PROPOSED NAME: BHAKTAMBAR HEALING FOUNDATION

I would highly recommend that you build off of the existing organization you already have [www.drmanjujain.com](http://www.drmanjujain.com) and to add more clear and systematic structure and staffing to it. A great model is to check out the Deepak Chopra’s work who started his organization almost 20 years ago with great success. FYI
deepakchopra-center.com or <http://www.chopra.com/about/the-chopra-center> or

I would propose the following structure, to have at least 3 or 4 branches that include the following:

1. Research Institute
2. Training Institute
3. Community Outreach and Engagement

Overall structure and operations:

This section also needs to be further developed and suggests refining your foundation operations to be more systematic and clear. You need to have a strategic plan with clear goals and objectives in terms what you are trying to do by when.

I would recommend hiring at least 4 directors to coordinate each section.

Communication:

**DO NOT SEND RANDOM EMAILS AND MESSAGES. IT DOES NOT WORK WELL IN THE USA AND WITH FOLKS WHO ARE SO BUSY ALREADY.**

INSTEAD SEND MONTHLY UPDATES (2 PAGES WITH LINKS) (GAURANG OR GANGOTRI could help with this?)

DO NOT USE UNETHICAL METHODS OF NAMING PEOPLE and their institutes without consent. IT DOES NOT WORK IN THE AMERICAS. You need to obtain consent /permission forms from each individual you are partnering with. Generally a memorandum of Understanding is developed (MOU) with each organization/university you will partner with.

Organization: START A GOOGLE FILE AND ADD BUCKETS OF FILES/FOLDERS.

Planning: QUARTERLY MEETINGS WITH CORE TEAM OF 10 BOARD MEMBERS?

BHAKTAMBER RESEARCH INSTITUTE

GOALS: CONDUCT RESEARCH ON BENEFITS OF BHAKTAMBER CHANTING; OBTAIN FUNDING AND MOVE TOWARDS MORE RIGOROUS RESEARCH STUDIES.

1. **PARTNER WITH EXISTING RESEARCHERS or universities ON JAINISM:** Search for existing research institutes on healing/Jainism and others who can partner with to expand this research.
	1. Write down names of potential researchers/ PI in the USA and internationally
	2. Information sharing: Contact them for more information on what they are doing and share what you are interested in doing.
	3. Brainstorm if there’s ways to work together.
	4. Obtain funding to support professors/students
	5. Some universities working on jain studies include:
		1. University of North Texas: <http://www.dallasnews.com/news/community-column/2016/10/03/university-north-texas-announces-jain-studies-professorship>
		2. <http://philosophy.unt.edu/people/faculty/pankaj-jain> (Pankaj Jain)
		3. Jain Education and Research Foundation, Inc. (Nirmal Baid)
		4. Florida International University in Miami <http://jainstudies.fiu.edu/about-us/jerf/>
		5. Jain Studies, Rice University in Texas <https://chroniclevitae.com/jobs/0000303679-01>
		6. University of Berkeley, California <http://southasia.berkeley.edu/study-jainism> <http://southasia.berkeley.edu/padmanabh-s-jaini>
2. SUMMARIZE EXISTING LITERATURE AND GAPS: Conduct literature review and summarize by December 31, 2016/ Gangotri?
	1. Research studies that have examined benefits of bhaktambar on various outcomes including:
		1. Quality of life/health
		2. Mental health / anxiety/ chronic stress
		3. Social and emotional wellbeing
		4. Disease prevention – primary/secondary and tertiary prevention for specific diseases– cancers, heart disease etc.
	2. How bhaktambar chanting compares to spirituality and/or yoga/meditation and other similar chanting practices.
	3. Include specific research methods used. Specifically include:
		1. Research design – pre/post, comparison group, randomized trial vs. case studies),
		2. Sample
		3. Data collection/sources
		4. Key findings
		5. Limitations and implications for future research
		6. Implications for practice
3. DEVELOP A COMPETITIVE RESEARCH PROPOSAL:
	1. Put together a research proposal that uses a rigorous research design including sample power analysis, recruitment of participants, follow-up, and retention, incentives, and implications.
	2. Research proposal should have one Principal Investigator with strong clinical/disease prevention background, and one with spirituality/Jainism background.
4. Someone should head this institute (not me) part-time, who can really expand this work moving forward.

BHAKTAMBAR TRAINING INSTITUTE

1. Conduct literature review on training institutes on healing or other successful ones.
2. Do a survey of all jain temple participants to see what they would want to learn, how to reach youth best, increase awareness…
3. Design the institute
	1. Offer in-person courses at the 5 temples. Create workshops focused on cancer prevention, stress management workshop, disease prevention workshop, enhance memory, cognitive skills workshop, healthy child development workshop.. (link to specific research branches). See Deepak Chopra Center for various live events, online events, and 300-500 hour teacher training courses offered, and workshops
	2. Train the training institute develop curriculum and plan by January 15, 2016
		1. What it is and why use it? <http://work.chron.com/train-trainer-model-5463.html>
		2. Identify clear learning objectives and accordingly length of time needed to transfer that knowledge/skills. Maybe offer 3 part series.
		3. Training institute content develop: <http://www.reikitraininginstitute.org/index.php?option=com_content&view=article&id=5&Itemid=3#first>
		4. Develop a **Jainism Training and Coaching Curriculum** that includes:
			1. 100-200 hours Master Teacher Training and Certification Program (<http://www.chopra.com/teach/perfect-health-certification-program/july-2017>). Deepak Chopra center offered 500 hour teacher training. This is the most intensive. This offers master teachers training to get certified in Jainism/chanting different mantras/comprehensive knowledge and ability to engage various groups etc.
			2. E-learning/online courses – offer 1 e-learning course per month for Jan-June 2017, then expand July-Dec 2017 to 2 e-learning courses per month.
			3. Evaluate your courses with a simple one-page training evaluation form to help improve training model.
			4. This curriculum should include **Coaching model** for trainers, where monthly 10 hours, or 2 sessions per month, Manju jain skypes/meets with the master trainers. Follows up on their application/use of the training methods/ fidelity/application. Tons of research on benefits of coaching in addition to training.
		5. Who gets trained:
			1. Identify at least 5-10 trainers who will get trained by Manju Jain or another master trainer. At least 1-2 trainers should be at each of the 5 sites in USA.
			2. Location: India and USA. In USA, include 5 sites: New Jersey, Washington DC, California- Sacramento, California – Milpitas and other sites. Identify one person/master trainer who can coordinate training/capacity building efforts there.
			3. Then second tier of trainers could be identified in 6 months – March 2017 – each master trainer has 3-5 trainers. Up to 50 trainers trained by December 2017.
4. Funding
	1. Estimate the cost to develop materials/curriculum and pay the master trainers.
	2. Identify foundations, individuals or grants that can help develop this training institute.
	3. Obtain the funding to develop the training materials

Community Outreach and Engagement

This section develops community outreach strategies including developing materials/flyers/marketing to engage the youth, adults, women into jain practices that are meaningful to them. This needs much more research and ideas to further develop.