

— B I O D A T A —



Dr. Anil K. Mehta

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Dr. Anil K. Mehta

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Dr. Anil K. Mehta (born June 17, 1954) is an Indian Dutch Ayurvedic doctor, teacher, public Speaker and writer on Ayurveda & spirituality. Dr. Mehta started his career as an Ayurvedic doctor in New Delhi in year 1977 after getting his graduation degree in Ayurveda from Maharishi Dayanand University, Rohtak, India. Dr. Mehta started his international career in the field of medical practice and teaching in Ayurveda in year 1980 when he migrated to Holland. In the beginning he started his Clinic in Zoetermeer, in 1989 Dr. Mehta shifted his Clinic and residence to The Hague, with new inspiration to start a School on Ayurveda. Dr. Mehta started spreading the awareness about Ayurveda among Europeans by inviting them to free introductory classes on application of Ayurveda in daily life.

Family History:

Dr. Anil K. Mehta was born in Jalandhar, India. He belongs to a family of Ayurvedic doctors. His grandfather Pandit Sain Ditta Mal Vaid was a renowned Vaid of his times in pre partition India. His grandfather was given the title of "Mehta" by English rulers of India at that time, for his services as an Ayurvedic doctor and social worker. His father was not able to continue the family tradition of nourishing Ayurveda due to turbulent times of partition in India and he joined the Police forces. Dr. Anil K. Mehta continued the family tradition. Dr. Mehta is married to Sneh Lata Mehta and they have 4 children. Dr. Mehta's sisters live in India and Holland.

Education, Career and Professional Background:

Dr. Anil K. Mehta did his schooling from D.A.V Schools and College in Jalandhar and graduated in Ayurveda from Mast Nath Ayurvedic College of Maharishi Dayanand University, Rohtak India. Besides practicing Ayurveda he studied the Acupuncture system of healing in Holland for three years 1981-1984 from the Nederlandse artsen Acupuncture vereniging (NAAV) & (NAAS) and practiced acupuncture for a few years with great success in Europe. Since his belief, trust and roots were in Vedic sciences he started the Ayurvedic Research Institute in The Hague, Holland.

www.studynation.com/...mastnath-ayurvedic-college-rohtak



As Ayurveda was not that famous in Europe at that time as it is now, he made great efforts to propagate Ayurveda among Europeans by conducting Ayurveda orientation classes at weekends in different cities of Europe. He is running seven clinics in Holland and Belgium under the name and style of AGN (Ayurvedische Gezondheidscentrum Nederland) and its Head-office is at the Thijssestraat 16, 2521 ZL Den Haag in Holland. www.agn-ayurveda.com



He is one of the pioneers who started spreading the message of Ayurveda on the European subcontinent, thereby teaching formal education on Ayurveda in western world. It is because of this reason that he established the *European Institute of Scientific Research in Ayurveda* (EISRA) in 1989. Under the banner of EISRA, he has trained more than 1500 Europeans as Ayurvedic practitioners.

<http://www.eisra.nl>

EISRA has legal tie up with VBAG (Vereniging ter bevordering van Alternative Geneeswijzen) one of the biggest professional therapists associations in The Netherlands. EISRA graduates are accepted as a professional members by this association. By virtue of this EISRA'S graduates become eligible to practice Ayurveda in Holland with reimbursement rights from more than 65 insurance companies.

<http://www.vbag.nl>

In year 2000, Dr. Mehta's institute EISRA got affiliated with the only Ayurvedic University of that time Gujrat Ayurvedic University, Jamnagar on the directions of Ministry of Health, Centre Govt of India. In presence of **Governor of Gujrat Shri. Sundersingh Bhandari, Health Minister Shri Ashok Bhatt and Secretary Health Mrs. Shailja Chandra of Centre Govt.**

<http://www.ayurveduniversity.edu.in/mou.php>

<http://www.ayurveduniversity.com>

In 2001 Dr. Anil K. Mehta got a Mou (memorendum of understanding) signed with India's very first Ayurvedic college DAV Ayurvedic college in Jalandhar to work together in Research program.



In year 2002 Dr. Anil K. Mehta established ICAU (International Cooperated Ayurvedic University) for the formal education of Ayurveda in other countries of Europe along with Holland. Under the banner of ICAU, he started his second Ayurveda teaching institute in Antwerp, Belgium.

