

## **Dr. Ramesh I. Kapadia**

MRCP (Cardiology) FRCP (Edin.)  
Director, Universal Healing Program

*36, Jain Society, Ellisbridge, Ahmedabad 380006, India*

*Tel: +91 079 26578025*

*Email: rameshkapadia34@gmail.com*

*Website: [www.universalhealing.org](http://www.universalhealing.org)*



**Dr. Ramesh I. Kapadia**

MRCP (Cardiology) FRCP (Edin.)

Director, Universal Healing Program

**Dr. Ramesh I Kapadia** is a well-known clinical cardiologist educated in India and abroad. He is the founder of Universal Healing Program (UHP), which is based on the holistic management of Coronary Heart Disease (CHD). The Program not only heals the coronaries but also heals the whole individual so it is named Universal Healing Program.

A distinguished Professor of Medicine and a successful consultant, Dr. Kapadia combines the wisdom of East and knowledge of mainstream western medicine in a rare combination of a physician and a philosopher. Ever since he started practicing cardiology in 1964, Dr. Kapadia was seeking an affordable yet successful approach to the complex problem of Coronary Heart Disease. He came to know of Dr. Dean Ornish's program in the management of CHD in 1991. He started UHP for Coronary Heart Disease at Ahmedabad on October 2, 1991. Since that time thousands of patients have participated in his program.

Dr. Kapadia has given lectures at many conferences and seminars. He delivered the prestigious Dr. Kempner Memorial Lecture at Duke University, USA in June 1994. He was invited as a Resource Person to deliver a talk on Universal Healing Program in holistic management of Coronary Heart Disease, at CAMHADD / WHO International Consultative Workshop held at Bangalore, India, in November 2001. He has also published a paper on his work in prestigious journal, "Proceedings of the Royal College of Physicians of Edinburgh, UK."

He has been widely felicitated for his missionary work and was conferred the coveted Young Men's Gandhian Association Ashok Gondhia Tabibi Seva Award in 1998. With the background of consulting experience in conventional medicine over a period of more than four decades, Dr. Kapadia looks upon Universal Healing Program, not as an alternative, but as an essential complementary component, in total management of Coronary Heart Disease. He is the author of ten books about the Universal Healing Program and its impact on coronary heart disease and life in general. The books are published in English Gujarati and Hindi. They are published by Navajivan Publishing House, Ahmedabad India, founded by Mahatma Gandhi in 1919.

## ***Curriculum vitae:***

- **Name :** Dr. Ramesh Ishwarlal Kapadia
- **Nationality :** Indian
- **Date of birth :** October 26, 1934
- **Address :** 36, Jain Society, Ellisbridge, Ahmedabad 380006, India
- **Phone :**
  - +91-79-26578025 (Clinic)
  - +91-79-26744949 (Residence)
  - +91-9427020958 (Mobile)
- **Email :** rameshkapadia34@gmail.com
- **Website :** [www.universalhealing.org](http://www.universalhealing.org)
- **Qualifications :**
  - M.B,B.S; Grant Medical College, Mumbai, April 1958
  - M R C P (Cardiology), 1962 F R C P (Edin.)
  - E C F M G, October 1962
- **Registrations :**
  - Bombay Medical Council, Regn. # 16360, 13.6. 1958.
  - Gujarat Medical Council, Regn. # B-1279, 21.04.1970.
  - General Medical Council of Great Britain, Regn. # 1064739.
  - E C F M G Certificate # 35049.
- **Affiliations :**
  - Fellow of American College of Chest Physicians, since 1967.
  - Fellow of International College of Angiology, since 1969.
  - Adjunct Professor, Science & Non-violence Centre, Gujarat Vidyapith, Ahmedabad, since 31.12.2013.
- **Professional Positions held :**
  - Practicing since 1965 as a Consultant Cardiologist at Ahmedabad, India.
  - On the panel of Physicians as Cardiologist, for the employees of Physical Research Laboratory (PRL), Indian Space Research Organization (ISRO), and Oil and Natural Gas Commission (ONGC) Ahmedabad.
  - Honorary Cardiologist, Paul Harris Rotary Heart Clinic, Ahmedabad.
  - Senior Cardiologist, Cardiac Rehabilitation Centre, Pritamnagar, Ahmedabad.
  - Honorary Physician, Sheth L. G. Hospital, Maninagar, Ahmedabad.
  - Attended a Corporation run city General Hospital as Consultant Physician.
  - Honorary Physician, Smt. Shardaben General Hospital, Saraspur, Ahmedabad.

- A Pool Officer Physician in Medicine (Placement given by Govt. of India to the selected well trained foreign returned graduates to encourage them to settle in India) Sheth V S. General Hospital, Ahmedabad.
- Third year level resident in cardiology for one year (1963-64) at Philadelphia General Hospital U.S.A., a teaching institution, affiliated to five Medical Schools.
- Residency training in various hospitals of U.K.
- **Teaching Experience :**
  - Honorary Professor of Medicine, Smt. N.H.L. Municipal Medical College and Sheth K. M. School of Post-Graduate Medicine and Research, Ahmedabad, from 1966 to 1984.
- **Seminar & Symposia participation :**
  - Invited to participate in the symposium on "*Cor Pulmonale*" held at Poona in February 1977 under the auspices of F.C.C.P. Western India Chapter.
  - Invited to contribute to "Vigyan Kosh" published by Gujarat University 1977 (Article on Mitral Disease)
  - Article, "Angina Pectoris" contributed to Special journal published on the eve of XXX<sup>th</sup> Gujarat State Annual Conference, May 1977.
  - At the International conference on "Advances in Internal Medicine" held at Bombay in January 1978; the following papers were presented:
    - "Rehabilitation after Myocardial Infarction"
    - "Successful approach to stop smoking in patients of Ischemic Heart Disease"
  - Participation in panel discussions, seminars and lectures organized by Ahmedabad Medical Society, College of General Practitioners, State Medical Conferences and service clubs like J.C., Lions and Rotary International.
  - Invited on 7<sup>th</sup> June 1994 to deliver a lecture at Duke University Medical Centre, NC., USA to commemorate Dr. Kempner's 1944 Address to the American Heart Association.
  - Invited on 3-7<sup>th</sup> November 2003 to deliver a talk at CAMHADD/WHO Global Consultative Workshop on Population based cost-effective Intervention Strategies to prevent Hypertension and Diabetes, at Bangalore, India.
  - Healthy Heart Cardiac Care program for Tata Steel executives at Jamshedpur in 1993.
  - Participated in "The Science & Philosophy of Healing" seminar at Ahmedabad on 1<sup>st</sup>& 2<sup>nd</sup> October 2005 under the auspices of Gujarat Vidyapith, Gandhi Peace Foundation & Universal Healing Charitable Trust. Shri Naval Kishore Sharma (H. E. Governor of Gujarat) was the Guest of Honour, where other participants included Dr. B M Hegde (internationally renowned physician of India), Dr. Richard Smith (of UK and editor of BMJ for 25 years), Prof. EC George Sudarshan (great quantum physicist from USA), Dr. R K Varma (one of the founder fathers of Neurosurgery in India), Prof. Selva Murthy (Director of DIPAS), Dr. Naresh Trehan (renowned cardiac surgeon of international repute) and Dr. Solomon Victor (India's leading cardiac surgeons responsible for many innovations).
  - Addressed scores of public meetings nationally and internationally to create public awareness on primary and secondary prevention of coronary heart disease.

