

Honorable Chief Minister of Uttarakhand, Major general, Bhuvan Chandra Khandoori inaugurated Yogagram which was followed by a special Yog science camp. It was a wonderful sight of confluence of Yog, knowledge and spirituality away from hectic and stressful life. The Yog science camp organized under the guidance of Yogrishi Swami Ramdev Ji Maharaj had all medical facilities for different diseases.

Yog provides complete health and beauty. Yogrishi Swami Ramdev Ji Maharaj stressed on the importance of leading a simple life. The camp began with the chanting of Om and Gayatri mantra. The whole place was resounding with the chanting of Om and mesmerized all the people present there. Later, Swami Ramdev Ji Maharaj unfolded various aspects right from life to country during the two hour long camp. He advised the people to lead a healthy and disease free life and inspired them to involve in national service.

Swami Ji Maharaj said that Yog develops the personality of an individual and regular practice helps in reaching the stage of deep meditation. He explained the benefits of different asana and also taught them in very easy method. He said that the Yog generates the feelings of respect, devotion, love, emotion, strength, courage, energy, struggle

and submission. He cautioned the people towards wrong eating habits, life style, sleeping, and waking. According to him Yog teaches us about all these things and shows the path to lead a healthy life. He said that balance is very important in our life whether it is love, empathy, sleep, religion, finance, sex or liberation and Yog helps in obtaining this balance.

Swami Ji does not talk about any miracle; he says that Yog is a science, which gives instant results. We are worried because we have not followed the rules of the nature. Science has invented important medicines for curing diseases but it could find out a method with which the man could remain disease free.

He said that a healthy mind resides in a healthy body. Similarly a healthy brain builds a healthy society. Building a healthy society



world' is taking a concrete shape in Yogagram.

Yogrishi Swami Ramdev has also begun the revolution of 'Save Ganga.' He declared the beginning of 'Save Ganges forum' and warned the state government. He said that if the government does not take proper and timely measures to make the holy Ganga pollution free then a mass revolution would begin in the country that would shake the roots of the government. He declared Ganges as national heritage and demanded its protection.

A meeting of saints was organized at

Patanjali Yogpeeth under the banner of 'save Ganges Forum.' Swami Ramdev presided over the meeting and said that Ram Mandir resides only in the hearts of Hindus but Ganges gives life to people of all communities, religion, and castes. If Ganges disappears then the mankind will also not survive. Therefore, Ganges should be declared as a national heritage. He declared the setting up of a 'Save Ganges forum' and also said that no particular individual would be its president. He

- ❖ A special residential Yog science camp was organized at Yogagram
- ❖ Swami Ramdev begins the 'Save Ganges' revolution
- ❖ Somyagya was performed for the well-being and good health of the people of the world.

and healthy body through yogic cure is the first priority of Swami Ji. Its fast increasing popularity not only in India but the whole world denotes that people are getting benefit out of it.

People practiced pranayam whole-heartedly as demonstrated by Yogrishi Swami Ramdev Ji. People suffering from different diseases attended the camp and everybody wished to lead a happy and disease free life. In this way, Swami Ji's mission of 'healthy India healthy

said that all great spiritual leaders like Asaram Bapu, Shri Shri Ravishankar Maharaj, spiritual leaders of different communities of Jain, Sanatan dharma, Arya, Buddhism would be involved in this forum. Besides Shantikunj and Patanjali Yogpeeth would also be involved in this. All the programs of this forum would be finalized with the unanimous decision of all involved in this program. Yog guru said that this forum would not become a political issue. Swami Ramdev made it clear that a common minimum program would be determined with the advice of the consulting team of 'save Ganga forum.' These governments do not accept his proposals then a big revolution would begin in the whole country.

Shankaracharya Satyamitranand Giri Ji Maharaj, Swami Ramvilas Vedanti, former home minister for state, Swami Chinmayanand, Swami Chidanand Muni, Swami Hansdas, saint Hathiyogi, Saint Ravindrapuri, Rajendra Das Kothari, saint Avichaldas, Saint Trayambak Bharati, Ravindra Maharaj Thanapati, Rajubaba, scientist Dr. U K Choudhary, Lajpat Rai Bansal, former irrigation minister of Uttar Pradesh Omprakash Singh, representative of Shri Ganga Sabha Ashok Tripathi expressed their opinions on this issue.

Swami Ramdev addressed the media persons and said that we have to walk on any path in order to save Ganges.

Swami Ramdev said that if holy Ganges is declared as a national heritage then the whole problem

would be resolved. Then nobody would build dams on it nor play with it. Many orators expressed fear of reducing water levels in Ganges due to construction of Ganga canal.

Revered swami Ramdev Ji Maharaj is inspiring the people towards spirituality along with providing them good health through Yog. The priests of southern India performed a six-day Somyagya to pray for the Yogagram constructed by Swami Ji Maharaj to materialize the concept of family of one god.

Chief Trustee of Patanjali Yogpeeth, Acharya Balkrishna said that this type of yagna is very rarely performed in the country. It has direct contact with sky and the moon. This yagna is performed for the welfare of the whole world. It protects the people from serious diseases, epidemics, purifies air, water, provides medicines, flowers, fruits, good health, longevity, strength, potency, relieves sins, defeats enemies, inspires towards good deeds, thoughts and increases brightness.

Acharya Balkrishna said that yagna is the unmatched gift of the Vedas; the sages had classified the yagnas as Agnishthom, Rajsuya, Pruushmegha, chittamedha, ashvamegha, and Somyagya etc.

According to the sages, yagna is austerity. Somyagya is ancient. Swami Ji is performing this yagna in order to restart the old Vedic culture. This yagna was never performed in north India, but was performed in south India. Therefore learned priests of south India were called to perform this yagna in north India for



the welfare of the whole world. The processes of this yagna are entirely scientific.

Acharya Balkrishna said that this Somyagya being performed in six phases was completed as per classic rituals. This would bless the whole world and was done according to the traditions mentioned in Upved. Yogagram situated amidst the natural beauty is ideal from the Yog and spiritual approach and the Somyagya is reminding us of the sages. The specialty of this yagna is that the cow milk, goat milk, herbs and medicinal plants are offered to fire and it increases to a great height.

Acharya Balkrishna said that in the Vedic age it was believed that yagna is a spiritual process. That spirituality affects the atmosphere but in the modern laboratory it has been found that the offerings made to the yagna containing definite ingredients affect the whole atmosphere and people. The atmospheric layer covering the earth is very thin and it is becoming weak and polluted due to the over utilization of artificial things. This leads to stress and diseases. I believe that this Somyagya would bring in prosperity and well being for the people of the whole world.