<http://www.ayurvedaschool.be>

<http://www.ayurvedaschool.be/ICAU/04Organisatie.html>

To expand activities in Europe Dr. Anil K. Mehta started his third Ayurveda teaching institute in London, England under the name of ESPS (European school of professional studies) and a treatment centre Ayurveda UK Ltd. in Hounslow, England.

<http://www.ayurvedauk.com>



To give the practical training of Ayurveda along with first hand experience of spirituality to his European students he started "Parakash Deep Institute of Research in Ayurvedic Sciences" (PDI) in the Land of Gods at Raiwala (Haridwar). PDI is one of its type of Ayurvedic Institute in India which provide dedicated services to Europeans in Ayurvedic practical training and treatments.

www.pdiayurveda.com

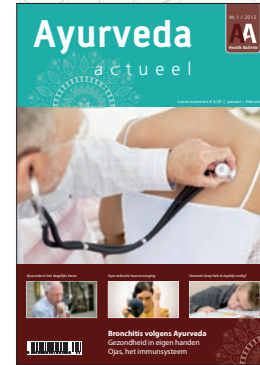
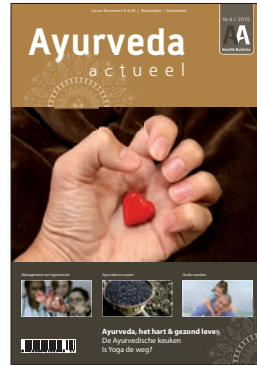
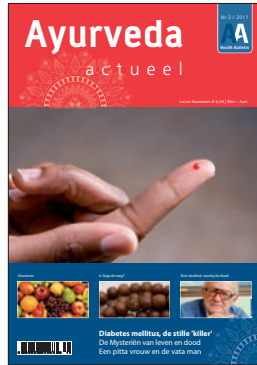


Publications: Magazines

For Dr. Anil K. Mehta the best tool to reach the general masses in the West with the message of Ayurveda is publication on the subject. He started the first ever bimonthly magazine on Ayurveda in Dutch language by the name of **Ayurveda Actueel** in year 2002.

www.ayurvedaactueel.com

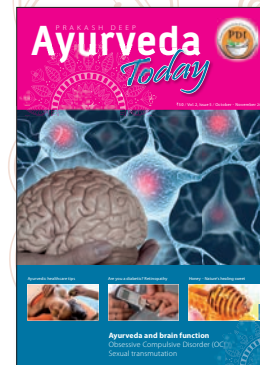
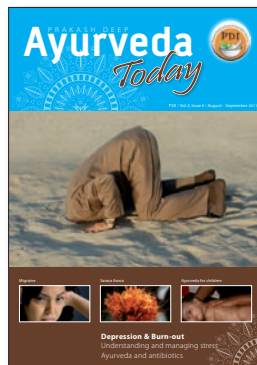
Dutch Ayurveda Magazine



In year 2010 he started the magazine on Ayurveda by the name of Prakash Deep **Ayurveda Today** to reach the wider group of English speaking people globally.

www.pdayurvedatoday.com

English Ayurveda Magazine



Publications: Books

He is author of more than 15 research papers along with many books on Ayurveda and Spirituality published in dutch and English language.

01. *Health & Harmony Through Ayurveda* by Dr. Anil K. Mehta.

In English published by B.Jain Publisher. Delhi.

02. *Why Ayurveda? Open your Eyes To Ayurveda* by Dr. Anil K. Mehta.

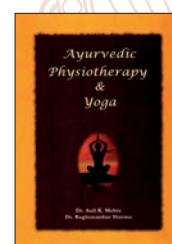
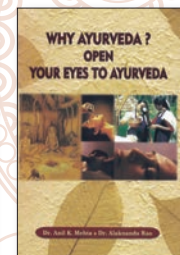
In English published by Chaukhamba Surbharati Prakashan.

03. *Ayurvedic Physiotherapy & Yoga*, by Dr. Anil K. Mehta.

In English published by Chukhamba Sanskrit pratisthan.

04. *Genezen met Magneten* by Dr. Anil K. Mehta.