- **Publications (Journals & Articles) :**

- “Anti-coagulant Therapy” published in Gujarat State Medical Bulletin, 1970.
- “Treatment of Cardiac Emergencies” published in Gujarat State Medical Bulletin 1969.
- “Rest after Heart Attack” published in Gujarat State Medical Bulletin, 1968.
- “Q Wave of an Electrocardiogram”, published in the Journal of Indian Medical Association, 1967.
- Paper on “The Conservative Management of Coronary Heart Disease” in the prestigious journal “Proceedings of the Royal College of Physicians of Edinburgh, UK.” in 1997 (27: 554-558).

- **Publications (Books) :**

- **Primer of Universal Healing** and *Hridaya Rogno Payano Uupachar* (Gujarati) and *Hridaya Rog ka Buniyadi Upchar* (Hindi) published by Navajivan Publishing House, Ahmedabad, 1992.
- **Wealth of Food – Health of Heart** and *Aharano Upbhog topan Hridaya Nirog* (Gujarati) published by Navajivan Publishing House, Ahmedabad in 1994.
- **Heart Disease – A New Direction** and *Hridaya Rogani Samasya – Ek Navi Disha* (Gujarati) published by Navajivan Publishing House, Ahmedabad in 1995.
- **Heart Disease, Science and Spirituality** and *Hridaya Rog ma Vignan ane Adhyatma* (Gujarati) published by Navajivan Publishing House, Ahmedabad in 1996.
- **Spinning One's Own Health**, and *Arogyanirman* (Gujarati) published by Navajivan Publishing House, Ahmedabad.
- **Heart to Heart**, and *Hriday Ni vat Hridaypurvak* (Gujarati) published by Navajivan Publishing House, Ahmedabad.
- **Prevention of Heart Attack** and *Heart Attack Atkavo* (Gujarati), published by Navajivan Publishing House, Ahmedabad.
- **Shavasana: Key to health & bliss** and *Shavasana thi Swasthya ane Param Anand* (Gujarati) and *Shavasana se Swasthya aur Param Anand* (Hindi) published by Navajivan Publishing House, Ahmedabad.
- **Heal your Heart: Heart Disease, Prevention & Total Healing** and *Hridaya Rog Sarwangi Abhigam* (Gujarati) published by Navajivan Publishing House, Ahmedabad in 2012.
- **Health & Harmony**, published by R R Sheth & Co, Mumbai & Ahmedabad.
- **Total Health**, published by R R Sheth & Co, Mumbai & Ahmedabad in 2009.
- *Swasthya Sudha* (Gujarati & Hindi) published by R R Sheth & Co, Mumbai & Ahmedabad.
- *Niramaya Dirghayu* (Gujarati) published by R R Sheth & Co, Mumbai & Ahmedabad.

- **Missionary Activities :**

- Conducting a program – UNIVERSAL HEALING PROGRAM (UHP) – on the lines of Dr. Dean Ornish of San Francisco, USA for the patients of Coronary Heart Disease under auspices of the Universal Healing Charitable Trust, Ahmedabad, since October 2, 1991.

## Universal Healing Program (UHP):

**Conventional management** of coronary heart disease is medication, lifestyle changes and intervention with angioplasty or bypass surgery when necessary.

**Universal Healing Program (UHP)** is **Integral Management** of coronary heart disease. Integral management implies addition of in-depth stress management to increase spiritual strength (ISMSS), by programs like Universal Healing Program. Integral management has 3 distinct advantages:

- It empowers the participants to make life style changes.
- It helps to overcome the fear of the disease.
- It makes the conventional treatment more effective.

Universal Healing Program (UHP) combines scientific knowledge of mainstream allopathic medicine and ancient Indian practice of Yoga and Meditation. It is a powerful complimentary program in management of Coronary Heart Disease. Inspired by the favorable results of Dr. Dean Ornish's program, UHP was launched at Ahmedabad, India on Gandhi Jayanti, on 2<sup>nd</sup> October 1991.

Universal Healing Program includes:

- Diet Counseling.
- Moderate exercise like walking daily for 30 to 40 minutes.
- Stretching and relaxation exercises leading to progressive deep relaxation, i.e. Shavasana.
- Meditation and Visual Imagery.
- Group discussion with emphasis on sharing of feeling.





डॉ. सुदर्शन आयंगर  
कुलनायक

Dr. Sudarshan Iyengar  
Vice-Chancellor



ગુજરાત વિદ્યાપીઠ  
(૧૯૨૦ મેં મહાત્મા ગાંધી સ્થાપિત)  
GUJARAT VIDYAPEETH  
(Founded By Mahatma Gandhi in 1920)

સંદર્ભ Ref. :

Ref: GV/VC/196/2013-14  
Date: 31/12/2013

To

Dr. Ramesh Kapadia, MRCP (Cardiology), FRCP(Edin.)  
36, Jain Society,  
Ellishbridge  
Ahmedabad – 380 006 .

Dear Dr. Kapadia,

It gives me pleasure to invite you to join Gujarat Vidyapith, Ahmedabad as Adjunct Professor in the Science and Non Violence Centre. As an Adjunct Professor you may choose to address various sections of academic communities and also hold lectures for public on health science and society. You may also plan to conduct awareness program relating to health in general and coronary heart decease in particular. We will be happy to provide modest office infrastructure whenever you wish to visit the department of Gandhian Philosophy and Peace Research Centre within which Science and Non Violence Centre is based.

