneto therapy , a new form of the 'meditation' called Sahaja. Chetna etc. all have increasing demand today. Special centers both in the Rural/Urban have been set up to scientifically asses' value of some of these alternative methods of medicine. Faith and nature are two of the greatest healing forces that can mend an restore the mind body. Moreover Ayurveda with herbal and folk medicine have stood the test of time and are still effectively used by millions all over the world.

4.6-Aids AwarenessandPatientsServices:-

CRASMIBorganizedan awarenessprogramme fortheyouthstohelpthemacquirethenecessary knowledge, belief, and develop positive attitude conducive to good health and wellbeing, and to avoid situations likely to lead to their infection with HIV. Widespread awareness programs for HIV/AIDs awareness were launched in Madhaya Pradesh, Delhi and Uttar Pradesh. A Quiz contest was also held after the programme to understand the level of comprehension The programme was conducted by resource persons who using participatory approach discussed the risk factors, and effective means to avoid HIV infection and transmission of HIV among young people.. The programme concluded with a note of optimism that that with sufficient and will. AIDS can be prevented and avoided.

4.7-Cancer Awareness and Treatment- In India, the incidence of cancer is increasing rapidly; therefore it is important to step up cancer literacy and knowledge amongst the population.

We hope that this will lead to early detection which is important in the management and treatment of cancer and also prevention by making necessary changes in lifestyle.

CRASMIB Cancer Control Unit: - The aim of the campaign is to create cancer awareness amongst the population of India. It is important to dispel the myths that people wrongly believe, inform them about the signs and symptoms, and importance ofscreening forearlydetection. It is also vital to follow a healthy lifestyle, and sharing of survivor stories gives a message of hope and confidence.

CRASMIB Trust has collaborated to many organizations and Institutions with local public to make awareness and treatment of cancer with Ayurveda.

4.8-COVID-19Awareness:-

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

CRASMIB Trust has made awareness about COVID-19 Virus and distribution of mask and sanitizers among the peoples. The Main focus was :-

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

4.9-FreeAyurvedicMedicineforCommunicableDiseases:-

CRASMIB trust has established for the awareness and of Ayurveda and Ayurveda medicine and various treatment with Ayurveda medicine in the India. Trust has completed many projects and activities for the awareness of Ayurveda and Ayurveda medicines in all states of India and abroad.



Trust has provided treatment and ayurvedic medicines to patients for curing communicable diseases like 1. Covid - 19 (Coronavirus), 2.Malaria, 3. Typhoid, 4.Tuberculosis, 5.Hepatitis, 6. Diarrhoeal disease,7.Influenza (Flu) etc.

Communicable diseases in India increase due to a lack of proper hygiene and awareness. The symptoms for most of the diseases are mild and cannot be found easily. However, when left untreated, it can prove fatal. Therefore, it is important to educate yourself about the top communicablediseases,understandtheirsymptoms, andtakethenecessarypreventivemeasures.

4.10-SeminarandWorkshop-

We have organized 8 seminars on employment generation in Punjabi Bagh; Delhi, Bhopal; MP and Raipur; Chhatishgarh. We have oriented 600 Participants on employment generation opportunities. It was conducted by Dr. Raghuvanshi and eminent experts facilitated the same. The participants of the seminar included several underprivileged girls from the neighbouring areas, social activists, women entrepreneurs, executives, government officials besides common people. The President of the organization working in the area of women's education welcomed the guests. The organization is providing vocational training and computer education to underprivileged girls in backward localities so that they could become self-dependent and support their families to some extent.

