

CLEAN INDIA-HEALTHY INDIA

THE FOUR AIMS OF RESPECTED SWAMI RAMDEV JI

The main aim of Swami Ramdev Ji is to make India the world power by following the four things –

1. Clean India – Healthy India
2. Love for the country
3. 100% voting
4. Population control

Through different services and awareness programs, these issues are being given weightage. Healthy youth, energetic society and powerful country are being the main aims of the Patanjali Yogpeeth. Since a decade respected Swamiji is able to inspire thousands of people through yoga. Today thousands of people are benefited with Yog. Hard work, selfless work, public awareness, social equality, unity and devotion to country are the main feelings behind the health campaign; the other side of this campaign is cleanliness.

On 18th August 2008 Swamiji said at Kanpur that we have started cleaning India by cleaning Ganga. Ganga is the base of our country. We cannot imagine cleanliness without keeping Ganga clean. He said that he has started contributing to make healthy India through Yog.

There is no doubt that Swamiji has started the movement through Yog and pranayam, which is increasing awareness among the people and the diseases which did not have cure are being cured with Yog and pranayam. The primary and the basic reason to prevent diseases is 'cleanliness'. The main reason for the contagious diseases in India is contaminated water. We consume maximum water during the daytime. There are chances to contract Hepatitis, cholera, piles, spasm, typhoid, vomiting and dysentery due to contaminated water. People spend a large amount to cure the dis-

eases; the government also spent extra money for their safety. If we think about the scientific facts then we come to know that the contagious diseases are transmitted from one person to the other. This leads to loss of money, valuable time and hard work of a person. The government invests crores of rupees on the hospitals in the treatment and research work. Consumption of pure and clean water is the primary requirement.

Cleanliness is physical, mental and spiritual. This is obtained through bath, rituals and discipline. If the water used for the worship of god is contaminated then how is the internal cleanliness possible? It is against the Indian Constitution, which is related to the religious freedom.

According to the reports of the World Bank, 9-12 diseases occur to the people of Uttar Pradesh due to the polluted water of the Ganga. Ganga is said to be our national wealth, then how come it is contaminated to such an extent. 25 crore liters, 234 crore liters and 45 crore liters through houses, canals and cities is dumped into Ganga without purification respectively. The pollution through factories, the chemicals used in the agriculture, is polluting Ganga. The level of oxygen in Ganga has come down to 5. The level of bathing water should not be less than 3. According to a report, coliform bacteria are found in the water from Gomukh to Gangotri. According to the reports submitted by the Agricultural world science center at Lucknow, e-coli bacteria and a poisonous gene is present in it. The main reason for this is the waste of human and animals being pumped into it through sewage, without any treatment and it reaches into the river. This gene is making the people diseased and they are suffering from many deadly diseases. Due

to e-cail bacteria thousands of people are suffering with diseases.

We can do this?

Once upon a time river Thames was known as the dead river. There is a saying that in the year 1858 there was so much pollution and bad smell coming out of it that House of Commerce had to cancel its meetings. It could get a new life due to the efforts of the British Government. In 1960 the river Potomac of America was known as the 'Open Sewer.' The President of America, Lindon Johnson took it as an offence and with his active measures he was successful in purifying it. Today it is the heart of the America. In late 50's the fishes in the Rehn River were being killed, people of Europe took active steps to restore it. There are many stories about the river Seen of France. When other countries can take effective steps then why cannot we Indians take effective measures that consider Ganga as our mother?

The river which was known for its purity and life of the Indians, used for all rituals is now not in the same form. The Indians and the foreign tourists who come to visit the river Ganga are astonished to see its state. It is a question on our religion, our pride, and our self-respect.

Today every nature lover, admirer of the atmosphere, farmer and citizen of India is unhappy over the state of the river. If the problem is severe then the solution will also be huge. There is no instant solution to this problem. We all have to come forward considering it as our moral responsibility and a part of this problem. Only then the Indian Constitution Act 51(K) would be implemented to safeguard our religious values along with our cleanliness and healthy India mission. We will be purified internally and the water will give us satisfaction. We can achieve the target of Clean India – Healthy India by accomplishing this goal.

GANGA DEPENDING ON ITS TRIBUTARIES

There are two important questions, whether the water in the Ganga has decreased or the pollution has increased? The state government is debating on these two issues. We can say that due to increase in pollution the water level has decreased.

One fact is if the tributaries would not have helped then the very existence of the river Ganga would have been lost. If the tributaries were not there the Ganga would not have reached Prayag (Allahabad). If Ganga had not existed then the holy confluence would have become a history.

The Ganga is taking the help from its six tributaries and reaching Prayag. From Uttaranchal to Farukhabad, another river, which is giving life to Ganga, is Ramganga, and is also getting polluted.

The Uttar Pradesh Pollution Board, Ganga Pollution Control and other departments of State Government believe that Ganga is the most polluted river. When we talk of the pollution level of Ganga, it is necessary to talk about Ramganga. Dr. Vandana Shrivastava who has already carried the research work on Ganga, has rejected the argument of the Government agencies, she says that if the Ramganga, tributaries and other polluting units are stopped from Ganga then there will not be any affect.

She said that the highest pollution is from Kanpur. Betur and Jajamaou are the factories the produce chemical waste. Who have the courage to close the leather units of these places? There are some more units, which are polluting the Ganga. The factories at Rhishikesh, Hardwar, Gajraula are polluting the Ganga. There are dozens of small units on the banks of the river Ganga