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₹50.00

ORGANISER

Vol. 75, No. 1 New Delhi

June 25, 2023, Ashadha Shukla 7, Yugabd 5125



#INTERNATIONALYOGADAY

YOGIC VISION FOR PEACE

THE WORLD IS IN TURMOIL WITH THE UNSTABLE GLOBAL ORDER, CRUMBLING WESTERN MODEL OF DEVELOPMENT, CLIMATE CRISIS AND UNBRIDLED ADOPTION OF ARTIFICIAL INTELLIGENCE. YOGIC WISDOM ROOTED IN BALANCE, HARMONY AND UNITY WITHIN AND OUTSIDE GOES BEYOND HEALTHCARE AND CAN PROVIDE A SOLUTION TO THE WORST-EVER CHALLENGE TO HUMANITY



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You can't lose your way when there are no wrong turns. That was the feeling I got in Saputara. Here, every turn offered me new things. Like the meandering Ambika river. Each step brought me closer to nature. In the dense jungles of Dangs, I felt as if all the trees and shrubs were my old friends.

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Saputara Bachchan

Editorial

05 Yogic Wisdom
For Peace

Education

28 A New Dimension of
Opportunities

Interview/Abhilash Tomy

32 Golden Globe in
151 Days



Report/Tamil Nadu

39 Corruption, Complaint
and Cribbing



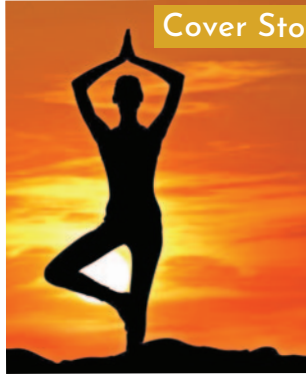
Column

04 Readers' Forum

46 Book Review

48 Defence Scan

50 Temple



Cover Story/International Yoga Day 2023

06 Yogic Vision
for Humanity:
Beyond Health

12 Yoga for Peace
and Harmony

18 Opening New
Avenues

24 Western Myths
on Yoga

22 Yoga as a
Lifestyle

26 Path to
Holistic Health



Interview/Dr Akshay Anand

14 "Integration of Yoga with Modern
Medicine can Bridge the Gap"



Analysis/India-US Relations

30 Bonhomie at
Arm's Length



44 "Jayant Sahasrabudhe ji
contributed to the golden period
of Bharat": Dattatreya Hosabale

Dr Syama Prasad Mookerjee Balidan Diwas

42

Sacrifice
Life for
Motherland



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ODISHA TRAIN CRASH & SWAYAMSEVAKS

THE report "Devastation, Reparation and Relief" on *Organiser*, June 18, was regarding the Odisha Train Accident and how Swayamsevak helped the public and engaged in relief and rescue work. The pictures of the tragic train accident in Balasore, Odisha, were heartbreaking. So far, more than 280 people have lost their lives in this accident. It is being said that if the Rashtriya Swayamsevak Sangh (RSS) Swayamsevak did not arrive on time, the number of deaths could have been much higher. According to this report, more than a thousand Sangh Swayamsevak and ABVP volunteers had reached the spot and engaged in relief and rescue work even before the NDRF team arrived. On the one hand, some Sangh workers were helping the people trapped in the train and the injured. At the same time, some others reached the hospital to give blood to the injured. At the same time, many Bajrang Dal activists also reached the hospital for blood donation and helped every victim in every possible way, irrespective of caste and religion.

HARISHANKAR SHARMA,
Nilgiri, Odisha

LETTER OF THE WEEK

India or Bharat?

MANY Indian nationalists consider the word "India" as derogatory. The word "India" was popularly adopted in this land by most of the Western-educated "Babus" with colonised mindsets during the British Raj. On the contrary, the sporadic-revolutionary, native forces against the British preferred to use the words "Bharat" or "Hindustan" instead to represent the land and people of this subcontinent. Of course, views on this matter might vary among the individuals and groups within the "Swadeshi" freedom struggle. Many Bharatiyas are concerned about the term "India" for the following reasons. 1. Colonial Legacy: Many associate the term "India" with the colonial legacy of British rule, as it is seen as an imposition of foreign influence and dominance. 2. Cultural Assertion: Using the names like "Bharat" or "Hindustan" is viewed as connecting ourselves with our own deeper roots of indigenous traditions and historical and cultural heritage. 3. Linguistic Preference: Some nationalists argue that "Bharat" is a term that evolved in Sanskrit and is closely linked with this land's ancient scriptures and traditions. From these perspectives, using alternative names like "Bharat" or "Hindustan" can be seen as rejecting the colonial ascendancy. We must embrace decolonisation to reclaim our own cultural identity, challenge the Eurocentric hegemony, overcome our internalised inferiority, address global power balance, promote our indigenous knowledge and sustainability, embrace pluralism and all-inclusivity, redefine the development paradigms, etc. So, giving a second thought to the word "India" could be considered for rebuilding a society that values and respects our people's diverse identities, histories, and aspirations.

RANJANDAS, Mirza, Assam

WHY ISLAMISTS TARGETING HINDU GIRLS?

APROPOS "Pretending to be Hindu" by Subhi Vishwakarma, *Organiser*, June 11, 2023, a list of 30 cases where Muslim men posing as Hindu by using fake names to trap Hindu girls in Love Jihad, have been quoted. After the partition of India in August 1947, a large number of Islamists were not allowed to go to Pakistan (including Bangladesh) by Congress leaders. Therefore they had to live in Truncated Bharat. On TV discussions, they openly denounce BJP and RSS. They say as to why BJP in power does not stop such actions by Muslim individuals. Why is the whole Muslim community and Islam is blamed? They lecture on secularism to

Hindus, ignoring the fact that Hindus & Sikhs, who were 25 per cent in West Pakistan in 1947, and 30 per cent in West Pakistan (Now Bangladesh), have been reduced to about one per cent and six per cent, respectively by their brother Muslims of Pakistan and Bangladesh. Islamists now living in Truncated Bharat feel proud of Aurangzeb and other Cruel Islamist rulers and denounce Shivaii at various places. This shows their mentality. The population exchange, as suggested by Dr BR Ambedkar and Mr Jinnah, too, is the only solution. Otherwise, a day will come when Muslims will form the majority community in Truncated India, leaving no place for Hindus to exist. **ANAND PRAKASH,** Panchkula, Punjab

“The World State of our concept will evolve out of a federation of autonomous and self-contained nations under a common centre linking them all... it is the grand world-unifying thought of Hindus alone that can supply the abiding basis for human brotherhood, that knowledge of the Inner Spirit will charge the human mind with the sublime urge to toil for the happiness of mankind while opening out full and free scope for every small life-speciality on the face of the earth to grow to its full stature.”

–M S Golwalkar (Sri Guruji), *Our World Mission, Bunch OF Thoughts*, Vikrama Prakashan, Bangalore, 1966, pp.7-8

Yogic Wisdom for Peace

Since the United Nations General Assembly unanimously adopted a resolution proclaiming June 21 as the International Day of Yoga, mass demonstrations at public places feature yearly with growing awareness about Yogic practices in everyday life. At the same time, there has been an attempt to misrepresent Yoga with a typical patenting approach or reduce it to mere physical exercise. Yes, Yoga is for individual health and holistic wellness, but it is not limited to that. The original yogic wisdom can guide us in the age of turmoil, stress, conflicts and crises happening worldwide if we try to grasp the philosophical roots of the yogic practices.

The contemporary world is still recovering from the shock of the Covid Pandemic. The multiple issues of climate change are posing new challenges every day. And now, with the war in Europe, we are witnessing another round of economic crises - growing problems in the oil market, inflation, and food insecurity are only the symptoms. With renewed competition for supremacy among old and new superpowers, the emerging unstable world order can throw humanity into another round of arms race and conflicts. The unabated use of technology poses a new challenge in the form of artificial intelligence (AI). Amidst this atmosphere of uncertainty, we need to take the discussion on International Day of Yoga beyond individual health and well-being to universal harmony and unity.

Yoga means the harmonious and holistic way of life leading to the harmony of body, mind, intellect and soul. The ancient science of Yoga readily equips humans to reinstate world peace, environmental sustainability, and harmony between individuals, communities, religions and nations. The International Day of Yoga celebration recognises this method of uniting an individual with higher consciousness and expanding it to the collective level. The consensual acceptance of this day, with 177 countries endorsing the proposal, should be a model for addressing other global issues.

Despite various rounds of negotiations on the Convention

on Climate Change, there has yet to be an agreement on managing this problem of human survival. Instead of the philosophical aspects of human relations with Mother Nature, the focus on science and politics is the primary reason behind this climate change predicament. As long as the negotiations on climate change do not address the questions of the development model based on harmony with nature, the possibility of any positive outcome is bleak. Yogic knowledge sees human life as part of nature and not above it.

For over five hundred years, humanity has been swinging like a pendulum between the ideological tussle – capitalism rooted in the core philosophy of individualism and socialism representing collectivism manifested in the State institution. Despite all experiments and combinations, both models have failed to provide a sustainable solution for a prosperous life. On the contrary, environmental sustainability and economic development are discussed more as conflicting paradigms than complementary ones.

The world needs the true ideals of Universalisation as espoused in the Cosmic Consciousness of Yogic Philosophy and not the market or socialist models of globalisation. The idea of ‘Vasudhaiva Kutumbakam’ – One World Family can be a constructive alternative to these monotheistic models. Like a family, allowing every nation to pursue indigenous models of development and still stay connected with each other through the judicious use of technology is a foundational principle of the Yogic civilisation. The Second Sarsanghchalak of Rashtriya Swayamsevak Sangh (RSS) articulated the same vision for the World Mission of Hindutva.

From lifestyle management to mitigating conflicts at the global level, Yogic wisdom can be a guiding force. Let us imbibe the yogic vision for international peace and prosperity while practising Yoga for individual health and happiness.

 @PrafullaKetkar



YOGIC VISION FOR HUMANITY: BEYOND HEALTH

Celebrating the International Day of Yoga is an occasion to experience and celebrate the 'religion of humanity'. The substance of the Sanskrit saying, "Vasudhaiva Kutumbakam", One-world Family – flows from the Yogic Vision.

■ PRAFULLA KETKAR

Editor, Organiser

The world order is in turmoil with the unstable world order, crumbling economic model of development, climate change crisis and unabated use of artificial intelligence. Yogic wisdom rooted in balance, harmony and unity within and outside goes beyond health and can provide a solution to the worst-ever challenge to humanity.

WHAT IS THE YOGIC VISION?

As Bharat's civilisational contribution to the entire humanity, Yoga does not only mean individual health and well-being through physical exercise. Derived from the root 'Yuj' – which means union or to connect, Yoga is essentially a holistic way of life leading to the harmony of body, mind, intellect and soul as envisaged by sages like Maharshi Patanjali, who did the first comprehensive compilation of the Yogic Philosophy. The ancient Indian Yogis, who were researchers on human life and its relationship with Mother Nature, developed various Yogic practices to overcome the ego and feel oneness with the supreme power through self-realisation. These ancient practices are known as Yoga.

