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PARAM PUJYA SWAMI RAM DEV JI'S INSPIRATION

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# YOG SANDESH

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**SPECIAL EDITION**  
**CHANGE IN SYSTEM**



Union Health and Welfare Minister Shri Gulam Nabi Azad, Revered Swami Ramdev Ji Maharaj and reverend Acharya Balkrishna Ji inaugurating the Patanjali Institute of Research and Medical Sciences (Ayurved University). (Below) Union Food Procurement Minister Shri Subodhkant Sahay, Chief Minister of Madhya Pradesh Shri Shivraj Singh Chouhan, Chief Minister of Himachal Pradesh Shri Prem Kumar Dhoomal, Chief Minister of Uttarakhand Dr. Ramesh Pokhriyal 'Nishank', reverend Swami Ramdev Ji Maharaj and reverend Acharya Balkrishna Ji inaugurating Patanjali Food and Herbal Park.

## GRAND INAUGURATION OF PATANJALI AYURVED COLLEGE



**Union Health Minister, Shri Gulam Nabi Azad and Swami Ji Maharaj lighting the lamp and inaugurating the program**



**Union Health Minister, Swami Ji and special invitees seated on the dais**



**Chief of Human Resources and Finance Department, Shri Lalit Mohan honouring Union Health Minister**



**Swami Ji Maharaj sharing his views with Health Minister**



**Health Minister, Swami Ji and Acharya Ji talking to the press**



**Large gathering of people present at the inauguration ceremony**

OM

उद्यमः साहसं धैर्यं बुद्धिः शक्तिः पराक्रमः।  
षडेते यत्र वर्तन्ते तत्र देव सहायकृत्॥

## YOG SANDESH

Year : 7 Issue : 6 February 2010

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## **Patanjali Ayurved College and World's Biggest Food Park – Patanjali Food and Herbal Park inaugurated**

**P**atanjali Yogpeeth is an institute for personal and national character building along with health and spiritualism. Revered Swami Ramdev Ji Maharaj aims to build a healthy, prosperous and cultured India through his missions of Yog and India Pride as a part of pious revolution from personal development to national development.

Our sages and seers had called Ayurved as eternal. The objective of Ayurved is not to earn wealth or fame but to provide good health to the patient through compassion and sympathy. Patient's health is top priority. Ayurved has originated from Atharvaved. Ayurved provides longevity, controls degeneration of body and makes the person bright.

Honorable Union Health and Family Welfare Minister, Shri Gulab Nabi Azad inaugurated Patanjali Indian Research and Medical Sciences Institute (Ayurved University) of Patanjali Yogpeeth on 4<sup>th</sup> January 2010 with the objective of providing new dimension to Ayurved education and research.

The health of common man is most important. Disease does not differentiate between religion and blood. Patanjali Ayurved College will fulfill the scientific standards. It will carve a niche among the world's best Ayurved colleges. Patanjali Yogpeeth is establishing Yog and Ayurved on international platform to provide good health to each and every person.

Honorable Food Processing Industry Minister, Shri Subodhkant Sahay inaugurated the world's biggest Food processing unit at Padartha in Haridwar on 5<sup>th</sup> January 2010 on the occasion of Foundation Day of Trust and completion of 15 years of institutional services of Patanjali Yogpeeth family.

A special workshop was organized from 1<sup>st</sup> to 6<sup>th</sup>

January 2010 for six thousand qualified, efficient girls and boys of good conduct coming from 600 districts with the purpose of building a healthy, prosperous and civilized India. The male and female volunteers received guidance and blessings from Swami Ji on 5<sup>th</sup> January on the occasion of 'Seva Diksha and Sankalp Divas.' The six thousand volunteers will work to extend the Yog education up to the last person of India. They will form an important part of the entire organizational process because Patanjali Yogpeeth and district centers are working to prepare 11 lakh 50 thousand Yog teachers and 60 thousand full time Yog teachers or workers in the whole country.

Today the character of the person is broken and divided; his or her personality is also broken. India pride mission's full time volunteers will work to unite the divided personalities. Today's society has deviated from its path as it has left behind the sage tradition. India will get back its lost glory and prestige by reestablishing sage tradition and following it.

Indian freedom fighters had fought the freedom fight from Krupalu Bagh Ashram, Kankhal and today Patanjali Yogpeeth is relieving people from diseases through Yog and Ayurved. India Pride Trust is carrying on the mission of building Clean India, Healthy India under the able guidance of Swami Ramdev Ji through Changing System.

World's biggest Food Processing Unit is situated in an area of 100 acres at Padartha. It will provide direct and indirect employment to around 20 thousand people. Patanjali Food and Herbal Park will provide agricultural products, natural products and herbal products.

This is a major effort to strengthen the farmers

economically. This will provide a big market to the farmers for their products. At present the farmers are not able to get the correct price for their produce. The middlemen make lot of money. The people of Food Park will go to the farmers and get pure food which will help them in being disease free. Food Park will provide health to 40 crores people living in urban areas and provide prosperity to 70 crores people living in rural areas. This market can start from five crores rupees and reach up to one lakh crores rupees. This will be a one of its kind Mega Food and Herbal Park. The main objective of this park is processing of agricultural products and to provide maximum profits to the cultivators.

Revered Swami Ramdev Ji Maharaj's dream to make labourers and farmers owners has materialized. Herbal produce based on agricultural produce like different types of juices, flour, food items used for daily use will be produced here using herbal technique for the betterment of public health. This mega food park will process around 650 tonnes of materials every day. The processing and packaging of the material will be carried on this place. This will be the world's biggest food park from this aspect. It will include the cultivators of Himachal Pradesh, Rajasthan, Gujarat, Haryana, Punjab, Jammu & Kashmir besides Uttarakhand who will produce agricultural based material and then procure raw material for this food park. Patanjali Yogpeeth has invested around 500 crores rupees in this project and central government will provide 50 crores rupees for common utility.

Around 32 processing units will work under this huge project. Good quality fruits and vegetables will be produced in this park. Gourd, bitter gourd, carrot, myrobalan, aloe Vera, mint, basil, tomato, cucumber and wheat leaf juice will be extracted in this unit. Carrot and papaya candy will also be manufactured.

This will be a blessing for the fruit and vegetable cultivators because they will be able to sell the whole produce in this park. The cultivators will also be given training to produce myrobalan (Awala) and Aloe Vera in infertile and inutile lands. Patanjali Yogpeeth will develop 100 such centers which will provide high quality

seeds and manures to the farmers.

This project will improve economic situation of regional producers, farmers and other people engaged in this activity, end the interference of middlemen and cultivators will get the direct benefit. This project will give a new beginning to nation's health and prosperity. Indigenous (Swadeshi) and self-reliance aspects will be encouraged with the production of herbal bhasma, bio diesel from crude palm oil. Extract from cow urine will also be produced at large scale.

The waste products obtained after food and herbal processing will be used for producing biogas and electricity. This will further be used for producing organic manures and organic pesticides.

India is a land of villages. We have to make our farmers prosperous in order to make it prosperous. The development of food processing industry in India will increase the income of farmers in India and they will also get correct price for their produce. It will also reduce the percentage of rotten fruits and vegetable and increase the quality and productivity of agricultural products. This will provide employment opportunities in agricultural sector and overcome their poverty.

Patanjali Food and Herbal Park will prove to be a milestone in the direction of health revolution at international level. The minimum price guarantee has been agreed upon for herbal products with Himachal Pradesh. Revered Swami Ramdev Ji Maharaj has also agreed to set up a Patanjali Food and Herbal Park in Himachal Pradesh.

Revered Swami Ramdev Ji Maharaj dedicated Patanjali Ayurved College and Patanjali Food and Herbal Park to the public on the occasion of completion of 15 years of Foundation of Divya Yog Mandir (Trust). Swami Ji opines that agriculture and sage can alone change the condition and direction of India.

400 metric ton juice will be produced in this food park every day. This will be the world's biggest juice factory. It will open a new chapter in the agri revolution of the country.

**-Acharya Balkrishna**

## **SERIOUS DISEASE CURED WITH YOG**

Respected Swami Ji Maharaj,  
Namaskar!

Swami Ji, I was suffering from serious disease called Myasthenia Gravis for the last 30-32 years. One in thousand people suffer from this rare disease. I was also suffering from Diplopia and I used to ask God that why did he make a morning?

I saw your program on television and started practicing pranayam, and in the meantime a Yog camp was organized at Rudrapur. I attended the camp and reaped health benefits. The result has been very encouraging and my vision is normal like other people. Serious disease like Diplopia also vanished with the fear of Yog.

I have not taken blood pressure medicine also for the last three years. I was also taking 20 -22 medicines for the treatment of Myasthenia Gravis but now I am taking only five medicines. This disease is also getting cured.

I am practicing pranayam for the last three years, and I have realized that I can live without food but not Yog. I practice all the eight steps of pranayam. I want to thank you for everything.

Yours truly,  
Sudhir Arora,

Krishna Auto Traders, Gol Market,  
Rudrapur, M: 0992768097

## **YOG HAS CHANGED THE DIREC- TION OF LIFE**

Respected Swami Ji Maharaj,  
Namaskar!

I am 63 years old and retired



from Bharat Sanchar Nigam Limited. Yog has given a new direction to my life. I was a chronic patient of cold and catarrh from childhood. I was suffering from running nose, sneezing followed by temperature. I came to Jamshedpur to complete my engineering course, but cold, catarrh and sneezing continued. It used to continue for two days and lot of phlegm used to come out. I tried all types of medicines but in vain. My weight was 93 kilos at that time. I felt that I will also get asthma attack. I was later posted at Guwahati and I was afraid of cold weather of that place. But, fortunately the weather suited me.

I am practicing Yog and pranayam from November 2004. There was remarkable improvement in my condition and my weight reduced to 71 kilos. Now, I feel completely healthy. I was also wearing glasses for poor eyesight, but, I stopped using it from 2005.

I and my wife start watching Aastha channel from 5 am every day. My wife is suffering from gastric trouble and blood pressure. Yog practice has given lot of benefits. Yog and pranayam are the real treasures of life. We are propagating it at our level.

We also read Yog Sandesh regularly. I would like to thank you a million times for everything.

Yours truly,

Rana Yogendra Narayan Parmar  
BSNL, Dhanbad- Govindpur Main  
Road,  
PO – K.G.Ashram, Dhanbad –  
Jharkhand, Pin: 828109  
M: 09430300207

## **KAYAKALP OIL CURED WHITE SPOTS**

Respected Swami Ji Maharaj,  
Namaskar!

My son was born on 19<sup>th</sup> May, 2009. We do not have inverter at our home. White spots developed on my son's neck, chest, stomach, waist, thighs and other places due to extreme heat. I was very worried and consulted a skin specialist. He prescribed six month's treatment. We used to pay Rs.100 for one consultation and the medicines used to cost Rs.600 for ten days. We used to visit the doctor thrice a month but there was no improvement. Finally, we started using Kayakalp oil costing Rs.50 and to our surprise the white spots disappeared within two days. Around 40 percent spots vanished in one week and one bottle of this oil lasted for around 20 days. 75 percent of the white spots disappeared by using just one bottle of this oil. We used one more bottle and all the spots got cured. Your medicinal oil saved us from becoming poppers. We thank you for everything.

Yours truly,

S.R.Kesari,  
Jagaghati, Haryana  
M: 09416449697



-Acharya Balkrishna

## AYAPAN: QUALITIES AND BENEFITS

|                    |   |                                    |
|--------------------|---|------------------------------------|
| <b>Family name</b> | : | Asteraceae                         |
| <b>Latin name</b>  | : | Eupatorium Ayapan Vent.            |
| <b>Sanskrit</b>    | : | Vishalyakarni                      |
| <b>Hindi</b>       | : | Ayapan                             |
| <b>Gujarat</b>     | : | Ayapan                             |
| <b>Marathi</b>     | : | Ayapan                             |
| <b>Bengali</b>     | : | Vishalyakarni, Ayapan,<br>Ajaparna |

### Introduction:

Ayapan is a tribal plant of America, but it is grown in gardens in whole of India. Both, cultivated and wild varieties of this plant are found in abundance in Bengal.

### External form:

The fragrant leaves of Ayapan are two to four

inches long like garland, red colored and the edge has three divisions. The leaves give out strong fragrance when crushed, the flowers are bluish colored, and the fruits have five angles.

### Chemical composition:

The leaves of Ayapan consist of evaporable oil. The dry leaves have a crystalline element and the fresh leaves contain two crystalline like elements known as Ayapan and Ayapanen, which have strong blood clotting qualities.

### Qualities:

It heals wounds, controls blood clotting and the juice of the leaves is useful in controlling bleeding diarrhea, bleeding piles, bleeding from stomach or bleeding from any part of the body.

### Piles:

Grind the leaves of Ayapan and drink 10-20 gm of

this juice twice or thrice daily for excellent results in case of piles.

**Vomiting:**

Prepare decoction with the leaves, roots, flowers, fruits and stem of Ayapan. Drink it to cause vomiting and loose motions. This is used for Virechan.

**Nutrition:**

Small dose of Ayapan leaves juice improves overall strength.

**Fever:**

In case of fever caused due to cold, crush 20 gm Ayapan leaves in 200 gm water and drink hot twice or thrice daily for relief. This is beneficial in case of fever caused due to bile also.

**External use:**

Grind its leaves and apply the paste on wounds

and bleeding area for relief.

**Insect bite:**

Apply its paste on painful area for relief in case of poisonous insect bite.

**Bleeding:**

Grind its leaves and apply on the bleeding area and drink 10-20 gm leaf juice to stop bleeding.

**Wound:**

In case of deep wound caused due to weapon or any other thing, grind its leaves and apply on wound and also drink five to ten gram of its juice three to four times daily to heal deep wound.

**Malaria fever:**

Boil 20 gm Ayapan panchang in 400 gm water till it reduces to one-fourth quantity and drink five to ten gm of quath twice daily to bring down temperature.

**SPECIAL ANNOUNCEMENT**

You can watch revered Swami Ramdev Ji's program based on Yog, Ayurved, and health and reap the benefits of good health and inspire people to build a healthy society.

|                             |                                                      |                      |                                                          |
|-----------------------------|------------------------------------------------------|----------------------|----------------------------------------------------------|
| Astha Channe<br>(National)  | : Morning 5 am to 7.30 am<br>Evening 8 pm to 9 pm    | Zee Tamil            | : Morning: 5.00 to 6.00 am                               |
| Astha Bhajan                | : Morning 8am to 8.30 am<br>Evening: 7.30 to 8.00 pm | Zee Telugu           | : Morning: 5.00 to 6.00 am                               |
| TV1                         | : Morning: 7.00 to 8.00 am                           | Zee Punjabi          | : Morning: 8.00 to 8.30 am                               |
| TV9                         | : Evening: 5.30 to 6.00 pm                           | Zee Classic          | : Morning: 5.00 to 6.00 am                               |
| India TV                    | : Morning: 6.30 to 7.00 am                           | Zee Premier          | : Morning 5.00 to 6.00 am                                |
| Yog Vigyan                  | : Afternoon: 1.30 to 2.00 pm                         | Zee News             | : Morning 5.00 to 6.00 am                                |
| Sahara Samay<br>(Ramban)    | : Morning: 5.30 to 6.00 am                           | <b>International</b> |                                                          |
| Sahara Regional<br>(Ramban) | : Morning 5.30 to 6.00 am                            | Astha Channel        | : Morning 5.00 to 7.30 am<br>Evening: 7.00 to 8.00 am    |
| Sahara-1                    | : Morning: 6.30 to 7 am                              | Zee TV Middle East   | : Morning : 6.30 to 7.30 am                              |
| Zee TV Hindi                | : Morning 4.00 to 5.00 am                            | Zee TV S. Africa     | : Morning: 5.00 to 6.00 am                               |
| Zee Marathi                 | : Morning 5.30 to 6.30 am                            | Zee TV UK            | : Morning: 5.00 to 6.00 am                               |
| Zee Bangla                  | : Morning 8.00 to 9.00 am                            | Zee TV US            | : Morning: 7.00 to 7.30 am<br>Morning: 10.00 to 10.30 am |
|                             |                                                      | Zee TV               | : Morning: 6.00 to 7.00 am                               |
|                             |                                                      | Asia Pacific Region  |                                                          |

# SWAMIJI'S PRICELESS VIEWS



- Birth does not mean only to take birth from the mother's womb, understanding one's identity is real birth and birthday.
- Have a positive thinking; thoughts have a special place in our life. High thinking helps the person to face challenges.
- Do not underestimate yourself. Do not develop inferiority complex and self sympathy for yourself. There is a need to understand and arouse the inner strengths and qualities.
- Brahma has blessed us with the strengths which he showered on great personalities, sages, saints, you have to understand them, experience them, and then you can also arouse the same energy and activeness.
- Basil plant in a house prevents all ill effects of Vastu, there is no misfortune, it keeps the atmosphere of the house pure and sacred because it wards out external elements.
- Freedom means own system, own policy; therefore, we are not free in the true sense because British policies are still continuing.
- Freedom means, ruling your own self, controlling your thoughts, controlling your sensory organs, preventing bad qualities and maintain physical and mental discipline. Establishment of own state is certain if this takes place.
- There is a sure shot method to prevent suicides among students, give them education in their own language (mother tongue), it is not enough to stop the examination method, as this will drop the level of education further. Students will avoid hard work and thorough study in the absence of fear and worry of examination.
- The sound of work is several times greater and deeper than the sound of speech. Your work should speak not your words.
- Yog is self control and simple behavioral science. It is the medium to leave ignorance and enter the world of knowledge.
- Whatever is visible has come out of invisible. It has appeared from micro and macro.
- Pranayam develops inner fire 'energy' in the body. The juices are not absorbed properly if the fire is not well developed.
- Juices are present in sufficient quantity if digestive fire is well maintained.
- Yog and Ayurved are the ancient health building systems of India.
- Protecting Ayurved is protecting humanity.
- Prana or vital life energy has medicinal element. Herbs and plants have life saving power.
- Faith and devotion has strength. My objective is to provide good health to the people.
- Those who have faith in sage tradition can think for the development of Ayurved, but not businessmen.



# CHANGING THE SYSTEM

**BHARAT SWABHIMAN**

**(A SOCIAL AND SPIRITUAL MOVEMENT)**



## WHY IS A CHANGE IN THE SYSTEM NEEDED?

The problems, challenges and awfully painful circumstances that have cropped up during these 63 years of our Independence testify to the fact that our systems and policies have failed to mete out justice to the people of our country. Therefore, there is an imperative need to re-structure afresh our whole system and policies.

1. Even after 63 years of our Independence, if 50% population of India is illiterate; we do not have the right to get advanced technical education in our national languages; there is not a uniform educational system for the rich and the poor; yoga education has not been integrated in the educational curriculum for the purpose of character-building; our educational system teaches humiliatory things about the knowledge, life and character of our ancestors; is all this not the failure of our educational system? According to an estimate of the Govt. of India, out of the 18 crore students admitted to schools, only 1 crore of them are able to achieve their goal of getting higher education – the highest failure of our educational system.
2. 65% of the sick in the country cannot afford medical treatment. We leave those crying and groaning sick persons to die helplessly, and in the case of 35% sick going for medical treatment, more than 7,00,000 crore (seven lakh crore) rupees of the people's wealth are wasted only in controlling the diseases, and even about 50% of these people have to sell or mortgage their land and houses in order to meet the expenses of treatment. What else but the failure of our health- care system does it indicate?
3. Why do those 34,735 laws enacted by the British rulers, during our period of slavery, to plunder, exploit and enslave us for centuries still govern us in independent India? Our judicial system is able to punish only 5 of the 100 criminals; 95% go scot-free. Our country's money to the tune of 100,00,000 crore (one hundred lakh crore) rupees swindled through corrupt practices is stashed away in the Swiss and other foreign banks. 30% of our sisters or daughters are molested or their modesty is outraged. Each year approximately 1 crore female foetuses are destroyed . Every hour is witness to the murder of 3 sisters for dowry and the rape of about 2 daughters. Whether It is a case of terrorism or of the criminals playing with the life of 115 crore people of the country by poisonous adulteration in food articles, why is our judicial system not able to mete out punishment to these corrupt persons, murderous dowry-seekers, rapists and other type of criminals? This only means that a radical change in our judicial system is the crying need of the hour. Judicial system and economic system lie at the root of all the systems of a country, and at present the malfunctioning of these two systems is the cause behind clashes, exploitation, favouritism and injustice all over the country. The fire of terrorism, sectarian or casteist fanaticism, or Naxalite violence rages here and there. Our people are deprived of justice due to our wrong polices and wrong systems.
4. On one side, the Gross Domestic Product (G.D.P.) of the country is approximately 50,00,000 crore (fifty lakh crore) rupees, which means that the product generated by the factories, fields, all the services departments and skilled workers is to the tune of 50 lakh crore rupees. The annual budget of the central and state governments, local municipal bodies and other local bodies approximating to 20,00,000 crore (twenty lakh crore) rupees is prepared in the name of development. The wealth of the country to the tune of approximately 100 lakh crore rupees is stashed away in the Swiss and other foreign banks. Due to our wrong economic policies and wrong taxation policy, 50 lakh crore rupees in the form of black money exists in the country itself. Why, in spite of this immense wealth, about 84 crore people of our country are forced to live a life of destitution, poverty, helplessness, want, starvation and illiteracy? Why are about 250 districts in the country engulfed in the fire of Naxalite violence due to lack of development, illiteracy, unemployment, starvation, etc.? Had we taken up the development of these poor districts honestly and sympathetically Naxalites would perhaps never been born there. Even after 63 years of our Independence we have not been able to provide basic necessities to people, such as food, clothing, shelter, education, health, security, electricity, water, roads, etc. The devaluation of our currency and wealth and degradation of our citizens in the eyes of the world, is a

pointer to the failure of our economic system. Is it not a shameful slap in the face of our economic policies when we slide down to a poor 134<sup>th</sup> position in the United Nations Human Development Report? It is now of utmost importance that a revolutionary change is brought about in the unequal and partisan distribution, economic corruption, and blind adoption of foreign economic policies.

5. During these 63 years of Independence perhaps we have not humiliated anybody else so much as our food-supplier, the farmer, and our nation-builder, the labourer and worker. Neither adequate supply of water or electricity, nor right type of seeds are available for the field of the farmer. Toxic and costly fertilizers, pesticides, and insecticides have driven the farmers of the country to committing suicide. Besides, the intake of these toxic foodgrains has caused life-threatening diseases to 115 crore people of the country. It is owing to our wrong agricultural policies that each year our farmers are robbed to the tune of about 5 lakh crore rupees in the form of chemical fertilizers and toxic insecticides; the diseases caused by them take the lives of lakhs of people; and about 7 lakh crore rupees go waste in controlling the diseases caused by this contaminated food. Almost 80% of the total return from crops is spent by the farmer on purchasing seeds, insecticides and these toxic fertilizers. What could be a bigger proof of our wrong policies and corrupt systems? The only answer to all these questions is : changing the system. We cannot change the fortune of India for the better without changing the system. The only way to a complete solution of the problems of the country is: changing the system. No half-way remedies or reforms will do now. An all-out massive campaign is the crying need of the hour. Only then we shall be able to cure Mother India of the diseases and deep wounds inflicted on her. No caste, region or sect is responsible for the injustice, favouritism, our poverty and sad plight; it is rather due to wrong policies, corrupt systems and corrupt practices that injustice is being done, or justice is being denied, to most people in the country, irrespective of their caste, region or sect.

#### THE KEY-NOTE OF THE MOVEMENT

All the 115 crore Indians, i.e., all the mothers, sisters, daughters, brothers and elders belonging to all the castes, regions and sects are our own kith and kin. We hold it as our moral, social, spiritual and national duty or responsibility to work for the health, happiness, prosperity, honour, pride and freedom of all these people of our country. This is the guiding sentiment behind all the policies formulated by Bharat Swabhiman Movement. This mission chiefly and ultimately aims at serving benevolently and whole-heartedly the country and its people without any selfish interest.

#### MAIN TENETS OF THE MOVEMENT

The three norms or tenets prescribed for the personal, familial, professional, social and national conduct of life for all the brothers and sisters associated with Bharat Swabhiman Movement are : complete purity, complete Indianness and complete organized discipline.

1. **Complete purity mainly** means the purity of character and purity of financial dealings in their personal and public life. All the brothers and sisters associated with the movement will accord topmost priority to these two types of purity in their life. If a worker does not strictly adhere to these three norms or tenets, he will cease to have any connection with this movement, or the connection will be deemed to have been terminated.
2. **Complete Indianness (Bharatiyata)** means that all the workers associated with this movement will be fully committed to 'Swadeshi' in their life. We will totally boycott all foreign goods manufactured with 'zero' technology. In every sphere of our personal, public and national life we will give the topmost place to India and Indianness. 'Swadeshi' is not limited merely to articles and clothes; it is a complete philosophy of life. Whenever we come across Indian ethos, Indian science, knowledge, art, craftsmanship, culture, literature and traditions, all these have a strong bond with the tenet of Indianness or 'Swadeshi'. We will commit ourselves one hundred per cent to Indian culture, i.e., to Indian languages, dress, medicine, food, music and sentiment. We are Indians first, Hindus, Muslims, Sikhs, Christians, etc. later. We will accord the highest place in every sphere of our life to our national ethos, national languages and national interest.
3. **Complete organized discipline** means that we will be fully resolved to observe in our life our cultural concept of 'saṃgacchadhvaṃ saṃvadadhvaṃ saṃ vo manāṃsi jānatām' [Live in harmony and concord, be organized and co-operative, speak with one voice and make your resolution with one mind]. We will work in our respective fields with full freedom and full competence. We will be fully honest in observing our personal creed and our national ethos as a true sadhaka (learner) and soldier, or as a true yogi and warrior, complying alongside with the orders issued by the organization, or headquarters, like a true soldier. At the call of the organization or if a movement is started, all will stand up together and strive for success.

