

डॉ. लाजपतराय मेहरा न्यूरोथेरेपी अँकेडेमी सूर्यमाल

ANNEXURE 1

Dr. Lajpatrai Mehra – Life & achievements



Dr. Lajpatrai Mehra's Neurotherapy Institute

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DR. LAJPATRAI MEHRA'S NEUROTHERAPY ACADEMY

NEUROTHERAPY RESEARCH & TRAINING CENTRE

DR. LAJPATRAI MEHRA NEUROTHERAPY ASHRAM : (Public charitable Trust)

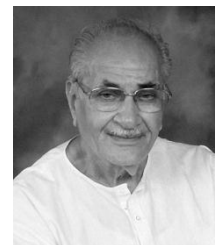
VILLAGE: SURYAMAL, POST GOMGHAR, TALUKA - MOKHADA, DIST.- THANE (MAH) Pincode : 401604

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**Dr. Lajpatrai Mehra, N.D., M.D.(ASM),
Founder pioneer of Neurotherapy**



DR. LAJPATRAI MEHRA - FATHER OF LMNT

Dr. Lajpatrai Mehra, was born in a highly respected family of Amritsar, as the 7th offspring of Sri. Ramgopal Mehra and Smt. Kesara Devi, on 23rd August 1932. A living legend of his times, he is renowned for developing a novel technique (LMNT) of curing the masses without recourse to medicines, and for his selfless and dedicated service to humanity.

At the tender age of 11, he was afflicted with a severe stomach ache, which lasted for several months, which could not be relieved with the best of medical help available at the time. By providence, he met an old man who asked him to lie face down; and cured him almost instantly, by a simple native technique of 'setting the navel' by manipulating his hands and legs in a special fashion.

Helping others came naturally to Lajpatrai. Unlike other children of his age, he did not allow the incident to pass by. Instead, he constantly meditated upon the miracle wrought in his body by the seemingly crude technique and longed to relieve others of similar pains.

Ancient Indian texts refer to the navel as being the epicenter of the entire body. Disturbances in the position of the navel in relation to other parts of the abdomen, is the main cause for digestive disorders.

Even though the old man did not teach him the exact technique, the innovative Lajpatrai, recollected that the process exerted pressure on certain points of his body. His mother often used to suffer from stomach aches. With her as a willing subject, he devised a novel method of using his feet to produce a similar effect, to relieve her of her pains. When he had perfected the technique, he started treating others in his neighborhood. Soon hordes of people, suffering from constipation, dysentery and other abdominal disorders, from nearby and distant areas, would line up in front of his father's home, whom he treated with his newly-founded technique, with great success.

The riots during partition claimed his house as one of its early victims. The family, once prosperous, had to leave all their belongings and arrived in Mumbai (formerly known as Bombay) as refugees, in 1947.

As the bread-winner of a large household (the only son among 9 siblings – he had 6 elder and two younger sisters), young Lajpatrai had a grueling and hectic schedule. In spite of this, he would spend a major part of his after-work hours, in giving free treatment to patients, a habit developed from the very tender age of 11 years. In the process, he invented several newer techniques, and developed a distinctively original method of curing people from several types of ailments, without medicines.

His formal education was until the 10th class; but he could not give the exams due to the partition of India and formation of Pakistan. However, he was doing a lot of free seva in refugee camps. So he was awarded the Matriculation certificate in spite of not sitting for the exams. But the idea of receiving a certificate without giving the examination was anathema to him. After about four years he sat for and successfully completed the examination for the tenth class.

Family circumstances did not permit him to study further. But nothing could dampen his obsession of upgrading his knowledge with intensive study on his own, on books related to nature cure, human anatomy & physiology, from a very young age. Eventually, he qualified for a degree in Naturopathy.

In due course, based on practical experience gained by treating hundreds of patients and, integrating it with wisdom from ancient Indian scriptures, he applied the principles of physiology in a novel approach, to cure ailments in a manner which has no parallel in modern times. His technique has since been christened by students and well-wishers as Dr. Lajpatrai Mehra's Neurotherapy (LMNT).

