

REPORT OF DR. MOHIT GUPTA'S VISIT TO MALAYSIA FROM 13TH TO 18TH SEPTEMBER 2024

The Malaysian family was very blessed to have Dr. Mohit Gupta, a prominent cardiologist and TEDx speaker from Delhi, for the first time in this kalpa. Securing his visit was no small feat, as his schedule remains highly demanding due to his roles as Professor and Intervention Cardiologist at Asia's busiest hospital (GP Pant Hospital, Delhi) and as the Cardiologist for the Parliament Health Annexe. Thanks to the persistent efforts of Didi Meera, we were able to arrange a 6-day visit from 13th to 18th September 2024.

The itinerary was intense, with Dr. Mohit arriving in Kuala Lumpur early on the 13th and immediately catching a connecting flight to Penang without any rest after his overnight journey.

13th September 2024 - Afternoon: Talk at Hospital Bukit Mertajam (HBM), Penang

The first event was a collaboration with the Malaysian Medical Association (MMA) Penang, with Dr. Mohit delivering a talk titled **"Secrets of Good Health in Work-Life Balance."**

The session, attended by over 60 hospital staff in-person and virtually, was opened by Dr. Prashant a/l Subramaniam, Director of Hospital Bukit Mertajam, and supported by Dr. Divagar from MMA Penang branch. Dr. Mohit shared his insights on the power of positive thoughts, meditation, and maintaining a healthy balance between work and personal life. He also discussed his research on "Telomere Length in young patients with Acute Myocardial Infarction without Conventional Risk Factor"..

The talk was well-received by attendees, including Deputy Director Dr. Umi, Emergency Department HOD Dr. Illiana Syahmun bt. Razally, and other specialists, medical officers, paramedics, and administrative staff. The session concluded with tokens of appreciation presented by Dr. Prashant and Dr. Divagar, followed by a photo session.



13th September 2024 - Evening: Talk at BKF Penang Centre

After a full day of non-stop travel and speaking, Dr. Mohit Gupta continued to inspire with his characteristic enthusiasm, delivering a powerful talk at the BKF Penang Centre on **"Unleashing Your Inner Potential – The Power of Mind, Body, and Spirit."** Despite the stormy weather, 45 attendees, many of them professionals, made their way to the center, eager to hear his insights.

Dr. Mohit's ability to engage his audience and share profound knowledge, despite his relentless schedule, left a deep impression. His passion for empowering others with practical ways to harness their energy and potential was evident. As a living example of the power of positivity and inner strength, he captivated the audience, many of whom expressed their desire for more sessions with him. Although time constraints limited the Q&A session, the attendees left inspired and looking forward to future opportunities to learn from him.



14th September 2024 – Morning: Joint Public Program in Bukit Mertajam, Penang

In conjunction with World Suicide Prevention Day, Dr. Mohit Gupta participated in a joint public program titled **"Change the Narrative"** organized by the Penang State Government, Brahma Kumaris Foundation, Sneham Malaysia, World Humanitarian Drive (Malaysia), Boston Scientific, and IPK College. The event, held at the IPK College Auditorium in Bukit Mertajam, drew an audience of around 80 participants.

The program began with a warm welcome by Dato Dr. Florence Sinniah, who emphasized the importance of mental health and the significance of the day. Ms. Rachel Teh, City Councillor of MPSP, delivered the official opening speech on behalf of YB Daniel Gooi.

Dr. Mohit's talk was especially impactful, providing a positive outlook on life and well-being. The session was filled with invaluable information that shed light on thoughts in such a relatable and approachable manner. His insights resonated deeply with the audience, many of whom appreciated the practical tools he offered for mental and emotional health.

The event concluded with a closing speech by Dato Dr. GP Doraisamy, and all attendees were presented with goodie bags, blessings, toli, and packed lunches.

14th September 2024: Joint Public Program in Bukit Mertajam, Penang “Change the Narrative” (Cont.)



15th September 2024 – Professional Retreat “Creating a Conscious Future”, Asia Retreat Centre (ARC), Dengkil

Dr. Mohit Gupta's one-day health retreat, tailored for professionals, attracted nearly 100 participants from diverse sectors, including CEOs, managing directors, cardiologists, doctors, lawyers, bankers, engineers, and IT professionals. The event centered around the theme ***“Creating a Conscious Future”***.



15th September 2024 – Professional Retreat “Creating a Conscious Future”, Asia Retreat Centre (ARC), Dengkil (Cont.)



Dr. Gupta enthralled the audience by demonstrating how the power of thought can consciously shape our future. Sharing his personal journey of triumph over challenges, including overcoming a brain tumour and spinal injury, he illustrated the profound connection between mind, body, and health.

Through his own experiences, supported by scientific research, Dr. Gupta emphasized that our thoughts not only affect our behaviour, relationships, and the environment but can also heal the body. He highlighted how thoughts have the power to reprogram our genes by creating new neural pathways, reinforcing the incredible impact of our mindset.

The retreat also covered key aspects of lifestyle modifications and the importance of mental well-being, encouraging practices like affirmations, gratitude, and introspection to declutter the mind and create a balanced, healthy lifestyle.