At the call of headquarters, all will unite to work together with complete discipline, magnanimity and energy. Success does not come without unity. When only a handful of Englishmen can get united and rule over

the whole world, why can we all Indians not unite to install India as the Supreme World Power? When only a few persons have organized themselves to plunder the country, why can we all Indians not organize ourselves to save the country from being looted? We will definitely get the corrupt system of India changed, will eradicate corruption, and will make India a powerful nation through complete organized discipline.

### AIMS

**Bharat Swabhiman Movement has three main aims :-**

1. To bring about a complete change, in national interest, in all the wrong policies and corrupt systems prevalent at present.
2. Complete eradication of corruption, and to bring back to India about 100 lakh crore rupees swindled through corrupt practices, to declare it as national property, and to invest it in national reconstruction and development.
3. To build up a healthy, prosperous, culturally refined and powerful India free from poverty, unemployment, hunger, want and illiteracy, and to install India as a great world power or world teacher (*Vis'vaguru*).

### CHANGING THE SYSTEM THROUGH CHANGING THE SELF

We have to start this process of changing the system from our own 'self', which means that in this movement from self-change to system-change, we have to learn to live with complete independence by emancipating our body, mind, spirit, wealth and motherland from all the shackles of slavery. 'Self-change' means to us spiritual upliftment and the things we have to do ourselves under the five main guiding principles of Bharat Swabhiman, i.e., those things for which we are not under any obligation to any government. We have to apply ourselves with our whole energy right now to achieve those aims and objectives, and for the bigger struggle ahead for changing the system of governance and administration we have to organize the masses of the country into a big power.

To install a glorious and powerful Bharat, *Vis'vaguru* Bharat, a World Superpower Bharat, or to establish the Aryavarta country as a spiritual, social, economic and political model before the whole world, we have two action plans: one, spiritual upliftment; and two, economic progress of the country— '**vidyām ca avidyām ca .....**' (*Yajurveda*) [by combining temporal and spiritual knowledge]. The base of both types of progress is provided by a healthy body and healthy mind. We are completely independent for the moral, ethical and spiritual development of our country, and we have to bend our sinews to this task with all our energy. When the people of the country will be fully awakened and organized through this whole movement, a base will have been formed to launch a powerful Bharat through change of system, economic prosperity and economic justice.

### SPIRITUAL UPLIFTMENT

Vedic age was the golden age of India. In every field India has been a pioneer in the world. The whole world sought guidance from our ancestors (kings, emperors, sages and seers) in matters of religion, politics, education, health, law, agriculture and economy, and carried on its activities under their moral and spiritual leadership: it was after the Mahabharata that our cultural, spiritual, social and political downfall started. Even then, in spite of all sorts of impediments, foreign invasions and internal clashes, India continued to be a model to the world from economic, educational and spiritual point of view until the 18<sup>th</sup> century. Even T.B. Macaulay himself confirmed it to the British Parliament on 2 January 1835 in these words: "I travelled in India to all places from east to west and from north to south, but in the whole country I did not come across any thief or beggar. In view of the prosperity of India and her high ethical values, I don't think that we shall ever be able to conquer, unless we replace India's spiritual and cultural educational system – her very backbone – with the theory that the foreign and British system of education is superior to that of India".

Starting with the foreign invasions in the 7<sup>th</sup> century at last the plunder, oppression and atrocities perpetrated by the British crumbled our country to pieces. Along with the financial plunder to the tune of about 350-400 lakh crore rupees, they demolished our educational system based on moral and ethical values, our ideals and our whole social structure. They sowed the seeds of discord in our country in the name of caste, region, and language, and put the people at loggerheads. Our forefathers considered wine drinking, prostitution and meat-eating a heinous crime, an unethical and highly irreligious sinful act. But the cruel, ruthless, evil-minded British opened liquor shops in 1760, abattoirs for meat, and brothels for prostitution. Thus our country was totally destroyed relentlessly.

Now, first of all, we are faced with this challenge that we have to uplift our country morally, ethically, socially and spiritually. We have to get rid of caste system, dowry system, the practice of sacrificing animals, etc., and other ignorance-based traditional rituals and superstitions like black magic, enchantment, exorcising ghosts and evil spirits, and such other hypocritical mischiefs. Our country is being doomed and dammed by liquor, tobacco and other addictions. To liberate our people,

villages, society and nation of these addictions, we have to restore the healthy tradition of yoga practice, satsang, study of scriptures and cultural refinement. We have to re-integrate into the fabric of our social life the universal and scientific Vedic culture based on sixteen sanskaras, five mahayajnas and four varnasrama duties. We have to redeem our country from the sins of cow-slaughter, female foeticide and dowry murders, etc., and from the social evils like gambling, etc., and have to encourage meritorious acts like blood donation, eye donation, tree plantation, etc.

From the level of villages to the city and metropolitan level, we have formulated an 11- point Action Plan which aims at the moral upliftment from the village to the city level.

We have to build up a Bharat based on restraint, good conduct, sense of service and cultural refinements, and free from the taint of disease and evils, where elders are respected, younger ones are loved, joint family is preferred and there is mutual love and goodwill among people of all castes, regions and sects. All should live together a life of purity; all should contribute to the prosperity by their industriousness, and all should unite to think in national interest. The root cause of all challenges to the nation such as unemployment, poverty, starvation, want, squalor, uncontrolled increase in population, illiteracy, violence, insecurity, Naxalite terrorism, etc., is the financial plunder, corruption and corrupt systems. We shall awaken our people to this truth, and to save the country we shall organize all the people of our country through the medium of organizations. When our just demands will be voiced with full strength by our well-organized and united people, the democratic ruling powers of the country shall have to bow down before them, and the ruling power shall be compelled to act in accordance with the will of people's power. Thus, by eradicating corruption, and by putting an end to wrong policies and corrupt systems, we will build up a powerful Bharat free from poverty, hunger, want, illiteracy, etc.

### **OUR ORGANIZATIONAL RESPONSIBILITIES TOWARDS CHANGING THE SYSTEM**

#### **A. EDUCATION :**

1. We shall go to schools and impart demonstrative and practical yoga training, and fill the minds of children with a sense of pride for their national language, dress, food, medicine, devotional music, forms of worship and salutation/ greeting and cultural refinement, and shall make them feel proud of their glorious golden past. To inculcate in children a sense of glory and pride in their national language, mother tongue, Sanskrit language, their country's dress, food, medicine and cultural refinements, we shall constantly launch the campaign of Yoga and Bharat Swabhimani through camps, regular classes and lectures in schools, colleges and all educational institutions.
2. Some children are deprived of education due to poverty, starvation, want and ignorance. We will go to jhuggis-jhonpris and teach those poor children, and in the case of those teachers who are not discharging their duties properly in the school, we will put pressure on them through the village and society to make them answerable for their responsibilities.

#### **B. HEALTHCARE SYSTEM :**

1. We will make all endeavours to keep ourselves healthy and make every citizen of the country healthy and culturally refined through the regular practice of yoga.
2. Leaving aside medical emergencies, we will insist on fully indigenous (swadeshi) treatment for diseases like cold, fever, vomiting, diarrhea, B.P., asthma, arthritis, diabetes, etc.

#### **C. LEGAL SYSTEM :**

1. Till such time as the Indian law and justice system is completely changed, that is to say, till such time as the criminals are not punished and the honest and conscientious persons do not get full security and honour from the government, we shall socially boycott corrupt, characterless and criminal-type persons, i.e. , we shall not honour such persons in public. Where there is any corruption we shall report it to the Anti-corruption Department and the cases of lack of proper action on the part of ministries will be reported directly to the Prime Minister's Office. In case it is very necessary, we shall seek the directions of Headquarters to sit on dharna, stage a peaceful demonstration, or perform buddhi-shuddhi yajna against a person, department or ministry involved in corruption.
2. On our part, we will abide by law, and though voting is not compulsory, we will definitely cast our vote voluntarily in national interest, as directed by our organization.

#### **D. ECONOMY :**

1. The money of the country is being sent to foreign countries through corruption and by way of handing over country's market to foreign companies and getting the country looted by them in the name of trade and commerce, and our country is getting weaker and poorer. Our country is being looted before our eyes. We will insist on being 100% swadeshi in national interest, and motivate others to do likewise. We will not use even a single foreign article manufactured with 'zero' technology. We will boycott foreign companies 100%

because no foreign company, except looting the country, has ever made any contribution at the time of national disasters like flood, earthquake, famine or war. We will not allow even a single rupee to go to a foreign country, and by keeping ourselves away from the sin of corruption, we will observe the standards of complete financial and ethical cleanliness. We will launch a social awareness campaign by way of identifying swadeshi and videshi (foreign) companies by publishing posters and pamphlets. **We will tell the people of our country about the economic, ethical, material, social and national loss being inflicted by foreign companies, and will save the country from being looted and enslaved. We will defend the country against foreign invasions on the financial resources and women of India.**

2. We will create new continuous employment opportunities by setting up indigenous (swadeshi) industries and will strengthen our country's economy by increasing our exports.

#### **E. AGRICULTURE :**

1. If we are farmers, we shall be committed to building up a healthy and prosperous Bharat by adopting the policy of non-toxic agriculture; we shall discard toxic pesticides / insecticides and chemical fertilizers, and shall adopt ourselves, and motivate others to adopt, natural methods of agriculture, and if non-toxic food grains, legumes, fruit and vegetables are available to us, we shall give topmost priority to the use of organic food articles. This is of utmost importance for our own safety as well as the safety of the country.
2. We shall adopt the conventional natural methods of water conservation, and shall do our utmost to inject every single drop of water into the entrails of the earth. We will be fully dedicated to working for the Village-to-Nation Uplift Mission of this organization. We will build up a glorious India true to the dreams of great men and revolutionaries by living ourselves a healthy, prosperous and culturally refined life free from all diseases and all evils.

#### **GRAM-SEVA PROJECT : MISSION-LET US GO TO THE VILLAGE**

**Our Svabhiman Andolan-linked 11-point Plan for building up healthy, prosperous and culturally refined villages:**

1. Disease-free healthy villages. 2. Addiction-free culturally refined villages. 3. Violence-free vegetarian villages. 4. Fear-free goodwill-filled villages. 5. Squalor-free clean villages. 6. Ideal villages free from illiteracy and superstition. 7. Happy villages free from uncontrolled population. 8. Villages irrigated by the methods of natural water conservation and storage. 9. Prosperous villages – free from unemployment, poverty, hunger and want. 10. Villages made self-reliant by adopting the policy of non-toxic agriculture and swadeshi. 11. Religious villages having holy assembly (satsang), devotional music and songs, yoga practice, etc. once a month in its religious shrine or temple, etc.

**The plan is to make all the people of our country healthy by holding a regular yoga class in all villages, towns and in every lane, street, colony, and apartments-group of metropolitan cities in the years 2010 and 2011, and also to fully integrate yoga, ayurveda and swadeshi in the life-style of people. These regular yoga classes will serve as the basic proto-type of 'self' change to system-change. From here we have to build up the movement of individual-building and nation-building on the foundation of good health. This is, in brief, the concept of our whole movement from self-building, self-elevation to nation-elevation, self-awakening to nation-awakening, self-preservation to nation-preservation.**

#### **ECONOMIC PROGRESS**

The basic concept of changing the economic system is that no nation can be completely happy, healthy or prosperous without material prosperity or economic development. Money makes the mare go, but the misuse of money and its unequal distribution is the root-cause of all evil. Money empowers a person, and only an empowered person can do something in life. The life of a powerless person is haunted by poverty, misery, want, ignorance, insecurity, humiliation and helplessness.

There is no dearth of wealth in India. Even today, there is capital worth about 200 lakh crore rupees in the country, and also there is no dearth of natural wealth and resources. The Gross Domestic Product (G.D.P.) of the country is to the tune of 50 lakh crore rupees (approx), and according to an official estimate there is black money worth about 50 lakh crore rupees in the country due to our wrong fiscal policy and faulty taxation system. From the revenue collected for the development of the country, about 100 lakh crore rupees have been swindled by a few corrupt and dishonest persons and stashed away in the Swiss banks and other foreign banks. Thus, there is huge wealth worth about 200 lakh crore rupees in the country, but due to corruption and wrong policies, 99% of this wealth is possessed, monopolised or controlled by less than 1% corrupt and dishonest persons.

Consequently, injustice is being done to the remaining 99% people. It is due to this economic injustice, exploitation, loot and corruption that most people of almost all classes and religions are compelled to live a life of poverty, hunger, want, injustice, illiteracy, insecurity and humiliation. The sad plight of the country can be compared to a village where there was 200 tons of foodgrain, and the whole of it was looted by a corrupt, feisty person in that village who stored it away in his house or godown. Despite the grain in the village, people were dying of hunger. Our country faces the same plight today.

The majority and minority people in the country, all high and low castes, forest-dwellers, tribals, poor and common people will have to realize that there is no danger to them from one another, i.e., neither to a Muslim from a Hindu, nor to a Hindu from a Muslim; they all face a common danger from dishonest and corrupt persons. It is these corrupt and dishonest persons who have usurped the wealth of all people and stashed it away in the Swiss and other foreign banks. This is the cause behind poverty, hunger and illiteracy and consequently mutual conflicts among people belonging to various sects, classes and communities in the country. It seems to all of us that individuals in society have usurped the rights of each other, but the truth is that these corrupt persons have deprived the people of the country of their fundamental rights, and have impoverished the country by looting it. And by putting an end to social justice, equality, goodwill and mutual love they have generated feelings of mutual hatred and distrust in the society. The day when the monopoly of wealth by these corrupt and dishonest persons comes to an end, corruption is eradicated, and about 150 lakh crore rupees are invested in the development of the country, all the problems of unemployment, poverty, hunger, want, illiteracy, etc. will automatically cease to exist, and the road to the respect and prosperity of all will be clear. Since this country belongs to all, people of all classes, sects and communities have an equal right on the whole wealth and resources of this country. People cannot get this fundamental right without eradicating corruption.

In sum, through Bharat Swabhiman Movement we intend to uplift the country morally and ethically by ensuring first good health to it, and at the same time, intend to build up a glorious and affluent Bharat by eradicating all the corrupt systems, wrong policies and corruption, and we are fully convinced that all patriotic, honest and enlightened citizens shall stand by us in this movement and that one day we must emerge victorious, and that all the problems of the country shall be resolved.

**Three ways to eradicate corruption or to bring economic justice or prosperity to all by siphoning back to the country the wealth swindled through corrupt practices, or to eradicate poverty, illiteracy, etc. from the country**

1. To stop this loot of economic corruption, there should be a law of capital punishment for persons involved in corruption. This is high treason, for it is corruption which has given birth to problems like unemployment, poverty, hunger, illiteracy and Naxalite terrorism.
2. The one hundred lakh crore rupees swindled through corrupt practices and stashed away in the Swiss and other foreign banks should be brought back to India. It should be declared as national property and invested in the overall development of the country. When this money will be spent on the development of the country, the basic necessities (food, clothing, shelter, electricity, water, roads, education, health-care and security) will be met and many employment opportunities will become available to people and the problems of the country like unemployment, poverty, hunger, illiteracy and Naxalite terrorism will be instantly solved, and India will become the supreme economic power in the world. If necessary, 5-10 lakh crore rupees from this money can be used for manufacturing arms so that nobody in the world poses a threat to our national security.
3. We have to put an end to black money in the country and have to utilize it. For that purpose, all high denomination notes printed in the country should be declared expired and recalled from circulation by an ordinance passed by the government. In the case of persons possessing high circulation notes of Rs. 500/- and Rs. 1000/-, a limit of 5-10 lakh rupees should be fixed, and they should be given smaller denomination notes for that amount. Persons possessing black money exceeding 5-10 lakh rupees should be directed to pay a tax of 5-10% on it or any justifiably stipulated tax, and to invest that money in any venture or business through the channel of bank. Nobody should be allowed to possess more than one lakh rupees in cash. We should do our money transactions through banks/credit cards or other constitutional channels. All types of taxes should be eliminated and there should be some transaction tax etc. of 1-2%. By doing this, on one hand, we shall get about 50 lakh crore rupees for development works in the country; on the other, problems like tax evasion, black money, corruption, fake currency and terrorism will be finished for ever, and India will emerge as the supreme power of the world. Peoples' money will be utilized for the development of country. We shall not need money from foreign companies for development; we shall, on the other hand, be able to implement all our development plans with the money of our country.

The government will have to make laws for accomplishing these three tasks. This job cannot be handled by an individual or organization. For getting these three laws passed by the government we shall mount organized public pressure, and if the government turns a deaf ear to this issue of national interest, we will not hesitate to dethrone the ruling power for changing the system, and entrust the power in the hands of those persons who will act to give a concrete shape to making these three laws and to our whole concept of changing the system.

### **AN OUTLINE OF CHANGING THE SYSTEM**

In national interest, it is essential to change British policies and laws in operation at present in our country so that the goal of respect and prosperity of all is achieved, and the systems in the country are run with full freedom. Only then, there shall be Independence in its true sense. At present, British-Raj is operating in Independent Bharat.

1. A majority in Lok-Sabha is needed to change the present-day British policy, laws and systems and to get the new Swadeshi policies and laws made in national interest, and for a majority public vote is Indispensable in a democracy. A huge social or spiritual organization, a great person, a great saint, or a great yogi can, no doubt, start a movement in the society, but they cannot make laws. In a democracy, the sole authority of making laws rests with the elected government.
2. For public vote we have to launch a public awareness campaign for the good of the people, without any selfish motive. Yoga and Swabhiman Andolan have to be taken to each home in every village. All the people of Bharat are to be organized for Mission 2014. Bharat Swabhiman shall always be a social and spiritual organization. However, the organization will decide the names of persons committed to giving a concrete shape to our concept of changing the system as the candidate in Lok Sabha elections, and the whole organization shall support him for changing the corrupt systems and for eradicating corruption. Our aim is to build up ideal leadership for ending corruption and changing the system and to help him reach the apex of power, by keeping ourselves away from the allurements of power and pelf. If mostly corrupt and dishonest persons rule over our country, it is a matter of utter shame and humiliation for crores of patriotic Indians.
3. With a view to organizing the whole country we have to prepare 1000-2000 distinguished members and 10,000-20,000 working members in each district. It is planned to have at least 2 yoga teachers and regular yoga classes in each village by 2010-11. We also plan to constitute Gram-Samitis of Bharat Swabhiman. We will prepare 11,50,000 yoga teachers all over the country who will conduct regular yoga classes. One yoga teacher will make 1000 persons healthy, addiction-free and culturally refined and will organize them in national interest. There are mainly three targets for the year 2010 to prepare maximum number of yoga teachers; to increase the number of regular yoga classes; and to prepare maximum number of Bharat Swabhiman members.

### **MAIN POLICIES OF BHARAT SWABHIMAN, OR THE BLUEPRINT OF CHANGING THE SYSTEM**

To liberate Bharat of illiteracy, disease, unemployment, poverty, hunger, want, exploitation, insecurity, injustice and economic slavery, and to put an end to the overall miserable and pitiable plight of the country, a total or radical change in the existing five policies and systems is extremely necessary, which are as follows: policies and systems related to education, health-care, law, economy and agriculture. The original pioneers and inventors of systems related to education, health-care and law were sages and seers like Maharshi Panini, Charaka, Susruta, Dhanvantari, Manu, Chanakya etc. The whole world used to seek guidance from our ancestors in every sphere. The prevalence of foreign wrong policies and corrupt systems in Independent Bharat, in spite of the sublime life, knowledge and ethics of our ancestors before us, is a matter of utter shame and humiliation of our ancestors and people.

#### **(A) EDUCATION POLICY**

1. We have to develop a complete education system in Indian languages, based on values and cultural refinements. All types of education – science, mathematics, technology, management, engineering, medicine and administration – must be imparted in the national language or other regional languages. We will get this whole system implemented in time-bound phases. When this is done, even the child of a poor farmer or labourer will

be able to become a doctor, engineer, scientist, I.A.S., I.P.S. officer, etc., and all people in the country will get an equal opportunity to progress.

2. At the school, college and university level, we have to introduce the syllabus of Yoga Education so that the childhood and youth of the country is safe and secure, and there is an overall physical, mental, intellectual and ethical development of students so that we may protect our young men and women from addiction, lust, violence and crime, and develop them as ideal citizens..
3. We will get the commercialization of education eliminated and will give an equal right to education to rich and poor, to all people of all classes, castes and religions, because education is the foundation-stone of the development of a nation. Illiteracy and want are the root cause of many burning problems like poverty, squalor, hunger, exploitation, injustice, unemployment and uncontrolled population.
4. The present education system in India is based on the paper prepared by T.B., Macaulay during the British rule about 200 years ago. Macaulay said: “We must do our best to form a class who may be interpreters between us and the millions whom we govern: a class of persons Indian in blood and colour, but English in taste, in opinions, words and intellect”. (Macaulay 1835).
5. In the present education system of India formulated by Macaulay, false, invented, baseless and humiliating things about the knowledge, lifestyle and character of our ancestors are being taught under a conspiracy to brainwash the Indians from early childhood with a view to destroying the sense of pride and self-respect and hastening the moral and ethical degradation of the children of our country, so that we Indians hold the western (English) thought, philosophy and culture in the highest esteem on every matter, and have started looking down on ourselves and our ancestors. Even after 63 years of our Independence this despicable and humiliating conspiracy still plagues our education system. We will get this conspiracy totally destroyed and make the whole education system completely Indianised or ‘Swadeshi’.
6. For the purpose of making primary and higher education equally available to all people in the country we will have a high-level ultra-modern school in every village and at least one university in each district. Thus, we will set up 6 lakh high-level schools and at least 600 high-level universities in the whole country. Alongside education, we shall accord topmost priority to research work on various subjects related to our body, nature and society. We shall preserve and honour the Indian talent, capital and prestige. Only then shall we be able to stop the brain-drain, and the building up of a powerful India shall be possible. With regard to language we have a clear-cut formula-in the first place, our national language for the sake of national unity, integrity and pride; in the second place, mother tongue; in the third place, Sanskrit language; and in the fourth place, English, French, German, Japanese and other foreign languages.

#### **(B) HEALTHCARE POLICY OR SYSTEM**

1. We will cure or treat 90-99% diseases in our country with our traditional medicine. We shall resort to foreign system of medicine only for surgery and emergency cases. We are not opposed to life-saving allopathic medicines or the knowledge and research of the modern medical science. Our indigenous system of treatment is permanent, cheaper, simple, natural, faultless, complete and holistic, and by the use of this system we shall save our country from economic exploitation to the tune of lakhs of crore rupees annually as well as from the harmful side-effects of allopathic medicines. The indigenous (swadeshi) systems of medicine, long disregarded and ignored during the British rule, have also been treated with utter humiliation by the government of Independent Bharat. We will accord topmost priority to the indigenous systems of medicine.
2. We will conduct scientific research on Indian medical systems like Yoga, Ayurveda, Naturopathy, Siddha, Unani, etc. For conducting clinical controls and trials, genetic research, etc., we shall set up in our country high level research institutes and ultra-modern medical universities. By doing this, we shall, on one hand, be able to stop the exploitation of our country to the tune of more than 7 lakh crore rupees annually, and on the other, we shall be able to provide healthcare to more than 65 crore deprived people.
3. We will boost the partnership of India in the world trade of drugs and medicines worth about 50 lakh crore rupees or more, and we shall be able to earn from foreign countries at least 10-20 lakh crore rupees for our country. It is unfortunate that even after 63 years of independence we have failed to acquire the patent of even a single medicine. By according topmost priority to research on herbs, yoga and all the medical procedures of Ayurveda, we shall put Bharat on a prestigious pedestal in the sphere of medicine in the whole world.

#### **(C) LEGAL SYSTEM**

1. After repealing at once the 34,735 laws framed by the British to plunder, exploit and keep our country enslaved for centuries, we have to get new laws enacted for ensuring social security and justice to all the citizens of our country.

