

Nation building is possible only with the help of healthy thoughts? Swami Ramdev

In the Yoga Camp organized in Ahmedabad (Gujarat), respected Swami Ramdevji said that when anti-nationalists do not cease to increase their numbers, then nationalists should also continuously increase in numbers. The 6-day camp was organized in Madhab Residency Flat, Vastral, by Prembhai Badgujar Sewa Trust, a supporting organization.

Commenting on the statement made by the Chief Minister of Kerala on the martyrdom of Major Unnikrishnan during the terrorist attacks on Mumbai, Swami Ramdev said that even an anti-national does not say such words. Blasts occurred in Mumbai, Ahmedabad and Delhi but politicians are not seen to be



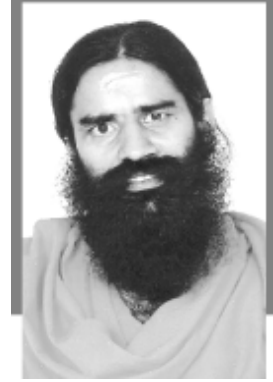
Engrossed participants in the Ahmedabad Yoga Camp

affected at all.

Naming Sardar Patel as a true leader, he said if Patel had not united 500 princely states, the country would have broken down. The same leadership qualities of Sardar Patel are needed today to get rid of the menace of terrorism. His aim was nation building with the help of healthy thoughts. It is only with the help of such thoughts that a healthy life is developed and hence he completed engaged himself in bringing about change in thoughts and opinions.

Swami Ramdev said that good thoughts will reach each citizen of the nation through the media and this will lead to development of the nation. He also expressed gratitude to the organizer, Prembhai Badgujar Sewa Trust, members of the Prembhai Badgujar family, the Patanjali Yogpeeth State in-charge, Shishpal,

Women in-charge, Gita Behn, and the Yoga teachers of Ahmedabad.



‘Large possibility of cooperation between India and Nepal’ – Gachda

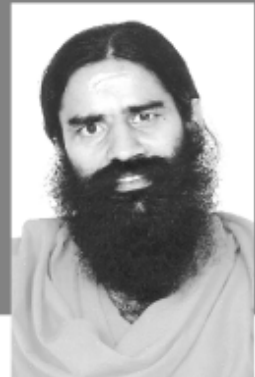
The cultural background of India and Nepal is the same. Following a recent political change, Nepal too is now a democracy. Following the establishment of democracy, the people of Nepal have a lot of expectations from the government. The Nepal government is now looking towards Patanjali Yogpeeth with a lot of hope and is hoping that it will be able to satisfy the cultural, spiritual and medical needs of the people of Nepal through the medium of Patanjali Yogpeeth. I have come here to discuss the various possibilities of mutual cooperation with Patanjali Yogpeeth in the spheres of Yoga, Ayurveda, herbal research, culture and spiritualism. At the same time, various herbs and medicinal plants are found in Nepal in large quantities. Thus, if Patanjali Yogpeeth and the Nepal government work in mutual understanding, then this will greatly benefit the farmers, doctors, scientists and people connected with the Ayurveda in both the countries.

The above-mentioned words were spoken by Nepal’s PWD minister and the leader of the parliamentary team of the Madheshi Janadhikar Forum, Shri Vijay Kumar Gachda.

Shri Gachda said that it is the wish of the Prime Minister of Nepal and of all members of the govern-



Nepali team visits Patanjali Yogpeeth in search of Yoga and herbs



ment that along with Yoga and Ayurveda, the work of preservation, conservation and research of medicinal plants should be carried out with intensity in the Patanjali Yogpeeth established earlier in Nepal. Shri Gachda visited Patanjali Yogpeeth with his wife, Smt. Nirmala Gachda. With them on this occasion was the chief secretary of

Vishwa Hindu Mahasangh, Shri Arjun Prasad Bastola, a collaborator of Patanjali Yogpeeth, Sahdev Kachpati, and member of the Nepal Patanjali Yogpeeth, Shri Shaligram Singh. Shri Gachda was warmly welcomed on reaching Patanjali Yogpeeth. On his arrival, he was garlanded warmly with flower garlands by the chief administrator of the Trust, Acharya Balakrishnaji and many others.