Thus, Yoga means balance, harmony and unity. On December 11, 2014, it was a momentous occasion when the resolution was proposed by 175 countries and passed unanimously by the general assembly, recognising that Yoga provides a holistic approach to health and well-being. Since then, the Yoga movement has been catching up worldwide. This approach of evolving a consensus amidst differences by elevating the individual and collective consciousness to the universal level is the crux of the Yogic Vision.

We need to inculcate and exhibit a similar approach to working together despite differences by realising the inherent unity that lies beneath the diversity. Post-pandemic recovery, climate change concerns, the economic crisis, and the challenges posed by the unabated use of technology with the growing intrusion of Artificial Intelligence and an unstable world order are the current reference points that underscore the need to evolve the Yogic Vision for the global good.

POST-PANDEMIC WORLD

During the Covid-19 crisis, the UN recognised that Yoga has been playing a significant role in the psycho-social

care and rehabilitation of COVID-19 patients in quarantine and isolation. That it is beneficial in allaying their fears and anxiety has been a shared experience. Therefore, the message of Yoga in promoting both the physical and mental well-being of humanity has never been more relevant. A growing trend of people worldwide embracing Yoga to stay healthy and rejuvenated and fight social isolation and depression has been witnessed during the Pandemic. At the same time, a lack of consensus about the holistic idea of wellness and the tendency to accumulate profits even when the entire humanity was crisis-ridden were evident in the real world. The conflict between modern allopathic practices and traditional methods of medicine was presented to the masses as if they were not just exclusive but inimical. At the Global level, there is a need for a dialogue between different 'pathies' (medical practices) to find common ground for a holistic concept of wellness, and the Yogic vision can provide a proper perspective in realising the same.

CLIMATE CHANGE

Extreme weather events like droughts and floods are now everyday news. Everyone agrees that avoiding harm to living conditions while pursuing material development is one of the most critical problems of our time. This dilemma has brought the issue of climate



“Yoga embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and wellbeing. It is not about exercise but to discover a sense of oneness

with yourself, the world and nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change”

– Prime Minister Narendra Modi
at UNGA on September 27, 2014



PEACE IS ABSENCE OF DISTURBANCE

■ What is the best way to work for world peace?

Ramana Maharshi: What is the world? What is peace, and who is the worker? The world is not in your sleep and forms a projection of your mind in your jagrat [waking state]. It is therefore an idea and nothing else. Peace is absence of disturbance. The disturbance is due to the arising of thoughts in the individual, which is only the ego rising up from pure consciousness. To bring about peace means to be free from thoughts and to abide as pure consciousness. If one remains at peace oneself, there is only peace everywhere.

■ Will not the practice of good conduct [nitya

karmas] lead to salvation? Several books state that it will.



Sri Ramana Maharshi

Ramana Maharshi : It is said so in books. Who denies that good conduct is good or that it will eventually lead you to the goal? Good conduct or sat karma purifies the chitta or mind and gives you chitta suddhi [pure mind]. The pure mind attains jnana, which is what is meant by salvation. So, eventually, jnana must be reached, that is, the ego must be traced to its source. But to those to whom this does not appeal, we have

to say that sat karmas lead to chitta suddhi, and chitta suddhi will lead to right knowledge or jnana, and that in its turn gives salvation. ■

change to the centre of international negotiations. As Prime Minister Narendra Modi expressed his thoughts while proposing the International Day of Yoga in September 2014, "Yoga embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover a sense of oneness with yourself, the world and nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change".

Again, the Yogic vision that revolves around decoding the principles of nature can provide insights into evolving a consensus for addressing the issues of depleting natural resources and fluctuating weather conditions.

CRISIS OF ECONOMIC MODEL

As per the Yogic wisdom, material prosperity is essential for spiritual elevation. Optimum utilisation of resources available at the local level to fulfil the basic needs while establishing interdependence through technology and trade for ease of living is the balancing principle that is innate in the Yogic wisdom. We need to explore the Third Way, where each country is self-reliant with a unique development model and still practising interdependence for shared prosperity. Unless a holistic approach to balancing material prosperity with social satisfaction is achieved, society can never be content. Based on the Yogic

ideas, the third way can help us get out of the extremes of individual values (capitalism) or enforced collectivism (communism) and enable us to balance the material and non-material needs.

UNSTABLE WORLD ORDER

The cycle of wars, either for exploiting resources or for establishing ideological and religious supremacy, is a consistent feature of the contemporary world order. After the devastating experience of World Wars, international organisations were created, but the cyclical nature of conflicts did not stop. Presently, the United Nations system is under tremendous pressure, and the world is facing another round of instability. The Ukraine crisis is just a symptom; the real malaise lies somewhere else. As Maharshi Aurobindo, whose 150th birth anniversary is being celebrated this year, articulated, "a mere outward unity-mechanical or administrative will never be sufficient in creating the 'Ideal' if the nature of humankind is given to politics of domination, repression, competition and clash. The intention of nature is to take up and perfect all these regressive movements and she will not rest till the inner basis for a true Unity is perfected". The idea of imposed uniformity is inherent to all the modern ideological constructs, which is against the law of nature. Perpetual peace is possible only by recognising diversities and still

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YOGA AND MEDITATION FOR A PEACEFUL SOCIETY

■ Can you define ahimsa and explain what it means and its connection to yoga?

"Today it's very important that people wake up to a call for Non Violence. Violence is so pervasive in schools, homes are broken. Domestic violence - women are in trouble all over the world. We need a safe and secure world. We all have to work together. Every NGO, Civil Society Governments need to have one common goal: Creating a violence-free stress-free society.

There are eight limbs to yoga. First limb is Yama - in that are included non-violence, truth, integrity. These are foremost qualities for any yoga practitioners. Second limb of yoga is Niyama - Inner & outer purity. Then comes Asanas. It's the third step: stretching. Yoga helps lead you to a non-violent state. You can start with any limb; all of them work well with each others. Like the legs of a table, they are interconnected. You pull one then others also come. When you do yoga you tend



Sri Sri Ravishankar

to be peaceful in your behaviors and with people, more non-violent.

■ Many people these days are worried about the threats of nuclear missiles being launched from North Korea. Can you speak about this situation and the solution?

"When you meditate and you feel calm and peace inside you will move away from violent tendencies and violent entertainment. It's so obvious. If you are agitated, like leaders today, then your decisions affect millions of lives. In Iraq, one President was disturbed and it affected the whole country. When leaders meditate they will take better decisions. All decisions for war sprout in minds of individual people. So meditation by leaders is absolutely essential for a peaceful society."

(From the transcript of interview of Gurudev Sri Sri Ravishankar aired on Vancouver based radio station: Drishti Point yoga radio. Source: <https://www.artofliving.org/>)

creating unity at the level of consciousness, as analysed in the Yogic Wisdom – corresponding institutional mechanisms can keep changing as per the needs.

Self-realisation is the beginning; feeling unity with the Supreme level of consciousness is the ultimate goal. That is the key to peace and prosperity. Celebrating the International Day of Yoga is an occasion to experience and celebrate the 'religion of humanity'. The substance of the Sanskrit saying, "Vasudhaiva Kutumbakam", One-world Family – flows from the Yogic Vision.

As each individual is unique, adopting different paths of Yogic practices to elevate the consciousness as per the temperament and physical strength to realise the unity with the Supreme Consciousness, each society or nation can be part of the World Family, maintaining its own uniqueness. Evolving a federation of autonomous and self-contained nations under a common centre linking them all is the ideal of the Yogic Vision. Mere free trade or ideological and religious bonding cannot be a driving force for attaining this goal. As Dattopant Thengadi Ji aptly enunciated while providing a Third Way to the Capitalist or Socialist forms of

Globalisation, "Without the growth of such human consciousness (based on the ideal of Vasudhaiva Kutumbakam), it is impossible in the international economic field to ensure genuine 'free trade'; maximum utilisation of the scarce resources; development without environmental problems and permanent damage to nature; adjustment of the presently unlimited human desires with the limited resources of the planet; management of population explosion; diversion of all the huge amounts allocated currently by different countries for their defence budgets to their developmental activities; encouragement to every country to maximise its specialised production; free exchange of scientific and technological information; constitution of International Technological Ombudsman; curbing the activities of international criminal gangs disturbing seriously the economic structures of even the civilised countries; and world peace, harmony and prosperity".

International Day of Yoga is an opportunity to connect the world with the principles of harmony and peace and take the Yogic wisdom beyond health for global peace, stability and prosperity. ■

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YOGA FOR PEACE AND HARMONY

If we can recall our memories, Yoga, the most ancient Indian wisdom, has become highly popular and reached every home and individual worldwide after the first International Day of Yoga (IDY-2015) celebration subsequent to the United Nations General Assembly resolution in the year 2014 to celebrate IDY on June 21st every year. Thanks to the Government of India and, in particular, to our Honourable Prime Minister Shri Narendra Modi, a true Yogi who has taken the initiative



DR B R RAMAKRISHNA

Vice-Chancellor, S-VYASA Deemed University, Bengaluru

with the objective of ensuring Health, Happiness and Harmony through Yoga to one and all.

As many have understood, Yoga is not merely a practice of different body postures, stretching of different parts of the body, gymnastics, and a kind of physical exercise. Yoga is a

holistic way of life, an art of living, a science of life for harmony and peace.

The problems of the present-day society and, in particular, the youth are improper lifestyle, addiction to tobacco, alcohol, and drugs, substance abuse, lack of nationalism and patriotism, divorce culture, running behind money and luxuries, addiction to work, gambling and casinos, corruption and nepotism, gun culture in the schools, colleges and universities are becoming the order and fashion of the day.

These vice and borrowed cultures kill the human resource of the society in every aspect, which in turn influences the socio-economic conditions and development of the society and also results in many psychosomatic disorders like Diabetes, Hypertension, Sleep disorders, Degenerative diseases, Autoimmune disorders etc., which make people a liability for the family and society.

What is the solution for these problems, and how to prevent and manage these menaces? It is possible to bring a change in society through the proper

addressing of Yoga, which focuses on the Integrative management of the physical, physiological, psychological, intellectual and spiritual dimensions of an individual. If people are made disciplined and cultured automatically, the community and society become stable and harmonious.

Modern science, even though it has reached its zenith in understanding the human body to the minute level of cells, genes, energy pockets, several chemicals etc., has not been able to provide total cure and prevention of many Psychosomatic diseases and disorders and social evils. It is because modern science considers the human system as a machine based on the theory of matter-based and reductionistic approaches. Contrary to this, Yoga philosophy considers human life as an integrative manifestation of body, mind and consciousness based on the theory of Knowledge and totality.

Many research studies have shown as to how Yoga is effective in preventing and reducing stress, the root cause of many Psychosomatic diseases and disorders, in improving the quality of life among elders and diseased, in improving the quality and duration of sleep, in overcoming different addictions, promotion of positive health, improving the cognitive functions of people with different age groups, improving general immunity against different types of infections including the COVID-19.

Among the school children, regular Yoga practice has shown improvement in their IQ level. Studies have shown that Yoga has very good effect on the management of Breast Cancer, Hypertension, Joints disorders, migraines, Pre and Postmenstrual disorders, Degenerative diseases, Anxiety, Depression, Bronchitis, Asthma, etc.