2. We have to get new laws enacted for rigorous punishment such as capital punishment and life sentence to corrupt persons, rapists, terrorists, adulterators, and those guilty of spreading poisonous pollutants; and to ensure that there is no delay in meting out punishment to these criminals, we have to set up special courts at the district and state level where penal action will be finalized after completing the hearing in 2-3 months. When noble persons do not receive honour and protection and the guilty do not get punishment, social injustice, insecurity and distrust plague the country.
3. Through an enactment of compulsory voting we shall put the ruling power under people's control, shall not allow the governments to be insensitive, and shall make them answerable. Through the law of compulsory voting the criminalization and degradation of politics will be stopped in one single day.
4. We shall get the existing 64 direct and indirect taxes repealed and introduce only one (about 2%) transaction tax. This will enhance, happiness prosperity and resources in the country, and people will get richer. It will allay both dearness and poverty from the country. More taxes make the things costlier, and the economic condition of the common man takes a downturn.
5. Through a legislation in parliament we shall get the printing of high denomination notes stopped, and will have to arrange the recall of already printed high denomination notes. A policy should be formulated for the expiry period of printed notes. With this, the black money will have to be deposited in banks within a stipulated period, otherwise their validity will expire. By stopping the printing of high denomination notes, smaller notes, i.e., mostly ten-twenty-fifty-rupee notes, will be used as currency in the market, and it will be impossible to use these small notes for a bribe of lakhs- crores of rupees and to hide them after the act of bribery. A small size thing like a needle or a bicycle can be hidden, but it is impossible to hide a big size thing like an aeroplane or an elephant. Similarly, small notes in a large number make a very big size and it is impossible to hide that big bulk. If somebody argues that in the event of non-availability of high denomination notes, people will use gold, silver, diamond and other valuables for bribe; how can then corruption be prevented? To this we have a clear answer that no trade or exchange transaction is possible without money (rupees), which has to be used even for purchasing gold, silver, etc. Trucks and rail wagons will have to be used for carrying small notes and for smuggling fake currency into India from neighbouring countries, which shall never be possible. Therefore, we are driven to this conclusion that corruption, black money and fake currency are linked to high denomination notes. When big notes will not be in circulation in the market, these problems will be solved automatically. By smuggling fake currency into the country, terrorists buy arms with that money and spread terrorism. Therefore, in the absence of high denomination notes, terrorism will also be muzzled to some extent. And this will simultaneously solve the four problems of black money, corruption, fake currency and terrorism. If somebody argues in favour of high denomination notes that by stopping them there will be a problem in carrying money and transaction, to which the answer is that we will strengthen our banking system, and if bigger transactions are done with the bank credit card or plastic money, this problem will not arise.
6. By getting the Land Acquisition Act fully amended we shall save our food-growing farmers from becoming landless and committing suicide. The land of farmers should be acquired only when it is extremely necessary for works of national interest. We shall not allow the corrupt practice of giving away land worth crores of rupees at dirt-cheap prices or free of cost to big companies and industrialists.
7. By getting a law enacted for the prohibition of cow-slaughter, we shall obliterate from the forehead of Bharat Mata the blot of slaughter of Go-Mata. For respecting the feelings of all people in the country we will motivate them to abstain from eating the flesh of other innocent animals as well. If our Muslim brothers feel pleased and respected by not eating the flesh of pig, a dirty and unclean animal, we should respect their feelings, and if crores of Indians (Hindus, Sikhs, Jains, Buddhists, etc.) feel pleased and respected by not eating the flesh of cows a useful and sacred animal to all, worshipped as a goddess by most Indians, I earnestly hope that, at least in India, our Muslim brothers will pass a collective resolution for not eating her flesh. Merely this act will go a long way in creating the feeling of national unity in the country, and it shall also close the chapter of the slaughter of innocent animals.

#### (D) ECONOMY

1. For checking the devaluation of rupee we shall get formulated such policies as will help the rupee bring at par with the dollar and pound, which was almost the situation on 15 August 1947.
2. We shall get our indigenous economy strengthened and stop the exploitation of the country to the tune of lakhs of crore rupees. And we shall also enhance the glory and prosperity of the country by adopting Swadeshi economy, which means that by increasing our exports and decreasing our imports we shall siphon into our country foreign exchange worth 20-30 lakh crore rupees every year.

3. We shall get our development plans prepared by focusing on villages and districts. This means that 3 crore rupees every year and 15 crore rupees in a 5-year plan will be spent on the development of each village, Similarly, approximately 2 thousand crore rupees every year and 10 thousand crore rupees in a 5-year plan will be spent on the development of each district, **With such a planned economy, not a single person in the country shall be poor, destitute and unemployed. If there is uniform development all over the country without any favouritism or discrimination, problems like Naxalite terrorism will automatically come to an end, and about 250 districts in the country bearing the brunt of Naxalite violence at present will become fully prosperous. There shall be peace, happiness, prosperity, law and order all over the country.** Unequal distribution, illiteracy, want, unemployment, poverty and starvation in the tribal-dominated districts can be attributed to our wrong policies and corrupt systems, and as a consequence of this corrupt system about 250 districts of our country are the victim of Naxalite violence.
4. **We shall have allocated twenty percent of our country's budget for running the government machinery, and the remaining 80% we shall get allocated for development works such as the basic amenities like electricity, water, roads, food, clothing, shelter, education, health-care and security,** and will ensure India to be installed at the top of the list of United Nations Human Development Report. It is a matter of shame for all our people to see India slide down to 134th place in the U.N. Report. We shall build up India to stand alongside developed countries like America, Britain, Canada and Japan. We shall build up a Bharat which shall make us proud, and which shall receive respect from the whole world. This is our motto : prosperity to all; respect to all; prosperity of Bharat; glory and pride of Bharat (BHARAT SWABHIMAN). We shall get the political institutions like Rajyapal, Rajya-Sabha and Vidhan-Parishad re-organised, and leaving aside the main ministries like Defence. Railways, External Affairs, Finance, Human Resources, Civil aviation, communications, Agriculture, Water Resources, National Highways (Surface Transport) and Home Affairs, we shall get the remaining ministries decentralised and shall give more and more power, prosperity, rights and responsibilities to states. And also by holding the Lok-Sabha and Vidhan Sabha elections simultaneously we shall save the country from an unnecessary wastage of crores of rupees. With a view to making the political system more answerable we shall get a law enacted for the direct election of the Prime Minister by the people so that a person seated at the apex of sovereign power in the centre does not have to be at the beck and call of a particular person, and he could think in the interest of all people of his country. Our wrong policies also are mainly responsible for the devaluation of our currency and the prestige of our citizens. The miserable plight and credibility of our country have fallen to such a low level that, except one or two countries, even the smallest country in the world does not permit us to enter without a visa, whereas American and British citizens do not need any visa to enter any country in the world, except one or two countries.
5. We shall make each village and district self- sufficient and self-dependent by setting up a small-scale industry and a few cottage industries in every village and a large industrial sector in every district. Thus we shall set up small-scale and cottage industries in 6,38,365 villages and more than 600 large industrial sectors in the districts all over the country, and shall also get special laws enacted for their security and protection, and with the surplus production from those industries we shall boost our exports. By adopting our policy of swadeshi economy Bharat will emerge as an economic superpower in the world. The country has incurred a loss of more than 100 lakh crore rupees from the policies of liberalisation and globalisation, and in the 63 years of independence our currency has devalued 80 times against the pound, which means that the economic policies of these 63 years have taken us 80 years backward; and if we call this Independence, then what is slavery? It seems that during these 63 years of independence only faces have changed, not the character, policies and systems that is why, earlier the country was looted by foreigners; now it is being looted by our own people, and we are silent spectators of all this loot and plunder. Arise and awake now, and get fully organised and associated with Bharat Swabhiman movement for changing all the systems of the country. Now the condition of the country has deteriorated so much that small amendments or reforms will not serve the purpose. Now we are not going to achieve the goal of emancipating the country from its sad plight, until and unless the whole system is changed. Let us then come together for creating a new history and make India the supreme power of the world. These political parties, slavishly toeing the line of the British and their system, have wreaked havoc in our country. We should now get rid of them and create a new history. The political parties have neither the policies for the overall integrated development of the country, nor are they honest at heart. Somebody is exhibiting his face to beg for votes while somebody is fanning the flames of casteism and sectarianism to burn the country and conspiring to break and fragment it. It is not the faces but the character which develops a country.

### **(E) AGRICULTURE SYSTEM**

1. We will make available to the field of every farmer water, electricity, quality seeds, natural insecticides, and harmless high-yielding fertilizer, and for this we will have to protect the cows and cattle in villages. This will contribute to the well-being, happiness and prosperity of the farmer, our country's food-grower, and our labourer and craftsman, the builder of our country by using swadeshi economy. During these 63 years of Independence the farmer, poor man, labourer and craftsman have been the worst victims of humiliation, helplessness, destitution and poverty due to our wrong policies and laws. Through swadeshi economy and swadeshi agriculture system we shall get them happiness, prosperity and the right to live with self-system. Crores of people have fallen prey to fatal diseases like cancer, T.B., rheumatism, heart disease, diabete, obesity, high blood-pressure and asthma caused by toxic agriculture and pollution. We shall protect all the people of our country from this toxified agriculture and give them good health and prevent all these diseases multiplying like epidemics.
2. We will work for water management by conventional methods and will get developed a healthy, faultless, effective and scientific water management policy. We shall mainly conserve rain water and take every single drop of water into the entrails of mother earth so that the water level of the soil rises, because 90-99% rain water flows down into the sea. The whole country faces the disaster of floods here and drought there. We will find a permanent solution to this problem of drought and floods. If we fail to make an effective water policy well in time, war-time conditions will engulf the country, and if we handle the water management policy efficiently, we shall not only make our country self-sufficient in foodgrains, pulses, edible oils, milk, etc. but also shall be in a position to supply the food requirements of other countries, thereby making our country economically strong through increase in our exports.
3. We will get a new and healthy policy formulated for industrialization of our agriculture, food processing and crop appraisal so that agriculture is not a losing bargain. The exodus from villages must stop, and the farmer should not be driven to the brink of committing suicide.

### **WHO IS RESPONSIBLE FOR THE SAD PLIGHT OF THE COUNTRY AND WRONG POLICIES?**

1. **Political Leaders**
2. **Aversion to politics among honest persons.**
3. **Lack of courage in prestigious and well-settled persons.**
1. Due to self-deprecation, inferiority complex, low and flawed thinking most of our political leaders have held this opinion that we cannot excel the British in formulating an education system, a health-care system, a legal system, an economy, an agriculture system, etc. Mainly due to this reason even after 63 years of our independence we are carrying the burden of British system in independent Bharat, which means that under the transfer of power agreement the country is being ruled by those systems after Independence, which had been evolved by the British to plunder and enslave us. This is the main reason of disorder, sad plight, poverty, unemployment, hunger, want, illiteracy, etc. rampant in our country, and is an insult to the independence secured with the blood of martyrs. In a democratic system of government, the policies and laws of the government are responsible for the prosperity or poverty or sad plight of the country, because the whole country is compelled to follow the policies and laws made by the government. Had our policies and laws been sound and flawless the country would never have been in this sad plight. If there is an increase in violence, crime, corruption, rape cases, social exploitation, injustice, illiteracy, want, economic imbalance and conflict in the country, our wrong policies are mainly responsible for that; why, after all, did we not punish the persons responsible for these inequalities? For want of high character and strong will-power, even the enacted good laws are not enforced in the country.
2. In the face of wrong policies, corrupt systems, corruption and loot and plunder done by the government of our country in these 63 years of Independence, even patriotic, truthful, noble, honest and conscientious persons have started feeling disgusted with politics and most of the leaders responsible for running the government and making policies, and for looting the country with their corrupt practices. These good and honest well-meaning persons have started ignoring and deprecating politics, which has emboldened all the more these mostly corrupt and dishonest leaders, and now they have become almost fully despotic in looting the country, and they have neither time, nor the will, north outlook and concern to change the policies of the country; and most of the leaders do not have the ability to think in the interest of the country and to formulate right type of policies.
3. Faith plays an important role from politics to every sphere of life and world. First it is very difficult that all the

people of a country find a person worthy of their faith and trust, and even if crores of people of a country are able to find a person worthy of their trust, it becomes quite difficult for that prestigious person to muster so much of boldness and courage that he may take up the challenge of getting the corrupt system and wrong policies changed, because through corrupt practices and ruthless and relentless plunder of the country these corrupt and dishonest persons have become financially very powerful. A prestigious person is not prepared to take this risk that he may enter into direct conflict with these corrupt and powerful persons, or challenge them by putting his prestige at stake. To me these seem to be the three main reasons which are responsible for the day to day increase in sad plight, poverty, hunger, illiteracy, want, etc. in the country even after 63 years of Independence. There are only a few people who in spite of being punished, crushed, bribed, suppressed, looted and oppressed by the government are moving forward. It is owing to them that we see some development, ray of hope and faith in the country. Otherwise, the corrupt persons have left no stone unturned in ruining the country.

There are patriotic and honest men of character also in every party. We heartily respect them and invoke them to take the initiative to co-operate in this movement of ending the corruption and changing the system. Besides these honest and patriotic persons in a political party or parties, we call upon all the social, spiritual and religious organizations in the country and the enlightened persons associated with them to come forward and march with us in this yajna of nation-building, inspired by the motto of **saṅgacchadhvam saṁvadadhvam...** for building up a corruption free glorious Bharat. Victory will not be achieved if each one of us strives alone; we have to strive unitedly.

### WHY DID I LAUNCH THIS CAMPAIGN?

By putting all my prestige at stake and without caring for what the people or world will say, I have thrown a challenge to these mostly corrupt, dishonest and powerful persons, and have made a firm one-sided resolve to change these corrupt political systems and policies. The truth is that this campaign of mine is not an act of rebellion against anybody, nor do I want to kick up a nasty row or revolt. I have started this movement believing it to be my duty, religion, responsibility or national ethos. Our aim and objective is to get the policies and laws changed for the better and make a strong and powerful Bharat free from poverty, hunger, want, unemployment, illiteracy and corruption. But I am very much afraid that most of the corrupt and dishonest leaders responsible for running the government and making policies for the country will take this movement as directed against them. However, I still believe that honest and patriotic leaders and crores of people in the country will stand by us, and ultimately it shall be a victory for godly forces, and a defeat for demonic forces. Falsehood, unrighteousness, sin and injustice have always been vanquished, and will also be vanquished in the future. Our ancestors right from Maryada Purushottama Bhagavan Shri Rama, Yogeshwar Shri Krishna, Maharshi Vasishtha, Maharshi Vishvamitra and Maharshi Chanakya to Maharshi Dayanand, etc. always vehemently protested against sin, injustice, unrighteousness and falsehood. What else have our great men done except opposing and destroying injustice and sin?

### A COLLECTIVE FEAR OR TERROR

After having heard and known everything about the aims, objectives and policies of Bharat Swabhimani, people say, “Baba, you are doing the right thing. We all Indians also think likewise that this Swabhimani work must be accomplished.” I ask them, “Why are you then afraid?”

1. “Baba, these corrupt and dishonest persons may create a danger for your life”. We don’t want to lose you.
2. “These people are very powerful; they have got immense wealth; they are feisty musclemen; they are ruthless sinners; they can go to any extent.
3. “These dishonest persons can weave any plot of character-assassination against you, and can make an abominable attempt of defaming you by bringing wrong allegations against you or by ensnaring you in legal wrangles. Governments have got unlimited power which can be misused to defame you, to crush you, to suppress you by their unsuccessful abominable attempts, or they can tarnish your image by false and fabricated lawsuits and invoking dangerous legal and penal sections against you.

### MY ANSWER

1. Their body, mind, thoughts and life are so much corroded by their sins that they are powerless despite all their power and pelf, and they live decimated by their own sins. They can never kill a pure and noble soul. For example, Ravana, Kansa, Duryodhana, Shishupala, etc. could not do any harm to Bhagavan Rama and Yogesvara Sri Krishna while in power, wealth and number Ravana, Kansa, etc. were more powerful. You may argue : They were God-like great souls and you are a small ordinary man or saṁnyāsī; to which I would say

that I am not God, but God has created me for this mission; I am the immortal child of God. I will not be killed at the hands of these sinners. And if these words of mine do not satisfy you, then I would say that with the power, wealth and number of 115 crore people of the country supporting me, we are in no way inferior to them in power, wealth and number; we are rather superior to them. These sinners shall never be able to put an end to my life; those who think that way shall automatically be destroyed by their sins. Even if somebody destroys this physical body of mine, no power on earth can destroy the ideological revolution I have brought about in national interest.

### MY RESOLUTION

1. Keeping myself aloof from the allurements of power and pelf I shall devote my whole energy to building up a strong and powerful Bharat in conformity with the policies of Bharat Swabhiman, and for this I shall be prepared for any sacrifice or martyrdom.
2. I shall fully adhere to swadeshi and shall not use any foreign article manufactured with 'zero' technology.
3. I shall keep myself away from corruption and shall make all-out efforts to eradicate corruption from the country.
4. I shall always be resolved to ensure education, health-care, justice, prosperity, and respect equally to all-farmers, labourers, rich or poor, and shall keep myself healthy through regular yoga practice, and shall build up a healthy society and nation.
5. For building up a glorious, affluent Bharat, free from corruption, unemployment, squalor, poverty, hunger, want, illiteracy, etc. I will definitely vote in national interest at the time of elections and will also motivate others to cast their vote.

### PROWESS-INSPIRING VEDIC MANTRAS



उत्तिष्ठत सं नह्यध्वमुदाराः केतुभिः सह।  
सर्पा इतरजना रक्षांस्यमित्राननु धावत॥

(Atharva-11/10/1)

Arise, you brave men, gird up your loins. Hold the banners (of religion or nation) in your hands. Vanquish those who are snakes, rogues, traitors, demons and enemies, and ensure the victory of godly forces, and the defeat of demonic forces.



अहं स यो नववास्त्वं बृहद्रथं स वृत्रेव दासं वृत्रहाऽरुजम्।  
यद् वर्धयन्त प्रथयन्तमानुषगदूरे पारे रजसो रोचनाऽकरम्॥

(Rg.-10/49/6)

Hark, ye! I am the one who has, almost in fun, pulverized to dust the robbers, corrupt persons and criminals who built up new mansions and palaces, and enjoyed themselves by trips and jaunts in their huge chariots, carriages and vehicles by sucking the blood of poor people and by plundering the country through corruption. I caught by the legs these roguish thieves prospering and flourishing with their atrocities, and flung them up so high that they have dropped down somewhere beyond the firmament.



कृतं मे दक्षिणे हस्ते जयो मे सव्य आहितः।

(Atharva.-7/50/8)

I am not the one sitting idle without moving my hands. There is action in my right hand and victory in my left.



एक एवाऽग्निर्बहुधा समिद्धः, एकः सूर्यो विश्वमनु प्रभूतः।  
एकैवोषाः सर्वमिदं वि भात्येकं वा इदं वि बभूव सर्वम्॥

(Rg.-8/58/2)

With what a glow one fire alone glows. The sun alone lights up the whole universe. The dawn alone is illumining all visible things. God alone permeates everywhere.



बाहू मे बलमिन्द्रियं हस्तौ मे कर्म वीर्यम्। आत्मा क्षत्रमुरो मम॥

(Yaju.-20/7)

My arms possess the strength of Indra; there is action and competence in my hands. My spirit allays the pain of suffering people. My chest protects others even through its own injuries.



अहमिन्द्रो न परा जिग्य इद्धनं न मृत्यवेऽव तस्थे कदाचन।

(Rg.-10/48/5)

Let me introduce myself. I am Indra, a matchless warrior. The allurements of power and pelf and death cannot overcome me.



इन्द्रं वर्धन्तो अप्तुरः कृण्वन्तो विश्वमार्यम्। अपघ्नन्तो अराव्णः॥

(Rg 9/63/5)

O, men of action! Enhance your prowess and affluence. Make yourself completely perfect, and destroy the demonic forces.



अग्निरस्मि जन्मना जातवेदा घृतं मे चक्षुरमृतं म आसन्।  
अर्कस्त्रिधातू रजसो विमानोऽजस्रो घर्माः हविरस्मि नाम॥

(Yahu 18/66)

I am fire, a red-hot burning ember; I am enlightened by my very nature. There is radiance in my eyes, and elixir in my mouth. I am sun, full of three-fold radiance of body, mind and spirit. I measure the whole earth with my steps. I am inexhaustible. I am a burning sacrificial urn (लंसनडङ्क), and also the offering.



यद्वदामि मधुमत्तद्वदामि यदीक्षे तद्वनन्ति मा।

त्विषीमानस्मि जूतिमान् अवाच्यान् हन्मि दोधतः॥

(Atharva-12/1/58)

Whomsoever I talk to, I speak sweetly. Whomsoever I look at starts loving me. This is my sweet and soft aspect; but I am at the same time so much radiant and forceful that I destroy those wicked devils at once who look angrily at me.

These mantras from the Vedas fill our hearts with the feelings of prowess, enthusiasm, enterprise and self-confidence. To take the law into our hands for punishing the corrupt, evil and wicked demons and felons is a legal offence; but we shall make a united effort for the enactment of a law of capital punishment to these criminals.

### THE STREAM OF NOBLE THOUGHTS



Yoga and YajŪa are the two sacred streams, two wings, which carry our life constantly toward sublimation, while sensual enjoyment (bhoga) is the unholy stream of life which carries a man constantly toward sin and downfall.



संश्रुतेन गमेमहि मा श्रुतेन विराधिषि। मयि एव अस्तु मयि श्रुतम्॥

(Atharva1/1/4)



We should always march forward on the path pointed out by the Vedas. My knowledge of the Vedas may always stand by me.



Seeing the guru (gurudarŪana) and worshipping the guru (gurubhakti) mean to assimilate in yourself the character of the guru; and the offering to guru means to co-operate in the service mission (sevayajŪa) conducted by the guru.



निन्दन्तु नीतिनिपुणा यदि वा स्तुवन्तु, लक्ष्मीः समाविशतु गच्छतु वा यथेष्टम्।

अद्यैव वा मरणमस्तु युगान्तरे वा, न्याय्यात्यथः प्रविचलन्ति पदं न धीराः॥

The wise may deprecate or appreciate, wealth may come from all sides, may go away, or may be just sufficient. Death may come today itself or in ages; but the men of character and fortitude never retrace their steps from the path of just cause.



प्रारभ्यते न खलु विघ्नभयेन नीचैः, प्रारभ्य विघ्नविहिता विरमन्ति मध्याः।

विघ्नैः पुनः पुनरपि प्रतिहन्यमानाः, प्रारभ्य चोत्तमजना न परित्यजन्ति॥

Persons of low category do not undertake to do a work for fear of impediments; those of middle category start a work but leave it in the middle when faced with impediments; but the persons of the noblest category do not leave a job, once started, despite repeated hindrances.



Life is like a field on which our thoughts are like seeds. Our personality, behaviour, temperament and conduct will grow from our thoughts.



The most excellent medium of serving the country and its people is yoga.



Life is a gift of the grace of God, and Death is an invitation to his abode, Neither enjoy, nor escape, just awake; only knowledge is the solution.



Keep this thought constantly closest to your heart that this life is meant to serve the country and to worship God.



Only about 1% persons always lead the country. 9% persons are the main strength of those 1% persons and 80% persons follow these 10% persons. And the remaining 10% persons, overcome by ignorance, prejudice, selfishness and ego, always oppose these noble and excellent persons.



Whatever we have resolved to do through Bharat Svabhiman, and whatever we have dreamed about a golden Bharat, our martyrs and revolutionaries like Maharshi Dayanand, Tatya Tope, Nanasahib Peshwa, Mangal Pandey, Rani Laxmi Bai, Tilak, Gokhale, Mahatma Gandhi, Bhagat Singh, Chandra Shekhar Azad, Ram Prasad Bismil, etc. had the same resolve and dream. A person or organization loving this country and its people cannot but join this movement. Bharat Svabhiman is the resolution of every true Indian's heart. If this dream, resolution, ideology or movement of these great sons of Mother India was right, then the social and spiritual movement of Bharat Svabhiman is also right and justified. We shall build up a Bharat true to the dreams of our great men and revolutionaries. God has given birth to us in this age for this very mission.



The noble thoughts that uplifted me, boosted my self-confidence and guided me on to this fire-strewn path, I am sure the same noble thoughts will awaken every citizen of my country as well as the self-respect of the country.



The country has given me wealth, power, property, respect and life. The tears in the eyes of mothers, sisters, daughters, children and people of this country cause me pain, and the prosperity of the country is a matter of joy to me.



O, dear people of my Bharat! You have in you an immense capacity, ability and energy to turn the impossible into possible.

- ☞ Write a new history on the sands of time with your strength, courage and prowess. Freedom demands sacrifice and martyrdom.
- ☞ More harm is done to the country due to the apathy and indifference of the noble than due to the wickedness of the wicked. Therefore, break the silence now. Wake up yourself, and wake the country. And come forward to vanquish the demonic forces in the country.
- ☞ Development does not mean how much maximum wealth a well-to-do person has amassed; it rather means how much education, health-care, social justice and self-respect we are providing to the last common man in the country and the world.
- ☞ What can I do alone? Instead, we should think; what can I not do? Nothing is impossible in the world; everything is possible.
- ☞ Always keep yourself within the limits of truth, morality and decorum, because this will give you peace, happiness, prosperity and liberation. Our collective national life should reflect grandeur and affluence, and our personal life should be chastened by restraint and ascetic values. This will promote harmony, peace, happiness and prosperity in the society and nation, and will allay poverty of the country. We do not equate poverty with spiritualism.
- ☞ I am not a person who will throw up the sponge, disheartened with corrupt system. I am the one who fights for victory till his last breath.
- ☞ In the whole struggle for the freedom of India 7,25,850 revolutionary fighters laid down their lives. All these martyrs either died in British jails, or were taken straight to gallows, or they were blown to pieces by tying them to British cannons, or being not able to bear the British tortures died writhing and groaning in pain India's independence is the result of strife, hard work, penance and sacrifice of about 4.25 crore people.
- ☞ That nation can never be safe and secure where the leadership is not enterprising, self-respecting, humble, restrained, ethical, transparent and foresighted.
- ☞ I see my motherland reflected in my whole personality. My body is from my motherland. I have got my heart, mind, brain, bones, muscles and every single drop of blood from the soil of my country. Therefore, I will work for the country as long as my life-breath and the last drop of blood in my body. I will live for the country, and even if I have to sacrifice my life for desending the honour and pride of my country, I will not retrace my steps.
- ☞ Never assess your dormant physical, mental, intellectual, spiritual and organizational capabilities disparagingly. It is due to lack of proper self-assessment that we develop in us the feelings of frustration, distrust and self-deprecation.
- ☞ It is my firm pledge that I will never go for a political office in my life. I am discharging my sacred duty to install, in national interest, patriotic, honest and conscientious persons at the apex of ruling power, and will continue discharging it.
- ☞ The sole aim of my life is the victory of godly forces, and the defeat of ungodly, demonic forces, and for this I am prepared to strive throughout my life and to sacrifice myself.
- ☞ Even in the use of swadeshi products, to give priority to the products manufactured at the Yogpeeth, for the Yogpeeth makes available to you at the lowest price the best possible medicines and healthy products of daily use (like chyavanprash, tooth powder, toothpaste, soap, shampoo, etc.), and the profit earned from the sale of these products is utilized fully for the sacred purpose of uplifting the nation and serving the poor and common man.

