

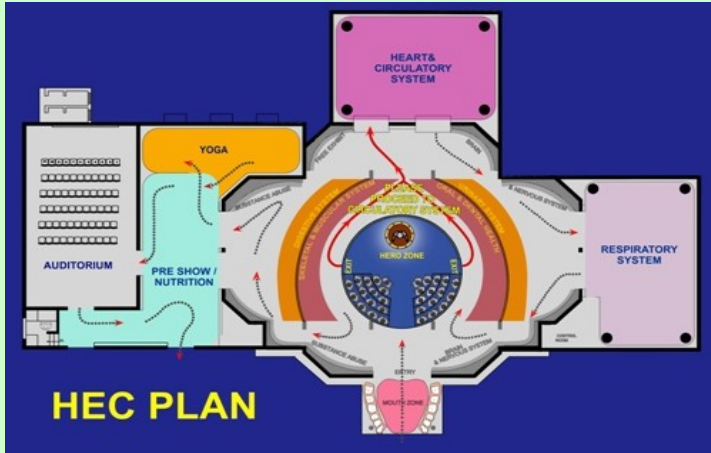
THE HEALTH EDUCATION CENTRE (HEC) JNI, Bengaluru



The following details will enable you to discover this Centre, its role, its aims, and the expertise of the people who brought it into existence.

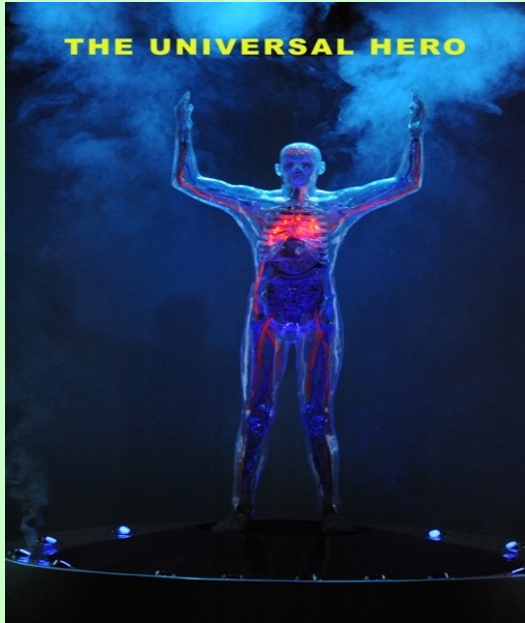
The Health Education Centre (HEC)

As a sequel to JNI, **HEC** is 8420 sq. ft, fully air conditioned **Health Education Centre** that endeavors to explain JNI's drugless healing system, its philosophy, our body systems and how they work and also, react in our deviation from natural laws. It also gives an introduction to naturopathic management of such aberrations.



This Centre is for all the health enthusiasts who come here as patients and also for outsiders who are medical professionals or medical students. Here you'll find: a range of thematic and scientific modules for an in-depth look at the subject; encouraging "Closer Look" studies; purpose-designed mini-sites to accompany exhibitions and events and informative films with animations for a fresh look at the Centre, and of course, your health, which is our primary concern.

The Hero



At the centre is our Hero, a transparent man, which represents a human corpus as it has evolved over millions of years.

The Hero guides your attention to his four vitally important body systems, namely the digestive system, the respiratory system, the circulatory system and the urinary system, all are visible as they actually are in human body, because our Hero is transparent. He then tells us about their importance and functions through a specially made film with 3-D animation where in he urges you to take a thorough and watchful round of this centre so that you are richer in your knowledge and see by yourself how essential it is to follow a naturopathic regimen which is the key to live a healthy, disease-free life.

Sites

Surrounding the hero zone, you have the zone for Substance Abuse, Brain and Nervous System, Oral health, Skeletal and Muscular System, Heart and Circulatory System, Respiratory System and of course Naturopathy, diet and Yoga section. Besides, there is a wonderful auditorium, where 3-D animation films are shown on systems and systemic failure due to our adoption of bizarre and hazardous life style indicating that a natural way of life is the best and safest, nay, the only way out.

