



YOG SANDESH

A research based monthly magazine on
Yoga, Ayurveda, Cultural and Spiritual message



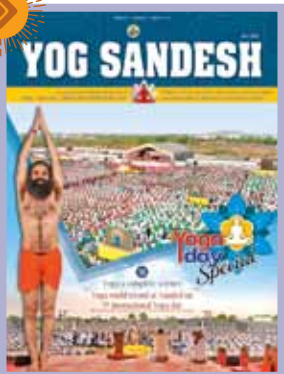
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Yoga a complete science
Yoga world record at Nanded on
5th International Yoga day





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Udhyan Sahasam dhairyam buddhiih shakti parakramah
Shedet yatra vartante tatra dev sahaykrit.

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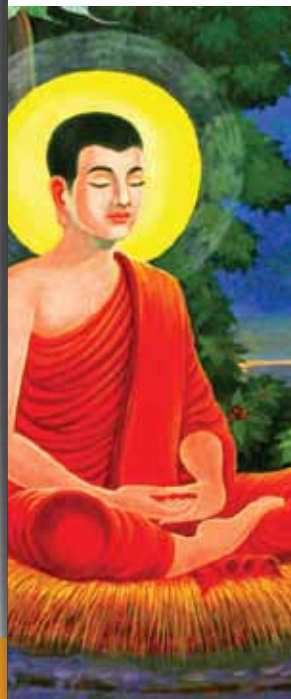
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Read this magazine yourself, inspire five others to read and then place in five new families so that this agitation, being inspired by seers could spread, reach and benefit every human being. - Editor

Eternal Wisdom



Eternal truth emanating out of eternal wisdom of
Swami Ramdevji Maharaj

॥ OM ॥

Yoga means proper wisdom pertinent devotion, pertinent action, pertinent nature and pertinent culture and been associated with them one has to follow the path of self religion, self Dharma, duty towards Nation, duty to serve people and duty to serve humanity, with authenticity. Yoga is the best word of this world while practicing yoga is a medium which ensures growth , prosperity, peace, pleasure, construction , celebration for the world individual family society and the nation. This is a comprehensive stable eternal and scientific medium.

Ashtang Yog , Rajyog, Hath yog, Gyan Yog, Bhakti Yog , karmayog , Mantra Yog, Laya Yog , Kundalini Yog, Pratishravan Yog , salvation yoga etc are various mediums of yoga and their various names but in fact there is no difference among yoga. Yoga and Karma Yoga are prayer endeavours rest working hard prarabd are included.

There are basically two forms of yoga one is its practical aspect which is based on practice and philosophy while the second one is its spiritual aspect. My studies my research on myself and on the society



people get benefited on the basis of their experiences and it is believed that every individual should practice yoga asanas exercise Pranayam and meditation every morning and can stay rest of the Day full of energy of yoga ashtanga yoga Gyan yoga at the best yoga with moral and spiritual conduct and this way there will be no problem in the world no disease no stress no agony no poverty no violence no lies no cheating no rush no suicide no trust deficit no lack of purity no lack of satisfaction and no distraction and there will also be no place for atheism.

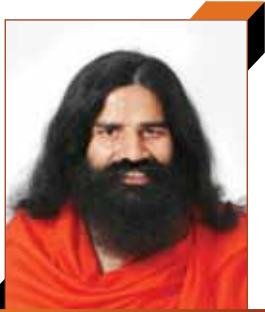
Yoga is the only way to save this world from all kinds of Evil things like diseases stress violence war and then I appeal to all the people of the world and different countries with modesty and humbleness that all the children students youth ladies gentleman must practice yoga without any hesitation and ill will it will yield a great result. It is yoga that can mail the whole world happy healthy prosperous divine magnificent spiritual social National and spiritual world will be created.

श्री श्री श्री



World record of yoga at 5th International yoga day in Nanded

Fifth International yoga day was held at Nanded , Maharashtra which is a sacred place . This was organised in the guidance of respected Yoga Guru Swami Ramdev Ji Maharaj. On this occasion more than one lakh people including highly talented chief minister of Maharashtra Mr. Devendra Fadnavis participated in Yoga drive in the morning to create a world record. Dr. Manish Vishnoi, the Asia head of Golden Book of World Record handed over a certificate regarding this world records. At the program free ordering of the book called "My Life, My Mission" started. This book is based on the life and achievement of Swami ji which is his autobiography. The occasion of international yoga day this year was held in various countries like Germany, United Kingdom, Nepal , Mauritius like several countries besides more than 600 districts 5000 tehsils and one lakh villages of India with great fanfare. In the sacred guidance of the workers of Patanjali Yogpeeth crores of people participated in it.



Yogrishi Swami

Ramdev Ji Maharaj,
Chairman of Patanjali
Yogpeeth

We feel proud of being the youngest country in the world and our country India has greatest talent and its culture and tradition are oldest and richest in the world. We must feel proud of being an Indian and pray from God that all the youth of our country always remain young. Their physical strength and mental strength and wisdom self strength be strong as this strength will make them strong and our country India will become a great country. We observed in Nanded that the bonding of brotherhood among all sections of the society of Nanded like Hindus , Muslims , Sikhs and Christians is very strong. It is our wish that may this bonding always remain strong. Yoga give some message to live together. Yoga connects people living in different parts of the world. Yoga ensures good health of the people in the world. World Health, world happiness, world harmony, world prosperity, Unity, coexistence, world fraternity are all joined together by the means of yoga. Yoga has brought laurels to India from across the world. We are grateful to our Prime Minister Mr. Narendra Modi who moved a proposal in this regard at UNO. If there has been any proposal which was approved at the UNO with the use support from 177 countries of the world it is this the proposal of international yoga day at the world body. I am happy that in this sacred environment of yoga, in the sacred garments to perform yoga, students security personnel and common people have gathered at one place early in the morning. Nanded has made a world record by seeing the participation of highest number of yoga enthusiasts here. <<



Mr. Devendra Fadnavis

Honorable Chief
Minister of Maharashtra
government

Iwould like to offer my grand welcome to respected Swami ji that he agreed to arrive here to give guidance in practicing yoga to lakhs of yoga enthusiasts here. Actually the people across the country have a wish that they get an opportunity to practice yoga today in the guidance of Swami Ji. But this year I decided that Swami ji should visit Maharashtra and I invited him to come here and participate in today's function. We are fortunate that Swami ji agreed to accept our invitation and come here. Respected Swami Ji Maharaj has made a great contribution in spreading ancient Indian culture and method of treatment of diseases and popularizing the knowledge of yoga across the country and the world.

I feel proud that the ancient culture of our country and knowledge have been accepted by the whole world and the credit to spread them among masses ghost respected Swami Ramdev ji Maharaj and I pay my respect in his feet for this. <<





 Acharya
Balkrishna

To make sure that in every issue of Yog Sandesh, readers could get the most interesting and important articles and there could be created a great fascination for it across the country, with this view we will bring qualitative improvement in every issue of the magazine. In the last issue we had seriously focused on Arogya Darshan that is the philosophy of Wellness and the philosophy of life. In this issue we are throwing light on yoga and importance of various aspects of Yoga in our life.

That is why we have to become a Yogi

We have to live in the consciousness of yoga, divinity, inner self, mentor, Saint and the Almighty. Those who live in the consciousness of yoga the capacity of their body, organs, mind, wisdom and soul exponentially grow.

- ◆ Yoga is the only solution because the work that is done with concentration, purity, efficiency and by following proper rules, keeping in mind the restrictions, this method is called yoga.
- ◆ Entire divinity of this world is present in Yoga. Everything that is yoga is executed from each and every breathing to every action and aspect in divinity.
- ◆ Yoga is the only way for freedom from ill thinking, ill will, evil actions and the actions of ominous sign.
- ◆ Yoga is a way of life, treatment of diseases and perseverance. Yoga is the best sacred practice of life. Yoga is the best medium for improvement of the level of food, thinking, speech, nature etc. And it is a practical way for self-treatment to self-realization.
- ◆ Yoga is a method to get rid of all types of diseases, stress, elements, evils and ominous things and it is also a way to attain auspicious things.
- ◆ For uniformity in the vision and action in every aspect of life, for a balance and Justice is the philosophy of yoga. Yoga is the philosophy of Mind, devotion, action, nature and culture.
- ◆ Yoga sows the seeds of divinity, therefore it is also called Beej Mantra. It sows the seeds of Divine Life and allows its growth under it and it destroys the seeds of ominous things and takes us to the stage of seedless superconsciousness.
- ◆ Yoga is a path of self-realisation and divine realisation and there is no

other path for happiness and going beyond all sorts of agony.

- ◆ There has been all sorts of prosperity and affluence in the world even then we don't have peace of mind and receive a type of incompleteness inside us which is the biggest agony of mind. Therefore it is said in Yoga that I am complete in myself and the universe is also complete and divine and this is the principle of yoga.
- ◆ Yoga ensures a divine birth and the Birth which takes place from the uterus of mother is called physical birth and the birth which takes place from Yoga is called divine birth.
- ◆ Yoga is basically a great pure scientific and Spotless divine practice and ensures us the best kind of existence. It is also the greatest medium for the greatest growth of our mind, intellect, spiritualism and complete consciousness.
- ◆ The mean philosophy of yoga is the end of all sorts of ailments and attainment of the state of super consciousness. Consciousness means solution, completeness of life, totality, divinity and fullness.
- ◆ The journey of yoga is from unknown to known, from visible to invisible, from material to spiritual, from Expressed to unexpressed, from surprise to beyond surprise and inclusion of all best qualities to the beyond qualities which means inclusion of all divine feelings.
- ◆ Pranayam should be practiced like a ritual and by invoking soul we can invite all types of divinity inside us and feelings, knowledge, love, compassion, pleasure, peace and





- fearlessness become a part of US by invoking The Almighty and this is the spiritual aspect of Pranayam.
- ◆ Today people who fall ill are trapped in The vicious circles of different sorts of medicines and doctors for different diseases but yoga is the only solution.
 - ◆ Yoga is not just an activities but yoga is a complete science , truth and solution of life. Yoga is a complete health, pleasure , peace, satisfaction , happiness , success , purpose and Endeavour of life.
 - ◆ Yoga means getting associated with the almighty. Labour, rest, endeavour, prayer are the main foundations of life. Meditation becomes complete in just one moment of course its continuity has to be maintained. Insert this is called practice.
 - ◆ Yoga includes prayer, knowledge, compassion, happiness, peace, bliss, devotion, Karma, Endeavour, Welfare of others.
 - ◆ A sage controls his body, mind , organs which is a great thing. If a common man gets control over his body mind and body organs then he can not commit any mistake in his life.
 - ◆ You can discipline yourself by the means of yoga and becoming a world it is a big thing but being a winner of oneself is the greatest thing.
 - ◆ Yoga makes our body strong since our mind with wisdom and devotion in our heart. We get good habits and good character and just prosperity and greatness only then we can make a great India and this is called building great humans to build a great Nation and building great character to build a great Nation and building an era for the journey of yoga.
 - ◆ We have both the goodness and badness inside us and yoga takes the goodness to its Zenith and destroys badness.
 - ◆ Yoga means getting associated with the divinity of the Almighty, with divine knowledge , divine feelings divine, and divine power. The power of knowledge, feeling and action which lies in us its main Foundation is the almighty.
 - ◆ With the divine knowledge of The Almighty divine love divine sensitivity one gets associated with the divine power of the almighty and this capacity of association is called yoga.
 - ◆ While practicing yoga we must remain United with the almighty and this is called the salvation of life which means getting United with the almighty while executing all the functions of life.
 - ◆ Yoga is not a specific subject but it is a complete life . Whatever is done in purity, concentration and restrain all that is gold yoga.
 - ◆ Yoga is a journey from self treatment to self-realization and if we describe it in one word it can be said that yoga has all the solutions to the problems of human therefore we all have to become a yogi.
 - ◆ Biggest profit, biggest victory and biggest achievement belong to yoga and biggest pleasure, biggest action and biggest Dharma also belong to yoga therefore the biggest system is the system of life of yoga.
 - ◆ Biggest campaign , biggest movement , biggest ritual , biggest Yagya and the biggest demand of everyone's life and the most fundamental need is yoga.
 - ◆ Our body must be as strong as vajra and those who are weak they cease to exist in future. Therefore worship the strength. The biggest strength is the strength of yoga and the strength of Yoga increases the strength of wisdom , the strength of heart, the strength of emotions and the strength of capabilities.
 - ◆ There are many good things in this universe but yoga is the greatest things in it. Those who practice yoga they are always free from diseases.
 - ◆ The biggest transformation which takes place in Yoga it happens by the means of Pranayama and meditation. Pranam should be practiced with Omkar , prayer for mother Gayatri and with prayer and purushartha.
 - ◆ If someone practices yoga in the morning his entire day will be good. One who practices Yoga he never gets away from human values. He can not be shaken up and human values will increase.
 - ◆ Pranayam is the biggest penance and Omkar is the greatest chanting. The penance of Pranayama and the chanting of Omkar in one's mind go on together and this way our body , our body organs, our inner self, our mind, our wisdom, our soul and our existence become divine.
 - ◆ Life is yoga, life is yagya. Life is a struggle and life is a practice. Life is a war. We have to battle the fight of life as a Sage and we have to emerge victorious.
 - ◆ Yoga is meant for everyone as practice of yoga will bring divinity in you and your skill will be enhanced besides your happiness will also be enhanced and you will become skillful , productive and innovative.
 - ◆ Divine transformations take place inside us due to yoga and if someone is caught by many diseases then yoga is capable of bringing you out of the mouth of death and yoga will ensure a new life for you.
 - ◆ Yoga is our nature , yoga is our culture, yoga is our Dharma and the Dharma of yoga will bring in us spiritualism, nationalism, human values and it makes us realise about our duty to this world.
 - ◆ The day this world will start behaving according to the rules of yoga and ashtanga yoga and will start practicing yoga every morning that day this yoga based world will become full of pleasure , peace and prosperity. <<





Maharashtra chief minister Mr. Yogendra Fadnis embracing Yoga guru Ramdev Maharaj (Left), Swami Ramdev Ji and Mr. Devendra Fadnis leading sea of humanity to do yoga on yoga day at Nanded.



With the help of Maharashtra government at Nanded International yoga day was celebrated where more than one lakh people assembled which is a world record, this shows the growing popularity of yoga internationally.



Fascination for yoga is growing among youth the old children and the youth participated with great fervor.





» Swamiji receives certificate of World Record at Nanded and also launching the ordering of his book "My life, My Mission" in the presence of Maharashtra chief minister Mr. Devendra Fadnavis, Nanded Member of Parliament Mr. Pratap Chikhalikar, and others (left); Praneetha Tai Devara, Mr Pravin ji and other workers welcome respected Swami ji (right).



» Respected Swamiji makes devotees practice chakrasana (Left), members of Patanjali family practice yoga at Patanjali Bhawan of Patanjali Yogpeeth (right).



» Honorable Union Home Minister Mr. Amit Shah and Haryana Chief Minister Mr. Manohar Lal Khattar leading people practice yoga at Rohtak during International yoga day function at state level, along with Patanjali Yog committee's Chief Central incharge Mr. Rakesh Kumar.

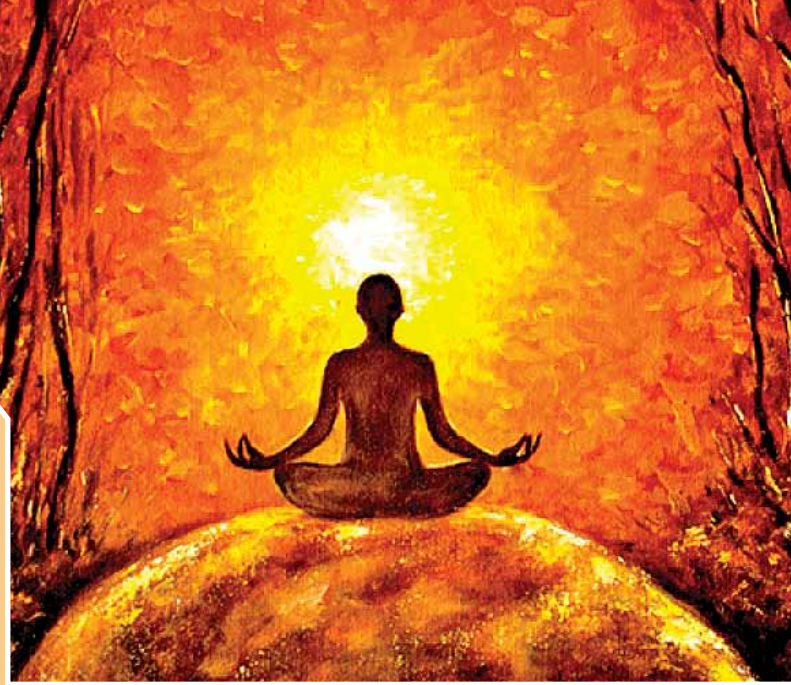




Yoga

A complete science

If we look at it from global point of view today yoga has come out of the ravines and Caves of mountains and becoming a part of the people who are roaming in the streets of villages in search of peace from commotion in villages and cities. Now people have understood that yoga is not something that only belongs to the stages who have given up all social life and practicing it in the caves and forests. Yoga is no longer considered to be a mysterious form of knowledge but it is associated with the agony of crows of people's life and it is a providing a great solution to the problems. Many people have understood the fact that yoga is the absolute solution to all the problems of life of human being. Diseases which are considered to be incurable like diabetes high blood pressure cancer depression obesity etc can be treated in a simple and easy way by the means of yoga and this is being accepted across the world. Those who are working with multinational companies and have to you awake for long hours they are taking help of yoga for their peace of mind and sound sleep. If you look at another aspect it is also emerging as a major source of employment and young boys and girls are embracing it professionally. Today yoga has emerged as a a great source of income for the youth who are searching for a respectable source of livelihood. Starting from a housewife to those professionals who live outside for job for long hours and have a very busy schedule all these have a great demand for a good yoga trainer. Moreover in many other countries of the world yoga is becoming a part of Curriculum of their schools colleges and Universities due to which such a new generation is being built that may appear to be simple but from inside they are are fully influenced by yoga.



The whole world is today realising that yoga is becoming important for every walk of life with every passing day. Yoga is benefiting people more than what is their expectation from it.

It is a matter of great Pride for India that the word called yoga is one of the most popular word in the present world. It is the greatest scientific , authentic and universal invention of Indian sages. At present with great efforts of Swami Ramdev Ji Maharaj almost whole population of the world is becoming well acquainted with the words like yoga and related words like asana , Pranayam, Mudra, Dhyana and Samadhi. This is a matter of great pleasure.

Introduction of yoga

Yoga is based on discipline. By the means of it a person gets restream over his mind and purity over his body for good health and he becomes friendly for the society and the nation. Vasudhaiva Kutumbakam, which means co-acceptance and living a Divine Life with unity is the main goal of yoga. Yoga is such a pure science by the means of which self consciousness of a man is aroused. His dormant power is awakened and he becomes a master of infinite powers. In short it can be said that yoga is a science which arouses self consciousness internal strength and self calibre. Yoga is the origin of all sorts of enlightenment. Poverty and escapism are not Dharma and spiritualism.

Yoga is a profound and highly useful and practical subject and it is not meant only for sages and intellectual but for every individual like farmers, labourers, traders, professional, one who lives a family life , one who lives

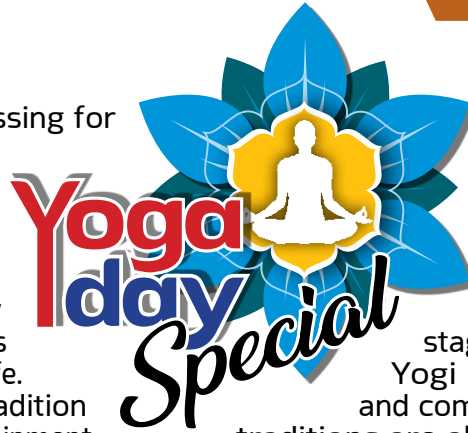




in forest , and students it is a blessing for everyone by sages.

