

1. Strategies of Success.
2. Meditation as Medicine.
3. The healer within.
4. Health benefits of Meditation.
5. Live more worry less.
6. Healing Mind.
7. From Stress to Strength.
8. Practical steps to quit smoking.
9. Mind your mind.
10. Principles of Stress-free living.
11. Success without stress.
12. Understanding risk factors for heart diseases.
13. Stability of mind for positive thinking.
14. Practical and scientific technique of stress management
15. Steps for personality development.
16. Correct and healthy way of thinking (Cognitive therapy)
17. Techniques for enhancing concentration power.
18. Science and spirituality for stability of mind.
19. Canalisation and sublimation of criminal instinct.
20. Seven steps for Management of Diabetes.
21. Role of women in re-establishing peace and harmony.
22. Application of Meditation in medical practice.
23. Working efficiency and productivity.
24. Key factors for becoming creative.
25. How to improve human relations.
26. Usefulness of the powers achieved by meditation.
27. How to improve memory and examination performance.
28. Practical tips for strengthening team spirit.
29. Steps for overcoming examination fear.
30. Mind motivation for self-development.
31. Techniques of time management.
32. Crux of doctor-patient relationship.
33. Know your mind Potential.
34. The art of influencing others
35. The principles of effective public speaking.
36. Understanding and overcoming Anger.
37. Know your thoughts practice thought management.
38. Healing heart and head.
39. Health in your Hands.



Guided Meditation for Priminister of Guyana

Attitude Determines Altitude



**Dr. Girish D. Patel**

M.B.B.S (BOM) Ph.D. (Psy. Th) F.R.S.H (London)

**PSYCHOTHERAPIST, INTERNATIONAL TRAINER & AUTHOR**

## **BIODATA**

Dr. Girish Patel is a noted psychotherapist and world-renowned trainer from Mumbai. He has traveled extensively across the world in more than 40 countries delivering over 5000 lectures, which have left audiences spell-bound. These include USA, Russia, UK, Canada, Switzerland, Germany, Poland, Holland, Portugal, France, Thailand, Singapore, Trinidad, Brunei, Vietnam, Aruba, Curassow, Tanzania and Oman.

Dr. Patel's brilliant academic career started at Topiwala National Medical Collage, Mumbai, followed by a doctorate in psychotherapy. He is a fellow of the Royal Society of Health, London and a patron of the society for the preservation of Medical Ethics.

During his medical college studies itself, Dr. Girish looked at combining medicine with yogic techniques and meditation. He has studied an array of Meditation techniques including Raja Yoga taught by the Brahma Kumaris Ishwariya Vishwa Vidyalaya. Some of the medical institutions, which have been benefitted from Dr. Girish's findings and his presentations, include the All India Institute of Medical Sciences, New Delhi; Bombay Hospital and Research centre; Doctors Hospital, Canada; National Mental Institute, Singapore; University Hospital, Malaysia.



With Dr. Deepak Chopra at Mount Abu.

The list of universities where Dr. Girish Patel has been invited as visiting faculty: Delhi University, Moscow University, Long Island University, USA, University of Guyana among others. Dr. Patel has conducted full day seminar in industries of national prominence like-Larson and Tourbro, Mahindra and Mahindra, Indian Space Research Organisation, HMT, ONGC, Times of India, Semiconductors, Singapore, Tata Steel and Reliance Industries. He has also shared his views at United Nations Development fund (UNDP) Malaysia and United Nations, Switzerland. Dr. Patel has prepared a syllabus for Goa University on Personality Development and given training to the faculty members.