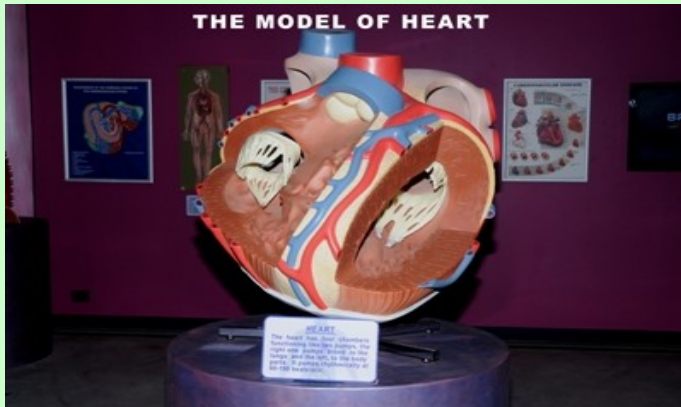
Our thematic mini-sites are designed to display exhibits and special events at the Centre featuring texts, graphic material, teaching aids etc., all of which provide an introduction to the main themes in medical science.

Our aim is to explain all the vital systems and their functions in models, charts and in unique multimedia and 3-D animated films as clearly as possible, so that a layman can understand the importance of the subject for his own health, and at the same time, a serious student of medical science will also be benefited immensely in gaining information and knowledge on the subject.

The HEC experience

You enter through the mouth zone, and you are greeted with a rather uncomfortable laughter mixed with coughing and whizzing and sound of gasping breath, and you are alarmed immediately guessing that something is seriously wrong with these people. As such, the person who is laughing has deviated from nature and has not followed the natural way of life, and as a result, of late, suffering from a congestion in his lung,

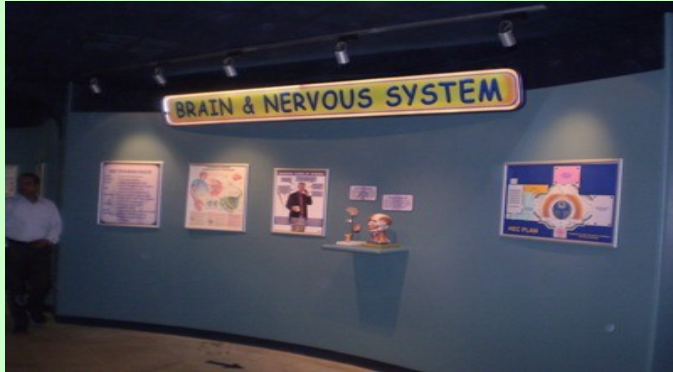
The Circulatory System



This system is primarily our blood distribution network. It is in fact a combination of cardiovascular system, which distributes blood- and the lymphatic system which distributes lymph, and collectively called as the circulatory system.

The system has been explained in great detail in 3-D multimedia, models and charts as also the diseases one suffers due to its mal function. As it consists, among other vital organs, our heart, it is all the more important for us to know how to keep it healthy with simple nature cure management. The Centre also shows a live cardio- thoracic surgery through model and multimedia.

Brain and Nervous System.

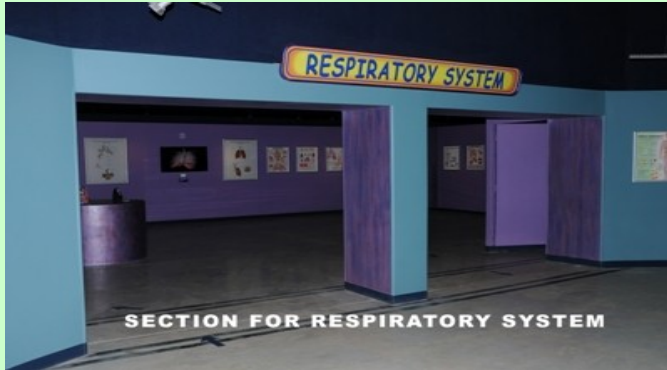


At the centre of this system is the brain, which controls all our bodily functions and its commands are carried through our nervous system that relays messages back and forth from the brain to different parts of the body. It does this via the spinal cord, which runs from the brain down through the back and contains threadlike nerves that branch out to every organ and body part.