His compassionate outlook and passionate dedication to give relief to the maximum number of patients, makes him train as many students as possible. To date, he, with just a few dedicated followers, has trained more than 1000 students; conducted more than a hundred free Neurotherapy camps all over the country; and treated thousands of patients in India and quite a few patients abroad, too.

There are presently, more than 650 LMNT centers all over India, plus one each in Canada, U.K., Italy and Australia. Most of these centers have been established within the last 10 years, following the establishment of the residential training centre, - "Dr. Lajpatrai Mehra's Neurotherapy Academy" at Suryamal near Wada, 125 km from Mumbai, in Mokhada Taluk, Thane District. Here students come from all over India, to give a concrete shape to his dream of setting up at least one LMNT centre in every six villages. More than three thousand families are earning their bread and butter through this therapy.

*** Though the number of patients treated per centre daily is 30 or more, this includes repeat visits by the same person for at least 15 – 20 days. Since the therapy is quite effective, usually there is an influx of at least 10-15 new patients per centre per month.

For 650 centers this is between 6500 to 10000 new patients per month.
i.e., between 70,000 to 100,000 new patients per year.

This works out to a figure of at least 5 lakh patients all over India in the past 5 years, PLUS at least > 1 lakh from Maharashtra from the Bandra clinic and the Suryamal ashram.

So the total number of beneficiaries is > 6 lakhs in the whole country, no mean feat by any standards.

His Mission

Dr. Lajpatrai Mehra is blessed with a tireless energetic body, the mind of a scientist and the heart of a saint. His goal in life is that, within a short period, at least one in six Indian villages, should have a Neurotherapy centre, to treat the sick without medicines.

To achieve the above, his immediate objectives are :

- To conduct free health camps at needy villages / towns, so as to spread LMNT to rural areas.
- To help villagers get rid of their ailments at low, affordable cost, without side-effects, irrespective of caste, creed, color and religion.
- To train / motivate interested people, in India and abroad, to become practitioners of Dr. Lajpatrai Mehra's Neurotherapy.
- To establish a centre for research in the cures obtained with LMNT, using modern scientific research methods.
- To create a generation of dedicated persons, who can use this therapy not only to heal their own family members, but can also use it for the welfare of other members of society and thus gain meaningful self-employment.

One of his several endearing qualities is to immediately share the knowledge of his research findings, free of charge, for the benefit of mankind, with all those who keep in touch with him, unlike others who keep their findings secret, in order to earn huge amounts of fees for their intellectual labor.

At the bright young age of 79, he works more than 16 hours a day, from 5.30 am till 9.30 pm, even without taking a holiday on Sunday. He is constantly reading and conducting research, to develop newer techniques to treat various ailments faster and without medicines through LMNT.

