

P# 86 Pilgrimage, harnessing culture towards physical, mental and social well being

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OBJECTIVES

To investigate the impact of the Shivganga Yatra

(108 km Pilgrimage from Blanchisseuse to Penal)

on the holistic health of participants.

METHODS

A brief online questionnaire was designed to investigate the impact of the Yatra on holistic health.

Participants in the previous Yatras were requested to fill out the questionnaire online.

Data was collected and analysed using Microsoft Excel spreadsheet.

RESULTS

28 participants responded to the online questionnaire.

Ages ranged from 18yrs to 68yrs.

13 Male and 15 female

None of the responders indicated that they had any physical or mental illnesses.

61% strongly agreed and 32% agreed that the Yatra and Yatra preparation impacted positively on their physical health. 7% disagreed.

86% strongly agreed and 11% agreed that the Yatra and Yatra preparation impacted positively on their mental well being. 3% disagreed.



RESULTS

64% strongly agreed and 36% agreed that the Yatra was a means to engender social well being. None disagreed.

86% strongly agreed and 14% agreed that the Yatra impacted positively on their sense of spiritual well being. None disagreed.

79% strongly agreed and 21% agreed that they would recommend the Yatra to others. None disagreed.



CONCLUSION

This annual pilgrimage activity is perceived as having a positive impact on physical, mental, social and spiritual well being.

Pilgrimage which belongs to all religious traditions may be a means to promote holistic health.

As mental health morbidity, obesity and Non Communicable Diseases (NCDs) continue to rise, public health strategy should harness cultural activities which can promote holistic health.