Such a complicated system has again been explained through models, charts and audio visual. Diseases related to this system and there nature cure management has also been suggested.

Respiratory System



The primary function of the respiratory system is to supply the blood with oxygen in order for the blood to deliver oxygen to all parts of the body. The respiratory system does this through breathing. When we breathe, we inhale oxygen and exhale carbon dioxide. This exchange of gases is the respiratory system's means of getting oxygen to the blood.

Respiration is achieved through the mouth, nose, trachea, lungs, and diaphragm.



All are wonderfully shown with telling models, charts and through multimedia, as also the treatments and ways as to how to protect it by nature cure management.

Substance Abuse



The infinite harm that our bad habit of addiction to various substances, mainly alcohol and tobacco inflicts to our body can hardly be over-emphasized.

This has been demonstrated through various charts and posters. Also a healthy lifestyle as against this aberration has been suggested.

Skeletal and muscular System



This is the system that allows us to have our structure as it is, to move, to generate heat and energy and to help produce immune cells in the blood

Anatomical models, charts and films describe this system in detail.

Oral & Dental Health

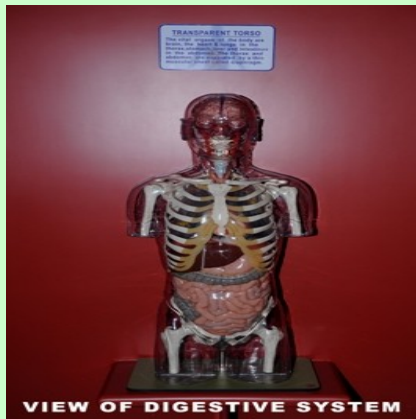


The mouth as they say is the gateway of good health or ill health, depending on what you put inside and how your body handles those.

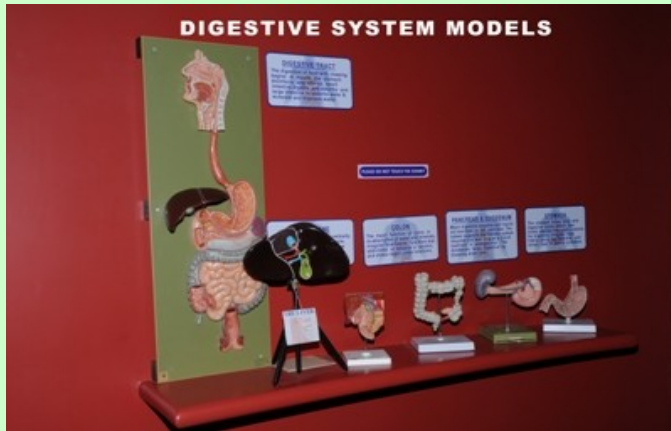
The oral health is also important in many other reason, which combined with faulty life style and substance abuse can spoil a person's total health irrevocably.

This very important aspect of our total health has been explained in various posters, models and charts showing how to keep a good dental health.

Digestive System

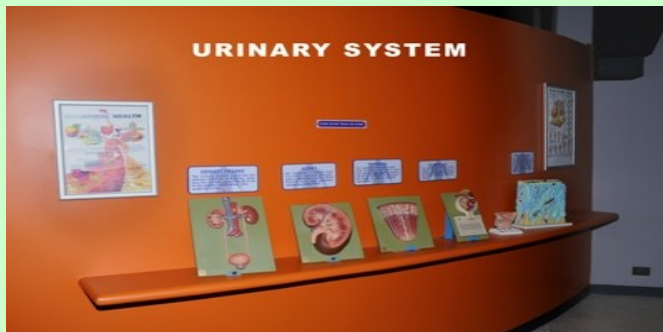


The most important system in naturopathy is this system as we believe and rightly so, that all diseases are born in a malfunctioning stomach.



The entire system with all its functional parts has been shown in a 3-D film, supported by visuals like models and charts. Nature cure management for a healthy system, life style suggestions, balanced diet etc has been explained in great detail.