Based on the research findings of Yoga on IQ of school children by SVYASA, Deemed to be University, the Government of India and many State Governments have introduced Yoga as a subject in primary education. While introducing NEP-2020, Yoga has been made a compulsory subject in higher education. Beyond one's imagination, the corporate and private sectors have been supporting for promotion and propagation of Yoga in their own fields. ■

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“मैं रोज रात को लगाती हूं विको टरमरिक क्रीम”

इसमें है हल्दी और चंदन के गुण
ये त्वचा को रात भर रिपेयर करें और सुबह तक हेल्दी बनाएं.



Shivangi Joshi
Leading actress

इसमें है हल्दी और चंदन के गुण जो त्वचा को रिपेयर करें और सुबह तक हेल्दी बनाएं. इसलिए स्ट्रेस से होनेवाले पिंपल्स, डार्क सर्कल्स और एजिंग आपके चेहरे पर दिखते नहीं. तो आप भी रोज रात को इस्तेमाल करें विको टरमरिक क्रीम और स्वदेशी आयुर्वेद के साथ मेरी तरह निखरते रहें.



त्वचा को दीजिए
हेल्दी चमक



“INTEGRATION OF YOGA WITH MODERN MEDICINE CAN BRIDGE THE GAP”

Ahead of the International Yoga Day celebrations on June 21, 2023, the CCRYN-Collaborative Centre for Mind-Body Intervention through Yoga at PGIMER (Post Graduate Institute of Medical Education & Research, Chandigarh) has come up with a series of initiatives and programmes to promote the scientific benefits of yoga for patient caretakers and the public. **Dr Akshay Anand**, professor in charge, the CCRYN Yoga Centre PGI, speaks to **Organiser Weekly** about the importance of this novel initiative. Known for his contributions to yoga research, and its integration into modern medicine, Dr Anand is Editor in Chief, Journal of Integrative Medicine Case Reports and Annals of Neuroscience, Scientific Advisor, Centre for Consciousness, Harvard Medical School and Distinguished Visiting Prof, SVYASA, Bengaluru. Excerpts:

■ **What is your area of interest and its implications in health and disease?**

I am currently engaged in the field of brain disorders, specifically focusing on developing affordable diagnosis and treatment methods.

■ **Why did you shift your area of focus from neuroscience to yoga?**

While my focus remains on brain disorders, I have shifted only my perspective to the neuroscience of yoga due to the numerous unsuccessful clinical trials in this field and patent regime.

■ **What is the role of PGI's yoga centre compared to other yoga schools in India?**

Unlike other yoga schools in India, the yoga administered at PGI is generic, evidence-based, protocolised and promotes wellness. It is also provided as an adjunct therapy to ongoing treatments by doctors.

■ **What can the general public do to incorporate yoga as a therapeutic intervention for lifestyle-related diseases?**

Instead of relying solely on traditional yoga schools only, the general public can approach or demand local governments for yoga support centres. Additionally, integrative medicine therapeutics can be propagated via colleges and universities that can contribute by offering training programs for the adoption of a yogic lifestyle.



■ **How can yoga gain acceptance within the medical community for its therapeutic advantages?**

The integration of yoga into the medical community can be achieved through various proactive measures. This includes appointing professors of yoga in each department,

establishing yoga ethical committees for clearance of pharma comparative yoga trials, and promoting yoga academics in medical education. Recruitment and promotion criteria for faculty can include this field. The representatives of the yoga academia can be included in the National Medical Commission of India to facilitate the establishment of yoga departments in medical colleges and institutes. The National Academy of Medical Sciences can also recognise and reward yoga academics by conferring fellowships to distinguished yoga professors hitherto never attempted despite excellence in the field. Furthermore, the Ministry of AYUSH might want to focus on providing postdoctoral fellowships for PhDs in yoga, as a bridge to advance the field.

■ **What evidence exists to demonstrate the effectiveness of yoga in dealing with major lifestyle-related diseases?**

Extensive research has shown the effectiveness of yoga in controlling diabetes (as demonstrated in the Niyantrita Madhumeha Bharat trials), managing palliative care, hypertension, stress and anxiety. Studies conducted in Mansarovar and Leh have also revealed the usefulness of yoga in acclimatising individuals to low-oxygen regions, paving the way to combat the enemy swiftly and decisively.

■ **How can the perceived gap between yoga and Ayurveda be bridged?**

Integrating yoga into the Ayurvedic department and promoting yoga academia in Ayurvedic education can help bridge the gap between yoga and Ayurveda, being developed by vested interests.

■ **What steps can the government take to enhance the knowledge economy based on yoga?**

By developing disease-specific protocols and establishing a unique offline and package-based integrative medicine programme (not open to one and all), the government can attract international patients and revenue for India. This would contribute to the country's tourism and knowledge economy.

■ **Is the AYUSH ministry taking sufficient measures to utilise yoga knowledge in the**

“Studies conducted with Chandigarh prisoners, COVID-positive patients, and pregnant women have shown earth-shaking data which can revolutionise preventive healthcare”

aforementioned direction?

Reviving redundant inter-university centres for yogic sciences, rotating the administration of the AYUSH ministry with the Ministry of Health, and earmarking funds for yogic research by collaborating with research funding agencies are potential steps to be taken by the Ministry. Only the Prime Minister's Office (PMO) can form an inter-ministerial group to ensure effective coordination between the Ministry of AYUSH and the Ministry of Health, without which vested interests shall continue to sway the field. The PMO can also coordinate efforts to make the current CCRYN yoga centres in medical institutes permanent, ensuring speedy translation.

■ **How can the pharmaceutical approach align with yoga-based research?**

Both fields can be complementary to each other. Conducting head-to-head clinical trials comparing drug-based approaches with yoga protocols can be initiated for both lifestyle and untreatable diseases. Scientific research on yoga's mechanism of action can lead to the development of novel drug therapeutics, which can be useful for new drug discovery.

■ **As a member of the SATYAM task force, how successful has it been in funding yoga research?**

While SATYAM has been a valuable platform for funding yogic research, it requires special attention from the new DST secretary. Currently, there is a lack of research protocol execution and

scant focus on educational aspects of research. Therefore, yogic research needs to transit from the 'proposed research' phase to a 'commissioned research' paradigm.

■ What role does the Journal of Integrated Medicine Case Report play in yoga research?

The Journal of Integrated Medicine Case Report (JIMCR) is instrumental in scientific communication of the case-to-case benefits of yoga interventions in participants or patients. Since yoga is central to the practise of Integrative medicine, developing this field depends on communicating such findings in a peer-reviewed fashion. To achieve the goals mentioned earlier, India should consider acquiring journal indexing engines or buying out large publishers and, may be, PubMed (Google of scientists). China has already pursued a similar strategy by acquiring the ISI Web of Science, which ranks scientific journals, effectively integrating traditional Chinese medication with modern medicine and saving significant healthcare costs.

■ Could you share your experience in providing the world's first evidence of the effectiveness of the Common Yoga Protocol practised on International Yoga Day?

The visit of the Prime Minister to Chandigarh in 2016 generated significant interest among people to practice the Common Yoga Protocol (CYP) with the Prime Minister himself. Capitalising on this enthusiasm, we collected blood samples with the help of the Jishi Foundation and then DC Mr Joshi, from the first-time yoga practitioners, to analyse biochemical changes one month after practising CYP. The results demonstrated significant health benefits, which were further analysed by PhD students, revealing underlying changes in angiogenesis pathways. Subsequent studies conducted with Chandigarh prisoners, COVID-positive patients, and pregnant women have shown equally earth-shaking data which can revolutionise preventive healthcare.

■ The nation has recognised the contribution of the JIMCR-led COVID lockdown series. Please elaborate on this and the Facebook Yoga Scholars PGIMER program.

The COVID lockdown series initiated by JIMCR and the Facebook "Yoga Scholars PGIMER" program were both significant endeavours during a period of uncertainty. The continuous series of 225 days of online lectures covered various aspects of yoga, including art, quality, ethics, science, and research. Distinguished scientists, physicians, Nobel laureates, yoga gurus, ethicists, philosophers, administrators, ministers and sportsmen participated, deliberating on the field of integrative medicine. The dedicated volunteers successfully organised this extensive program, which played a crucial role during a time when most other offices and hospitals were closed.

■ Are there any other socio-academic activities your group has been involved in?

Our research team has actively participated in the Swachh Bharat Abhiyan (Clean India Campaign) for five full consecutive years earning recognition from the Ministry of Science and Technology. We have dedicated two hours per week without skipping a week for five years, as called out by Prime Minister Shri Narendra Modi on October 2. This brought research scholars closer to the reality outside the confines of the lab.

■ Have you been practising yoga, and if so, for how long?

I initially learned yoga from my father, who was serving in the military and ITBP, around forty years ago. However, I became a regular practitioner in the last decade after obtaining level 1 yoga certification and completing a 6-month certificate course. Motivated by the inherent benefits, which helped me cope with multitasking, competitiveness, and the anxiety arising from the urge to surpass my American counterparts from where I returned to serve India. Through yoga and meditation, my wife and I have developed compassion, tolerance, patience, gratitude, creativity, and fearlessness. Additionally, my association with the SYASA and Arogya Bharti, coupled with engagement in the famous NMB study, brought me closer to Chancellor Dr H.R. Nagendra, who was a big influence on me. I was later conferred an honorary D.Sc. in yoga by SVYASA for my contributions to yoga research, and its integration into modern medicine.

(Views expressed are personal)



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OPENING NEW AVENUES

This article explores the diverse range of new job opportunities in the field of Yoga and provides insights into the skills, qualifications, and potential career paths available for those interested in pursuing a career in this flourishing industry



DR ISHWAR V BASAVARADDI

Director, Morarji Desai National
Institute of Yoga, Ministry of Ayush

Yoga, an ancient practice originating in India, has gained immense popularity worldwide in recent years. Beyond its physical and mental health benefits, the field of Yoga has opened up numerous job opportunities for individuals passionate about promoting well-being and mindfulness. With this increasing demand, the field of Yoga has evolved and diversified, creating numerous new job opportunities for individuals passionate about sharing the transformative power of Yoga. From Yoga instructors, Yoga teachers, and studio owners to retreat leaders and therapists, the demand for qualified professionals in the Yoga industry continues to grow.

PROMOTING WELLNESS IN THE WORKPLACE

In response to the growing awareness of employee well-being, many companies have recognised the benefits of incorporating Yoga programs into their workplace. Ybreak is a great initiative by the Ministry of Ayush, practised in every office. Corporate Yoga instructors are sought-after professionals who conduct classes and workshops customised for office environments. They not only teach Yoga poses but also provide tools for stress management, mindfulness, and improving concentration. Corporate Yoga sessions help employees enhance their physical fitness, reduce work-related stress, boost morale, and promote a

healthy work-life balance. With companies prioritising employee wellness, the demand for corporate Yoga instructors continues to rise, creating a promising job avenue in the field of Yoga.

Corporate Yoga instructors may be employed by companies directly or work as independent contractors offering their services to multiple organisations. These professionals design and deliver Yoga classes specifically tailored to the needs and limitations of office workers. They often incorporate Y-break, chair Yoga, desk stretches, and breathing exercises that can be done in limited spaces. In addition to physical postures, corporate Yoga instructors introduce relaxation techniques and mindfulness practices to help employees manage stress, increase productivity, and improve overall well-being. This role requires excellent communication skills, as instructors need to adapt their teaching styles to diverse audiences, ranging from beginners to experienced practitioners. Corporate Yoga instructors may also provide workshops on topics such as ergonomics, healthy lifestyle habits, and stress management strategies.

