

‘3HO SuperHealth’ Shines at Drug Abuse Prevention Conference in Kerala, India

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IN LOVELY THIRUVANANTHAPURAM, Kerala in southern India, the National Conference of Federation of Indian NGOs (Non-Governmental Organizations) for Drug Abuse Prevention (FINGODAP) held a conference January 6-8, 2006. Sponsored by the Government of India, Ministry of Social Justice and Empowerment, Minister of Health and the United Nations Office of Drug Control (UNODC); the local government of Kerala and Department of Social Welfare hosted the conference whose theme was “Role of NGOs in Mainstreaming HIV/AIDs Prevention within Drug Demand Reduction Activities”.

3HO SuperHealth was invited as a plenary speaker. 3HO Foundation is a Non Governmental Organization in Consultative Status with the Economic and Social Council of the United Nations.

487 NGOs (Non Government Organizations), national and international government officials and the United Nations Office on Drug Control (UNODC), regional office for south Asia participated. The SuperHealth presentation was in the segment: Faith Based Initiatives in Prevention, Care and Support of Drug Abuse and AIDs to nearly 500 participants.

A great PowerPoint presentation visually aided the information details of Director Mukta Kaur Khalsa’s presentation. It was concluded with an experiential and simple meditation and breathing exercises. Dr. Zeenat, the conference General Secretary, later commented that they were appreciative and impressed with the sincere commitment to the drug abuse cause and eager for continued education, awareness and training.

A most moving moment occurred was when Mukta Kaur conveyed a story about Yogi Bhajan’s departure from India in his middle age, promising to return to his Mother Land. A thunderous applause resounded from the crowd, when she let them know her sense that he returns today through those carrying on his work, to fulfill a promise once made!

Other departments at the conference were central government of India Union Minister, Women and Children division. The Chief Minister of Kerala officiated the conference with young dancers providing an evening cultural program.

Networking of NGOs in the field of alcoholism and drug abuse and the supporting and guiding attitude of the India’s Ministry of Social Justice and Empowerment, has increased the unity and treatment effort more effectively throughout the country. The networking has resulted in the formation of Drug Abuse Prevention organizations. The Honorable ministers and officials have enriched the conference with their inspiring messages and actions. Officials, service providers and experts exchanged their views on various issues relating to strategic drug demand reduction and AIDS. Service providers urged undertaking preventive awareness campaigns on drug abuse and AIDS for the benefit of the society. A motto emerged: Unity is Strength -

and aids development of strategic methods in the field of substance abuse prevention, detoxification, and rehabilitation.

Upon arriving, the feeling is - you are in a place far away. Not just in India, but far away from anything we know in the northern Punjab. About 80% of the men wear sarongs, and almost every woman is slender wearing a graceful sari. The driving is somewhat organized and less chaotic and the people are gentle, intelligent with 100% literacy in the State. Hospitals, universities and government buildings are on almost every street and no road is more than one lane each way. The cape Kanakapurai is where the Arabia Sea, Indian Ocean and Bay of Bengal all meet and is the only place on the planet where one can see the sunset on the west and at the same location, the sunrise on the east.

Mukta Kaur recounted it felt like an historic day. Since she is of European descent, many thought that perhaps this light skinned woman was from Kashmir, as all 500 participants were Indian. Product and literature tables were heavily trafficked. A prominent Chinese doctor in Atlanta, Georgia, had found the packaged Yogi Tea useful over a three year period, and his participating friend, an ayurvedic doctor was very happy to find it there, indicating he'd been looking for the product in India, available readily in the US and Europe. He'd like to incorporate Yogi Tea into his clinical treatment regimen with patients.

The 3HO SuperHealth Program is a non-drug based rehabilitation program with accreditation in the United States. In 2004, the government of Punjab sponsored the Program's first successful pilot at the new State Hospital in Amritsar. Currently, curriculum programs are being written to train facilitators and teachers in its methods and technologies, developed by the late Yogi Harbhajan Singh Khalsa, PhD., for specialty certification.

Mukta Kaur said she feels blessed, having learned the technology directly from Yogi Bhajan. Now she can share it globally with others to ease the pain and suffering of those affected by addiction.

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