With Acharya Balakrishnaji, he toured the many departments and sub-departments of Patanjali Yogpeeth, out-patient department (OPD), Pathology lab and research centre, Radiology lab and research centre, Ophthalmologic treatment and research centre, Panchkarma treatment and research centre. He also visited the herbal garden situated nearby. After this he also toured the huge medicine manufacturing units run by the Trust.

Influenced by the various activities of the Trust, he said that under the able guidance of Swami Ramdevji and Acharya Balakrishnaji, the organization is doing a lot of commendable work at the global level. He said that Patanjali Yogpeeth is the foremost organization doing work on Yoga and Ayurveda.

A representative group from Afghanistan praises the work done by Patanjali Yogpeeth.

A 16-member team from the Kabul, Afghanistan, centre of ICIMOD comprising representatives from business, agriculture, industry and allied sectors came on a visit to Patanjali Yogpeeth. This group had come to Patanjali Yogpeeth to study the various programmes specially organized by Patanjali Yogpeeth. The group was warmly welcomed on reaching Patanjali Yogpeeth. On their arrival, they were greeted with floral garlands by the chief administrator of the Trust, Acharya Balakrishnaji along with other members of Patanjali



A representative group from Afghanistan in Patanjali Yogpeeth, Haridwar

Yogpeeth.

The leader of the Afghani group, Abdul Haque, expressed his gratitude on the occasion and said that the organization is doing marvelous work under the able leadership of Swami Ramdevji and Acharya Balakrishnaji. He said that Yoga and Ayurveda are ancient methods and spiritual knowledge and asked these to be initiated in Afghanistan too.

From ancient times, the people of India and Afghanistan have been close friends and shared their joys and sorrows. He said that just as Swami Ramdevji has brought about good tidings among the people of various nations across the globe with the help of Yoga and Ayurveda, Afghanistan should also get the benefits of this ancient knowledge. At the same time, he also requested Patanjali Yogpeeth to initiate research work on the medicinal plants and herbs found in Afghanistan.

The above-mentioned group toured the many departments and sub-departments of Patanjali Yogpeeth, out-patient department (OPD), Pathology lab and research centre, Radiology lab and research centre, Ophthalmologic treatment and research centre, Panchkarma treatment and research centre. They also visited the herbal garden situated nearby. Earlier, they also toured the huge medicine manufacturing units run by the Trust.

‘Yoga is a part of our life’ – Swami Ramdev

Swami Ramdevji said to journalists in Panipat (Haryana) that Yoga is connected to our lifestyle. Despite this, the common man has come to know of its importance only in the recent years. he took up the resolution of developing a flourishing India, which is rich in culture and tradition.

It is with this aim in mind that he organizes camps at various venues. Till now, over 200 camps have taken



Swami Ramdevji's guru, Acharya Baldevji Maharaj lighting the inaugural lamp in the Yoga Camp organized in Panipat (Haryana)

place in India and abroad for the awareness and enlightenment of people. Yoga has been taught to over 2 crore people directly, and to over 10 crore people indirectly.

Swamiji said that a number of incurable diseases can be cured with the help of Yoga. These include diseases like cancer and AIDS. In certain illnesses, Yoga gives instant relief while in others, the effects can be seen only after some time has passed. Nowadays, people have benefited from Yoga even in problems such as hypertension, asthma and arthritis. He said that each day over 50,000 people attend his Yoga camps organized in various places. Among these, the number of cancer patients is quite a lot. Thousands of cancer patients have regained lost health with the help of Yoga and Ayurveda. In certain diseases including hypertension, people get almost instant relief while in arthritis, up to three months time may be needed.