Delivering the key note address, Dr. Raghuvanshi said that to empower women, it is important for society to create job opportunities for women to become economically self-sufficient and improve the conditions of their families. She also outlined the various government schemes aimed at creating employment opportunities for women. She highlighted the growing opportunities for women in the private sector. She said new employment opportunities were beingcreatedin sunrisesectorslikecomputersand IT.Womenmustlookatthesenon-traditional areas and acquire suitable education and skills to make the best use of these opportunities. An interestingperspectivewasprovidedbytwosuccessfulwomenentrepreneurs.They narratedhow the attitude of their families changed initially from indifference and skepticism to more support andconfidenceastheyprogressedintheirbusiness.ThePresident oftheorganizationproposeda vote of thanks at the end of the seminar.

4.11-VocationalTrainingtoWomenYouths-

CRASMIBis successfully running three vocational training center: 1) Punjabi Bagh; NewDelhi, 2) Indrapuri; Bhopal and 3) Indore; M.P. for women for many years. These centers provide training in cutting tailoring, computer and beauty culture. Besides, it provides career counseling to girls belonging to poor families. The objective of this programme is to help unemployed women learn and improve his vocational skills and be financially independent. Many of them are school dropouts who were forced to discontinue education due to various reasons. The organization has found that many of the youths remain very confused about the selection of proper vocation. They lack proper guidance from their parents as many of them are themselvesnotveryeducatedaboutthis.As aresultmanyoftheyouthsgetintothewrong

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vocations consequently either they keep changing their vocation very frequently or remain very unsatisfied in life. The organization provides them with information about various government and private agencies where they can get training for different vocations. Preference is given to those who belong to poor families.

4.12-Ashramagricultural Activities:-

AchyutMuni Ashram

We have demonstrated integrated model of sustainable agriculture through convergence of livestock management, agriculture, Ayurveda and MGNREGA Schemes in 25 villages of Bulandshahar. These villages are: Haridwarpur, Bhariya, Fatehpur, Udaipur, Bahabatpur, Talwar, Rure, Mau, Jindoli, Saidpur, Gangapur, Ramghat, Anivas, Nagla, Buddhipura, Naraura, Anupshahar, Devran, Ahmedgarh, Ahmedgarh ka nagla, Karnwas and Makhaina). These activities are being managed by Vikram Singh; Coordinator; CRASMIB.

We have organized capacity building training for 230 nodal farmers and organized consultation meeting with Senior Scientist, Coordinator of Bioinformatics Centre Agricultural Knowledge Management Unit, ICAR, IARI, New Delhi.

We have submitted Summary Report of the Project for further coordination and implementation of Projects to District Administration; Bulandshahar and PUSA Agriculture University.

4.13-CulturalProgramandRuralDevelopmentProgram

CRASMIB Trust has participated during the cultural program organized by other organization and communities at different places of the country. trust President has actively participated at religious events with Sadhu and saint at Haridwar, Uttrakhand, Kashi,Varanasi, Kolkata, Chennai, Mumbai, Delhi and other places of India, Besides it, President of trust has also participated in USA and Canada .

Trust Team and President of the CRASMIB Trust Dr. Raghuvanshi has made awareness for the employability at village level through alternative agriculture and alternative crops growing. Dr Jitendra Singh Raghuvanshi has also conduct training program for the development of the agriculturesectoratvilagekevellikeKarnawas,BulandshahrofUttarPradesh,manyvillagesof M.P.andUttrakhand.

4.14- Renewal Energy Promotion Program- There are multiple benefits stemming from ordinances creating incentives for renewable energy, including economic, ecological, and health benefits. Awareness and Utilization of renewal energy among the Indian Youth is very critical issue and the alternative of the Diesel and Petrol is the progressive step of the country. CRASMIB Trust has made awareness among the youth at various places about the renewal energy utilization and research of renewal energy in the country.

4.15-YouthMobilizationProgram:-The YouthEmpowerment Program focusesonaddressing unhealthy behaviors in at-risk minority youth and provides them with opportunities to learnabout positive lifestyles and make informed and healthier life choices.

This program is intended to test community-based intervention to reduce risky behaviors among minority youth. These demonstration grants involve institutions of higher education, primary and secondary schools, community organizations, and the community at large.