#### **GIFT OF LIFE AND UPLIFT OF NATION THROUGH DONATION**

- ☞ We have used all the donations, money and resources received from our people through the medium of Patanjali Yogpeeth and Bharat Svabhiman Movement, with pure intentions and honesty, for the good of the country and its people. This financial and ethical purity and honesty is the biggest strength of our institute and organization, in the country and in the world. The donation and money received by the institute and the organization have never been used for personal comforts and selfish ends. This is our glorious and convincing record of about two decades.
- ☞ We have not served our selfish ends by making the medicines available to the sick, we have rather saved the life of crores of people afflicted with diseases. With the donation to the institute from our supporters, admirers and different persons, we have given the gift of life to lakhs and crores of people, and have uplifted the nation. To donate for a good work is a meritorious and religious deed and not to donate for the service of mankind is a sinful and irreligious act.

- ☞ When sin, injustice, unrighteousness, corruption, crime, insecurity and chaos reach their climax, a revolution takes place. The hideous face of sin rings its death-knell, and revolution results in success. The climactic rise of sin and corruption is an indicator for the call of our movement.
- ☞ It is not the culture of our organization to comment on the values, policies and principles of a particular person or a religious, spiritual and social institution or organization.
- ☞ The character and ethical standards like those of Shri Rama and the strategy and resourcefulness like those of Shri Krishna are the ideals of this organization.
- ☞ Not to be halted by hindrances, not to bow down to blandishments, not to be staggered by slandering tongues. Following the motto of ‘**caraiveti caraiveti**’, to move constantly onward on the path of life, with high thinking, hard work and firm determination – one day you must succeed.
- ☞ I am not an individual; I represent the whole nation. I am a descendant of rishis and Aryans and the immortal child of Mother India or God. Every good or bad act of mine impacts the whole country, the whole nation.
- ☞ I am first an Indian, and then a Hindu, Muslim, Sikh, Christian, etc. My race/caste is man; my religion is humanity; and working in national interest is the aim of my life.
- ☞ Except the views, ideology and principles outlined in this paper, we do not have any other secret agenda, nor do we have any communal manifesto.

### SLOGANS OF THE ORGANISATION

1. **satta badli bar-bar vyavastha badlenge is bar**  
(Power changed many a time, we'll change the system this time)
2. **swadeshi apnayenge, swavalambi bharat banayenge**  
(We'll adopt swadeshi and make India self-reliant)
3. **go hatya band karayenge, bharat samriddh banayenge**  
(We'll stop cow-slaughter & make India prosperous)
4. **yuva-shakti jagayenge, bharat ka bhavishya banayenge**  
(We'll wake up youth power & build up the future of India)
5. **yadi na jage ham is bar, hani hogi beshumar**  
(If we don't wake up this time, the loss shall be immense)
6. **bhroona hatya band karayenge, nari samman badhayenge**  
(We'll stop female foeticide & enhance women's respect)
7. **gaon-gaon mein jayenge, sabko yoga sikhayenge**  
(We'll go to each village & teach yoga to all)
8. **jan-jan ko yoga sikhayenge, bharat ko swasth banayenge**  
(We'll teach everybody yoga & make India healthy)
9. **yoga ki alakh jagayenge, nirvyasani bharat banayenge**  
(We'll give the chorion call of yoga & make India addiction-free)
10. **sabka ek vichar saman, mera bharat bane mahan**  
(All should think alike that my Bharat becomes great)
11. **vande mataram – bharat mata ki jai**  
(I bow to mother – victory to mother India)
12. **Words to be used for salutation and greeting in the organization – om,**

- Published By -



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### OUR ORGANISATIONS

1. Youth Organization, 2. Teacher Organization, 3. Medical Organization, 4. Finance Professional Organization, 5. Judicial Organization of Lawyers and Former Judges, 6. Ex-Servicemen Organization, 7. Farmers Organization, 8. Industrial & Commercial Organization, 9. Employees Organization, 10. Officers Organization, 11. Labour Organization, 12. Science & Technology Organization, 13. Arts & Culture Organization, 14. Media Organization, 15. Senior Citizens Organization.

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# GITAMRITA

-Swami Ramdev

**Y**ogirishi Swami Ramdev Ji Maharaj has narrated Gita in the form of Gitamrita. We are publishing this narration by Swami Ji for the readers of Yog Sandesh.

## Editor

The conversation between Shri Krishna and Arjuna denotes the internal conflict taking place in every human being. The person involved in such conflict gets the guidance to come out of this struggle from this classic. Therefore, this has been popular as Upanishad, theology or Yog science. Otherwise why this classic should be called in these names?

Let us analyze – which conflict goes in the mind of man? It is the conflict, which the authors of Upanishad have called it as the strife between gods and demons. There is duty, responsibility on one side and lack of duty, attachment on the other side. When the feeling of duty is strong then the person pays attention towards responsibility, but the next moment he falls into the trap of attachment and becomes weak. The godly and demonic thoughts arising in the mind take the form of conflict on a constant basis. Attachment seems to be more powerful, it rises like a storm continuously with lot of strength and power just like the army of Kaurava's in the battle field of Kurukshetra. The human soul becomes weak at the time of such internal conflict, the arrow slips out of the hand just as it slipped from the hands of Arjuna in this state of disappointment and the person tries to show his attachment like great ideals to hide his weakness. He presents such logics in front of his mind which will bring him out of this strife. We find Arjuna also doing the same thing. He wants to save himself from conflict arising from attachment and affection and talks of ideals in order to save himself from affection.

When we think about it calmly then we realize that



Arjuna had killed thousands of people in the war, he had fought all alone with several warriors and also won. Today, the same Arjuna is opposing the war and presenting impressive logics and arguments. That Arjuna who was always ready to fight is standing in the battlefield and presenting logics, which used to be given and are given today also by the opponents of war.

Why is Arjuna speaking against the war? Had he suddenly become Ashoka? However, war was there in his blood and it was a part of his nature, but when he saw his own dear and near ones in front of his eyes, he thought that he has to kill his own people and enjoy the luxuries soaked in their blood. The feeling of killing his own people presented the resulting scene in front of him. Acharya Vinobha analyzed this situation and wrote that the mental condition of Arjuna at this time is same as that of any judge, a judge who gives death sentence to thousands of criminals is unfortunately facing the case of his son being involved in a murder. The same judge starts presenting different logics and arguments against death sentence, he terms it as inhuman, sin, which can never improve a criminal, and that the punishment is barbaric. But, why does the judge remember all these arguments at this time only? The answer is clear – it is because of the affection towards his son. Arjuna never hesitated to shed blood, but, today, when he had to raise hands against his relatives, then he fell into the trap of affection, he was undergoing internal conflict, and he started giving arguments to hide his weakness. He started advising lord Krishna instead of taking advice from him.

However, it is necessary to have such internal conflict, strife and dilemma in order to see the light in one's life. How will the person select a direction and proceed

on it unless he faces such conflicting situation, where he sees a road getting divided into two roads and he has to select one out of the two roads? The person is provoked to find a bigger solution when he faces bigger challenges in front of him. Arjuna represents all the inquisitive minds, who are wandering meaninglessly in search of that light in their dark lives. When the internal godly-demonic conflict reaches saturation point and when his heart is surrounded with the grief then the ray of light shows him the right direction. When Arjuna lost all hopes due to this grief then Shri Krishna showed him the right direction.

Internal conflict goes on constantly in man's mind just like the serious conditions arising in the society. The same thing happened in Arjuna's life as well. There was duty on one side and lack of duty on the other side, there was responsibility on one side and irresponsibility on the other side. Dronacharya, Kripacharya, Bhishma etc. were standing on the opposite side; Arjuna had to fight with all of them. If Arjuna fights with them then all his relatives would die in the war, if he does not fight with them then the duty is lost from his hands. In this stage of conflict between affection and responsibility, Gita presents its view that responsibility is top priority.

High quality literature has two aspects – one aspect is to throw light on the solution to the problem and the second aspect is to present such facts which are universal and relevant in all points of time. Gita gave a solution for the conflict that arose in the mind of Arjuna during the war of Mahabharata, it was the social aspect of this literature, but at the same time Gita used Arjuna as resource and made a psychological analysis of conflicts and internal strife taking place in human society due to affection. These facts are useful in all points of time and it is the permanent aspect of this literature.

The word Krishna is derived from the metal Krish Vilekhane, which means a person who digs deeply. The word 'Krishi' is also made from the same metal, because Krishi or agriculture involves deep digging. The word 'Arjuna' comes from Ruju, which means simple. Arjuna expresses his mental condition which is very simple. Krishna – Arjuna conversation has ploughed the fertile land like heart of simple person like Arjuna and sowed the seeds of knowledge.

It is necessary to tell that Shri Krishna wiped out 'affection' which was the basic reason for his conflict. Arjuna listens to the entire advice and expresses happiness, he says, 'नष्टो मोहः स्मृतिर्लब्धा'। In the same way, Arjuna accepts in the beginning of Gita that he is in the

grip of affection in context to duty. Therefore, the objective of Gita in both the aspects is destruction of affection.

What is this affection? According to Panini, affection is the mental condition when the person loses the capacity to think, understand the difference between right and wrong. We come to know the meaning of a word from its antonyms. There is a stage of mind that is filled with divinity wherein everything appears to be correct, the opposite stage is affection. According to Yogdarshan, the man is surrounded with ignorance, foolishness, hatred, jealousy and obstinacy. Ignorance means perverted knowledge or negative knowledge. All the other anguishes take birth automatically in the presence of ignorance. Foolishness means the person establishes unity with all visible things to such an extent that he starts believing them to be his own. This is affection, attachment. We all are in the grip of attachment due to foolishness like Arjuna. The question is as to how can we overcome this attachment? How can we remove our dilemma? We have to be simple like Arjuna in order to achieve this. A person who becomes a simple disciple like Arjuna gets a mentor, a guru like Krishna. The task of a mentor is to remove the foolishness, attachment, affection, company, liking that distract him and surround his mind. This is the summary of Gita.

इति श्रीमद्भगवद्गीतासूपनिषत्सु ब्रह्मविद्यायां योगशास्त्रे  
श्रीकृष्णार्जुनसंवादेऽर्जुनविषादयोगो नाम प्रथमोऽध्यायः॥१॥

अथ द्वितीयोऽध्यायः

सांख्ययोग

:- सञ्जय उवाच :-

तं तथा कृपयाविष्टमश्रुपूर्णाकुलेक्षणम्।  
विषीदन्तमिदं वाक्यमुवाच मधुसूदनः॥१॥

Sanjay said, Lord Krishna said the following to Arjuna whose eyes were full of tears of sympathy and heart was filled with grief.

**Krishna says:**

कुतस्त्वा कश्मलमिदं विषमे समुपस्थितम्।  
अनार्यजुष्टमस्वर्ग्यमकीर्तिकरमर्जुन॥२॥  
क्लैब्यं मा स्म गमः पार्थ नैतत्त्वय्युपपद्यते।  
क्षुद्रं हृदयदौर्बल्यं त्यक्त्वोत्तिष्ठ परन्तप॥३॥

(2-3) Lord Krishna said, "Hey Arjuna! How did this affection arise in your mind at this hour of problem, which was never followed by great personalities, which never gave progress to anybody and destroyed honour? Hey Arjuna, do not be a coward, you overcome this weakness and stand up to fight the war.

### Arjuna says

कथं भीष्ममहं सङ्ख्ये द्रोणं च मधुसूदन।

इषुभिः प्रतियोत्स्यामि पूजार्हावरिसूदन॥४॥

गुरुनहत्वा हि महानुभावान् श्रेयो भोक्तुं भैक्ष्यमपीह लोके।

हत्वार्थकामांसतु गुरुनिहैव भुञ्जीय भोगान् रुधिरप्रदिग्धान्॥५॥

न चैतद्विद्मः कतरन्नो गरीयो यद्वा जयेम यदि वा नो जयेयुः।

यानेव हत्वा न जिजीविषामस्तेऽवस्थिताः प्रमुखे धार्तराष्ट्राः॥६॥

कार्पण्यदोषोपहतस्वभावः पृच्छामि त्वां धर्मसम्पूढचेताः।

यच्छ्रेयः स्यान्निश्चितं ब्रूहि तमे शिष्यस्तेऽहं शाधि मां त्वां प्रपन्नम्॥७॥

न हि प्रपश्यामि ममापनुद्याद् यच्छोकमुच्छोषणमिन्द्रियाणाम्।

अवाप्य भूमावसपन्नमृद्धं राज्यं सुराणामपि चाधिपत्यम्॥८॥

Arjuna says, “Hey Madhusudan! How will I fight with revered Bhishma and Dronacharya with arrows? It is better to ask for alms and lead a life instead of killing great mentors. I will have to enjoy the luxuries soaked in their blood in the same world after killing my gurus.

Here, the word gurus should be related to elderly people because there was nobody else except Dronacharya and Kripacharya in Kaurava army who imparted knowledge. Before the beginning of the war, Yudhishtara went to Bhishma, Dronacharya, and uncle Shalya and touched their feet, he took their blessings and he had left his shield in the battlefield. At that time everybody congratulated him and told him the reason for the war by Kaurava’s.

अर्थस्य पुरुषो दासो दासस्त्वर्थो न कस्यचित्।

इति सत्यं महाराज बद्धोऽस्म्यर्थेन कौरवैः॥

म.भा.भी.प.अ. ४३, ३५, ५०, ७६

The truth is that the man is a slave of wealth in this world, wealth does not belong to anybody. Kaurava’s have tied us with wealth, and are forced to fight the war from Duryodhan’s side. we are with you from our heart although.

(6-7) Arjuna says that if we win or they win, which is more beneficial is difficult to understand. I do not have the desire to survive after killing my respected gurus, the same Kaurava’s are standing in front of me. In this verse, Arjuna expresses that he has good feeling towards most of the opponents, he was in a state of indecision as to who all will get maximum happiness with whose victory?

I have lost the strength to decide about natural responsibilities and I am in a state of indecisiveness towards my duty. Hey Krishna! I am your disciple, I have come into your shelter, please advice me about my duty and what is beneficial for me in this situation.

Even if I get the entire land on this earth or the ownership of heaven, yet I do not see any reason which could relieve me from my grief that is causing anguish to my sensory organs.

### Sanjay says:

एवमुक्त्वा हृषीकेशं गुडाकेशः परन्तप।

न योत्स्य इति गोविन्दमुक्त्वा तूष्णीं बभूव ह॥९॥

तमुवाच हृषीकेशः प्रहसन्निव भारत।

सेनयोरुभयोर्मध्ये विषीदन्तमिदं वचः॥१०॥

(9-10) Sanjay said, “In this way, Arjuna told Shri Krishna that he will not fight and kept quite. Hey Dhritarashtra! Lord Krishna smiled at Arjuna who was sitting in the chariot with a grief, sad and instable mind.

The question is that problems had filled Arjuna’s mind with grief and disappointment. The first factor was the affection towards his relatives, friends and especially the gurus. The second factor was that he considered war to be dangerous and unbeneficial. His mind was full of doubts about war. He felt that it is better to ask for alms and lead a life of beggar instead of fighting war, killing own people, ruling the kingdom, so much so that he is ready to sacrifice the happiness of ruling the heaven also. He did not bother even about the fact that Kaurava’s would kill him when they find him without weapon. He gets distracted and prays lord Krishna to give him the right direction. Gita begins from this stage – guidance to Arjuna.

This guidance is not just for Arjuna but for all the human beings living in this world and is a philosophy of life relevant in all times, there is no match in world literature. There is no other poem, religious book, philosophical book which is more capable than Gita in providing a direction. The conversational guidance provided by Gita is universal from all aspects. Gita has no time limit. This advice is as important in today’s scientific age as it was five thousand years ago when lord Krishna gave it to Arjuna in the battlefield of Kurukshetra. It not only benefitted Arjuna but whoever read it, followed it were successful in their lives. This advice proves itself at every level of argument. Let us also read it and follow it like Arjuna who implemented this advice in the battlefield and made his life successful. Every individual has to come across such conflict at some point of time in his or her life. There could be conflict between responsibility and irresponsibility, but the person could get distracted from responsibilities, the mind can become restless and sad, in such situations, Gita can definitely guide us on the right path and give us the courage to proceed on it.



# HEALTHY EYES

-Dr. Manorama Agarwal (Eye specialist)

**E**yes have an important place in our body and it is only because of eyes that we are able to see this wonderful creation of god. Eye disease develops due to smoke, dust, pollution and different types of germs. In such situations, it was our responsibility to be aware towards protection of eyes and to be always careful towards health of eyes.

If a person becomes blind accidentally, what will happen? That person has to spend his whole life in darkness. As soon as we notice some problems related to eye, we should immediately see an eye specialist and get the treatment. Vision related problems occur with increasing age and it is a natural process.

There are several eye related problems but here we will talk about mainly two eye problems. They are cataract and glaucoma and night blindness.

## **Cataract and glaucoma:**

Cataract is an eye disease that generally occurs in elderly people. It affects the vision and the person suffering from this problem is unable to see properly. In today's scenario, cataract is the reason for blindness. The other causes include age related molecular degeneration, glaucoma, diabetic retinopathy, trachoma, eye injury or vitamin A deficiency. Today, around 50 percent of people in our country are blind due to cataract.

World Healthy Organization had first analysed the problems related to vision, blindness and eye diseases in 1999. The figures collected by the organization in this area show that around 20 percent of the people in the world are suffering from vision problems and around 50 crore people are blind. WHO has expressed concern towards the probability of increase in this figure by 2020. Cataract is curable with surgery but it can be prevented if proper care is taken in the initial stages itself. Glaucoma can be prevented with regular eye tests.

Diabetes has a negative effect on the health of eyes and vision. Diabetes patients should control blood sugar level and protect their eyes.

Proper sleep is necessary in order to maintain healthy eyes. Every person should get six to eight hours of quality sleep. Sufficient sleep gives rest to optic nerves, which keeps the eyes healthy. If a person has short or long sightedness then it is recommended to consult an eye specialist and use glasses.

## **Exercise:**

Blood circulation to eyes is a continuous process like other parts of the body. Proper blood circulation to the eyes helps in proper functioning of the eyes. Sarvangasana can be practiced under the guidance of a qualified Yog teacher in order to protect eyes.

## **Diet:**

Balanced and nutritious food keeps the eyes and body healthy. Food items rich in vitamin A should be consumed. Papaya, carrot, tomato are good sources of vitamin A. fruits and green vegetables should be included in daily diet. Dry fruits, seasonal fruits should be consumed in order to get sufficient amount of vitamins and minerals. Whole grains should also be included in the daily diet.

## **Tips**

- ❖ Consult an eye specialist immediately in case some thing gets pierced in the eyes, injury, fire spark entering the eye due to some reason etc.
- ❖ In case of chemical injury to the eyes, do not touch the eyes without washing hands and do not try to open the eyes forcibly.
- ❖ Brush the teeth in the morning and fill the mouth with so much water that pressure is felt in the cheeks due to swelling of cheeks. Splash water on eyes and repeat it several times. Fill mouth with water and rinse it. This process cleans the eyes and also improves blood circulation to the eyes.

- ❖ If you are involved in work that exerts lot of pressure on the eyes then wash the eyes with clean water several times. Rotate the eyes in all directions, clockwise and anticlockwise and also in circular motion. Close the eyes, and put warm palms on the eyes to improve health of the eyes.

#### **Treatment of cataract, glaucoma:**

- ❖ Mix 200 gm of Divya Amal Rasayan, 20 gm Divya Saptamrita, 20 gm Loh, 10 gm Divya Mukta Shukti. Take spoonful before breakfast and dinner with fresh water or honey.
- ❖ Take spoonful Divya Mahatriphala with milk twice a day.
- ❖ Pour one drop of Divya Netra Jyoti in the eyes twice daily.
- ❖ Mix 10 ml each of white onion juice, lemon juice and ginger juice and 50 ml honey. Pour two drops in the eyes daily to cure cataract. This reduces pressure on eyes and thereby relieves glaucoma.
- ❖ Crush a potato on stone and extract juice. Apply this juice on the pupil to overcome blurred vision and also relieve cataract. Continue this process until the vision is absolutely clear.

#### **Night blindness:**

It is also known as Nyctalopia. The patient loses night vision gradually in this case. However, the patient can see everything clearly during daytime but the vision gets affected after sunset. It is possible to meet with accident or get injured in this case. This is caused due to the deficiency of vitamin A.

#### **Reasons:**

This problem is caused due to inborn retina defect, chronic simple glaucoma, long sightedness, degenerative myopia, external retinitis, imbalance in retina pigment, shifting of retina, jaundice, stomach worms, swelling in liver, hysteria and other problems. Malnutrition is also a major reason for night blindness.

#### **Protection**

- ❖ Do not see towards bright light and welding machine. Protect eyes from any kind of injury.
- ❖ Diabetes patients are more prone to eye problems. Therefore, they should medicines regularly and maintain diet restrictions.

#### **Diet:**

Consume tomato, mango, cabbage and honey. These food items contain elements that improve eyesight. It is beneficial for patients of night blindness. Leafy vegetables, cabbage, carrot, apple, orange, milk, curd, butter should also be consumed. Sprouts and fruit juices are also beneficial.

- ❖ Mix 10 ml each of white onion juice and honey. Put two drops in the eyes to overcome night blindness.
- ❖ Pour 5 to 10 mg basil leaf juice in the eyes to cure this problem.

#### **Home remedies for eye and other diseases:**

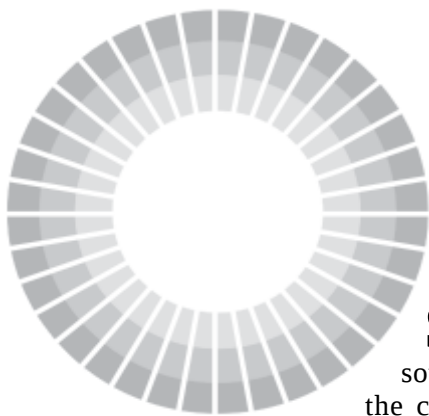
- ❖ Apply cream of cow milk on the eyelids at night to overcome burning sensation in eyes.
- ❖ Drink buttermilk to improve night vision.
- ❖ Mix alum in rose water and pour in eyes to relieve pain in eyes.
- ❖ Mix little bit of camphor in kajal and apply in eyes.
- ❖ Apply kajal made with rapeseed oil in the eyes to overcome reddishness in eyes.
- ❖ Pour one or two drops of breast milk in eyes of children in case of pain in eyes.

#### **Food items to improve eyesight:**

Fruits like apple, orange, grapes, banana, wood apple, musk melon, papaya, mango, and guava are beneficial. All these fruits contain elements that improve eyesight. Vegetables like Chulai, turnip, spinach, fenugreek, brinjal, tomato, carrot, bitter gourd, cabbage, potato, are beneficial. Dry fruits like almond, cashewnut, walnut, cardamom, dates, dry dates are very beneficial. Mix lemon juice and sweet lime juice in sugarcane juice. Eat light, nutritious and easily digestible food to protect all types of eye problems. Avoid consumption of watermelon, alcohol, spicy and fried food. Smoking is also harmful for eyesight.

Besides remaining awake till late hours at night, exposure to bright sunlight or cold weather is harmful for eyes. Anger, sorrow and overindulgence in sex should also be avoided.

Eyes are the priceless gift of nature. Protection of eyes is extremely important to lead a long and healthy life. Therefore, proper care should be taken in order to protect the eyes from different types of problems. One can see the world only with good eyesight.