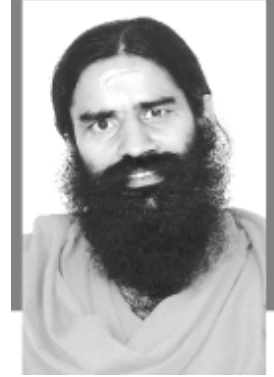
Swami Ramdevji said that being disease-free is a birthright of people. They get this right with the help of Yoga. Yoga is not a treatment method but a philosophy and this philosophy is the road to self realization. With the help of Yoga, people not only can become healthy themselves but they can also remove corruption and hatred in the country. This makes it possible to develop the character of the nation.

'I will wage a war against terrorism' – Swamiji

Karnal. After spreading awareness of Yoga in households across the country, Swami Ramdevji now raises his voice against corruption and terrorism. In this regard, he is in the process of starting a national group of nationalists. He says that his units will be established in over 600 districts within 6 months. Under the banner of

Bharat Swabhiman Sangthan, 5-10 crore people will raise the issues of preservation of cultural values, corruption and anarchy.

Swamiji said this during a programme organized in Srikrishna Goshala. Addressing the assembled audience, he said that the relentless cow slaughter and constant threat to cows is leading to global warming. He also said that in 4-5 years, there will come a day when 25-50 crore people will stand up against cow slaughter and government will have to take action against it. On this occasion, Swami Gyananand requested Swami Ramdev to take up the issue of cow slaughter, just as when he took up the issue of River Ganga and gave it the status it deserved of being a



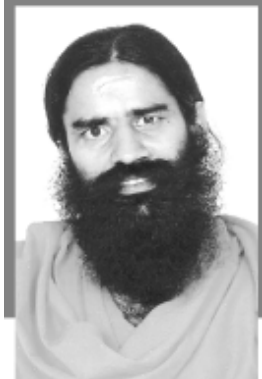
Participants performing Savasana during the yoga camp in Panipat.

national property.

'Disease-free body is the greatest joy in life' – Swami Ramdev

In a Yoga camp organized in Panipat, Swami Ramdev said that a disease-free body is the greatest joy in life. He said constant practice of Yoga is required to be disease-free.

Swamiji said that a disease-free body is the greatest boon. He asked people to take up Yoga in order to be healthy and disease-free. On practicing Yoga, sick people become free from diseases. People have the power to fight against illness only when they are healthy. It has been seen in thousands of cases that the constant practice of yogasanas cures extremely serious diseases



too. He said that people will have to change their lifestyle and become vegetarians. One should get up before the sun rises. He said people should take green vegetables, whole pulses and dalia (bulgar wheat). They should stay away from junk food and packaged food.

Prior to this, the cabinet power minister, Sushil Kumar Shinde, inaugurated the 6-day

camp with a *yagna*. Shinde was presented with memorabilia by Swami Govind Dev Giri Maharaj, Mahant Rajendra Das Kothari, Baba Rijagdas, Siyaram Gupta, Anil Rajesh Suri and Pandit Ved Prakash Parashar.

Conserve energy and strength by drinking lauki (bottle gourd) and amla juice

In the ladies session organized in the Sector-25 HUDA ground, Swami Ramdev informed the participants about the primary yogasanas and the importance of pranayam. He also spoke on how to prevent and control different diseases. Swami Ramdev said that the various cosmetics such as perfumed oils, scents etc are harmful for health. The beauty of a woman depends on her character.