In Dutch published by Uitgeverij Ankh hermes bv.

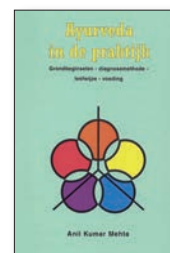


05. Panchakarma (reiniging en gezondheid volgens Ayurveda) - Dr. Anil K. Mehta.
In Dutch published by Kosmos - Z&K Uitgevers B.V. Utrecht.



06. Ayurveda EHBO (Eerste hulp Bij ongemakken) - by Dr. Anil K Mehta.
In Dutch published by Uitgeverij Gopher.

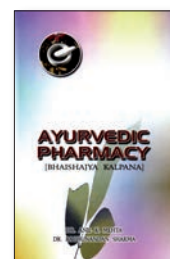
07. Ayurveda & Diabetes Mellitus - by Dr. Anil K. Mehta.
In Dutch published by Uitgeverij Gopher.



08. Ayurveda in de Praktijk - by Dr. Anil K. Mehta.
In Dutch published by Uitgeverij Ankh hermes bv.

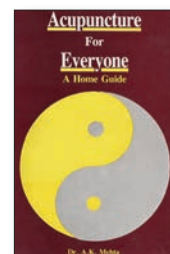
09. Ayurveda en de Vrouw - by Dr. Anil K. Mehta.
In Dutch published by Uitgeverij Ankh hermes bv.

10. Ayurvedic Pharmacy - by Dr. Anil K. Mehta
In English published by Chukhamba Sanskrit pratisthan Delhi.



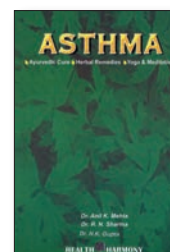
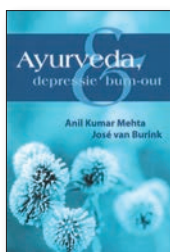
11. ABC van Ayurveda - by Dr. Anil K. Mehta.
In Dutch published by Uitgeverij Ankh hermes bv.

12. Het Ayurvedische kook boek - by Dr. Anil K. Mehta.
In Dutch published by Uitgeverij Gopher.



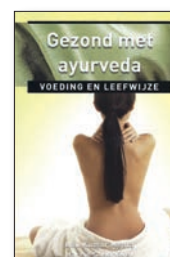
13. Acupuncture For Everyone by Dr. Anil K. Mehta.
In English published by B. Jain Publisher.

14. Ayurveda Depression & Burnout - by Dr. Anil K. Mehta.
In Dutch published by Uitgeverij Gopher.



15. Asthma - by Dr. Anil K. Mehta.
In English published by B.Jain Publisher, Delhi.

16. Magnet therapy and Acupuncture - by Dr. Anil K. Mehta.
In English published by B.Jain Publisher, Delhi.



17. Magnetotherapie - by Dr. Anil K. Mehta.
In French published by Les Editions du Mortagne.

18. Gezond met Ayurveda - by Dr. Anil K. Mehta.
In Dutch published by Uitgeverij Ankh hermes bv.

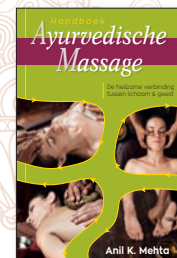
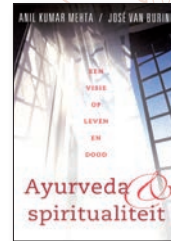
19. *Ayurveda & Spirituality* - by Dr. Anil K. Mehta
In Dutch published by Uitgeverij Ankh hermes bv.

20. *Ayurvedische Voedingsleer* - by Dr. Anil K. Mehta.
In Dutch published by Uitgeverij Pantha Rhei bv.

21. *Ayurveda & Gezond ouder worden* - by Dr. Anil K. Mehta
In Dutch published by Uitgeverij Pantha Rhei bv.

22. *Ayurveda voor Jong & Oud* - by Dr. Anil K. Mehta
In Dutch published by Uitgeverij Pantha Rhei bv.

23. *Ayurvedische Massage* - by Dr. Anil K. Mehta
In Dutch published by Uitgeverij Pantha Rhei bv.