YOGA THERAPY: HEALING THROUGH MIND-BODY CONNECTION

Yoga therapy has gained prominence as a complementary approach to conventional healthcare. Yoga therapists work closely with individuals facing specific health challenges, such as chronic pain, anxiety, or depression. By integrating Yoga techniques, breathing exercises, meditation, and mindfulness practices, these therapists help clients manage their conditions, alleviate symptoms, and enhance overall well-being. Yoga therapy sessions are tailored to meet the unique needs of each individual, considering their physical, emotional, and mental state. These therapists often collaborate with healthcare providers, creating a comprehensive and holistic approach to healing. The demand for qualified Yoga therapists is on the rise as more people seek alternative and integrative approaches to their health, making it an exciting field for individuals with a passion for both Yoga and healthcare.

YOGA RETREATS AND WELLNESS CENTERS

Immersion and Rejuvenation: Prime Minister Shri Narendra Modi emphasised the transformative impact that achieving the target of establishing 1.5 lakhs Ayushman Bharat - Health and Wellness Centers would have on shaping the vision of New India. Yoga retreats and wellness centres offer individuals an opportunity to escape from their daily routines and immerse themselves in a serene and supportive environment focused on Yoga and well-being. These retreats provide a range of activities,

CAREER IN YOGA

Yoga is very elegant in today's modern life. It is getting more importance with every passing day. But it could be a good career option for the youth both boys and girls. Anyone who does it with perfection surely achieves positive results. That is why many foreigners come to India and spend some time in different Ashrams learning perfect postures of yoga from the perfect yogacharyas. There is no country in the world where yoga is not popular and people in large number trying to learn it.

This is the reason a large number of youth in India and abroad are taking yoga as a career. They learn it and then take up as professionally. There are so many institutes or Yogapeeths across the country, which impart perfect training in yoga. There are dozens of yoga studios (the term used in foreign countries for yoga centres) in the country, which are popular at international level. If you take yoga certificate from any of such studios, you can have better yoga career nationally and internationally. There are some studios which provide three months' certificate course to two years' diploma course. Anyone taking yoga as career can easily earn from Rs 20,000 to 50,000 per month. If one owns a yoga studio in any metropolitan city of India, then there is no doubt one can earn a few lakh rupees every month.

Now-a-days people in Indian metropolitan cities prefer yoga sessions at their homes. Indian yoga teachers' demand is increasing day-by-day in overseas countries also. Till 1980, the demand was prominently from America, Canada, Europe and Australia. But after that the demand is huge from China, Japan, Korea, Thailand and Singapore also. In these countries, there are so many yoga studios hiring Indian yoga teachers on monthly basis salary. If you compare their pay scale here in India it is high. Overseas yoga studios start salary from Rs 8,000 to 1.5 lakh per month. These yoga studios are also effective means to spread Indian culture and way of life in those countries. Therefore, it is double service to the nation—earning foreign exchange and also spreading Indian way of life, which is in much demand.

including Yoga classes, meditation sessions, workshops, and wellness consultations. Retreat centres and wellness resorts often hire Yoga instructors, meditation guides, and



YOGA: MOST INVALUABLE GIFT TO THE WORLD

ONE of the most invaluable gifts India has given to the world is yoga. According to scientists, human beings use only a fraction of their innate physical and mental capacities in life. Many people use iPads and smartphones, but still they only use a small percentage of these gadgets' inbuilt features. This is how it also is when it comes to the utilisation of mental and physical capacities. Yoga is the way to awaken our inborn capacities and attain the ultimate state of perfection.

Absence of diseases, the ability to do physical work



Mata Amritanandamayi Devi

without feeling weak, having mental sharpness and emotional balance—only when all four of these are present can we say we are in good health. It is yoga that ensures such wholesome wellbeing.

The purpose of yoga is not like going to a gym, where only physical strength and muscle size are increased. But the purpose of yoga is to ensure ideal physical health and to bring out the full potential of the mind and intellect. Relaxation of the body, mind and intellect is an important aspect of yoga.

(Message of Amma, source: amritapuri.org)

wellness coaches to facilitate these programs. These professionals create a nurturing and transformative experience for participants, helping them deepen their practice, rejuvenate their minds and body, and cultivate a sense of inner peace. The growth of Yoga retreats and wellness centres has opened up new job opportunities for individuals with expertise in various aspects of Yoga and holistic wellness. Yoga retreat instructors lead group classes in diverse Yoga styles, catering to participants of different levels of experience. They create a supportive and inclusive environment, guiding participants through physical postures, breathwork, and meditation practices. Retreat instructors may also offer specialised workshops on topics like mindfulness, Ayurveda, nutrition, or self-care practices.

INSTITUTIONS

- Morarji Desai National Institute of Yoga, Ministry of Ayush
- Sivananda Yoga Vedanta Dhanwantari Ashram,
- Neyyar Dam (Kerala) and Rishikesh (Uttarakhand)
- Iyenger Yoga Center, Pune, Maharashtra
- Satyanad Yoga Centre Bihar School of Yoga, Munger
- Ashtanga Yoga Centre, Mysore, Karnataka
- Arogya Yoga School in Rishikesh
- Isha Yoga Center
- Parmarth Niketan

ONLINE YOGA: VIRTUAL CONNECTION AND ACCESS

The digital age has revolutionised the way Yoga is practised and accessed. Online Yoga classes and instructional videos have gained immense popularity, providing a convenient and flexible platform for people to engage in Yoga from the comfort of their own homes. These instructors possess the skill to guide students effectively through digital platforms, ensuring proper alignment, modifications, and adjustments. Online Yoga instructors also utilise technology and social media to market their classes, build a brand, and engage with their audience.

The field of Yoga has experienced tremendous growth and diversification, giving rise to new and exciting job opportunities. Whether it's teaching Yoga in corporate settings, providing Yoga therapy to individuals facing health challenges, leading classes at Yoga retreats and wellness centres, or connecting with students virtually through online platforms, the scope of Yoga-related careers has expanded significantly. These emerging domains within the Yoga industry offer individuals the chance to share their passion for Yoga, make a positive impact on others' lives, and contribute to the well-being of individuals and communities. The evolving landscape of Yoga-related jobs demonstrates the increasing recognition and appreciation for the transformative power of Yoga in promoting physical, mental, and emotional well-being. Aspiring Yoga professionals have a wealth of avenues to explore, providing opportunities for personal growth, career satisfaction, and the ability to make a meaningful difference in the lives of others. ■

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YOGA AS A LIFESTYLE

In a fast-moving world, people are adopting Yoga as a solution to get rid of stress, balance their lifestyle, bring internal stability, and hormonal balance

Yoga is defined by Patanjali-muni as Citta-Vṛtti-Nirodha, meaning yoga is that state where the consciousness stops moving. When this happens, the individual merges with Brahman, a cognitive state of nothingness, and this experience is called samādhi.

Considering this, can a person adopt yoga as a lifestyle?

There are many paths to samādhi, each designed to suit the temperament of the yogi. These can be broadly categorised as karma-yoga (union through action), bhakti-yoga (union through surrender), jñāna-yoga (union through enquiry into the Self), hatha-yoga (union through control of the kundalini) and rāja-yoga (union through coaxing of the kundalini).

All these paths (mārga) have a preparation stage, just like becoming a cricketeer like Sachin Tendulkar requires training and practice. The best training rules for life can be found in kriya-yoga aspect of rāja-yoga comprising five steps – yama (behaviour modulation), niyama (self-control), āsana (static poses), prāṇāyāma (breath control) and pratyahāra (withdrawal of the senses).

When we integrate these aspects into our āśrama or life-stage – stage of studentship (brahmacharyaśrama), stage of a house-holder (gr̥hasthaśrama), stage of retirement (vaṇaprasthaśrama) and stage of renunciation (sannyāsaśrama), we get a perfect life-cycle system that integrates dharma (values/conditioning/control) with the other two puruṣārtha, artha (material prosperity) and kāma (passion/desire). The beauty of the design is that all these factors evolve with the maturity of the person.

Brahmacharyaśrama or student life is the most critical period of life because this is where a person becomes programmed with the skills that he or she will use for life. This conditioning (dharma) is first taught by the parents, then teachers, friends and society. When kriya-yoga is taught in this āśrama, then the person gets a powerful tool with which to face the pressures of life-experiences.

Six key elements in yama which cover most aspects of behaviour with the external environment are ahimṣā (non-violence), satya (truth), asteya (non-stealing), aparigrahyā (renouncing possessions), brahmacharyam (sexual continence), and mitāhāra (diet control).

- Ahimṣā does not mean absence of violence. As explained by Śrī Kṛṣṇa in SBG (Śrīmad-Bhagavadgītā), chapter 18, verse 17, ahimṣā is the absence of doer-ship (ahankāra) in one's action, assuming that action conforms to Dharma (societal norms and balance). This means that a person gives every other entity the right to exist without compromising on his or her own rights and responsibilities.
- Satya means truth. Unfortunately, truth is often subordinated to perception, so a yogi must develop two capabilities. First, the discipline of evidenced based decision-making and second, the willingness to be corrected when evidence is presented.
- Asteya (non-stealing) does not just mean absence of stealing, it also means integrity



VISHWANATH IYER

Promoter and Chief Yogi at
School of Yoga

and giving credit where it is due. For instance, it means bosses will not take credit for work and give it to the appropriate subordinate. A classical example is Sir M. Visvesvaraya, who in the period when there was no electricity, used to use official candles for office work and personal candles for personal work.

- Aparigraḥya (renouncing possessions) – This is a quality, which a person must acquire after enjoying artha (possessions) and kāma (desires) in gr̥hasthāśrama (stage of a householder). This quality is important because it teaches a person how to let-go irrelevant baggage/ experiences/ relationships.
- Brahmacharyam (sexual continence) means modulation of sexual activity because complete stoppage is not practical. This results in preservation of ojas, a prāṇic sheath around the prāṇa channels called nādi, which increases vīryam (virility) and helps overcome fear/ anxiety. This also requires that a person relate to members of the opposite gender with discretion and self-control.
- Mitāhāra (diet control) – excessive eating is a disorder (doṣa). The rule of thumb is that one's weight should be height in cms minus 100. For example, if one is 165 cms in height, then the weight should be around 165-100 = 65 kgs).

Niyama is self-control and covers our ability to process stimulus without losing equilibrium. It has 6 elements – śaucam (hygiene), santosam (contentment), svādhyāyam (introspection), tapas (austerity), śraddhā (dedication), and dānam (charity).