Kindly send us a line in confirmation.

With warm regards.

Your sincerely,

Sudarshan Iyengar,  
Vice-Chancellor  
Gujarat Vidyapith

**Copy to :** The Registrar, Gujarat Vidyapith, Ahmedabad.  
Dr. Pushpa Motiyani, Department of Peace Research Centre and Gandhian  
Philosophy

Ref-274

(University established under Section 3 of the UGC Act, 1956 vide Notification No. F.10-20/62-U2 of the Govt. of India)

ગુજરાત વિદ્યાપીઠ, આશ્રમ રોડ, અહમદાબાદ-૩૮૦ ૦૧૪

Gujarat Vidyapeeth, Ashram Road, Ahmedabad - 380014.

ફોન : (કા.) ૨૭૫૪૧૩૯૨, ૪૦૦૧૬૨૦૧, ૨૭૫૪૧૧૪૮ (આ.) ૬૫૪૪૯૦૦૨

Ph. : (O) 27541392, 40016201, 27541148 (R) 65449002

ફેક્સ : ૦૭૯ - ૨૭૫૪૨૫૪૭

Email : vc@gujaratvidyapith.org

Fax : 079 - 27542547

Barbara & Larry Dossey,  
878 Pacey Del Sur  
Santa Fe', New Mexico, 87501 USA

1 January, 2014

**Hon. Sudarshan Iyengar**  
Vice-Chancellor,  
Gujarat Vidyapith,  
Ahmedabad, Gujarat 380014  
India

**Dear Sir:**

We would like to applaud your invitation to Dr. Ramesh Kapadia as Adjunct Professor in the Science and Non Violence Centre of Gujarat Vidyapith.

Dr. Kapadia's Universal Healing Program (UHP) is fully congruent with a nonviolent approach to health, and has produced measurable results when applied to clinical situations in many countries. It is clearly the future path in reducing the incidence of all major diseases, including the scourges of heart disease, stroke and cancer. In emphasizing a core spiritual and philosophical element, Dr. Kapadia's program goes beyond the usual behavioural approaches that are becoming popular in the West that emphasize diet, nutrition, and exercise. Much evidence suggests that a spiritual component is vital to the overall success of these programs, which Dr. Kapadia has long recognized.

It was our privilege to visit and lecture at Gujarat Vidyapith in 1988. It was a memorable experience that we hold in fondest memory.

May the light you shed on humanity continue to bless us all.

Warmest wishes,



**Larry Dossey, MD**

Executive Editor: *Explore: The Journal of Science and Healing*

Author: *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters*

**Barbara Montgomery Dossey, PhD, RN**

Author: *Florence Nightingale: Mystic, Visionary, And Healer*





E. Murat Tuzcu, M.D.  
Vice-Chairman  
Professor of Medicine

January 3, 2014

Professor Dr. Ramesh Kapadia  
MRCP (Cardiology), FRCP Edin.

Dear Professor Kapadia:

I learned with great happiness that you have been appointed as an adjunct Professor in the sciences and non violent center of the Gujarat Vidyapith. This is a very much deserved honor. Your lifelong commitment and contribution to public health is truly exemplary. This award is a testament of your tireless efforts for global health. It is also an opportunity, which I am sure you will serve with enthusiasm to educate the future leaders in this most distinguished institution.

Please except my sincere congratulations for your outstanding accomplishment.

Happy New Year with warmest regards,

A handwritten signature in black ink, appearing to read 'Murat Tuzcu'.

Murat Tuzcu, M.D.

The Cleveland Clinic Foundation  
Robert and Suzanne Tomsich  
Dept. of Cardiovascular Med.

9500 Euclid Avenue / J2-3  
Cleveland, Ohio 44195

Tel 216 444-8130  
Fax 216 445-6186  
tuzcue@ccf.org



# CAMHADD

THE COMMONWEALTH ASSOCIATION FOR MENTAL HANDICAP  
AND DEVELOPMENTAL DISABILITIES

(SUPPORTED BY THE COMMONWEALTH FOUNDATION)

Founder, Emeritus Secretary General and International Co-ordinator : **Dr. V.R. Pandurangi**  
36-A, Osberton Place, Sheffield (UK) S11 8XL Tele/Fax : +44 114 2682695. E-mail : camhadd@hotmail.com

CAMHADD/WHO  
Global Consultative Workshop on  
Population Based Cost-effective Intervention Strategies  
To prevent Hypertension and Diabetes : Time to act Globally  
Co-sponsored by  
World Health Organisation and  
World Heart Federation  
3-7 November 2003, at Bangalore, India.

November 6, 2003

Dr. Ramesh I. Kapadia, a renowned Clinical Cardiologist of Ahmedabad, India, who is conducting a Unique Program for Prevention and Rehabilitation of Cardiovascular Diseases, since 1991, was invited as a Resource Person to deliver a talk at CAMHADD/WHO Global Consultative Workshop on Population Based Cost-effective Intervention Strategies to prevent Hypertension and Diabetes: *Time to Act Globally* on November 3-7, 2003 at Bangalore, India.

His Presentation was greeted with great applause by all the delegates. It was felt that Universal Healing Program is effective, yet, simple and easy to perform, affordable to every one, culturally acceptable and will have long-term compliance. It will prove to be an ideal tool to motivate healthy behavioral changes in would-be mothers and school children, and thus enhance the health and productivity of the society. Dr. Kapadia calls the program Universal Healing since it not only heals cardiovascular diseases but also heals the individual as a whole. Dr. Kapadia's observation, out of his rich experience, that art of communication with the patient is of crucial importance was appreciated by everyone.

It is strongly recommended that Universal Healing Program should be a part of medical curriculum and become an essential component of total management of Prevention, Treatment and Rehabilitation of Cardiovascular disorders.

Dr. Ganesh Supramaniam  
Secretary General CAMHADD

  
Prof. C. D. Moltano  
President Elect CAMHADD  
Dr. V. R. Pandurangi  
Emeritus Secretary  
General CAMHADD

#### CAMHADD Secretariat

"Shashi-Arvind Nilaya", 871-872, 18th Main, 5th Block, Rajajinagar, Bangalore - 560 010.  
Telefax : +91 80 3303080. E-mail : camhadd@hotmail.com

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**Vice-President**  
Professor C.D. Moltano  
Department of Psychiatry  
Groote Schuur Hospital  
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Consultant Paediatrician  
Watford General Hospital  
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United Kingdom

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"Fairmount"  
468 Walkden Road  
Worsely  
Manchester (UK) M28 2WH

D.O.NO.CGH/EST/MED/1005 /1993.