ACHIEVEMENTS AND MAJOR MILESTONES

- 1944 Young Lajpatrai becomes proficient in ‘Setting the navel’ and disorders of bowel movement. Develops own technique and treats patients in and around Amritsar suffering from all sorts of digestive disorders with great success, free of charge.
- 1948 onwards: A series of ventures undertaken: Factories set up, but eventually shut down due to sustained losses. However, he continued his habit of giving free treatment to patients - before and after office hours - at his residence. House visits to ailing patients, where necessary, were made at his own cost.
- 1971 During the war of 1971, he ran a canteen in Dadar, for about 45 days, in which an average of 1800 jawans were fed daily. He also donated 36 sewing machines to the military and also offered help in various ways during earthquakes etc.
- 1986 Dr. Mehra formally starts treating patients outside his residence, for a nominal fee. Perfects the skills and techniques formulated through the years. His therapy came to be known as ‘Neurotherapy’. Even then, he continued to give free treatment at the Hindu Seva Samaj, on Sundays, for a number of years.
- 1992 Neurotherapy Institute established at Bandra, which serves as:
- Day-clinic for treating patients, six days a week, at a nominal charge.
 - Training Centre for teaching the principles and practice of Dr. Lajpatrai Mehra's Neurotherapy (LMNT) – 6 monthly courses, twice a year.
 - Research Centre to study and analyze the results of treatments given for various ailments and to formulate better treatments.
- 1994 Inauguration of Dr. Lajpatrai Mehra's Ashram at Suryamal, to give free treatment every Sunday to the local villagers - most of whom are poor Adivasi tribals - along with free food.
- 1994 Doctor of Medicine (Medicina Alternativa) from the Medicina Alternativa Institute, Colombo, affiliated to The Open International University for Complementary Medicines.
- 1999 Dr. Lajpatrai Mehra's Neurotherapy Academy (Public Charitable Trust) established at the Ashram at Suryamal, which now serves as:
- Training Centre: - A residential Course to train students, from all over India and abroad was started in November 1999. Hereafter, Dr. Mehra is respectfully referred to by all students as ‘Guruji’
 - Research Centre: - A research library is available which contains documented case studies of past batches, showing the success of LMNT in treating different disorders. Each student in every batch is taught to prepare at least one case of his own, as part of the course.
- 2001 Neurotherapy Newsletter was started, which is published every 4 months.
- Documentation of Case Histories of patients successfully treated by Neurotherapy treatment was introduced for students of the Academy. Cash awards and a trophy for the Best Student and for the Best Documented Case History were instituted, to motivate the trainees.
- 2001 Neurotherapy Manual in English released. The manual lists treatments formulated and tested by Guruji over the past few decades. Its main purpose is to help neurotherapists all over the country in maintaining a uniform schedule of treatment for various ailments.
- 2002 Annual feature of conducting a national seminar on ANNUAL CONVENTION OF WORLD FEDERATION OF LMNT from 24th – 26th January was initiated with ‘Neurotherapy 2002’.

- 2003 Launching of Dr. Lajpatrai Mehra's Neurotherapy on Website.
Jan 24-26, 2003: National Neurotherapy Seminar held. Its highlight was the presentation of 'Documented Case Histories' of the year. Important cases were: Hole in the Heart, Writer's Cramp and Ovarian cyst.
Dr. Lajpatrai Mehra conducted a Neurotherapy Workshop cum treatment camp at Townsville, Australia for one month, from 15th November to 15th December.
- 2004 In recognition of his services in treating the sick without medicines, Dr Lajpatrai Mehra was conferred with the degree of Doctorate in Science, on 31st January 2004, during the Convocation of the 18th World Congress of Medica Alternativa Holistic Health and Spiritual Sciences, organised by Zoroastrian College, Mumbai.
- 2004 The popularity of LMNT prompted the organizers from Townsville to send a few trainees to study at Dr. Lajpatrai Mehra's Neurotherapy Academy, Suryamal.
- 2005 As a tribute to the success of LMNT in treating several diseases successfully, LMNT has been recognized as an authorized business venture, by the Government of Queensland, Australia.
- 2006 LMNT gained official status, with the arrival of 23 students sent from various villages of MP, under the MPRLP (MP Rural Livelihood Project) of the Government of Madhya Pradesh.
- 2007 Guruji and Sri. Nilesh Singhania, were invited by Sri. Chunnilal Dhaka to conduct an LMNT camp to treat patients at Kingsbury, London, for 4 weeks between 29.9.2007 to 29.10.2007.
- 2008 Guruji and Neurotherapy team from several states, were invited to attend the 1st National Seminar on **Neurotherapy and Yog vigyan** from 7th. to 10th. June 2008 at Delhi, organised by Sri Ramgopal Dixit, Health Director, Shri Maa Sharda Rashtriya Sewa Samiti, (RAH), with the blessings and guidance of eminent leading lights of Delhi namely Acharya Dr. Lokesh Muni, Leader of Opposition Smt. Sushma Swaraj, Dr. Nalini Kaul, Director Gangaram Hospital, Delhi, Dr. S.C. Manchanda (SGRH), Sri Kewal Krishan Kumar-CMD of Shakti Bhog Group of Industries and several others.
- 2008 Launching of the 1st Souvenir on Neurotherapy, on 8th June at Constitution Club, Delhi, *focusing on "Right Attitude To Health (RAH)"*. Members of the press included representatives from leading newspapers like *Navbharat Times*, *Punjab Kesari*, *Dainik Jagaran*, *Hindustan*, etc. Shakti TV channel covered the entire event for viewers.
- 2009 Annual feature of releasing a Souvenir giving important Case Studies and articles of interest, was initiated with release of the 1st Annual Souvenir **"EK ASHA KI KIRAN - DR. LAJPATRAI MEHRA'S NEUROTHERAPY"** on 26th Jan. at the EIGHTH ANNUAL CONVENTION OF WORLD FEDERATION OF LMNT in the Ashram at Suryamal, Dist. Thane, Maharashtra.
- 2009 A Neurotherapy clinic, *CENTRE FOR ADVANCED NEUROTHERAPY* has been set up at IVY Hospital, A multi-speciality hospital, Sec 71 Mohali, under the supervision of Senior Neurotherapist Sh. Ajay Gandhi from Sep. 2009. Guruji's lectures were greatly appreciated.
- 2009 Guruji and his team were invited to attend the 2nd National Seminar & launching of the Souvenir on **"The changing Environment & Neurotherapy"** on 20th Dec. at Speaker Hall, Constitution Club, New Delhi, organised by Sri Ramgopal Dixit, Health Director, Shri Maa Sharda Rashtriya Sewa Samiti (RAH), in the esteemed presence of Hon. Justice Kailash Gambhir & Justice Sunil Gaud (Delhi High Court), Sh. Dinesh Trivedi (MOS for Health & Family Welfare, GOI), Acharya Dr. Lokesh Muni, Sh. Oscar Fernandes (MP & GS AICC) and other prominent persons.