# SUN THERAPY

-Dr. Nagendra Kumar Niraj

**S**un is the greatest source of energy for the creatures living on earth. Creatures living in water, earth and air all obtain energy from Sun. Sunlight is being used in different forms. Sunbath can be taken from 5.30 to 7.30 both in the morning and evening from health point of view. The urban women are suffering from deficiency of calcium, Vitamin D and diseases like Osteoporosis, obesity as they are not exposed to sunlight. Sunrays help in the production of vitamin D3 and Vitamin D2 with the help of ultraviolet rays in the presence of calcium and phosphorous. This production takes place in the protection layer dehydro cholesterol below the skin. Vitamin D3 is not just vitamin but it is a steroid hormone which prevents the development of cancer cells. It helps in prevention of colon cancer, rectal cancer, prostate cancer, ovary cancer and breast cancer up to 30 to 40 percent. Besides, sun bath controls the hormonal balance, calcium deficiency, obesity, rickets, arthritis, osteoporosis, multiple sclerosis. Some people have sensitive skin and they should take sunbath at the time of sunrise and sunset. Bright sunlight is harmful for such people. Exposure to bright sunlight can cause dark colouration of skin, melanoma cancer, wrinkles, sunstroke and dehydration. Following are the simple methods to take sunbath:

1. Drink glassful water and tie a wet towel on the head, sit under the Sun with bare body. Let the sunlight fall on all parts, take sunbath for 15 to 45 minutes. Take rest for sometime.
2. Rub the whole body with dry towel while taking sunbath. Take bath when the body becomes red.
3. Dip a soft brush in water and rub the body while taking sunbath.
4. Massage the whole body with oil while taking sunbath.
5. Wrap the bare body with neem leaves and banana leaves and take slightly hot sunbath.
6. Apply mud lep on the whole body and sit under the Sun.
7. Wrap the whole body till neck level with plastic sheet and take sunbath. This has greenhouse effect and is therefore known as greenhouse thermolium therapy.
8. Wrap the body with wet cloth and sit under the Sun.

## Colour thermolium

Sunrays pass through prism, which get divided into seven colours. These seven colours have different effects on the body. Colour rays therapy is done on this basis. It is said that feet should be hot, stomach should be soft and head should be cool; if there is any disease then it should be thrown out. Colour thermolium is based on this principle of health. A wooden cabin is made for this purpose which is appropriate to sit comfortably and sleep, it is inclined till nine inches from head to feet so that sunrays can fall inclined on the whole body. Coloured glass, acrylic or plastic plates are fitted in it. Red coloured plates are fitted towards feet, green or blue coloured plates towards stomach, orange or yellow coloured plates towards chest and green or violet coloured plates towards the head. Perspiration is caused after 20-25 minutes when colour thermolium is kept under the Sun. Shower should be taken after this. It is beneficial in case of arthritis, skin ailments, paralysis, windy complaints, osteoporosis, calcium deficiency etc.

## Preparation of different coloured water:

Store boiled and cooled water in different coloured bottles. Put a wooden cork on the bottles. Keep the bottles under Sun from 9 am to 5 pm. The water becomes ready within one day. It takes around 15 to 90 days to prepare sesame oil. Drink half cup water at an interval of four hours. This water is used for drinking, lep, bandage and enema and oil prepared under sunlight is used for body massage.

## Red colour:

It produces heat; it activates and improves blood circulation and nervous system. It relieves pain and swelling. Only red colour is used for preparing oil under sunlight.

## Orange and yellow:

The qualities of both colours are same. Yellow – orange coloured water and bandage should be used in case of paralysis, joint pain, gout, cold, catarrh, cough, tuberculosis, nervous weakness, impotency, obesity, depression, polio, dropsy and sticky eczema.

## Green:

It is beneficial in case of burning sensation in urinary bladder, itching, eye disease, cholera, dysentery, obstructed urination, ear problem, headache, bleeding piles, Orticaria, foul smelled wound, typhoid, tumour, oozing eczema, abortion, baldness etc.

### **Sky blue colour:**

This water is used in the treatment of insomnia, dysentery, faints, vomiting, cholera, loss of vital humours, jaundice, leprosy, skin ailment, loss of digestive fire, eye problems, liver and intestine swelling, headache, heavy bleeding and mouth ulcers.

### **Blue:**

Blue coloured water is beneficial in case of skin ailments, ulcer, toothache, indigestion, heat in stomach, weakness, night pollution, all types of fever, headache, heavy menstrual bleeding, epilepsy, ear ailments, pimples, boils, wounds, mouth ulcers, and irregular menses.

### **Violet or indigo:**

This colour is beneficial in case of insomnia, weakness, diseases caused due to bacteria and virus, leprosy, white patches, skin ailments, lunacy, faints, high blood pressure, heart disease, diabetes, gangrene and nervous problems.

### **Infra red rays radiation**

Infra red rays radiation should be given for three to five minutes in case of gout and other windy complaints, cold, catarrh, cough, tuberculosis, sprain, swelling, polio, eczema, toothache, pimples, swelling of nerves, tonsillitis, rib pain and all types of pain. This should be given with lot of cautiousness.

21 February: Nirvana Day

## **RANI CHENNAMMA GAVE FITTING REPLY TO BRITISH**

**F**reedom struggle of 1857 is considered to be the first freedom fight of India, but 33 years before this itself, Rani Chennamma of Kittore, Karnataka had opposed the different British policies and fought war. She did not succeed in this war but her efforts inspired Indians in different parts to oppose the British. Rani Chennamma had indulged in fight with the British in 1824 and surprised them with her courage and bravery.

She received lot of support and honour from different parts of the country, especially Karnataka for her courage and bravery. Her name is taken with lot of respect even today. Rani Chennamma had proven to be a tough nut to crack for the British much before the struggle started by Rani Lakshmi bai. However, she was defeated and imprisoned and she died.

Rani Chennamma was born in 1778 in a village called Kakti in Belgam, Karnataka. She had suffered a lot during her lifetime. First her husband died and after a few years her only son also passed away. She was left all alone to fight with the British. Chennamma liked horse riding, sword fighting, and archery from childhood. She was married in the Kittore royal family of Belgam. Rani Chennamma wife of King Malalasarata made Shivlingappa her successor after the death of her only son. The British did not accept this decision of Chennamma and ordered to remove

Shivlingappa from his position. This was the beginning of fight with British and she denied accepting their order.

According to historian, Alok Kumar, British policy of Doctrine of Lapse did not give the adopted sons to rule in the royal families. In such situations, the British used to include that particular state in their kingdom. According to Kumar, this British policy had major role to play in the war between Rani Chennamma and British. Several other kings had taken part in freedom struggle opposing different British policies along with doctrine of lapse.

As per Kumar, Rani Chennamma had opposed the tax policy of the British also apart from doctrine of Lapse and she raised her voice fearlessly. She was among the first women who had opposed British from unnecessary interference and tax policy.

Rani Chennamma had shown tremendous valour in the war against British, but she could not face the British army for long time. She was caught and imprisoned in Belhonga fort where she died on 21 February, 1829. Today also one can see the Kittore palace near Belgam located on the Pune-Bangalore national highway, which remind us of the past glory. Her statue is also installed in the premises of parliament house in her honour.

# USEFUL TIPS FOR EASY DELIVERY

-Dr. Monisha Modi, Gynecologist



**Majority of the woman believe that labour pain is dreadful but it is not true. Your trouble depends on your mental thinking, activities, eating habits and thought processes carried on during nine months. If the pregnant woman has strong will power and thinks that becoming mother is the biggest achievement of the world and that she is going to be mother then the nine month pregnancy period will end happily. This thinking will simplify delivery.**

**P**regnancy is a very delicate and sensitive stage in the life of a woman. It is the time when she has to be alert towards her health. Slight carelessness can be fatal for her life. She has unknown fear along with the happiness of becoming mother. Some useful tips are being given here which will help the would be mothers to face delivery without any fear-

- Most of the women suffer from vomiting in the first two or three months of pregnancy. They also have distaste.
- There is a noticeable change in the nature of woman as soon as she conceives. Some women are afraid and some are under stress. The husband and elderly people at home should keep on encouraging her and explain her that pregnancy is not a burden. It is a wonderful moment in her life, which will make her mother. Medical checkups are necessary at regular intervals. This helps in checking blood pressure, heart beat of the infant, body weight etc. and the woman is alert towards her health.
- Blood pressure should be under control. If it increases the growth of the infant is affected. If the woman is having blood pressure then it is recommended to take iron and folic acid daily.
- Avoid stress and mental tension during pregnancy. The woman should try to keep the mind calm and have positive thinking. She should listen to good music and read good books. This has positive effect on the development of the child.
- The woman should also get breast examination so that it can be found out if she will be able to do breast feeding or not.
- Urine test should also be done regularly to find out the levels of albumin, sugar and pus cells. It is necessary to control these levels during pregnancy.
- Blood test should also be done regularly. In many cases, children suffer from hereditary problems, which affect their brain or spine. Blood tests help in controlling the health problems in the initial stages itself.
- The pregnant woman should take milk, milk products and fresh coconut water.
- The diet should be balanced and nutritious.

The diet should be planned in such a way that her body weight should increase at least by one kilo per month. The weight of pregnant woman should increase by 10-12 kilos from her normal weight during pregnancy.

- Vegetarian food is the best diet. However, care should be taken to eat balanced food and that body weight does not increase more than desirable. The woman might face problems while sleeping in the last few months of pregnancy due to increasing weight. In such situation, fruit juice should be taken.
- Green vegetables and fruits should be consumed. Oily and spicy food should be avoided to protect the child from serious problems.
- Avoid self medication in case of cold, cough and fever. The medicines used for curing these diseases contain caffeine and should be avoided.
- The diet should be simple, light and easily digestible during pregnancy. The woman should avoid consumption of heavy food that could lead to constipation as this affects the growth of infant in the womb.
- Hand grinding, drawing water from well, cooking, walking should be practiced every day. This helps in normal delivery.
- Avoid excessive labour, do not lift heavy weight and do not climb up the stairs with heavy weight in hand. This exerts extra pressure on the infant and it moves downwards.
- Avoid sexual intercourse during pregnancy as it has unnecessary pressure on the infant growing inside the womb.
- Generally pregnant women are unable to take proper meals in the last few months of pregnancy. They should take fruits, milk to provide nutritious elements to the body.

- Eat green vegetables in case of indigestion.

#### **Avoid the following:**

- Avoid over indulgence in sexual activities. Do not lie down on stomach. Avoid waking up till late hours at night. Do not sit on stiff chairs and bed. In other words, avoid wrong postures. Take rest during afternoon but do not sleep.
- Avoid excessive rest or bed rest. Continue the daily activities. Avoid excessive labour more than the physical capacity and do not climb up the stairs.
- Do not express sorrow, anger, fear and avoid keeping fast, going on long travels, walking long distances, travelling in vehicles which give jerks, looking down from height, running etc.
- Mother should not drink cold water after delivery and should avoid exposure to direct wind.
- Pregnant woman generally complains of itching in stomach. She should not scratch the stomach with nails but gently rub it with palms.
- Avoid sleeping immediately after meals. Lie down and take rest and walk for a while and then go to bed.
- Do not remain empty stomach during the first four months of pregnancy. Do not avoid food in spite of vomiting. Drink lot of water.
- If the pregnant woman suffers from faints, consult doctor immediately. This condition can be fatal for both mother and child. Woman suffering from frequent abortions should avoid exercise.
- In case of abortion ensure that fetus pieces or blood clots do not remain inside the uterus; else serious infection and toxic elements could spread inside the uterus.

#### **Tips for easy delivery:**

- Every woman dreams of delivering the child without any problems because she experiences unbearable pain during delivery. Delivery should be considered as a natural process and taken positively. The woman should not worry about managing the labour pain or delivery. She should avoid negative thoughts and tension arising in her mind. Pregnancy should be accepted with happiness.
- Majority of the woman believe that labour pain is dreadful but it is not true. Your trouble depends on your mental thinking, activities, eating habits and thought processes carried on during nine months. If the pregnant woman has strong will power and thinks that becoming mother is the biggest achievement of the world and that she is going to be mother then the nine month pregnancy period will end happily. This thinking will simplify delivery.
- The pregnant woman should lead a simple life even during pregnancy to simplify the delivery process.
- Take long and deep breaths four to five times in open air. Repeat it 10-15 times. Regular practice will re-

duce the labour pain.

- Put attractive, beautiful and enchanting pictures in the bedroom and see those pictures twice or thrice daily. See these pictures immediately after waking up in the morning.
- Sleep for eight hours or take rest for two to three hours during the day and sleep for five to six hours during night. This will make the labour easy.
- Hemoglobin and calcium should be balanced during pregnancy because proper balance overcomes labour related problems.
- Sleeping position should be correct during pregnancy. Always turn left and sleep as this position does not exert pressure on uterus. Pressure on uterus could lead to several problems.
- Plan your pregnancy, do not delay the decision and avoid early conception also. The best age to become mother is between 25 and 35 years.
- Proper diet is very important for easy labour. Include fresh fruits, vegetables, lentils etc. in meals. Take milk, protein, fiber rich food, soybean, moongdal, iron rich food like spinach, dates, raisins etc. avoid fatty food as it could cause constipation.
- Appetite increases during pregnancy. Take small meals at frequent intervals. Avoid eating large quantities at one time as it could affect digestion. Eat proper quantities.
- Take milk and milk products like cheese, curd, cottage cheese and banana to fulfill the calcium requirement. Milk is the main source for calcium. Take grains, custard apple, soup or curd or cheese.
- Home remedies to overcome labour pain:
- Boil ten gram seeds of Bathua in 500 gm water till it reduces to half, remove from flame and sieve it. Pregnant woman should drink it to reduce labour pain and enjoy normal delivery.
- In case of unbearable labour pain and if delivery does not take place in spite of treatment then rub Oonth Katara root with water and give to the pregnant woman for quick delivery.
- If the woman suffers from excessive labour pain and becomes restless then tie neem root on her waist for easy and quick delivery. But the root should be removed immediately after delivery.
- Grind Makoy root and apply the lep below the navel for easy delivery but this remedy should be used only when the labour pain begins naturally and not before that.

#### **Yogasana for pregnant woman:**

- Yogasana keeps the pregnant woman internally and externally fit. It maintains the flexibility of the body which helps in normal and easy delivery.
- Brahmari pranayam, Padmasana, Siddhasana, and Vajrasana and Shavasana are very beneficial for the pregnant woman.

# YOGIC CURE FOR NERVOUS WEAKNESS

Vaidya Rakesh Agarwal

Patanjali Yogpeeth, Haridwar

**Y**ou must have seen many people who have very low self confidence in spite of appearing to be healthy. They lack the decision making power on any matter. Such people have mental instability, different types of mental worries and feeling of insecurity. It is a disease which is not seen from outside but affects the person's health internally. The patient experiences mental and physical weakness. There are different reasons:

Indulgence in sexual intercourse, consumption of allopathic medicines for slight problems, excessive use of pain killers, insufficient sleep or waking up till late hours at night, excessive intake of alcohol and opium, consumption of fast food are main reasons for nervous weakness.

**Symptoms of this problem:** Irritable nature, indulging in fights and quarrels on trivial issues are the symptoms of this disease. The patient always feels that he or she is not capable of anything. The patient starts speaking lies over small matters, and lacks determination. Generally, the patient is depressed and has suicidal tendencies. Many patients commit suicide due to depression also. This disease can be completely cured.

## Natural cure:

- ❖ Sunbath, body massage during winter season is very beneficial.
- ❖ Hot-cold fomentation on back is very necessary.
- ❖ Enema should be taken for proper bowel movement.
- ❖ Hot-cold fomentation especially on the liver area, cold bandage on stomach etc. are beneficial for the patient. This should be repeated thrice in a week.
- ❖ The patient should take bath with cold water; take bath with lukewarm water in winters followed by cold water bath. Rub the body nicely while taking bath. Do yognidra for 15 minutes after bath.

## Yogic cure:

- ❖ Dhyanyog is sure shot in the treatment of this disease.
- ❖ Regular practice of yognidra.
- ❖ Practice of pranayam, kamar Chakrasana, Vajrasana, Bhujangasana, Makarasana, Shalabhasana, Pavanmuktasana, Paschimottasana etc. is beneficial.
- ❖ Kapalbhata, nadishodhan and Brahmari pranayam are also beneficial.

## Diet and regimen:

- ❖ Patient should take light and easily digestible food.

The food should include such items which contain sodium, vitamin B1 and phosphorous in sufficient quantity. Patient should consume fruits, milk, lentil, green vegetables in sufficient quantity.

- ❖ Fruits like orange, papaya, banana, guava, grapes and dry fruits like raisins, almond, dates, fig etc. should be consumed.
- ❖ Spinach, Bathua, cucumber, green peas, carrot, bitter gourd, tomato, and turnip are very beneficial for the patient.
- ❖ The patient should take coarse meal, milk, sprouted gram or moongdal in breakfast.
- ❖ Mix two spoonfuls of olive oil in salad and consume it with lunch for benefit.
- ❖ Take myrobalan powder with clarified butter or honey or water at night to overcome nervous weakness. It increases digestive fire and strengthens the body.

## WE SALUTE MOTHERLAND

-Devendra Saxena 'Pragyaputra'

शत-शत तुमको प्रणाम, मातृ भूमि तुमको प्रणाम!  
हर श्वास में माँ तुमको पुकारूँ, हर प्राण में माँ तुमको निहारूँ।  
जीवन लगे तुझ काम - मातृ भूमि तुमको प्रणाम

शत-शत.....  
शुभ यज्ञमय हो जीवन हमारा, बड़े हम स्वयं राष्ट्र को दें सहारा।  
करे हर पल शुभ काम, मातृभूमि तुमको प्रणाम!

शत-शत.....  
लोभ मोह रहे ना यहाँ माँ। मनो में बसी हो सद्भावना माँ।  
करें राष्ट्रहित सब काम, मातृभूमि तुमको प्रणाम!

शत-शत.....  
ऐसा जगा दो फिर सो न जायें, जागे स्वयं राष्ट्र को भी जगायें,  
कि जन-जन चले योगग्राम, मातृभूमि तुमको प्रणाम!

शत-शत.....  
हे राष्ट्र माता ऐसी कृपा हो, घर-घर में योगपीठ बना हो  
कि धरती बने सुख धाम, मातृभूमि तुमको प्रणाम!

शत-शत.....

**Synopsis:** The poet salutes motherland thousand times and expresses that he will remember her in every breathe and that this life should be used for protecting motherland. This life should be like a pious devotion and we should grow and support the country. We should always do good work and be away from greed and temptation. The hearts should be filled with good feelings, and everybody should work in the interest of the country. The poet asks the motherland to arouse the people so that they do not sleep again, they should arouse and also arouse the nation so that Yog is spread to each and every person. The poet prays that she should bless the nation in such a way that Yogpeeth is established in each and every house.

# NATURAL REMEDIES FOR NIGHT POLLUTION

-Vaidya Arun Kumar Pandey, Patanjali Yogpeeth, Haridwar

**G**enerally, unmarried boys and men suffer from discharge of semen in sleep; this is known as night pollution. It is not a disease. But, when the person is pre-occupied with worries and stress then this disease is seen. In the initial stages, this disease is related to dreams but gradually it weakens the reproductive organs and mental condition. The penis gets erected in sleep and semen is discharged in sleep.

The main reasons for this disease are attraction towards opposite sex, lust of sex, reading vulgar books and watching porn pictures, consumption of fried and roasted food, oily and spicy food, hot food like tea, coffee etc. lack of exercise and mental stress. The youth suffer from this problem if they are engaged in sexual thoughts during day and night. As a result, the sperm is discharged in sleep. However it is a natural process, but if symptoms like headache, giddiness, weakness, inactiveness are seen; consult a doctor immediately.

**What are the symptoms of this disease:** The patient becomes very weak in case of night pollution caused after masturbation. The stress level increases. The patient feels restless, lack of concentration, lack of enthusiasm, inactiveness, nervous weakness, loss of vital humours, sudden darkness in front of eyes, weakness etc.

**Treatment of disease – controlled diet, Yogasana, meditation and pure thoughts:**

- Hot-cold fomentation in the lower part of abdomen and back proves beneficial in overcoming night pollution.
- All asana useful for overcoming impotency, along with Yog and meditation should be practiced.
- The patient should consume simple food, and avoid hot, oily and spicy food. Fruit juice, milk, curd, salad are recommended in daily diet.

**Simple tips to relieve night pollution:**

The patient should keep it in mind that night pollution is not a disease. It is a natural process and body requirement. The patient should concentrate on studies and work hard to get good results. This disease will get cured automatically.

**Herbal cure:**

- The sperm becomes thin due to excessive masturbation. This thin sperm comes out during night pollution. Mix two gram Shirish seeds in four gram unrefined sugar and take with hot milk twice daily to thicken the sperm.
- Grind 250 gm each of Shatavar root and sugar candy and take 6-11 gm with 250 gm milk twice daily to overcome night pollution and strengthen the body.
- Mix six gram each of onion juice, four gram clarified butter made with cow milk and three gram honey and lick twice daily to relieve night pollution.
- Grind the root of Kasondi to a fine powder; take one to four gram with five to ten gram honey twice daily with glassful milk at night time to thicken the sperm. It also overcomes discharge of vital humours.
- Soak tamarind in water and peel the skin. Dry the white seeds and make a fine powder and store it in a bottle. Take spoonful thrice daily with milk to overcome night pollution. It also thickens the sperm.
- Take the grounded extract of fresh roots of Moondi and put it in a bronze pain. Add four times sesame oil and 16 times water and cook till only the oil remains. Sieve it and massage the genitals with this oil. Put 10-30 drops in betel leaf and eat twice or thrice daily to overcome this problem. It is also beneficial in treating impotency.
- Mix one gram cardamom powder and equal quantity Isabgol in 20 ml myrobalan juice, take spoonful twice daily with water to cure night pollution. It also thickens the sperm.
- Dry the acacia beans in shade and grind it. Add equal quantity of sugar candy. Take spoonful twice daily with water to cure night pollution.
- Prepare bhasma with walnut peels, add equal quantity unrefined sugar. Take ten gram with water for ten days twice daily to overcome night pollution.
- Mix three gram thymol seeds in ten ml onion juice and take thrice daily with ten gram sugar. Continue the remedy for 21 days for relief. This overcomes night pollution, impotency, early ejaculation and low sperm count.



# DIET AND REGIMEN IN WINTER SEASON

-Acharya Balkrishna

transits towards southern direction. During this time, the sunrays and wind are not dry and hot. The atmosphere has predominance of cool rays of the Moon and heat is reduced. There is coldness in wind, clouds and rain. There is coolness of the Moon on all sides. The plants and food items are oily due to cold climate. This increases the physical strength of humans and other living creatures.

Rainy season is predominant in southern India. Therefore, rainy season has been divided into two parts, namely, monsoon and rainy season. In northern India, cold is more and rain is less. Therefore, here is monsoon is not considered and cold season is divided into spring and winter.

**S**easons and climate also affect our body other than food. A particular dosha aggravates in one season and calms down in another season. It is true for all seasons. In this way, human health has a strong relation with the seasons. Ayurved recommends different types of food and life style for each season depending on the increase affect and decrease of particular doshas. The health is protected by following this food and life style and diseases are kept at bay. Depending on the geographical situation of our country, three types of seasons are mainly seen here, they are summer, winter and monsoon. Different types of changes are seen in our body in all these three seasons.

These three seasons can be divided into six climates, namely, spring, summer, monsoon, winter, autumn and fall. The basis of these climates is the transition of Sun, which is of two types;

1. Northern transition, when the Sun transits towards northern direction. During this time, the sun rays and wind are very hot and dry and absorb the watery part from the earth. This has an impact on all the plants along with human body. This reduces physical strength and the person feels weak. During this season, three climates occur; they are fall, spring and summer.
2. Southern transition, when the Sun

The affect of northern and southern transition is seen at the end of the northern transition and beginning of southern transition of the sun. The man experiences physical weakness, whereas, in the middle of these two periods, the man has medium strength, neither more nor less. At the end of the southern transition and beginning of northern transition, the man has more physical strength. Ayurved has recommended different types of food and regimen for all these climates depending on the characteristics of these periods.

The climates falling under cold season are considered to be good from the health point of view. The body is strongest at this time. The days are short and nights are long. The body gets enough time for rest along with digestion of food. Due to these reasons, the body is stronger and appetite also increases. The digestion of food increases and heavy food also gets digested. Therefore, remaining hungry or consumption of dry food is harmful. When the body does not get sufficient amount of food then the digestive fire starts using nutritional elements of the body, which increases wind in the body. The cold and dry qualities increase as a result of this.

Clarified butter, butter, oil, milk, kheer made with rice and milk, horse bean, sugar candy, thickened milk, cream, honey with cold milk, sugarcane juice, coarse meal, halva, myrobalan or apple marmalade, food made with dry fruits and horse bean are beneficial. Sprouted gram, moongdal, horse bean, chapatti made with wheat and gram, cornflakes, new rice, seasonal fruits like apple, myrobalan, orange etc. are useful. Vegetables like sespedula, brinjal, cabbage, tubes, ripe tomatoes, carrot, green peas, spinach, Bathua, fenugreek, green vegetables, dry ginger, hot water and hot food is beneficial and nutritious for the body.

## Diet:

Appropriate life style should also be practiced along with diet. First and foremost, mind should be cheerful and free of worries. One should get up before sunrise, taken sunbath, finish morning chores and walk in open air. Proper walking pace should be maintained depending on physical

strength. Take rest and practice light exercise and Yogasana. Exercise is very beneficial and the body becomes strong and well-shaped. Oil massage, body packs, head massage is very beneficial. Body massage with rapeseed oil keeps the skin clean and healthy. It heals wounds and boils.

Mix camphor in oil and massage to relieve joint pain and gout. Body pack should be used after oil massage. Exercise can be done after oil massage. Cold, fever, pneumonia can be caused when the person catches cold. The skin becomes dry and chill air causes cough, respiratory problem, joint pain, itching etc. therefore, one should avoid exposure to cold air. It is recommended to live and sleep in heated place. Heavy, warm clothes, blankets, quilts and woolen clothes should be used. The bed and vehicles should be covered properly. Sun bath is very beneficial in this season. Sitting near

fire is also very good. Sunrays should always fall on the back and heat of fire should be taken from front. Room heaters should be used to heat the room. Milk and milk products are beneficial at night time.