- Śaucam (hygiene) comprises external cleanliness (bāhira-śaucam), encompassing physical cleanliness as well as environmental / societal cleanliness, and internal cleanliness (āntara-śaucam) which requires the yogī to keep the asmitā (sense of self-worth) in the present, and unencumbered by past experiences.
- Santosam (contentment) – there is no end to ambition and desire, but these cause turbulence and chaos (adharma). Modulating desire (kāma) and feeling content over results achieved by one's own effort is critical for balanced living.
- Svādhyāyam (introspection) – one does not know everything there is to know, so the willingness to learn and mature is a critical skill, one that comes from study and reflection.
- Tapas (austerity) – the core of any austerity practice is silence (mouna) because silence allows one to say no to temptation.
- Śraddhā (dedication) has often been called faith, it is

actually a mix of sincerity, dedication, patience and tenacity. Śraddhā has been best explained by Śrī Kṛṣṇa in SBG (Śrīmad-Bhagavadgītā), chapter 17 (link - <https://schoolofyoga.in/yoga-social-system/bhagavad-geeta-chapter-17>).

- Dānam (charity) – charity means giving without expectation of return. There are many types of dāna, the best being those that contribute to life like anna-dāna (giving food) followed by auśadha-dāna (medicines), vidya-dāna (education), vastra-dāna (clothes) kriya-dāna (physical assistance or social service), and lakshmī-dāna (giving money).

Āsana is defined as sthīram-sukham-āsanam (static, stable pose). The reason for this is that āsana modulates the movement of prāṇa in the nādi which requires focused practice. Since this may be difficult in brahmacharyaśrama and gr̥hasthāśrama, the recommendation is that one learns and practices āsana as much as possible but includes other forms of exercise. Prāṇāyāma is breath control. Practice of pranayama reduces stress, increases balance between left and right brain activity, brings internal stability, and hormonal balance or homeostasis. Pratyāhāra or withdrawal from society is not possible in today's world, especially in brahmacharyaśrama and gr̥hasthāśrama. As compensation, one can practice dhyāna (meditation), though it is not strictly pratyāhāra. Dhyāna increases dispassion (vairāgyam) which is critical for decision-making in any situation and prepares the ground for pratyāhāra.

One aspect of dharma which is not strictly a part of yoga-vidya but essential for success in yoga is practice of nitya-karma (daily duties). Nitya-karma mainly comprises nitya-pūja (daily worship, which can be to a favourite deity or iṣṭadeva when one has not received dikṣā in sandhyāvandana during upanayana-samskāra, which supersedes everything). This is followed by supporting one's kula-deva (clan deity), performing brahma-yajñā (offering to various entities) and performing rituals to appease the ancestors (tarpaṇa and śrāddha). Dharma does not allow compromise on performance of nitya-karma and samskāra (rites of passage). The reason why nitya-karma is important is because these are selfless actions, so they reduce the feeling of doer-ship (ahankāra), increase tapas-śakti and also help to maintain stability of all subtle (sūkṣma) energies (prāṇa) that exist around us.

Lastly, after a person has enjoyed material prosperity (artha) and other desires (kāma) in a dhārmic manner through brahmacharyaśrama and gr̥hasthāśrama, it is time for him or her to seek samādhi or mokṣa. ■



FRANÇOIS GAUTIER

Paris-based Journalist and Author

WESTERN MYTHS ON YOGA

The number of Yoga practitioners is continuously increasing in the West and bringing change in people's life. Still, some forces in the West are creating confusion among people and misleading them about Yoga

It is said that today, out of three Americans, two are practising yoga. This is wonderful. Nevertheless, we find in the West – and sometimes even within India - Four main misconceptions about yoga.

First, its origin: yoga is a gift from India to the world. Let me rephrase that: yoga is a Hindu legacy to humanity. A few years ago, the prestigious 'Time' magazine did an entire issue on yoga. The word "India" was hardly mentioned at all, and the word "Hindu" never appeared. It is also partially the fault of modern Hindu gurus, as to better partake of these ancient techniques to a western Christian audience and make it more acceptable, they often omitted to mention that it was a Hindu inheritance. Notice that Swami Vivekananda, the First Pioneer to bring yoga to the west, had no such qualms, and he was not ashamed to tell the Americans that he was a Hindu and was greeting the World Parliament of Religions "in the name of his Hindu brothers and sisters".

The second confusion is that westerners believe that the only yoga that exists is Hatha yoga. Yet, there are so many different types of yogas: Bhakti yoga, the path of devotion; Karma yoga, how to reach the Divine through work; Jana yoga through knowledge; Kriya yoga, etc... "All life is yoga", said the great Sage Sri Aurobindo, which means that whatever we perform and do on this earth, can be done in a spirit of inner concentration and awareness.

The Third confusion springs from the fact that hatha yoga has been made a hotchpotch khichuri in the west – all kinds of gymnastics, and aerobics. Yoga in heated rooms, yoga in water, etc. All these offshoots have forgotten that true yoga is the union of body, breath and mind. Even if you

achieve this for a few seconds, you have reached your purpose and have entered yogic consciousness.

The fourth mistake, or confusion, is that Hatha yoga is just a mechanical discipline you practice to get flexible and agile. It is a SACRED and ancient practice, and it should be performed with a sense of Gratitude towards all the ancient sages that devised the 'asanas', the contemporary masters who carried them forward and Mother India, who nurtured



7th International Yoga Day celebrated on June 21, 2022 at Times Square in New York

these excellent techniques in Her Bosom. If it is practised with that sense of devotion, it will lead to not only to flexibility but a higher intuitive mind.

To my mind, there are two mainstream schools of Yoga - the first one is Ashtanga yoga, which is the easiest and most accessible to ordinary folk; and the second one Iyengar yoga, maybe the purest one, but more difficult to practice. I have had the privilege to interview twice B.K.S. Iyengar and I found him a remarkable man, capable at this then advanced age to do sirsasana for 20 minutes or more. Rightly so, both these schools consider that Surya Namaskar remains the Queen of all asanas: in 10 postures you concentrate all the needed stretching of the body and it can be practiced till an advanced age.

We need the also here to talk about other forms of yoga, such as Pranayama. Pranayama is the ancient science of breathing, which was also discovered and developed by ancient rishis in India. They found that it was difficult to control the mind by the mind - but that each emotion induces a particular pattern of breathing, and in turn,

There are two mainstream schools of yoga - the first one is Ashtanga yoga, which is the easiest and most accessible to ordinary folk; and the second one Iyengar yoga, maybe the purest one, but more difficult to practice

specific manners and techniques of respiration can work on cycles of thinking and emotions. For instance, those who have a tendency to get angry have fast patterns of breathing, which in the long run can lead to heart problems. Through different exercises of Pranayama, one can lower the speed of respiration and therefore work on one's anger. The same thing is true of people who tend to get depressed - they hardly breathe at all and deprive their brain and body of oxygen. There again, ancient sages devised certain pranayamas that oxygen and revitalise the brain and the body, therefore working on the depression itself effortlessly. Sri Sri Ravi Shankar has modernized and packaged these ancient techniques of Pranayama, to make it easy to practice them daily at home. His Sudarshan kriya has remarkable properties of de-stressing both the mind and the body and is a powerful tool.

Finally, Pranayama or practising hatha Yoga correctly brings you to the present moment, which is what all yogas aspire to: be neither needlessly reviving the past or projecting yourself into a future that does not exist yet. But through the union of breath, mind and body, be as thoughtless and centred in your heart as possible, and you will see that all anger, depression, and anxieties disappear. Then, naturally and spontaneously, this leads to meditation- which she is another gift of India to the world, a gift whose origin has also been forgotten. Medical studies have shown that meditation slows down the heart, spaces out thoughts, regulates the blood flow and is generally the best way to de-stress in our more and more nerve-racking world.

The international yoga day of 21st June is Narendra Modi's gift to the world. It is an invaluable gift that needs to be cherished and cultivated. It would be good, however, that the Indian government clears the confusion in western minds about Yoga. One should also promote Indian yogis and philosophers, such as Sri Sri Ravi Shankar, as official ambassadors of Yoga in the west. The Bharatiya Janta Party should endorse the great Sri Aurobindo, who explained at length in books such as 'The synthesis of Yoga' or the Life Divine, the nature of Yoga and how to lead a yogic life in this mad Planet of ours. ■





PATH TO HOLISTIC HEALTH

Yoga is a practice that encourages self-reflection, self-discipline, and self-discovery. It is a self-directed biological transformation initiative

Yoga is a personal practice that places the responsibility of transformation on the individual. Unlike other forms of exercise or therapy where an external authority or instructor guides the process, yoga empowers individuals to take charge of their own growth and well-being. It is a practice that encourages self-reflection, self-discipline, and self-discovery.

While yoga encompasses physical, mental, and spiritual aspects, the biological dimension is significant. Through the practice of yoga, various physiological processes in the body can be positively influenced. Yoga postures (Asanas) improve strength, flexibility, balance, and coordination. Pranayama (breathing exercises) optimise respiratory function and enhance oxygenation. Meditation and relaxation techniques positively impact the nervous system, hormonal balance, and overall stress response.

Yoga offers a holistic approach to personal transformation. It aims to harmonise and integrate the different layers of our being—body, mind, and spirit. Regular practice can lead to positive changes in physical fitness, mental clarity, emotional well-being, and spiritual awareness. Yoga encourages individuals to cultivate qualities like mindfulness, compassion, resilience, and self-awareness. It provides tools and techniques for self-exploration, healing, and growth.

Overall, yoga can be seen as a self-directed biological transformation initiative because it places the power and responsibility for growth and change in the hands of the practitioner. Through the practice of yoga, individuals can embark on a journey of self-

discovery, physical well-being, mental clarity, and spiritual awakening.

THERAPEUTIC BENEFITS OF YOGA

Yoga offers numerous therapeutic benefits for youngsters, promoting both their physical and mental well-being. Here are some of the key therapeutic benefits of yoga for young people:

Physical Fitness: Yoga helps youngsters improve physical fitness by increasing flexibility, strength, and endurance. Yoga enhances body awareness and coordination through various poses and movements, improving overall physical health.

Stress Reduction: Youngsters often experience stress due to academic pressure, social challenges, and other factors. Yoga teaches relaxation techniques such as deep breathing, meditation, and mindfulness, which can help reduce stress levels and promote a sense of calm and well-being.

Emotional Regulation: Yoga encourages emotional awareness and regulation. By practising mindfulness and connecting with their bodies, youngsters learn to manage their emotions effectively, developing self-control, resilience, and a positive mindset.

Concentration and Focus: Yoga involves focusing the mind on the present moment and maintaining concentration during different poses. Regular yoga practice can improve youngsters' attention span, concentration, and focus, leading to enhanced academic performance and productivity.

Body Image and Self-Confidence: Young people often face body image issues and lack self-confidence. Yoga fosters self-acceptance and body positivity by emphasising self-care,



SOWMYA N D

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self-love, and appreciation for one's unique abilities and qualities.

Improved Sleep Patterns: Yoga's relaxation techniques and stress reduction effects can help regulate sleep patterns and promote better sleep quality.

Posture and Alignment: With prolonged hours of sitting and sedentary lifestyles, youngsters may develop poor posture habits. Yoga improves posture, alignment, and overall body awareness, which can prevent or alleviate issues like back pain and muscle imbalances.

Social and Emotional Skills: Yoga classes often involve group activities and partner poses, fostering social interactions and cooperation. This can help youngsters develop social skills, empathy, and teamwork, improving their overall emotional intelligence.

Body-Mind Connection: Yoga emphasises the connection between the body and mind. Through the practice of yoga, youngsters learn to listen to their bodies, respect their limits, and develop a harmonious relationship with themselves, promoting self-care and self-awareness.

