

Annual Report 2017-18

Reiki Centre of India brings to you the annual report of the organization (2017 -18) with its wider vision of promoting and propagating the Indian ancient system of healing – Reiki which is branded as the art of Healing by our founder of the organization, Dr.P.S.Lalitha .

Reiki Centre of India celebrated its 18th World Reiki Day 2017 in the month of January, 2017 which is the pleasant start of our activities towards the awareness among the masses. World Reiki day had been celebrated each year to bring forth the essence of healing benefits in Reiki, a unique divine healing system with its reckonable importance that encourages the people to celebrate their health without the dependency of medicines and live a life holistically.

During World Reiki day, Reiki Healers and the patients had shared their experiences which reveals the scintillating effect of Reiki with its soul hearted approach that had enhanced their health with wholesomeness through Reiki. There was an effective interactive session with the audience by Dr.P.S.Lalitha on various questions that was put forth by the elite group of audience.

Elite Audience of World Reiki day – 2017



World Reiki day 2017



Activities of Reiki Centre of India:

During this year of 2017-18, to create awareness on Reiki, several programmes were organized in and outside of Chennai.

- At Chennai, under the dynamic leadership of Reiki epitome “Dr.P.S.Lalitha” along with her, several Reiki Healers had Reiki Masters contributed their participation in free healing camp organized by Ladies club, thiruvanmiyur



- Mylaikapli health camp which is co-ordinated by Lions Club at Chennai had several citizens of the surrounding areas who got benefited from the camp. This camp aimed at healing people from various ailments.



Team of Reiki Masters (Mrs.Naveena,Mrs.Subashini, Mrs.VasanthiKarthick) doing consultation for the public, also Mr.Nagarajan an active participant of Reiki activities and the lions club members were present at KapaliMyailai organized by Lions Club, chennai

- Dr.P.S.Lalitha had delivered an intellectual lecture and had shared her experience on the Indian ancient Healing system of REIKI and the other drugless therapies like sujok acupuncture which elicited the mindsets of elite 1st year students of Sri Ramachandra Medical University, (SRMC, Porur, Chennai) who had listened to her on the essence of life that promotes health, on various aspects of treatments without any diagnostics and medicines.



Dr.P.S.Lalitha addressing the students of 1st year students, at Sri Ramachandra Medical university, (SRMC), Porur, Chennai

- Dr.P.S.lalitha had been a great support in guiding all at various levels for chronic and acute ailments through social networks like facebook and youtube through her interview sessions on the innate experience of Reiki which had touched and transformed many lives. The videos sessions were captured and aided by Mr.G.Vijayan in promoting the message on Reiki and other drugless therapy.
- She had created a **what's app group** which aims to heal the needy through distance healing session.
- She had extended vastly to share her experience and intellectual expertise with the allopath as well, so that combination with other medical system will add value for faster recovery of healees.
- She had created several masters and healers by conducting Reiki degree classes that made every participant of her class (at National and international level) to get enlightened and experience the scintillating effects of Reiki.

- A popular Tamil magazine “**Anandhavikatan**” had released the book titled as “Arokiyamungalkayil”- (Marunthilamaruthuvam) that has a compilation of articles of Dr.P.S.Lalitha wherein she had shared the method of treatment through Reiki and sujok acupuncture along with her experiences which highlighted the value of art of healing and other drugless therapies which would save many lives and shall raise them up in hope and peace with complete good health.

Report on Reiki activities of Kumbakonam:

Ms.Sridevi, student of Dr.P.S.Lalitha took an initiative to propagate the message on Reiki- the art of healing, which is an essence for the health of all. At kumbakonam, on Jan 16th, 2017 she had organized the art exhibition along with few children at 63 kalyanamandapam, kumbakonam that was held from 10 am to 4.30 p.m. With the knowledge and experience of Reiki that was gained by Ms.Sridevi during her practice at kumbakonam for 7 years enabled her to organize the art exhibition which was a treat for the eyes for the masses that provoked their awareness on health, with Reiki- The essential Divine Elixir of life. With the guidance of Book on VazhaVaikumkalai, MaruthilaMaruthuvam authored by **Dr.P.S.Lalitha**, Founder & Secretary – Reiki Centre of India , Chennai, the contents of nearly 17 panels had been prepared with pictorial representation along with 27 arts done by the young children

The aim of the art exhibition was to;

- To propagate the significant message on Reiki which is the need of the hour to the society
- To enhance the health of the individual and the masses without the dependence of medicines and heal them by using the hands through Reiki
- To relieve them from stress.
- To spread peace in them and in their society
- To empower them holistically and live a self disciplined life
- To offer the gratitude to the art of healing “Reiki” That has healed many people at kumbakonam
- To felicitate the little ones who had contributed their inherent potential of art to convey the message on Reiki to the masses.