### **CONTACT ADDRESS**

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Dr. Patel is also Organising Secretary of the Medical Wing. Raja Yoga Education and Research Foundation and President of International Health Promotion Network. Prestigious newspapers in many countries extensively covered Dr. Girish Patel's programmes and published his feature articles. Malaysian National TV prepared a series titled "Health in Your Hand" inspired by his lectures. He has been interviewed on television chat shows such as Good Morning Thailand, An hour with Allesen, Trinidad, Strait talk Guyana, Sahara Samay to name a few. He has prepared more than 100 talk shows for various Indian channels which are regularly broadcasted. His outstanding and dedicated contribution in the health



Meeting Swami Ramdev

education has been recognized by awarding a gold medal on World AIDS day 1993. Dr. I.C. Roy, Sheriff of Calcutta presented him the Award for Excellence. Antinarcotics Association of Singapore and police academy of Malaysia each have presented him Shields of Honour; The Rotary Club of Kanpur awarded him Rotary Service Award. In 2007 he received International award for excellence in psychotherapy by International Association of Educator for World Peace U.S.A.

Dr. Patel is also a writer. He wrote his first book "Positive Health" at the tender age of 21. He has never looked back since and presently has nine books to his credit. Dr. Girish combines his medical knowledge with interesting stories and motivating examples earning good readership for his books. These books have been translated in foreign languages as well. There are more than 50 CD titles to his credit.



Explaining Positive Health Exhibition to H.H. Dalai Lama

His latest innovative projects of Life Management Skills in today's fast track life are: "The Holistic Health Fair", Twelve hours module on the New Dimensions in the Management of Diabetes. Five days practical programme covering Yoga, Taichi, Pranayams and Raja Yoga Called "Health in your Hands" Eight-hour workshop on "Mind power in Medical profession" and "Dealing with Disability" for physically challenged individuals.

## Comments by Important Persons...

### ■ Dr. N. Argunov

**Sr. Doctor Moscow Watch Plant.**

Doctor of first Moscow Watch plant thank Dr. Girish Patel officially for conducting very interesting, rich in content seminar. Such Seminars are very useful to obtain new understanding and knowledge.

### ■ H. Vishwanathan

**Principal Training Suthem Railway**

An outstanding lecture. Enjoyed every bit of it. Entire thing can be adopted in life.

### ■ Dr. S.D. Bapat

**Noted Urologist, Mumbai**

Dr. Patel's speech was so interesting I felt that he should go on and on...

### ■ M. Jurgen Wiedenhoft

**Ph.D. Fulda, West Germany**

I have been very impressed by Dr. Patel's Book Positive Health-Particularly with the second chapter Neurological Research.

### ■ Mr. Subhash Rao Thakkare

**Transport Minister, Govt. of Maharashtra**

I had thought of attending four days but the camp was so interesting that I attended for eleven days.

### ■ Mr. Anuj Sinha

**Adviser, Ministry of Science, Govt. of India**

No one should speak after such a brilliant interactive speech. Many lesson learnt greatly fulfilling experience.

### ■ Dr. V. N. Srikhande

**Head of Surgery, Bombay Hospital, Mumbai**

He conveys eternal truths in simple way. His mission in this troubled world is admirable.

### ■ Late Sunil Krmanato

**M.P. Jamshepur**

When I came here I had lots of tensions. Within few minutes now I am feeling relaxed and peaceful.

### ■ Mangubhai C. Patel

**Minister, Govt. of Gujarat**

Dr. Patel's guidance about Yoga will act as a most effective medicine.

### ■ Dr. H. Singh

**Director, High Energy Material Research Lab**

**Ministry of Defence, Govt. of India**

Highly educative lecture. Speaker knows well how to convince audience by simple techniques and stories.

### ■ Mrs. Zalayhar Hassanali

**Former First Lady of Trinidad & Tobago**

I have attended both the sessions. You have great wisdom you have inspired us all.

### ■ Dr. Manu Kothari

**Prof. Emeritus, G. S. Medical College, Mumbai**

Dr. Patel's authority as compelling communicator is now well established. He has great future ahead.

Late Sunil Krmanato M.P., Mangubhai Patel Minister Gujarat, participating Health camp.

Iterative Session at Oman