Healthy Lifestyle Habits: Engaging in yoga at a young age promotes a healthy lifestyle and a lifelong habit of physical activity. It encourages youngsters to make conscious choices about their well-being, including nutrition, exercise, and self-care practices.

EFFICACY OF YOGA IN CONTROLLING NCDs

Non-communicable diseases (NCDs) are chronic

conditions that are not directly transmitted from person to person. Examples of NCDs include cardiovascular diseases, diabetes, cancer, and respiratory diseases. Yoga, which combines physical postures, breathing exercises, and meditation, has been studied for its potential efficacy in managing and controlling NCDs.

Here's an overview of the research on the efficacy of yoga in controlling NCDs:

Cardiovascular diseases: Regular practice of yoga has been associated with reduced blood pressure, improved heart rate variability, and enhanced cardiac function. It may also help in managing risk factors such as obesity, cholesterol levels, and stress, which are associated with cardiovascular diseases.

Diabetes: Yoga may contribute to better glycemic control and overall diabetes management. Research suggests that practising yoga can improve insulin sensitivity, reduce blood glucose levels, and enhance overall metabolic function.

Cancer: Yoga is often used as a complementary therapy for cancer patients. While it may not directly treat cancer, yoga has been shown to improve quality of life, reduce anxiety and depression, alleviate treatment side effects, and enhance overall physical and mental well-being during and after cancer treatment.

Respiratory Diseases: Some evidence suggests that yoga can improve respiratory function and symptoms in individuals with conditions such as asthma and chronic obstructive pulmonary disease (COPD). Yoga breathing exercises, known as pranayama, may help strengthen respiratory muscles, increase lung capacity, and improve overall breathing control.

Mental Health: Although not an NCD in itself, mental health conditions are prevalent and can often coexist with NCDs. Yoga and meditation practices have shown promise in reducing stress, anxiety, and depression, improving overall mental well-being, and supporting a positive mindset, which can have a positive impact on the management of NCDs.

It's important to note that while yoga shows potential benefits for managing NCDs, it should not replace conventional medical treatments or interventions. It's advisable to consult with healthcare professionals or certified yoga instructors to develop a safe and suitable yoga practice that aligns with personal health conditions and goals. ■



A NEW DIMENSION OF OPPORTUNITIES

Agricultural sector presents a high boom in the Indian economy and is therefore, considered fast evolving sector. The misconception that studying the agriculture doesn't fetch handsome job opportunities is now proven to be a misconception only. Studying BSc, BSc honors, MSc in agriculture opens a wide arena of job opportunities to grab and prove the worth.

The article here presents the great potential of this subjects and why it stands tall to be chosen as a primary choice. BSc in agriculture opens ample opportunities in private as well as government sector ranging from research, innovation, technology, academics, to marketing. This industry is ever lasting and will never see the recession as most of the companies come across. Novel technologies, innovative farming methodologies and research in agriculture are the need for the day. Since, the course offers a wide knowledge on multidisciplinary courses, the students may opt for future in allied areas besides the core agriculture. Few such areas are given below:

- Plant pathology
 - Entomology
 - Soil science
 - Biotechnology
 - Agriculture economics
 - Land science
 - Water resource management
 - Plant biochemistry
 - Agriculture economics
 - Plant breeding and genetics
- Various courses offered are:**
- BSc Agriculture
 - BSc honors in Agriculture
 - MSc Agriculture

OPPORTUNITIES IN GOVERNMENT SECTOR:

BSc honours in Agriculture offers advances and broadly covers various range of subjects making the students capable of fetching the jobs in different Government organisations

INSTITUTES

- Indian Agricultural Research Institute, New Delhi
- Central Institute of Agricultural Engineering- [CIAE]
- Chandigarh University
- Vellore Institute of Technology
- Punjab Agricultural University
- Subharti University, Meerut

like NABARD, IFFCO, FCI, Central Warehouse Corporation, Indian Agricultural Research Institute, Indian Council of Agricultural Research, National Seeds Corporation Limited, State Farms Corporation of India, National Dairy Development Board etc. They may also take up research or post graduate degree in agriculture or MBA in agribusiness. Further, a student may choose to be a doctorate and can also go for PhD in forestry.

Aspiring students may get the role of Agriculturists, Agriculture Officer, Agriculture Technician, Agricultural Research Scientist, Food Critic, ICAR Scientists, Indian Forest Service Officer (IFS), Nabard Grade "B" officer, Agricultural research scientist (ARS), Agricultural Field Officer (AFO), Agricultural Development Officer (ADO), Block Development Officer, Crop Science/ Agriculture Manager, Social Forestry Officer, Plant Breeder/Grafting Expert, Budding/Tissue Culture Expert, Agriculture Loan Officer in Banks, Farm Manager.

The future presents a high tech driven, modern, scientific agricultural field and indulges different advanced biotechnology, management, genetics strategies to fulfil the increasing demands of the fast-growing population. This advanced technology is now referred to as "SMART FARMING". ■



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BONHOMIE AT ARM'S LENGTH

Prime Minister Narendra Modi has steadfastly maintained independence of national foreign policy even as India deepens its strategic partnership with US

During the G7 meet in Tokyo last month, US President Joe Biden personally came up to Prime Minister Modi, and while shaking hand with him, stated that he was keen to get an autograph from the Indian Prime Minister given his ability to deal with huge crowds, and the given the number of high-profile American citizens keen to meet PM Modi during his visit, later this month, to US.

In the recent past, on more than one occasion, in key summits, President Biden had personally walked up to Prime Minister Modi to greet him, a reflection of not just the immense popularity of Prime Minister Modi in the global arena, but also a vindication of the growing stature of India among the global economic powerhouses of the world, and especially those from Global North. And there are reasons for that too.

WASHINGTON'S RENEWED WARMING UP TO INDIA

Washington's admiration for PM Modi is not just for his personal camaraderie with heads of states of major countries of the world, but also for the manner in which under the leadership of PM Modi, India has successfully managed and steered through the most tumultuous phases of the Covid pandemic. It was a phase when India not only successfully administered more than 220 crores of homemade covid vaccines to more than 100 crore eligible citizens, but also successfully implemented difficult economic reforms to make the Indian economy more resilient.

The net result is that at a time when most of the economies, from major to marginalised, are going



Prime Minister Narendra Modi with US President Joe Biden

through extreme challenges of inflation, recession and balance of payment crisis, India has not only emerged as the fifth largest economy of the world, with a GDP of around \$3.75 trillion, but is also one which has posted record exports of \$770 billion for 2022-23, and has continued to maintain an impressive foreign exchange reserve in excess of \$550 billion, for the most of the last two years, with present figures being around \$590 billion. So much so that IMF has termed India as a, 'bright spot on this otherwise dark horizon'.

Also, during the last two years, India not only managed its own challenges but also helped others to

overcome theirs'. When a massive earthquake struck Turkey, India went ahead as a first respondent to in spite of major differences India has with Turkey on various issues. When Sri Lanka was facing a disastrous financial crisis last year, India sent aid worth \$4 billion when no one else was coming forward to support Sri Lanka. When developed countries were accused of hoarding Covid vaccines, India provided vaccines to more than 95 odd countries. Against this backdrop, India's emergence as a dependable and a mature nation goes without doubt.

MUCH ANTICIPATED VISIT

During the visit of PM Modi to US later this month, it is expected that there would be an unprecedented level of exchanges that he would be having with US lawmakers and CEOs of major US companies, apart from the star attraction of PM Modi's address to US Congress slated for June 23.

The euphoria surrounding PM Modi's visit to US also emanates from the fact that there are major areas of convergence between India and US, given that both are democracies, coupled with high levels of both people to people, and business to business connect. Also, the Indian diaspora in US is not just extremely successful economically but have considerable clout as a community as well. Therefore, it is all but natural that any visit of an Indian Prime Minister definitely creates some buzz at least in the diplomatic and economic circle. But PM Modi has taken it to an altogether new height in the last few years. It is because of this primarily that given the deluge of high-profile citizens who want to meet PM Modi during his visit, President Biden had to acknowledge that he is indeed popular. However, there are caveats.

THE CAVEATS OF RELATIONSHIP

While defence cooperation between the two sides is expected to be a major area of engagement during the state visit of PM Modi to US, India has made it very clear that defence cooperation between the two countries cannot happen when strings remain attached. Early this month, a US Congressional Committee had proposed to include India in a 'NATO Plus' kind of an arrangement. NATO Plus is an extension of NATO that includes New Zealand, South Korea, Israel, Australia and Japan.

A few days later, India's Minister for External Affairs, Dr. S Jaishankar, rejected the proposal on behalf of India by stating, 'NATO template doesn't apply to India'. Even as US has tried hard to wean India away from Russia by

offering carrots of a NATO kind of membership which, US had imagined India would latch on, the latter, i.e. India, even while deepening its relationship with US, has fiercely guarded its strategic autonomy and independent foreign policy, on which she does not allow anyone to impinge upon. On economic front, India has consistently refused to open its dairy and chicken market to exports from US, given the innumerable number of people in India employed in these industries.

DEFENCE COOPERATION

While it is for sure that in areas artificial intelligence, semiconductors, aerospace, maritime and overall defence domain, there would be major enhancement of cooperation, along with India potentially agreeing to procure for GE F-414 aero engines and a certain number of Predator drones, the core thrust of Modi Government's deepening of engagement would still remain Atmanirbhar Bharat, or 'Make in India', and independence of foreign policy.

Modi Government would not just push for moving production facilities to India, from US, for major defence deals such as that of GE F414, to power its Tejas MK2A and AMCA, but would also make 'Transfer of Technology' (ToT) a key vector for deepening defence cooperation. India would no more just be a mere importer. Also, India has always been extremely apprehensive about procuring offensive weapon systems from US given how US insists on signing of End User Monitoring Agreement (EUMA), through which it keeps an oversight on where weapons of US origin are used by clients. India has always been vehemently against EUMA.

For a nation with demand, democracy and demography on her side, coupled with decisive leadership and an economy that would breach the \$5 trillion mark in next few years, US would have to appreciate the fact India may not take the same path of alignment with US that has traditionally been taken by Western European nations, and neither for the sake of her friendship with US, India would abandon its time-tested friendship with Russia. She values her friendship with both Russia and the West, and that should be treated as an asset. It is not for nothing that India, for her integrity, cultural ethos, righteousness, and a deep sense of civilisational pride has emerged as the voice of the voiceless Global South. The sooner US realises it, the better it is. Indo-US bonhomie is set to enhance, but perhaps with a caveat and keeping an arm's length distance on contentious issues. ■

GOLDEN GLOBE IN 151 DAYS

Commander Abhilash Tomy, (44) KC (Kirti Chakra) NM (Nau Sena Medal), is a retired Bharat Nau Sena officer, naval aviator and yachtsman. He completed a solo, non-stop circumnavigation of the world under sail in 2022 - 2023. He was the only Asian among 17 participants. Taking 236 days, 14 hours, 46 minutes, he finished second in the race, the first Indian as well as the first Asian to finish the Golden Globe Race. Lt. Cdr. V. C. Tomy, a former Naval Officer, and Valsamma are Cdr. Abhilash's parents. Aneesh Tomy is his brother. A native of Kochi in Kerala, Abhilash Tomy is married to Urmimala Nag from West Bengal with two sons - Vedaant and Abhraneil.

