

Chief Minister of Haryana Bhupendra Singh Hudda released a souvenir titled 'Yogam Sharanam Gacchami' of Patanjali Yog committee, Mahendragarh and revised edition of 'Pranayam Rahasya' at Yog science camp at Narnaul in Harayana. Talking on this occasion the Chief Minister said that Yog is our culture. Swami Ji has lighted the torch of Yog in the whole world. This has increased the fame of Harayana in the whole world.

He said that Yog means to join, unite, collect, Yog brings in fame, strength, and intelligence together and makes a complete man. Hudda said that his father practices Yog even at the age of 94 and has studied in Gurukul. Whenever revered Swami Ji visits Harayana he visits him and takes his blessings. He also proposed to open a central university in the district. Hudda said that this would help in reviving the ancient Yog education in Harayana that is wiping out slowly.

The Chief Minister welcomed the people of Haryana and said that they should teach their children to practice Yog from a young age. He

presented a bouquet to Swami Ramdev Ji on behalf of all the people of Harayana and thanked him for organizing a Yog science camp in this place. Swami Ramdev assured the Chief Minister that the dream of establishing Yog University in Harayana will definitely come true.

Yog revolution has brought about tremendous change in the body weight of people and in controlling various diseases. The people suffering from incurable diseases have also reaped the benefits of Yog. This could be clearly seen in Yog science camp. The participants shared their experiences and called it a miracle.

Yog is the medium of physical and spiritual gains. Swami Ji said that pranayam should be practiced regularly in order to gain the blessings of god and rejuvenate our life. Swami Ji made the participants do Yog with lot of enthusiasm and sang devotional songs.

Swami Ji also gave them moral, spiritual, home remedial education. Swami Ramdev said that Yog is an internal journey and that spirituality is lagging behind in this age of materialism. But married people can also continue the journey to reach god through Yog.

Swami Ramdev said that pondering and introspection is very important. But the people are not aware of the procedure. In this situation Yog can work like Sanjivini for every person. He said that Yog nurtures the nation, and at the same time also makes the path of upward journey easy. Yog treats internally, which can eradicate all the evils present in the world.

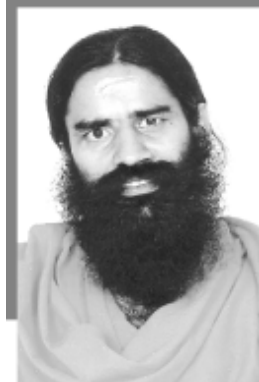
Swami Ji said while giving pranayam training that this procedure is extremely beneficial in order to enlighten the inner self. Breathe out through Yog and get enlightened internally. Pranayam increases our

strength and also increases the glow on our face.

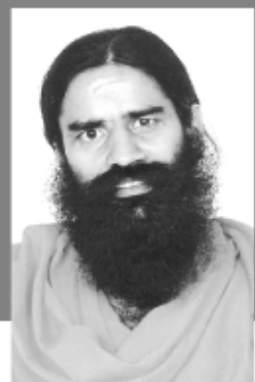
Yog guru swami Ramdev addressed the practitioners and said

that Gurukul education is our glorious tradition and I will try to reestablish it. He said that talks are going on with the Chief Minister to start Yog education in the state and the Chief Minister is also interested in it.

Revered Swami Ji said that he wants to get global recognition for Yog and he is actively involved in finding Yog teachers in Gurukul. He told that Patanjali Yogpeeth is managing a Gurukul in Revadi district, Ghaseda in Harayana. 250 students of 17 districts are studying in that school. The bright students but economically weak are being given free education. The childless couples willing to adopt children can also associate with this. Swami Ji shared few things with the participants and said that he aims to develop such children who will accomplish their lives and take care of their parents. Such children who can bring fame to their state and nation at global level. The students of Ghaseda Gurukul



- **The dream of yog university in Haryana will be fulfilled – Swami Ramdev**
- **Yog relieved diseases**



performed difficult asanas and the people were taken aback with those performances.

Yog guru Swami Ramdev said that he dreams to create healthy India, which will make the people healthy and disease free. People of India are aware and alert towards Yog, and swami Ji is hopeful of

fulfilling his dream with this inclination of the people.

Baba Ramdev made the practitioners do Yog asanas and said that he is working to remove the darkness in 10 thousand villages of Haryana. The Yog teachers would visit each and every village of the state and give Yog education. This mission is to be completed by February 2009, and every person will be taught Yog. He has decided to make eight thousand Yog teachers in the whole state.

Swami Ramdev said that he is making efforts to introduce Yog education in school curriculum. This effort has given

him lot of success and Yog syllabus has been introduced in several districts. Yog guru said that he had organized a special Yog camp for government teachers at Kurukshetra and gave them information on Yog. He said that Yog develops good qualities in the children.