Since long yoga is a perennial flow in various traditions yoga is a word that is used for both means and goal. All fits groups religious philosophy culture communities and traditions talk about absolute goal of human life. Shoes that absolute goal in the tradition of yoga is described as Yog. For attainment of yog various yoga traditions have presented some similar and some uneven methods and forms. Insects from among those parts 1 which are universal timeless and public ok they are called Yogang and not to others. Belief, cult, methods, dharma, philosophy, culture, community, traditions of other sections etc crime claim to give some specific benefits but since they are not comprehensive timeless and public that cannot be called Yogang. On one hand the Zenith of knowledge is called yoga on the other hand marching towards the Zenith it is also called yoga. For example Maharshi Patanjali has defined yoga as prevention of the tendencies of one's inner self is called yoga and yoga indicates at the Shareef of wisdom and at the same time **"Yamaniyamasanapranayamapratyahar dharanadhyanasamadhyoashtangavani"** is the Sutra defines yoga how to to take someone to that to Zenith.

This way following all the Yoganga are mainly followed by a devotee and in the journey of Samadhi it could become helpful therefore or they get the directions of sages, achary and saints. All the three bodies of Audi potty which is bulky minute and reason and their various constituents like panchakosha Annamayya Pranam Maiya Mano Maya Vigyan Maya Anand Maya, and Ashtachakra like muladhar , Swanishthadhar, Manipur, anahat , vishuddha aagaya, Manas and Sastrar, various naadis, like ingla pingala sushumna which are are 72 crore 72 lacs 10201 and inner self like mind wisdom conscience and arrogance etc in totality or partial is get affected. On the basis of this different parts of yoga are followed as means and goal for which what should be the purpose of the devotees? This has also been decided by the ancient acharyas however the attainment of all the parts of yoga the



purpose is asama pragyat Samadhi however even then getting the partial benefits of yoga the moment he starts practicing it.

For practice in the various stages of history various stages Yogi I have done research on it and compiled various scriptures and traditions are also there in which they are preserved and you targeted purpose is is available elsewhere and one can also adopt the methods to be evolved in future.

For example the last purpose of asana is said to be- keeping the body stable at ease and making the body very strong and healthy. For accomplishment of the above-mentioned purposes body is kept in various types of postures which are said to be 84 lakh and by the means of exercises body is allowed to sweat so that toxicants could come out of the body. By the means of minute exercises activities each and every organ of the body can be made free from toxicants. This way by keeping the purpose of asana in mind and done in the various phases of history by the various stages and their innovative researches and ideas all the stable and mobile postures of the body and even all those which will be invented in future they will be practiced under Asanas.

From official differences to Sanatana, Anadi and your tradition of yoga initially spread in the world in two streams called Brahmayog and karmayog. With passing of time various different type of yoga traditions got developed like ashtanga yoga , Saptang yoga, Shadangyoga , chaturang yoga, etc. Some yoga traditions became famous in the world on the basis of giving importance to some specific methods like Yog Karma, Bhakti Karma , Gyan yoga, Raj Yoga , Hatha yoga, etc. Other yoga traditions various ideas believes Dharma philosophies culture groups tradition etc got developed and they got recognised this way like Jainyoga, Buddhist yoga, shavit yoga, Nath yoga Siddha Yoga Sant yoga etc but the purpose of all these yoga methods is one which is helping a man to be stable.





Yoga is such a comprehensive beyond time and universal methods by the means of which every individual can have victory over all weaknesses of his life. That is why yoga is called science of total transformation.

To attain victory over all weaknesses of life the method that we adopt is called yoga. Though there is a great variation in the types of yoga however the most important one among them is Ashtangayoga. Ashtang yog of Maharshi Patanjali we find a description that how to get rid of 34 weaknesses in eight organs and transform these weaknesses into a strength so that the soul of a living being could be made pure, wise and free. In fact are you human in its stable form is called great human or human deity.

All the eight organs of ashtanga yoga are mutually dependent upon each other. Yama is the first organ of ashtan and by having restrain over it we can get rid of 5 weakness like violence, lack of truth, staya, lack of celebrity and parigraha and with the help of controlling second organ that is niyama we can attain victory over Ashauch, dissatisfaction, softness, lack of self study and atheism. Asan Pranayam pratyahar dharan meditation Samadhi provide stability to our body Panchamukha Pran , Panchupapran, and in time lack of control and lack of balance and instability of organs lack of control lack of restraint arrogance lack of enlightenment, all these things are destroyed. this way by the means of yoga a person becomes free from all types of weaknesses and he really becomes self dependent full of self respect and full of complete solution. Yoga as a means body becomes pure conscience becomes pure after which spirit becomes pure, wise and free and it becomes stable in the form of The Final Destination. After this various types of beliefs groups Dharma philosophy culture communities and tradition etc. in them one attains the final goal of life which is Moksh , Nirman freedom salvation. This way yoga is fundamentally a means of attaining power.

Yoga is beyond time comprehensive and public and a priceless Legacy of sages. The biggest skill in execution of work is yoga. By making this yoga as a part of life the traps of life fail to keep a man in its

trap. Pure knowledge your action your celebration which means grammar yoga Karma Yoga Bhakti yoga are a triangle. This is such a philosophy of which stages does not only e invented strong aspects but also invented functional means of them and if they are adopted and applied a man can ensure his welfare on his own.

One can have control and victory over all the problems of life and the world by the means of yoga. Yoga is the name of science oriented lifestyle in which a person's is positively affected. This way a person becomes free from Aadhi vyadhi upadhi and can attend the stage of Samadhi. By doing yoga everyday elements like dpbass sorrow meanness stress depression lack of confidence attachment poverty vanishes. A nation where most of the people are like this has the equality E and attains progress and people become capable and prosperous.

Yoga is given by Hiranya Garbha and it was attended by our sages after a lot of penance and presented to humans and common people it is a divine gift for all human beings which is scientific and practical and it has no no relation with a particular religion community faith believe cast etc but it is equally acceptable for everyone and equally profitable and beneficial for everyone. On one hand does enough of knowledge and enlightenment is yoga on the other hand rising to that label and penance behind it is also yoga.

Yoga is not a ritual but it is a scientific and way of life in which a man can show a positive and qualitative changes. By the means of yoga a man can keep himself both physically and mentally healthy besides by doing finance with full dedication and following the path of enlightenment and celibacy his practice of yoga becomes stronger and this yoga becomes a means of attaining the almighty which is a source of absolute peace bliss and absolute solution.

Human life is in itself are divine laboratory in which divine qualities are hidden and the method of its implementation is yoga. Yoga is a divine way of life by the means of which we can connect our self with the nature and the knowledge given by sages. It is a well researched and scientific system to get into to





humanity and divinity by humans which is influenced by that strong and

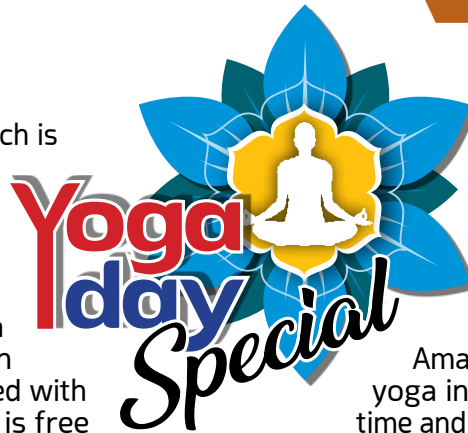
Mind set of Indian culture.

whenever youmans wanted to win over the nature their dreams became shattered. From this point yoga appears and in other words we can say every man and women associated with yoga has a life which is your and it is free from diseases and agony and Association with it police of life in the garden of the nature which belongs to the almighty. Yoga is a natural method to fulfill the natural disasters of all humans and the purpose of light can never be successful without greeting with it and in the worldly activities one can get definite success capability and ID skill by following the path of yoga and if we say something in one word yoga is a complete spiritual Adhibhautik which means it takes to the Zenith of Nihshveys and Abhyudaya and provides eternal and infinite bliss to all human beings.

This yoga is useful for all religions groups and communities and this provides not only physical but mental and character real balance and purity. In the world of medicines whether it is allopathic or belongs to other medicines there is no other medicine which can and had trade greed lust Envy anger and arrogance but if a person regularly does Pranayam meditation and other types of Yoga he will definitely e get rid of all the negativities .

Yoga is safe and beneficial for everyone and if it is regularly practiced he will be free from corruption lack of peace and diseases for rest of his life apart from this he will develop habits like a good conduct peace healthy and a life based on strong emotions which will become a part of his nature.

It is a matter of pleasant surprise that yoga does not teach anything new to all human being but everything that a man knows to do he will continue to do the same in a proper and skillful manner like getting up and down by the means of Asana and breathing properly by the means of Pranayam and thinking properly by the means of meditation etc. by the means of yoga. Its last result comes in the form of growth in the capacity to do a



work and good health and internally attainment of the absolute goal and attainment of absolute pleasure which live in its purest form.

To be established in Yoga Aman has to to follow the rules of yoga in a comprehensive beyond the time and public manner.

To be established in Yoga a man has to to follow the rules of it in all possible manner. They could be adopted in a possible manner for this there is a guidance to follow so many related rules in which there is one rule which is called Ahar related. In Yoga it is advised to take very low quantity of food and in scriptures it has been advised to take proper food and there is strict ban on taking improper food. The man who follows the path of yoga not only feels spiritual bliss but he also easily Gets All the material pleasure.

The first independent scriptures of yoga is Yog Sutra. It has been written by Maharshi Patanjali which means he says the peace of mind with prevention of tendencies of conscience is called the state of yoga. According to the commentary written by Vyas ji on yogsutra there are five levels of yoga. Kshipta, moodh, vikshipta are the three Grounds of a normal human being and there are two other Grounds which are concentration and restrain which belong to sages. Of conscience there are five sentence is called proof Viparyay, alternative sleep and Smriti which flow in both sides called Klishta and Akllishta. Those who follow the path of yoga the attain the ground of yoga by allowing the tendency to flow towards Aklishta.

Visible imagination and word are the three types of of evidences which means with the meaning of organs there happens is interaction aur having imagination of one thing on the ground of another thing or it is ascertained by the means of the knowledge attained from scriptures like Vedas and other scriptures composed by in sages and this is called evidence which is the tendency . False knowledge is called Viparyay which follows





only those word which do not have any material existence this is called alternative tendency and feeling of scarcity is called the tendency and sleep of of conscience and the subjects which are realised should not be forgotten is called Smriti tendency and restrain over these five is called yoga.

Yoga in its complete external practices gets realised for which five sense organs and five functional organs advocates mind wisdom and arrogance as a means for the success of internal behaviour and conduct. These means are called conscience and in Yoga Darshan all the four reasons which means mind wisdom tendency and arrogance are taken together for example Chittamantahkaransamanyam in this conscience there are various types of sketches. These sketches are related with worldly subjects which are called the tendencies of conscience and they are actually formed by a person according to his wish and he himself prevents it by using his own wish and efforts. By the means of external and internal means he prevents the external and transitive both kinds of thoughts then the situation which appears is called yoga. In the state of yoga the soul in its purest form in its most enlightened form and in its most blissful and peaceful forms and in it's a completely basic solution it is present and founder and this is the fundamental nature and form of all the living beings and this personal form can be obtained by the means of practicing yoga-Karma Yoga, Gyan yoga, Bhakti yoga. Pure action pure knowledge and pure penance takes us to the simple state of yoga. For this penance and and service without greed are the main means.

Yoga a spiritual penance

According to Maharishi Vyas who has been the first and the most authentic commentator of yoga Sutra yoga is the state of Samadhi - Sampragyat and Asampragyat. Therefore yoga is of two types. One which is done in in concentration state is called Sampragyat and one which is done in the obstructed state is called Asampragyat. Bhoj Dev who has written Raj Martand vriti on Yog Sutra has said that Samparagyat is Samadhi proper information and enlightenment of regarding all types of doubts but at this state nature and the difference between men is felt and this way the double understanding is also maintained therefore this state is called unknown state in which one has differential understanding

and double understanding and everything else is destroyed. He had the person who does meditation and his goal become United in three forms and this way all sorts of tendencies are obstructed. Full faith in uniformity is the The completeness of yoga. Vachaspathi Mishra who has written Vyas commentary on Tatva Vaisharadi has elaborated in great detail about yog lakshana of Patanjali in a more clear manner. With the prevention of the tendencies of feelings related to the obstructions means making them calm and composed in such a manner that when the air becomes still the water of water bodies like lakes become calm and composed and vice versa. Adhipathi prevents the tendencies of one's feelings and practices it by the means of denying all Comforts of life. Bike offer of it all these tendencies are destroyed and then known yoga takes place. After this by the means of defame of wisdom when these sacred tendencies is give birth to this Sanskar which becomes Dagdhabeej and search in greed become destroyed and then tendencies also become dissolved in totality and this way by the means of living like a hermit one attains the complete yoga state. Hindi status a sage becomes completely sacred therefore yoga is defined as becoming stable in real form.

Samadhi is the last part of yoga. This is the ultimate condition of yoga. In the first part (samadhipad) of Yogasutra, Maharshi Patanjali has elaborately described it. Those whose soul is pure and peaceful due to hard tapasya and who has no longing for worldly subjects can attain the Samadhi. But everybody has no such criteria but wants to attain it. For them, second part of Yogasutra has described the ways to get it. Second part describes kriyayoga and yama, yoganga etc. As you can use ladder to reach the building, similarly the people having instable soul can't attain the moksha. They can adopt kriyayoga, yama, niyam, etc to get it. The common people can also attain the ultimate goal by adopting them.

Yama niyam ranks first. It purifies character of the human being. When the people abide by it respectfully, they become pure by getting rid of all the evils. Their mind becomes pure and serene. In that condition, they start to concentrate. They are able to sit in aasana. Doing pranayam





purifies soul. Rajoguna and tamoguna get eradicated. Their hatred, longing, etc start to disappear. Therefore, pranayam plays an important role in the soul purification. Now, it becomes easy to concentrate on the particular subject. Therefore, perception gets proved easily.

The journey of yoga starts from here. By practising perception, the people reach the state of meditation where there is ultimate concentration. When the meditation gets deepened, the people attain the ultimate goal. The mind's samadhi is the real source of original knowledge. During which, the yogi acquire knowledge of nature, male and the God and become free from all the bondages. This is a great achievement of human life.

We can also understand the process to attain samadhi with through opposite direction. The moksha is the ultimate goal in the people's life. is the sources of moksha. The subject has raga which later turns bondage. If subject leaves raga, the bondage automatically gets disappeared. Therefore, detachment is considered as the main source of moksha. Knowledge is the very basis of detachment. If we knew that longing for subject gives pain, then we can free from it. It's said that fire of grass and detachment of the fool have no life. Therefore, the ultimate knowledge is the very source of detachment.

Now, question arises that what's the source of original knowledge? The reply is—Samadhi (ultimate concentration of mind). We get knowledge in the Samadhi. It's a great knowledge gained through experience. It's not possible without Samadhi. Now, question arises that what is source of Samadhi? The reply is—the absence of hatred and sorrow in the body and mind. It means that those whose body and mind are healthy and peaceful can get Samadhi. Now, another question arises that what is the source of this condition of body and mind? The reply is—affection. Another question is that what's the source of affection? The reply is—peaceful and purity. Hatred and wrath are the obstacles of mind. Therefore, what's the main source of mind's purity? It means that having no longing for subjects is the source of purity. It means that those who have no



attachment for subjects can become pure and peaceful. Those who abide by the yama-niyam, non-violence etc can become pure. This very pure mind is essential for samadhi. We see that if our mind is pure and body is healthy, we are happy.

It's also said in the Srimadbhagwadgita. The people who have no hatred and wrath attain peace and purity of mind. The purity of mind brings happiness in the life. Purity is the cause, happiness is the result. We have already described that happiness brings Samadhi in the life. This very fact has been mentioned in the Srimadbhagwadgita—'prasannachetaso hvasu buddhih paryavatishtate' it means that the joyful people's intellect is stable. When the intellect is stable, the mind gets concentrated. Then Samadhi starts to appear. Now, the people get original knowledge which is ultimate knowledge 'samadhipragya'. Now all the bondages of raga get broken. When the detachment removes bondage of raga, then the people are free from pain. This is the ultimate goal of human being. This is called moksha. It becomes clear that factors like renunciation of subjects, abiding of yama-niyam, purification of character are the very basis of attaining Samadhi and moksha in the life. This is the very basis of yoga. Those who abide by aforesaid rules in their life can be peaceful and pure. They can be source of inspiration for entire society, nation and the world for getting peace. Pure character plays important role in getting moksha. It has been classified as three pillars—character, Samadhi and pragra.

Description of yoga in scriptures

According to Yogeshwar Srikrishna, yoga is the quality of the people who have no longing. When the hatred people get balance and peace in their life, it is called yoga. Generally, the mind is not in the proper state due to hatred and wrath. When the mind becomes pure, this condition is called yoga in Srimadbhagwadgita. It also describes other definition of yoga—'tam vidyadu dukhasanyogaviyogam yogasangitama' it means that yoga removes pain in the life.





Yoga has been described in the **Srimadbhagwadgita**— '**yogah karmasu kaushalam**' it means that yoga brings sharpness in the duties. Yogi people treat their duty towards family, society, nation and world as religion. This is their self religion yoga. This very yoga in the form of nation religion and world religion is the only way of human being's welfare.

According to yogadarshan, assimilation of male and nation is the cause of pain. Lack of sanyog is called kaivalya (state of emancipation). Therefore, yoga is a tool to eradicate pain. When people are their proper state, it's called yoga.

According to Maitrayanyupanishad, yoga is a state where mind, sense organs and vital energy are in synchronicity. According to Kathopnishad, when the five sense organs get adjusted in the mind and the soul and the intellect makes no effort. The very state is called ultimate movement. That static sense organ perception is called yoga. In that stage, the people are in restlessness and peace. Because, yoga brings good refinement and checks bad refinement. According to Mahopanishad, whatever efforts (physical and mental) are made to pacify mind are the inherent part of yoga. Kaivalyopnishad says that acquiring knowledge of soul through respect-bhakti-meditation is called yoga. Garbhopanishad says that practicing yoga is a unique way for emancipation of birth-death cycle. Yogashikhopanishad says that unification of self and vital energy, kundalini and body element, pingala and Chandra and God and soul is called yoga. Yogayagyavalkya describes that the knowledge of soul and the God is called yoga.

According to Vaisheshikadarshana, when mind gets settled in soul and starts work. It's called yoga. For this, knowledge of six elements like liquid, virtue, duty, common, special and samavaya is known as yoga. According to Sankhyadarshana, setting in the form of soul by knowing division of nature-male is called yoga. Marashi Gautama's Nyaysutra says that 'dukhajanmapravrittidoshamithyagyanana muttaritra-paye tadanantarapayad aapavargah' (Nyaysutra-1.2) it means that false knowledge creates wrath and hatred which ultimately turn into pain. To get relief from such pain is called moksha or emancipation and how to attain it is called yoga.

Following sutroka shodasha materials are essential for emancipation from this false knowledge— 'evidence-prameya-misconception-objective-vision-theory-ingredient-logic-decision-ism-jalp-vitanda-hetvabhas-deciet-caste-homely life-knowledge of element-nihshreyasa-movement' (Nyaysutra—1.1)

Buddhist yoga literature also depicts yoga and meditation. In the Buddhist yoga tradition, meditation process is called yoga. Therefore, the meaning of yoga in Buddhist is known as Samadhi. In the analysis of Yogasutra or bhashya Maharshi Vyas also terms yoga as Samadhi— '**yogah samadhih**'. Famous scripture Visuddhimagga of Buddhist yoga written by Acharya Buddhghosh also defines character, Samadhi and knowledge. Knowledge under Buddhist yoga tradition and Vivekakhyaati depicted in Yogasutra provide enough proofs. Therefore, yoga depicted in Buddha literature is interrelated with other traditions. Yogachar cult proposed by Acharya Vasubandhu is famous in Buddha cult.

It has been said in Agni-purana that yoga is a unique stage of mind. When the people are competent enough to witness themselves in soul, then they are in synchronicity with brahma. This condition of unification is known as yoga.