Awards and Titles:

In recognition of Dr. Mehta's work as a Ayurvedic doctor and efforts in the field of spreading the message of Ayurveda, Dr. Mehta is honoured with different titles, the most important are the following:

1. **Vishwa Ayurved Shiromani** (2005) by the renowned and very first Ayurvedic College - Dayanand Ayurvedic College, Jalandhar. <http://www.youtube.com/watch?v=klm1plrg6e4>
2. **NRI Achiever Award** (2010) from NRIFC at 2nd Annual Punjabi NRI conference given by Mr. Jassi Khangura (only NRI, MLA of Punjab) at Ludhiana. <http://www.nrifc.com/upcoming-events.php>
3. **GOPIO Community Service Award** (2013) given by His Excellency H.R. Bhardwaj, Governor of Karnataka and Kerala, India. <http://www.youtube.com/watch?v=8zkRVRw6FXo>
4. **NRI Achiever Award** (2018) Dr. Anil K. Mehta with Honourable Mr. Vijay Goel (member Rajya Sabha, former Minister of youth affairs & sports and MoS-Parl Affairs and Statistics & Progr. BJP Party. Pravasi Bhartiya Divas in New Delhi, India. <https://youtu.be/nMdoE20iCM8>





His Excellency H.R. Bhardwaj, Governor of Karnataka and Kerala, India honours Dr. Anil K. Mehta



*Hon. Vayalar Ravi, Minister for Overseas Indian Affairs, India and
Hon. K.C Joseph Minister for Rural Development, NORKA & Culture, India*



Hon. Oommen Chandy, Chief Minister of Kerala



Hon. Vayalar Ravi, Minister for Overseas Indian Affairs





NRI Award 2018 - Dr. Anil K. Mehta (New Delhi) with Honourable Mr. Vijay Goel (member Rajya Sabha, former Minister of youth affairs & sports and MoS-Parl Affairs and Statistics & Progr. BJP Party. Pravasi Bhartiya Divas



NRI Award 2018 - Dr. Anil K. Mehta with Honourable Mr. Vijay Goel (member Rajya Sabha, former Minister of youth affairs & sports and MoS-Parl Affairs and Statistics & Progr. BJP Party. Pravasi Bhartiya Divas and His Holiness Acharya Dr. Lokesh Muni and other distinguished guests.



Dr. Anil K. Mehta with Honourable Shripad Naik is an Indian politician and the Union Minister of State (Independent Charge) in the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) and former Union Minister of State for Health and Family Welfare. He is the Member of Parliament from North Goa.



Dr. Anil K. Mehta with Honourable Mr. Laxmikant Yashwant Parsekar Ex CHIEF MINISTER of GOA, from 2014 to 2017 belongs to the Bharatiya Janata Party. Mr. Laxmikant Parsekar was 12th Chief Minister of Goa, from 8 November 2014–14 March 2017. He was appointed as the Chief Minister of Goa on 8 November 2014, replacing Mr. Manohar Parrikar.



Dr. Anil K. Mehta with Honourable Dr. Pramod Sawant (13th and current Chief Minister of Goa). Dr. Pramod Sawant represents the Sanquelim constituency in the Goa Legislative Assembly and is a member of the Bharatiya Janata Party. He is a Ayurveda practitioner by profession. He was serving as the speaker of the Goa assembly before being sworn in as Chief Minister, after the death of the sitting chief minister Manohar Parrikar.

Social Activities:

As Committed Community worker he started two NGOs in India

Wellness Foundation for Children;

WFC gives poor children, who have lost their parents or who are no longer able to live with them, a permanent home and a stable environment. Every child will be brought up by a father and a mother. They will take care of the child and will be a substitute for the child's natural parents. In that way, family bonds should be created, so that the child can experience an atmosphere of safety and love. The children are given education. WFC will guide them until they are financially independent. Special attention is given to less talented and feeble-minded children. Through vocational training they will be taught a job in a way to earn their own money. Healthcare is also given to the children. WFC also pays attention to the poor families nearby and tries to raise their standard of living on a long term basis. The social centres, kindergartens, medical centres, training centres and school will not only be used by WFC children and youth but are also there for the general public.

www.indiasorphans.eu

Anand Prakashdeep Charitable Trust.