The youth is getting trapped in the vicious circle of addiction and enjoyment. Every parent should inspire his or her children to practice Yog from childhood. Yog will increase strength, and also generate positive energy. He said that he also working for the development of Gurukul education and the results are already showing. The people are more inclined to make their children learn Yog education. Baba Ramdev taught Bhastrika, Brahmari, Anulom-Vilom pranayam to the participants. Besides he taught light exercises, Hasyasana, Sinhasana, Bhujangasana, Surya Namaskar, Makarasana, Mandookasana, and Paschimottasana.

Revered swami Ramdev appealed the Yog teachers associated with Patanjali Yogpeeth to keep distance

from politics. He was addressing a meeting of Yog teachers. The Yog teachers from Sirsa, Hisar, Bhiwami, Fatehabad, Revadi, Mahendragarh took part in this meeting. Baba Ramdev said that the main objective of Yog teachers should be to build a society, which will the ancient cultural values in the minds of each and every Indian. He said that politics has seen a downfall and therefore teachers should be away from it. He also said that Yog teachers have to play an important role and they have to prepare themselves for this. He asked the Yog teachers to develop strong will power, along with good character and chastity. They will have to increase the feeling of non-attachment and should not get attracted to any greed. Ramdev Ji said that Indian culture is popular all over the world but unfortunately some people are trying to pollute its culture.

The scope of Yog camps of swami Ji has increased a lot. He is curing not only physical ailments but also mental ailments in the Yog camps.

Swami Ji inspires the people to pray the supreme

soul to remove negative thoughts from their mind along with individual development. He also explains the

importance of positive thoughts, strong determination and faith on god. He also talks about social harmony and patriotism in his camps. He is also forcing the people to think about female foeticide, social evils like dowry system etc.

Patanjali Yog service committee, Gurgoan organized a Yog science camp at sector 29, Gurgoan that saw the participation of thousands of people from the cyber city. They woke up in the wee hours to reach the venue on time. The roads that are generally empty at this hour of the day were full of vehicles, and it was appearing as if all are proceeding to some battlefield. Dr. Ambumani Ramdoss inaugurated the Yog science camp at 4.45 a.m.

The camp started with the chanting of Aum and Gayatri mantra. Ramdev Baba made the participants practice yogic kriya, asana, and pranayam. He also told about various diseases. Baba taught Bhastrika, Ujjayi, Anulom-Vilom, and other asanas and also told about

- **The trend of Gurukul education is coming back : Swami Ramdev**
- **The dream of Healthy India will be materialized: Ramdev**

their benefits. Bhastrika pranayam cures cold, allergy, respiratory diseases, asthma, catarrh, sinuses, and all kapha diseases. Kapalbhata cures heart, lungs, brain diseases, obesity, diabetes, gastric trouble, constipation and other problems. He told that pranayam overcomes gout, urinary diseases, humour diseases, acidity, pitta diseases, cold, catarrh, chronic cold, sinuses, asthma, cough, tonsils and other diseases. Regular practice of this pranayam opens the blockage up to 30 to 40 per cent within three to four months. It also develops positive thoughts. He told that pranayam purifies the body, mind, and thoughts. Baba Ramdev gave information about Bhujangasana, Pawanmuktasana, and other asanas and pranayam to the devotees.

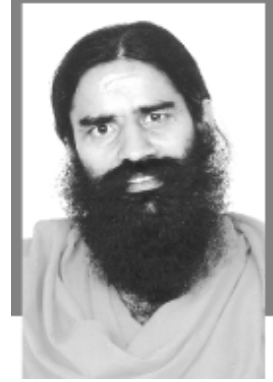
The chief guest, Union Health Minister Dr. M.S.Ramdoss expressed his gratitude for inviting him for Yog science camp. He said that today Yog has reached each and every house and the credit goes to Swami Ramdev. Swami Ramdev's guru Acharya Baldev Ji said that yog represents Indian culture. Swami Ramdev has propagated this culture and brought fame to India. Baba Ramdev expressed his gratitude to the Health Minister for coming to the camp.

Pranayam is to control the breathing pattern. Vital life energy is mother, father, Acharya, fire, air, and sky, in other words vital life energy consists of complete strength. Therefore, pranayam should be practiced with dedication.

Revered Swami Ramdev said that pranayam should be practiced with god's worship. Vital life energy will love you like mother and protect you like father. It will give you energy like fire, and remove ignorance like Acharya. Pranayam removes vices, anguish and help in self-realization. Therefore it should be practiced with dedication.

Swami Ji told that there is no need to ask anything from god, he knows everything. He has given us everything; we need to work without thinking about the results. You will definitely get god with accomplishment. Always remember that god is the ruler of this world. We will have to believe in his judgment. He is present in

sea, river, stream, air, clouds and everywhere. He is not visible but he can be experienced. But you will have to practice yog and pranayam. Swami Ji said that pranayam gives peace of mind because there is no other medicine for that. This is the only medicine. Pranayam destroys all the mental and physical diseases. It will purify the heart, improve concentration, maintains the balance of body, removes negative thoughts, and the person starts worshipping god. The mind will become pure without any disorders, this is devotion, worship. Maharaj said that any exercise, asana, pranayam, yogic kriya should be done easily. The people suffering from backache should be done in simple manner to get the benefit. Swami Ji advised the people



who enjoy luxuries and comforts, and travel by cars. He said that they should start using

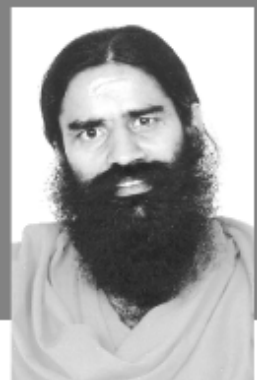
cycle instead of car before they become diseased and visit doctors. He said that if you feel ashamed of riding cycle outside home then you should ride it inside home and if even that is not possible then ride yog cycle.