Swamiji said that the juice of amla and lauki should be taken to prevent and control hairfall. Kapalbhathi and Anulom-Bilom should be practiced. Lauki and amla juice is also beneficial for dark circles under eyes, cholesterol, etc. Kayakalp Vati along with amla and lauki juice can be used for prickly heat, for gas and acidity, aloe vera juice should be used. To reduce cholesterol, take warm water on empty stomach in the morning. For wrinkles on skin, apply a face pack of aloe vera juice, Kanti Lep powder, raw bananas, ripe papaya for 10-15 minutes and then rinse with lukewarm water. Make a paste of chironji, almonds, haldi powder in raw milk and apply to enhance the beauty of the face. If haemoglobin is less, take green vegetables, plenty of water, apple juice, luki juice, spinach, etc and practice Kapalbhathi. Do Kapalbhathi in case of weak bones, yellowing of teeth and pyeria. To reduce fat accumulation in stomach, practice Kapalbhathi for a minimum of 15 minutes and Anulom-Bilom for 10 minutes daily. To get rid of al-

lergy problems, practice Kapalbhathi Bhastika for 5 minutes. On blockage of nose, take 100gm almonds, 20gm black pepper and misri and do Kapalbhathi Bhastika. To regularize irregular monthly periods, take the juice of sheesham leaves and lauki. For thyroid, do Ujjaiyi Pranayam.

Swami Ramdev Swami Ramdev said that when we take deep breaths, 4000-5000ml of oxygen gets into our body. Of this, 20% is oxygen and 75% is nitrogen. This nitrogen comes out of our body while breathing out. The oxygen remains inside the body. Advising women on wearing less clothes, he said that women should wear complete attire and keep healthy thoughts.

Consumption with any Yoga leads to diseases—Swami Ramdev

Swami Ramdev said that relentless consumption without any Yoga leads to diseases. We can protect ourselves against diseases by regularly practicing Yoga in this consumer-driven world. For this, it is important to change our life philosophy.

In the Yoga camp organized by Patanjali Yogpeeth in Panipat, the chief guest was parliamentary member Ramesh Kaushik and chief yajman was Shushil Gupta. Swami Ramdev discussed various yogasanas and their importance. He said that people are spoiling their lives with irregular daily routine and food habits. He said that people take medicine to improve appetite, and then take more medicine to help in digestion, and if the food gets digested even more medicine is required. People have made themselves the slaves of medicines. Instead of correcting their daily routine, people have started taking medicine in large quantities to cure their stomach and even the intake of churna to aid in digestion has increased manifold. This is a very bad situation. If your health itself is bad, then of what use is the money you have? Such a situation arises because of relentless consumption without any Yoga. Such consumption without Yoga will always bring diseases. Most stomach problems and diseases can be cured with Kapalbhathi.

He said that our body too is a small 'pind' and there is no difference between it and the Universe. The body is a tiny replica of the Universe. To keep this body healthy and disease-free, we have to change our life philosophy. There is an ongoing cycle of vata-pitta-kapha in our body. Diseases are nothing but imbalance of this cycle. It is important to keep this balance, which is pos-

sible only through Yoga. Kashi-Mathura, Mecca-Medina is present in our body itself. Thus, it is important to keep it healthy. Efforts made in the right time bring results. It is therefore important to start taking the rations of Yoga before a person becomes sick. It is also vital to follow the correct routine for yogasanas and have the essential knowledge of asanas.

Swamiji said that he has taken the resolution of making the country the foremost in the world and this will only be fulfilled with the cooperation and good health of the people.

Saying that work itself is rest and idleness is to be abhorred, he goes on to say that laziness, sleep, jealousy and consumption keeps increasing unless we keep a check on them. Thus it is very important to control them. It is because of laziness and consumerism that majority of the country is in the grip of pizza, burger and cold drinks.

He said that the cold drinks marketed by the multinational companies do not have any nutritional substances and instead have substances which are harmful to the body. People drink them and fall prey to illness. He said that multinational companies are making fools of the people and by feeding us cold drinks, they are actually making the economic situation of the country cold. We are sending the income of the country outside and in this way we are also curtailing the development of the country. He said that we are bearing the bad effects of cold drinks. It is necessary to keep away from them. Elders have to make children aware of the bad effects of cold drinks and at the same time if children see elders drinking them, they should make them aware by saying 'Thanda mutlab toilet cleaner!'

