

## Akaash Open Enterprise Center

53 East Park Road, 2<sup>nd</sup> Floor, Between 15<sup>th</sup> & 16<sup>th</sup> cross, Malleswaram,  
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## Planning “Zen Sessions” or “Vishva Rudram Sessions”

- Health and Wellness Centres / Clusters proposal



Baba Ramdev’s programmes,

Sadhguru’s programmes,

Sri Sri Ravi Shankar’s programmes

Herbal Life and the many others airing  
information on Health, Wellness and Immunity

Short summary: Tomorrow, well-thought of case analysis and codification can help care for people in an afflicted or deteriorated environment. Zen or Vishva Rudram is an attempt to **Procreate**.

### A. Meaning of “Zen”

The meaning of Zen: Value of meditation or intuition to do something rather than follow ritual practices

Here the meaning of Zen is Value for Health, Growth and Immunity development or improvement.

India among other countries is known to air programmes for Health and Wellness. The man-making endeavors are well-known.

With the need to manage the current health threat (2020), we may need Health and Wellness Centres to plan sessions to reduce burden on the healthcare systems and to incorporate remedial “self-configuration, self-management, self-prioritization, self-reparative methodologies to manage demand/supply for healthcare or healthcare guidance”.

Can the healthcare system manage repeats of the current crisis?

The audience to programmes aired on Health and Wellness may be a well-known, but with the health threat today we may need sessions that focus on Health, Growth and Immunity with the intent to reduce the burden on healthcare providers and healthcare systems. We may need to incorporate specific Immunity development or improvement.

Today people are used to the Prime minister’s talks on a regular basis. The media also airs many programmes that are well-planned and well-delivered. But the need is to manage demand/supply balance in healthcare. The furtherance for routine involvement is being replaced by a need for generative involvement.

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### B. First step Value in Speaking sessions

One of the major areas of a programme for Health, Growth and Immunity (HGI) development or improvement, is adding Zen to lives of people or members of Health and Wellness Centres/Clusters. This practice has been seen since the beginning of Baba Ramdev's programmes, Sadhguru's programmes, Sri Sri Ravi Shankar's programmes and for the modern followers Herbal Life, but the need is to discuss what is needed by people for (currently) applicable Health, Wellness and Fitness



#### This proposal

The new (Zen) generative involvement is that each of us should use a Sense-of-involvement to improve our Health, Wellness and Fitness and also understand & mitigate the current health threat and climate change. These generative actions **must be balanced and choreographed** to ensure increased sense of involvement.

To do this, AOEC proposes that Health and Wellness Centres, Associate Centres, Training Centres and Clusters for Health and Wellness must start delivering "Zen sessions" that can start as speaking sessions, or extend to audio-video sessions, to live interactions, to undertakings where associated Health and Wellness Centres help in connecting, balancing and choreographing.

India must show her understanding that Allopathy can be balanced/assisted by Ayurveda, Homoeopathy and Naturopathy.



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### C. Zen Sessions (for Health and Wellness programmes) and the Reckoning

“Zen Sessions” are sessions where a Consultant, Associate Trainer, Trainer or Speaker talks about Health, Wellness and Fitness, to share information which can delay or network further and gain more recognition. The registration into a Health and Wellness Centre could help consumerism, understanding and mitigation.

Zen sessions could be recorded sessions, live sessions or interactive for an audience sessions, where people may want to use the session in plain interest; or for understanding **GOI related details** or to manage their demand/supply for healthcare of a particular nature or complexity.

#### Health Threat 2020 / Climate Change Mitigation and Adaptation



#### Undertaking to Improve Health, Wellness and Fitness



“Zen Sessions” are (1) planned (owing to schedules) sessions or (2) intuitive (owing to need) sessions that can help different (people, business, company or institutional) clusters proactively improve Health, Wellness and Fitness, and also understand influences of the current health threat, emerging climate change & the environment.

Today the GOI has the Arogya Sethu App that can help people register into Health and Wellness Centres, so the life conservation expected can evolve further. The App can help people, businesses, organizations or institutional clusters know about Zen sessions of scheduled or intuitive interest and public importance. The convergence is possible.