Yog Rishi Swami Ramdev Ji Maharaj believes that the corruption increasing in the country is a mental disease. This is caused due to greed for earning wealth. The person loses their worth, ideals and values in greed for wealth. Yog is the solution for this problem. It develops thoughts. It is the psychology of life. It stops people from doing wrong work.

Lack of peace of mind is the main reason for increasing insecurity and disbelief. Baba Ramdev said that yog is possible to overcome all the problems except emergency treatment and operation. Research is going on to find the affect of yog on cancer and HIV also and success is assured in a short time.

Yog guru said that every second person is suffering from some disease or the other. Some are obese and some are having some other problem. He said that obesity is also a disease and stressed on reducing it and also

- **Pranayam will overcome vices: Swami Ramdev**
- **Adopt Yog, overcome diseases: Baba Ramdev**



how to prevent it. Baba Ramdev said that high blood pressure is a serious problems and around 25 percent of the people die due to heart diseases. Around 25 to 30 percent people in cities and 15 to 20 percent in villages are suffering from high blood pressure. Yog is the solution for this disease. 99 percent of

the problems can be cured with yog. Talking about diabetes yog guru said that around two percent people are becoming blind due to sugar level. 85 percent of the people are suffering from eye related diseases. He said that if diabetes persists for long period then the kidney functioning reduces by 30 to 35 percent. Anulom-Vilom pranayam can prevent kidney damage.

Talking about Gurgoan he said that there has been lot of industrial development, a number of call centers, and IT companies have opened up in a very short period. This development has also given rise to stress. He said that there is no cure for stress. It can be overcome only with yog. Pranayam can relieve it. Baba Ramdev said that stress is the main reason for all the diseases.

Yog guru Swami Ramdev advised the participants to practice Anulom-Vilom and Kapalbhathi pranayam regularly. The devotees said that yog should be adopted and should relieve all the problems. It is necessary to practice these pranayam in the proper manner.

He said that Kapalbhathi pranayam will be helpful in curing cancer, AIDS, hepatitis, white patches, obesity, infertility, tumour in uterus, breast or any part of the body and any type of serious disease. The patient suffering from such serious diseases should practice Kapalbhathi for 30 minutes. A healthy person should practice pranayam at least once a day. Kapalbhathi increases the glow on face, increases sharpness of the brain, and enhances beauty. It cures obesity, diabetes, gastric trouble, constipation, acidity, kidney and prostate related problems. it keeps the mind stable, calm and cheerful. It removes negative thoughts, which relieves depression and other diseases.

Talking about the significance of Anulom-Vilom pranayam Baba Ramdev said that it cures almost all the diseases of the body. It overcomes cold, catarrh, sinuses, asthma, cough, tonsils and all kapha related problems.

Revered Swami Ramdev said that Brahmari pranayam is beneficial in case of mental stress, anxiety, high blood pressure, heart problem etc. He said that Udgeet pranayam Baba said that those suffering from incurable diseases and want to get into the depth of meditation should practice this pranayam for longer duration. Brahmari and Udgeet are both simple and easy pranayam. If a person practices it for longer time then there is no possibility of any harm.

Baba Ramdev said that there is no disease that cannot be cured with yog, all you need is to make it a part of life. He said that if the body is balanced then cholesterol will not increase with consumption of clarified

butter and sugar level will not increase with jaggery, sugar or honey. Today the situation is that body is getting imbalanced, people are

lacking peace of mind, all types of mental and physical problems. this is possible only with yog. pranayam will improve health and the person will be able to concentrate.

Union Health Minister Dr. Ambumani Ramdoss accepted that yog has gained global recognition and the credit goes to Swami Ramdev. Yog has reached majority of the nations, whether America or Europe. The Union Health Minister accepted that yog is a better solution to maintain good health. It is a healthy life style and is very beneficial. It is a system.

Yog is important for youth so that they remain healthy. The number of youth in India is higher in the world. He said that Baba Ramdev has included yog in life style and its impact can be seen not only in India but also in America and European nations. He expressed his concern on the increasing number of tobacco consumers and said that it is necessary to control it.

Answering to the question about compulsory yog education in schools, Dr. Ramdoss said that this is the task of ministry of human resources development. However he said that the Indian government thinking seriously in this matter.

● **Baba has given global recognition to Yog: Ambumani Ramdoss**