In Skandapurana, the unification of the God and the soul has been called ultimate yoga. It means that it's Samadhi which is yoga. Devibhagvatapurana and Kurmapurana also say that the door of unity between the animals and the God is called yoga.

Maharshi Chraka says that settling of mind in soul through division of mind from sense organs is called as yoga.

In the Gautamiya tantra, getting emancipation from worldly life is called yoga. Shardatilaka and Kularnavatantra, the unity of animal and the God is called yoga.

In Hathapradipika, meeting of soul and the God removes all the commitments and desires of human being. This very stage is called yoga or Samadhi.





According to Srigrugranthasahiba, performing duty with no desire is known as true religion. It's called yoga. The original yoga is to link eternal and universal light with own light.

According to Jainacharya, whatever efforts provide ways for moksha and soul are called yoga. The entire religious efforts indicating towards moksha are called yoga. This definition is equivalent to yoga characteristics of Patanjali 'yogashichattavrittinirodhah'. Scriptures like Yogabindu, Yogadrishtisamuchchya, Yogavinshika and Yogashataka written by Acharya Suri term yoga as the way to attain moksha. Acharya Hemachandra also equates yoga with moksha.

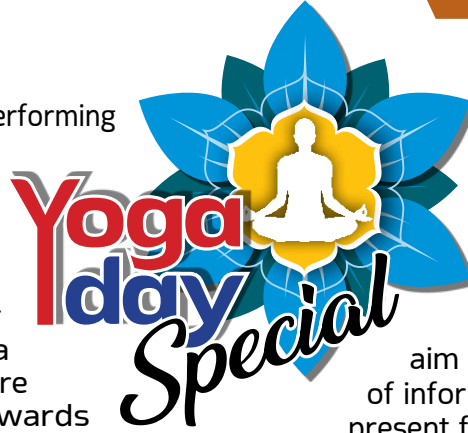
Radngeya Raghav written Gorakhnath and his era says that the meeting of Shiva and power is called yoga.

According to great yogi Maharshi Arvind, leading a diving life is called yoga. Worshipping the God is to understand purest form of the God and soul, treat nature as great creation of the God, express obligation, etc. We must live in this body, it's called yoga.

In the present era, world famous Yogarshi Swami Ramdev Jee Maharaj says that yoga is Samadhi. It's a spiritual process of yoga self realization, self visualization, etc. Yoga is life realization, yoga is life management, yoga is self discipline. Yoga is not only physical exercise but also an entire life style. It's spiritual way to purify soul. Yoga is life science. Yoga is the solution of all the problems of people, society, nation and the world. Exercise and service without desire are called yoga. performing duty, character and leading life as per inspiration of the God is called yoga.

Divine effort

It's ultimate truth that Patanjali Yogapeeth is an authentic institution working for yoga at world level. It's great place for yoga, ayurveda, indigenous culture, vedic truth, sanatan rishi-knowledge



tradition, etc. The institution accepts eternal process of yoga, fundamental research in the field of yoga, etc. Therefore, Patanjali Yogapeeth has tried to present the esoteric form of yoga before the world. Our aim is to make the people aware of information regarding to yoga and present fundamental elements in yoga present in all the religions, philosophy, culture, cult and tradition before the society. So that yoga can unify the world consisting of various religion, philosophy, cult, tradition and culture. Every child can aware of thought of his/her ancestors and India regain the lost glory. Yoga may turn common people into the great ones through its century old process. Consequently, Indian may become spiritual superpower in the world once again. <<



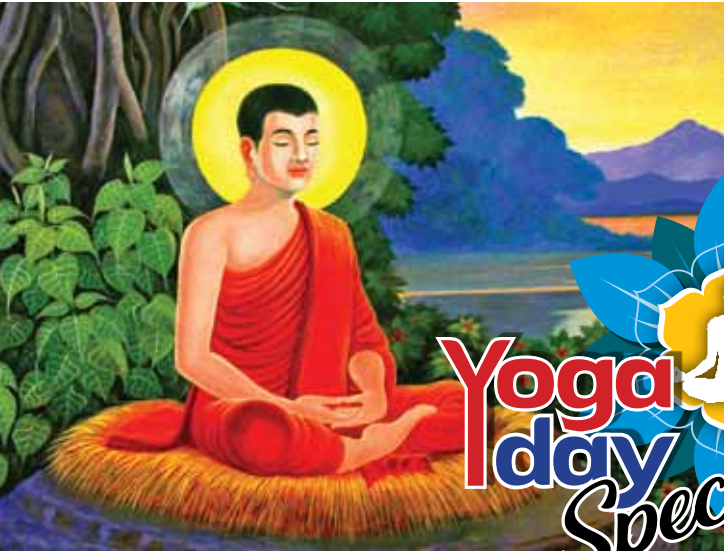
In the book 'My Life My Mission', it has been described in detail that what's my objective, what's the tradition of our yoga and spirituality, what's aim of our life and what's ways of our life. Many other people have written much about me. Now, I will let you know the stories of my life in my own words. You can place pre-ordering on Flipkart, Amazon and other big online stores.

- Yogarshi Swami Ramdev Jee Maharaj





Tradition of Yoga in various religions



Religion is eternal, Rit laws of the universe, laws or constitution of the Almighty (universal law) are infact Sanatan Dharma which is relevant in every period and it is a scientific religion. Vedas are the fundamental sources of the religion and to understand the religion one can take the vision from philosophy. Various different believes which are used to understand the principle of the religion are called sects. The eternal method of practice to embrace the religion is described as yoga.

sects in Hinduism. Same is the case with other religions. Interestingly even sects of a religion are divided into sub- sects. While this is not the case with yoga. Different sets have described yoga according to their own convenience but their origin is one. The purpose of yoga is welfare. Yoga is eternal but different words are used in different cultures. In a sect, yogic principles, methods of practice, apart from religious rituals, other rituals, festivities , fasting, celebrating various different occasions and Customs are practiced. While in Yoga the main Thrust is given on the principal and practice related aspects and not on rituals and Customs. In the absence of comprehensive Universal scientific and eternal principles and dedication for them such sects are born. Why yoga means and eternal practical method which means a practical science which has a proper vision and it is based on that. Yoga is both the method and goal. It includes Universal , eternal and public welfare while the field of sect is very limited. In general the people of a particular sect or community have a tendency to glorify their practices and Customs and demean the same of others.

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To realise the truth expressed by a great person, the yogic principles and methods adopted by them apart from inclusion of various different ideologies and cultural activities like believes, views are called ideas sect or religion. Yoga helps in the continuous growth of one's inner-self and it does not require any external instrument and even if there is any involvement of some external instrument then it will never have any conflict of ideas with others. There has been no difference between the fundamental elements of Yoga or the fundamental principles of spiritualism. Various different sects describe it in various different ways.

When there is a little bit of difference in other activities option one apart from fundamental principles for practices then a sect is born. For example there are many sects in Hinduism like Shaivits, Vaishnavits, Shakts, etc. are several

In present society religion means inclusion of religious activities , practices , fasting , prayer, festivities and Customs of a particular section of a society. These practices of various faiths, sects, and cultures which make a man self dependent and completely aware and slowly and gradually becomes independent and which have no contradiction with any other religion and the process if which is practised it would take him to the absolute goal of Salvation hand proof age the inner conscience of a man moves in upward direction and it gets transformed and it does not require any external support for practicing it is called yoga. This practice which means yoga is presented by associating it with that faith, sects or religious group like Jainism , Buddhism or Shaivayoga etc.

The tradition of yoga practiced in Buddhism is called Buddhist yoga tradition and in Jainism it is called Jain yoga tradition. In both the above mentioned practices of yoga main thrust is given on mental aspect rather than physical aspect.





Jesus Christ said in Bible- giving alms should be so secret that if it is given from one hand the other hand should not be able to know about it. There is no use of accumulating wealth on this earth because it is perishable. Therefore it is not good to accumulate wealth if you have a wish to go to heaven Or get salvation. It is better to go for knowledge and enlightenment because it will not get destroyed ever. This way the concept of Salvation Ottoman tour of heaven are based on the principle of yoga and it is associated with that at elementary level.

In Shailopadesh, a very important part of Bible, it has been described that those who are great who have a thirst for Dharma and whose heart is clean and pure because they will get contentment and will be able to see the almighty. Here, this proves that there are enough elements present which show that yoga is a part of Bible.

It is an original statement in Islam- there is one god and there is nobody else other than him and Muhammad is a messenger of God. Allah is that eternal power which takes care of the system of the world and universe and there is no other authority in the universe. Clearly Allah of Islam and Ishwar of yoga are same. According to the holy book of Islam that is called Kuran, Allah has his blessings on those who have good spirit and clean heart and selected one of them as his messenger who is called Rasool who resides the message of God and provides opportunity to make their heart pure and developed and give them the education of the book and the essence of knowledge while before him all these people were misguided. The similarity of these basic elements of Islam with the basic elements of Yoga are clearly evident because the essence of the two RCM like Iman and Asteya and Hikmat and Shauch.

According to Guru Granth Sahib of Sikhism- the man who can not make or listen wrong things about others and also those who cannot do flattery and accept two sycophancy, doors for home gold and iron are same and one who is unaffected by sorrow and happiness in fact he is the real Saint and he is really free.

Like Yoga, Guru Granth Sahib also describes the almighty as Omkar. A great similarity is evident about God in both yoga and Sikhism- for example Omkara is one and truth is his name and he is the creator, and he is free from fear. He does not have hatred for anyone he is beyond the limits of time, he is eternal and he is free from the cycle of birth and death. He is supreme and there is nobody else but the Akal Purush the creator, God or the Almighty. In Sikhism, service to mankind remembering Almighty purity action and dedication and devotion to the almighty are main sources. All these come under selfless Karma Yoga, Yama, niyama, Ishvara pranidhana etc. This way Hinduism and Islam, Sikhism, Christianity, Buddhism and Jainism are basically quite similar to the principles of yoga.

There have been born such great people in India time and again who did not associate themselves with any religious group and they spread scientific universal truth based principles, believes and Thoughts all around. These people are famous as a saint in the society. A big section of the society follows them. In the thoughts, principles and beliefs of these saints enormous elements of Yoga are evident. The tradition of yoga practice give in the society of such Saints is called "Sant yoga Parampara". There have been many saints of this tradition, of which some people consider the two physical activities have no importance and some others consider mental activities as strongly important and some others except alms. Apart from these dear developed or tradition of Yoga in which physical activity is the got importance and this tradition was called the tradition of "hathiyoga". It is also called "Nath yoga Parampara". The impact of Nath yoga Parampara is mostly evident in the society. Apart from the above-mentioned traditions of yoga there are several other traditions of yoga which have developed and spread across the world.

When **Maharshi Dayanand** came on this earth he had done a great job by reviving the lost stream of yoga which was the result of the great penance of sages and this way he had started the modern age of yoga. Today **Swami Ramdev Ji Maharaj** The Yoga guru who has been groomed in the same tradition of these saints he has also done a great penance to promote and popularize different tradition of yoga 2 crores of people in the country and the world and this way by ensuring the rich of yoga to the last person of this world he has been doing a great work. It is our great Fortune that we are born in this era where the perennial flow of yoga is evident.

For simplification of the part of yoga many Yogis have suggested different ways on the basis of their experiences. They have established a separate "aachar mimansa". This tendency of simplification give birth to various types of yoga. How to make people follow the rules of yoga these sages set up different kind of sect and monasteries. There are many communities who follow the tradition of ancient eternal yoga system. Some of them came into existence in mediaeval period and some others came into existence in ancient period. Following are these sects- Shiv Sampradaya, Nath Sampradaya, Vaishnav Sampradaya, Shakt Sampradaya, Sanyasi Sampradaya, Kapalik Sampradaya and Aghor sampraday. They have been following the tradition of yoga non-stop. In this yoga tradition following methods were born which are as follows -Raj Yoga, Karma Yoga, Bhakti yoga, Gyan yoga, Mantra yoga, Laya yoga, Ashtanga yoga, Hatha yoga, Samatva yoga, Dhyana yoga and these methods help a person to attain salvation in different ways. <





The best eight pranayam for Daily Yoga practice

Yoga Day Special

Pranayam is the fourth part of ashtang yoga proposed by Maharshi Patanjali. Pranayam depicts 'pran' and 'aayam'. Pran means the air in the body and the aayam means control. Therefore, pranayam means to control breath process in the entire body. It makes body healthy. Earlier, doing pranayam needs massive effort, but Yogarishi Pujya Swami Ramdev has made it easy to practise. Today, yoga became an inherent part of the healthy lifestyle. The eight pranayam and how to practise it are given below:

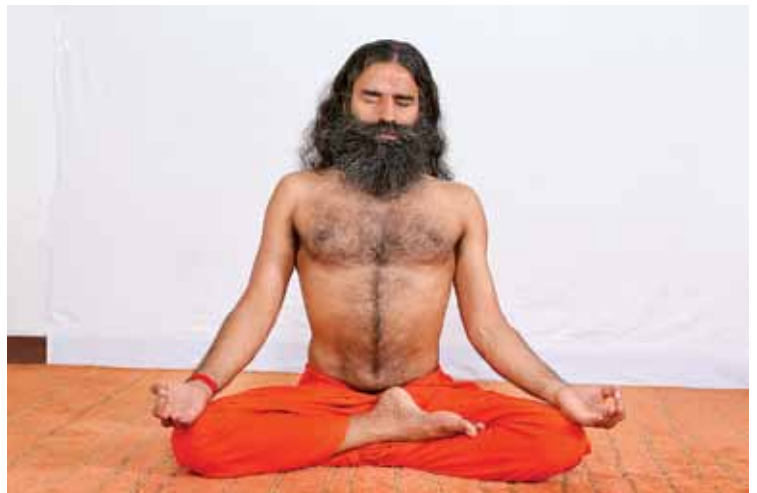
Common rules of pranayam

- ① The place where pranayam is practised should be clean and airy. Practising yoga in the open sky and on the bank of river and ponds is considered as the best.
- ① Light the lamp and use scented incense stick before practising yoga at polluted towns.
- ① Sit on blanket, dari, bed sheet, rubber mat for practising yoga.
- ① Keep back bone straight in Siddhasan/ Sukhasan and Padmasan for pranayam. The people can also practise pranayam while sitting in the chair.
- ① Keep shoulder, back bone, chest and waist straight while doing pranayam.
- ① The people are advised to take proper diets and behave like gentlemen. Always take vegetarian foods like fruits, fruit juice, green vegetables, milk and ghee etc.

01 Bhastrika-pranayam

Process: Keep waist, shoulder straight in dhyanatmak aasana and fill the air in both the nostrils (mahaprachira peshi) and exhale slowly is called 'bhastrika pranayam. Inhale in 2.5 second and exhale in the same time initially so that you can practise sixty times in a frequency of five minute of twelve times in one minute (12x5=60).

In case of cough or sinus, do rechak and purak through left nostril by closing right nostril and vice versa. At last, do bhastrika pranayam through rechak with ida and pingala and purak with the help of nostrils. It's also called diaphragmatic deep breathing.





Precautions:

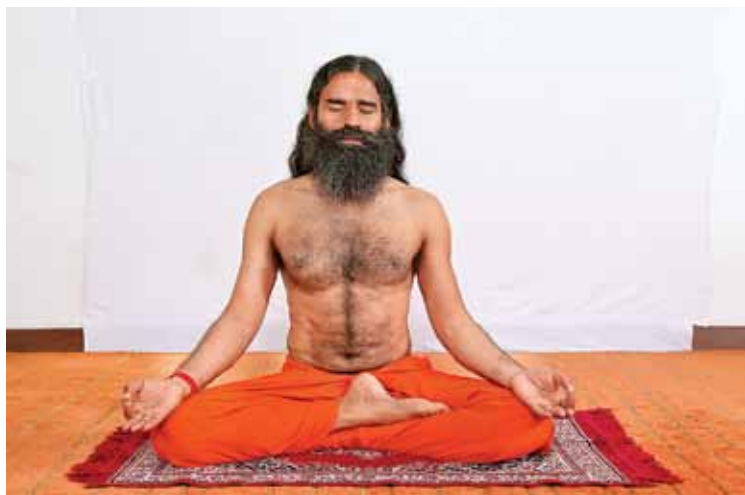
- The patients suffering from high blood pressure, bronchitis and heart diseases are advised not to practise bhastrika with fast speed.
- The abdomen must not fill with air while inhaling during this pranayam. Fill the air only in the diaphragm so that only chest can fill with air.
- It creates heat in the body. Therefore, do bhastrika pranayam slowly in the winter season.

Benefit:

- ❖ Bhastrika pranayam lessens reaction time.
- ❖ It checks cough, cold, allergy, respiratory diseases, bronchitis, sinus etc. It boosts lungs, heart and brain by pumping clean air.
- ❖ It purifies blood. Tridosh is sama. It helps in pranotthan and kundalini jagran.

02 Kapalbhati- pranayam

Process: Rechak is focused in the kapalbhati. No effort is made for purak. Concentrate on exhaling. It brings akunchan and prasaran in the abdomen. Take one second each for exhaling and inhaling. Therefore, there are sixty times and three hundred times of kapalbhati in one minute and five minute respectively. A frequency of kapalbhati must be of five minute.



The healthy person must do kapalbhati for 15 minutes. There are 900 times of paranayam in three frequencies in 15 minutes. The patients suffering from cancer, aids, diabetes, depression and chronic diseases must practise kapalbhati for 30 minutes twice daily.

Precautions:

- Practise it after three to six months of abdominal operation.
- Avoid it during pregnancy, ulcer, internal blood secretion and menstrual cycle.
- Blood pressure gets increased due to activity of sympathetic nervous system when the people exercise it with the speed of 120 breath per minute.

Benefit:

- ❖ It checks obesity, diabetes, constipation, kidney and prostate diseases and obstacles in blood vessels. It also helps the patients get rid of depression, emotional imbalance, negativity and all the mental diseases.
- ❖ It boosts pancreas, stomach, liver, pleeha and intestines.
- ❖ Electroencephalography shows that it accelerates beta and theta during kapalbhati but at the same time, after kapalbhati activities of alpha and beta get slower.





- ❖ Kapalbhathi makes no change in heart rate variability in the heart beat.
- ❖ When the people practise it with speed of 60 breaths per minute, then blood pressure doesn't get increased due to inactivity of sympathetic nervous system.
- ❖ Kapalbhathi needs 41.2 percent more energy. Carbohydrates provide maximum energy. Therefore, practise kapalbhathi properly to check obesity.
- ❖ After the practice of kapalbhathi, there was no change in brain blood flow. It means that kapalbhathi increases no blood flow in the brain. Therefore, there is no apprehension of any stroke while practising it.
- ❖ It boosts concentration.
- ❖ It checks hypertension, diabetes. The patients must get blood sugar level and blood pressure tested.
- ❖ It helps the students in controlling their mind.

03 Outer pranayam



Process: Sit in the siddhasana or padmasana properly and exhale. Do mulabandha, uddiyana bandha and jalandhara bandha to keep breath outside as long as you can. Inhale slowly while removing bandha. After inhaling, complete breath process without stopping it. Inhale in 3-5 second and exhale in 3-5 second and keep the breath outside upto 10-15 second. The people are advised to practise it uninterruptedly. Therefore, three-five times outer pranayam gets completed in two minute. The people are advised to practise five times outer pranayam.

The people suffering from sex diseases are advised to practise it eleven times. Those who are eager for kundalini jagaran can do it twenty one times. It proves beneficial in all the gynecological diseases like infertility, leukorrhoea etc.

Precautions:

- The patients suffering from low blood pressure and heart diseases must not practise it.
- The patients suffering from headache, migraine should also avoid it.
- The people should practise other pranayam before doing it. It's of superior category yoga practice.

Benefit:

- ❖ Outer pranayam needs more energy due to excessive use of oxygen.
- ❖ When time period of kumbhak is more than that of purak and rechak, the use of oxygen in the body lowers





down by 99 percent. It boosts life span of all the animals.