After schooling, he secured comfortable ranks in entrance examinations for engineering and medical admissions. But, Abhilash joined Naval Academy in Goa. Then he was commissioned into the navy. He completed his flying training in 2002, qualifying as a maritime reconnaissance pilot on the Dornier 228. Prior to the solo circumnavigation of the globe, Cdr. Abhilash Tomy had represented Bharat in several international events. The 2011 Cape Town to Rio Race, the 2014 Spanish Copa del Rey race and two successive Korea Cups were some of them. As a result of a proposal from Vice Admiral MP Awati, in 2006, the navy authorised the construction of the INSV Mhadei, a sailboat, which was then sailed solo around the world by Cdr. Dilip Donde in 2009-10, making four stops at Fremantle, Lyttelton, Port Stanley and Cape Town. This voyage was called "Sagar Parikrama". Tomy was chosen as its shore support crew, helping Cdr. Donde to stock up supplies at the four ports.

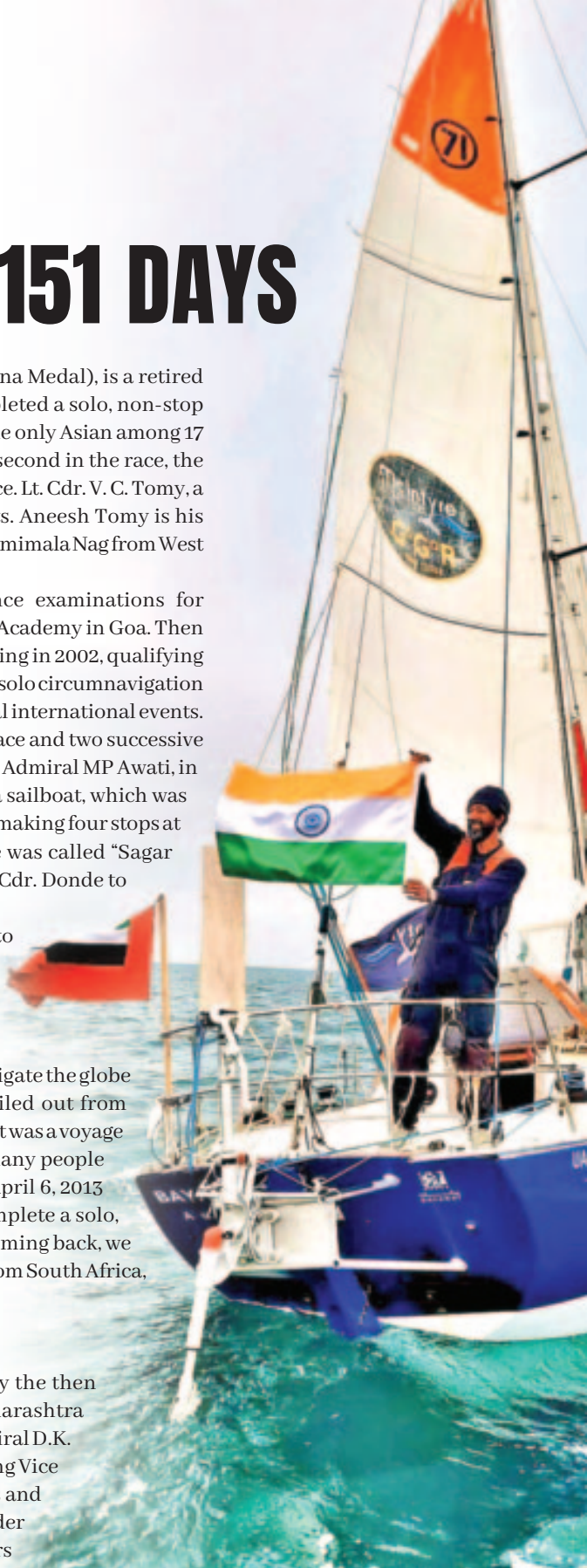
T Satisan, the Organiser Weekly Correspondent, spoke to **Commander Abhilash Tomy** about his colourful achievements on the high seas. Excerpts:

■ What was your achievement in 2013?

On April 6, 2013, I came out as the first Indian to circumnavigate the globe under sales, that is, solo, non-stop and unassisted. I sailed out from Mumbai on November 1, 2012, in the sailboat INSV Mhadei. It was a voyage no one from our country had ventured into before. Not many people had even dreamt it. I arrived at the Gateway of India on April 6, 2013 after completing that voyage. I was the first Indian to complete a solo, non-stop, circumnavigation of the world under sail. On coming back, we were four people in the boat from Brazil to South Africa. From South Africa, I sailed alone to Mumbai.

■ How long it took?

151 days. (Commander Tomy was received, on return, by the then Hon'ble Rashtrapati Prof. Pranab Mukherjee, Maharashtra Governor K. Sankaranarayanan, Bharat's Navy Chief Admiral D.K. Joshi, Western Naval Command's Flag Officer Commanding Vice Admiral Shekhar Sinha, several other prominent citizens and hundreds of students in uniform. According to Commander Tomy, it was the fulfilment of 14 years' dream and four years



of hard preparation. He was thankful to his mentors Vice Admiral M.P. Awati (Retd.), Commander Dilip Dhonde and Ratnakar Dandekar of Goa, the builders of INSV Mhadei).

■ **In 2018, you were a competitor in Golden Globe Sail. Could you please tell me about it?**

I was the only Asian entrant in the 2018 edition of the solo non-stop round-the-world Golden Globe Race. After 82 days, while in 3rd position, my boat was damaged in a storm, and I suffered a severe spine injury. I was rescued after a multinational rescue effort. Now my spine is supported by a titanium rod and bone grafting too.

■ **You were alone when you met with the accident in 2018!**

Yes, I was. I sought the help of a ship that passed nearby. They took me to a French island in the Indian Ocean where 20 French men lived for a mission. I got my first treatment there.

■ **What can you tell us about the 2022 -2023 Round-the-world Golden Globe Race ?**

There were 17 entrants. I was, again, the only Asian. It took 236 days. I finished second in the race, the first Indian and the first Asian to finish the Golden Globe Race.

■ **How did you manage your food and drinking water?**

I had carried canned food, rice and 200 litres of drinking water with me. I could not carry

HONOURS, AWARDS AND RECOGNITIONS

- Kirti Chakra – 2013 (The second officer in the navy to be awarded KC)
- Nau Sena Medal 2019
- YAI Offshore Sailor of the Year 2009, 2013, 2018
- Amrita TV Award for Outstanding Human Endurance and Courage – 2013
- Tenzing Norgay National Adventure Award
- Only Bharatiya in the International Association of Cape Horners
- Mac Gregor Medal for military reconnaissance – 2013
- CNS Commendation 2009
- National Maritime Foundation Award

ACHIEVEMENTS

- First Indian and second Asian to sail solo, non-stop, around the earth
- Shore support for Sagar Parikrama I (Navy's first solo circumnavigation expedition)
- Yacht Services Manager of Volvo Ocean Race 2008 stopover at Kochi
- Podium finishes in Korea Cup 2014 and 2015
- Bronze medal in YAI Nationals 2015
- Author of "151 Solitary Days at Sea, Sailing Non-stop, Around the World" & "Kadal Ottakku Kshanichappol" (When The Sea Invited Alone)
- Formerly council member of the Yachting Association of India
- KCBC Yuvaprathibha Puraskaram 2019 by Media Commission
- Runner-up at the 2022 Golden Globe Race

more because more weight on board would reduce the speed. Sometimes, in order to save my drinking water, I had even cooked rice in sea water; I would wash the cooked rice with little bit sweet water before eating it.

■ **Are you a believer?**

■ Yes, I am. But, I hardly pray.

■ **The lone sail in the waters for 236 days together! How did you manage the loneliness?**

■ I did not feel it much.

■ **Who were the organisers of the solo and non-stop Golden Globe Circumnavigation?**

■ Don McIntyre, Australia.

■ **Were somebody monitoring you during your voyages?**

■ The organisers can view us with the help of the most sophisticated visual devices.

■ **What is the frequency of the Golden Globe Race?**

■ It happens every four years.

(After his historic achievement, Cdr. Abhilsh Tomy is gearing up for more adventurous voyages. Because he has made it clear that while sailing, he does not think much about his personal affairs. He loves the sea when he is on board. Sailing alone is as good as his cup of tea.)



MARCH FROM SANKALP TO SIDDHI

Under the leadership of Hon'ble Chief Minister Yogi Adityanath, Uttar Pradesh has achieved many milestones in the last 6 years. This journey was not easy when he came in power in March 2017, as corruption and nepotism under the previous government were one of the biggest concerns. The law and order situation in the state was also in doldrums for the citizens and investors. Therefore, economic growth was also not visible, and unemployment remained the biggest concern. Against this backdrop, when Hon'ble Chief Minister Yogi Adityanath came in power in 2017, a feeling of change was felt among the citizens of the state. In the last 6 years, the state has witnessed a flood of security investment as investors have nothing to worry about Unemployment security, which was a major concern for the people in the state under the previous government, fell to around 3 per cent from an unemployment rate of 19 per cent in

2016-17. Over the past six years, around 1.61 crore employment opportunities were made available in the MSME sector in the state. Earlier, development was limited to only big cities like Noida and Ghaziabad; now it can be witnessed in every region of the state from Bundelkhand to Purvanchal region. Notably, due to the good governance of Hon'ble Chief Minister Yogi Adityanath led Bharatiya Janata Party Government, critical military hardware is being manufactured across the state. The Uttar Pradesh Defence Industrial Corridor is being set up across 6 nodes: Lucknow, Kanpur, Jhansi, Agra Aligarh, and Chitrakoot. Here, it is worth mentioning that Samsung has already opened World's Largest Mobile Factory in the state and providing jobs to youth, acknowledging all the new opportunities being created in the state, in India's march towards becoming a \$10-trillion economy, UP is determined to contribute \$1 trillion to the national Gross Domestic Product.



Gangster Act against

63,055 criminals

15,885 criminals were jailed

MIRACLE ON LAW & ORDER FRONT

Maintaining Law and order is key to peace and prosperity for any State as it gives confidence of safety and security to not only citizens but also investors. Before 2017, there was a sense of insecurity among the people of the state. But now, it is history. In the last 6 years, Gangster Act against 63055 criminals and NSA on 836 criminals have been imposed, movable/immovable properties worth Rs 90 billion under Gangster Act have been seized, assets worth more than Rs 2819 crores illegally possessed by mafia and criminals confiscated. 175 dreaded criminals were killed in the encounter, and 4808 were injured. 15, 885 criminals were jailed and 7,276 criminals were punished under POCSO Act and crimes against women. Out of the identified 77 mafia and their gang members/associates, 180 cases were registered against 340 and 90 were arrested. Also, action was taken against 61 criminals under Goonda Act.

Women's safety has always been paramount in priorities for the Yogi Government. Out of a total of 4579 accused involved in crime against women, 487 were given life imprisonment, 1016 were given 10 years and more than 10 years of imprisonment and 3076 accused were given less than 10 years of imprisonment. 79 women police post counselling centres in 74 districts of the state were established.

