



**SPIRITUALITY HEALTH AND INNER VALUES ACADEMY**

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## **Introduction Letter**

**Mission: To set up Health Promotion Centres to overcome Health Inequalities.**

We would like to introduce ourselves as the members of **SPIRITUALITY HEALTH AND INNER VALUES ACADEMY** founded by a combination of 14 members whom include Psychologist, Doctors, Complementary Alternative Medicine Therapists and Professionals who all experienced and understood the dire need of handling the current scenario of people who lead a life under stressful state of mind without self awareness.

**Health Inequalities** are preventable and unjust differences in health status experienced by certain population groups. Inequalities in health arise because of inequalities in society – in the conditions in which people are born, grow, live, work and age. Health Inequality is a result of complex interaction between psychological, biological, environmental, social, economy and lifestyle factors. The lack of knowledge of psycho-bio-social factors among individuals has been the major cause of disease. The need for knowledge of prevention of disease and cause of physical and mental malfunction from conception to the maturity of body, has made even the human beings of good sense of all age limit to become a cause for disease for self and others. Medical model currently has very few facilities available to make it as a psycho-bio-social model of holistic approach in dealing with illness. And the holistic approach is mainly focused on dealing with illness rather than focusing more on prevention of illness.

The steps have been taken to overcome the issues through Health promotional activities in schools, in villages organizing workshops and seminars especially on de-addictions, providing education by teaching the prevention and holistic approaches by introducing courses in universities. But the approaches are very limited that there are many areas where we find lack of awareness among people leading to issues like Physical problems of life style diseases due to sedentary life style, leading a stressful day to day life, obesity and Mental problems of Stress, Depression, Obesity, fear among students, professionals, housewives and retired elders of the society.

**Health Promotion** is the science-art of helping people change their lifestyle to move toward a state of optimal health. Optimal health is defined as a balance of physical,

emotional, social, spiritual and intellectual health. Lifestyle change can be facilitated through combined efforts to enhance awareness, change behavior and create environments that support good physical and mental health practices. **Health Promotion by Counseling on Prevention and Management of disease** can play a major role in controlling and reducing not only diseases but also Health Inequalities.

The **Ottawa Charter** identifies three strategies for health promotion. These are **Advocacy** to create conditions for health; **Enabling** all people to achieve their full health potential; **Mediating** between different interests in society in pursuit of health.

1. Consultancy (Advocacy).
2. Analysis of Mind, identifying stress factors, Thought Patterns, Food patterns, Daily life style – Psychological, Biological, Social, Spiritual factors (Enabling).
3. Identify the Cause and discuss about different modalities with the Institutions to find the solution dealing with psycho-bio-social factors (Mediation).

**Customers and Features made available:**

**Parents** will receive support for parenting, managing health, preventing Life-style diseases.

**Students** will get guidance for Memory improvement, Relationship issues, Dealing with peer pressure, coping with responsibilities, Time management, Overcoming issues like conflicts, dilemmas, fears, anxiety, tension, stress, managing health and prevent Life-style diseases.

**Professionals** receive guidance for managing house and office, time management, dealing with stress at workplace, guidance for improving skills, prevent Life-style diseases and managing health issues.

**Housewives** will receive guidance to deal with relationship issues, handling people, managing health and prevention of Life-style diseases.

As the ancient and modern medicines across the world have been propagating that there is a strong relationship between the thoughts and all that illnesses, say about 75 to 90% that exists, known as psychosomatic in nature, thoughts and the related habits / sanskars learned through the psychological, biological and social factors are the major cause of stress. And the truth is, all those habits/sanskars what we have been programming our mind since childhood can be reprogrammed at any point of life through proper attention and intention to regain our lost self awareness leading to health and experience happiness and peace of mind.

We at **SPIRITUALITY HEALTH AND INNER VALUES ACADEMY**, strive to spread this awareness of the influences of psychological, biological and social factors over human beings and have devised simple and scientifically tested, applied and approved healthy techniques to help common individuals to regain the lost original

nature of self awareness to experience peace, love, happiness, health and bliss in their day to day life. The techniques applied are a combination of prevention and management aspects of Psychology, Allopathy, Yoga, Ayurveda, Homoeopathy and Alternative Ancient and Modern healing modalities.

And observing the current situations, we are marching towards our goal of establishing **Health Promotion Centres all over India** in every residential areas and Institutions to deal with the need of the hour. Since we find Security guards of physical wealth have been accepted by every individual as part of their life, we also hope that every individual will also need a Counselling and Healing Centre/Personnel available near to everyone's door step. We also have **School Curriculum to empower Children and Teachers** to develop a complete healthy personality, at all psychological, physical, moral, spiritual and social levels. With these, we will be able to prevent and manage stress and connected physical and mental illness. We also have a **Research Team** who will compile all the Healings carried out, **to publish** for the benefit of the masses.

With the training what we provide, Clients from all walks of life will be able to prevent and manage stress and connected physical and mental illness through self empowerment using their power of mind. To benefit the people at large, we have already **introduced the Courses with practical techniques** on COUNSELLING AND HYPNOTHERAPY, RELAXATION, PSYCHO-ANALYSIS, SELF EMPOWERMENT, HEALING etc., through Annamalai University-Chidambaram, Tamilnadu Physical Education and Sports University – Chennai, Rangsit University-Thailand, Yoga Samskrutham University, Florida.

With the Divine blessings of the Supreme God Almighty Authority, along with the good wishes and support from all His representatives whom we come across in human form, our team will achieve its noble goal of being part of the Divine task of establishing a healthy, happy and peaceful world for all.

We invite yourself and your team to become part of this noble task.

Thanking you

Yours faithfully,

For SPIRITUALITY HEALTH AND INNER VALUES ACADEMY

*AzeemDana*

AZEEM DANA

CO-FOUNDER AND CHAIRMAN