- ❖ When time period of outer kumbhak is lower than that of purak and rechak, then the oxygen consumption gets increased by 52 percent. Excessive consumption of oxygen indicates excitement.
- ❖ It checks piles, fistula, fissure and other sex diseases like night fall and premature ejaculation.
- ❖ The intellect is sharp. It boosts celibacy and kundalini jagaran.

04 Ujjayi - Pranayam



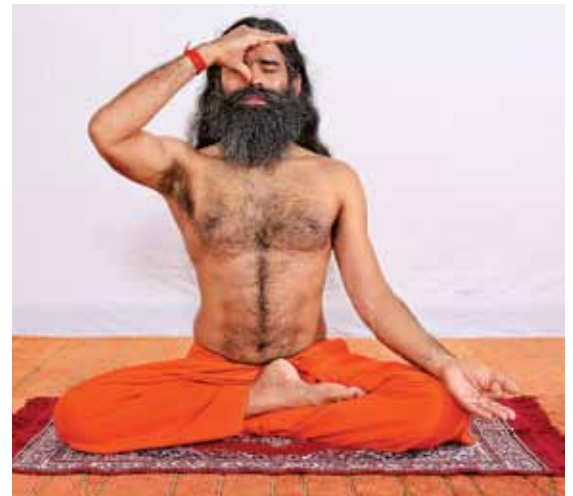
Process: Contract the throat by doing puraka through both the nostrils while sitting in meditational aasana. When the air goes inside by contracting throat, throat creates sound like snoring. During this pranayam, do rechak through left nostril by closing right nostril. Initially, avoid using kumbhak and do purak-rechak. Slowly, increase the time period of kumbhak. Do jalandhar bandha and mulabandha if you want to do kumbhak over 10 second.

Note: Take precautions related to pranayam.

Benefit:

It checks the diseases like thyroid, snoring, tonsil, sleepapnea, cardiovascular and kanth diseases, indigestion, rheumatism dropsy, fever. It brings sweetness in the sound. It's helpful for singers. It also checks stammer and stutter.

05 Anulom-vilom pranayam



Process: Keep waist, shoulder and head straight in any meditational aasana. Keep left hand on left knee, make parmayam pose with right hand, close right nostril with thumb. Inhale deep and slowly with left nostril. After filling full breath, close left nostril with madhyama and anamika fingers. Exhale through right nostril by removing thumb. Do puraka through right nostril slowly and rechak through left nostril. It completes one frequency. Repeat it uninterruptedly. Ida nadi (left sound) is symbol of som, chandrashakti or peace, therefore, start anulom-vilom pranayam through left nostril.





- Inhale through left nostril in 2.5 second and exhale it through right nostril without stopping it. Again inhale through right nostril in 2.5 second and exhale it through left nostril in 2.5 second without stopping it. This completes a frequency or circle. Practise the pranayam for five minutes.
- Practise the prana through anulom-vilom repeatedly. Healthy persons are advised to practise it for 15 minute.
- The patients suffering from cancer, psoriasis, muscular dystrophy, migraine etc. must practise this pranayam 30-30 minutes twice daily.

Benefit:

- ❖ It purifies 72,72,10,201 nadi present in the body. (Prashnopnishad—3.6)
- ❖ The practice of 20 minute of anulom vilom lessens systolic and diastolic pressure in the heart in the healthy persons.
- ❖ It increases focused and selective concentration and visual scanning.
- ❖ It increases hand grip strength due to oxidation of glucose.
- ❖ This pranayam lessens psychological tension in the human being.
- ❖ Attention Deficit Hyperactivity Disorder (ADHD) helps boost memory power.

- ❖ This pranayam checks Carpel Tunnel Syndrome.
- ❖ The patients suffering from rheumatoid arthritis, chorea, snayu weakness, depression, OCD, schizophrenia, dementia get relief through this pranayam.
- ❖ It also checks diseases like cholesterol, triglycerides, blockage in veins and heart diseases.
- ❖ It's beneficial in Spatial Memory Loss.

06 Bhramri - Pranayam



Process: Sit in meditational pose and fill the air. Put pressure on the eye near the nasal through madhyama fingers. Concentrate on the third eye. Close both the ears by fingers. Exhale by pronouncing oom by chanting bhramar. Repeat the frequency. Fill the air in 3-5 second and close ear, eye etc. Exhale in nad form in 15-20 second. After completion of bhramari, repeat it. Everybody must do five-seven times pranayam. The patients suffering from cancer, parkinson's, depression, migraine and chronic diseases can practise 11 to 21 times of bhramari pranayam.





Precautions:

The sound of nad should be as sweet as bee. Avoid excessive pressure on the eye.

Benefit:

- ❖ Bhramari pranayam lessens pulse rate in nadi. The formation of metabolites of adrenalin and nor adrenalin gets lessened. It boosts skin resistance power.
- ❖ It helps in anxiety neurosis and panic disorder.
- ❖ It's beneficial in mental diseases like migraine, mental excitement etc. It brings peace in the life of people.

Benefit:

- ❖ It lessens pulse rate of nadi, breath rate and oxygen consumption and sweating. It also checks tension.
- ❖ The patients suffering from chronic diseases get relief through this pranayam.
- ❖ The people facing tension, disappointment etc get benefitted.
- ❖ It's beneficial for meditational seekers.

08 Pranav pranayam or onkar meditation

Process: After doing all the aforesaid pranayam, concentrate on exhale-inhale and meditate on udgeeth 'om' with pran. This body and entire universe are filled with onkar which is neither a body nor a shape. It's a divine power which controls the entire universe. Watch exhaling and inhaling slowly. Slowly, it will take one minute to complete exhale and inhale. Initially, the people can experience touch of breath on the nostril.

The people can experience deep touch of breath. Be a watcher of breath going inside and outside the nostril. It boosts meditation. Your mind will concentrate on onkar. You can also chant great gayatri mantra apart from pranava. Therefore, the seekers can get bliss and enlightenment through meditation.

Benefit:

The people can do this meditation before going to the bed. Their sleeplessness becomes divine. <<

07 Udgith - Pranayam



Process: Fill the air in 3-5 second and pronounce sacred oum. Exhale in 15-20 second. Repeat it.

Everybody should practise this pranayam seven times in 1 frequency of three minute. The patients suffering from chronic diseases can exercise this pranayam.





Main 12 Aasana for daily entire yoga practice



The physical exercise being practised in the gym develops only muscle, while the exercise of aasana boosts all the joints, capacity, power and durability of muscle. The proper exercise increases immune system and blood circulation in the body.

The week people, differently abled and chronic patients may practise these aasana under proper guidance. The entire package of 12 beneficial aasana proposed by Param Pujya Yogarshi Swami Ramdev Jee Maharaj who have done rigorous tapasya and research and invention for the people's welfare are being given below.

Aasana done in sitting position

Mandukasana

Process Sit in the vajrasana and close the fist of hand (put pressure by fingers on the thumb). Put both the fist on the navel and exhale. Lean and see the front side. Remain in this position for some time. Now return in vajrasana. Repeat this aasana three-five times.

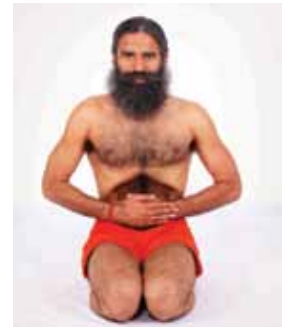


This process is called mandukasana (first)

Benefit It's beneficial in diabetes by balancing insulin and activating pancreas. It's useful in obesity and abdominal diseases like constipation, acidity and heart disease.

Mandukasana-2

Process Sit in vajrasana and contract the belly by putting palm of right hand on the palm of left hand. Exhale, lean and see the front side. The process is called mandukasana-2



Benefit Earlier

Shashkasana

Process Sit in vajrasana and raise both the hands by filling air. Exhale by bowing down in the front side. Spread the hands and keep the palm at the bottom.



The hands must touch the earth. The head should also touch the earth. Remain for some time





in this position. Return in vajrasana. This exercise is called 'shashakasana'.

Special Butt must touch adi. Butt must not be raised.

Benefit: Shashakasana provides energy to liver, pancreas and kidney. It boosts women's stomach and removes fat on waist and shoulder. It also provides mental peace by removing mental tension, wrath, anxiety, etc. It's also beneficial in bronchitis and heart diseases.

Vakrasana

Process Sit in the dandasana and fold left leg and keep it near the knee of left jadghar. Left leg should be straight. Bring left hand between right foot and belly and keep claw of right leg. Keep right hand straight to the earth behind waist and move the shoulder in anti clock wise. Similarly, exercising from another direction is called 'vakrasana'. It can be done four to six times.



Benefit It removes fat on waist and shoulder. It's beneficial in diabetes, liver and spleen and waist pain.

Gomukhasana

Process Sit in dandasana and fold the left leg. Keep it on the right butt. You can also sit on the heel. Fold the right leg and keep on the left leg so that both the knee can touch one another. Now, those leg is upper side, keep that hand at the top. Move other hand from bottom to top and crossed the fingers so that knee, shoulder and head can be straight.



Repeat the process from other side. The entire process is called 'gomukhasana'.

Benefit: It's beneficial in hydrocele and sex diseases, gynaecological diseases, arthritis, etc. It boosts kidney, liver and chest.

Aasana in which belly touches the earth

Makarasana

Process Lie down so that belly touches the earth. Bring both the knees nearer and make it like stand. Keep palm below the chin and raise the chest. Keep knee, claw and legs straight. Inhale and fold both the legs. Heel must touch butt while folding the legs. Exhale and keep the legs straight. The process is called 'makarasana'.



Benefit It's beneficial in slip disc, cervical spondylitis and sciatica, It also checks bronchitis and arthritis. It makes the legs strong.

Bhujangasana-1

Process Lie down so that belly touches the earth. Keep palm on the earth. Keep both the hands outside the chest. Knees and arms must touch the chest. Keep the legs straight and balance the hands. Now pull it towards yourself. Inhale and raise chest and head above. Lower part of body from navel must be on the earth. Fold head and shoulder towards yourself. Remain in this condition for 30 second. Return in earlier stage.





Bhujangasana-2

Process Lie down so that the belly touches the earth and keep palm of left hand below the chest. Now keep palm of right hand above it. The head must touch the earth. Inhale and raise head and chest slowly. Keep heel-claw straight. Keep knees and hands straight so that part of shreni pradesh can rise from the earth. Remain in this position for some time and return in earlier stage.



Precautions The patients suffering from waist pain must not do this aasana. Initially, do only first process. You can do second process if backbone becomes durable.

Benefit This aasana is beneficial in waist pain, backbone related diseases and obesity. It boosts wrist and shoulder.

Bhujangasana-3

Process Lie down so that belly touches the earth. Keep both the hands outside (like bhujangasana—1) and raise head and chest above. Now raise both the hands above the earth. Knee, heel and claw must touch each other and straight. Remain in this position for some time. Return in earlier position. Repeat the process three- five times.



Shalabhasana-1

Process Lie down so that belly touches the earth. Keep both the hands below the thighs. Chin must touch the earth. Inhale and keep right leg straight and remain in this position for 10-30 second. Return in normal position and do the exercise with left leg. Keep both the legs and fold no knee. Keep palm towards either above or lower position. Raise yourself. The lower part of the body from navel



will rise above the earth. This process is called 'shalabhasana—1'.

Benefit It removes the diseases of lower part of backbone, waist pain and sciatica. It boosts lungs and removes constipation. It also checks sex diseases.

Shalabhasana-2

Process Lie down so that belly touches the earth. Right hand must touch ear and head keep it straight. Keep left hand on the waist and inhale. Raise head and right hand and left leg above the earth. Remain in this position. Return slowly in the earlier position. Repeat the aasana with left side.



Shalabhasana-3

Lie down so that belly touches the earth. Move both the hands behind the back side and keep them straight. Hold wrist of one another. Inhale and raise head and chest. See in the sky.



Benefit Earlier

Aasana in which back touching the earth

Markatasana-1

Process Lie down straight and spread both the hands parallel. Palm must be opened towards the sky. Fold both the legs and bring them near butt. Keep knees and heel nearer and touch the earth. Keep the shoulder towards left side. Repeat the aasana from left side. It's called 'markatasana—1'.





Markatasana-2

Process Lie down so that back touches the earth. Fold both the legs from knees and keep them near butt. Keep a gap of 1.5 ft between the legs. Fold right knee towards right direction and it should touch the earth. Fold left knee so that it touches claw of right leg. Keep shoulder in left (opposite) direction. It should be in folding position. Repeat the aasana with other leg too.



Marakatasana-3

Process Lie down in straight direction and spread both the hands parallel to shoulder. Palm must be opened towards sky. Raise right leg in 90 degree and move it near the left hand slowly. Keep the shoulder in folding position towards right direction. Remain in this direction for some time. The leg should touch the earth at 90 degree. Repeat the aasana with left leg. At last, move both the legs together at 90 degree near left hand towards left direction. Folding opposite direction, keep shoulder in right direction. After some time keep the legs straight. Similarly, keep both the legs near hand in right direction. Fold the shoulder towards left direction and see toward left direction.



Precautions Those who are suffering from pain in legs should not do the aasana with both the legs together. They should do it with one leg two-three times.

Benefit It removes stomachache, dysentery, constipation, etc. It's also beneficial in pain in butt, arthritis, pain in waist, cervical spondylitis, slip disc, sciatica, etc.

Pavanamuktasana-1

Process Lie down straight and bring knee of right leg near the chest. Cross fingers of both the hands and



keep on the knees. Inhale, put pressure on the knee and bring them near chest. Raise the head and knees must touch nostril. Keep breath in normal position for 10-30 second. Now keep the legs straight. Repeat the aasana with other leg. This aasana is called 'pavanamuktasana-1'.

Pavanamuktasana-2

Proceed with with earlier process, keep both the legs together in second condition and raise at 90 degree. Fold the knees and keep them near chest.



Hold both the knees with both the hands and put pressure. Raise the head and knees must touch the nostril. Hold the breath outside and inhale in normal condition. This aasana is called 'pavanamuktasana—2'. The people are advised to do this aasana three-five times.

Precautions In case of pain in the waist, avoid raising head and touching nostril. Put pressure on the legs which can touch the chest. It's beneficial in diseases like slip disc, sciatica and waist pain.

Benefit It checks disorder like acidity, gynaecological disease, alparttava, kashtarttava, etc. It helps the patients get rid of acidity, heart disease, arthritis, and katipira. It removes abdominal fat.

Arddhahalasana

Process Lie down so that the back touches the earth. Palm should be towards the earth. The legs and the claw should be intermingled and straight. Inhale and raise the legs above at 90 degree. Remain in this position. Return in earlier position. Your legs should touch the earth slowly. Take rest and repeat the aasana. It's called 'arddhahalasana'. Do the process three to six times.



Precautions Those who are suffering from pain in waist must not do the aasana with both the legs together.





Benefit This aasana makes intestine strong and healthy. It removes constipation, acidity, obesity, etc. It boosts appetite. It's also useful in navel displacement, heart disease, abdominal pain and respiratory disease. It's beneficial in waist pain.

Padavrittasana-1

Process Lie down straight, raise legs and make zero shape. Move it in clock wise direction for 5-10 times. After moving in one direction, move the leg in anti-clock wise in circular direction. Then do the aasana with other leg. This aasana is called 'padavrittasana-1'.



Padavrittasana-2

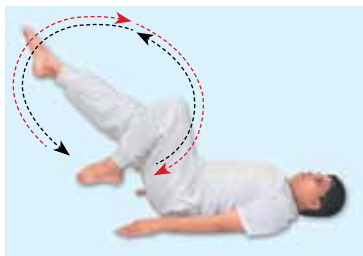
Process After completing the process with one leg, do the aasana with both the legs together. Move the legs left-right and above and lower as long as you can. The process of moving both the legs in clockwise and anti-clockwise is called 'padavrittasana'.



Benefit It removes disorders in thigh, butt and waist and makes belly round and light. It's useful in balancing body.

Dwi-chakrikasana-1

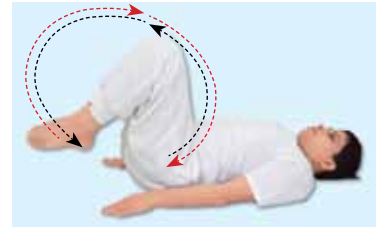
Lie down so that the back touches the earth, keep claw of hands under the butt and hold the breath. Now raise one leg above and fold heel and move it near butt (like cycle). Similarly, repeat the aasana with other



leg. Move heel without legs holding the earth. The legs must become circular. The entire exercise is called 'dwi-chakrikasana-1. Repeat the process 25-30 times. Do the aasana in opposite direction too.

Dwi-chakrikasana-2

Process In the second phase of this aasana, fold both the legs from knees which can touch the chest. Inhale and move both the legs in clockwise direction (like cycling). Repeat this process in anti-clockwise direction is called 'dwi-chakrikasana'.



Precautions The patients suffering from waist pain, heart disease, high blood pressure and hernia must not exercise second phase of the aasana.

Benefit It checks obesity. Do this aasana 5-10 minute daily to get rid of overweight. It makes belly round in shape and activates intestine. It removes constipation, acidity, indigestion, dharan, etc. It purifies blood in the body.

Everybody can lead a happy life by including these aasana in his/her daily routine. Let's take pledge to do so. <<





Will work to get Global recognition for ayurvedic medicine: Respected Acharya Balkrishna Ji Maharaj

Among top 10 most powerful Scholars of the world Acharya Balkrishna Ji Maharaj was felicitated at UN forum and after his return from abroad he was given warm welcome with great felicitation at many places in the country. Amid this Press Club of Haridwar also facilitated him.

In his address Acharya Balkrishna Ji Maharaj said that he was a deeply impressed by this warm welcome back home and he said that affection and guidance of media is his strength. He also said that the work for which he was being honoured has been a result of the teamwork. He added that Patanjali has been working in public interest and this institute has been putting all efforts to get International recognition for ayurvedic medicines prepared at Patanjali. He also appreciated the work of journalists saying that the journalist of Haridwar have done a great job to make Patanjali popular for which everyone related to this Institute will be and debited to them. Speaking on the issues like health education etc related policies he said that in Ayurveda people can find only method to ensure harm free treatment of diseases in Ayurveda. Patanjali Yogpeeth has emerged as most trusted brand among all the ayurvedic products due to its authenticity and quality. For bringing change in Indian system of education he talked about setting up of Indian education board and informed all that it will

soon come in existence. He said that Indian Board of Education will impart modern education as well as the education based on India's ancient culture so that it could present an ideal method of education.

The function was attended by Press Club president Mr Rajesh Sharma 6000 years it's president and former President Mr Sanjay Arya where Swamiji was welcomed and Tu Ona Acharya ji and welcome him founding member of Press Club Mr SS Jayaswal said that Patanjali has popularised yoga and Ayurveda all across the world which is praiseworthy and amazing and its credit goes to respected Swami Ramdevji Maharaj and Acharya Balkrishna Dev Ji Maharaj.

Senior journalist Mr Adesh Tyagi said that Acharya Balkrishna Ji Maharaj has been a multi talented person who has played a great role on doing research in the field of Herbs and herbal medicines. Senior journalist Mr PS Chauhan said that it was a historical moment that the man who was felicitated in the world was among them to be honoured and the job done by sages in the field of Ayurveda and yoga was been taken forward both scientifically and authentically by Acharya Balkrishna Ji Maharaj. Swami Ji brought owner for Indian culture and Sanskrit language by addressing at Genova in Sanskrit language.

The journalist who honoured Swamiji on this occasion by presenting him a flower bouquet Gangaajal and a shawl besides a manto included senior journalist Kaushal Sikhwala, Sunil Dutt Pandey, Mahesh Parekh, General Secretary of Press Club general secretary Mahesh Parekh, treasurer Rajkumar besides some senior journalists like Mudit Agrawal Deepak Nautiyal Radhika nagrath and Vijendra Harsh.◀



On the occasion of International Day of yoga the highest number of people who practiced yoga at one place in the world was in Nanded

Herald of yoga day 2019 happened from the sacred land of Maharashtra

» Besides being recognised as the land of braves Nanded is also recognised as the land of Saint Gyaneshwar, Saint Gajanan, Gadge Baba, Saint Ramdas and it is also recognised as the city of pilgrims and hub of education. District of Nanded is situated in Marathwada region of Maharashtra which is also a centre of pilgrimages of Sikhs. This is the land where 10th guru Guru Gobind Singh Ji had put his foot steps to make this land a sacred land. Madho Das Ji who did penance on the bank of Godavari river was made a disciple by Guruji and was named Baba Banda Singh Bahadur and Guruji Saint him to fight foreign aggressors. This is the land which takes for what the tradition of Guru and his disciple besides which also gives inspiration to make great sacrifices on the call of a Guru.

