

## JOINS HANDS WITH PATANJALI YOG COMMITTEE

International institutions like Divya Yog Mandir Trust and Patanjali Yogpeeth (Trust) are getting love, support and blessings of hundreds and thousands of people. It is indeed a matter of great pride to get associated with the Patanjali Yog committee of this great institution and contribute for the welfare of the society as a Yog teacher. But it needs to be mentioned that a Yog teacher should not have greed for post and should be active even if a person does not get the post because you are involved with service to the destitute and unhealthy people. You are involving in creating a new history through this historical and spiritual task of the 21<sup>st</sup> century and pious mission of improving the health of people all over the world.

People with purity, humanity, nationalistic feelings who are spiritual and efficient have joined in this mission under the leadership of Patanjali Yogpeeth. Everybody has to work collectively in order to prevent even a single death due to hunger, illness and to raise the status of India in the whole world. It is not an easy task and hence every one of us has to be aware, alert and active in order to achieve this goal.

Revered Swami Ji Maharaj believes that all of us should be healthy and self-dependent. He feels that it is a sin to lead a diseased and dependent life. Good health is our birthright and therefore we should all be self-dependent with good health. We have to stop the dependence on medicines as all the diseases can be fought out with the help of internal strength. He invites everybody to become dutiful towards self and the nation through the medium of Yog and pranayam and also inspire others. People have to break the barriers of caste and religion and blow

the trumpet of national spirit. According to Swami, Yog is a philosophy of life and a complete medical science. It is centuries old ancient health building system propounded by our sages and seers. Yog is the medium of self-realization and self-discipline. It is the supreme life style. It is the one and only one medium to relieve diseases and attain liberation. It is the best way to increase our productivity, creativity, quality and positive attitude. There is no other method as superior as Yog to serve the nation and its people.

It is unfortunate that youth and students of colleges and universities are getting addicted to drugs and other vices, which is ruining the young generation. In this situation, Swami Ramdev is doing a wonderful work by arousing the hidden talents of the youth and involving their energy in the development of the nation through Yog. You all are invited to associate in this pious mission as Yog teachers.

Swami Ji aims to make India an ideal nation of this world. The role of youth can play an important role in this work. The energy, which is being wasted in negative activities, can be utilized in positive direction through proper guidance. Yog will indeed arouse immense power and talent among the youth. Change and development are possible only with collective work. The dedicated Yog teachers associated with Patanjali Yog committee wake up in the wee hours and conduct Yog classes covering a distance of 50 kilometers everyday. They are organizing Yog camps and helping the poor, needy and diseased people reap the health benefits. More than one lakh Yog teachers of Patanjali Yog committee are providing spiritual, mental and physical health to millions of people

through Yog and pranayam everyday between 5 and 7 a.m by organizing Yog camps in public parks, jails, military areas, various ashrams, schools, institutions etc.

There are several families who have been able to prevent division through Yog. There are several bureaucrats who admit that their officers and staff are becoming more disciplined after taking part in Yog camps. A large number of doctors, engineers, administrative officers, teachers, businessmen and scientists are involved in service to mankind through Yog.

Revered Swami Ji invited the teachers to go back to villages and rural areas during the National workshop organized by Patanjali Yog committee at Yogagram. He appealed them to reestablish Indian culture. Swami Ji asked every Yog teacher to take a resolution for visiting at least 51 villages and make Yog teachers as his compensation (Guru Dakshina).

Swami Ji Maharaj declared the motherland service department and Acharya Suman as the national coordinator of this department. During the same occasion, Hetal Desai- Gujarat, Seema Johar - Uttarakhand, Shraddha Desai- Mumbai, Tapasi Sen Gupta – West Bengal, Sudha Anil More- Maharashtra were declared as regional co-ordinators.

The pious souls of the nation and world have to come forward in order to associate with this pious mission and get back the status of world mentor.

I would like to convey heartiest wishes to the countrymen and everybody associated with Divya Yog Mandir (Trust) and Patanjali Yogpeeth on the occasion of Dashera and Deepawali.

**Acharya Balkrishna**