### Restrictions

Light, dry, food increasing wind, bitter, hot and pungent food, cold drinks, stale and cold food should be avoided in this season. Consumption of tamarind, dry mango powder, sour curd, and mango pickle should be reduced as much as possible.

Working till late hours, waking up later, lethargic attitude, lack of labor and exercise, remaining hungry for long hours, taking bath several times, exposing body to cold weather for longer time, eating late at night and sleeping immediately after eating is not recommended in this season.

## HOME REMEDY FOR UTERUS SWELLING

-Dr. Sudha Sharma

**S**welling of uterus is a disease occurring in women which is caused during or after menopause, over indulgence in sexual activity, injury, catching cold during pregnancy, taking bath with cold water, eating cold food, use of strong medicines locally, gonorrhea, and carelessness during pregnancy period. Modern doctors believe that bacteria are the cause for this swelling.

The patient experiences severe pain and burning sensation in stomach. Temperature increases due to catching cold. The patient passes urine and faeces frequently. There is thirst, restlessness, nausea, pain in back and chest. If there is swelling in the backside of the uterus then the patient experiences problem while bowel movement. Yellow coloured mucous like water comes out after two to four days. The symptoms reduce after 8-10 days and the patient recovers with proper treatment.

But, the disease becomes chronic in the absence of proper medical treatment. The temperature does not increase in old cases of uterus swelling, but there is a feeling of heaviness on stomach. The patient has mild headache and there is protrusion on the swollen area. In case of old swelling, the pain is less and the stiffness on stomach is more. The patient suffers from

indigestion. The menstrual cycle becomes irregular and the woman becomes weak.

### Treatment:

- ❖ The patient should avoid excess work and over-indulgence in sex. She should consume easily digestible and nutritious food.
- ❖ Grind dry myrobalan and take three gram with water twice daily for few months for benefit.
- ❖ Dry ripe plums and make a fine powder. Take three gram twice daily with sugar and honey for relief.
- ❖ Take three gram Nagkesar daily with butter milk.
- ❖ Dry rose flowers in shade and make a fine powder. Take three gram in the morning with cow milk.
- ❖ Take one gram Moolhati churna with water twice daily.
- ❖ Mix alum in water and wash the vaginal area. Boil neem leaves in water and sieve the water. Wash the vaginal area with this water for relief.
- ❖ Grind sesame and make a fine powder. Take ten gram with honey for benefit.
- ❖ Take 10 ml fresh myrobalan juice mixed with honey for relief.

# IMMORTAL CHANDRASEKHAR AZAD

-Satish Upadhyay

There are countless examples in the history of all countries about heroes who shed their blood for the independence. Name of Chandrasekhar Azad tops the list of the freedom fighters who sacrificed their lives for the motherland. The British government was shaken with the name of Azad and he took the vow that the British cannot catch him alive. He kept his promise and never came into the trap of British. Chandrasekhar Azad is the leader in sacrificing his life for the independence of mother land.



Azad was born in an ordinary Brahmin family. His father used to live in a village called Jhabua in Madhya Pradesh. Father's name was Pt. Sitaram and mother's name was Jagrani Devi. Azad was very brave since childhood. He had lot of determination and used to complete the work that he began.

An incident took place when he was 11-12 years old, which changed his life. This was the Jaliawalan incident where hundreds of innocent Indians were killed on the orders of a British officer. Jaliawalan Bagh was a ground surrounded by walls on all four sides and had just one narrow space to go out. Only three persons could walk out at one time. A public meeting was taking place in the ground and many local leaders were addressing the public against the atrocities carried on by the then Governor of Punjab. Only one armed troupe could move from that passage and armed British soldiers had blocked that path. Police officer ordered firing and bullets were shot at innocent people. Many people who had come to attend the meeting became martyrs. Hundreds were killed and many more got injured. There was a sharp criticism throughout the nation on this homicide. The whole nation expressed its anger against this act of British. This incident had a deep impact on the young mind of Azad and he devel-

oped the feeling of acting against the British.

An incident took place in his personal life during these days, which inspired him towards active revolution. This incident was boycott of British prince who had visited India. The prince was supposed to visit Kashi, and Chandrasekhar was also in the group of people who were boycotting his visit. He was also caught along with the group. He was summoned in front of the magistrate. He asked, "What is your name?" he replied boldly, "Azad." Magistrate

asked him, "What is your father's name?" Azad replied, "Azadi, meaning independence." The Magistrate again asked him, "Where is your house?" Azad replied, "Jail." The magistrate was annoyed on hearing these replies and ordered to beat him with hunter 15 times. In those days, punishment with hunter was given very barbarically. One beating used to remove the skin. Azad just cried in pain till 10-12 beatings and kept on saying "Long live mother land." He collapsed after last beating and became unconscious. He could never forget this inhuman behavior and counted British as his bitter enemy and took the vow to free motherland. He named himself 'Azad' after this incident because he had boldly said in front of the judge that his name is Azad. It was the time when revolutionists had established their secret centers in different places of the nation. Azad also joined one such group. He started believing that British cannot be thrown out of India with non-violent approach. It required armed fight. The revolutionists made him their member looking into his bravery, determination and dedication towards independence. The revolutionists were facing some problems during those days. The biggest challenge in front of them was accumulation of wealth. Azad decided to rob government treasure for this purpose and looted

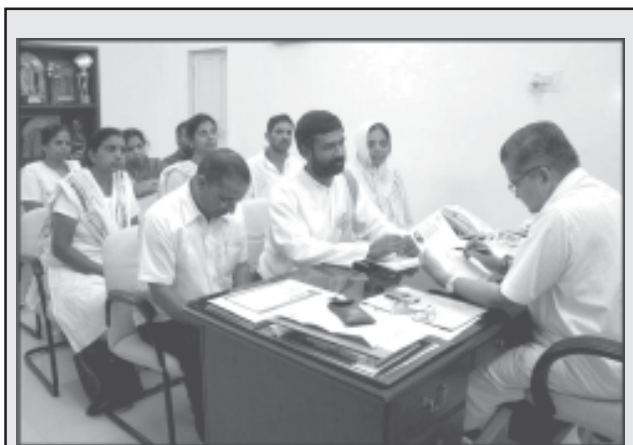
the treasure at Kakori station in Uttar Pradesh in 1925. The British government began the search for these revolutionists at all places and many people were arrested. But Chandrasekhar Azad was not arrested. He kept on wandering near Jhansi and practiced the use of bombs and pistol. He was receiving conspiracy cases on Kakori and he was very angry on the day when his dear friends Ramprasad Bismil, Roshan Singh, Ashafaqullah and Rajendra Lahiri were hanged to death. After the death of these heroes, the leadership responsibility of north revolutionist's party was on the shoulders of Azad. He got the company of several brave people. Bhagat Singh, Yashpal etc. joined his group. The work of the organization was going on at fast pace.

The British government sent Simon commission to India during those days. Many organizations protested against this commission in different cities. When the commission reached Lahore, then Bhagat Singh joined a group under the leadership of Lala Lajpat Rai. The police lathicharged the protestors. Lala Lajpat Rai was also beaten up and died in jail after few days. He was a senior freedom fighter in that group. This incident had serious impact on the youth of India. Chandrasekhar Azad, Bhagat Singh and his other friends decided that British officer Sanders should be killed who was responsible for the death of Lala Lajpat Rai. He was killed on 17 September, 1928. The police searched for this group but they had absconded. Bhagat Singh and Batukeshwar Dutt had thrown a bomb in the assembly hall of Delhi on 7 April, 1929 to protest against the British policy. His friends could have escaped if they wanted to but they continued to stand in the assembly hall and kept on shouting slogans and protested against the British rulers. Many awards were declared to catch them but Azad could not be arrested. He looted British treasures at several places during this period and also killed several British.

Azad was a terror among the British between 1928 and 1931. Several strange stories were popular among the British regarding him. It is said that he had some divine strength and protects him from British. A tragic incident took place when British were trying to arrest Azad and he was not coming into their trap. It was 27 February 1931 at around 10 am. Azad and his son Sukhdevraj were sitting in the Alfred Park at Allahabad. Two police officers came into the park. One of them recognized Azad. He saw from a distance and went

back. He informed about this to the superintendent of secret police department. The superintendent, Nott Baver took his motor car and went to Alfred Park with whole police force. They surrounded Azad. He got down from his motor car; Azad saw the motor car and understood the situation. He advised his friend to run and he hid behind a tree. Azad wanted to take out his pistol but many policemen fired bullets at him. The superintendent hid behind a tree and Azad who was already hiding behind a tree was fighting with British policemen. He was firing bullets towards the tree where the superintendent was hiding. He wanted to kill his bitter enemy before dying. The firing continued for one hour. Azad was alone and the British had whole group. The bullets got exhausted with Azad and just one last bullet was remaining. He kept on thinking for a while and then he turned the pistol towards his own chest. He killed himself and India lost a great warrior. He kept his promise till the end that the British could never catch him alive. The pressure was on British police officers who did not dare to go near the dead body of Azad even after several hours of his death. A few officers moved ahead after some time and shot bullets on his dead body to ensure that he was really dead.

The revolutionary party faced severe loss with the death of Azad, but Azad was an example for future revolutionists. Many young revolutionists were ready to shed their blood for the freedom of their motherland. Azad was the true son of the motherland and his name will remain in the Indian history forever.



**Karnataka's Yog teachers handing over memorandum related to 25 year old Bhopal Gas tragedy to Karnataka Home Minister.**

# MAHARSHI DAYANAND PROPAGATED TRUTH THROUGHOUT HIS LIFE

-Damodar Singh Parihar



**M**aharshi Dayanand could never be deviated from truth either through temptation or fear. He propagated truth throughout his life fearlessly. Some of the famous incidences from his life are being published here:

He was known as Moolshankar in his childhood, at the age of 14 years, he kept fast on the day of Shivratri on the advice of his father Karshan Tiwari. His father had told him that keeping fast and remaining awake the whole night on this day pleases lord Shiva. This had a deep impact on Moolshankar's mind and he kept fast and did not sleep the whole night. He went to Shiva temple with his father and worshiped lord Shiva. Other devotees went to sleep but he was awake the whole night. At midnight he noticed that rats had entered the temple and were creating chaos. They ate the prasada. A question arose in his mind, what type of Shiva is he who cannot protect himself? How can he protect us? After this incidence Moolshankar lost faith in idol worship and he started thinking about seeing the original god. This shows his inquisitiveness to find truth from childhood. This remained throughout his life. After few years, he left his home at young age in search of truth. He reached Mathura and met Guru Virajanand. He read good literature including Vedas and understood them. He took the vow to propagate Vedic literature after completing education. Ancient text contain universal truth, scientific knowledge, and are beneficial for the entire world, on the other hand, other books create narrow mindedness, superstition and pretense and develop illusion.

Swami Dayanand obeyed the orders of his guru and went to different places and met great priests, pundits and Moulvis to discuss classic literature. Kashi discussion is very famous amongst these. He gave impressive discourses on Vedic religion in Kumbh confluence and other occasions and propagated Vedas; he openly condemned superstition and pretense. Selfish and ill minded people threw stones on him and tried

to give him poison but Swami Dayanand did not deviate from his path. He observed the activities, pretense and false practices going on in temples. He read books and history of different religions and wrote a book titled, 'Satyarth Prakash' which clearly talks about hero worship, superstition, social evils, miracles, unscientific and impractical believe. This book changed the thinking of irreligious people and inspired them towards religion, spirituality and god's true form.

The book 'Satyarth Prakash' has invaluable contribution in the cultural, social, educational, political, economic and spiritual renaissance. It is the revolution of thoughts. The thoughts of sage Dayanand have the predominance of search of truth and effort for human unity. The biggest quality of Sage Dayanand was that he never compromised with any kind of situation. His believes were fully capable of welfare of individual, family, society, nation and world.

Once he addressed people at Raibareilly and said that people say that truth should not be told because it will annoy the collector, commissioner will be unhappy, governor will trouble and king will not like it. Whatever happens, I will speak only truth. In another incidence at Farukhabad, Punjab, he was talking about Christianity in the presence of Indian, European priests and head of army Lord Robert and commented on Bibles contradictory statements. Lord Robert was extremely happy to hear these comments and did not react at all.

He came to Sage Dayanand and shook hands with him and said that he is indeed fearless person. Once while going to Jodhpur somebody said that the people of this country are uncivilized. Swami Ji said that if our fingers are burnt like diyas then also there is nothing to worry, I will go to Jodhpur and speak truth. Aryans have not come from outside, they belong to this country only, none of the Indian books, history, Ramayana-Mahabharata say that Aryans had migrated from outside and invaded India. Then how can we believe the articles of foreigners written with selfish interest? There are two main types of human civilization, namely, Aryan and Dasyu depending on the occupation and qualities. Arya is not a caste, sub caste or any sect but it represents qualities. Aryans possess high qualities and are helpful with strong character. Dasyus are selfish, in-

dulge in injustice and atrocities.

The then Viceroy of India, Lord Northbrook said during a discussion, 'Could you present your views in favour of peace and order provided by British government in this country?' Swami Dayanand replied, 'I strongly believe that India should get freedom very soon for the development of my countrymen and attain respectable position in the world. I pray god and ask him to free my nation from foreign rule.' Lord Northbrook did not imagine such fearless and straightforward reply from him. He advised the British government to be careful from this revolutionary sage.

Shri Arvind Ghosh agreed to the discussions of Maharshi Dayanand and wrote – Maharshi Dayanand has discovered truth between ignorance and illusion with his foresight. He has found the key to the doors of Vedas which were locked by time. Sage Dayanand has not established any new religion but he has drawn our attention towards the ancient Vedic religion which we had forgotten. He had declared that if the original form of religion is to be known then we have to move towards the Vedas. Vedas are the ancient source of religion. Vedas do not talk only about religion but also about science. Vedas are the summary of whole knowledge. Swami Ji's thinking does not have any communal feeling or narrow-mindedness. He condemns the superstitions, pretense and evils of Indian and non Indian communities and establishes scientific thoughts containing Buddhist logics. He has understood that wrong illusionary imaginations related to god are the root causes for wrong practices, communalism, jealousy, hatred and dislike. A Mantra from Rigved says that god is one but he is remembered in different names. Sage Dayanand has made an important finding. Maharshi was told that if he stops giving the evidence of Vedas and instead say that god has told me this then the people's faith in him would increase manifold. Maharshi Dayanand smiled and replied, "Should I propagate truth with lies?"

Swami Dayanand has given us an easy method to know god by seeing the creation and management of nature and that of soul by seeing the management of body. He said that keeping the idols and photos of Rama and Krishna in places of worship is to follow them and inculcate their qualities within us. The nature is being managed on the basis of certain rules. Following rules of nature is like appearance of god, the aim of science is to find these rules. The first step to see god is to observe the things made by him. Devotion is the process of development of divine qualities within us. The ten rules of Arya Samaj propounded by Maharshi are sufficient to materialize the concept of god believing society. The movement of planets and constellations is used for the calculation of time, place and direction.

They have a normal affect on day-night-season and climate. These planets, constellations cannot cause gain or losses to any individual. Astrological predictions, day, direction etc. are completely false and foolishness. Nobody can avoid the results of his or her deeds. A person can become idealistic, brave, progressive and responsible only with belief in the rules of god. Once the king of Udaipur, Maharaj Sajjan Singh pleaded him and said, "My state is under Mahadev temple, if you stop condemning idol worship and become the priest of this temple then property worth several millions which is presently under the temple will be given to you." Swami Dayanand said, "King, I can be away from your kingdom but how can I leave the kingdom of God, which is present everywhere that almighty can do everything. I should obey him or you?" the king said, "You are great; you can never come under the trap of greed or fear." Swami Dayanand wrote in Satyarth Prakash that do not believe if anything appears to be myth in my books. He mentioned in the fourth rule of Arya Samaj – one should always be eager to accept truth and sacrifice false. Probably he is the first religious guru who gave the freedom to his disciples to find truth and accept it. Sage Dayanand called the rules of nature as permanent, ancient and universal. Therefore, there can be no magic or miracle against the rule of nature. This is the biggest challenge to analyse truth.

### DEVOTIONAL SONG

ओ३म् नाम भज ले, सुबह शाम भज ले।  
मन मेरे ओ भज मन मेरे॥  
ओ३म् नाम.....।  
भज ओ३म् नाम ईश्वर का वो दाता जगती भर का।  
उस पे विश्वास कर, उसकी ही आस कर॥  
मन मेरे ओ३म् भज मन मेरे॥  
ओ३म् नाम.....।  
बिन हाथों जगत् रचाया कण-कण में वो ही समाया।  
गाते ज्ञानी-गुणी, संत योगी मुनि।  
मन मेरे ओ३म् भज मन मेरे।  
ओ३म् नाम.....।  
जो चाहे तू सुख पाना उस प्रभु को ना तू भुलाना।  
उससे प्रीत लगा, गीत उसके ही गाना॥  
मन मेरे ओ३म् भज मन मेरे।  
ओ३म् नाम.....।

**Synopsis:** The poet inspires us to chant Aum and believe in God. He has created this world and is present everywhere. Learned people and saints sing in his praise. Get whatever happiness you want to get but do not forget that God. Love him and sing in his praise.



## CHOURI CHOURA INCIDENT IS THE SAGA OF FREEDOM LOVERS

**Jaishankar Mishra ‘Savyasachi’**

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Patanjali Yogpeeth, Haridwar

**R**egional history has an important role in the background of national revolution. Actually, local history is the foundation which gives voice to national history and makes it popular. From this point of view, the contribution of Purvanchal in the Indian freedom struggle is not less.

Let us talk about a heritage which changed the direction of Indian freedom fight. This historical place is none other than ‘Chouri Choura.’ It is situated on Devariya road, 25 km from Gorakhpur district in Uttar Pradesh. It is necessary to know as to why this incidence took place before knowing about the incidence itself.

The incidence dates back to March 1919, when Mahatma Gandhi blew the trumpet for non-violent freedom fight. He addressed a large gathering at Bale Miyan ground at Gorakhpur in 1920 and said, “Foreign clothes and English education should be boycotted. We should use Charkha for making cloth and wear it then English will not take much time to leave this country.”

At that time Gorakhpur was a district of Uttar Pradesh where Congress was very strong and complete in itself. Satyagraha began in the shops of foreign cloth, alcohol, country liquor and opium. A decision was taken to start Satyagraha in the main

**The volunteers became furious on seeing their injured colleagues. The bullets were also finished and the policemen went and hid inside the police station to save their lives. In the meanwhile somebody put kerosene oil and put the police station ablaze. The policemen and inspector hiding inside it were burnt alive.**

markets of Chouri Choura and Sahajnavan, a part of Gorakhpur district. At that time Chouri Choura was a big market for foreign cloth. Lot of preparation was made to start Satyagraha at this place. Groups of social workers protested at the liquor, foreign cloth and country liquor shops for two months. The police used lathicharge on the social workers with the help of Zamindars. Horses were especially brought from Risal; the social workers were crushed by horses. But, yet they did not leave their courage or got terrorized.

Pandit Motilal Nehru was the anchor of Satyagraha at this place. He ordered that the protestors should go in small groups. When one group is beaten up then the second should follow. This protest continued for two Saturdays. The third Saturday fell on 4<sup>th</sup> February 1922. The protestors were sent to Chouri Choura with lot of preparation. It was decided that whatever be the level of pressure, they will not look back. On that day, around 400 volunteers got divided into different groups.

The protestors were sent from Congress office situated in Brahmampur near Chouri Choura. As soon as the first group reached opposite the police station, armed soldiers, policemen attacked them. The policemen beat the volunteers miserably and injured them. One of the volunteers saw that his friends are injured and raised alarm. The remaining volunteers also reached the place on hearing the whistle. The police saw the volunteers coming and started firing bullets. The sound of bullets and weeping of injured created a scene of grief and misery.

Many volunteers died on the spot due to firing. The other volunteers became furious on seeing their injured colleagues. The bullets were also finished and the policemen went and hid inside the police station to save their lives. In the meanwhile somebody put kerosene oil and put the police station ablaze. The policemen and inspector hiding inside it were burnt alive.

Those who tried to escape were caught by the protestors and put in fire. The pregnant wife of the inspector survived in this incident. 23 po-

licemen along with watchmen were burnt alive. Mahatma Gandhi was unhappy with this incident and discontinued Satyagraha.

Subhash Chandra Bose commented when Gandhi Ji withdrew non-cooperation movement and said, "When the people were fully charged up, at that time withdrawing from this movement is a big misfortune for the entire nation. The supporters of Mahatma Gandhi, Deshbandhu Chittaranjan Das, Motilal Nehru, and Lala Lajpat Rai were in jail. They were also annoyed with this decision like common man.

Did Chouri Choura incident spoiled the dreams of Mahatma Gandhi or he made a mistake in analyzing this historical incident? This question still remains unanswered. But, it is true that this incident changed the direction of freedom fight. Gandhiji could not tolerate the violence that took place at Chouri Choura. He said that the people of this country are not prepared as per his plans of non-violence freedom struggle. Therefore, starting a fight at this stage would be a big mistake.

The police station that was set ablaze at Chouri Choura reminds us of the policemen who were Indians but did not have the national feeling. They are remembered as servants of British government and not like patriots. On the other hand, the Shahid Smarak made on the other side of the railway line reminds us of the volunteers who sacrificed their lives for the freedom. However, it is in a dilapidated state at present.

The British government showed violence to its fullest in the neighboring places after this incidence. The people of this place were subjected to all types of atrocities and punishment for years together in the name of treachery. The British lodged a case against hundreds of people in a planned manner for Chouri Choura case. 192 people were given death sentence in this case. 232 people were penalized during the case, out of which 228 people were handed over to session's court. Two of these 228 died during the case. The case was withdrawn from one person and decision was given for 225 people, out of which 192 were hanged, two were given two years imprisonment each and rest were given life-long imprisonment.

Madan Mohan Malviya and Pandit Motilal Nehru appealed in the court against this decision. 38 were given lifelong imprisonment and 19 people were given death sentence.

This decision was given on 23 April 1923 and the appeal of the person who was given punishment on 1<sup>st</sup> July was heard. All the 19 protestors were hanged to death on 2<sup>nd</sup> July 1923. The bodies of these revolutionists were wrapped in Khaddar cloth and the volunteers

performed the last rites. Chouri Choura incident is the saga of the freedom lovers.

The graves of several persons are in the police station where the policemen who were burnt alive in this incident. They are Gupteshwar Singh (In charge of police station), Prithvipal Singh, Mohammed Vanshi Khan, Raghuvir, Ramlakhan Singh, Vishveshwar Ram Yadav, Gadabaksh Khan, Kapil Dev Singh, Lakhai Singh, Hasan Khan, Mohammed Jama Khan, Magru Choube, Rambali Pandey, Jagdev Singh, Jagai Singh, Mohammed Jaki, Indrasan Singh, Mardana Khan, Vajir Ghosai, Jakai, Katvaharu Ram.

All the documents were also destroyed along with the policemen. The revolutionists took the possession of the police station in 1922 and hoisted the national flag for 24 hours.

They sang songs in praise of martyrs. The songs of these martyrs are like pious stories. The sunrays fall on these graves and pay tribute to them. The moonlight falling on the Kirti Stambh constructed in the memory of the martyrs sings in the praise of them.

The second Kirti Stambh that reminds us of the martyrs of Congress is Ram Samjhuwan, Kalicharan, and several others. Former Prime Minister Smt. Indira Gandhi had laid the foundation stone of Shahid Smarak on 6<sup>th</sup> February 1982 on the occasion of 60<sup>th</sup> anniversary of Chouri Choura incident. This was organized by Shahid Smarak Samiti on the occasion of Poorvanchal freedom fighter conference.

Former Prime Minister P.V.Narasimha Rao and Governor of Uttar Pradesh Motilal Vora inaugurated the Shahid Smarak Chouri Choura on 19<sup>th</sup> July 1993.

Each drop of blood shed by these freedom fighters had immense strength. They sacrificed their lives and materialized the dream of Indian freedom. Had not these great freedom fighters shed their blood for our country then the British rule would have continued.

The freedom struggle started in 1857 and ended on 15<sup>th</sup> August 1947 when we finally got independence. Many brave people took part in this struggle that continued for 100 years. A few names are found in the pages of history and rest are forgotten. These sacrifices are relevant even today as they were during those days. At that time, it was the question of freedom of the country and today it is the question of protection of the country.

The Indian pride mission being carried on by revered Swami Ramdev Ji Maharaj is the trumpet blown to get back our independence. It is a strong effort made to create the India which was dreamt by the known and unknown heroes of India.



## CHILD SHIVA

Children, today I am sharing the story of child Shiva's patriotism and bravery. His mother Jijabai told the story of Luv and Kusha from Ramayana to her son Shivaji and asked him, "Son, did you like this story?"

Shiva went and sat in his mother's lap and said, "I like this story more than the stories of sages and seers. I also want to become like Luv and Kusha."

Mother asked him affectionately, "What will you do to become like them?"

Shiva replied, "I will also learn how to use bow and arrow as they used to do it."