ARUN KUMAR, I.A.S.

RAJ BHAVAN,  
GANDHINAGAR-382 020

30 MAR 1993

Dear Dr. Kapadia,

I am happy to send herewith a copy of the General Administration Department's notification No.RAJ/5691/377-R, dated 17.3.1993 appointing you as Honorary Cardiologist to His Excellency the Governor of Gujarat.

With kind regards,

Yours sincerely,

*Arun*  
( ARUN KUMAR )

To,

Dr. Ramesh I. Kapadia,  
Hon. Cardiologist, M.B.B.S. (Bom), M.R.C.P.  
36, Jain Society,  
Ellisbridge,  
AHMEDABAD-380 006.  
Gujarat.

Encl: As above





सत्यमेव जयते

राष्ट्रपति के प्रेस सचिव  
*Press Secretary to the President*

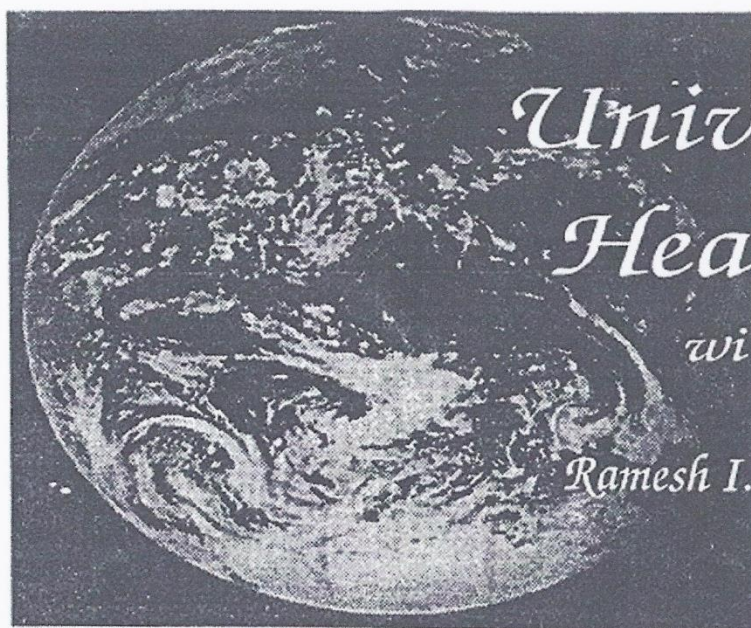
राष्ट्रपति सचिवालय  
राष्ट्रपति भवन  
नई दिल्ली - 110004  
*President's Secretariat  
Rashtrapati Bhavan  
New Delhi - 110004*

### MESSAGE

The President of India, Dr. A.P.J. Abdul Kalam, is happy to know that a Seminar on Science and Philosophy of Healing is being held on 1st and 2nd October, 2005 at Ahmedabad, under the auspices of Gujarat Vidyapith, Gandhi Peace Foundation and Universal Healing Charitable Trust.

The President extends his warm greetings and felicitations to the organisers and the participants and wishes the Seminar all success.

PRESS SECRETARY TO THE PRESIDENT



# Universal Healing

with

Ramesh I. Kapadia, MD

In 1944, Walter Kempner, MD, addressed the American Heart Association to describe his impressive medical results with his first 150 patients on the Rice Diet Program. Dr. Kempner documented improvement in kidney function and blood pressure as well as reduction in heart size, loss of edema, improvement in ECG, decrease in cholesterol, and improvement or disappearance of vascular retinopathy. You are invited to a lecture by Dr. Ramesh Kapadia commemorating the 50th anniversary of Dr. Kempner's address.

Dr. Kapadia is a philosopher physician and Director of the Universal Healing Program in Ahmedabad, India. In his book, *Primer of Universal Healing*, he talks of his lifetime pursuit in "tackling the complex problem of coronary heart disease" through conventional medicine with diet, exercise, meditation and yoga.

*Tuesday, June 7, 1994 at 9:45 am*

*Dr. Kapadia's lecture on Universal Healing*

Followed by a stress management class at 11:15

at

The Rice Diet Program

1644 Cole Mill Road

Durham, NC 27705

For more information, please call Donna Adair at 919.286.2243.

Please join us to celebrate this special day.

*50th Anniversary Lecture Series*



RAAD

Sundar Singh Bhandari  
Governor



Governor of Gujarat

No. PS/G/306/2002

Raj Bhavan  
Gandhinagar - 382 020

8th August, 2002

Honourable Rastrapatiji,

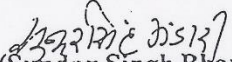
Namaskar.

Dr.Ramesh I. Kapadia is an eminent clinical cardiologist practising since 1964 after his return from abroad with MRCP and a stint at Philadelphia General Hospital, USA as Chief Resident in Cardiology. As Director, Universal Healing Charitable Trust, he has been rendering service to heart patients with missionary zeal. His Universal Healing Charitable Trust has found place as one of the International Centres in Heart Disease Reversal Collaborative Network.

I recommend Dr.Kapadia as Honorary Cardiologist to His Excellency the President of India. A copy of Biographical Sketch of Dr.Kapadia is enclosed for kind perusal.

With regards,

Yours sincerely,

  
(Sundar Singh Bhandari)

Dr.A.P.J.Abdul Kalam,  
Hon'ble President of India,  
Rastrapati Bhavan,  
New Delhi.

dc

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO

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SANTA BARBARA • SANTA CRUZ

Dean Ornish, MD  
President & Director  
Preventive Medicine Research Institute  
1001 Bridgeway, Box 305  
Sausalito, CA 94965  
Tel. 415/332-2525  
FAX 415/332-5730

October 10, 1992

Dr. Ramesh I. Kapadia  
Universal Healing Charitable Trust  
36, Jain Society  
Ellisbridge  
Ahmedabad - 380 006  
Gujarat, India

Dear Dr. Kapadia,

Thank you so much for your kind letter of July 27, 1992, and the copy of your interview on the All India Radio. Please forgive the long delay in replying, but I have been traveling extensively until recently.