Similar example was seen during celebration of world yoga day at Nanded where in the leadership of respected Swami Ramdevji Maharaj people practice yoga.

In its background it is important to inform that the program which was attended by more than 100000 people was held after only 7 days of preparatory work. It is to be noted that great Chief Minister of Maharashtra Mr Devendra Fadnavis invited respected yoga Rishi Swami Ramdev Ji Maharaj to organise International yoga day on June 21 2019 after which soon Mr Jaideep Arya held special meeting with the chief minister and also the local MP of Nanded and popular leader Mr prataprao Patil chikhalikar and district magistrate Mr Arun Dongre were assigned with the responsibility to make this program a grand success. The entire district administration in the guidance of district magistrate Mr Dongre, CEO of district Council Mr Ashok Kakade and SSP Mr Sanjay Jadhav tahsildar Mr Kiran Ambedkar besides the official of Education Department sports department PWD and transport department worked alot.



Besides Gurudwara Sachkhand Hazoor Sahib activists of Patanjali is Maharashtra unit Educational Institutes of Nanded district activists of religious organisations social institutes and volunteers workday day in and day out to make the program a grand success. To inspire everyone present their Dr Jaideep Arya sang a song "we are left with very little time and our destination is far away you have to move fast you have to move fast."

Given the big size of the event Dr Jaideep Arya requested honorable member of parliament to allocate the biggest ground of the city for this purpose which was located at assurgen village naihar ke shivratri Jiwaji Mahale mama Chowk in Nanded. The area of this ground is 31.744 acre which is around 12 lakh square feet and this ground was named Yogbhoomi. Since the ground had black soil dares for to prevent the chances of mud in the ground on the day of program 20 JCB and 10 Road rollers were used to fill the ground with stone soil and this whether ground was prepared in just 6 days.

BJP member of parliament Pratap Rao chikhalikar and his team along with Dr Jaideep Arya and the teams of state held daily meetings and the incharge of Central youth India mesha Sachin and among state incharge included Swami Anand Dev, sister Sudha, brother Vishnu, brother Shankar, brother Babu Padalkar, Mr. Shri Ram, Mrs. Shobha Bhagya, Sanjivani Tai, Gyaneshwar ji besides yoga propagators sage brothers and sisters from Haridwar formed a team and they completed their responsibilities in the best possible way. Team members like brother Akhil Khan ji, Anil ji, Bahan Urmila ji, Bahan Sharda ji, Sitaram ji, Kale ji, Dage



On the occasion of International Day of yoga the highest number of people who practiced yoga at one place in the world was in Nanded

Nanded, June 21

Yog Divas 2019

ji also contributed in this mission. Mr. Ashish Choudhary and Mr. Mahesh Kahar took up responsibility of social media while Mr. Vinod Mishra karampal, Mr. Rinku from Haridwar, Mr. Komal, Mr. Koyagade, Mr. Shri Ram Dhan, Mr. Pardeshi and their teams took up the responsibility of the office, management of alms and traffic management. More than 100 workers who came from East and West Of Maharashtra and remote areas of Mumbai they took up the responsibilities of Water Department and promotion.

There was an arrangement of lodging and food for or around 300 workers at Sachkhand Hazoor Sahib Gurudwara for 10 days. Mr Bhupendra Minhas president of Gurudwara Prabandhak committee donated some amount from the alms collected by him to arrange for refreshment for the students and villages and to collect alms Mr Govardhan other Pal of Patanjali Mrs Jyoti Tai Doiphade, Nandini Tai sister Chanda and sister Sanap made special contributions.

By the means of a Roadshow the people of Nanded organized welcome respected Swamiji in which more than 2000 motorcycles more than 500 four wheelers participated. Member of Parliament minister prataprao chikhalikar and Swami Ji were together in an open car. Sister Dev Priya of Patanjali women's unit and other

sisters were present in in an open jeep and Dr. Jaideep Arya, Dr. Shinde Sardar, Amrik Singh, Pandharpur were in the front of the procession playing musical instruments.

Arrival of respected Swami Ji made all the workers free from the burden in which they had and there stress also got vanished. Next morning on June 21 at 4:30 a.m. the entire ground was crowded with people and people from various roads of Nanded City were converging at the ground. There were around 25000 to 30000 motorcycles on the roads and hundreds of devotees were coming there in buses. It was very difficult to travel on this four lane road. All the workers were delighted and the presence of more than one lakh people broke the record of where people gathered last year. This buy a new record was mentioned in Golden Book of World Record for which Nanded district Administration and Patanjali Yogpeeth sexy jawab to get credit for it.

Those who made contribution in the great success of the event included Maharashtra chief minister Devendra Fadnavis besides Nanded MP prataprao chikhalikar, Nanded DM Mr. Arun Dongre, District Council members of Nanded- Pranita Devre Chikhalikar and Chief Central In-charge- Dr. Jaideep Arya. <<





Respected Avdheshanand Giri Maharaj, Yogrishi Swami Ramdev ji Maharaj and Prati Kulpati of Patanjali University Dr. Mahaveer Ji welcome Revered Acharya Balkrishna ji for bringing laurels back Nation after his return from UNO.



Respected Swami Ramdev ji Maharaj practicing ashtang Yog at yoga session at National working committee meeting.



At the national training camp of womens Patanjali Yog committee Sadhvi Devpriya addresses devotees (left), senior donors lighting lamps to mark the launch of donation camp at Patanjali Yogpeeth.





पतंजलि®
प्रकृति का आशीर्वाद

कैमिकली रिफाइंड ऑयल्स से छुटकारा पायें, पतंजलि फिज़िकली रिफाइंड और नैचुरल ऑयल्स अपनायें

पतंजलि फिज़िकली रिफाइंड ऑयल्स में राइस ब्रान ऑयल, सोयाबीन ऑयल, सनफ्लॉवर ऑयल, और नैचुरल ऑयल्स में सरसों तेल, मूंगफली तेल, तिल का तेल एवं नारियल तेल उपलब्ध हैं।

फिज़िकली रिफाइंड ऑयल के लाभ-



ईको-फ्रेंडली टेक्नोलॉजी
द्वारा निर्मित



प्राकृतिक एंटी-ऑक्सीडेंट और विटामिन-E से भरपूर



सम्पूर्ण स्वास्थ्य के लिए लाभदायक



कोलेस्ट्रॉल और ट्रांसफैट से मुक्त

फिज़िकली रिफाइंड राइस ब्रान ऑयल के फायदें:

- नैचुरल ओराइजनॉल से भरपूर (13000 PPM)
- संतुलित आहार के लिए संतुलित तेल
- कोलेस्ट्रॉल को नियंत्रित करने में सहायक – स्वस्थ हृदय के लिए लाभदायक
- रक्तचाप को कंट्रोल करने में सहायक ● नैचुरल विटामिन-ई से भरपूर और इम्युनिटी बढ़ाये
- डायबिटीज को कंट्रोल करने में सहायक



1 लीटर बोतल,
5 लीटर जार,
15 लीटर जार
और टिन में
भी उपलब्ध





Yogic jogging for youth

In simple or micro exercises there are a total of 12 activities, however they are not separately mentioned but they are known in the form of their position number. Experts are of the view that these micro exercises are mainly aimed at making the body dynamic so that it could be ready for Asana and Pranayam, therefore micro exercises are advised to be done before starting asanas and Pranayam. Here we bring the positions of micro exercises-



POSITION 1

At the initial stage keep standing at one place at ease and run in such a way that you inhale and exhale and keep your fists closed and folding your hand at the elbows they should come up to the Shoulders from the front sides. During this process fold your knees in such a way that your ankles must touch your hips. While holding the hand at a fast speed in this process your photo of that side will also turn.



Breathing process While holding the right hand and right foot inhale deep breathe and while doing its opposite release air out which is an ideal condition.

POSITION 2

In the second action the first position has to be that without folding the elbows of hands right hand up straight and while keeping them straight bring them down up to the this and alternatively stand on the clause of your seat and fold your knees as much as you can and try to touch your hips with your ankles.



POSITION 3

In the first position put your palms at your waist and jump towards the front side at a fast speed and alternative you fold your sweet at the knees and try to touch them as the chest and them try to raise them above your head after that while releasing air yeah try to bring them down and immediately take breathe and then repeat the whole process from another side.



POSITION 14

In the first action maintain a gap between your two feet up to the size of the two ends of your shoulders and put both your palms at your waist and then while exhaling turn the knees of your feet at high speed and then go downward and keep in mind that you have to go down to the extent so that your waste could remain straight. And then while inhaling keep your knees straight and it all in the previous posture and again repeat it.





POSITION 5



While maintaining maximum distance between the two feet and stand up stretch both your arms parallel to the ground and then by exhale hold one of your feet at the knee sit on its claw while keeping your waist straight. Touch your hips with ankles and while taking breathe come in the centre and on the other side also repeat the same process at a fast speed.

POSITION 6



While maintaining maximum distance between the two feet put your palms at your waist and stand straight and then turn your body in the direction of one of the claws of your two feet and sit on your claws and try to keep your waist as much straight as you can and then the knee of photo well standard straight and the claw will also remain like this. Return in the previous position while releasing your breathe than repeat the whole process from another side.

POSITION 7

In this position maintain a distance between two or three feet between your both legs and be stand up position and stretch your both arms parallel to the ground and after this while taking breathe bring your hands to your side and then take them and while doing so keep your shoulders and your chest as well as your neck bending towards back and then while releasing breathe bring your hands in the earlier position and bend your shoulders in the forward direction after which immediately fill air and repeat the whole process.



POSITION 8

While maintaining a maximum distance between your two legs stand up and fill deep and air inside and take one of your hands in the opposite direction of your ear and bend as much as possible to you downward and also the palm of another hand in the same side it will go down





while rubbing that and while releasing air it will again return in the previous position and the same process will be repeated from opposite side.

POSITION 9

In this position also maintaining maximum distance between two legs and then bend in the forward direction and while releasing air touch the claw of opposite leg and while doing this process sexy sending your waste from the side take your another hand in the opposite direction straight and then look at the same hand through your shoulders entertain while taking breathe bring both your hands in the centre repeat the whole process from another side.



POSITION 12



POSITION 10

In this posture maintain a distance between the two legs equal to the distance between two ends of your shoulders breathe a lot of air and raise your both hands from the front side up with the speed and your hands must touch your ears and take your neck and hands together in the backward direction and then while releasing air take your hands in the backward direction with a speed and then from the front side touch the ground with your Palms add without folding your knees try to touch your forehead and then after feeling air repeat the whole process.



In this position first of all stretch both your arms parallel to the ground and stand up and during the whole process keep both your claws of your feet close to each other and jump in the way so that your way that your knees and claws of your feet should come in one side and your both arms should come in another side and while taking your hand in the right side and waist in the left side release your breed and repeat the whole process at a fast speed and the practitioner should ensure that the direction in which his hands go his neck and face also move in the same direction.

Special

- This can be practiced both in the morning and evening.
- Do exercise when you have empty stomach.
- While taking care of inhaling and exhaling one should do this exercise to get special benefits.
- All your body parts become active and healthy.
- Your body becomes flexible and strong.
- Bones and joints become strong and healthy.
- So let us come together and by using these methods make your body, life and nation good. Be healthy yourself and make a strong Nation. <<

POSITION 11

After standing straight in this poster raise both your hands and feeling air inside bring your palms up through your sides and clap and after jumping release year and take your hands near thighs through your sides and then while filling air repeat the process with the speed again and again.





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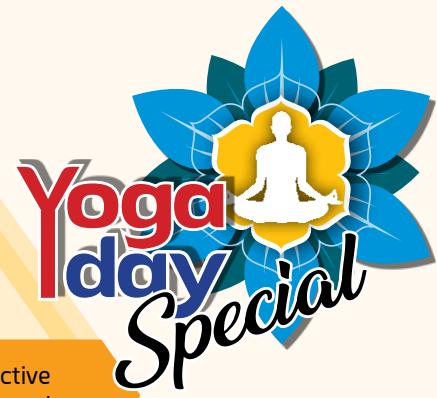
Prakriti ka Aashirwad

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juices with less fruit pulp
or drink less priced
Patanjali Fruit Beverages with
more fruit pulp, for good health
and more savings.





12 Dands and 8 sittings to be practiced in traditional daily life

Dands and sit ups devised by Indian sages make our body healthy beautiful attractive and it is our well planned system of physical exercise. Dand mix our whole body and mind strong and balanced and sit ups brings stamina in our whole personalities especially all the problems related with our feet and legs and all the diseases are cured. Therefore in daily Lifestyle they should be made a part of life to make a person's Life Style full of energy freshness and free from diseases and letters come and understand this with the help of this write up-

12 traditional Dand Asana

01 Simple Dand



Method Take your hips up with the help of the soles of your feet and your Palms and keep your sight straight is the poster of dand. Then you bend your elbows and inhale air and keep your body straight below the palms and the soles of your feet and then take your head and chest up like a snake and release your breed while taking your hips up and return in the earlier position. This is called simple dand.

02 Rammurtidand



Method The position the dand has to be fill air inside

by in inhaling in parvatasana and Bindu your elbows in a way that they should be touching the ribs of chest and take the chest gradually downward and then like a snake take your chest and head of upward. Exhale with the help of your palms and claws add return in your earlier position and this way a complete cycle will take place this is called Rammurti dand.

03 Vakshavikaskdand



Method it is also called Vaksh Vikas dand. Put your Palms inward and bring them just below your shoulders in front of each other and bend your waist and then keep your body straight and also keep your site straight and while releasing air take your elbows outward and go downward and then while taking breathe put your elbows straight and go upward.

04 Hanuman Dand



Method While releasing your breathing in this posture put the claws of your feet beside the same side of palms and then Godownwards and from the front side take your head and chest like snake upward and then take your hips





as low as you can but don't touch the ground and then put your palm at previous position while taking breath additive repeat this process from other side alternatively without stopping and do this with the speed and this way the position of Hanuman dand will be maintained.

and be in Bhujangasana posture and then while releasing breathe return to the Dand position.

05 Vrishchikdand 1



Method Come in this posture Andrew wiles inhaling breed raise your one photo to watch the sky without bending it and fold your elbows and bring it under your chest and the weight of your whole body will be on your two Palms and 1 foot and then bring the raised foot on the ground and while keeping your sight straight ahead raise your head and chest the way you do in bhujangasana and then while releasing your breathe raise your hips and return in previous posture and then you repeat the whole process by using your second foot.

06 Vrishchikdand 2



Method Be in the position of the dand and inhale breathe and without folding raise one of your feet towards the sky, and band your elbows from the front side and take your chest as low as you can and then bend the knee of the foot which is raised towards the sky and you take its claw to the ground while taking it through the opposite side of the waist and take the bent foot back

07 Parshvadand



Method While inhaling breathe in the posture take your one foot through under your abdomen and from near the wrist stretch in straight opposite direction and sold your both elbows and bring them below your chest and then raise your head and chest on your Palms like you do in bhujangasana and then by exhaling bring your folded photo back to earlier position and return to the previous posture and then repeat the whole process by using your second foot.

08 Chakradand



Method Put both of your palms on the ground and then through between the both the hands fold one of the knees of your two feet and then sit on the claws of your seat and then take your second foot in straight posture and stretch it and then take breathe and bring your stretched foot from the front and while raising your both the hands with alternatively and turn them in a circle





and while jumping put your both feet in the backward direction and then on your palms and feet claws and keep your body in this posture Street and then on your Palms take the posture of bhujangasana and it them while releasing your breathe return on your second foot by jumping and then repeat the same process.

09 Palatdand



Method Come in this posture and first do normal exercises while breathing. After this while taking breathe throw your feet upward with the speed and while taking it through hands in a lifted position in the forward direction and the parts of stomach and chest will be strained in the upward direction and after this release your breathe without stopping and while taking it through both of your hands bring it in the previous position and while being straight on your palms and claws continue your exercise and taking it upward from the front and come in bhujangasana posture and then return in the previous position.

10 Sherdand



Method Put both your palms on the ground and sit on your claws, keep your knees outward of your elbows and your eyesight has to be straight and then taking breathe and jumping and get it straight when it is towards the sky and then balancing the weight of your whole body on your Palms send your means slowly and bring your

11 Sarpdand



Method From this position then do your elbows and get your body straight on your palms and close and like a snake release your breathe and make your elbows straight in a way so that and bend it that only your chest could be taken up and down and your hips should remain downward and return in Danda posture.

12 Mishradand



Method While sitting with the help of your close and Palms and keeping in your mind that your elbow should be inside your means and taking breathe jump in a way to take your feet backward and in a dynamic form taking your chest in backward position with the help of elbows get upward like a snake return in your previous posture with the help of your both feet and sit that way and doing this non stop with the speed is called Mishradand.



Eight traditional sitting postures

Sitting 1 ▶ Simple half sitting

Method Put both your hands on waist and maintain a gap between your two feet which is equal to the distance between the two ends of your shoulders and stand up and then inhaling breathe bend your feet at the knees and sit in half posture the way you sit in a chair and again return in previous posture while talking breathe. This is called simple half sitting posture.



Sitting 2 ▶ Simple complete setting

Method Stand up straight and releasing breathe enclosing your fists keep your both hands parallel to the ground not down and try to keep your waist and neck straight and then while releasing breathe and bringing your hands in previous posture try to stand up. This posture is called simple complete setting and in this process taking care of your breathe this should be done in a fast way.



Sitting 3 ▶ Ram moorti sitting

Method While standing straight and releasing breathing keep your thumbs inwards and fists closed I just reached your hands parallel to the ground and hold your breathe and go down what slowly with the support of your claws and while taking breathe Sony bring your hands back and stand straight. This is called Ram statue sitting posture and this should also be done in a fast speed.



Sitting 4 ▶ Wrestler like sitting posture 1

Method While standing straight and releasing your breathe jump forward for 2-3 feet close your fists and keeping your hands parallel to the ground sit down and then taking breathe jump to return in the previous poster which is also called a wrestler like sitting posture and this should be repeated at a fast speed.



Sitting 5 ▶ Wrestler like sitting posture 2

Method Taking breathe and shaking hands bend your feet at your knees and sit on your claws at one places



and jump thrice at one place and practice this and then by taking breathe stand up the way you were in your previous posture this action is called a wrestler like sitting posture 2.

Sitting 6 ▶ Hanuman sitting posture 1

Method Stretch your both feet away from each other as much as you can and then while releasing your breathe send one of your hands and while keeping your waist straight and sitting on the claw of the same side when your hips will touch your ankle and then while taking breathe come in the centre and repeat this process in other side at a fast speed and this action is called Hanuman sitting posture 1.



Sitting 7 ▶ Hanuman sitting posture 2

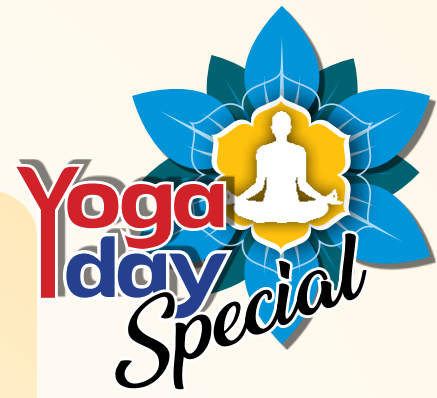
Method While maintaining maximum distance between your two feet put both your palms at your waist and turning your body what's your one claw release your breathe and bending your knee of that side and sit on your claws and try to keep your waist straight as much as you can and keep the knee of other feet straight and claw will also be straight and returned back in in the previous posture by taking breathe and again repeat the same process from another side. This method done by using the above mentioned process is called Hanuman sitting posture 2.



