

Dr S Srinivasan

- MBBS and MD, Pune University.
- Former faculty member, CWRU School of Medicine, Cleveland, Ohio, USA.
- Former medico-marketing director of healthcare companies, serving last as Senior Vice President, Aventis, Mumbai.
- Natural orator, writer, facilitator, motivator, counselor.
- Editor, leading healthcare publications
- Author, 'Value-based Wellness for the Service Sector Executive', 'Value-based Management in the Indian Context' and 'Health @ Your Finger Tips'.

Musical profile

- *Trained in classical Hindustani vocal music by Pt Askaran Sharma and late Pt Datta Kerkar.*
- *Akashwani artiste for over a quarter century.*
- *Surmani title from Sur Singar Samsad.*
- *Concerts all over India in the past.*
- *Now focusing on music as a tool for value-based living through discourses in English, Hindi, Marathi and Tamil.*

Shastri Memorial Foundation

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will be deeply appreciated. Donations are eligible for
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Regn no : E-19832. PAN : AACTS2217F.*



Shastri Memorial Foundation

**Committed to spreading
Value-based wellness
In body, mind & soul**

**Founded in memory of
Pt K A S Shastri (1899-1984)
of Deccan College, Pune,
Rashtrapati Awardee
for life-time contribution to
Indian values**

Human values

Through the millennia, the erosion of basic human values has been the root cause of all our problems, personal as well as social. This is all the more pronounced in the twenty-first century, thanks to the galloping developments in commerce and technology. Globalization is affecting our body clocks, life styles, mindsets, expectations, frustrations, quality of life and countless other facets of our day-to-day behavior, often disturbing our sense of wellness in body, mind and soul. We are convinced that in today's world, we can restore our inner peace and harmony, not by gizmos, gadgets and gimmicks but by rediscovering our core value systems. Towards that end, we try to spread value-based wellness through the following:

- Lecture followed by question-answer session (about 90 minutes)
- Seminar: powerpoint presentation cum interaction (about 150 minutes)
- Workshop: powerpoint presentation followed by brain-storming, group discussions and presentations, self-contracts and follow-up (half-day to full day)
- Individual counseling

Our sessions are always customized, but some examples are given below:

- ▶ Wellness vs absence of illness
- ▶ Multiple intelligences in the modern world
- ▶ Rational / Emotional / Spiritual intelligences
- ▶ Withstanding negative forces
- ▶ Managing relationships
- ▶ Rediscovering family values
- ▶ Good parenting practices
- ▶ Balancing work and personal life
- ▶ Living with uncertainty
- ▶ Managing stress from within
- ▶ Music as a tool for self-awareness
- ▶ Hindustani semi-classical sessions with commentary

Social service

We give priority to rural social work, for which we have identified Khanavadi village in Purandar taluka of Pune district in Maharashtra. Khanavadi is the birth place of Mahatma Jyotiba Phule, who dedicated his whole life to social welfare, particularly for women of the lowest socioeconomic strata in the nineteenth century. Our aim is to build and operate Mahatma Phule Swayam Vikas Kendra, which will be a multi-purpose project covering value education, women's health and other issues of relevance to the local community including the creation of employment opportunities, model farming, water resource management etc in the years ahead. Our current activities and services are given below:

- *Prizes and merit scholarships to students of Pune Home and School for the Blind, and to needy and deserving girl students in Purandar taluka of Pune district and Poladpur taluka of Raigad district in Western Maharashtra.*
- *Free seminars to school and college students on personality development, career planning, entrepreneurship, and related topics*
- *Distribution of calcium and multivitamin tablets to needy children and women in rural areas*
- *Healthcare assistance to the poor and the needy, especially girls and women in rural areas*

Board of Trustees

Shri Atmaram Kamthe, Social worker
Prof Baburao Phule, Educationist
Dr S Srinivasan, Founder Trustee
Dr Usha Srinivasan, Cancer pathologist

Rural sub-centres

- Parinche Panchakroshi Gram Vikas Mandal, Parinche village, Purandar taluka, Pune district, supervised by Shri Atmaram Shinde & Shri Kailas Waghole
- Raje Shivaraya Vidyalaya, Panavadi village, Purandar taluka, Pune district, supervised by Prof Gautam Bengale