Mother said, "They knew sword fighting also. They were experts in it."

Shiva said, "Then, I will learn sword fighting also."

Jijabai said, "They were adept in using spike also."

Shiva replied, "I will also learn that art."

The conversation between mother and child did not remain at verbal level. Jijabai found expert trainers to teach all the arts to her son. She invited Naroji, Trimalji and Hanumantji especially to the fort. Shivaji learnt the use of bow-arrow, shield-sword, and spike. He became an expert in using all these weapons in a short span and it was appearing as if he was a great warrior in his previous birth and he remem-

bered these arts even in this birth.

His gurus taught Shivaji the art of weapon and made him muscular. His mother used to tell him stories of great wars and warriors from history. This influenced the mind of Shivaji and feelings of bravery, independence and patriotism filled his mind. He decided that he will free his region, country and people from enemies when he grows up.

Shivaji was dreaming about independence and his father Shahji was working as a servant in the fort of Bijapur. Servant is supposed to serve his master and sing in his praise. Shahji was loyal servant of Mughals and he wanted his son Shivaji also to be like him so that he could get some good post in the fort.

There was feeling of independence on one side and that of servitude on the other side. There was a clash between these two feelings. Shivaji was young but he was not ready to become a slave under Mughal emperors. There is a famous incident from his childhood.

Shivaji was eight years old and his father took him to the royal court. Father thought that child would get impressed with the decoration, richness, elephants, horses etc. and

would get attracted towards the court. But, Shivaji was walking straight without looking here and there as if he was walking on a street. They reached in front of the Nawab and Shahji asked Shivaji to bow down in front of the emperor.

Shivaji turned and looked at his father, he said, "Emperor is not my king. I will not bow down in front of him."

This astonished the people present in the court. The emperor stared at Shivaji but the latter was not afraid at all. Shahji was embarrassed and pleaded the emperor to forgive him. He said, "Please forgive him, he is very innocent." He asked Shivaji to go back home. Shivaji turned back and went out of the court fearlessly. Shahji returned home and scolded his son for his misbehavior. Shivaji replied, "Father, why did you take me there? You know that my head does not bow down in front of anybody except goddess Bhavani and you." Shahji was silent.

Children! Shivaji was very brave; he gave a tough fight to the Mughals and struggled throughout his life to save motherland from the clutches of Mughals.

# TAITARIYAPAD UPANISHAD

तस्माद्वा एतस्मादात्मन आकाशः संभूतः। आकाशाद्वायुः। वायोरग्निः। अग्नेरापः। अद्भ्यः पृथिवी। पृथिव्या ओषधयः। ओषधीभ्योऽन्नम्। अन्नादेतः। रेतसः पुरुषः। स वा एष पुरुषोऽन्नरसमयः। तस्येदमेव शिरः। अयं दक्षिणः पक्षः। अयमुत्तरः पक्षः। अयमात्मा। इदं पुच्छं प्रतिष्ठा। तदप्येष श्लोको भवति॥ ( क )॥

The sky was formed with that Brahma, wind from sky, fire from wind, water from fire, earth from water, medicines from earth, food from medicines, sperm from food and man from sperm. What else is this body except food and food juice? Do we see the physical form of this body? The head is on the top, there is a left part, and there is a right part, body, seat on which the creature sits. This physical body is made out of food. It has been said –

## Second narration of Brahmanand chapter

Description of five bodies

अन्नाद्वा प्रजाः प्रजायन्ते। याः काश्च पृथिवीः श्रिताः। अथो अन्नेनैव जीवन्ति। अथैनदपि यन्त्यन्ततः। अन्नं हि भूतानां ज्येष्ठम्। तस्मात्सर्वौषधमुच्यते। सर्वं वै तेऽन्नमाप्नुवन्ति। येऽन्नं ब्रह्मोपासते। अन्नं हि भूतानां ज्येष्ठम्। तस्मात्सर्वौषधमुच्यते। अन्नाद् भूतानि जायन्ते। जातान्यन्नेन वर्धन्ते। अद्यतेऽस्ति च भूतानि। तस्मादन्नं तदुच्यत इति। तस्माद्वा एतस्मादन्नरसमयात्। अन्योऽन्तर आत्मा प्राणमयः। तेनैष पूर्णः। स वा एष पुरुषविध एव। तस्य पुरुषविधताम्। अन्वयं पुरुषविधः। तस्य प्राण एव शिरः। व्यानो दक्षिणः पक्षः। अपान उत्तरः पक्षः। आकाश आत्मा। पृथिवी पुच्छं प्रतिष्ठा। तदप्येष श्लोको भवति॥ ( ख ) ॥

All the creatures have taken birth from food. Whichever creature is dependent on this earth is surviving with food only and finally get mixed in food only. The reason being that food is the best form of five elements. Food is known as the best medicine, food consists the extract of all medicines. Those who worship food in the form of Brahma, they get everything from food and things of enjoyments. Food is supreme among all the elements, and hence it is known as supreme medicine. Creatures take birth from food and grow big with food. Food is consumed, but it is also eats. World

is enjoyed but those who become addicted to enjoyment, luxuries are consumed by consumables, they are eaten by food. This is the definition of food - 'अद्यते अस्ति च भूतानि' – it is consumed, but it also eats. Do not consider this body made with food and juice as everything. There is a different body residing in this body, the soul of the body known as body made with prana or vital life energy. This body is present inside the body made with food. The body made with food is of the shape of man; similarly, the body made with vital life energy is also of the shape of the man. The head of this body is the prana, the left side is Vyan, right side is Apana, body is sky and tail is earth – the portion on which the creature sits. It has been said ...

## Third narration of Brahmanand chapter

प्राणं देवा अनु प्राणन्ति। मनुष्याः पशवश्च ये। प्राणो हि भूतानामायुः। तस्मात्सर्वायुषमुच्यते। सर्वमेव त आयुर्यन्ति। ये प्राणं ब्रह्मोपासते। प्राणो हि भूतानामायुः। तस्मात्सर्वायुषमुच्यत इति। तस्यैष एव शारीर आत्मा। यः पूर्वस्य। तस्माद्वा एतस्मात्प्राणमयात्। अन्योऽन्तर आत्मा मनोमयः। तेनैष पूर्णः। स वा एष पुरुषविध एव। तस्य पुरुषविधताम्। अन्वयं पुरुषविधः। तस्य यजुरेव शिरः। ऋग् दक्षिणः पक्षः। सामोत्तरः पक्षः। आदेश आत्मा। अथर्वाङितारसः पुच्छं प्रतिष्ठा। तदप्येष श्लोको भवति॥ ( ग ) ॥

God, man, animal all are surviving because of vital life energy. It is the age of all elements, therefore it is known as complete age. Those who worship prana as Brahma, they enjoy full longevity. Prana is the age of all elements, therefore it is known as complete age. The soul of the body made with the prana is the same as that of the body made with food. There is a different body residing in this body, the soul of the body known as mental body. This body is present inside the body made with prana. The body made with prana is of the shape of man; similarly, the mental body is also of the shape of the man. The head of this body is Yaju, the left side is Riga, right side is Sama, body is order and tail is Atharva – the portion on which the creature sits. It has been said ...

# SCIENTIFIC ASPECT OF KUMBHA

-Jaishankar Mishra 'Savyasachi'

**I**t is an ancient Indian tradition to take a dip in the sacred water of Ganges during Kumbha confluence. Every Indian has an eagerness to visit Haridwar during this period. Our sages have also described the importance of this great festival in our classics and mythological texts. Millions of devotees gather at the banks of river Ganga to take a dip in sacred Ganga. We will present the spiritual and social importance of Kumbha and also present our thoughts with respect to the scientific aspect of Kumbha

The people coming from India and abroad get to learn about duty, devotion at the Kumbha, Ardha kumbha and Mahakumbha of confluence of three great rivers namely, Ganga, Yamuna and Saraswati.

If we look at the mythological descriptions with relation to origin of Kumbha then we find that many stories are popular, wherein the ocean churning and Maharshi Durvasa's stories are very significant. According to the story, during the struggle that took place between gods and demons for a pot filled with nectar, the demons could not drink the nectar and therefore they ran with the pot of nectar. The gods had kept pot at four places and fought the war. The nectar fell on ground and this is the reason for organizing Kumbha at four places, namely, Prayag, Ujjain, Nashik and Haridwar.

The reason for organizing Kumbha after 12 years of its origin is said to be the position of planets and the importance of their position. The planet Jupiter remains in one zodiac sign for one year, so it completes the rotation of all 12 signs in 12 years. When Sun completes one rotation then people take bath on the day of New moon or Amavasya in the Hindu month of Magha which corresponds to the English month of January. On this day, Moon is also present in the zodiac sign of Sun and when Jupiter completes its one full cycle and transits into 12<sup>th</sup> year then this festival is organized.

The scientific belief in this regard is that the chemical changes taking place inside Sun also takes place every 12 years. Pot filled with water is considered to be auspicious. Today also water filled pot is used for all auspicious matters, all the gods are invited and worshipped.

Kumbha means pot and pot denotes body, which contains nectar like soul inside it. The union of soul and body is the purpose of creation. There can be different

paths to find the original form of body and soul, which is hindered with affection and ignorance. The paths of devotion, duty and knowledge are followed for this purpose although all the paths end with knowledge only. 'सर्वकर्मणि खिलं पार्थे परिज्ञाने सम्प्राप्ते' (Gita), the basis of Indian philosophy is the knowledge of almighty and the relation between soul and body for which scientific analysis was given. In due course of time, the phrase 'सर्वे भवन्तु सुखिनः' was associated with it.

There is only religious faith behind the gathering of countless people on the pious land of Haridwar with the desire of attaining heaven and salvation or there is any scientific reason also is a matter of research.

Does the gravitational force of earth change or not when the Sun transits into Capricorn sign and Jupiter transits into Taurus sign on the new Moon day in the Hindu month of Magha is also a matter of research.

The place where all the three nerves meet, namely, Ida-Ganga-Chandra; Pingla-Yamuna-Sun and Sushmana-Saraswati-Amrit is also the origin of Kundalini power and also the place to do Moolbandh. This is known as Shakti sthal or place of energy, being the center of all three great energies. The person can arouse Agya Chakra or third eye chakra situated between the two eyebrows in our body and reaps the benefit of Kumbha bath.

Kumbha bath is the place of salvation. Concentrate on this chakra fully. White coloured Ganga and dark blue coloured Yamuna are meeting here. At the same time, Saraswati is also joining this confluence and increasing its importance.

When Manu's son took a dip in the sacred confluence with full devotion, after opening his eyes he saw that his clothes were absolutely dry. All the three mothers had washed the mind of Manu's son and made him sacred and he had become engrossed in the same confluence. He was mesmerized, it is mental bath, which is more significant than normal bath and provides immense happiness.

Many times we are unable to take bath in the Ganga, but we do not get the result of bath as we do not take mental bath. But, we overcome all our sins with mental bath and proceeds towards salvation. Such a yogi is a theologian. Therefore, man should concentrate on Agya chakra and remember God. There is a need to find about the scientific aspect of Kumbha



द्रष्टृदृश्योपरक्तं चित्तं सर्वार्थम् ॥23॥

**Word meaning:** Drishtadrishyoparakam – coloured with visible and looker or one who sees; chittam-mind; sarvartham – appears to be of all forms.

**Prose meaning** – The mind coloured with both visible and one who sees appears to be of all forms.

**Meaning-** The mind contains all types of qualities, but it is predominant with Satva or piousness. It makes the looker understand the form of different things due to satva quality. It is active due to Raja or passion and foolish due to tama or anger. This is the form of mind.

The mind is basically foolish due to defect in nature, but the intelligent element is coloured with the person who sees and the mind appears to be intelligent, this is the form of mind coloured with the looker. Some devotees have the illusion of non existence of intelligence of mind and other persons different from it as the mind is coloured with the looker.

The mind is reflected with external things and perceives like those external things. This is the form of mind coloured with the visible. Some devotees have the illusion of non existence of any external thing other than the mind as it is coloured with the visible.

In this way it is clear that the mind coloured with intelligent looker and visible external world perceives to be of the form of looker and visible. The fact is that it is not looker and it is not visible.

**Question -** ‘हेतुफलाश्रयालम्बनैः संगृहीतत्वाद् एषामभावे तद्भावः’ this and other above mentioned prose description makes it clear that all the behaviours are carried out with mind and all the vices are residing there, then principally it should be the place of enjoyment, in other words, mind is the one which enjoys because it is the owner of all vices and lusts and therefore it should be the owner of enjoyment. Does mind enjoys everything? The answer is no, the mind does not enjoy. Because....

तदसंख्येवासनाभिश्चित्रमपि परार्थं संहत्यकारित्वात्॥24॥

**Word meaning** – Tata – that mind; Asankhyevasanabhi – countless lusts; chitram api – coloured; parartham – for others; sanhatyakaritvata – operates with help of

others.

**Prose meaning** – That mind is for others in spite of being coloured with countless lusts as it operates with the help of others.

**Meaning** – A thing that becomes capable of being used with the combination of different things is known as a thing that operates with the help of others. For example, a house. We see everywhere that such a thing is not for us but for others, like house, it is not for house, it is for the residence of others. In the same way, mind is also made with the combination of three qualities, namely, satva, raja and tama. Therefore it is said to be operating with the help of others and it should be for others due to this quality.

Although it is true that mind is coloured with different lusts and principally it is known as the one who enjoys because it is the place where the lusts reside, mind also becomes the place of lusts not others. But, here we should not forget that mind operates with the help of others, which is not for itself but it is a thing. In other words, it is for the purpose of enjoyment of man. In this way, it is clear that mind has two sides, happiness and sadness, they are not for enjoyment of mind and the mind that has practical knowledge is also not for the mind, but both the types of mind are for men. In a nutshell, the soul of the person who sees is the one who enjoys, not the mind.

The difference between mind and man has been explained with the medium of logics, but what is mind?

**What is soul?** How is it? These facts cannot be understood with logics because it is the matter of experience. The original form can be understood or realized only through entering the stage of deep meditation or Samadhi.

In the next edition, light will be thrown on the stages of deep meditation etc.

When will the queries of the devotee pertaining to his soul get resolved? These shall be looked into in the next chapter.



Vaishakh- 22

-Acharya Abhaydeva Vidyalkar

## AROUSE THE INTERNAL FIRE

अग्निमिन्धानो मनसा धियं सचेत् मर्त्यः।  
अग्निमीधे विवस्वभिः॥

-ऋ. 8 । 102 । 22; साम. पू. 1 । 1 । 2।9

Sage: **Pavako Barhaspatya** || Lord – **Fire** || Prose – **Nichrudgayatri**||

**Word meaning** – Manasa – through mind; Agnim – to fire, to soul; Indhan – enlightens it; Martya – man; **Dhiyam** – to good intelligence and good work; Sacheta – should obtain; Vivasvabhi – through rays of knowledge that remove anger; agnim – to this fire; Idhe – enlighten it.

**Appeal** – I light fire everyday and perform the ritual, what was the purpose if this fire could not arouse the internal fire in me. If there is no difference in my life in spite of performing this ritual every day, my behavior and nature remained as it is, good intelligence did not arouse in me and I was not inspired to do good work then this entire ritual is waste. Every external ritual is for the internal progress. The external fire is aroused so that it can arouse the internal fire one day. The internal fire is aroused through the mind, therefore it is said that the internal mental ritual is thousand times better than external artificial ritual. Therefore the man should light the internal fire through his mind. He should enlighten the internal fire and attain good intelligence and get inspired to do good work and go on the path of self progress. Those who involve in thinking, in other words, introspection, self analysis, thoughts and self understanding, chant, contemplate, meditate and try to attain the stage of deep meditation; they get the internal light through these mental processes. Hence, I will also arouse this fire from today. For instance, I will arouse my internal fire through the sun rays (sun-light and supreme soul). All the Vedas providing true knowledge, all the gurus, teachers who give true advice, all the pious thoughts present inside my mind, all are disseminated in different areas of Sun. I will arouse my internal fire everyday through these. This is the clear, straight and wide path of my progress.

# PSYCHOLOGY AND MENTAL HEALTH

-Omprakash Gupta

**P** sychology and Psychiatric science were developed in order to overcome mental tensions and relieve mental reasons responsible for physical diseases. The doctors continued the treatment of physical diseases along with it. At present, medical science has progressed so much in the developed countries but till now these resources have not been able to solve the health problems of the world. The number of deaths caused due to heart failure is increasing day by day. Similarly the number of mental patients is also increasing.

Mental condition depends on the mental condition, which is a very minute thing and on the central nervous system. Nervous system is a medium of functioning of mind because this is the medium of contact of mind with external world and generate internal light. Therefore, we should pay attention on the condition of mind and functioning of nervous system at the time of talking about mental health. But, it is necessary to know that mental side of the personality? What is the effect of mind on body and entire personality?

The roots work in two ways. First, they take the nutrition from the soil and secondly they supply the nutrition to the whole plant. Mind also performs two tasks as it is in between the body and mind. It gets life energy through complete consciousness and supplies it to body and external world. If there is any blockage in the supply of nutrition to the tree, the tree does not have leaves and fruits. Similarly, if the mind does not get complete life energy from consciousness then the body and personality become weak and unhealthy. In this way, mutual balance between mental consciousness and body is very necessary for good health.

Mental health depends on the equilibrium of nervous system. When we do not succeed in materializing our dreams and aspirations then we feel dissatisfaction and disappointment. The best method to overcome it is to develop our thoughts and strengthen our mind. The disappointment of mind has an impact on the body through nervous system. The mind is involved in relieving mental worries in the time of disappointment and

weakens the body and mind. They fail to work quickly and efficiently.

The physical and mental diseases increase due to mental stress. Evidently, the treatment in this case is to bring the mind in such a condition that it overcomes its playfulness. It should be stable and remain in that position. It is possible by strengthening the mental consciousness. When mental consciousness is strengthened, it creates a balance in the nervous system. This has a natural result – the body develops effective and simple work efficiency.

Some diseases are completely physical, there are no mental causes, even then it holds true that the patient has an emotional and mental tendency towards the disease, which might not be the reason for that disease but it has effect on disease.

Every person creates his own environment. Not only that every person is affected with this environment. We have learnt that health depends on the mental condition. Therefore, mind and body should be in conscious state in order to enjoy good health. The environment automatically becomes conscious when mind and body come to the state of consciousness and then it creates physical and mental balance.

According to psychologists, there is a direct relation between body and mind. If our mind is filled with negative and disappointing thoughts then it has negative impact on our body. On the other hand, if our mind is occupied with positive and good thoughts then it has positive impact on our body. According to a survey conducted in America, people with positive thoughts recover faster after surgery when compared to those who have negative thoughts. The pace of recovery in case of positive people is more than negative people.

The importance of positive thinking is not limited till here, if our thoughts towards life are positive then life is cheerful for us and if we have negative thoughts towards life then it will be difficult to pass even one day.

# BALANCE OF PAYMENT AND MYTH OF EXPORT

-Rajiv Dikshit

**Nation is facing a serious economic problem due to reducing exports, which is more severe than terrorism because it has created political, economic instability and danger of poor governance. This problem has been created due to reduction in exports and increase in imports that has negative impact on the balance of payments. The great economists and planning experts are trying to find a strategy for the last few years to tackle this situation.**

**A** strong argument is given while inviting foreign companies to our country. It is said that Indian products are unable to get share in international market due to poor quality, therefore better production with modern technology will increase exports and improve the balance of payment situation in the country. In other words, it is necessary to have foreign companies in order to encourage exports. But the following table shows that this argument is totally baseless

| Year | India's share in world exports |
|------|--------------------------------|
| 1938 | 4-5%                           |
| 1950 | 2-2%                           |
| 1955 | 1-5%                           |
| 1960 | 1-25                           |
| 1965 | 1-00%                          |
| 1970 | 0-7%                           |
| 1975 | 0-5%                           |
| 1980 | 0-1%                           |
| 1990 | 0-05%                          |
| 1991 | 0-045%                         |
| 1992 | 0-042%                         |
| 1993 | 0-04%                          |
| 1994 | 0-38%                          |
| 1995 | 0-32%                          |
| 1996 | 0-31%                          |
| 1997 | 0-28%                          |
| 1998 | 0-36%                          |
| 1999 | 0-37%                          |
| 2000 | 0-39%                          |
| 2001 | 0-4%                           |
| 2002 | 0-42%                          |
| 2003 | 0-41%                          |
| 2004 | 0-43%                          |
| 2005 | 0-44%                          |
| 2006 | 0-48%                          |
| 2007 | 0-5%                           |
| 2008 | 0-38%                          |

It has been estimated on the basis of reducing exports and recession that India's share in world exports would be only 0.03% by the end of 2010.

Nation is facing a serious economic problem due to reducing exports, which is more severe than terrorism because it has created political, economic instability and danger of poor governance. This problem has been created due to reduction in exports and increase in imports that has negative impact on the balance of payments. The great economists and planning experts are trying to find a strategy for the last few years to tackle this situation.

The problem of balance of payment is not new for India. It has faced this situation several times in the past 60 years of development. This problem came up for the first time in 1957 when India has to import in excess of its exports for its modernization.

The same situation arose in 1966 and India devalued its currency by 57.5% due to external pressure and increases its exports. Later in 1970, the petroleum prices increased heavily and India was facing serious problem. India managed to get out of this situation from the money sent by non resident Indians living in Gulf countries.

The situation changed after 1985. Heavy losses in trade and foreign loans had a very serious impact on our economic condition. The foreign exchange was empty.

Foreign companies are being invited on a

continuous basis to overcome the losses but trade losses are increasing. The total trade loss in 1983-84 was 5871 crores, which increased to 9586 crores in 1985-86. The average trade loss from 1985-86 to 1987-88 was 9412 crores. The trade loss was 7500 crores by the end of 1995 and reached 125000 crores by the end of 2008.

The main reason for this trade loss is the globalization policy adopted by India. More and more multinational companies are being invited with the purpose of improving technology. The number of companies is increasing in India and the imports are also increasing in the same ratio. The imports are reducing continuously. The multinational companies are unable to fulfill their targets of exports. In the year 1988-89, 293 multinational companies could not fulfill their export targets. The situation was same till the end of 2008.

In spite of this, Indian government is giving freedom to the multinational companies under the pressure of World Bank and International Monetary Fund. Actually, the exports of multinational companies remain at 0.5% of India's total exports.

According to the March 1992 report of Reserve Bank of India, 326 multinational companies exported worth 810.37 crores rupees in 1987-88 whereas the total exports of India were worth Rs.15674 crores. The multinational companies come to India in the name of increasing exports but the basic aim is to capture the Indian market. According to the annual report of political economy of India, 144 multinational companies with more than one crores paid up capital exported worth Rs.412.71 crores in the year 1986-87 whereas the total turnover of these companies was Rs.9879.77 crores. In other words, these 144 multinational companies exported only 4.18 percent of their total turnover. According to the same report, these 144 multinational companies sold goods worth Rs. 8997 crores in the year 1985-86 but the exports were worth only Rs. 384.67 crores. In other words, the total exports were just 4.23 percent of total sales. The situation was same till 2008. The total share of foreign companies in total Indian exports is just 5.6 percent.

Indian government had devalued Indian currency up to 33 percent in July 1991 under the pressure of World Bank and International Monetary Fund. The Finance Minister presented the argument that devaluation has been done in order to increase exports.

But in spite of that the exports were 15 percent less in 1991-92 when compared to 1990-91. On the other hand there was an average increase of 16.8 percent in exports in the last five years. The imports increased from 9.7 billion dollars to 18.1 billion dollars in these five years. But, exports reduced to 17.8 billion dollars in 1991-92.

| Year      | Export<br>(Rs. Crores) | Import<br>(Rs. Crores) | Loss<br>(Rs. Crores) |
|-----------|------------------------|------------------------|----------------------|
| 1979-80   | 6,418                  | 9,143                  | 2,725                |
| 1980-81   | 6,576                  | 12,544                 | 5,967                |
| 1981-82   | 7,766                  | 13,887                 | 6,121                |
| 1982-83   | 9,137                  | 11,913                 | 1,776                |
| 1983-84   | 10,169                 | 16,039                 | 5,871                |
| 1984-85   | 11,959                 | 18,680                 | 6,721                |
| 1985-86   | 11,578                 | 21,164                 | 9,586                |
| 1986-87   | 13,315                 | 22,669                 | 9,354                |
| 1987-88   | 16,396                 | 25,633                 | 9,296                |
| 1988-89   | 20,646                 | 34,202                 | 13,556               |
| 1989-90   | 28,234                 | 41,173                 | 10,640               |
| 1990-91   | 32,553                 | 43,193                 | 10,640               |
| 1991-92   | 44,042                 | 47,851                 | 3,806                |
| 1992-93   | 14,921                 | 52,205                 | 10,284               |
| 1993-94   | 55,824                 | 57,649                 | 1,825                |
| 1994-95   | 65,482                 | 71,247                 | 5,765                |
| 1995-96   | 67,412                 | 73,216                 | 5,804                |
| 1996-97   | 68,316                 | 74,418                 | 6,102                |
| 1997-98   | 75,174                 | 82,818                 | 7,644                |
| 1998-99   | 84,164                 | 94,204                 | 10,040               |
| 1999-2000 | 96,140                 | 1,55,578               | 59,438               |
| 2000-2001 | 1,04,162               | 1,75,620               | 71,458               |
| 2001-2002 | 1,09,124               | 1,80,216               | 71,092               |
| 2002-2003 | 1,10,232               | 1,89,216               | 78,984               |

**The trade loss increased at a fast rate after 1988. The average Indian export is 60 percent of import payment.**

| Year    | Export<br>(Rs. Crores) | Import<br>(Rs. Crores) | Loss<br>(Rs. Crores) |
|---------|------------------------|------------------------|----------------------|
| 2003-04 | 296969                 | 359108                 | 62139                |
| 2004-05 | 375340                 | 501065                 | 125725               |
| 2005-06 | 456418                 | 660409                 | 203991               |
| 2006-07 | 451168                 | 680941                 | 229773               |
| 2007-08 | 552168                 | 675580                 | 123412               |



## STOP KILLING ANIMALS, SAVE ENVIRONMENT

-Chetan Thakur

**T**he increasing demand for wearing leather clothes and shoes is the reason for killing animals at a large scale. Man is like a demon who is gaining out of animal's blood, skin, hair and bones. How can he murder the nature?