Sitting 8 ▶ Hanuman sitting posture 3

Method Maintain a maximum gap between the two feet and stand up and then take the thumbs of your both hands out and close your fist and bring your hands from the side and put your thumbs on your shoulders and while releasing your breathe and bending the one side of your knee keep your waist straight on your claws add sit down as if your ankles are touching your hips and by inhaling your breathe slide in the centre and repeat the whole process again and again from both sides. This action is called Hanuman sitting posture 3. <<





Twelve conditions of surya namaskar being practised in daily life

The sun has prominent place among the various sources of energy on the earth-air, water, sun, etc which provide vital energy to the entire living thing. It's scientific fact that the sun rays in the early morning make medical effect on our body. Our ancestor scholars found that we can remain energized for 24 hours through various types of practice of absorbing energy from the sun rays during early morning. Such 12 conditions are called 'surya-namaskar' which is a total exercise. The process of surya namaskar is being presented here:



Condition-1
Pranamasana or namaskar pose



Condition-2
Urdhvahastasana



Condition-3
Padahastasana



Condition-4
Ashvasanchalanasana



Condition-5
Parvatasana



Condition-6
Ashtanganamanasana/
sashtagnasana



Condition-7
Bhujngasana



Condition-8
Parvatasana



Condition-9
Ashvasanchalanasana



Condition-10
Padahastasana



Condition-11
Urdhvahastasana/
jastottanasana



Condition-12
Pranamasana or
namaskar pose





Common rules for Surya-namaskar

Completing 12 conditions of surya-namaskar at a time is called a circle. Therefore, it's advisable to practise at least 10-15 circle daily for gaining maximum benefit. Experts are of view that during practising these 12 conditions, keep vaktapuraka, kumbhaka and rechaka in mind for better result. The sick people should not practise surya namaskar. They can do it under proper guidance of yoga teachers.

Practise every condition by offering prayer, gratitude and thanks to the ultimate God, Allah, Vahe Guru, etc and concentrate on various chakra of body.

Following are the 12 conditions being practised in surya namaskar:

Condition-1

Name of condition: pranamasana or namaskar pose
Take normal breathing and meditate on anahatachakra
Mantrah **oum mitray namah** means oh friend of world! I bow down to your feet.

Method

Stand up straight towards the sun during sun rise (kneel, claw and knee must in same position) and keep hands before chest in namaskar pose. Breathing rate will be normal.

Therefore, if the people stand up and bring both hands and legs nearer, it creates a circle of energy. Consequently, the body gets energized.

Condition-2

Name of condition: Urdhvahastasana
Meditate on vishuddhichakra while inhaling.
Mantrah **oum ravaye namah** means oh creator of this world! I bow down to your feet.

Method

After bowing down, inhale and spread hands and move them behind without folding knee. Head will be in the middle of hands. Hold the breathing and see in the sky. Bend waist as long as you can.

Condition-3

Name of condition: Padahastasana
Meditate on svadhishthanachakra while exhaling.
Mantrah **oum suryah namah** means oh God who has provided life! I bow down to your feet.

Method

After the condition-2, exhale and bend the hands from behind and hold the earth near the legs. If possible, touch the earth from palm from left right direction of claw and try to bring head near the knee which must not fold.

Condition-4

Name of condition: Ashvasanchalanasana
Meditate on vishuddhichakra while inhaling
Mantrah **oum bhanave namah** means oh God of light! I bow down to your feet.

Method

After the condition—3, bend below and bring palm near both sides of chest. Raise left leg and touch the earth with claw. Right leg must be in the middle of both the hands. Knee must be in front of chest. See in the sky and hold the breath inside.

Condition-5

Name of condition: Parvatasana
Meditate on vishuddhichakra while exhaling.
Mantrah **oum khagaya namah** means oh God who is roaming in the sky! I bow down to your feet.

Method

Exhale and bring right leg behind. Shoulder and head must be in the middle of hands. Raise butt and waist above and bend the head and try to see navel.

Condition-6

Name of condition: Ashtangnamasana/sashthangasana/adhomukhashavasana
Keep breath in normal condition and meditate on manipurachakra.
Mantrah **oum pushne namah** means oh creator! I bow down to your feet.

Method

Keep claw of hands and legs static and bring chest and knee on the earth. Therefore, both the hands, legs and knee, chest and head and chin must touch the earth. The process of eight organs touching the earth is called sashthangasana. The breathing will be normal.

Condition-7

Name of condition: Bhujangasana
Meditate on svadhishthanachakra while inhaling.
Mantrah **oum hiranyagarbhaya namah** means oh God of light! I bow down to your feet.





Method

Inhale and raise chest (in bhujangasana shape) and keep hands straight slowly. Both the legs must be straight from behind. Part of navel must touch the earth and see in the sky.

Condition-8

Name of condition: Parvatasana
Meditate on svadhishthanachakra while exhaling.
Mantrah **om marichaye namah** means oh God of light! I bow down to your feet.

Method

Exhale and raise shoulder. Shoulder and head must be in the middle of both the hands. Raise butt and waist, bend head and try to see navel.

Condition-9

Name of condition: ashvasanchalanasana
Meditate on agyachakra while inhaling.
Mantrah **om aadityaya namah** means oh patron of the world! I bow down to your feet.

Method

After condition—8, lean and bring palm both sides of chest. According to picture, raise right leg and bring claw on the earth. Keep left leg in the middle of hands. Knee must touch the earth. Hold the breath inside (like condition-4).

Condition-10

Name of condition: Padastasana
Meditate on svadhishthanchakra while exhaling.
Mantrah **om savitre namah** means oh creator of the world!

Method

After condition—9, exhale and bend the hands from behind and bring it to the earth. If possible, palm must touch the earth from the left and right side of the claws. Try to touch knee with head. Knee must not fold. (like condition—2).

Condition-11

Name of condition: Urdhvahastasana/
hastottanasana
Meditate on the vishuddhichakra while inhaling.
Mantrah **om arkaya namah** means oh purifier of impurity. I bow down to your feet.

Method

Inhale and spread the hands and bring them behind without folding knee. The head must be in the middle of hands. Hold the breath and see in

the sky. Bend the waist as long as you can (like condition-2).

Condition-12

Name of condition: Paranasana
Meditate on the anahatachakra while keeping the breath normal.
Mantrah **om bhaskaraya namah** means oh God of knowledge! I bow down to your feet.

Method

Return in suryabhimukha position (knee and claw must be in similar position). Keep hands before the chest in the namaskar pose. Keep breath in normal condition. (like condition—1).

Benefit of surya namaskar

- Surya namaskar is a full exercise. It boosts all the parts of human body.
- It keeps abdomen, intestine, stomach, heart and lung healthy.
- It removes disorder in the backbone and waist by making them flexible.
- It boosts blood circulation in the entire body and checks skin disease by purifying blood.
- It provides health to the entire body. Therefore practise to do surya namaskar early in the morning daily.
- The sun light helps prepare vitamin D in the body. Vitamin D makes calcium and phosphorus useful for the body. It also makes bone strong.
- It keeps stomach, intestine, heart, kidney, lungs, backbone, etc healthy.
- It boosts endocrine glands.
- Sun light checks tension, laziness, etc. It provides energy to the mind, brain and body.
- In fact, our scholars have provided various process of surya namaskar for healthy life. We have to adopt them in our life so that we can remain healthy. <<



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प्रकृति का आशीर्वाद



ताकत भरपूर
मिलावट से दूर!



मिलावट से दूर



हाई एनर्जी



कैल्शियम युक्त



YOGA PRACTICE ACCORDING TO DISEASES

Obesity

Causes of disease

- ✓ Consumption of extra calorie meal
- ✓ Unbalance secretion through endocrine glands
- ✓ Lack of exercise and physical labour
- ✓ Genetic obesity
- ✓ Side effects of medicine

Yoga practice for checking disease

Tiryak tadasana ☺

Stand up and move both the bands upper side. Cross fingers with each other. Palm must be opened. There must be a gap of one foot between the legs. Inhale and lean towards left side as long as you can. Knee must not be leaned towards left side. Exhale and move the hands over the head. Repeat the process from left side. Do the process five times each.



Trikonasana ☺

Keep distance between both the legs and stand up. Inhale, raise one hand straight near ear by force and leaned towards opposite side as long as you can (palm of other hand should move touching the leg). Then exhale and bring the process in initial stage. Repeat the process in opposite direction.

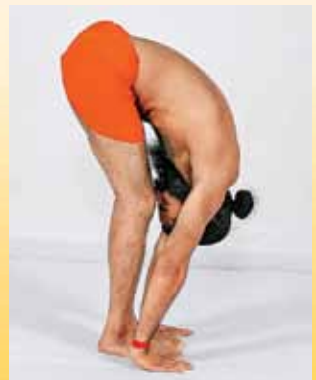


Konasana ☺

In this condition too, keep distance between the legs. Lean towards front side and exhale. Move palm of one hand by force to touch opposite palm. During the process, fold the waist and move other hand upper side straight. Now stare at the hand from shoulder. Inhale and bring both the hands in middle and repeat the process.



Lean ☺ Towards front side and exhale. Fold the hands and touch the earth. If possible, palms must touch the earth and try to bring head near the knee. Knee must not fold.





Chakki aasana ☺

Cross the fingers of both the hands each other and keep them on the both the legs. Move the left hand with right hand so that waist must lean towards front side. Hands must touch the fingers of legs and move in circular direction. When the hands touch the thigh, then bend the waist behind. Keep the legs static. Repeat the process from other side.



Sithata konasana ☺

Both the hands must be widened. Raise both the hands at the level of shoulder. Hold thumb of left leg with right hand and move left hand behind and raise upper side. Move shoulder towards left side and see. Repeat the same process.



Pashchimottanasana ☺

Sit in dandasana position and hold thumbs of both the legs with angushton and tarjani. Exhale and lean towards front side. The head should touch between knees. Keep belly in uddiyan bandh condition. Knee and legs must touch the earth. Remain in this position as long as you can. Exhale and return in earlier position.



Bhujangasana ☺ see page 27 and 28

Shalabhasana ☺ see page 28

Ardhahalasana ☺ see page 29

Padavrittisana ☺ see page 30

Dvichakrikasana ☺ see page 30

Markatasana ☺ see page 28 and 29

Shavasana ☺ Lie on the earth and back must touch it. Distance between both the legs must be one foot. Keep both the hands near the thighs and they



should be opened in upper side. Eye should be closed, shoulder straight, whole body in tension free. Inhale and exhale four-five times. Now see every part of body with mind and experience every element as static and tension free condition.

Bhastrika ☺ see page 20

Kapalbhati ☺ see page 21

Ujjai ☺ see page 26

Anulom-vilom ☺ see page 23

Bhramari ☺ see page 24

Udgith paranayam ☺ see page 25



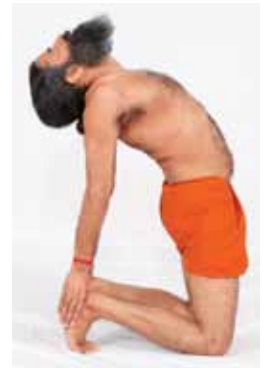
Thyroid

Causes of disease

- ✓ Due to weakness
- ✓ Obesity
- ✓ Side effects of medicine
- ✓ Scarcity of nutrients in the body
- ✓ Over sleeping
- ✓ Laziness

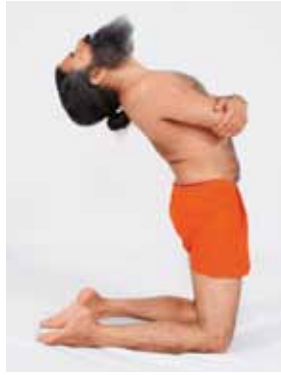
Yoga practice for checking disease

Ushtrasana ☺ Sit in the vajrasana position. Put both the hands on knees. Keep hands in this position so that the fingers are in the inner side and thumb are in outside. Inhale and fold head and cervix towards behind. Raise the waist. While exhaling sit on kneel. Repeat the process three-four times.





Ardhachandrasana ☺ Stand up in the ushtrasana condition with the help of knee and keep both the hands on the chest. Inhale and bend cervix and head towards behind. Keep waist straight. When the head bends and touches kneel. The process is called chandrasana.



Sarvangasana ☺ Lie straight on the earth with the help of back. There should not be a gap between both the legs. Keep palm of both the hands both the side on the earth. Inhale and raise legs at the level of 30 degree, 60 degree and 90 degree. Hands must help raise legs. In case of difficulty, move legs at 120 degree and hand must support waist from behind. Knee must touch the earth and keep the legs straight. Palm must be straight and the eye should be closed. See the fingers of legs. Start the process with two minute initially and stretch it upto 30 minute. Keep the legs straight and bend towards behind while returning in earlier position. Remove both the hands from waist and keep them straight on the earth. Put pressure on the earth with palm and keep backside and legs straight on the earth slowly. The time period of sarvangasana and shwasana must be same. Matasyasana is the supplementary aasana of it. Doing matasyasana before shavasana is beneficial.



Matasyasana ☺ Sit in padmasana position and lie with the help of knee. The hands must role in this process. Keep palm



behind and fold the cervix. The backside and chest must be raised and knee touches the earth. Now inhale. Return in earlier position and keep shoulder and head on the earth. Lie in shavasana position by keeping the legs straight. It's the competitive aasana of sarvangasana. Therefore it must be done after sarvangasana.

Halasana ☺ lie with the help of backside and raise the legs slowly by inhaling. After raising the legs at 30 degree, 60 degree and 90 degree, keep them behind head and raise backside while exhaling. Keep the legs on the earth behind head. Breath will be normal. You can keep hands behind waist initially. But the hands must be on the earth. Remain in this condition for 30 second. While returning to earlier position, follow the same process.



Precautions:

This aasana is prohibited in case of enlarge spleen and liver, high blood cancer, cervical spondylitis, slip disc and backbone patients.

Sinhaasan ☺

sit in vajrasana and the difference between both the knees must be 1—1.5 foot. Keep both the hands straight and fingers and palm must touch the earth. Now lean towards front side and stare at bhrumadhya. Open the mouth and move tongue outside and make roaring sound. Do the process thrice in one time.



Ujjai pranayam ☺ see page 20

Kapalbhati ☺ see page 21

Bhramarai ☺ see page 24

Udgith ☺ see page 25





Anumol-vilom ☺ see page 23

Micro exercise

Backache

Causes of disease

- ✓ Wrong posture of sitting and sleeping
- ✓ Sitting remain in same posture
- ✓ Lifting luggage in wrong position
- ✓ Sleeping on heavy and soft gadda
- ✓ Suffering from fracture
- ✓ Taking from meal and drinking water while standing
- ✓ Rheumatic disorder

Yoga practice for checking disease

Ardhachandrasana ☺ see page 50,

Ushtrasana ☺ see page 49

Makarasana ☺ see page 27

Bhujungasana ☺ see page 27 and 28

Shalabhasana ☺ see page 28

Dhanurasana ☺ Lie with help of belly. Fold legs from

knee and keep knee over the butt. Knee and claw must in similar position. Hold the legs near ankle with both the hands. Inhale and raise knee and thighs and them straight. Hands must be in straight position. After raising last part, raise chest, cervix and head. Navel and surrounding area must touch the earth. Rest parts of the body must be above the earth. The body must be bow shape. Remain in this position for 10-30 seconds. Return in earlier position while exhaling. Repeat the process once the breath gets normal. Repeat the process 3-4 times.



Chakrasana ☺ Lie with the help of back and fold the knee. Knee must touch butt. Keep

both the hands behind shoulder in opposite direction. There should be some distance between both the hands to balance. Raise kati Pradesh and chest while inhaling. Try to bring hands and legs nearer so that shape of body should reflect like circle. Relax and keep waist on the earth while returning in earlier position. Repeat the process 3-4 times.

Markatasana ☺ see page 28 and 29

Ekpad uttanasana ☺ Lie straight and raise every leg and keep straight.

Ardha pavanamuktasana ☺ see page 29, condition—1

Kandharasana ☺ Lie straight, fold both the knees and keep legs near the butt. Hold upper part of knee with hands. Raise waist and butt while inhaling.



Shoulder, head and knee must touch the earth. Remain in this condition for 15-20 second. While returning in earlier position, exhale and bring waist on the earth slowly. Repeat the process 3-4 times.

Kati-uttanasana ☺ Lie in shavasana position and fold

both the legs. Keep widened both the hands in backside. Raise the back while inhaling. Butt and shoulder must be on the earth. Keep the back straight on the



earth while exhaling. Repeat the process 8-10 times

Setubandhasana ☺ lie straight. Fold both the knee. Raising kati pradesh, put both the hands beneath the waist. Keep kati in balance position, move legs straight. Shoulder and head must be on the earth. Remain in this condition for 6-8 seconds. While returning in earlier position, bring butt and legs on the earth slowly.





Hands must not be removed from waist quickly. Relax in shvasana position and repeat the process 4-6 times.

Shavasana ☞ see page 49

Bhastrika ☞ see page 20

Kapalbhati ☞ see page 21

Anulom-vilom ☞ see page 23

Bhramari ☞ see page 24

Udghith ☞ see page 25

Stomach disease/ diabetes

Causes of disease

- ✓ Obesity
- ✓ Excessive consumption of sweet dishes
- ✓ Genetic disorder
- ✓ Tension and pressure
- ✓ Endocrine gland disorder
- ✓ Virus affected diabetes
- ✓ Irregular meal

Yoga practice for checking disease

Mandukasana ☞ see page 26

Shashakasana ☞ see page 26

Gomukhasana ☞ see page 27

Vakrasana ☞ see page 27

Yogamudrasana ☞ Sit in padmasana position and



keep palm of right hand on the navel and palm of left hand on the right hand. Exhale and lean towards front side and keep chin on the earth. See straight. Repeat the process 4-5 times.

Pavanamuktasana ☞ see page 2

Padadnshthanashasparshasana ☞

Lie straight and fold the right leg and hold claw of legs with both the hands. Exhale and pull the legs.



Raise head and touch the nostril with thumb. Practise this asana with left leg. You can do the process with both the legs together.

Uttanapadasana ☞

Lie with the help of back. Palm should be towards the earth, the legs straight and claw should be in similar position. Inhale and raise the legs upto one foot. Remain in this position. While returning in earlier position, bring legs on the earth slowly not quickly. Relax for some time and repeat the process 3- 6 times. Do the process with one leg in case of pain.



Naukasana ☞ Keep

both the hands on the thighs and lie straight. Inhale and raise head, shoulder and legs. Hands, legs and head must be raised in parallel. Remain in this position. Bring hands, legs and head on the earth while exhaling. Repeat the process 3-6 times.



Kandharasana ☞ see page 51

Eight paranayam ☞ see page 20-25

Aasana for children

Shirshana ☞ Make rounded paddle of dhoti or a long cloth. Cross fingers of both the hands and put knee on the earth. Keep paddle between the hands. The first part of head and knee must be on the earth. Keep legs parallel to the earth by balancing body weight on the cervix and knee. Fold and raise one knee. Now fold and raise other knee. Try to raise the folded knee separately. Don't practise the asana





in haste. The legs will become straight slowly. Then keep the legs in leaned position. Close the eye and breath must be normal. Take precautions while bringing legs in earlier position. After shirshana, do shavasana or stand up so that blood circulation becomes normal.

Time- Start the aasana with 15 second and stretch it upto 30 minute. Do maximum practice under guidance of someone. In general condition, do the process 5-10 minute.

Precautions - those who are suffering from ear and eye disorder should not do it. The patients suffering from heart disease, high blood pressure and backache must not do the aasana. Avoid practise shirshana soon after heavy exercise. In case of cold, najala too, it should not be done.

Sarvadgnasana ☺ see page 50

Halasana ☺ see page 50

Chakrasana ☺ see page 51

Pashchimottanasana—see page 49

Yoga practice for concentration and balance

Tasasana ☺ Stand up and raise both the hands while inhaling. Raise kneel of the legs in proportion to hands. The body weight must be on clawand the body will be straight.

Tiryak tadasana ☺
see page 48



Garudasana ☺ Stand up straight and coil right leg with left leg. Come in namaskar mode by coiling both the hands. Remain in this position for some time and do the process with left leg. This aasana is beneficial for hydrocele and it brings concentration.



