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Central Organisation ECHS
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Delhi Cantt-110 010

B/49706-MoD(MoU)/AG/ECHS/2025

07 May 2025

All Command HQ (A/ECHS)
All Stn HQ (ECHS Cell)
All Regional Centre ECHS
All ECHS Polyclinics

IMPORTANCE OF PREVENTIVE HLTH AS PART OF PRIMARY CARE IN ECHS POLYCLINICS

1. As part of **Preventive Care** a need was felt to collaborate with an organisation which can guide ECHS beneficiaries, towards achievement of better Mental Health with an aim to reduce their dependency on medicine, effecting an overall improvement of quality of life.
2. With the above aim CO, ECHS entered in an MoU with **Security Services Wing (SSW) Rajyoga Education & Research Foundation (RERF)**, a sister Org of **Prajapita Brahma Kumari Iswariya Vishwa Vidyalaya, Abu Rd**, on 21 Apr 2025 (copy of MoU is att as Appx).
3. **Trg Session for the Beneficiaries.** BK have nearly 5500 Sewa Kendra all over the world (The list of state wise Sewa Kendras is attached as Appendix 'A'). The polyclinic to liaise with the nearest Sewa Kendra and workout modalities to carry out one physical session in a month. All such sessions will be facilitated by the Stn HQ in coord with RCs & OsIC PCs. A Trg Schedule will be issued by the SSW for the PCs, so that prior information of schedule and conduct of events is share with the beneficiaries well in advance. The event will be conducted at the PCs if the space permits. Otherwise, a suitable place in the near vicinity in the near vicinity would be identified for conduct of the event.
4. **Publicity.** The MoU be given wide publicity by following means:-
 - (a) **Posters & Banners.** Posters / Banners having local flavours be suitably placed in PCs & RCs to give wide publicity among the Beneficiaries.
 - (b) **Multi Media Campaign.** The means of social media and similar websites should be utilised with an aim of removing doubts and myths about meditation and propagate the importance of **Happy Mind** for overall health benefits.
 - (c) **Audio Visual Content.** SSW will provide 2 to 3 min video about the BK meditation sessions for the info of the beneficiaries. The same will be played on regular intervals in the TVs of the waiting area of the PCs.

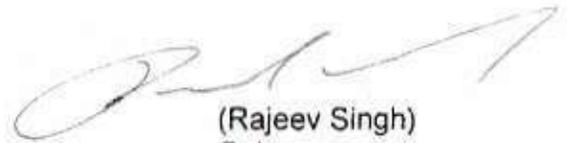
(d) **Pamphlet on BK Meditation**. SSW will provide pamphlets containing a small write up on BK, which the MO, will handover to each patient when they interact with them.

5. **Leveraging ESM Members of Brahma Kumari (BK)**. A sizeable number of ESM are devoted members of BK. They should be inden/ reached out by contacting the nearest BK Sewa Kendras and ECHS Beneficiaries be made to interact with them to create awareness about the health benefits of following the BK programmes

6. **Conduct of Video Sessions on Non-Communicable Diseases (NCD)**. J.Watumull Global Hospital & Research Centre, Prajapita Bhrahma Kumari Iswarya Vishwa Vidayala, Mt. Abu has developed an unique uses friendly "**Three Dimensional Health care Module**" for **Healthy Heart, Happy Mind and Healthy Body.**" Dr. Satish Kumar Gupta, the head of the research, will be taking sessions of Beneficiaries on the Module through Video Conference (VC) at the PCs on weekly basis. All the PCs are required to make suitable arrangement for the VC, which will be facilitated by the Stn HQs & Dir S&A, CO, ECHS. All the MOs of PCs will also attend the sessions. The same will be co-ord by Dir Med, CO, ECHS.

7. **Launch Event**. In orders to set in motion, the first session of the BK wksp will be launched in the First week of June 2025 at big center of ECHS i.e. Delhi, Kolkata, Pune, Lucknow & Bengaluru, which will be attended by MD / Dy MD ECHS, Sr functionaries of SSW, GOsC Sub As / As.

8. Fwd for info and dissemination to all concerned.



(Rajeev Singh)
Col
Jt Dir (Coord)
for MD ECHS

Encls:- As above.

Copy to:-

MoD (DoESW), OSD (WE & IC)
E-mail : osd-we-ic@desw.gov.in

AG Sectt
E-Mail : lakshya@nic.in

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- For information please.

MEMORANDUM OF UNDERSTANDING (MoU)

CENTRAL ORGANISATION, EX-SERVICEMEN CONTRIBUTORY HEALTH SCHEME (CO ECHS), DEPARTMENT OF EX-SERVICEMAN WELFARE (DESW), MINISTRY OF DEFENCE (MoD), NEW DELHI

AND

SECURITY SERVICES WING (SSW), RAJYOGA EDUCATION AND RESEARCH FOUNDATION (RERF), GYAN SAROVAR, MT ABU

THIS MEMORANDUM OF UNDERSTANDING is made on this 21st..... day of April, 2025 BY AND BETWEEN Central Organisation, Ex-Servicemen Contributory Health Scheme (CO ECHS), Department of Ex-Serviceman Welfare (DESW), Ministry of Defence (MOD), New Delhi and Headquarters Security Services Wing (SSW), Rajyoga Education & Research Foundation (RERF), Gyan Sarovar, Mount Abu. RERF is a sister organization of Brahma Kumaris (BK). The SSW faculties are regular students of Brahma Kumari Organisation,

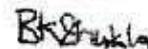
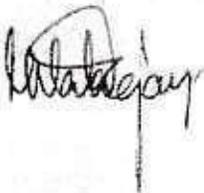
PURPOSE OR SCOPE OF MOU

1. SSW is the repository of experience of conducting programs on Eradication of Stress and Enhancing Inner Strength for various Military, Paramilitary and Police Forces all over India and has been conducting such programs since 2001. The last few years it has also started conducting programs for Defence Civillians and Veterans.

