

FAQ about KHA Homeopathy Study Group Pro Bono

www.kavithakhomeo.com

This is Dr Mamata Kumar, KHA Volunteer would like to take the opportunity to ask Dr Kavitha Kukunoor, our Founder & Director of KHA Homeopathy Study Group & President & CEO of KHA a few frequently asked questions we received.

1. Dr Mamata: Dr Kavitha What made you create the KHA Homeopathy Study group? I know you have answered the same question impromptu when Dr Manish Bhatia asked you last year right before his webinar?

Dr Kavitha: I think it is God’s destiny and blessings from my unconditional dearest friend Debby Bruck as I inspired Debby when she suffered with stage 4 cancer & it made her feel good, positive & energetic with hope to live happily in her last stages of life as I connected to over 100 homeopaths to inspire her who sent their positive vibes, prayers & love to her.

After she went to heaven, in 2018, met Prof Regina Rianelli another lady with stage 4 cancer metastasis who showered her love like Debby so started to inspire her & founded This study group with her inspiration & Dr Shweta Singh’s support on May 5th 2020 the same day as Debby passed away. We made a KHA family movie with inspirational talks from our 19 KHA study group doctors & dedicated to Prof Regina.

YouTube link: [Dr Kavitha answers Dr Manish Bhatia’s question -what made you to begin these KHA webinar of series?](https://youtu.be/n6ASPfSU7Cc)

[KHA Family Movie -To Inspire & Celebrate Stage 4 Cancer Survivors through 19 Inspirational talks](https://youtu.be/LohVbyVetyI)

1. Dr Mamata: You served for 10yrs pro bono & also executed role as President & COO (for 2yrs) of your dear friend Debby Bruck’s homeopathic community and fulfilled some of her dreams and with out taking break you have started this study group during Covid time which had made big impact in lives of many homeopaths please say few words about it?

Dr Kavitha: Now sickness is everywhere so we are all unhappy, ill, unstable & weak mentally, emotionally, spiritually & physically. Covid brought so much panic in everyone’s life and they couldn’t go anywhere. I believe in God and the universal truth that what you give comes back to you. Being healthy in all angles has become challenging and every one needs inspiration & moral support. Through our KHA study group online platform we were able to connect & integrate many renowned practitioners around the globe.

[KHA Christmas Celebration 2021- With much gratitude & Thanks to KHA Homeopathy Study Group Team](https://youtu.be/lioDlzPxNQI)

[KHA 2020 batch Christmas & Team celebration](https://youtu.be/ovI7iePNLEc)

1. Dr Mamata: Running an organization is tedious especially coordinating many people and You have made a standard code of ethics in December 2020 where the volunteering is provided for 2-12 months. Any reason for it?

Dr Kavitha: Yes initially started a study group with 20-25 doctors later made to 15 doctors per year. We wanted to keep only like minded so we have a peaceful & healthy environment at our study group as per our code of ethics that would benefit volunteers as well as speakers/organizations.

We all have our personal things, health issues, need to take care of family, life priorities so made easy and convenient for everyone with 2-12 months where there is no stress, no expectation, no attachment & unconditional relationships are maintained & some volunteers are extended for 2-3yrs and few dear friends support unconditionally forever.

[KHA Homeopathy Study Group Pro Bono Intro](https://youtu.be/ltB9T312Cbg)

[Kavitha Holistic Approach (KHA) Homeopathy Study Group Pro-Bono - Introduction](https://youtu.be/-i_02d1S2_Q)

1. Dr Mamata: We see KHA also has standard awards please add some insights about them.

At a higher level Category of KHA Awards are as below:

KHA Humanitarian Award – For Generous, Outstanding selfless and Relentless Support to Humanity for the past 25 years.

KHA Hahnemann Award – For Outstanding, Selfless service, Exemplary Contribution and Unwavering Commitments towards Homeopathy as per Principles of Dr Samuel Hahnemann.

KHA Best Mentor Award – For the Outstanding Guidance, Dedication, Exceptional Hard Work and Support to the KHA Homeopathy Study Group Team.

