



1 Plan

HLG Holistic Activities 2011												
	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEP	OCT	NOV	DEC
HLC Refresher class	6 th , 23 rd , 30 th	8 th , 20 th , 27 th	6 th	3 rd	8 th	5 th , 12 th		15 th				4 th
Holistic Shaka			8 th , 12 th , 19 th , 26 th	2 nd , 9 th , 16 th , 30 th	14 th , 21 st							
HLC1 Course					Over 3 wks over 10 day course			Over 3 wks over 10 day course				
HLC2 Alston Hall							8 th - 10 th HLC2 Alston Hall		2 nd - 4 th HLC3 Alston Hall			
Seva	30 th Jan India Rep Celebration Sun Salutation	8 th Eye Camp India	PNE Serving			11 th Health Mela	26 th Preston Mela (sewing)	15 th Guru Poojina				
Conf & Seminars				11 th Homeopathy conf					25 th Homeopathy conf			

2 Recent Achievement

- **India Eye & Diagnostic Camp** took place on Sunday 6th February 2011 in Madhi village, India. The 1 day Eye camp in Madhi village in South Gujarat, where 798 patients attended. 53 patients were operated for cataract, 395 patient given reading glasses and rest were provided with necessary medication.
- **Children's Holistic Shaka** took place from Mar 2011 – May 2011 run by Master Students. 16 children successfully completed the 10 week course and received wonderful feedback.
- **Homeopathy Conference** was attended by 4 Masters students on 10th April 2011 in London. The topic covered was on Miasms a fundamentals of diseased state of human.
- **30th Holistic Living Course May 2011.** The 10 day course took place over 3 weeks and was attended by 7 students. Our team of volunteers is growing steadily. For future all students who have completed HLC2 Advanced course will require to inform Khushalbhair in advance to volunteer on the HLC 1 courses.
- Two of our Master Level students Manjulaben Nayee and Ritaben Kumar Mistry attended Alston Hall on Friday 3rd June 2011 to induct into Pranic Healing status. Manjulaben Nayee is under internship for Pranic Healing with Khushalbhair.

3 Recent Achievement

Continued

10th Preston Health Mela 11th June 2011. As usual this was a very successful event and we continue to receive positive feedbacks from the Exhibitors, who wish eagerly to join us again next year. This year we had over 90 stalls. **LGHUF** is going strength to strength on this wonderful activity for the community. Our **HLG** team were involved from 8 am giving to support to Health Mela, including Reiki Clinic session in the afternoon. In total 36 people attended the Reiki taster session with some interesting feedback. Total amount of donation £84.00 was raised for Mandir. Feedback meeting was attended by **HLG** volunteers on 14th June 2011 and took active part in the discussions for the betterment of Health Mela next year.

- **Preston Mela** 26th June 2011 in Avenham Park was supported by **HLG** volunteers for Mandir.
- **Holistic Living Advanced Course 2** (Alston Hall) 8th –10th July 2011. Out of 24 students 12 students who managed to complete either 12 refreshers or indicated to have Personal Growth at HLC1 were selected to attend. All Masters students as well as the HLC2A students took part in lectures, presentation and evaluation work. Group Work session was presented by the new HLC2 students. It was an enjoyable and a very productive weekend with the full programme of practical learning aid and sharing wonderful holistic experiences. A special mention and a total surprise to Dinesh Mistry who was awarded his HLC2A certificate by Master level senior student Manjulaben Nayee for his spiritual progress.
- **Guru Poonnima** this year took place on Friday 15th July 2011. 47 students attended the Pooja and Maha Kriya was performed at 7.30pm. Master students spoke about importance of Guru Poonnima celebrations. Puff rice (Pohwa) mixed with sweetened milk was prepared by Ushaben Nayee and served to all students after the Kriya.

Master Holistic Living Course 3 (Alston Hall) 2nd -4th September 2011. The 5 years of Master Certification Award Ceremony was celebrated at Alston Hall and was attended by VIP guest and Master Students families and friends. Prospective Master students were also invited to attend the ceremony. All our 11 students have achieved one or two of the following status i.e. Healer/Teacher/Counsellor /Completion of Master level course. A ceremony took place on 4th September 2011 and guests from medical fraternity and LGHUF attended. Next capsule of Master level course will begin in September 2012.

With achieving of Master students status on teaching and induction skills; HLC2A students having management skills it was decided to form Holistic Living Group (HLG) to effectively run the Holistic health activity for benefit of the community. A committee was nominated with Chairman, Secretary and treasurer at a meeting on 9th & 10th November meeting. HLG constitution and logo is being worked out by the group and formal group formation will be announced in the New Year. See below forthcoming courses and refreshers.

4 Forthcoming Events

- **HLG Refresher** venue St Marys Church Hall, Cop Lane, Penwortham, Preston 2.45pm – 5.00pm. £1.00. Please bring your own mats.
- **Sunday 4th Dec/ Sunday 8th Jan 2012/ Sunday 5th Feb, 19th Feb/ Sunday 11th Mar and 15th April 2012**
- **HLC1 Course.** Week 1 16th-18th Mar 2012 Week 2 23rd-25th Mar 2012 Week3 30th Mar-1st April 2012. Venue St Marys Church Hall, Cop Lane Penwortham Fri 6.30-10.30 Sat/Sun 4pm-8pm Cost £80.00
- **Health Mela** – Guild Hall Preston – 21st April 2012