

## BIHAR FLOOD RELIEF: SERVING HUMANITY

**K**osi River in Bihar took a dangerous form. The riverbanks broke and water gushed into the villages, a countless cattle's washed away. Crops worth crores of rupees got destroyed. In such a situation some people could save their lives, they fought with themselves, with hunger and thirst and with diseases. In this disastrous situation Patanjali Yogpeeth, dedicated its Yog instructors to work for the national cause, for humanity in the need of the hour. The institute gave two crore rupees for immediate relief and gave lakhs of rupees worth medicines to the flood victims.

Respected Swami Ramdev Ji invited people to donate generously and that they would work for the severely affected people of Bihar. People sent their donations freely. Swami Ji went to the flood affected areas on behalf of Patanjali Yogpeeth, stayed there for five days and rendered my services in relief and helping the people. Where it was not possible to open a relief shelter there we made arrangements by supplying parched rice, jaggery, gram flour popularly known as Sattu in Bihar, biscuits, candles, match boxes and medicines. Arrangements were made for conducting Yog classes to save people from epidemics in all the relief camps. Respected Swamiji cancelled all his schedules and devoted his time personally to inspire 1500 Yog instructors to work for the flood victims day and night. Visitors flooded the venues to see and meet Swami ji, he consoled them whole-heartedly and gave them courage, and he also suggested them several ways for their employment. He selected 10,000 youth through S I S institute and promised to teach Yog in order to accomplish the mission of 'Clean India healthy India.' People

of Bihar say that after the government if any institute has come forward to give them relief that is 'Patanjali Yogpeeth'.

### **Save Ganga: Clean India - Healthy India**

River Ganga is the significance of our identity. It is the basis of our Indian culture, wealth and prosperity. There are different civilizations on the banks of the river Ganga. This river has witnessed many cultural, religious, social and political rise and fall. The river, which has given shape to different cultures, beliefs, supplies water to more than 25 crores of people. It also controls the complete water eco-system of north India. Today the water has reached the highest level of pollution, which has affected the entire water system of north India. Once upon a time Ganga was known for its purity but now the water is not recommended even for bathing purpose. There are different reasons for water pollution – disposal of industrial waste and the drainage water of the municipalities getting mixed in river water. The most important reason is stopping the water flow. From Gangotri to Ganga Sagar approximately 2525 km. of it's journey only 300 cusec water remains due to different projects, canals and at least Nor era barrage. The excess water which comes to the canals goes for different usages and without getting purified comes and mixes with Ganga, thereby polluting it. The purity of Ganga is lost totally. We should think of a better solution, which will keep the sanctity of the river, only then the confluence of Ganga and banks of Banaras city can remain clean and be known for their purity.

If the idea of Save Ganga Forum were related only

to culture or belief then it would have been a different issue. This issue is related with crores of people and their health. Health is foremost necessity of human life. Good health is not possible without cleanliness. Cleanliness is related to bath externally, internally it is related to behaviour and thoughts. Respected Swami Ramdev has decided to make India a super power, for this he has proposed four aims – 1.Clean India, Healthy India, 2.Self -reliance 3.100% voting, 4.Population control.

To achieve his aim, Swami Ramdev Ji started agitation from Kanpur on 18<sup>th</sup> September. He said- ‘keeping in view the purity of Ganga we are starting the agitation from here, if Ganga is unclean then the very aim of our agitation will not come true. I will make India healthy through Yog.

Cleanliness is a symbol of purity, it gives ambience and goodness. Ganga is our national treasure and to keep it safe, different self employed organizations, country lovers, citizens have come forward to help the agitation started by the ‘Save Ganga Forum’. All this has been possible by the people being aware of the situation and their health. The result will be far beyond our imagination and people who are polluting the Ganga will also become aware of the situation. By declaring Ganga as our national treasure the culture values will be secured and by cleaning it we can keep up its purity, only then the synonyms of Ganga will be justified.

### **Hunt for Sanjivini**

**Sanjivini** herb has been considered as an important and magical herb in the Indian medicinal history. In the Ramayana it is poet Valmiki who had written that when Lakshman became unconscious after being hurt by the arrow of Meghnath, on the recommendation of Sushaina Vaidya, Hanuman went to the Himalayas and brought sanjivini herb from Dronagiri mountain. Lakshman gained consciousness after he was made to smell the herb.

In the ancient epic it is said that the divine medicinal herbs of Himalayas have the power of controlling the diseases and they are filled with fragrance. Sanjivini is one of the herbs. There are four varieties of sanjivini- Mrut sanjivini, Vishlay karni, Sandhan karni and Subandh karni. In Ayurved it is said that, when they are fresh they carry a special fragrance, which has the capability of removing unconsciousness.

The sanjivini was not available for the people because it is available only on the Dronagiri mountain, which is not reachable for ordinary people. The mountain path is very dangerous. The people of that region did not give the necessary information so far. The belief of our ancient sages is that the herbs are the most important for Ayurved medication, our strong belief and determination made our five-day long expedition successful. We were able to find the Sanjivini herb with the kind cooperation of the people of Dronagiri. Definitely this herb is going to be a wonderful invention for the modern day medicine. Even though we could get them in the dry form but I am sure when we get it in its fresh form we will be able to throw more light on it. The research scholars of the Patanjali Yogpeeth will carry possible research and will be able to give their conclusions of its being the life saver.

The social side of the divine medicine is also described, the residents of Dronagiri mountain region who were angry on Hanuman are now happy with him and they are reciting ‘Hanuman chalisa’ (devotional song of Lord Hanuman). They have successfully abolished sacrifices.

I wish to thank all the people of Dronagiri, my well-wishers and my companions who made the Sanjivini expedition a great success.

**- Swami Ramdev**