



SANT NIRANKARI MISSION (USA)

(Universal Brotherhood)

Washington DC Metropolitan Area Spiritual Center

4501 Pleasant Valley Road, Chantilly Virginia 20151

BLOOD DONATION DRIVE & FREE HEALTH CAMP APRIL 2016

On Saturday, April 23th 2016, the Sant Nirankari Mission, Washington DC Chapter, organized the commemorative annual blood donation drive at its local center in Chantilly, Virginia. Partnering with the regional Inova Blood Donor Services, there were 43 participants of the local Chapter and community.



The goal was set by Inova for 33 successful donations out of 53 donors. The actual results were 36 successful donations out of 43 donors; this was the best blood donation results to date. Toba Azimi, Inova Senior Account Manager, was on site to meet with the Mission coordinators and donors. Toba was very pleased with the efforts put forth by the Mission, and she said it was a joy working with all.

A free Health Fair was also held at the local center where Physician Dr. Sunil Kalra of internal medicine and Dr. Chicky Dadlani of dermatology offered free consultations for medical advice in their respective fields. Doctors are representatives of GWAPI (Greater Washington Area Physicians of Indian Origin). Also a nice addition to the health fair was Walgreen's Pharmacists Shawn Rhodes who provided pharmaceutical advice and offered free samples.



"Blood should flow in veins and not in drains." ~Nirankari Baba Hardev Singh Ji Maharaj



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Presentations were offered for nutrition by Thomas Whitaker, Nutritionist from Maryland University of Integrative Health. Thomas presented a holistic approach to nutrition including body, mind and spirit. His focus was on good food prepared with love and eaten slowly to enjoy, so the energy source would be at the optimum levels. Usui Reiki Master Suzanne Weber presented a meditation session based on sacred sound energy using Tibetan Singing Bowls. Her demonstration had taken all by surprise as to the beautiful sounds that rang true to the core leaving a refreshed state of being in less than ten minutes.



It was a truly successful event with excellent results in blood donation, physicians' and pharmaceutical advice and presentations on nutrition and meditation. Overall, the blessings poured forth on all by the grace of His Holiness Baba Ji. The Sant Nirankari Mission, Washington DC Center, is extremely grateful for the support and involvement of Inova Blood Donor Services, health care professionals from GWAPI and Walgreen's, Thomas Whitaker, Suzanne Weber, and all of the donors for making this event a beautiful demonstration of spreading the message of peace by serving humanity.

*Humblly Submitted by: Daniel Slebodnik
SNM Washington DC
25th April 2016*



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