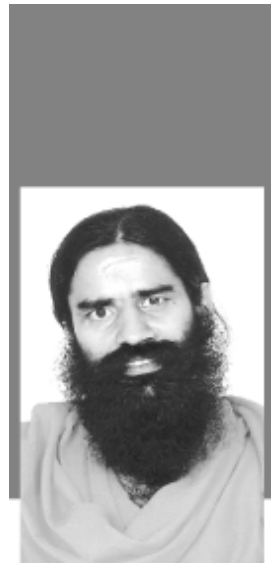
Yoga to be included in curriculum

The Haryana education minister, in Panipat, said that Yoga will be included in the curriculum and for this purpose, Yoga teachers would also be given appointments. This was mentioned by him in the inaugural speech of the evening session of the 6-day Yoga camp organized in Sector 29, HUDA. He asked the students of schools and colleges to show love and respect towards their parents and teachers. He announced that in the coming days, the doors of schools and colleges will be adorned with verses related to the characters of Ram and Sita.

He said that reading the verses before entering the schools and colleges will keep the thoughts of the stu-

dents pure. Strict punishment will be meted out to students who misbehave in schools and colleges. He asked students to leave western culture and to realize the value and preserve the glory of the Indian traditions and culture.

The education minister showed the green flag to a health awareness rally taken out by the children of MD Vidya Mandir located in HUDA, to the Yoga Camp.



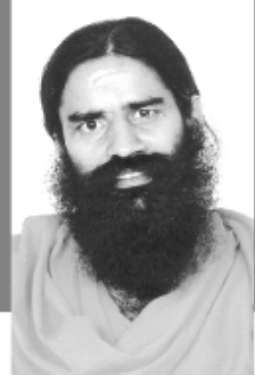
Nothing but the best

Swami Ramdevji said that students use only 10% of their brains. Because 90% of the brain is not used, their full potential is not realized. Thus, to do justice to their potential, students should use 100% of their brain. Children should not accept anything below the best. Any student can achieve success by thinking big, working hard and strong determination, and with this formula they can become number 1. A special camp was organized for students as part of the Yoga camp organized in Sector-29, HUDA. This was presided over by Vivekanandji Maharaj of Gurukul Prabhat Ashram.

Mangeram Gupta, education and environment minister, was the chief guest while Rajkumar Suri, Rajesh Suri and Sandip Suri were present as the main yajman. In this regard, Swami Ramdev said that today's students will become tomorrow's citizens. In order to make them responsible it is necessary to inculcate culture in them from today. Our parents have given birth to us. Each one of us should definitely respect them. Our mother has served us by keeping us inside her womb



Swami Ramdev and members of Patanjali Yogpeeth on the way to pay homage to victims of the Mumbai



for nine months. During this time, the child gets its nutrition through her blood, and later it is with her milk that the child starts his or her journey of life.

He said that all the No. 1 people of the world have only two hands. Everyone wants to be No. 1 but only those people who have an ambition and try to fulfill that ambition

become No. 1. Students should adopt Yoga to attain concentration and practice Pranayam and the pronunciation of Aum. Pranayam is like an institution. It helps in keeping peaceful silence. While it increases concentration, at the same time it also increases the circulation of oxygen in the body by 20 times. When the quantity of oxygen increases, our body gets more fuel and energy. Increasing awareness among students, he said that junk food and cold drinks are very harmful for students.

Terrorist attacks in Mumbai: Yoga teachers donated blood

The dominating factors of our life today are: lack of empathy, personal grudge and the wish to be one step ahead of the neighbours in leading a more comfortable life in this consumerist society. This fragile 'I' is in great hurry to attain immortality. At this moment, the citizens of India are suffering a lot because of terrorism.

Swami Ramdev has said that terrorism can be ended by spiritualism. The mind remains pure and peaceful with the help of Yoga. When the mind becomes restless, the person becomes jealous. Terrorism is the product of a restless mind. When the mind is quiet, thoughts of jealousy and hatred do not enter. With the help of Yoga, pure thoughts come to mind and the person does not hold negative thoughts against anyone.