Dr. Mohit Gupta is a living example of his teachings. His simplicity and humility, paired with his remarkable academic achievements, make him a true inspiration. His faith, love for God, and compassion for humanity shine through in everything he does.

The feedback from participants was overwhelmingly positive. Some of the feedback included:

- *"Dr. Mohit beautifully linked profound knowledge with real-life experiences. This was truly awesome."*
- *"The retreat was transformative, helping me affirm my beliefs and become more disciplined in my practice."*
- *"All the sessions were outstanding, and the entire retreat was exceptionally well-managed."*

Participants left the retreat feeling inspired, empowered, and equipped with practical tools to improve both their physical and mental well-being.



16th September 2024 – BK Health Retreat at Asia Retreat Centre (ARC), Dengkil

Approximately 170 BKs from across Malaysia gathered at ARC on 16th September 2024 for a health retreat themed **“Secrets of Good Health”**. Dr. Mohit shared invaluable tips and methods on sustaining physical and mental health, particularly in maintaining a joyful Brahmin life.



His blend of spiritual knowledge and health advice, alongside his real life, personal experiences of overcoming life’s challenges through thought power, deeply inspired the attendees. He encountered many dadis and didis who were his inspiration to sail over the challenges his life imposed on. Having attained miraculous results through thought power, he became intoxicated in tirelessly sharing them with others. Throughout his sessions, he slotted in commentaries to bring participants into an introspective stage. Overall, the retreat turned out to be an inspiration which left a lasting impact on all participants.



17th September 2024: Lunch Meeting with Eminent Cardiologists & Doctors, BKF Bangsar Centre

On 17th September (Tuesday), the Brahma Kumaris Foundation hosted a highly successful luncheon meeting at its Bangsar premises, welcoming eight distinguished cardiologists and doctors for a meaningful exchange with Dr. Mohit Gupta. The session was marked by Dr. Gupta's profound and transformative sharing, which captivated the group, touching not only their minds but also their hearts.

The attending medical professionals listened with deep interest and focus, clearly resonating with Dr. Gupta's insights. The discussions during this session extended beyond medical knowledge, diving into spiritual reflections that left a lasting impression on the attendees.

Following the session, the group adjourned to a sumptuous lunch, where the warm connection continued. As one of the doctors aptly expressed, "It was a great meeting... food for thought and sumptuous food for the stomach."

The meeting was not just a professional gathering but a heartfelt connection, leaving all participants enriched both intellectually and spiritually.



17th September 2024 – Sightseeing

In between his engagements, Dr. Mohit visited a few tourist spots, including Batu Caves, the Twin Towers, and Tien How Chinese Temple.



18th September 2024: Morning Talk at Malaysia HR Forum Academy – “Emotional Engineering”

In collaboration with the Malaysia HR Forum, Dr. Mohit delivered an inspiring talk on “**Emotional Engineering - The Journey of Understanding the Mastering of Mental Health**,” attended by around 50 participants. He spoke about the power of thoughts in shaping our future and the importance of positive thinking. Using examples from neuroscience, Dr. Mohit demonstrated the profound effects of mental practices on the brain, leaving participants fascinated by the mind-body connection. The session ended with a short presentation by Br. Peru about Brahma Kumaris Foundation, and all participants received blessings, toli, and souvenirs.



18th September 2024: Talk at HELP University in collaboration with Rotary Club

Dr. Mohit's final engagement was a talk entitled "**The Morning that will Change your Life Forever**" at HELP University, organized in collaboration with the Rotary Club of Bukit Kiara Sunrise. On arrival, we were greeted by Mr. Dhanesh Balakrishnan, Dean of the University, and later introduced to Dr. Khong Kim Hoong, Vice-Chancellor of Academics at HELP University.



The event, attended by over 90 people including top Rotarians, was a success despite the slightly lower turnout due to the long weekend. Dr. Mohit captivated the audience with stories of how he overcame major challenges in life through the power of belief and spirituality. Sister Celia delivered the closing remarks, expressing gratitude on behalf of the Brahma Kumaris, HELP University, and the Rotary Club. Prior to that she also gave a brief introduction of Brahma Kumaris Foundation. All participants received a goody bag with blessing card, toli and souvenir leaflet.

Despite a tight schedule, the event concluded with a lively interaction between Dr. Mohit and participants, who eagerly sought personal guidance and photos before he had to rush back to Bangsar Centre for lunch and then to the airport for his flight back to Delhi.



Closing Remarks:

Dr. Mohit Gupta's visit was a remarkable success and a blessing for Malaysia, leaving a deep and lasting impact on everyone who attended his programs. His ability to blend scientific expertise with spiritual wisdom opened the hearts and minds of participants from all walks of life.

Through his insightful talks and personal encounters, he has left behind an inspiring legacy, reminding us all of the power of belief and positive thoughts and the role of spirituality in shaping our health and future.

Thank you to sweet Baba and Drama, for making it possible for Dr. Mohit Gupta to visit Malaysia.

Om Shanti.