To provide completely free treatment to as much as needy patients as possible irrespective of caste creed and religion from any part of the world. The trust is providing free Ayurvedic medicines to more than 500 patients every month in Raiwala, Dist. Dehradun, Uttarakhand.

Other Interests:

To spread the essence of Indian culture among Europeans. To attach Indian Diaspora with its roots he started holding star nights of Indian Film stars and singers in Holland in year 1989. Dr. Mehta organized six cultural shows with stars like Hema Malini, Singer Kumar Shanu and Bhajjan Samraat Anup Jalota. Dr. Mehta is so much passionate and involved with Indian culture that he entered in Indian Film Industry as a Film Producer in year 1996.

He produced three Hindi feature films and directed the movie called Madhav;

1. **Jahan tum le chalo** in 1999. http://en.wikipedia.org/wiki/Jahan_Tum_Le_Chalo
2. **Belgaam** in 2002.
3. **Anjaane** - The unknown in 2005. [http://en.wikipedia.org/wiki/Anjaane_\(2005_film\)](http://en.wikipedia.org/wiki/Anjaane_(2005_film))
4. **Madhav** - Every Child Needs A Mentor' is Dr Mehta's latest project. This movie marks Dr. Anil Kumar Mehta's directorial and acting debut!

Documentary film;

1. **Stichting OHM** (Omroep Hindoe Media) - in 1996 OHM Produced a half hour documentary film on Ayurveda where Dr. Mehta's work has been portrayed.
2. **India Calling** - Documentary 2005.
<http://www.youtube.com/watch?v=ig0TTNg6rBw&feature=related>
<http://www.youtube.com/user/agn170654#p/a/u/2/20CiVNbEZkM>
<http://www.youtube.com/user/agn170654#p/a/u/1/lwCrMbNttdqo>
3. **Know more about Dr. Anil K. Mehta and his works:** <http://www.youtube.com/watch?v=TLRnGqj5c>

Dr. Anil K. Mehta produced 115 episodes of TV-serial **Kyun apne hue praaye** for Delhi Doordarshan /DD Metro channel, in year 2007. Dr. Anil K. Mehta also co-produced a dance musical (which is also his theatre debut as an actor) called **'Divine Radha'** in 2015 (Showcased in Rijkskijk (The Netherlands, Nehru center (Bombay) and Kamani auditorium (New Delhi) 2016.

In the process of making these films and tele serials he has worked with dignified film personalities Including Gulzar, Lata Mangeshkar, Asha Bhonsle, Vishal Bhardwaj, Kavita Krishnamurti, Hari Haran, Rekha Bhardwaj, Kumar Shanu, Sanjay Kapoor, Manisha Koirala, Helen, Anup Jalota, Jagjit Singh, Himesh Reshamiya, Suraj Saneem, Jimmy Shergill, Asrani, Sonali Kulkarni, Nirmal Pandey and Desh Deepak.

Languages:

Written & Spoken English, Hindi, Punjabi, Urdu and Dutch.

Personal Interests:

Reading, Teaching, Social Activities, Charities, Film Making and Travel.

Memories ...



Mr. Goverdhan Asrani and Dr. Mehta relaxing with others



Mr. Dilip Kumar and Dr. Mehta



Ms. Hema Malini and Dr. Mehta



Mr. Anil Kapoor and Dr. Mehta



Ms. Leena Chandavarkar and Dr. Mehta on filmset



Mr. Govind Arun Ahuja and Dr. Mehta



Dr. Mehta on his filmset



Mr. Kader Khan and Dr. Mehta



Dr. Mehta with Sanjay Kapoor and Jimmy Shergil



Mr. Anil Kapoor and Dr. Mehta



Mr. Prem Chopra and Dr. Mehta



Ms. Hema Malini and Dr. Mehta



Mr. Prem Chopra and Dr. Mehta



Ms. Leena Chandavarkar and Dr. Mehta on filmset



Mr. Dharminder Deol and Dr. Mehta



Dr. Mehta, Mr. Sudesh & Mr. Krishna

Memories ...