Vrikshasana ☺ Stand up and hold the earth with both the hands. Difference between both the hands should be 6 inch. Balance the body weight on the hands and raise the legs slowly and make them static in the sky like tree.



Padahastasana ☺ see page 48

Chakrasana ☺ see page 51

Trikonasana ☺ see page 48

Konasana ☺ see page 48

Pashchimottanasana ☺ see page 53

Ushtrasana ☺ see page 49

Bhujangasana ☺ see page 27 and 28

Shalabhasana ☺ see page 28

Dhanurasana ☺ see page 51

Markatasana ☺ see page 28 and 29

Pavanamuktasana ☺ see page 29

Uttanapadasana ☺ see page 52

Naukasana ☺ see page 52

Kandharasana ☺ see page 51

Padadgshthanasasparshasana ☺ see page 52

Yognidra (shavasana) ☺ see page 49

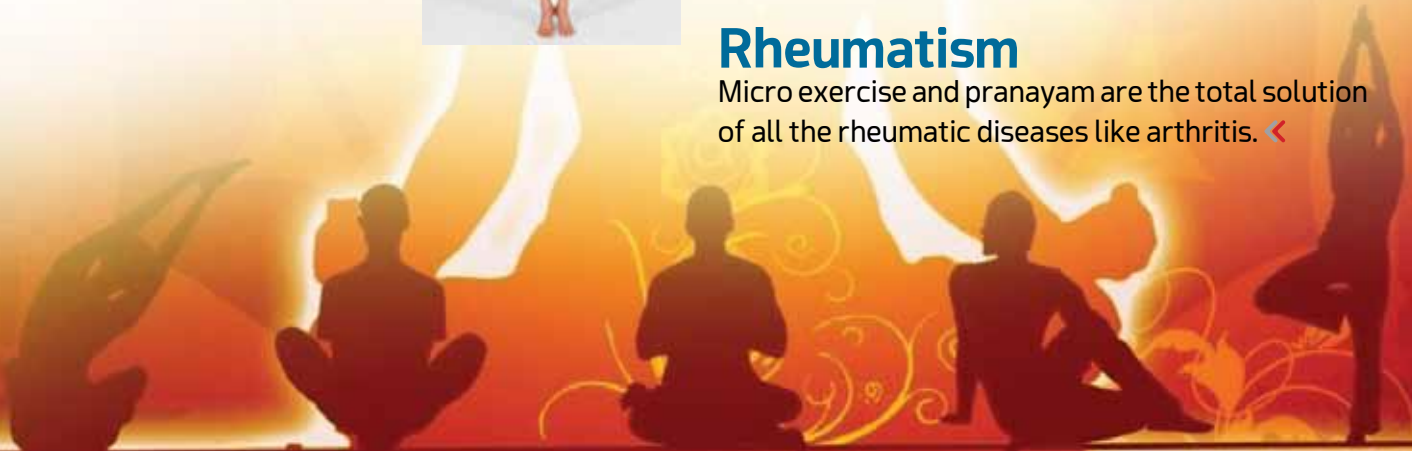
Eighth paranayam ☺ see page 20-25

Respiratory disease

Paranayam is only solution of all the respiratory diseases.

Rheumatism

Micro exercise and pranayam are the total solution of all the rheumatic diseases like arthritis. <



Vedic Gurukulam and Vedic Girl Gurukulam

Objectives:

With an aim to bring back lost glory of vedic culture and develop fully aware, industrious and committed saints, the gurukulam has been established under the kind guidance of Pujya Yogarshi Swami Ramdev Jee Maharaj and Ayurveda Shiromani Shradheya Acharya Balkrishna Jee Maharaj. Its objective is to prepare such divine sanyasi who can provide divine leadership to the world in every walk of life. This gurukulam's main aim is to make divine successor of the saints.

Our life's ideas are to know and aware ourselves and to get entire divine and totality, development and expansion of God gifted infinite divine capacity. Its objectives include to realize ourselves, go on the path of veda, yoga, religion, service, justice, etc.

**"Indram vardhanto apturah krinvanto
vishvamyam I Aapadhnanto aaravnah II"**

Our aim is to realize divinity in the human being through inclusive development of strong body, heart and intellect.

Education and degree

At this gurukulam, the education is imparted for realizing the dream of making India spiritual nation and world teacher by developing expertness in Yoga, Ayurveda, Veda, Vedanga, Upanga, Philosophy, Upanishad, Polity, Modern Economics, Social Science and various languages through rishi tradition.

Teacher- disciple tradition is in itself authentic. The students are provided with the degree of BA (Shastri Grammar), MA (Acharya Grammar) and BA, MA, PH.D (Philosophy) as per their skill and aptitude.

Specialists:

■ Great atmosphere

It plays an important role in developing great personality of human being. There are divine and clean atmosphere in the gurukulam where the students can attain total develop.

■ Capable teachers

A chain of great and expert teachers are capable enough for providing education to the

students in the field of Ayurveda Sanskrit and Modern Education.

■ Daily routine

The great daily routine includes rising in brahmamuhurta, doing yoga, self study, service, sports and evening prayer.

■ Sophisticated meal

The nutritious foods prepared with pure ghee, milk, etc are served to the students of the gurukulam for their overall development.

■ Other activities

Sports, music and debate competitions are organized to hone skills of the residential students.

Divine appeal:

Those pure souls who want to contribute in realizing Indian culture and rishi tradition by sacrificing for nation are invited.

Rules and criteria for entrance:

- The students may contact the gurukulam for admission from Ramanavami to Gurupurnima.
- The student must have passed either 10th or 12th.
- Students' age must be between 15-35 years.
- Celibacy is the sole criterion for getting admission into the gurukulam. Those who want to practise celibacy for ever following yogamarg and devamarg are eligible for admission. They must serve the nation.

Essential documents being produced during admission:

The students must carry all the educational certificates, character certificates, transfer certificate, medical certificate, six photo (passport size), confirmation letter issued by parents/institutional heads.



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TEST REPORT LAB REFERENCE No.: IF8-16112811
Issue Date: 05/12/2016
Your Ref: 8961
Date: 22/01/2016

ISSUED TO: Patanjali Ayurved Ltd., Maharshi Dayanand Green, Busside Durga Nursery, Near Patanjali Yog Peeth, Bataindabad, Haridwar-249402
Kind Attn: Mr. Girish

Sample particulars: Honey Page 8 of 8

Sample Registration No.: 22112106
Analysis Completion Date: 05/02/2016

Analysis of: Honey
Quantity Analyzed: Approx 500g in sealed jar
Sample Method: Code: H
Sampling Date: Sample not drawn by Intertek
Sample # 22112106-02

Reporting code: FSC/MSL

Sr. No.	Test parameters	Units of Measurement	Result	Specification as per FSSAI	Limit of Detection	Method of testing
1.	Sulfaguanidine	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
2.	Sulfacetamide	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
3.	Sulfacetamide	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
4.	Succinylsulfathiazole	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
5.	Sulfaphenazole	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
6.	Sulfadiazine	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
7.	Sulfadiazine	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
8.	Sulfathiazole	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
9.	Sulfathiazole	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
10.	Sulfathiazole	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
11.	Sulfamethazine	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
12.	Sulfamerazine	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
13.	Sulfamethoxypridine	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
14.	Sulfamethoxypridine	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
15.	Sulfamonomethazine	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
16.	Sulfisoxazole	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
17.	Sulfamethoxazole	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
18.	Sulfadiazine	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
19.	Sulfacinoxaline	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
20.	Sulfamethoxazole	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
21.	Sulfabenzamide	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
22.	Sulfamoxole	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
23.	Sulfazine	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057
24.	Sulfamethazole	µg/g	Not detected	5.0	2.0	IFSCCOP/LO057

DR. B. S. SINGH
(Authorized Signatory)



शहद का जमना उसका स्वाभाविक गुण है।



Scientific process of body purification- Shatkarma

The rishis delivered discourse to their disciples for body purification and entry into rajayoga. This process makes human body disease free, healthy and increases life span and glowing on the face.

**Shatkarma nirgatasthaulyah
kafadoshamaladhikah II**

**Pranayamam tatah kuryadanayasena
sidhyati II**

These activities of shatkarma purify the human body and the soul. It checks twenty types of cough diseases, all the bile, leprosy, abdominal, heart and renal diseases. Therefore, sarvajanhitay descibres shatkarma proposed by rishiprokta shatkarma in brief.

**Dhautirbastistatha netistratakam
naulikam tatha II**

**Kapalabhatishchaitani shat karmani
prachakshate II (Hathayoga: 2.22)**

**Dhautirbastistatha netih
naulikastratakastatha II**

**Kapalabhatishchaitani shat karmani
sambhyaset II**

Dhauti, basti, neti, tratak, nauli and kapalbhathi—these six karma are considered discourse for yoga seekers who must exercise it regularly. These are being discussed here.

1) Neti

Grasping various materials through nostril is called neti.

Types of neti:

Neti is of mainly five types- (A) Jalneti (B) Sutraneti (C) Ghritneti (D) Telneti and (E) Dugdhaneti.



(A) Jalneti:

Process Mix 10 gm blackdamp in a kilogram of water and heat the mixture and put it in the lota used for neti. The morning is considered as the best for neti. The people can do neti twice daily. Adjust pipe of lota in the right nostril and keep left nostril quite below. Open the mouth and inhale through it. The water spontaneously starts to come through left nostril. Do it through other nostril. Use cold water without salt in the process in case of the patient is not suffering from cough. In case of cold, the patients are advised to start the process with salt added warm water. Neti controls cold. After completing neti process, the people should do kapalbhathi so that water can come out.

(B) Sutraneti

Process Sutraneti made of cotton is used in this process. Put sutraneti in the water and make it curve at a spot where there is mom so that it can enter into the nostril easily. Now, put neti in the right nostril slowly. Use hand to bring it outside.



Note Use 4-5 number catheter in the sutraneti process in case of its unavailability. The people can





experience little pain in the nostril and throat in the process. Therefore, the people must do ghrineti or telniti.

(C) Ghrineti aadi

Process: Sit on the chair or lay down on the bed and lower down the head. Now, put 8-10 drops of warm ghee in the nostril with small spoon. Telniti has also the similar process. Grasping milk through nostril is called dugdhaneti. After getting expert in jalneti, the people are advised to perform dugdhaneti. During dugdhaneti, milk is drunk slowly.

Benefit: In 'Hathayogapradipika' describes that neti purifies kapal, improves eye sight and checks all the diseases above the throat.

Kapalashodhani chaiva divyadrishtipradayini II Jatrurdhvajatarogaugham netirashu nihanti cha II

Neti removes najala-cold and other cough diseases. It's beneficial in eye-disorder, premature hair fall, headache etc. It protects shleshma membrane from pollution, dust particle, smoke, humidity, cold, bacteria and virus. Somebody has very sensitive shleshma membrane which gets affected with outer atmosphere. It's called allergy. Neti controls all these diseases. It also checks sinus disease.

2) Dhauti

Dhauti process is important for stomach purification. Dhauti means to clean. Generally, it's of four types-vamandhauti, gajakarani, vastradhauti, dandadhauti.

(A) Vamandhauti

Process It's conducted in the morning. Put salt in 1-2 liter warm water and drink. Bow down at 90 degree and put two finger of left hand in the mouth and touch the throat. Therefore, water comes out from mouth

through vomiting process. Don't put pressure in this process. Avoid bowing down too much and there should be no too much gap between the feet. This process is also called 'badhi process'.



Benefit:

Vamandhauti helps in removing cough, undigested food item from the stomach. This process is helpful in checking cough, respiratory, bronchitis and bile diseases. It's also beneficial in fever, headache and other disorders. This process should be done weekly.

(B) Gajakarani or Kunjarkriya

The difference between vamandhauti and garakarani is that water comes out interruptedly in the former, while it comes out uninterruptedly in the latter. Elephant is called gaja or kunjara. As the elephant throws water like fountain by filling in its sura, similarly, this process is called gajakarni.



Process Drink water as you can. Fold the waist at 90 degree and inhale like ujjayi by contracting throat, mouth and kanth. Push the air in the stomach slowly. Contract the abdomen so that water can come out. You can put pressure on stomach with left hand.

Benefit: Similar to that of vamandhauti





(C) Vastradhauti

Process Put malmal cloth (22 ft x 2 inch) in the hot water for 4-5 minute. Sit in ukru position and put a part of vastradhauti on inner part of tongue. Swallow the cloth. You can take water in the process to make the process easy. You can feel like vomiting. In case of vomiting, shut the mouth. Initially, 3-4 feet cloth will go inside the mouth. After practice, you can swallow the entire cloth. After swallowing the cloth, do uddiyan bandha and dakshin nauli. After the process of naulikriya, take out the cloth slowly. Take precaution while taking out the cloth. Clean the cloth with soap.



Precautions:

- Don't put pressure with teeth while swallowing vastradhauti.
- Around a foot of dhauti must be out of mouth.
- Take out the vastradhauti after 20 minutes of swallowing otherwise, its part may get digested in the last part of stomach, leading to injury. Take out dhauti after 15-20 minute.



- The patients suffering from ulcer or excessive belch must not do this process.

Benefit:

- Vastradhauti removes shleshma membrane on the cavity of stomach. It checks loss of appetite.
- It's beneficial for cough diseases and chronic jalashoth.

(D) Danddhauti

Process Boil soft rubber pipe (3 ft x 6 mm) in the water to kill germs. Polish the part of rubber to be taken inside the mouth with stone. Drink 1-2 glass mandoshna lavanyukta water. Swallow a part of pipe so that it can reach stomach. Other part of pipe must be hanging outside the mouth. The water spontaneously starts to come out from the mouth. Take out entire water from the stomach.

Precautions:

Check the pipe before swallowing otherwise it can get broken in the stomach.

Benefit:

When the digestive juice gets accumulated on the secretive glands, then it starts to secret. In this process, walls of respiratory pipe become insensitive. The cough starts to come out. It boosts appetite. This process checks bronchitis.





Kayakalp process: Shankhdhauti or shankh- prakshalana

Our intestine is shankhakar. The purification of shankhakar intestine is called shankh-prakshalana or barisar process. Many patients have been undergone through this process which checks chronic diseases. It's beneficial in getting rid of diseases like abdominal, obesity, constipation, piles diabetes, dhaturug. Yogasana and kayakalp prove beneficial in checking these diseases. We clean our clothes daily. Similarly, we have 32 feet long intestine. We never clean it in our whole life. There is micro layer of stool on its wall. It blocks the process of absorption and excretion, leading to belch, indigestion, mandagni. Decaying of stool creates bad odour, gas formation etc. Other parts like stomach, pancreas also get affected, creating various types of diseases.

Our body is a machine. Who made it? We get music system, vehicles, watch and other machines checked to that they work properly. Similarly, we must undergo various processes so that these parts can be healthy.

Required items for the process:

Take a glass of warm water with lemon juice and blackdamp, light khichadi made of rice and mung dal, 100 gm cow ghee (per person), dari or blanket, bed sheet. There should be a toilet.

Earlier preparation: Do exercise various asana a week earlier before shankha-prakshalana process. Take light and digestive meal around 8 pm in the night and 50-100 gm munakka in the milk and go to bed before 10 pm because you have to do sankha-prakshalana process in the next morning.

Three types of water:

- Lemon and blackdamp added: Prepare warm water mixed with lemon and blackdamp. This water is beneficial for all people except rheumatic, cough and high blood pressure patients.
- For rheumatic and cough patients: Use warm water mixed with blackdamp in case of joint pain, arthritis, swelling, cervical spondylosis, slip disc etc.
- For the patients having high blood pressure and skin disease: Those who are suffering from high blood pressure and skin disease must take warm water mixed with lemon juice.

Process Drink one or two glass of water in ukdu position. Do two frequency of five aasana prescribed for shankha-prakshalana and drink water. Repeat the aasana after drinking water. Drink water again and do aasana. Don't try to put pressure in the toilet where do ashwani mudra (pulling and relaxing the anal part). The stomach gets cleaned in this process. Drink water and do aasana again. Similarly, drink water, do aasana and go to toilet. If you go to toilet 8-10 times, you will observe that there is no yellow water. Now drink 4-5 glass water and do vamandhauti. After the process, relax for 30-40 minute in shwasana position. Cover the body with light cloth. After relaxing 30-40 minute. Take khichadi made of mung dal and rice with 50 gm ghee. The entire body gets cleansed in this process. The ghee makes all the glands soft. Do yoganindra which is equivalent to shwasana. There is great importance of meditation in this. <<





Patanjali Yogapeeth's role in making Yoga world level movement



Rakesh Kumar,

Chief Central Incharge- Patanjali Yoga Committee

Maharshi Dayanad Saraswati Jee presented misconceptions and perceptions related to theory and practice of yoga and real vedic form of yoga through his main scripture like satyarthprakash, ringvedadi bhashyabhumika, aryarbhivinaya, sanskaravidhi etc. Arya Samaj set up in 1875 has been spreading continuous vedic culture and yoga in India and abroad through its thousands of institutions. Swami Shradhanand Jee Maharaj had set up Gurukul Kangri University under these theories. With vedic tradition of Maharshi Dayanad Jee, Pujya Swami Jee Maharaj gained knowledge and made available yoga to 100 crore of people in over 200 countries in the world.

By 1995, yoga was limited to only students. Yoga used to discuss for attaining moksha. But due to rigorous tapasya of Param Pujya Swami Jee Maharaj and Param Shradheya Acharya Balkrishna Jee Maharaj, crores of people are getting benefitted

from yoga. Earlier, the people used to do yoga for durability of bones. They would do only exercise in the name of yoga. But Param Pujya Swami Jee conducted special research on yoga as well as pranayam presented the yoga science before the national and internal scientists.

Aim of setting up Patanjali Yogapeeth

Earlier, there was perception that only allopathy can cure diseases like bronchitis, arthritis, hypertension, heart, liver, kidney, digestive and diabetes. Now, Param Pujya Swami Jee Maharaj has not only controlled but also proved permanent cure of these diseases through yoga-pranayam.

In 1995, Pujya Swami Jee Maharaj said that yoga treats asthma, diabetes, etc. Then the scientists vehemently opposed him and said that hypocrisy was being spread in the name of treatment. But Param Pujya Maharaj and Shradheya Acharya Jee Maharaj conducted tests on thousands of patients before their treatment and proved the benchmarks of modern science. It remains the matter of pride for Indian culture that famous scholars, scientists





and doctors of over 200 countries have accepted that yoga exercise and pranayam can treat various diseases of body and mind.

Pujya Swami Jee Maharaj has set up yoga as medical science with his 20 years' rigorous efforts. He started to teach yoga with 10 people through Divya Yoga Mandir Trust. So far, he has taught lakhs of people. He proved yoga as medical science through clinical control trial before and after yoga by inviting famous doctors and scientists.

Param Pujya Swami Jee Maharaj conducted yoga camps in over 400 districts and thousands of subdivisions in the country and made aware people of yoga and pranayam. During this journey, he had dialogue with people in over one lakh villages.

Apart from that, Pujya Swami Jee held direct conversation with around 20 crore people. He provided yoga training to around 100 crore people directly or indirectly through various means like Aastha and Sanskar channels, social media and modern communication system. He also made available the name of Maharshi Patanjali to around 150 crore people in the world and made them aware of yoga.

