

Annual Report of 2019

Compassion Now Network for All International. (CNN4All-I)

www.cnn4all.org Email: info@cnn4all.org

CNN4All-I is registered as a Not for Profit organization. The Federal Tax ID 47-3784269.

Vision: From the Land of Abe Lincoln: "Malice towards none: but Move NOW with Passion and Compassion for All

Mission: Health related education and training through seminars, conferences, publishing, broadcasting;

Network with organizations, events and individual to promote Health and Wellness -Physical, Mental, Social and Spiritual Health.

Dietary Supplements and Essential Oils etc. related to health.

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The Carle-UIUC Research is almost ready after several meeting and will be launched in 2020

Study Title: Validation of single breath forced expiratory counting (SBC) as a measure of cardiorespiratory fitness (CRF)

Principal Investigator: Malec Mokraoui MD along with

Dr. Joerg Heintz PhD and Dr. Alex R Zachariah MD developed the concept of Single Breath Counting from ideas developed in his 2 recent books, 'Let's Move Mindfully & Let's Breath Mindfully' (The books are available with Amazon and Kindle by that title), is published by Compassion Now Network for All-International (CNN4ALL-I), Urbana, IL

Sponsors: Carle Heart and Vascular Institute, 611 W. Park Street, Urbana IL 61801

and

Health Care Engineering Systems Center

University of Illinois at Champaign-Urbana 1206 W. Clark Street

Urbana, IL 61801

Research done in Punjabi University, Patiala, India in the Dept of Psychiatry as a Thesis subject in 2019.

The Research was done in the Saket Drug Rehab center where Dr. Z visited 3 times in 2016-2017 and the staff was trained a Rhemercise Kabaddi. The Research was titled "To Study the Therapeutic Efficacy of Rhemercise/Kabaddi in Patients with Opioid Disorders." The physicians involved were Dr. Deepam Kundal the PG Student, supervised by the Head of the Dept Dr. Rajinish Raj MD and Dr. Rohit Gard MD. Dr. Dr. Sajoy Varghese MD of UIC will review the study and help to prepare posters/papers from the study in 2020.

Dr. Z continue to do research at 2610 E Florida, the Residence and Office of CNN4All-I, on elders health using Crib Gym as well as High Intensity Exercise brief bouts of Rhemercise Kabaddi.

Dr. Z and Lalu Joseph took part in the SMCC Health Seminar of Syro Malabar church in Chicago on October 13, 2019.

Business account of CNN4All is with the the Hearland Bank jointly operated by the CEO Alex R Zachariah and Secretary-Treasurer Lalu P Joseph. The telephone and utility bills of 2610 E Florida Ave, Urbana, Illinois, 61802 which is the office cum residence of CNN4All, be paid from donations to that account.

Dr Alex Zachariah MD,
CEO.

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Safety Officer: Advisor to Director, National Institute of Aging/NIH, Bethesda, MD. USA. Grant R01A004364

Prof. (Mrs.) Prema Zachariah MBBS, MNAMS. Director of Health Initiatives of CNN4All-I.

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