**The proposal does expect the GOI to have plans for all this but the ability to use pledges and acclimatized ownership may help.**

Some health concerns need not remain untreated or need not become a burden on the healthcare system, keeping in mind that the health threat 2020 is yet to be holistically mitigated.

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Healthcare facilities depend more on decisiveness to serve people, as it is known that they are costly to run, where issues like dynamics of profits or essentials of scaling-up are known to impact the providers or the panels associated with them.

Funding healthcare providers may be well-planned at the moment but we do not have pledges and acclimatized ownership at different levels to manage the demand/supply balance.

A consultant who operates additionally and/or independently may not be able to function productively amidst the current health threat, so the ability to participate via Health and Wellness Centres/Clusters may help expertise reach people. Registration of clinics, nursing homes, small-sized hospitals into Health and Wellness Clusters may be easier with this approach, it may help dynamics of profits or essentials of scaling-up.

### **Planning Health and Wellness Sessions**

It is important that a Health & Wellness Centre/Cluster plan sessions to discuss different concerns. A scheduler for these sessions will need to identify the topic or theme for each session, for a week or fortnight or month.

There must be a 15 to 20 minute window in each session to discuss (pre-determined or collected) interests, concerns or problems. This can lead to next continued sessions or new sessions by themselves.

With the help of tabulations, one can invite consultants/associate speakers/specialists/trainers/GOI guests easily if one selects themes in this manner. The platform to use information broadcasting is tech-savvy today. The need is to replace consumerism by **pledged ownership or commitment for mitigation**.

<b>Themes as an example</b>	<b>Media/Session/Content details</b>
Allergies, Angina, Anxiety, Arthritis, Asthma	TBD
Back pain, Blisters, Boils, Breast feeding, Bronchitis, Bruises, Burns and scalds,	TBD
Cold and flu, Constipation, Coughs, Cuts and grazes	TBD
Dengue, Depression, Diarrhea	TBD
Ear problems, Eczema, Eye irritation, Eye strain	TBD
Fatigue, Fever, Food poisoning, Fungal infections	TBD
Gout, Gum problems,	TBD
Hangovers, Hemorrhoids, Headaches, Heatburns, Heat rash, High blood pressure, High cholesterol, Hives	TBD
Incontinence, Indigestion, Infant colic, Inflammatory Bowel disease or Irritability syndrome, Insomnia, Itching	TBD

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Jaundice, Japanese Encephalitis, Joint problems, Juvenile arthritis	TBD
Kidney disease	TBD
Laryngitis	TBD
Memory problems, Menopause, Menstrual problems, Morning sickness, Motion sickness, Mouth ulcers, Muscle cramps	TBD
Nappy rash, Nausea, Neck and shoulder pain, Nosebleed	TBD
Obesity, Obsessive compulsive disorders, Obstructive sleep apnea, Osteoporosis	TBD
Palpitations, Peptic ulcers, Pregnancy ailments, Premenstrual syndrome, Prostrate problems, Psoriasis	TBD
Quivers/Irregular breathing/pulse	TBD
Rheumatoid arthritis, Restless Leg syndrome	TBD
Shivers due to dropping blood sugar levels, Shingles, Sinusitis, Snoring, Sore throat, Splinters, Sprains and Shin splints, Sties, Stress, Sunburns	TBD
Teething, Toothache	TBD
Urinary Tract Infections	TBD
Varicose veins, Vascular problems	TBD
Warts, Water retention, Wind and flatulence, Aging & Deteriorative functioning	TBD
X	
Yellowish discharge, Yeast infections	TBD
Z	

The contents can be delivered as and when the GOI/the Health and Wellness Clusters/Centres need such information to be delivered to people or when a Health and Wellness Centre's zone evokes response. The embarking of the Arogya Sethu App is a facilitator for the Zen Session proposal to further reduce uncontrolled dependencies on today's healthcare network.