4.16-Other Public and Welfare Program:-

Preservation & Development of Cultural Heritage of Himalayas:-

Himalaya has been the prime spiritual seat of Indian cultural Heritage. Sages of the past meditated in the laps of Himalayas and enlightened them and emitted blissful effects on the subcontinent. Their legacy has trickled down to all and sundry as a way of life in spirit and also in terms of festivals and seasons.

Indian culture evolved as fundamentally tolerant behaviors to avoid the tensions caused by the ignorance of unenlightened perspective. The independent life style of people, numerous way of worship, amalgamation of different faiths, Indian subcontinent is an amalgamation of races speaking different dialects; Indian subcontinent is an amalgamation of races speaking different dialects, languages, living in harmony with nature.

We are conducting research on Somotpatti as per the SAMVED SAMHITA. We have developed several research papers and proposed to organize International conference to disseminate the research findings.

Workshop on Yoga & Meditation for Women

We frequently conduct workshops and training sessions on Yoga and Meditation through our Dispensary and Camps. We have trained 1100 persons on various postures of Yoga for natural healing and wellbeing. Today life is full of fear and anxiety that reduces our capacity to concentrate, and create hurdles in our paths to success. Meditation helps us concentrate at our set goals and builds up our confidence and determination to achieve certain objectives in life. At every stage one has to take crucial decisions that can change the whole direction of life. Whereas a right decision can make one lead on the path of success, the wrong decision can shatter one's dreams. No doubt, life has become full of uncertainties. What a person requires in life is self-awareness, effective communication, moral & spiritual strength and confidence to handle difficult situations and.

Keeping this in mind the organization held a workshop on Yoga & Meditation for women. The objective of this workshop was to help women overcome tension, anxiety and depression, and help them develop into a good personality with spiritual knowledge, courage, and confidence.

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during the workshop, the experts engaged them in various fun-filled meditation based activities that help them overcome negative attitudes and various other mental blocks.

CelebrationofInternationalYogaDay

International Yoga Day was celebrated by organizing the activities like yoga training campus, yoga competitions and so many activities to enhance the awareness about yoga benefits. It was celebrated to realize that regular yoga practice lead to better mental, physical and intellectual health. It positively changes your lifestyle and increases the level of well-being.

Yoga is not only a physical exercise where you twist, turn, stretch, and breathes in the most complex ways. These are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul. It leads to the healthydevelopment of mind, body and soul by mastering certain yoga postures or asanas with breathing techniques. Pranayama needs special mention. It is the simplest form of yoga which is done before anyasana. It teaches you how you can do wonders to your bodyby gaining control over your breath.

Students from classes performed yoga reminding the importance of ‘yoga in daily life’. A yoga session was led by renowned yoga trainer. The event was attended by Principal, and staff of the school. The organization observed International Yoga Day by organizing a full-fledged yoga session for the students. They were made aware of the relevance of the yoga in daily life. Different asanas were demonstrated under the guidance of yoga instructor.

InternationalUnitedRamRajyaParliament

“Krinvanto Vishwamayurvedam” is the noble vedic concept of social development through integrationofethico-spritualvaluesasstatedin Ayurvedafordevelopment ofaholisticuniversal brotherhood based human society. CRASMIB is promoting the concept of Vasudhaiva Kutumbakam through International United Ram Rajya Parliament. Eminent dignitaries from different continents of the world are being contacted and oriented by SWAMI RAGHAVANAND,Dr. Jitendra Singh Raghuvanshi through personal telephonic talks, Video Conferences, Conferences, Seminars and Correspondence. He has participated in “World Parliament of Religion in Toranto; Canada as well as World Parliament organized by World Constitution and Parliament Association (WCPA).

Framework and guiding principles of the International United Ram Rajya Parliament has been drafted and amended based on feedbacks and suggestions received from experts. CRASMIB is soon going to launch a movement for evolution of human society on the basis of Ayurveda.

Thanks