Dr. Mehta on his filmset



Ms. Sonali Kulkarni, Mr. Nirmal Pandey,
Mr. Deepak, Mr. Jimmy and Dr. Mehta



Ms. Sonali Kulkarni, Mr. Jimmy Shergil
and Dr. Mehta



Ms. Manisha Koirala, Mrs. Mehta
and Dr. Mehta



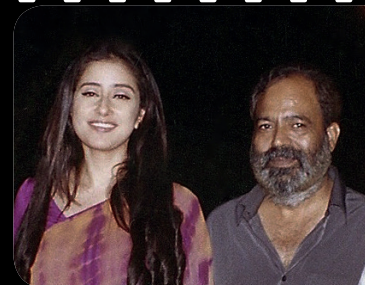
Ms. Manisha Koirala, Mrs. Mehta
and Dr. Mehta



Mr. Abbas Mustan and Dr. Mehta



Dr. Mehta on his filmset



Ms. Manisha Koirala



Mrs. Helen, Mrs. Bali,
Mrs. Mehta & Dr. Mehta



Mr. Harry Fernandes, Dr. Mehta,
Ms. Manisha Koirala and Mrs. Mehta



Mr. Nirmal Pandey and Dr. Mehta



Mr. Nawab and Dr. Mehta



Mrs. Kunickaa and Dr. Mehta



Mr. Jimmy Shergil and Dr. Mehta



Mrs. Ranjita, Mr. Pramod and
Mrs. Mehta & Dr. Mehta



Mr Jagjit Singh and Dr. Mehta

Memories ...



Mr. Himesh Reshammiya and Dr. Mehta



Mr. Anup Jalota and Dr. Mehta



Mr. KK. (Krishnakumar Kunnath) and Dr. Mehta



Mr. Mehdi Hassan and Dr. Mehta



Mr. Sameer, Mrs. Sapna Mukerjee, Dr. Mehta and Mr. Harry Fernades



Mr. Pramod Mouto and Dr. Mehta with his son Anand



Mr. Kumar Sanu and Dr. Mehta



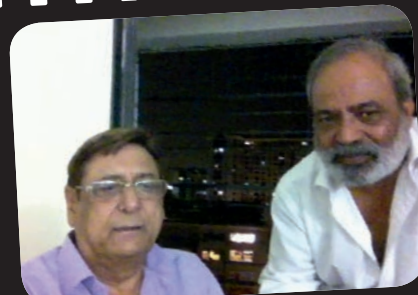
Mr. Dilip Kumar and Dr. Mehta



Mr. Kadar Khan and Dr. Mehta



Mr. Vindu Dara Singh and Dr. Mehta



Mr. Goofy Paintar and Dr. Mehta



Mrs. Leena Chandavarkar and Dr. Mehta



Mrs. Leena Chandavarkar and Dr. Mehta



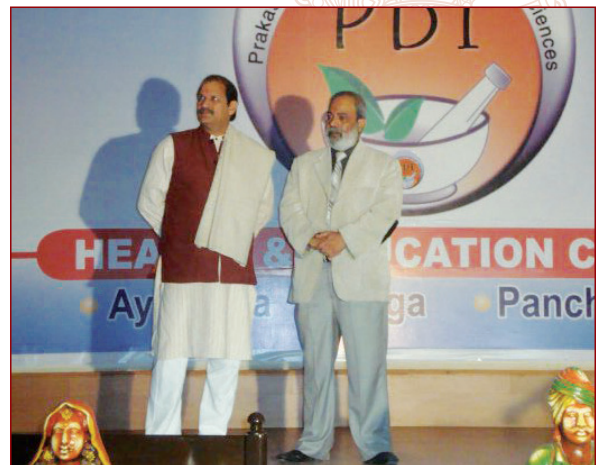
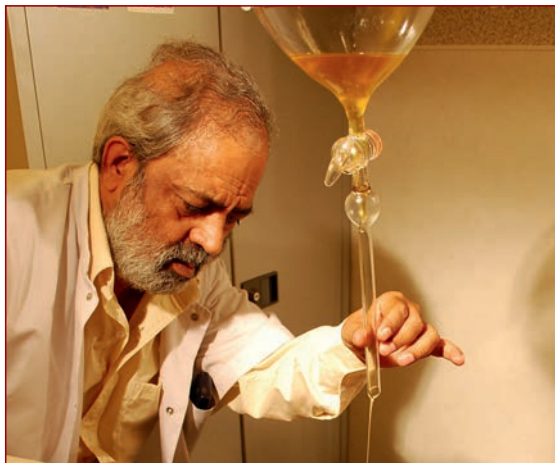
Mrs. Nirupa Roy and Dr. Mehta

