

YOGAGRAM

SITUATED AMIDST SILENT MOUNTAINS AND PEACEFUL SURROUNDINGS

Indian culture is like a vast ocean, which includes water of different cultures, milk of different castes and its utility, taste and medicinal value has been increasing several times.

Indian culture has been expressing its deep faith towards the concept of 'Vasudaiva Kutumbakam' (whole world is my family). The feeling of national unity inculcates the qualities of respecting other nations and slowly the feeling of international unity takes birth in us and fulfills the above-mentioned principle. It was India that started to think of materializing this principle. Revered Swami Ramdev Ji Maharaj is extending Yog to each and every individual in order to make India and world healthy.

There are different religions and castes in India with 200 languages and dialects. We see unity in this diversity and that is why it has been called Bharat in epics and mythology and its citizens are its children. The Indian people are divided into a number of castes and sub-castes but they consider the land as their motherland and land of god. People have established a number of holy places, pilgrimage centers, temples in the entire nation. Seven seas, namely, Ganga, Yamuna, Godavari, Saraswati, Narmada, Sindhu, Kaveri are pious. Similarly, seven holy places, namely, Ayodhya, Mathura, Kashi, Kanchi, Avantika, Dwarika and Mayapuri are

also pious places. Our sages, saints, seers, kings, political leaders have considered the nation to be one. Swami Ji Maharaj is performing the Herculean task of taking forward the same sage culture.

Everybody dreams and also talks about those dreams but there are very few who are able to fulfill their dreams. The greatest Yog leader and propounded of its renaissance in the 21st century, revered Swami Ramdev Ji Maharaj has also dreamt of making India making disease free. He believes that his dream will definitely materialize. A large number of people will associate with Yoga within a few years. Five crores of rupees are being spent on medical services every year. This expense will reduce to a great extent and the same amount would be spent on farmers, poor people of our country.

Today every second person in our country is suffering due to some illness or the other. Yog and Ayurved are being combined with mainstream education and it will be beneficial in making the nation disease free. Yog will be established in a mighty for. One should practice it in order to reap the benefits. The traditional system of medicine Ayurved will reach out to the poor people, labourers and farmers of the country. The income gained from medicines would be spent on the rural development.

When we talk about illness, it is seen that around 90 percent of the old people are diseased. Around 50 percent of the people are suffering from eye, stomach and sexual diseases and arthritis, obesity, diabetes etc. Half of the total arthritis patients are not getting proper treatment. The spread of Yog and Ayurved would be helpful in overcoming the diseases. Besides they would also help us in gaining medical self-reliance and self-dependence. Regular practice of Yog for 30 minutes helps in overcoming cancer, obesity, high blood pressure and heart disease besides other serious ailments.

Yogagram equipped with world-class medical facilities has been setup near Sidkul in Hardwar, which is at a distance of 15 km to Patanjali Yogpeeth. Chief Minister of Uttarakhand, Major general, and Bhuvan Chandra Khandoori inaugurated it. Renowned industrialists, members of parliament, ministers, legislators and other dignitaries were present on this occasion. A special Yog camp was also organized after the program followed by Somyagya (sacrificial fire) conducted especially for the well being of people and world peace.

Yogrishi revered Swami Ramdev Ji Maharaj organized residential Yog camps, clinical control trials and research according to world-class standards in the premises of Yogagram. Yogagram has been established for the purpose of giving inpatient treatment for long duration amidst nature's beauty. Special camps were organized for treating people suffering from obesity, high blood pressure, diabetes, cholesterol, heart disease, joint pain, asthma, thyroid, cervical, infertility, hepatitis, hemoglobin, thelesemia, cancer, kidney and other cellular problems. The patients underwent different medical tests like pathology, radiology, cardiology and other tests before beginning the camp.

Yogagram was conceptualized near Sidkul, Hardwar with the aim of celebrating this century as Yog century. The residential Yog camps organized here were helpful in overcoming different problems being faced by the practitioners.

Patanjali Yogpeeth has always faced challenges coming its way very boldly. The work of Yogagram was also extremely challenging. Around 250 cottages were

constructed and furnished within a short period of 70 days. Eco-friendly Yogagram can be termed a replica of Rajasthan, Gujarat, Assam and Arunachal Pradesh. The cottages have been designed and decorated with artifacts and ethnic patterns of Gujarat. The natural beauty, lakes, landscapes and enchanting Shivaliks ranges attract the people towards it. The Yogagram has all that a person would love to see in a village.

The mountains, greenery, rivers can be seen anywhere but a place like this along with the calm and serenity of spirituality and devotion cannot be found only in Yogagram. It is a true symbol of unity in diversity and Yogagram has blown the trumpet of spreading the fragrance of this aesthetic beauty all over.

The person visiting this place gets immense peace of mind. The problems, fatigue and restlessness vanishes as soon one reaches this place. The piousness of Yogagram fills the whole atmosphere with spirituality. The sound of omkar echoing in every corner of the place, the birds chirping is very enchanting. It is also necessary to mention one thing that for the first time people were giving treatment using shatkarma in the residential Yog camps organized at yogagram.

The sunrise view from the cottages is unforgettable. The sun starts moving down the mountains leaving behind the reddish shade on the sky. The birds start flying back to their nests and again wake up the practitioners early in the morning before the sunrise.

Yogagram gives spiritual and yogic peace. Its greenery, its beauty is simply unforgettable. Yogagram situated in the Shivaliks mountain ranges and Rajaji national park is so beautiful that the person feels like staying here forever.

The scenic beauty increases during the monsoon season. The black clouds shower rain and spread the greenery. The new grass, new leaves on the trees, the lakes full of water reminds us of the ancient age of sages and seers who used to live in such environment and obtain good health and longevity. Every one of you should visit this place and reap the health benefits. The pollution free environment rejuvenates the mind and body. You are welcome to Yogagram.

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