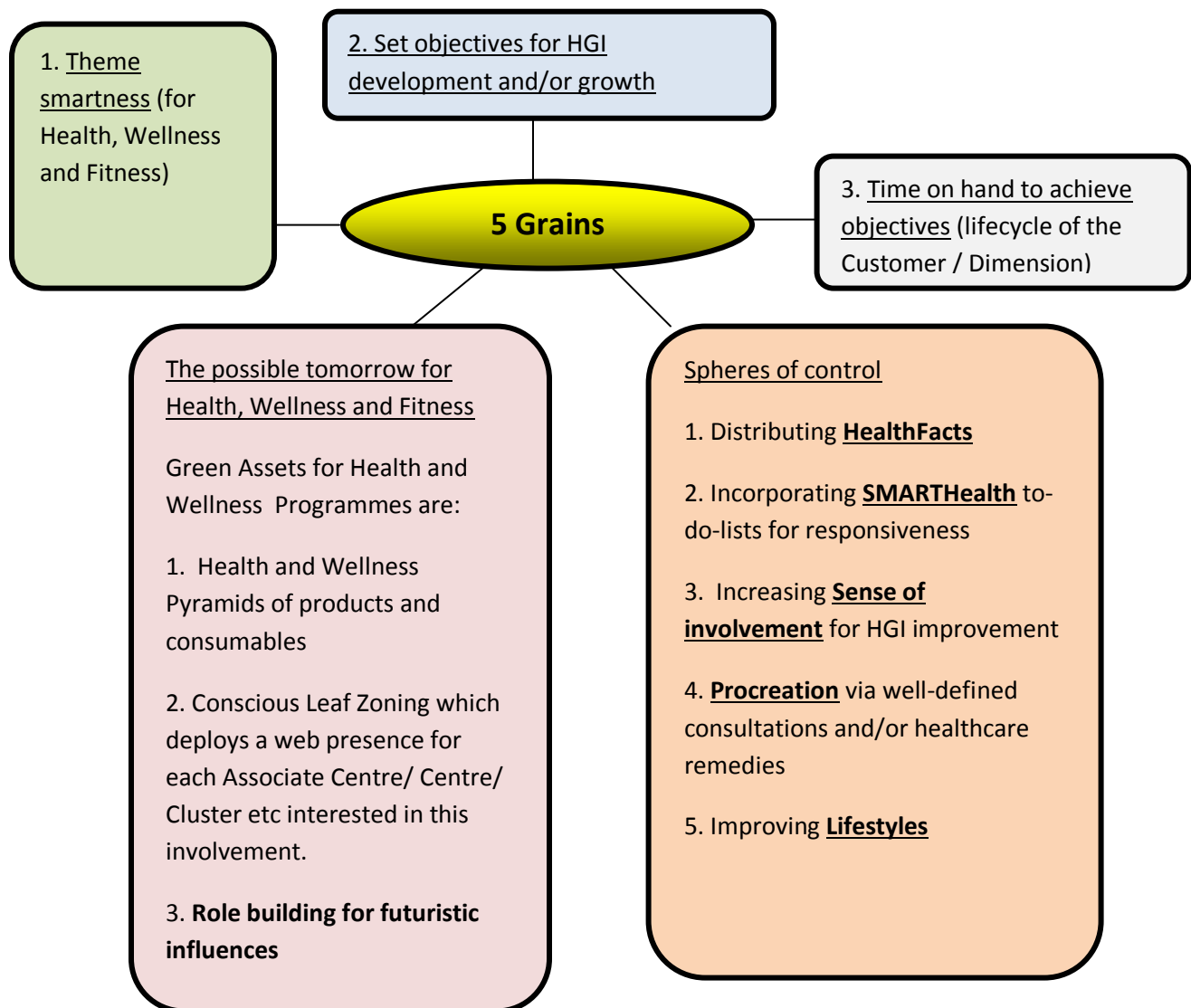
It could also be bundled into a library that people, businesses, institutional clusters can request for after previewing some details. This content developed for each of these themes can be referred to "for further speaker specific inclusions".

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## D. (5) Grains for generative involvement for Health and Wellness Sessions



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### C.1 What is a Cluster?

A Cluster is a collection of interdependent or interrelated entities that function for a specific role, where the practical importance is to ensure **in-time responsiveness, reliable performance and fault tolerance**.