Participants of the art Exhibition:

Artists:

- R. Kanimozhi – 9th std. ; S.P.Swathi - 5thstd - these both children had an immense potential of art who had contributed their time in drawing and painting the concepts and brought out 27 arts.
- T.M.Hrushikesh – 2ndstd who had drawn the public attention on that occasion by sketching on the public request who volunteerily came forward to exhibit his talent.

Demonstrators:

- S.P.Dhivya – 8thstd; Amla Nasty Reyan – 5thstd; DhanVarshini – 6thstd; Ajay – 6thstd and Mrs.Bharaniudhayakumar – a home maker took an active participation

These children had volunteered themselves to explain about Reiki, Principles of Reiki, the 7 major chakras and its location, Diseases related to each Chakras., Benefits of Reiki, Reiki in culture.



Highlights of the Art exhibition:

The art exhibition on Reiki was inaugurated by lighting the traditional lamp by a senior couple Mr.Mahalingam and his wife Mrs,Annapoorni who had experienced reiki and a good supporters too. And the children who had drawn had lighted the candle at 10 a.m...

- The message of Reiki has reached to 73 people in the morning and 60 people attended in the evening for the felicitation function

The masses asked the following questions:

- What is the acupressure point for Diabetes? –
- Can herania and PCOD be treated with Reiki? (Without surgery). –
- What is the acupressure point for piles and back pain?
- What to do to control anger and unnecessary tension?
- Can the operated Knee be treated with Reiki?
- What is the acupressure point for Epilepsy and Memory?

During the explanation of the panels that had lot of information , the above questions had been asked by the public visitors and the corresponding answers were given to them by Ms.Sridevi. Also there was a **small interaction on healthy life style** when the parents and group of children were present that went on for 15 mins, this happened suddenly because the parents questioned on it rapidly and wanted the children to listen it on healthy life food habits so avoid junk food.

A demonstration of Reiki was made by Ms.Sridevi to a lady who had ulcer and found to be in pain when the lady visited the exhibition.

T.M.Hrushikesh's Art was another highlight where he drew the animals in zoo, so Ms.sridevi had linked her explanation with the healing of pets linking to his art, to the public.He had done good strokes of Art based on the request by public., from morning till evening (10.30 am to 4.30 p.m).

In the evening Session: (Felicitation Function):

- The anchor's speech (Ms.Karpagalakshmi) in adorable Tamil drawn the attention of everyone and she gained the applaud from all.
- Ms.Abirami – student from a school gave a speech of Reiki which was really clear to the public in tamil and she also mentioned about the value of drugless therapy (she had taken the hints from the article written by Dr.P.S.Lalitha in the last pages of ManithaNalanil Reiki).

Feedback of the Art Exhibition:

- The masses had appreciated the effort of the art exhibition that promoted the message on Reiki which is essential for the public now-a-days, that proved to be efficient inspite of the availability of medicines.
- **The public were happy to know about Reiki is done with cost effective measures and it reaches the root cause of the problem in order to acquire a complete health**
- **The art and the explanation done by the students were highly appreciated by the public.**
- One of the visitor had asked to conduct a meeting / discussion on health
- Visitors encouraged for separate clinic for Reiki
- Requested the Reiki team members to share their experience or an encouragement towards a healthy lifestyle.
- Everyone appreciated the Felicitation function as well, since no one is there to encourage the children, this is the first time in Kumbakonam to have such an art exhibition with a felicitation function that revealed gratitude to Reiki and to talented children
- The public had appreciated that the programme is really worthwhile on health . The public have appreciated our centre's effort towards kumbakonam.

Visit to Thilayambur senior citizen home:

- she makes her visit to Thilayambur senior citizen home, valaingaman. with the volunteer who wanted to spread the message of Reiki and other drugless therapy and treat the needy with warmth of kindness.