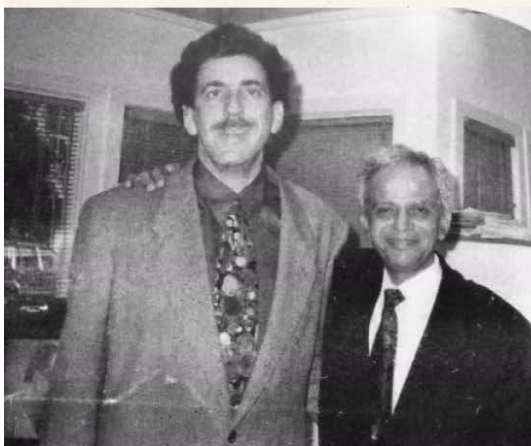
I wish you great success in your work, and I deeply appreciate your giving voice to our research findings, which I hope will help people in your country as well as here.

I look forward to seeing you again, hopefully in the near future. In the meantime, With best wishes and warm personal regards,

Sincerely,

*Dean Ornish*  
mm

Dean Ornish, M.D.



TATA STEEL  
Management  
Development  
Centre



TMDC/EXCH/93  
June 04, 1993

To  
Dr Ramesh Kapadia,  
Universal Healing  
36, Jain Society, Ellisbridge,  
Ahmedabad - 380 006  
Gujarat.

Dear Dr Kapadia,

Thank you very much for your excellent programme on Cardiac Care, with emphasis on the Universal Healing method. As you are aware we had identified 20 Cardiac cares for your programme at Dimna, Jamshedpur from 29 to 30th March '93.

Enclosed are the feed back forms of the participants comments, you will note that your programme has been rated as excellent by all the participants (see reverse). Miscellaneous comments may also please be noted.

I look forward to repeating your programme annually.

Warm regards to Mrs Kapadia.

*A Kennedy*  
(A KENNEDY)  
Dy DM (Exec Health)

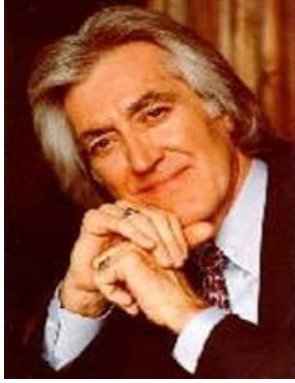
P R O G R A M M E					
HEALTHY-HEART-24-26-July-95					
Date :	Low 1	Fair 2	Good 3	Very Good 4	Overall index
1. Overall Programme effectiveness :	-	-	4	23	3.85
2. Effectiveness of your session(s) :	-	-	-	27	4.00

On behalf of Executive Health, I thank you very much for your help. I hope we can count on your help in future also.

A summary of the programme feedback is attached for your information.

*A Kennedy*  
Programme Coordinator

FOR QUALITY OF LIFE



**Dr. Larry Dossey, M. D.**

Author, Consultant and Executive Editor of  
Alternative Therapies in Health and Medicine  
Santa Fé, NM, USA

Dr. Larry Dossey is a former physician of internal medicine and former Chief of Staff of Medical City Dallas Hospital. He received his M.D. degree from Southwestern Medical School (Dallas), and trained in internal medicine at Parkland and the VA hospitals in Dallas.

Dr. Dossey has lectured at medical schools and hospitals throughout the United States and abroad. In 1988 he delivered the annual Mahatma Gandhi Memorial Lecture in New Delhi, India, the only physician ever invited to do so.

He is the author of 10 books dealing with consciousness, spirituality, and healing, including the New York Times bestseller *HEALING WORDS: THE POWER OF PRAYER AND THE PRACTICE OF MEDICINE*, most recently *THE POWER OF PREMONITIONS*. Dr. Dossey is the former co-chairman of the Panel on Mind/Body Interventions, National Center for Complementary and Alternative Medicine, National Institutes of Health.

He is the executive editor of the peer-reviewed journal *EXPLORE: The Journal of Science and Healing*. Dr. Dossey lectures around the world. He lives in Santa Fe with his wife Barbara, who is a nurse-consultant and the author of several award-winning books.

**Dr. Larry Dossey– a seminal thinker on Mind Body Medicine – is the architect of UHP. Following are his remarks about UHP as he witnessed the growth of UHP year after year since 1991. In forward to first publication of UHP, Primer of Universal Healing, he observed prophetically:**

*"In my opinion you are on a true path that shall lead to a form of medicine more glorious than any previously known to the human race. I shall continue to think of your program as a star burning brightly in the East, whose brilliance becomes stronger each day."*

*"The Universal Healing Program is exactly that -a program from which healing spreads universally, beyond the limits of space and time, because it deals not only with the physical but also with the infinite, spiritual nature of human beings. This means that what you do in India is therapeutic for everyone, everywhere. At a painful moment in history, in which divisions seem to erupt on every hand, the unity and oneness emanating from the Universal Healing Program is of immense importance".*

**Message from Dr. Larry Dossey on the occasion of National Seminar on "The Science and Philosophy of Healing" at Gujarat Vidyapith on 1<sup>st</sup>& 2<sup>nd</sup> October, 2005:**

*"Universal Healing Program has brought together a physical, mental and spiritual approach into a literal cure for heart disease, one of humankind's major afflictions. It is consistent with the best of modern scientific medicine and exemplifies the future direction of healing. UHP has been for a decade and more at the forefront of applying these insights to the benefits of humanity. In the future, when the history of healing in India is written, Universal Healing will occupy a high place.*

*I extend my blessings and best wishes for the seminar, in hopes that the radiant light embodied in this healing endeavor will extend to the darkest corners of the Earth. Never before have we been in such need of this profound wisdom."*

**Message from Dr. Larry Dossey on the occasion of a function held at Ahmedabad Management Association (AMA) on 30th September, 2013 to celebrate 22<sup>nd</sup> Anniversary of UHP:**

*"The Universal Healing Program and your attendant book (Heal Your Heart) are a significant breakthrough in our approach to coronary artery disease and are a true blessing to humankind.*

*The celebration of your achievements on the eve of Gandhi's birthday is a splendid reminder that nonviolent approaches can operate at medical-physiological levels as well as in social-political areas. That is one of the most important implications of your work.*

*Our world is habituated to a muscular, aggressive, violent approach to many of the challenges that face us. If our species is to break out of this cycle, and if the life-support systems of our planet are to be sustained, we shall have to honor the nonviolent approaches that emphasize the harmony, balance, and unity epitomized in the Universal Healing Program. So your exemplary lessons extend beyond individual health to embrace the health of our world.*

*We send congratulations and best wishes to you, Dr. Kapadia, and to your colleagues on this occasion. All of India and the world should take note of your contributions with gratitude, honor, and pride."*



***Following are Dr. Larry Dossey's observations on the occasion of yearly publication of UHP:***

The universal healing approach to treating heart disease is inherently nonviolent and gentle by nature. It emphasizes changes in behavior and the cultivation of certain states of awareness, many of which were advocated by Gandhi himself.