2. Defence forces (Army, Navy and Air force) are the premier disciplined force of the country. The retired soldiers of these forces served in remote locations, inimical to human subsistence and were duty bound to maintain law and order. With ever increasing complexities of maintaining internal and external security of the nation, it is natural that they would have gone through very stressful spells, which must still be taking toll of their health.

3. As part of 'Preventive Care' a need is felt to collaborate with SSW, RERF, which can guide Ex-Servicemen, towards achievement of better mental health with an aim to reduce their dependency on medicines effecting an overall improvement of quality of life.

4. COECHS, DESW, MoD is entering into an MoU with SSW (to achieve Good Mental Health, Eradication of Stress and Enhancing Inner Strength) of Ex-Servicemen and their dependents.



OBLIGATIONS

5. The obligations for proposed programme of Eradication of Stress and Enhancing Inner Strength are as under:-

(a) **Role of SSW.**

(i) Arranging Monthly/Quarterly workshop on various topics like Stress Management, Self-Empowerment, Positive thinking, Harmonious Relationship, Sleep Management, Meditation technique etc.

(ii) Schedule of the programmes / activities be finalized/ planned on quarterly basis well before the commencement of relevant quarter.

(iii) All scheduled programs be planned in the nearest Centre of the Brahmakumaris (BK), preferably within 15 Km of radius of an ECHS Polyclinic, if the BK Center has sufficient space.

(iv) Wherever the distance of BK Centre is not within the distance as specified, the nearest BK center should provide their team for conduct of activities within or in the near vicinity of the Polyclinic on periodic basis.

(v) Contact details of helping/contact number of personnel of SSW, through HQ SSW HQ Office, Mount Abu, would be shared for counseling or discussions.

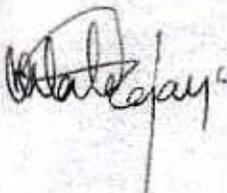
(b) **Role of ECHS.**

(i) The conduct of such events including space and other amenities will be coordinated by the OIC ECHS.

(ii) Contact details of coordinators of Brahmakumaris and OIC ECHS be shared for ease of planning and execution of programs.

Co-ordination

6. Single point of contact from SSW will be BK Deepak (7014986570, 9414330967), SSW office, Gyansarovar, Mount Abu. Similarly single point of contact from ECHS will be Joint Director (Co-ord), Central Organisation ECHS, Mob-9953646818. Any change in the contact number will be intimated on occurrence.



BK Deepak

TERMS OF UNDERSTANDING, AMENDEMENT, RESOLUTIONS, DURATION AND TERMINATION

7. Both the parties, i.e. CO ECHS, DESW, MoD and SSW, have arrived at the following understanding:-

(a) Both the parties of this MoU agree to achieve the aim of the Agreement by mutual interaction and consultation for easy implementation.

(b) It is agreed by both the Parties that any change of Terms of Reference of this MoU will be put down in writing after mutual consultations.

(c) This MoU will be valid for two years from the Date of signing and can be renewed with mutual discussions by a written agreement.

(d) Any party can annul this MoU with two months of advance written notice.

(e) It is agreed that both the Parties reserve the right to terminate this MoU without according any reason. It is further agreed that both the Parties will have no responsibility if the MoU is terminated before the agreed duration.

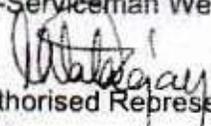
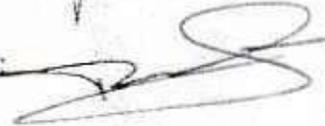
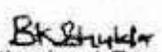
(f) It is agreed to resolve any differences arising regarding the MoU by mutual discussions.

(g) The Country's safety, allegiance and integrity will be kept in mind while discussing or providing counseling to the personnel.

(h) Discussions with individuals for counseling will be kept confidential and will not be discussed or published either in part or whole or for advertisement.

(j) HQ SSW agrees to provide sessions, counseling, consultations and other services free of cost.

(k) Representatives of both the Parties have duly put their signatures on the aforesaid MoU on the date and year mentioned.

<p>Signed For and on behalf of Central Organisation, Ex-Servicemen Contributory Health Scheme, Dept of Ex-Serviceman Welfare, MoD.</p> <p> Authorized Representative</p> <p>Witness: </p>	<p>Signed For and on behalf of Security Services Wing (SSW), Rajyoga Education and Research Foundation (RERF) Brahmakumaris, Mt. Abu.</p> <p> Authorized Representative</p> <p>Witness:  V Arden SNI Ghorakunda</p>
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