- 2010 A Residential health-care unit (**Arogya-Mandir**) started in a small way with 4 beds, in the premises of Dr. Lajpatrai Mehra's Neurotherapy Ashram Suryamal, to cater to in-house patients suffering from debilitating diseases such as, multiple sclerosis, muscular dystrophy, parkinson's, paralysis, cerebral palsy etc.
- 2010 Dr. Mehra and Sh. Ram Gopal Dixit, Senior Neurotherapist, were invited by the **Forum of Parliamentarians on HIV/AIDS** to address a meeting in the Constitution Club, New Delhi, on 3.5.2010, titled **"Consultation on the role of Parliamentarians in meeting the health concerns."**
- 2010 Dr. Mehra and Sh. Ram Gopal Dixit, Senior Neurotherapist, were invited to deliver a lecture on *'How to maintain Good Health'* to an august gathering of judges, in the esteemed presence of the Honourable Chief Justice Madan B. Lokur, on 20th May 2010, in the Judges Lounge, Delhi High Court.
- 2010 Launching of two websites but Dr. Mehra' students -
<http://www.neurotherapyindia.com/>
<http://neurotherapytreatment.com/>
- 2010 Release of Tamil Version of *Neurotherapy Manual* of Dr. Lajpatrai Mehra under the auspices of Seva Bharathi, Tamil Nadu on 24th Dec. 2010 at Trichy.
- 2011 Residential health-care unit expanded to 30 beds.

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Location of Academic Centre : Dr. Lajpatrai Mehra's Neurotherapy Ashram, at Suryamal village, 130 km, from Mumbai, 30 km. from Wada and 40 km. from Kasara.

List of just a few of the places where free camps of LMNT have been conducted by Dr. Mehra or his students, in recent years :

Northern India	Amritsar, Karnal, Chandigarh, Ludhiana, Delhi, Mohali, DehraDoon.
Western India	Gandhidham, Ahmedabad, Ratlam, Surat, Aurangabad, Pandharpur, Chandrapur, Nagpur.
Mumbai / suburbs	Mumbai, Kalyan, Shahpur, Bhivandi, Ambarnath, Ghatkopar, Ulhasnagar
Eastern India	Kolkata, Durgapur, Agartala, Tripura
Central India	Indore, Dewas, Guna, Byavra, Sujalpur, Udaipur, Jaipur
South India	Chennai, Salem, Erode, Pondicherry, Trichy, Bangalore, Mysore, Raichur.
Outside India	Australia, U.K.