Urinary System

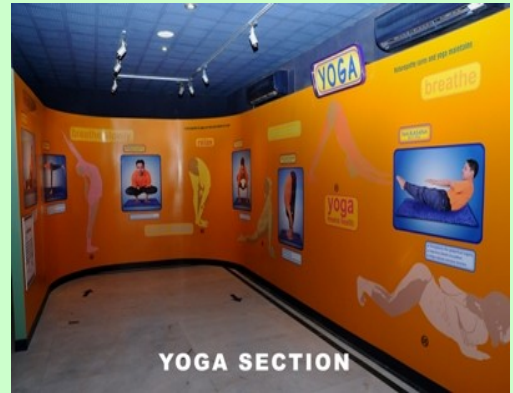


The **urinary system** or the excretory system has those organs that produce, store, and eliminate urine. It includes two kidneys, two ureters, the bladder, the urethra, and two sphincter muscles.

The system is life sustaining, as failure of kidneys means no purification of blood and increased toxicity in the body

The system has been explained away with anatomical models, charts and specially made films for better clarity. Nature cure management to prevent, and cure kidney related ailment has also been suggested.

Naturopathy and Yoga



This is the soul of this Health Education Centre. JNI has evolved, over the years, an extremely effective drugless regimen combining Indian nature cure, therapeutic yoga, acupuncture and physiotherapy and a nutritional diet, backed by modern diagnosis, and the regimen is now accepted all over the world as one of the best, holistic, alternative healing system which could even be applied to dreaded diseases like cancer, with stunning results.

The regimen has been explained through posters and photos, graphics, models, charts and multimedia, of various treatments,



The Auditorium



A compact, modern-day auditorium with LCD projectors, impeccable screen and sound system to screen the latest contents on various diseases.

Selected films made for the purpose will be shown on various health topics daily, as part of our awareness programme.

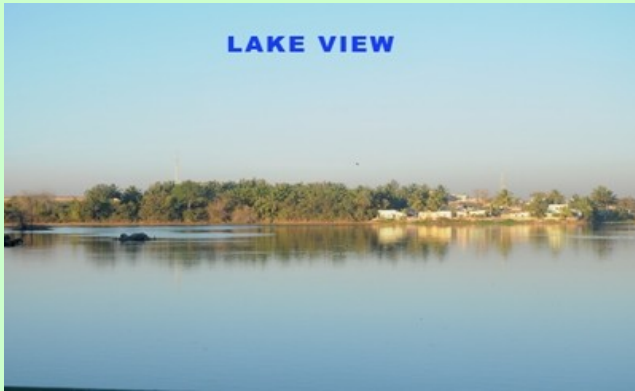
The Green Man & his Herbal Garden



At the entry, you will discover one herbal garden at the feet of a Green Man in a rock fountain. The garden is in the shape of an umbilical chord, growing quite a number of life saving /energy boosting /healing herbs .Please have a good look at those, as those are our heritage.

We request you to watch all the exhibits and sites of the Centre so that your knowledge is enriched with these vital information, and you gain an insight and wisdom to adopt a natural lifestyle and also learn the basic naturopathic management of health disorder without resorting to drugs and pills

We wish you a long, healthy, happy life.



The people behind

For JNI, it is a vision comes true, and the visionary, as ever, is Dr S.R.Jindal, N.D. D.Sc- the Founder of the Institute. It is a pioneering step towards taking up the educative aspect of naturopathy through a Health Centre, but certainly not the last one for JNI.

Mr. Barry Ellery, a specialist in Health Museum and has years of experience in establishing similar Institutions all over the world.

JNI and JAL team of engineers, doctors and technicians



The epilogue

The Health Education Centre is conceived and founded by Dr. S. R. Jindal , ND, D.Sc as a part of his social commitment to bring the basic health education within reach, primarily of those who believe in Nature cure and have chosen a drugless regimen for their wellbeing as against a mechanical approach to health. This is also open for students of all branches of medical science.

First of its kind in the country, the Centre emphasizes the immensely important role the alternative health regimen can play, if only the common victim would know the basic facts of human body systems and their functions. This will enable one to take better care and prevent many avoidable diseases that at times turn fatal.



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