



25 DAYS WITH THE FLOOD VICTIMS

Navin Kumar

Mr.Ajit Kumar and his team of Yog teachers reached Saharsa station on 1st September on the instructions of Respected Swamiji

Acharya Shri instructed the yoga teachers of Patanjali Yog Committee to run the relief work with full pace and he consoled the flood victims that Patanjali Yogpeeth, Hardwar has taken up the work and with the help of 1500 Yog instructors would help whatever is possible and will not go back. They would even give necessary tips for their future. Patanjali Yogpeeth would strive for their shelter and employment.

Ramdev Ji and Acharya Balkrishna, under the leadership of the local in charge of Patanjali Yog Committee of Bihar. After reaching the station they felt as if they have come to attend the holy 'Kumbh Mela'. The only difference was that people take a dip in the river in case of Kumbha Mela but here they were trying to save themselves from the river water. The scene on the railway station was heart throbbing. Children were crying for food and the mothers were trying to console them without any hopes. The hungry people were looking at the visitors with greedy eyes. On seeing them the local in-charge Mr. Ajit Kumar, the active member of Mujjafarpur, Mr. Sudhir Kumar and all of us present there broke down. Immediate decision was taken to organize a flood relief camp without any further delay. Under the leadership of the Mandal In-charge Mr. Amol Rai, the local Yog teachers started a camp. The food distribution started from the first day itself. At Saharsa (worst flood affected area), railway station every day five to six thousand people came for breakfast and lunch, children were given milk and biscuits. Under the leadership of the local heads we left to see the other areas badly hit by the floods. We reached Supaul (second largest area hit by the floods), Ganeshpur, Daparkha and Trivenigunj on the morning of 2nd September where thousands of people took shelter in the nearby higher areas, but there they did not have proper supply of food or medicines. On the instructions of Patanjali Yog Committee, Bihar camp was organized immediately under the leadership of local in charge Mr. Ajit Kumar and people started getting food from that afternoon itself. After the survey on 3rd September, decision to start more relief camps was taken. Under the leadership of Mujjafarpur Mandal In charge Mr. Sudhir Kumar Singh, a camp was organized at Chakla Nahar where 3,000 people were taking shelter. Camps were organized at Madehpura T.P.College and M.L.T.College, Soha Nagar, Soha Bazaar, in Saharsa district and Puraniya, Katihar and Ariya districts from the very first day. Central in charge Shri. Sanjay Agarwal visited the relief camps and appreciated the efforts. Respected Acharya Balkrishna came and visited the camp on 5th September, which was organized at the Saharsa

railway station. Acharya Shri instructed the Yog teachers of Patanjali Yog Committee to run the relief work with full pace and he consoled the flood victims that the Patanjali Yogpeeth, Hardwar has taken up the work and with the help of 1500 Yog instructors would help in whatever possible and will not go back. They would even give necessary tips for their future. Patanjali Yogpeeth would strive for their shelter and employment. From here Acharya Balkrishna and other members of the Patanjali Yogpeeth, Central In charge Shri. Sanjay Agarwal, Local in charge Shri. Ajit Kumar, several other Mandal In charges, district presidents and Yog teachers visited the other flood-affected areas. Acharya Shri reached Saharsa railway station on the same night and he also consumed the same food, parched rice, peas and Kichdi, which were made for the flood victims. I can never forget the moments where I had the opportunity to serve food to Acharya Shri. Acharya Shri took rest for sometime. The next day he went to see the areas of Katihar and Puraniya. On the instructions of Acharya Ji one more camp was organized at the Kathautiya Nahar, Bihargunj. Respected Swami Ramdev Ji came to see the people of Saharsa on 9th September and it was a day of relief for everybody. Swamiji went to console the flood victims of Patel Maidan, Madehpura, District School, T.P.College Madehpura and Chakla Nahar with Mr. R.K.Sinha of the S.I.S.Institute in helicopter. He reached Saharsa railway station at noon where Patanjali Yogpeeth organized a relief camp under the leadership of the Acharya Balkrishna, Mr. Sinhaji, Central in charge and Local in charge. He consoled the flood victims and gave assurance that Patanjali Yogpeeth, Hardwar would give food and medicines and 10,000 people out of them would be given jobs. On Swami Ji's assurance the crowd present there shouted the slogans of 'Bharat Mata Ki Jai' and 'Vandemataram.' Then Swamiji left to Puraniya along with Acharya Ji. On seeing them the workers gained energy and were able to serve the victims day and night.

The relief work was continuing, Patanjali Yogpeeth

supplied, medicines, new clothes, saris, warm clothes, biscuits, pure drinking water, food and other things, plastic sheets to save from rain, money. The Yog teachers went personally to all the places and looked into the matter. The local people were fasting on 19th September, and ladies do not even sip a drop of water. When Central In charge was told about it he made special arrangements for the same. Arrangements were made for curd and parched rice at 4 in the morning for the women who were fasting since morning. After the fast they were supplied with puri, curry, rice, dal, pakoras. This was the time of the Ramzan month too, keeping in view the communal unity, necessary arrangements were made for the refugees, by supplying them with parched rice, jaggery, dates and pakoras made with black gram flour. The Patanjali Committee organized 20 flood relief camps day and night at six districts, where 50 to 60 thousand victims took shelter. 500 qualified Yog instructors worked to rehabilitate the victims. I appreciated the work done by the Yog instructors who did not look back at their family and welfare, but worked for the flood victims. The selfless help of the energetic Yog teachers is note worthy.

The flood victims feel that they will never die of hunger due to the selfless and kindness of the energetic Yog teachers; they were supplied with clothes, medicines and essential things. A team arrived from the Patanjali Yogpeeth, Haridwar to carry out research on 23rd September. They are working on controlling epidemics on the flood victims through Yog.

SINCERE APOLOGIES

Respected Swami Ramdev Ji Maharaj restricts the consumption of unhealthy food products. He has always prohibited the consumption of alcoholic drinks. We express our apologies if any reader has been affected due to the feelings expressed in a line published in the article titled, 'How to remain healthy and beautiful.'

Editor

PATANJALI YOGPEETH, HARDWAR

BIHAR FLOOD RELIEF WORK - SOME FACTS AND FIGURES

- Number of flood relief camps set up for the flood victims – 20
- Affected areas – Charu, Saharsa, Madehpura, Supaul, Purnia, Katihar and Arariya.
- 1500 Yog teachers rendered selfless and dedicated services for the flood victims.
- Flood relief fund collected – 8 to 9 crore rupees.

Relief work

- Everyday around 50 to 60 thousand people were given food at all relief camps.
- Children were given biscuits and milk.
- Special food for the Muslims to break the fast during holy month of Ramzan.
- Readymade food, parched rice, jaggery, gram flour, biscuits given to the people of badly affected areas.
- New clothes, clothes for children and women, saris, dhotis for men, vests and briefs were supplied to the youth along with T-shirts.

Yog and health

- Yog classes in relief camps.
- Yog classes organized at Patel Maidan Camp on the special request of Saharsa development council to control the spread of infectious diseases.
- Arrangement of tube well and chlorine to purify the water at all camps.
- Facility of public toilets at required places.

Treatment and cure

- Arrangement of three mobile toilets.
- Maternity facilities for pregnant women, 12 maternity wards and 13 deliveries were conducted successfully at the relief camps.
- Medicines worth rupees 50 lakh have been distributed so far.

Social and relief work

- Adoption facilities for children who became orphan due to floods.
- Distribution of plastic sheets and bedspreads for people staying outside relief camps.
- Around ten thousand people were promised employment through Yog training and support of SIS institution for the flood-affected people.