A Volunteer Ms.V.Janani had assisted Ms.sridevi for the visit to senior citizen home to promote drugless therapy

Govt Women's College, Kumbakonam

On 9th March, 2017, The programme was organised as a part of Youth Red Cross of the Govt. Women's college, Kumbakonam in concordance with women's day celebration from 10.30 am to 1.30 p.m. The topic of the occasion was "Freedom from diseases". Ms.Sridevi, Reiki Master, student of beloved Reiki Grandmaster Dr.P.S.Lalitha, the founder-secretary of Reiki centre of India had been invited to deliver a guest lecture on the given topic to the women students and the staff members of the college. The lecture was focused on how one can lead life without the dependency of medicines for their common and also for the chronic diseases, with the help of Reiki which is considered to be the ultimate therapy for all ailments and also a ray of health and hope which brings a holistic development in an individual and in their surroundings. Ms.Sridevi had shared what is Reiki and how does it work, the 7 major chakras in our body, the existence of cosmic energy and aura which enhance our health by the balance in chakras. she also mentioned how a person falls prey to diseases when the chakra found to be imbalanced and diseases related to chakra in alignment with women who need to know their value of health through Reiki and in general as well, by her oral lecture with the help of the 10 arts that was done by the children of art exhibition which gained the attention of the students. As she had addressed the women students of the college she also made aware of other drugless therapies that are in use in our world like

acupressure, seed therapy, crystal healing and Magneto therapy. She stressed the significance of health and hygiene as the staff members requested her to focus on the topic of hygiene too, and there she acknowledged certain incidences of reiki experience with her healing session so as to make the students realise how reiki is simple, effective and comfortable with no side effects. She also made them to understand that there was no scanning or testing required for it and reiki is the therapy which is safe and cost effective. She had a good interaction with the students where they put forward the questions on common diseases that they are facing in day to day life. As they wanted to practise it and feel it, she gave a demonstration on acupressure points. There by the students felt different sensation on the corresponding acupressure points in the meanwhile she also shared how Reiki play a pivotal role in curing the women related disease with ease. During the interactive session, the following questions were asked by the students, first it was raised by Mrs.Gowri, Prof.Dept of mathematics, asked about the common ailments like Back pain, headache, stomach ulcer, wheezing. So Ms.Sridevi explained and demonstrated the acupressure points, told the causes about these pain and diseases linking the concept with emotions as well and encouraged them that by practising the points regularly, one can be healthy and overcome the pain as well. She indeed directed them that while practising, “one must concentrate on the respective organ and not on anything else”.



Ms.Sridevi interacts on Reiki and its benefits to students of Govt.College for women,
Kumbakonam

- Ms.Sridevi had extended her efforts also to reach out through the local TV channel of kumbakonam, to spread across the memorandum on Reiki with a

great belief of creating a holistic society that encourages everyone to be in one accord with “Universal LIFE FORCE Energy - REIKI.”



Ms.Sridevi during the interview session of GTV, a local channel of Kumbakonam, along with the anchor, Ms.Karpagalakshmi

Healing Hands Magazine:

As our mission is to propagate the value of Indian ancient healing system- REIKI that can elevate our life with complete Health and happiness, we reach out to the masses across the states every year by “Healing Hands” magazine with the cumulative records of Reiki Healers and Reiki Masters that reveals the scintillating effect of Reiki with their soul hearted approach towards their healees who had equipped their health with wholesomeness through Reiki. In concordance with the effort, Reiki centre of India had published the Healing Hands magazine for the year 2017 that holds benefit with the collective experience of Reiki healers and Reiki masters and the feedback of the patients as well who had experienced voluminously with the benefits of Reiki.

Acknowledgements:

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- Our sincere gratitude to the Respected team of Board members and Executive committee members of Reiki Centre of India, (Regd.) Chennai
- Our sincere thanks to all the Reiki healers and Reiki masters for their contribution towards Healing sessions at frequent times and through articles for healing magazines.
- We extend our gratitude to Mr.G.Vijayan who is been a continual support for his Video courtesy in reaching out to Media and social Networks that which also plays a pivotal role in propagating the significance of Reiki.
- Humbly taking this opportunity to thank all the contributors and supporters to propagate the scintillating benefits of Reiki.