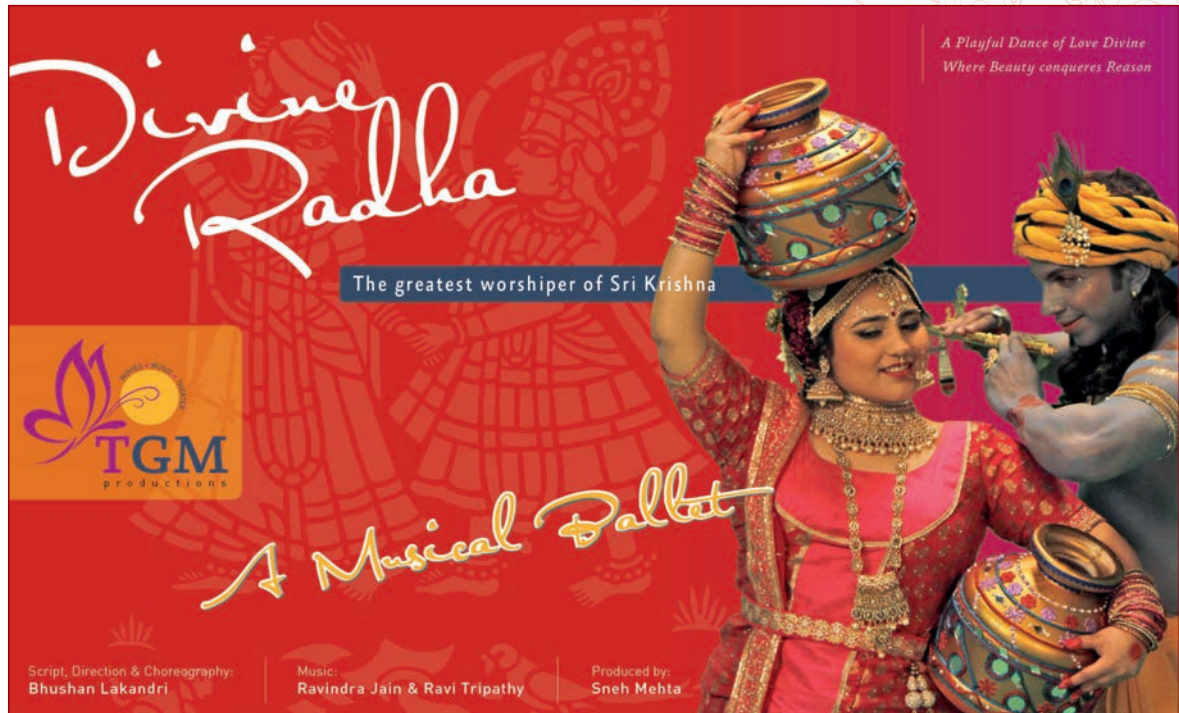


Ms. Manisha Koirala and Mrs. Mehta & Dr. Mehta



Dr. Mehta and Mr. Jimmy Shergil







TGM PRODUCTIONS
PRESENTS

Every
Child
Needs
a
Mentor

TANWI GOURI MEHTA'S

MATHS

DIRECTED BY DR. ANIL KUMAR MEHTA

WRITTEN BY MANOHAR TELI MUSIC & LYRICS SHEKHAR "ASTITWA" CAMEHAMAN SHAFEEQUE SHAIK (WICA)
CHOREOGRAPHER PAPPU KHANNA CO-PRODUCER SNEH MEHTA ASSOCIATE DIRECTOR HARRY FERNANDES
EXECUTIVE PRODUCER JOHN CHERIAN EDITOR ABHISHEK MHASKAR SINGERS SHAAN, VIKRAM MONTROSE