KHA Outstanding Performance Award – For Outstanding service, Passion, Dedication, Boundless Energy and Hard Work towards our KHA Homeopathy Study Group.

KHA Best Performance Award – For Expertise, Passion, Exceptional Hardwork and Dedication to our KHA Homeopathy Study Group Team.

KHA Best Volunteer Award – For Passion and Dedication in Rendering Outstanding Volunteering Services towards KHA Homeopathy Study Group.

Dr Kavitha: Our intention is to explore the talents of volunteers & recognize everyone for their dedication so we have come up with Standard awards every year. We provide training & awards were given to all who have extended their selfless services for 2-3yrs.

[KHA Annual celebration 2021 with honorable guest Dr Linga Raju Principal of JSPS medical college](https://youtu.be/nbihzbgTvkw)

[KHA 2nd Annual celebration 2022](https://youtu.be/12XNWjWiLmU)

1. Dr Mamata: What inspired you to write “A Dose of Spirituality with Kavitha”, published in January 2022, by Dr Vatasala Sperling in presence of our KHA Honorable speakers CHC President Dr Sheetal Tiwar & AIH -American Institute of Homeopathy President Dr Alex Bekker at our KHA Webinar and also Hard copy & book audio was published by Dr Jawahar Shah at our KHA 2nd Anniversary? Which is a compilation of your 49 inspirational messages, 30 KHA Study group volunteers/speakers inspirational messages, and also messages from family & friends were incorporated

Dr Kavitha: I recollect a quote “All good has to come to an end”

Not sure how my mental state is in 80ys so when I want to say the same message at 30 & 80 then why to delay.

We made an inspirational talk with Neuro surgeon Dr Ganapathy “Live fully before you die” from the book Robin Sharma who will cry when you die. Where we learnt no one knows when our last day is, so each day when we live fully as if it is our last day then we never regret in life.

I Thank God & every one who became part of it. I am walking towards spirituality so I need to get oneness with the Universe with peace & harmony.

I go with the quote “how well you lived matters the most” then how long you lived.

[Inspirational Talk featured with Dr Kavitha with Dr Ganapathy-"Live Fully so you can die happy" Ep43](https://youtu.be/y_pgdEt6kzM)

[Dr Kavitha Kukunoor's "A Dose of spirituality with Kavitha" E-book launch by Dr Vatsala Sperling](https://youtu.be/ny97boHpL-8)

[A Dose of Spirituality with Kavitha -Book audio release by respected Dr Jawahar Shah on May 7, 2022](https://youtu.be/wM_CLqOzoZM)

1. Dr Mamata: What made you write Beyond the limits - A challenge to prove oneself in your 30’s sharing your true life experiences?

Dr Kavitha: I have to adapt myself to new environment after I moved from India to USA in 1998 with 11 months baby, I shared my true experiences based on nature’s principle “Like cures like” so it could help society in a small way to consider their life in a positive way in difficult situations and move forward with hope.

I believe life is short and unpredictable so whatever message you want to give to society do it immediately when you have energy.

I feel happy seeing happy people and sharing my happiness so whoever receives it, spreads happiness to others.

I consider my both write up’s as God’s blessings as I wrote them with inspiration from my Gurus.

[Book Review - Beyond The Limits, Kavitha Kukunoor Interviewed by Debby Bruck](https://youtu.be/EYdocfc2u6Y)

[Dr Kavitha Kukunoor as guest speaker at JIMS Homeopathic Medical College & Hospital 2017 part2](https://youtu.be/9dmFYYco9Oc)

["Beyond The Limits-A Challenge to Prove Oneself" 10th yr celebration- Dedicated to all proud women.](https://youtu.be/O-0fZ1PCugA)

1. Dr Mamata: What would be KHA Study Group's next steps?

Dr Kavitha: My original intention was 1yr but extended to 3yrs with integrity & consistency, & showed our success with Team’s support.

We made over 100 webinars & showed success & created a standard template and if any one follows these protocols they could also make the same success as per their terms (as definition of success varies from person to person).