The question is as to how do we get this leather from? It is evident that it comes from animals. Millions of animals are being butchered mercilessly in the tannery houses. We also hear that the live animals are exposed to several degrees Fahrenheit to obtain the soft skin in these special tannery houses. The people who are involved in this work know better but where is justice? Do we have any court, judiciary, justice in this civilized society for these innocent creatures?

Lot of advertisements is made to sell these leather products and it is evident that animals are being killed at a large scale. We should be thankful that there are no advertisements in the newspapers showing that particular branded flesh of animals is not being sold by the companies like cloth companies. The most surprising fact is that the animal welfare ministry, animal welfare board, animal lovers and animal activist are silent about this. Why are they keeping their eyes closed? Why a person like Lal Bahadur Shastri has not taken birth who had invited the countrymen for one meal to overcome food grain problem? Why is there nobody like Mahatma Gandhi who dares to boycott foreign goods? In such a situation, we can expect an appeal from saints and mentors who inspire us to walk on the path of God. We can expect to hear such an appeal from Swami Ramdev Baba who has extended the reach of Yog internationally. We can expect to see such social reforms from this statesman.

The women activists of PETA protest against animal killing with bare body in foreign countries. But, does this control animal killing? It is a source of entertainment for the men of those countries but it is not useful to control killing of innocent animals.

The question is that is it so difficult to boycott leather products? However it is true that boycott of

leather products will stop animal killing automatically. Profit makers want only profits, be it from leather or cloth or rexin products. Example is in front of us. The profit makers have started manufacturing cloth bags in order to stop the use of plastic bags.

In Afghanistan, every non-vegetarian item being sold has the label 'Halal' on it. It is the tradition of that country. Here, another question arises that why do not the leather products manufactured in India contain the labels like buffalo leather, cow leather, goat leather etc? The people should come to know about this business. It is clear that it cannot be written. How is it possible at a place where there is permission to kill buffaloes to get leather? So many other animals like cow, ox, sheep, and goat are also killed in the pretext of killing buffaloes; there it is not possible also.

Sacrificing animals is a religious permission given to us in the name of worship. So how can we expect any kind of human justice? On the whole, it is the innocent animal that is dying and this trend has led to natural imbalance.

The healthy animals are killed and their bodies are cut to sell the meat and skin is used to make purse, belts, shoes, jackets and various other leather products. Why do we give the excuse of religion? If killing the animals is for eating flesh then why only animal meat? Any body can be cut and then flesh cannot be recognized. Do human beings alone have the right to live? Animals do not have the right to live? If it is so, then why do we show unnecessary concern to save nature? A flesh eating animal kills another animal only when it is hungry, but man has the hunger of filling his pocket instead of filling his stomach.

Every day we hear about campaigns to save nature. Big arguments are given, but are we really serious to save nature? If Project Tiger is necessary to save tigers for the nature then grass eating animals should also be saved for the nature. After all, man has started eating the food of tigers. Then what is the need to save tigers? When will the environment lovers, social workers and leaders understand this fact?

## REVOLUTIONIST SAVARKAR



-Premchandra Shastri

स्वतन्त्रता हित निर्भय होकर, लड़ता रहा निरन्तर।  
भारत माँ का लाल दुलारा, स्वातन्त्र्य वीर सावरकर॥  
संघर्षों से सदा जूझना, ही जिसको अति भाया।  
महासिन्धु में कूद पड़ा, सारी धरती दहलाया॥  
स्वतन्त्रता के प्रथम समर का, जिसने लिखा सही इतिहास।  
जिससे भारत के युवकों ने, ग्रहण किया था प्रबल प्रकाश॥  
एक साथ दो आजन्मों का, दण्ड मिला कारा प्रवास।  
फिर भी अपराजेय सदृश वह, नहीं हुआ किंचित् हताश॥  
बन्धनमुक्त बनाने माँ को, करता रहा सतत संघर्ष।  
ऐसे वीर जयी सेनानी से, गर्वित है भारतवर्ष॥  
ऋषिवर दयानन्द के जीवन से, वह हुआ अनुप्राणित।  
भारत माता की वेदी पर, किया सतत सर्वस्व समर्पित॥  
स्वतन्त्रता हित कष्ट निरन्तर, उसने सहन अपार किया।  
अंग्रेजों की संप्रभुता को, निर्भय ही ललकार दिया॥  
'जीवित शहीद' के सम्बोधन से, हम करते उसको सम्मानित।  
उसके अथक प्रयासों से हो, गया राष्ट्र गौरव अन्वित॥  
जिसकी सुनकर सिंह गर्जना, लन्दन तक थर्राता था।  
स्वतन्त्रता की क्रान्ति अग्नि का, वही अमर उद्गाता था॥  
निज वीरत्व प्रदर्शित करके, राष्ट्र चेतना की जाग्रत।  
युवकों में बल प्राण फूंक कर, डटा रहा योद्धा अप्रतिहत॥  
क्रान्ति लिए सी कविताओं ने, तेरी रण का बिगुल बजाया।  
हिमगिरि से ले हिन्द जलधि तक, कण-कण सारा राष्ट्र जगाया॥  
ऐसे माँ के अमर सपूतों! का कोटिक है अभिनन्दन।  
राष्ट्र प्रणेता की स्मृति में, युग के कवि का अभिनन्दन॥

**Synopsis:** The poet is praising the brave revolutionist Savarkar. He fought fearlessly for India's independence. He always liked to face challenges and jumped into freedom fight. The Indian youth got inspiration from Savarkar who had created history in the first freedom struggle of India. He was arrested and put behind bars but did not deviate from his path. He continued his efforts to free motherland and sacrificed everything for its sake. He tolerated all sorts of problems and challenged the British fearlessly. We honor him as living martyr and feel proud of his efforts. His roar had shaken the British government in London as well and he aroused the patriotic feeling in the countrymen by showing his courage. He inspired the youth and stood tall in all situations. India bows down in front of such great heroes of motherland and pays tribute to the great freedom fighter.

## TEARS OF GANGA

-Indira Bhatia

सुन सुनकर लोगों की बातें,  
गंगा हुई उदास, देखो गंगा हुई उदास!  
मैला करते खुद ही मुझको  
फिर कहते हैं मुझे अपावन।

मैं तो थी सदियों तक पावन,  
करती थी मैं सबको पावन!

माता मुझको कहने वाले,  
पूजा मेरी करने वाले,  
मैली मुझको कहने वाले,  
धोते मुझमें मैला दामन!

मैं तो थी सदियों तक पावन,  
करती थी मैं सबको पावन!

मुझको माता कहना छोड़ो,  
पूजा अर्चन करना छोड़ो,  
मुझको मैला करना छोड़ो,  
क्या कर सकता केवल शासन?

मैं तो थी सदियों तक पावन,  
करती थी मैं सबको पावन!

प्रकृति प्रेम की बातें करते,  
पेड़ काटते कमी न करते,  
नदियों का जल दूषित करते,  
ज्ञानी कहलाते बिन कारण!

मैं तो थी सदियों तक पावन,  
करती थी मैं सबको पावन!

सुन सुनकर लोगों की बातें,  
गंगा हुई उदास, देखो गंगा हुई उदास!

**Synopsis:** The poet is talking about the polluted Ganga and says that she is sad because of her present condition. The people first pollute it and then call it impure. Ganga says that she was pure for ages and used purify everybody. Those who call me mother; worship me and call me impure, wash their dirt in my water. Ganga is asking people to stop calling her mother and worshipping her. She requests people to stop polluting her and questions as to what the government alone can do about it? She comments on the so-called intellectual class which talks about nature love, cut trees and pollute the rivers. Today, Ganga is sad to hear such talks from people.



### **Cultural night ended at Patanjali University**

- ❖ **Patanjali University is establishing cultural values – Vice chancellor**
- ❖ **Students should be introduced to cultural heritages – Vice Chancellor**

A cultural night was organized in the auditorium situated in Yoggram on the occasion of completion of first semester of students pursuing one year diploma course in Yog and Panchakarma run by Patanjali University. The main objective of this program was to ensure overall development of the students along with education and to keep them abreast with cultural values.

Chancellor of the university, Yogrishi Swami Ramdev Ji Maharaj congratulated the students on the successful completion of the first semester and said that the cultural values are getting destroyed due to changing culture. At the same time, Patanjali University is arousing the cultural values among the students. He said that students should also take part in sports, music, dance, various dance forms and cultural programs. He said the students of Patanjali University will be made strong and bold so that they excel in every examination and make the Patanjali University proud.

The Vice Chancellor of the university, Acharya Balkrishna said that students are future of India. They should get an opportunity for overall development along with good education. They should be introduced to our cultural heritages in order to get overall development.

The students presented devotional songs, patriotic songs, folksongs, poems, dramas and group songs on this occasion.

- ❖ **Survey on the feasibility of Food Park in Nepal on the model of Mega Food Park**
- ❖ **Patanjali Mega Food Park is an inspiration for farmers of whole world – it is a source of employment – Dr. Chandra Mohan**

The construction of world's biggest 'Patanjali Food and Herbal Park' in the Padartha village of

Haridwar district in the Uttarakhand region has been completed. This park has created enthusiasm in the people of India and abroad. Honorable President of Nepal, Dr. Ramvaran Yadav had sent his son and daughter to find out about the possibility of establishing an herbal Food park in Nepal and also learn about the welfare programs being carried out by revered Swami Ramdev Ji Maharaj.

Dr. Chandra Mohan Yadav said that this mega Food Park is a source of inspiration not only for Indian farmers but of whole world and will become a strong source of employment. It will provide healthy and organic food to the people. This will keep the people healthy and disease free.

Dr. Yadav said that he had come to India to see the welfare programs carried out by Swami Ramdev and Acharya Balkrishna through Yog and Ayurved and to find out the possibility of setting up a Mega Food Park in Nepal on the model of Patanjali Food Park but after coming here I have realized that they have done more work than I have heard about it. They were doing lot of work through Yog and Ayurved for the mankind. Patanjali Yogpeeth has crossed the geographical boundaries and working on the lines of 'World is my family.'

Acharya Balkrishna said on this occasion that at present farmers are not getting the right price for their products. Middlemen are grabbing their share. Patanjali Food Park will provide employment to thousands of families and help in their prosperity. India will process products based on agricultural produce to entire Middle East in the future. India will also play an important role in overcoming the food crisis in the world.

Acharya Ji said that Patanjali Yogpeeth will also provide technical knowledge to the farmers in entire Uttarakhand through various centers along with technique to procure high quality seeds and manures.

Dr. Chandra Mohan Yadav and Anita visited Patanjali Food and Herbal Park and also visited the first phase, second phase of Patanjali Yogpeeth, Divya Pharmacy, Yog Gram, Patanjali Ayurved College and Divya Nursery.

### **National youth organization camp**

- ❖ **Full time male and female volunteers blessed and guided by Saints**
- ❖ **Swami Ji and Acharya Ji are doing commendable job through Yog and Ayurved – Rameshbhai Ojha**

Swami Ramdev Ji Maharaj and Acharya Balkrishna Maharaj have started the mission of making the mankind healthy and cheerful through the medium of Yog and Ayurved and this mission has become suc-

cessful. This work is indeed commendable. The full time male and female volunteers came to attend youth organization camp to associate themselves with this pious mission of Patanjali Yogpeeth.

The full time male and female volunteers coming from different regions of the country in the youth camp organized under the second phase of Patanjali Yogpeeth obtained guidance and blessings from renowned saints, on this occasion revered Rameshbhai Ojha presented his views.

Chancellor of Dev Sanskrit University and Chief of Gayatri Parivar, Dr. Pranav Pandya said that Swami Ramdev has begun the mission of world unity through the medium of Yog. He said that our cultural prestige has reduced after independence.

- ❖ **India pride mission will save India's culture and civilization – Sudhanshu**
- ❖ **Yog should be extended in the light of knowledge of Baba – Morari Bapu**
- ❖ **Volunteers should involve in taking forward the culture and nation building – Acharya Balkrishna**

Swami Ramdev Ji Maharaj is the great propagator of divine culture and Acharya Balkrishna is the follower of Charak and Sushrut are both standing together. Patanjali Yogpeeth is the bridge of two ages of Rama and Krishna. People of India should meet on one common platform and collectively work for building new India. Swami Ji is uniting the world and this good effort is commendable. It is the time to wake up. Life has something new to do. Our culture and civilization is at stake therefore Swami Ji had to start the India pride mission. This India pride mission will save India's culture and civilization. Now, world awareness mission and Patanjali Yogpeeth will extend scope of Indian culture and public awareness in the whole world.

Founder of World Awareness Mission, Acharya Sudhanshu Maharaj presented his views during the national youth organization camp conducted under the second phase of Patanjali Yogpeeth. The full time volunteers were getting blessings and guidance during this occasion. He said that guidance is necessary to take forward the objective of life of a person.

Revered Acharya Balkrishna Maharaj said that we faced all sorts of difficulties in our way and people created lot of hindrances. But our mission proceeded with god's blessings and people's support and god opened all the blocked paths. We continued the work of trust amidst negativity, adversity and serious conditions. Acharya Ji addressed the volunteers and said that you all are involved in the task of nation building and uplifting the

culture. You have to work in the interest of the nation. Will power is required to become successful and you all should work with strong determination.

Revered Morari Bapu talked on the occasion and said that you do not require guidance in Yog education because you have already obtained the path. Millions of people in India and abroad have reaped the benefits from Yog propagated by revered Swami Ramdev Ji Maharaj.

He addressed the volunteers and said that you are dedicating your lives; therefore you should be fully engrossed in this task and spread the knowledge of Yog after gaining knowledge from Baba.

**There is no other Ayurvedic college like Patanjali**

- ❖ **Treatment of common man is above all religions: Azad**

Union Health and Family Welfare Minister, Shri Gulam Nabi Azad said that health of common man and the treatment of diseases are above all religions. As blood and disease do not religious differences, similarly, healthy life style and medical system should also be seen above religion. While inaugurating the Patanjali Ayurved College at Baharadabad, he said that he has seen many Ayurvedic colleges in India and abroad but he did not see an Ayurvedic college like this that is built on complete scientific and modern standards, which has a huge OPD, IPD facility, pathology lab, and large drug manufacturing units, herbal research and other facilities are available.

Swami Ramdev said that today Patanjali Yogpeeth family has completed 15 years and celebrating glorious moments of national and public service. He said that presence of union Health and Family Welfare Minister Shri Gulam Nabi Azad on the occasion of inauguration of Patanjali Ayurved College is the begging of golden period for the world's biggest medical institute based on Vedic knowledge.

He ensured to present world's best Ayurvedic vaidyas and expressed hope that Indian government will also give priority to Yog and Ayurved in order to provide health benefits to common man. Today 67% of people do not get health facilities and 93% people are unable to afford medical costs, healthy and transformed people should lay the foundation for building a strong and prosperous nation.

- ❖ **Patanjali Food Park will prove a milestone in the path of making 70 crores farmers of the nation prosperous: Sahay**
- ❖ **The second phase of Patanjali Yogpeeth will be constructed in Himachal in 2010: Swami**

## **Ramdev**

### **❖ Swami Ramdev has created history by uniting sage and agriculture revolution, health and prosperity: Nishank**

Swami Ramdev will come to India's center and guide the world: Shivaraj Singh Chouhan's invitation

Union Food Processing Industry Minister, Subodhkant Sahay said that it is irony of agriculture based country India that 80 to 90% of food products are processed in the world whereas only 2% of fruits and vegetables and 6% other food products are processed in India. This ministry will try to increase this level up to 10%. But, until the fruit and vegetable cultivator in every state of India take it seriously, 70 crores Indian farmers will not get respectable price for their produce, the products will not get value addition and they will also not get path for prosperity. Subodhkant Sahay was present at Padartha, Haridwar to inaugurate the world's biggest Patanjali Herbal and Food Park and addressing the people on this occasion. He said it is the strong determination and foresight of Swami Ramdev that this food park is a milestone in the direction of health revolution and made in the interest of public.

Uttarakhand's Chief Minister, Dr. Ramesh Pokhriyal Nishank presided over the function and said that the whole region was a divine land and also an organic land. He said that swami Ramdev has created history by uniting sage culture and agriculture, health and prosperity. The state government will welcome such efforts made in the interest of farmers and common man.

Chief Minister of Madhya Pradesh appealed Swami Ramdev Ji Maharaj that he should visit Bhopal and open new chapters in the path of sage revolution and agri revolution and show the path to the whole world. This path should help the person leading a good mental and physical life. He also said that Swami Ji should simply order him and Madhya Pradesh government is ready to involve in this mission mentally, physically and financially, with land and seven crores citizens of Madhya Pradesh.

Chief Minister of Himachal Pradesh, Prof. Prem Kumar Dhoomal present on this prestigious occasion said that he has provided minimum price guarantee for herbal products to farmers with Patanjali Yogpeeth for the first time. He declared that it will provide 700 tonnes apple concentrate produced everyday by the government to the domestic market through Patanjali. Around 25 acres of land has been finalized in Solan district of Himachal Pradesh where Patanjali Yogpeeth will be set up and become a boon for the whole state. Swami

Ramdev agreed this proposal and declared that this work will begin in 2010.

### **Agricultural conference in Patanjali Food and Herbal Park**

### **❖ Swami Ji has made world's biggest Mega Food Park and increased the prestige of Uttarakhand – Virendra Singh Ravat**

### **❖ Swami Ji's dream of making labourers and farmers owners has materialized: Acharya Balkrishna**

Today, Yogrishi Swami Ramdev Ji Maharaj has made the world's biggest Mega Food Park – Patanjali Food and Herbal Park in Uttarakhand and increased its prestige. He has provided good health to the people through Yog revolution and is now willing to change the condition and direction of farmers with agri revolution. Only 52% of the world's land is under cultivation, out of which 20% is in India. But, unfortunately, only 2% food is processed in India. The cultivators of Uttarakhand are very fortunate that their produce will be processed here itself which will give them better price for their crops. It is for the first time that minimum price has been determined for herbs in the state with the initiative of Swami Ji.

Uttarakhand Agriculture Minister, Shri Trivendra Singh Ravat was talking to people on the Agriculture conference organized at Patanjali Food and Herbal Park at Padartha, Haridwar. He said that this is a good step to strengthen the economical condition of farmers.

Acharya Balkrishna said that revered swami Ramdev Ji Maharaj had dreamt of making the labourers and farmers owners. Today it has come true. Herbal products based on agricultural produce like juice, flour, daily use food items will be produced here with the help of herbal technique for the betterment of public health. The middlemen are earning profits by selling the agricultural produce in an unorganized manner. The main objective of Patanjali food and Herbal Park is to provide correct prices to the farmers.

Yogrishi Swami Ramdev Ji Maharaj talked on this occasion and said that India is the land of villages. Indian farmers should be prosperous if India has to prosper. Therefore, Patanjali food and Herbal Park has been established at Padartha, Haridwar to begin agri revolution in India after Yog revolution. Swami Ji said that agri and sage tradition can alone change the condition and direction of India. Income of cultivators will increase with the development of food processing industry in India and they will get good price for their agricultural produce. Several members of legislative assembly present on this occasion also expressed their opinions.



**Revered Swami Ji and Acharya Balkrishna Ji lighting the lamp at the inauguration of cultural program**



**Daler Mehndi and other artists tying the turban to Swami Ji Maharaj**



**Swami Ji and Acharya Ji presenting citation certificate to famous singer Daler Mehndi**



**Agriculture Minister Shri Trivendra Singh Ravat and Acharya Ji lighting the lamp at Kissan Sammela at Padharta**



**Swami Ji and Acharya Ji honouring Agriculture Minister**



**Revered Swami Ji Maharaj, Acharya Ji, Agriculture Minister and special invitees seated on dais during Kissan Sammela**

## GRAND INAUGURATION OF PATANJALI FOOD AND HERBAL PARK



**Board showing different services of Patanjali Ayurved under Patanjali Food and Herbal Park**



**Honorable Chief Minister of Madhya Pradesh, Shri Shivraj Singh Chouhan starting a unit of products**



**Honorable Chief Minister of Uttarakhand, Shri Ramesh Pokhriyal 'Nishank' starting a unit of products**



**Union Food Procurement Minister Shri Subodhkant Sahay, Chief Minister of Madhya Pradesh Shri Shivraj Singh Chouhan, Chief Minister of Uttarakhand Shri Ramesh Pokhriyal 'Nishank' and Chief Minister of Himachal Pradesh Dr. Prem Singh Dhoomal lighting the lamp along with Yogrishi Swami Ramdev on the occasion of inauguration of Patanjali Food and Herbal Park**



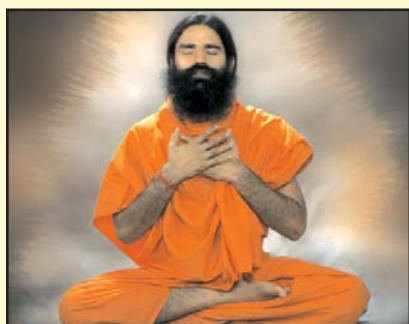
**Special invites seated on the dais during the inauguration ceremony of Patanjali Food and Herbal Park**



**Reverend Swami Ji Maharaj accepting various certificates related to Herbal Food Park**

# ETERNAL WISDOM

## HONOUR OF FIVE MOTHERS AT STAKE



The mother who has given birth to us is being teased openly. Girls, sisters, daughters and daughters-in-law are all various forms of mother. The woman, mother is being used as a source of enjoyment, and considered as a product of the market or advertisement. The argument expressed in pretext is that nudity is saleable. Therefore, it is shown and sold. The exploitation of woman by the society, using woman for sexual satisfaction, forcing her for prostitution, encouraging men to use condom just to prevent AIDS, this mentality is a big insult to the woman or mother.

The honour of woman or mother and her ideals have become a matter of joke in pubs, restaurants and dance bars. This is an ugly joke with Indian culture. I want to ask very humbly that does a prostitute also like to see her daughter getting into the same trap? Do any civilized parents want that their young daughters visit

pubs with hooligans, smoke cigarette or take drugs, show vulgarity with characterless boys and enter into prostitution? Does any father engaged in the trade of alcohol, cigarette and drugs want to see his innocent children falling into the whirlpool of destructive drugs and destroy their lives? Even a person trapped in this dirty habit would not like his children to fall into the same trap. A thief, criminal and ill character person would like his children to be honest, sane and possess strong character. Today, we have to protect the honour of woman and mother and her human values from ill character people. The personal, moral values are getting buried and national character is getting destroyed in the name of development. We have to protect both with strong determination.

The character of mother is being blemished and the motherland is also blemished seriously in the name of corruption, poverty, unemployment, violence, crime, terrorism, hunger, social injustice, and governance. We will free the motherland from corrupt, dishonest, criminal and characterless leaders. Our ancestors used to worship the Vedas from ancient times as Vedas provided knowledge. Vedas are the primordial texts of our creation and it is our cultural, spiritual and national duty to protect the Vedas and vedamata. We can conduct research on Vedas and take a vow to protect the Vedas and Vedic tradition.

It is believed that 36 crores gods and goddesses live in Vedas, our ancestors used to pray and protect cow because it possessed affection, sympathy and care like mother, it worked only for the welfare of the mankind. The cow mother is being slaughtered in butcheries everyday in large numbers and is the main reason for natural imbalance, floods, earthquakes, excessive rain, famine, violence and crime. The killing of cow, buffaloes and innocent creatures in butcheries and their painful cry and sorrow is creating negative energy in the whole country. Cow slaughter is the reason for serious destruction and sorrow. We believe that killing of cow, buffalo and other innocent creatures is unethical. All the living creatures have the right to live and lead a comfortable life like human beings. India is the land of lord Mahavir, Mahatma Gandhi, Swami Vivekananda and Maharishi Dayanand Saraswati and other non-violent saintly people. India believes in values like truth, non-violence and discipline. We will wipe out the dark spots of defame present on the face of our pious nation due to killing of cow mother.

Ganga represents our faith, devotion and belief. The inefficiency of corrupt leaders and governments is the biggest hindrance in the path of making Ganga pollution-free and clean. Corruption is deep rooted in this process, as a result, only two percent water remains in the Ganges and the rest 98 percent is from sewage, factories and other waste. The Ganga which purifies everybody has become impure today. The purity and cleanliness of water is more close to human welfare than religion. We believe that nation's water, land, air and sky should be clean and pure in order to protect human life. We are determined to purify all the rivers of the nation along with Ganga and create clean India.

Swami Ramdev