COMING SOON

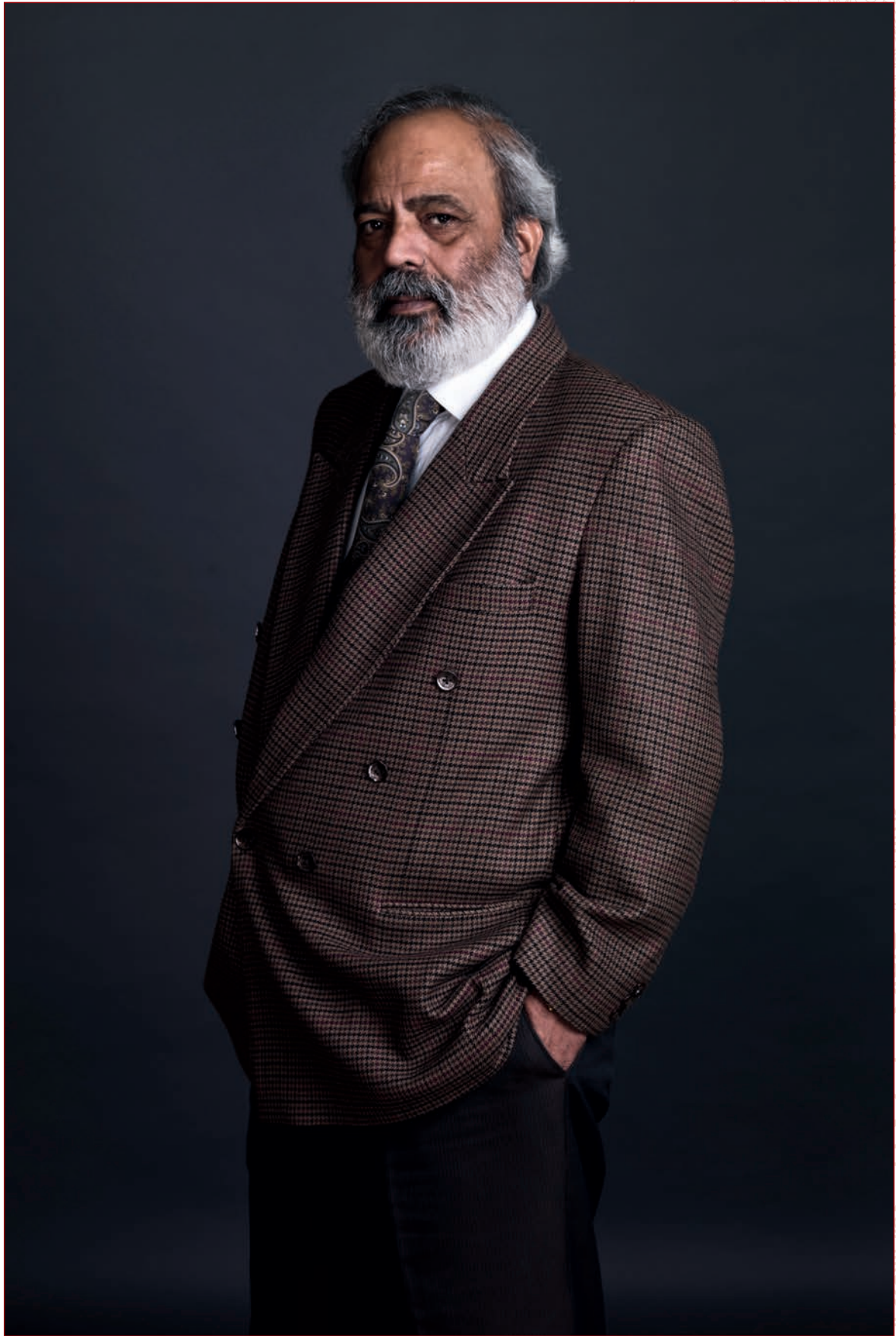
Dr. Anil K. Mehta has received different awards for his debut directorial film *Madhav - Every Child Needs a Mentor*



Dr. Anil K. Mehta has received best debut director award



Dr. Anil K. Mehta directorial film *Madhav* has received the best family film award.



Know more about Dr. Anil K. Mehta and his works, please watch this 20 min. Movie on:
<http://www.youtube.com/watch?v=TLRrnGcj5c>



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Website: www.agh-ayurveda.com | www.eisra.nl | www.pdayurveda.com