The terrorist attacks in Mumbai were like an unannounced war on the country and society. Terrorists do not have any caste, nor do they have any religion. Their job is to spread terror. The game of death played by these terrorists on 27 November 2008 in Mumbai caused humanity to bow down its head in shame. In this hour of need, on Swami Ramdev's request, Yoga teachers associated with Patanjali Yogpeeth from across the



Swami Ramdev lighting the lamp at the Rashtrakul Yuva Spardha 2008. From the left are: Director, Poornima Pendse, board members of the Patanjali Yogpeeth Trust, Rajkumar Rathiji, Haribhai Shah, Suresh Kalmadi, chairman of the Rashtrakul Yuva Kriya Spardha and others.

country came forward and set up free blood donation camps in Mumbai and Delhi.

In Delhi's Wellington and Hindu Rao hospitals, Shri Pawan Kumar, Shri Virendra Vikram, Shri Bhagwan Das and Shri Raghuraj donated blood while at Bhagwati J.J. Sayan Hospital, over 50 Yoga teachers donated blood, following the instructions of Swami Ramdev and showed an example of national unity. In Mumbai, Shri Suresh Naik, Shraddha Desai, Dr. Satputeji, Pramod



Swami Ramdev lighting the lamp at 'Nirmal Niramay Pune'. From the left: Maharashtra minister Harshbardhan Patil, Pune Municipal Committee Councilor, Dr. Pravin Singh Pardesi, Patanjali Yog Samiti, Pune Patanjali Yogpeeth Trust's board member, Haribhai Shah

Bhai Shah, Kanan Desai, Rabindra Sharma, Shri and Smt. Suresh Yadav, Shri and Smt. Sagar Chipkar, Namita, Naresh, Sandeep, Tulsi Patel, etc. gave commendable support to the blood banks.

Swami Ramdev made tributes in Mumbai to the martyrs of the terrorist attacks.

**Swami Ramdev made history
'Enormous benefit to sportspersons from Yoga and Pranayam' – Swami Ramdev**

Swami Ramdev inaugurated two historic programmes in Pune (Maharashtra). This is the first time that a spiritual person inaugurated and spoke to the participants at the Rashtrakul Yuva Kriya Spardha. It was inaugurated by Swami Ramdev. Speaking on the occasion, he said that Yoga and Pranayam was very important for sportspersons and explained the benefits they get. He performed the entire set of Pranayams and also got the audience to do so along with him. He also gave detailed information on the results of Yoga and Pranayam.

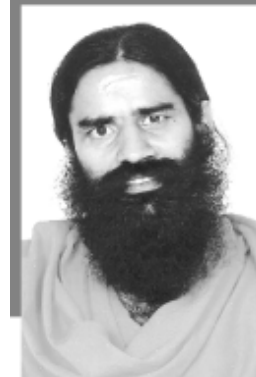
His two-hour speech at the Shiv Chatrapati Shivaji Stadium Balewadi, Pune, was very thought-provoking. Everyone present became emotionally charged. This had such a good effect that some foreign participants first underwent 5-day training in Yoga and Pranayam. Swami Ramdev said that they will spread the knowledge that they have acquired here in their own coun-

tries. On this occasion, Swami Ramdev released a book on Yoga and Pranayam.

The other important programme taken up by Swami Ramdev was that of making Pune pure and unpolluted. With this in mind, he has taken up the task of changing the Pune Municipal Corporation and, with the help of the members of Pune Patanjali Yog Samiti, will make Pune healthy and beautiful.

In this programme, approximately 40,000 people were present. The Pune Patanjali Yog Samiti has started teaching Yoga and Pranayam to all the workers of the Municipal Corporation.

Under the leadership of Haribhai Shah, Dada Joshi, Bhimsen Shinde, Hiranman Kakde, Sapnatai Pednekar, Nirupama Goel, Jambuvat Vasekar, Shri Matthew Sureshji Yadav and Anant Jhabre made valuable contributions.



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