People's inclination towards yoga

First of all, Pujya Swami Jee Maharaj led movement

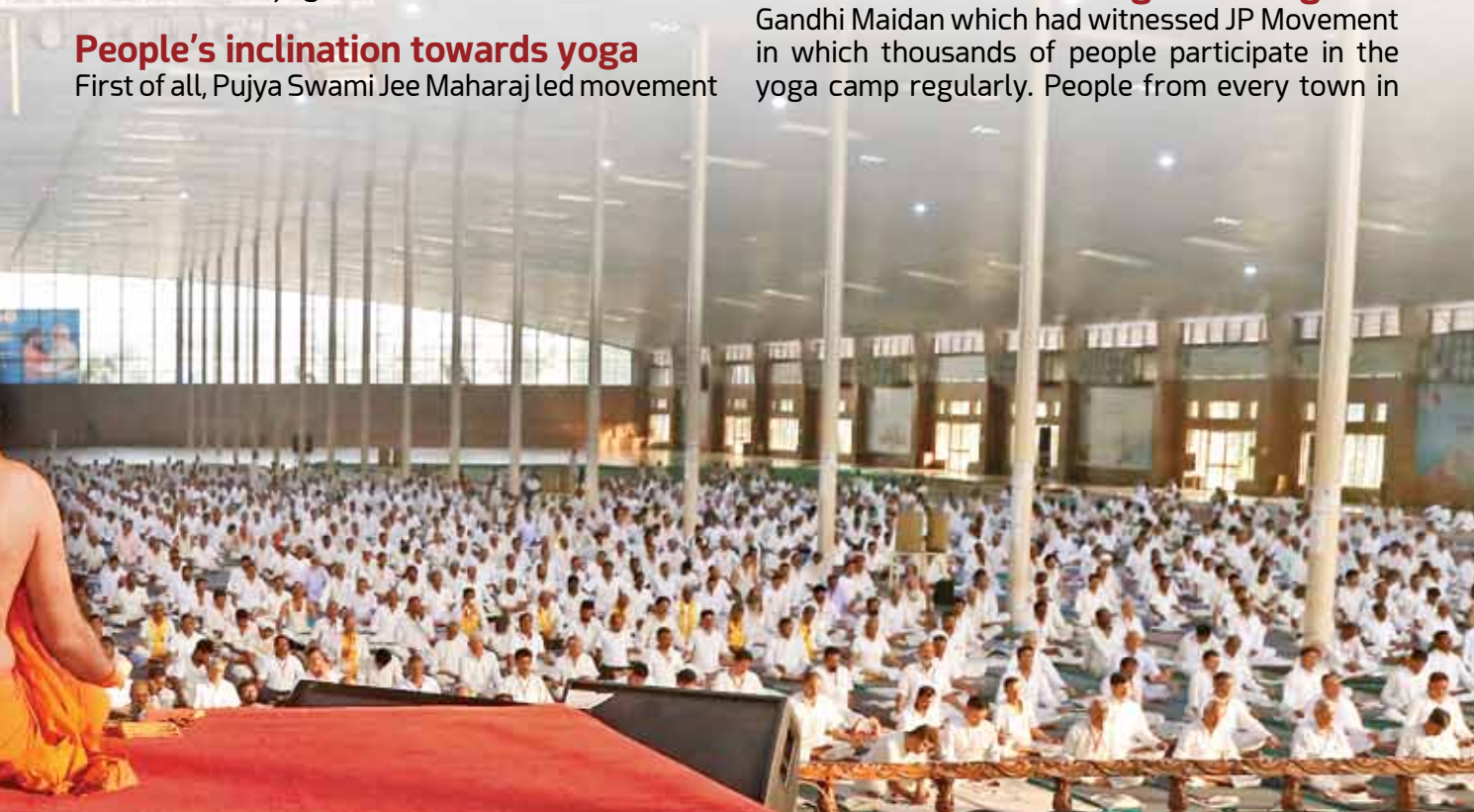
started at Surat in Gujarat where few hundreds of people gathered in a camp. Slowly, lakhs of yoga seekers got benefited from it.

The yoga camps were organized at Rohini Park in Delhi, Morabadi Ground in Ranchi apart from various states. Thousands of people used to participate in yoga camp at Gandhi Maidan in Patna twice daily. People also used to gather at Kathmandu Ground in Nepal. Later, camps were organized at Guwahati, Muradabad, Rohtak, Karnal, Asansol, Dhanbad, Varanasi, Lucknow, Kolkata, Silchar, Shimla, Bilaspur, Jaipur, Bhopal, Bhuvneshwar, Baramati, Mumbai among other cities in India.

People walking at roads since 2.00-3.00 am early morning indicates that entire country starts to rise in the brahm muhurta and India has become yogi once again. The yoga current is being seen in the DNA of India. It's a great revolution in the human history. Many scholars are of view that earlier Aadi Guru Shankaracharya brought change in the nature of people religiously and now Yogarishi Swami Ramdev Jee Maharaj made a sea change in the nature of people through yoga.

Decentralization of Yoga Training

Gandhi Maidan which had witnessed JP Movement in which thousands of people participate in the yoga camp regularly. People from every town in





the states started to apply for learning yoga under kind guidance of Pujya Swami Jee Maharaj. They used to seek time at Hardwar for yoga camps in their respective towns. In that condition, Pujya Swami Jee Maharaj thought to make available yoga at every household. Lakhs of people and yogi had to be engaged in this movement. Considering it, Swami Ramdev Jee Maharaj organized first 'yoga teacher training camp' at Bhupatwala Hardwar where 3,000 people took pledge to devote 22 hours for household work and 2 hour for yoga service, human service and nation service.

Param Pujya Swami Jee Maharaj provided 11- day residential yoga teacher camp each for 3,000 people at Hardwar in 2005 and 2006. Through which, they were imparted with the training of yogasana, pranayam, yoga darshan and ancient scriptures. They pledged to teach yoga to at least 1000 people and conduct free yoga training camp or yoga class daily either at public place or park.

Patanjali Yoga Training Committee was formed at district level in 2006 for arranging yoga teachers and accelerating the movement. Later, it was decided at Sukharali in Gurgaon in 2007 to expand the movement at national level.

It was not possible to train everybody at Hardwar, therefore Pujya Swami Jee directed and authorized the people at district levels to provide training by organizing 11-day yoga teacher camp at their respective districts. Therefore, movement of yoga training got started at district level in 2007 since then over 50 lakh people at district levels and around 10 lakh people at Hardwar have been imparted with yoga teacher training for yogasana and pranayam. They were convinced to teach yoga 2 hours daily to the people at their villages, streets and colonies.

It was decided to construct Patanjali Yogapeeth Phase-2 at Hardwar to organize yoga teacher training camp. In 2009, a huge yogabhawan (3 lakh square ft) was constructed. A residential complex comprising 1500 rooms where 10, 000 people can avail training facility was constructed.

Since April 2009 at Patanjali Yogapeeth Phase-2, Hardwar, Param Pujya Swami Jee Maharaj has been providing yogasana, pranayam, gramodyog, ideal village scheme, corruption, black money, physical and intellectual subjects.

'Bharat Swabhiman Yatra' meant for regime change and eradicating burning issues of country

Param Pujya Swami Jee Maharaj started first phase of Bharat Swabhiman Yatra from Dwarka from September 2, 2010. Through this yatra, a public movement of yoga got created in the entire country including Gujarat, West Bengal, Rajasthan, Punjab, Haryana, Uttar Pradesh, Bihar, Jharkhand, Assam, Arunachal Pradesh, Nagaland, Meghalaya, Maharashtra, Andhra Pradesh, Karnataka, Tamil Nadu.

Over one lakh free yoga classes are being conducted daily through Patanjali Yoga Committee, Mahila Patanjali Yoga Committee, Bharat Swabhiman, Yuva Bharat, Patanjali Kisan Seva Samiti and Hamro Swabhiman under Patanjali Yogapeeth. Over 10 lakh active workers have been working hard to realize this dream. Around 800 yoga pracharak brother sisters have been doing hard work to aware countrymen of yoga. Yoga pracharak and workers conduct yoga camp daily in the morning. These yoga teachers have been doing great work of instilling a sense of Indian culture and values among the people in their character building. They have also been conducting various welfare programmes like de-addiction, blood donation, flood, earthquake, plantation, etc.

Param Pujya Swami Jee Maharaj and Param Shradheya Acharya Jee have spread the Indian culture in India and abroad. Under their kind inspiration, various yoga camps and yoga classes are being conducted in the countries like America, Britain, Australia, Canada, Mauritius, etc.

The people of the entire world watch yoga programmes through social media like facebook, twitter and youtube. Param Pujya Maharaj had launched movement to eradicate corruption and





black money. Under the movement in 2014, the erstwhile Gujarat Chief Minister Narendra Modi was invited on the occasion of acharyakulam inauguration at Hardwar to present him as the Prime Minister of the country. Param Pujya Swami Jee had claimed that he won't return ashram until Modi becomes the Prime Minister.

With change of guard at the centre in 2014, PM Modi got yoga recognized in UN with support of 177 countries at international level. They accepted yoga unanimously and validated scientific effects of yoga. The UN decided to observe 21 June as International Yoga Day and the entire world gave legal recognition to yoga.

Organisation of huge camp on the occasion of International Yoga Day

Yoga Day headed by respected Sri Narendra Modi and Param Pujya Swami Jee Maharaj was observed on June 21, 2015 at Rajpath in New Delhi. International Yoga Day was also observed in over 600 districts, thousands of subdivisions and around one lakh villages through various organization of Patanjali Yogapeeth.

At Faridabad in Haryana in 2006, International Yoga Day was observed with around two lakh people. BJP chief respected Sri Amit Shah Jee also participated in the programme. PM Modi led the government programme organized on the occasion of International Yoga Day programme at Chandigarh.

Similarly, around four lakh people participated in the yoga camp organized by Patanjali Yogapeeth at Ahmedabad in 2017. PM Modi led the programme at Lucknow where around 50, 000 people took part. Out of which, around 25, 000 yoga seekers participated in the programme.

Similarly, around three lakh people reached Kota, Rajasthan to participated in the programmed organized by Patanjali Yogapeeth in 2018. At Dehradun, around 35, 000 people gathered in the

programme.

Yoga teachers are being provided to NCC, NSS, various government departments, schools, colleges and universities in the country for International Yoga Day.

In the present era, this yoga movement is being conducted at various levels. Patanjali Yogapeeth has aimed at providing yoga at 6,38, 335 villages in the countries and setting up at least one free yoga class.

Various educational and research work of yogapeeth

With an aim to set up yoga in the education sector, Patanjali Yogapeeth had prepared a practical scientific syllabus from Class I—VII in 2008 by coordinating various yoga institutions to instill yoga refinement in the children since childhood.

Patanjali Yogapeeth established yoga as tourism and career perspectives by setting up of Patanjali University where various graduation and post graduation certificate courses or yoga are being run. Apart from that, the children have been given taught yoga as an essential subject since childhood through Acharyakulam, Vedic Gurukulam and Vedic Kanya Gurukulam which are famous for providing moral and modern education.

Similarly, Patanjali Yogapeeth has published hundreds of research papers in the prestigious scientific research papers in the world over yogasana and pranayam. A huge team comprising eminent scientists has been conducting research on yogasana and paranayam.

With the efforts of Pujya Swami Jee Maharaj and Patanjali Yogapeeth, yoga has reached every household in the country and the crores of people in the world have adopted yoga in their life. If we talk about modern era, after Maharshi Patanjali, Patanjali Yogapeeth has done tremendous work to bring back lost glory of yoga in the world. <<



Courses and eligibility for admission at Patanjali University: At a glance

Ph D.

Yoga Science- PHDY, Sanskrit- PHDS

Philosophy, Psychology

Duration: 3-5 years

Educational eligibility for admission: The candidates must have passed PG with 55% marks in the related subject from any recognised university (5% relaxation in case of SC/ST/OBC)

PG course

Duration: 2 years, total seats: 40 (in every subject)

- MA, Yoga Science--MAYS, MSc Yoga Science--MSYS

Educational eligibility for admission: Graduation

- MA, Sanskrit (Literature)-MASS

- MA, Sanskrit (Grammar)-MASV

Educational eligibility for admission: Graduation (in related subject)

- MA, Psychology--Specialisation in Treatment Psychology--MAP

Educational eligibility for admission: Graduation

- MA, Sanskrit (Philosophy)--MASPH

Educational eligibility for admission: Graduation (in related subject)

- MA, Philosophy--MAPH

Educational eligibility for admission: Graduation

- Acharya--ACH

Educational eligibility for admission: Graduation (in related subject)

- MA/Travel and Tourism Management--MTTM

Educational eligibility for admission: Graduation

- MA, English--MAENG

- Educational eligibility for admission: Graduation (in related subject)

PG Diploma course

Duration: 1 year, Total seats: 40 (in every subject)

- PG Diploma in Yoga Science--PGDYS

Educational eligibility for admission: Graduation

- PG Diploma in Hindustani Music--PGDHM

- Educational eligibility for admission: Graduation

- PG Diploma in Yoga Health and Cultural Tourism--PGDYHCT

Educational eligibility for admission: Graduation

- PG Diploma in Panchkarma--PGDPK

Educational eligibility for admission:

BAMS with 60% marks

Graduation course

Duration: 3 years, total seats: 50 (in every subject)

- BA (Yoga Science)--BAYS

Educational eligibility for admission: Intermediate

- BA, Sanskrit (Vedic and Cosmic Literature)--BASS

Educational eligibility for admission: Intermediate

- BSc--Yoga Science--BSYS

Educational eligibility for admission:

Intermediate (with Science subject)

- BA, Sanskrit (Grammar)--BASV

Educational eligibility for admission: Intermediate

- Shashtri/Honours BA, Philosophy- BD

Educational eligibility for admission: Intermediate

- Shashtri--SHT

Educational eligibility for admission: Intermediate in related subject

- BPES--BPES (total seats:20)

Educational eligibility for admission: Intermediate

One-year complimentary course

- Sanskrit--BC (Duration:1 year, total seats:50)

Educational eligibility for admission: Intermediate

Note

- 31 July, 2019 will be the last date for determining age limit.
- 5% relaxation will be provided to the students belonging to reserved and abled categories in all the courses.

Admission procedure at Patanjali University

Entrance test will be conducted in two sessions for the eligible candidates for the admission at university. ➡

First session: Dated July 07 (Sunday), 2019, 10 AM

The objective questions based first session will comprise five parts.

Total marks: 100

Duration: 2 hours

First part: The objective questions based on national-international conditions, invention-research, literature, sports, aptitude will be asked under general knowledge.

Total marks: 20

Second part: The objective questions will be asked to judge fundamental knowledge of language in the question papers of Language (Hindi, English, Sanskrit).

Total marks: 20

Third part: The objective questions will be asked to test candidates' general knowledge related to the subjects they applied for admission.

Total marks: 20

Fourth part: The question papers of Common Mathematics will comprise objective questions for the use of practical Mathematics.

Total marks: 20

Fifth part: There will be objective questions to test the candidates' knowledge about general information regarding various prakalp of patanjali yogapeeth.

Total marks: 20

Second Session: Dated, July 08, 09, 10 (Monday, Tuesday and Wednesday), 2019

Interview of candidates appeared in entrance test.

Total marks: 100

Classification of marks for computing merits for the selection of candidates ➡

* 50% of marks obtained in entrance test

* 30% of marks obtained in eligibility test

* 20% marks obtained in interview

Important information ➡

- 1) The candidates can obtain the prospectus by paying Rs 500 at the office of Patanjali University. They can also obtain it by sending a demand draft worth Rs 550 (in favour of Patanjali University Haridwar). For the admission, the candidates are required to enclose demand draft worth Rs 500, xerox copies of all the required self attested certificates and envelopes in the size of 10x12 inches (A-4 size) and 10x4.5 inches with fully filled application form and dispatch it to The Registrar, Patanjali University, Patanjali Yogapeeth Haridwar-249405, Uttarakhand, Phone number 01334-242526 with registered post.
- 2) The candidates can also apply online through website www.uop.edu.in by paying Rs 1000 (Rs 500 for prospectus and application form and Rs 500 for entrance test).

Important dates ➡

- 1) Date for obtaining application form: 03-22 June, 2019
- 2) Last date for submitting fully filled application form: June 24, 2019 (Monday)
- 3) Last date for submitting fully filled application form (with late fine Rs 100 per day): June 29, 2019 (Saturday)
- 4) Cancellation of illegal application form: July 01, 2019 (Monday)
- 5) Date for written test (Aptitude test): July 7, 2019 (Sunday)
- 6) Medical test and admission procedure: July 23-27, 2019

Interview date ➡

- 1) PG Course/Aacharya: July 8, 2019 (Monday)
- 2) PG Diploma Course: July 9, 2019 (Tuesday)
- 3) Graduation Course (Shashtri): July 9, 10, 2019 (Tuesday and Wednesday)
- 4) Announcement of selected candidates: July 20, 2019 (Saturday)
- 5) Date for admission procedure/fee depositing: July 23-27, 2019
- 6) Commencement of academic session: July 29, 2019 (Monday)

Jayatad Buddha Balkrishnah



**Acharya Shivaji
Upadhyay**

**Sanyuktarashtramadhikritya tadiyavish-
waprakhyatguravsameditbhurinamna I
Sansthanken Vihitam Suyashah Samid-
dhim Sammanmapaya Jayatadbud-
dhabalkrishnah II1I**

**Sriramdevritypgaguru Sakashadayurbhri-
tamuditapanchamvedavigyahl
Patanjalam Suviditam Chiryogpeetham Sat-
karmana Jagati Bhaswaramunninaya II2II**

**Devapageva Mahaniyatma Hi Devavaguj-
jawalam Pravachanam Yadayam Videshe I
Acharyavaidyavar Aryapathprakashprep-
sonnatam Vihitvaan Tadavitachitram II3II**

**Swasthyonnateh Kritamahattaravaidya-
shastram Yogprayogaguruta-
manusandadhanah I
Yo Balkrishnamahasa Dashavishvasid-
dheshuchchaishchakara Nijnaam Sa
Koapi Dhanyah II4II**

**Sandhaya Yogaguruna Saha Sanninidhan-
am Rashtrasya Manprotman-
murikarishnuh I
Sanatanim Vidityaidiksanskritim Sawam
Naktanadivam Nanu
Samedhya Balkrishna II5II**

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दन्त कान्ति एलोवेरा

14 जड़ी-बूटियों से निर्मित

पेश है भारत का पहला एलोवेरा टूथपेस्ट जो पायरिया, मसूड़ों से खून आना, सेंसिटिविटी एवं पीलेपन आदि से बचाए और दाँतों व मसूड़ों को दे असरदार सुरक्षा।

दन्त कान्ति रेड टूथपेस्ट

16 जड़ी-बूटियों से निर्मित

बेशकीमती जड़ी-बूटियों, गेरू व टंकण को मिलाकर बनाया गया एक विशिष्ट टूथपेस्ट जो आपके दाँतों को लम्बे समय तक कीटाणुओं से बचाकर दे ताजा साँसें।

दन्त कान्ति फ्रेश एक्टिव जैल

9 जड़ी-बूटियों से निर्मित

ठंडक की अनुभूति के साथ आपको दे सुखद स्वाद और लम्बे समय तक ताज़ा साँसें। अब सिर्फ कैमिकल से बने अन्य हानिकारक जैल टूथपेस्ट न अपनाएं।

दन्त कान्ति मेडीकेटेड

मसूड़ों की सूजन, खून आना, दाँतों की सेंसिटिविटी (झंझनाहट) में लाभदायक। दाँतों व मसूड़ों को मज़बूत व स्वस्थ बनाए।

दन्त कान्ति नैचुरल

13 जड़ी-बूटियों से निर्मित

दाँतों व मसूड़ों की समस्याओं जैसे पायरिया, मसूड़ों से खून आना एवं पीलेपन आदि से छुटकारा दिलाकर आपको देता है प्राकृतिक सुरक्षा कवच व स्वस्थ और सुन्दर मोती जैसे दाँत।

दन्त कान्ति जूनियर

एसएलएस फ्री

कैविटीज़ से दाँतों को बचाए, कीटाणुओं से लड़े और ओरल हाइजीन को बनाए रखें। हानिकारक एसएलएस फ्री टूथपेस्ट।

दन्त कान्ति रेड एडवांस्ड

26 जड़ी-बूटियों से निर्मित

दाँतों व मसूड़ों को बनाए स्वस्थ व उन्हें दे लम्बी उम्र। डेन्टल प्रॉब्लम्स जैसे पायरिया, मसूड़ों की सूजन, दर्द व खून आना, सेंसिटिविटी, दुर्गंध एवं दाँतों के पीलेपन से दे छुटकारा।





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कैल्शियम व
प्रोटीन से भरपूर



हड्डियों व दांतों
के लिए फ़ायदेमंद