The universal healing program continues to show the way to medicine of future, which will be a synthesis of the scientific and the spiritual. India should be honored that its spiritual heritage is being illuminated in this program; and the west should be grateful that this wisdom is being shared with us.

I know of no other program which captures so authentically the essence of healing—the harmony of body, mind and spirit. In medicine, we need the insights of the intellect and the fruits of technology and the best spiritual wisdom as well.

In your program, combining the best of scientific and spiritual insights, you continue to show the way to the medicine of the future. In the future, when the history of healing in India is written, Universal Healing will occupy a high place.

You have brought together a physical, mental, and spiritual approach into a literal cure for heart disease, one of human kind's major afflictions.

Research continues to show strong connections between consciousness, spirituality and health.

One of the most important intersections of ancient wisdom and modern science is meditation, as represented by the application of Shavasana and the UHP project under the direction of Dr. Ramesh Kapadia. I would like to express my sincerest admiration for the courage and vision embodied in this program. It is consistent with the best of modern scientific medicine and exemplifies the future direction of healing.

UHP has been for two decades and more at the forefront in applying these insights to the benefit of humanity.



**Dr. Murat Tuzcu, M. D.**

Vice Chairman of Cardiovascular Medicine,  
The Cleveland Clinic, USA

**Dr. Murat Tuzcu, M.D.**, is a Professor of Medicine, Vice Chairman of Cardiovascular Medicine at the Cleveland Clinic which has been ranked as no 1 in cardiac care in the United States by the US world and news report for 19 consecutive years. Dr. Tuzcu's clinical interests cover a wide range of interventional cardiology patients. In addition to percutaneous treatment of coronary artery disease, his expertise includes catheter-based treatment of valvular heart disease. He is an internationally recognized expert in interventional cardiology.

Dr. Tuzcu is a Fellow in the American College of Cardiology, American Heart Association, Society for Cardiac angiography and Interventions, the American College of Physicians, and a member of the Turkish Society of Cardiology. Dr. Tuzcu was voted into the recent listing of "Best Physicians in America," and is listed in the National Registry of Who's Who.

He has authored or co-authored more than 200 peer-reviewed publications. Dr. Tuzcu has directed or co-directed many national and international symposiums and professional conferences worldwide, and has been an invited lecturer to many others. He was the Chairman of the Scientific Program Committee of the 56th Annual Scientific Sessions in 2007. He is currently on the editorial board of several academic journals.

### **Dr. Murat Tuzcu's views on UHP:**

*"Dr. Ramesh Kapadia's Universal Healing Program (UHP) is unique because he combines the conventional cardiovascular medicine together with other components of healing. Thus, it is a complimentary approach for both body and mind. I strongly recommend Dr. Kapadia's Program as we are facing not only in India but also the entire world, an onslaught of cardiovascular disease, 90% of which is preventable. UHP addresses many facets of the disease process that results in heart attacks or strokes."*

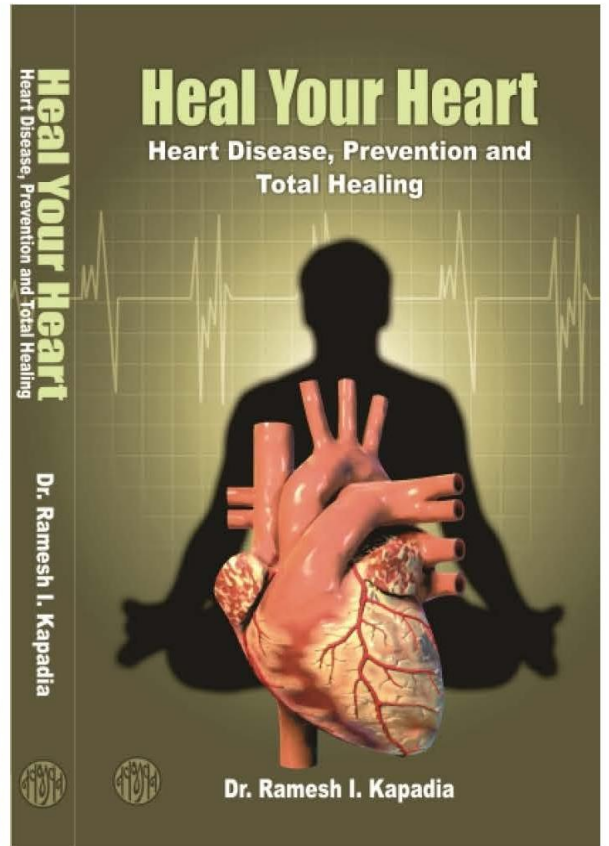
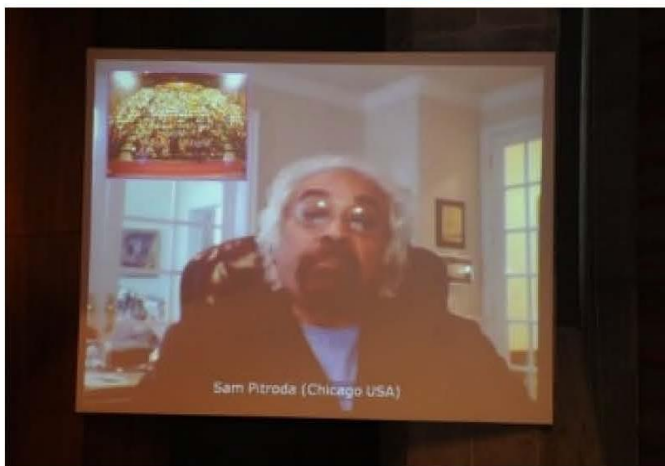
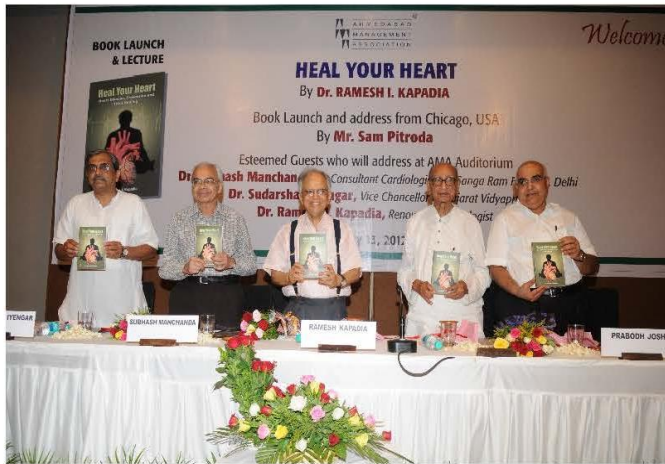
### **Dr. Murat Tuzcu's comments on the book**