I believe in the concept “Be a Leader & make everyone a Leader”.

By God’s grace, KHA Family Team’s support, We have proved consistently & persistently & also successfully completed 3yrs of KHA Study Group journey.

I want volunteers to take it forward to the next level as per our code of ethics as our identity is selfless work done by our enthusiastic & dedicated volunteers, integrating homeopaths & homeopathic organizations.

[How we together, can make Homeopathy No 1- Msg from Dr Kavitha Kukunoor, President & CEO - KHA](https://youtu.be/n8QyLFZC_nA)

1. Dr Mamata: How do you maintain the natural smile which Dr Ashok Madan has asked you at KHA 3rd anniversary?

Dr Kavitha: I try to accept the things as it is & I Thank God.I try to be honest & pure so I think it comes naturally.

Also Dr Preety Shah (who worked remotely at my office from 2008-2011 and was in my first write up “Beyond the limits'' book) asked me same question when I went to New Delhi, India for HPWWC conference in January 2020 & I told her I make sure Ego & Jealousy do not affect me. This is the secret behind my smile.

[Blessings from our KHA participant Dr Ashok Madan](https://youtu.be/ZteozsC1ksg)

1. Dr Mamata; You were recognized with many awards for your 25yrs of humanitarian services (to name few Martha Oelman Community Service Award from NCH (National Center for Homeopathy-USA), Best Entrepreneur Award from Dr N LingaRaju Principal of JSPS Homeopathic Medical College India, Legendary Homeopath Award from Homeo Cure Research, Women of the Year from NATA (North American Telugu Association) and other US organizations like TANA (Telugu Association of North America &, DTA (Detroit Telugu Association) recognized your humanitarian & homeopathic services & honored you, what message you would give?

Dr Kavitha: What I am doing is only a drop in Ocean as Mother Teresa said.

I quote “We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that

missing drop.”

Mother Teresa

As Mahatma Gandhi said Homeopathy cures disease permanently & from root cause

I quote “Homeopathy cures a larger percentage of cases than any other form of treatment and is beyond doubt safer and more economical.”

Mahatma Gandhi

I consider myself as a life long learner & I dedicate all my awards to God & to my college, teachers, Gurus who inspired me. I am so humbled & honored as my tiny bit of work is recognized that is done with good intention to serve society selflessly & promote homeopathy to benefit humanity.

I greatly appreciate & from bottom of my heart Thank one and all who supported us in small & big ways.

See you all at our next KHA Group Inspirational talk “ Be United” and book review of Dr Rajneesh Kumar Sharma Homeopathic Therapeutics universal medical terminology.

Thank you Dr Mamata. Hope I answered all the questions.

For more video links click below:

Martha Oelman Community Service Award from NCH (National Center for Homeopathy-USA):

<https://youtube.com/watch?v=fa6TrF0mUZU&feature=share7>

[How we together, can make Homeopathy No 1- Msg from Dr Kavitha Kukunoor, President & CEO - KHA](https://youtu.be/n8QyLFZC_nA)

[Honored to receive Women of the Year 2023 from prestigious NATA (North American Telugu Association)](https://youtu.be/W3qeT1E6jMM)

[Legendary Homeopath Award 2022 - KHA Homeopathy Study Group Proud moment](https://youtu.be/OlOjGQ-i4dc)

[Recognition & honor from TANA at Ladies night out on Oct 21, 2022 at Farmington, Michigan](https://youtu.be/aweeFEpXFWU)

[Honored by DTA at Mother’s Day Event 2023 Michigan, USA Dedicated to mothers going beyond the limits](https://youtu.be/xmjNuznsras)

Thank you so much Dr Kavitha Mam for this wonderful opportunity and you have answered all questions honestly & beautifully. I am very very proud to be part of the KHA Study group and also as a volunteer. Thank you so much Mam for all the co-operation & support.

Dr Mamata is one of our enthusiastic & valued KHA Volunteer. Thank you so much!

[KHA Homeopathy Study Group Pro Bono FAQ](https://youtu.be/bo46OY8zeP8)