Health and Wellness  
Networks/Clusters/Centres

### C.2 Development of a Conscious Leaf Zone

Associate Centres and Centres are part of clusters that play an important in Health and Wellness Networks/Clusters/Centres and Programmes. Each Centre can be individually called as a Conscious Leaf that can help in (1) **Improving Health, Wellness & Fitness** and (2) **Role building for futuristic influences** on Healthcare like Return to normalcy amidst the current health threat 2020, Climate Change, Environment Preservation and Disaster mitigation.

#### C.2.1 Improving Health, Wellness and Fitness

Please ask for the complete proposal for more details.

#### C.2.2 Role Building for futuristic influences

Please ask for the complete proposal for more details.

#### C.2.3 Return to normalcy amidst Health threats, Climate Change, Environment Preservation and Disaster Management

Please ask for the complete proposal for more details.

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### C.3 Setting objectives for Health, Wellness and Fitness

This depends upon the sense of service important for the Associate Centre/ Centre/ Cluster. Apart from this, are needs for each Associate Centre/ Centre/ Cluster..

- To design **Standard operating procedures for a Sustainable healthcare model** (details have been shared as printed documents)
- To develop **pertinent flow-doership** amongst members for using Health and Wellness Pyramids of products & consumables and self-management methodologies
- To design **HealthFacts for Health, Growth and Immunity** that help people, businesses, organizations and institutional clusters understand their need and importance for current & future environments.



- To thereon share these **HealthFacts**.via Zen sessions



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e. To demonstrate **SMARTHealth thinking** via well-defined and/or role-building consultations and/or healthcare remedies



f. To **Procreate**, to help any consultant, or healthcare provider or dedicated business add to the role-building.

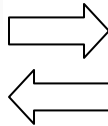
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**Procreation can save considerable investment of time, energy and money.**

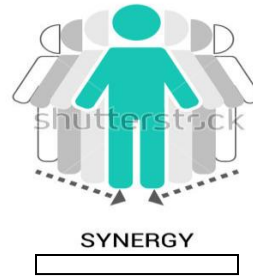


Health & Wellness  
Networks/Clusters/Centres and  
new deployments for  
demand/supply balance in  
healthcare

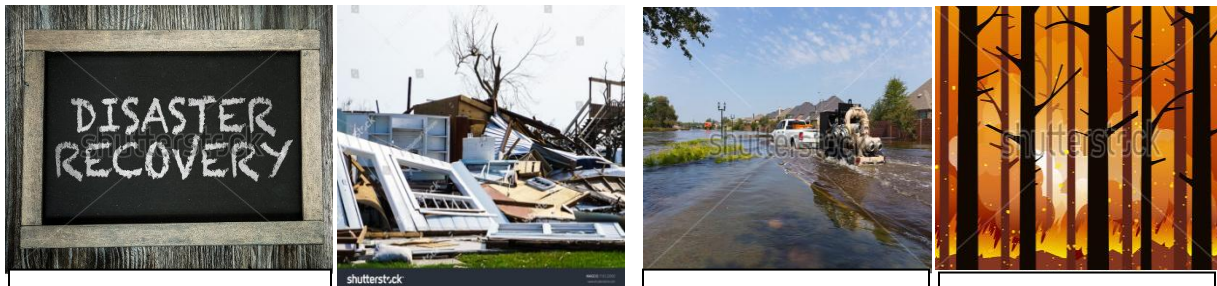
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h. Increase **Sense-of-involvement for HGI improvement amidst “regions, locations and environments”** affected by outbreaks, climate change, disasters like floods, cyclones, severe drought, unpredictable winters, large-scale fires increasing the element of global warming etc.



Tomorrow, well-thought of case analysis and codification can help. You can ask for more details on this.

### D. AOEC's toolkit offerings

AOEC has included details on improving awareness, sensitization and preparedness for Endeavour India, Veritable Healthcare and Herbal Life programmes. The thinking is there but the plan to add generative involvement for Health and Wellness is a call of the hour.

You can ask for details by calling the consultant on +919342867666 or by emailing [venkataoec@gmail.com](mailto:venkataoec@gmail.com)