#### **Heal Your Heart - Heart Disease, Prevention and Total Healing:**

Modern medicine with the help of advanced technology found solutions to a lot of problems. Same can't be said about the remedy for spiritual and human aspects of illnesses. It is very rare to find a text that addresses two sides of the coin harmoniously. Dr. Ramesh Kapadia, in his easy to read yet comprehensive book touches on all aspects of cardiovascular health with common sense, and insights of a wise expert.

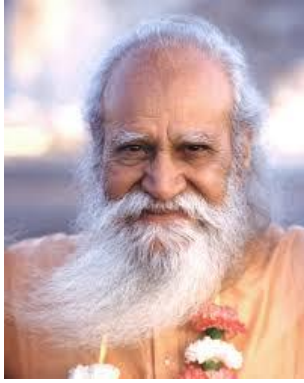
At every chapter, he tells us about the disease states, the available solutions, and shows us the ways to prevent heart disease. But most importantly he teaches us that it is not enough to prevent the onset of disease, we should strive to prevent the very occurrence of the disease.

Dr Kapadia's book is a must read for the physician as well as the patient.



Launch of **HEAL YOUR HEART** : Heart Disease, Prevention and Total Healing – a new, path breaking book by renowned cardiologist **Dr. Ramesh I. Kapadia** was done from Chicago, USA by internationally reputed technocrat, **Mr. Sam Pitroda**, during a LIVE web-tecast on **13<sup>th</sup> May 2012** at Ahmedabad, in the presence of esteemed guest Dr. Subhash Manchanda, Senior Consultant Cardiologist, Sir Gangaram Hosiptal, New Delhi.

The function was presided over by Vice Chancellor of Gujarat Vidyapith, Dr. Sudarshan Iyengar.



## **Sri Swami Satchinanda**

Satchinanda Ashram,  
Yogaville, Buckingham, Virginia, USA

Swami Satchinanda's letter to Dr. Ramesh I. Kapadia on 25<sup>th</sup> August 1992:

*Beloved Dr. Kapadia,*

*Love and Blessings*

*Thank you for your most kind letter. I am delighted to note that you are celebrating the First Anniversary of Universal Healing Heart Program. I have tremendous faith in this program because it combines the healthy and healing aspects of yoga, vegetarian diet, and positive thinking. By changing your lifestyle and becoming a perfect Yogi, your body's organs get recuperated. Our human body is a fantastic mechanism. Nature can correct all the problems. By cooperating with the nature, we allow the body to get back to the natural condition of health and peace.*

*We need to stop all the causes of the problem. Let all the thoughts, words and deeds be clean. Let the diet be clean. We have treated many cases like this. By practicing Yoga you can reap all the benefits. The Yoga scripture clearly states that the completely sick person can become well again. Nothing is impossible to repair, so we should do what is necessary. With correct living, all the wrongs go. I am delighted to see that Dr. Kapadia is doing such a beautiful service and giving many patients the opportunity to change their lifestyle and become good yogis.*

*I wish Dr. Kapadia and his staff all the success and blessings of the Divine to continue this noble service. May all be healthy, happy and peaceful.*





**Dr. B M Hegde**

M. D; FRCP (London), FRCP (Edin.)  
Dean, Kasturba Medical College, Mangalore 575001,

**Dr. B M Hegde's views on the book "Heart Disease – A New Direction"**

Dr. Ramesh Kapadia, a noted cardiologist of India, has taken the right step in the direction to educate our people in the right methods of healthy life-style. His book gives one the necessary guidance to achieve the right environment for healthy growth and healthful living. Holistic living, with a mind full of love for others, is the best preventive against most, if not all, degenerative disorders. It is better than lowering one's cholesterol or sugar. The methods advocated by Dr. Kapadia are excellent and have been advised even in the Ayurved literature. This time-honored wisdom of the East has to spread to the West as well. I am sure that this book will serve that purpose very well. I wish the book the success that it richly deserves.



**Dr. M R Girinath**

M.S; M.Ch. F.R.A.C.S Madras

Chief Cardiovascular Surgeon, Apollo Hospitals, Chennai

**Dr. M R Girinath's views on the book "Heart Disease – A New Direction"**

I have read Dr. Kapadia's book with great interest. It covers all aspects of what our diet consists of and the various elements in it that can cause us harm. He has also covered the various food items that we normally consume and has highlighted how they can be modified. The book also gives us a brief outline of what we can do to prevent and even reverse coronary artery disease. Having been very active in the management of CHD especially with respect to the interventional methods of treatment such as Balloon angioplasty and bypass surgery, I am firmly convinced that though these forms of treatment have their own place, prevention is superior to any other form of treatment.



**Prof. S. C. Manchanda**

MD, DM (Cardiology)

Senior Consultant Cardiologist Sir Ganga Ram Hospital, New Delhi

Former Head, Department of Cardiology: AIIMS, New Delhi, India

Padmashree Awardee of President of India

**Prof. S. C. Manchanda's views on the book "Heal your Heart"**

Dr. Ramesh Kapadia's book 'Heal Your Heart' is an excellent work on holistic approach for preventing heart disease, the leading killer of mankind at present. With his vast experience in his technique of Universal Healing Program he has emphasized that the best way to control heart disease is to combine our ancient wisdom (yoga meditation etc.) with modern medicine. There is a lot of scientific support for this approach including our own research studies on Reversal of Heart Disease. This unique book has been extremely well written in a very simple language and should be of immense benefit to both the medical practitioners as well as general public. I recommend this book to anyone who is interested in preventing heart disease and wants to lead a happy and stress free life.

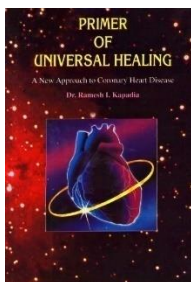
## **H John Taylor, UK:**

Physicist of International Repute,  
Formerly Principal, Wilson College, Bombay and  
Vice-Chancellor, Gauhati University

### **H John Taylor's views on UHP**

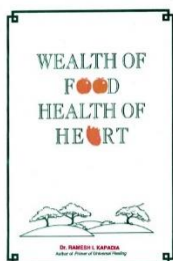
I have been very interested to learn from Dr. Ramesh Kapadia, whom I have known from his student days, something of the Universal Healing Program, with its fresh approach to the problem of coronary heart disease. The importance of the program lies in the recognition that healing is not simply a matter of pills and potions, or even operations. On the contrary it must involve the whole person, for the healing process is clearly affected by mental attitudes and spiritual orientation. I am glad that Universal Healing is exploring these possibilities, with such techniques as meditation and relaxation, and it is to be congratulated on completing its first year of work. I trust that many more years of fruitful endeavor will follow. I would like to offer my best wishes and every blessing on this enterprise.

## Reviews of books on UHP by Dr. Larry Dossey:



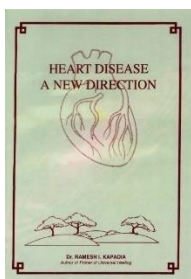
### **Primer of Universal Healing**

"In my opinion you are on a true path that shall lead to a form of medicine more glorious than any previously known to the human race. I shall continue to think of your program as a star burning brightly in the East, whose brilliance becomes stronger each day."



### **Wealth of Food, Health of Heart**

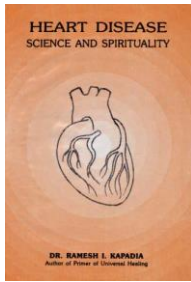
"It is perhaps no coincidence that this book is being published by Navajivan, which was founded by Mahatma Gandhi. The universal healing approach to treating heart disease is inherently nonviolent and gentle by nature. It emphasizes changes in behavior and the cultivation of certain states of awareness, many of which were advocated by Gandhi himself."



### **Heart Disease: A New Direction**

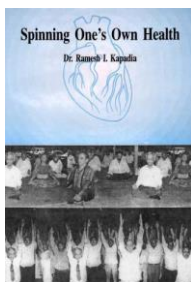
"The universal healing program continues to show the way to medicine of future, which will be a synthesis of the scientific and the spiritual. India should be honored that its spiritual heritage is being illuminated in this program; and the west should be grateful that this wisdom is being shared with us."





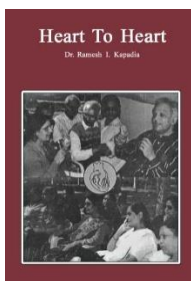
### **Heart Disease: Science and Spirituality**

"I know of no other program which captures so authentically the essence of healing- the harmony of body, mind and spirit. In medicine, we need the insights of the intellect and the fruits of technology and the best spiritual wisdom as well."



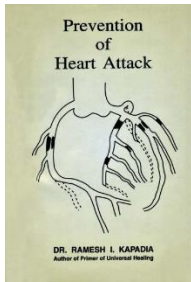
### **Spinning One's Own Health**

"As you enter your eighth year of service at Universal Healing, my thoughts turn to the tremendous contributions you have made. You have brought together a physical, mental, and spiritual approach into a literal cure for heart disease, one of human kind's major afflictions."



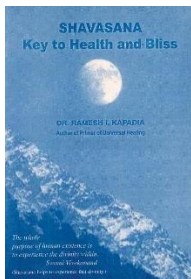
### **Heart to Heart**

"In your program, combining the best of scientific and spiritual insights, you continue to show the way to the medicine of the future. In the future, when the history of healing in India is written, Universal Healing will occupy a high place."



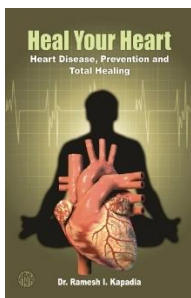
### **Prevention of Heart Attack**

“Research continues to show strong connections between consciousness, spirituality and health.UHP has for a decade been at the forefront in applying these insights to the benefit of humanity.”



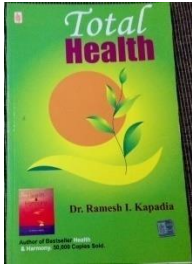
### **Shavasana - Key to Health and Bliss**

“One of the most important intersections of ancient wisdom and modern science is meditation, as represented by the application of Shavasana and the UHP project under the direction of Dr.Ramesh Kapadia. As this venture reaches its tenth anniversary, I would like to express my sincerest admiration for the courage and vision embodied in this program. It is consistent with the best of modern scientific medicine and exemplifies the future direction of healing”.



### **Heal Your Heart - Heart Disease, Prevention and Total Healing**

"Dr. Ramesh Kapadia's recommendations in 'Heal Your Heart: Heart Disease, Prevention and Total Healing' if implemented, would eliminate the vast majority of heart attacks and strokes in modern societies. The approach of Dr. Kapadia, who is one of India's outstanding cardiologists, is based on solid science. It has been tested clinically in both India and in the United States in Dr. Dean Ornish's celebrated program and elsewhere. Prevention is the best medicine. But not only does Dr. Kapadia's Universal Healing Program (UHP) prevent cardiovascular disease, it adds joy and fulfillment to one's life as well. This is not just a program for the body, but for the mind and spirit as well."



## **Total Health**

“**Total Health** is superb -- a succinct distillation of wisdom that will have great appeal to your intended audience of busy, stressed young people. It is essential to reach the below-25 generation, because the habits they develop will yield either health or disease as they mature. In the U.S., most young people seem to think they are invulnerable, and that preventive health measures do not apply to them. As you know, nothing could be farther from the truth. **Total Health** captures the essence of UHP — a brilliant blend of spirituality, consciousness, and practicality that is necessary for true and enduring health across a lifetime. Like all valid spiritual wisdom, its hallmarks are brevity and simplicity. It is a splendid achievement. May Total Health be widely seen as the national treasure it is, and may it add to the health of not just India but the world.”