In the last 6 years, more than 1 lakh 64 thousand police personal were recruited. 114 New Police Stations, 163 Police Posts, 6 new Women's Police Stations, 16 new cybercrime stations, 10 new branches of Vigilance Establishment, 90 new fire stations and 2 water police posts have also been established. Also, four new Economic Offences Unit police stations have been sanctioned.

In the last 6 years

836 NSA Act against criminals

175 dreaded criminals were killed in the encounter

4,808 criminals were injured

7,276 criminals were punished





WOMEN EMPOWERMENT

14.86

lakh girls in the state are being benefited under the Mukhyamantri Kanya Sumangala Yojana

52,55,129

mothers benefited from Pradhan Mantri Matru Vandana Yojana

2,00,000

women benefited from PM SVANidhi Yojana

Any development without empowering Matri Shakti (women) is incomplete as none can ignore the importance of half of the population. Empowerment of women under the Yogi Adityanath-led Uttar Pradesh Government is clearly visible on the ground. On September 29, 2021, "Mission Shakti – Nirbhaya ek pahal" was launched by the UP Government to provide a safe environment to women and empower them with a series of awareness and capacity-building workshops. UP Government's Mission Shakti, which was launched in phases, includes initiatives such as Mission Shakti Kaksha (classrooms) at all the 59,000 Gram Panchayat Bhawans (Village Panchayat Buildings) and formation of one lakh women self-help groups.

In the last 6 years, 150 new Anganwadi centres and 1100 pink toilets for women in 189 civic bodies were built. Assistance to 5.31 lakh women under the 181-women helpline scheme was given. Compensation was given to 6414 women and girls under Rani Lakshmi Bai Bal and Mahila Samman Kosh Yojana. Over 14.86 lakh girls in the state are being benefited under the Mukhyamantri Kanya Sumangala Yojana. More than 2 lakh women benefited from PM SVANidhi Yojana. Also, the government-connected more than 72.69 lakh rural women with 693663 self-help groups, 42060 village organizations and 2356 cluster-level unions under the Uttar Pradesh State Rural Livelihood Mission. In six years, 52, 55, 129 mothers benefited from Pradhan Mantri Matru Vandana Yojana.

In the last 6 years

150 new Anganwadi centres

1100 pink toilets for women

6414 women and girls were benefited under Rani Lakshmi Bai Bal and Mahila Samman Kosh Yojana





75
Azadi Ka
Amrit Mahotsav



IMPACT FEATURE

HEALTH SECTOR

TRANSFORMATION OF HEALTH INFRASTRUCTURE

Improving health infrastructure in one of the most populous states like Uttar Pradesh has always been a gigantic task. However, under the visionary leadership of Chief Minister Yogi Adityanath, the state has enhanced its health infrastructure in an unprecedented way. As a result, during the first and second waves of Covid-19, it was one of the best states which managed to save the lives of millions of people. Interestingly, UP has also inoculated over 39 crores doses of the Covid-19 vaccine.

Furthermore, to provide smooth mobility to patients, 250 ambulances of the Advance Life Support Service, 2270 of the National Ambulance Service and 2200 ambulances are being operated under 108 service in the state.

The number of MBBS seats has also been increased - 1838 government, 2150 private sector. Also, 1747 government and private PG seats, 7000 seats in Nursing and 2000 seats in Paramedical have been increased. 552 Government Ayurvedic Hospitals have also been developed as Health Wellness Centers, integrated hospitals of 50 beds have been established in 11 districts, and more than 6700 PICU beds are available. Notably, Under

Ayushman Bharat Pradhan Mantri Jan Arogya Yojana and Mukhyamantri Jan Arogya Yojana, 8.90 crore beneficiaries will get free medical facilities up to Rs 5 lakhs. Under one district-one medical college, 65 medical colleges are operational in the state, and 22 are under construction. Also, Atal Bihari Vajpayee Medical University in Lucknow and AIIMS in Gorakhpur and Rae Bareilly are being constructed.

In the last 6 years

1838 in govt & 2150 in private sector increased
mbbs seats

7000 and 2000 seats in Paramedical have been increased
Nursing seats



QUALITY EDUCATION FOR ALL

"EDUCATION IS AN INVESTMENT IN THE SENSE THAT AN EDUCATED MAN WILL SERVE THE SOCIETY BETTER"
- DEENDAYAL UPADHYAY

Future of any state lies in the quality of its education and institutions. The Yogi Adityanath-led Uttar Pradesh Government understand its worth. Under 'Operation Kayakalp', 60 lakhs new students have been admitted to the Basic Education Council (BEC) schools in the last six years in the state. Earlier, before 2017, children were forced to come to schools barefoot, and today, they come to school in proper uniforms carrying schoolbags. In June 2018, one of India's largest inter-departmental convergence programs 'Operation Kayakalp' was launched by the Government of Uttar Pradesh. For girl education, Rani Laxmi Bai's self-defence

training program is in progress in 24220 upper primary schools.

In the last 6 years

1.92 Enrolled of
crore students under School Chalo Abhiyan

39 new Construction of
new high schools and 14 new inter-colleges in unserved areas

92 percent Infrastructure facilities provided of primary/ upper primary schools under Operation Kayakalp

- Operation of 280 new Government Inter College and High Schools. Construction of buildings of 41 new inter-colleges, 215 government high schools, and 77 girls' hostel buildings. Approval for 60 new inter colleges



CORRUPTION, COMPLAINT AND CRIBBING

When Senthil Balaji was not in DMK, the issue of jobs scam was raised by Chief Minister MK Stalin himself. Now, Stalin is defending him when Enforcement Directorate is investigating the matter



Tamil Nadu Chief Minister MK Stalin with V Senthil Balaji

■ TS VENKATESAN, From Chennai

On June 14, 2023, the Enforcement Directorate (ED) took Tamil Nadu Electricity – Prohibition and Excise Duty Minister, V Senthil Balaji, into their custody after conducting searches at his premises, including his official residence on Greenways Road in Chennai and his office at the State Secretariat in connection with a money laundering.

The arrest followed an 18-hour interrogation at several places in Chennai and Karur. The case is

linked to a job-for-cash scam in the state's transport department, which allegedly occurred during Balaji's tenure as Transport minister in the AIADMK regime from 2011-16. Senthil Balaji, today a close confidante of the current Tamil Nadu Chief Minister M K Stalin, had been accused of the same crimes by MK Stalin himself in the past. Stalin's father and ex-CM M Karunanidhi, in a Facebook post in 2016, mentioned the High Court's order for a police report on the fraud case against Senthil Balaji, who was banned from

contesting elections at the time. The case alleged that he had collected a sum of Rs 4.25 crores through his assistant from numerous individuals, promising them employment opportunities in the transport corporation. However, the jobs were not provided, and the money was not returned.

Last month, the Supreme Court cleared the way for an investigation, overriding a previous decision by the Madras High Court on September 1, 2022, dismissing ED summons sent to Balaji and others concerning a Prevention of Money Laundering Act (PMLA) case.

In 2021, the Chennai police filed a charge-sheet against Senthil Balaji and 46 others, including retired and serving officers, in connection with a recruitment scam. Out of the 47 accused mentioned by the Chennai City Crime Branch job fraud wing, 33 individuals secured positions in various Transport Corporations, including MTC Chennai, by paying bribes to Senthil Balaji, who was the Minister at the time. The money was routed through his aides in 2014-15. The Madras High Court had ordered a reinvestigation into the recruitment scam, specifically regarding the hiring of reserve crew drivers, conductors, Junior Trades Men, Junior Assistant (JA), Junior Engineer (JE), and Assistant Engineer (AE) in all the Transport Corporations.

Investigations revealed collusion between Senthil Balaji, his close associates, and various officials during the appointment process, abusing their positions of authority. The appointment orders were allegedly issued based on fraudulent lists provided by Balaji rather than on merit. His aides, B Shanmugam and M Karthikeyan, were accused of collecting large sums of money from the candidates on his behalf.

The Income Tax officials conducted raids at 25 places, including Karur, Chennai, Coimbatore and Erode, eight days that began on May 26 and went nonstop for eight days. They raided the premises

belonging to his younger brother V Ashok Kumar, friends and contractors,

These searches are part of an investigation allegedly for his involvement in a job recruitment scam during his tenure as the transport minister in the erstwhile Jayalalithaa government between 2011 and 2015.

The ED officials conducted raids on June 13. They came with armed paramilitary personnel to avoid attacks (IT officials were prevented from discharging their duty, allegedly attacked by DMK men). Senthil Balaji's supporter contractors allegedly attacked the IT team, who had to be admitted to the hospital for treatment. Under tight security, Senthil Balaji was taken to the Omandurar government hospital in Chennai for a medical examination early on Wednesday, as he had complained of "experiencing chest pain".

Senthil Balaji has been saying he is not afraid of any raids and would cooperate with authorities. However, on June 12, dramatic scenes unfolded as the DMK leader arrived at the hospital. In a video going viral on social media and television channels, Senthil Balaji was seen crying while lying inside a car and kicking those trying to get him out of the car. In that video, he repeated the word "Call the doctor, call the doctor".

Netizens pointed out wetness in his pants speculating that the DMK Minister urinated out of fear. The Minister was alright till ED informed him that they were taking him into their custody for questioning. This is a pattern of sorts; whenever the ED, IT or CBI arrests a politician, they start complaining of chronic health issues that need immediate intervention. Senthil Balaji, who has been anticipating the raids and

imminent arrest, was ready with various escape options, including proceeding legally and getting admitted into a hospital.

While the hospital issued a statement saying the 47-year-old Senthil Balaji underwent Coronary Angiogram at 10.40 am on June 14, which revealed triple vessel disease for which CABG-Bypass surgery



In 2021, the Chennai police filed a charge-sheet against Senthil Balaji and 46 others, including retired and serving officers, in connection with a recruitment scam



People outside the residence of Tamil Nadu Minister Senthil Balaji during a raid by Income Tax officials, in Karur

is advised at the earliest. It is learnt a team of AIIMS doctors will examine him to facilitate the ED to take him to Delhi for questioning. Meanwhile, DMK lawyers are contemplating to file a habeas corpus writ in the Madras High Court to protect him from ED custody and subsequent questioning. CM Stalin met the Minister at the hospital and enquired about his health, ostensibly to warn him not to reveal the truth. He assured him of all legal and other help to come out of the present issue.

CM Stalin tweeted "I thank Thiru @Kharge, Thiru @PawarSpeaks, Hon'ble @MamataOfficial, Hon'ble @ArvindKejriwal, Thiru @SitaramYechury and all the opposition leaders for strongly condemning the undemocratic ED raid unleashed by Union BJP Government at Tamil Nadu Secretariat and offending the Cooperative Federalism. We are



CM STALIN IS AFRAID THAT HE WILL BE THE NEXT -AS THERE WERE ALLEGATIONS THAT THE CHIEF MINISTER RECEIVED A KICKBACK OF ₹200 CRORES FOR A METRO CONTRACT. IT SEEMS LIKE TN CM IS AFRAID THAT CBI WILL KNOCK AT HIS DOOR SOON AND HAS TODAY TAKEN AN EXTRAORDINARY MEASURE IN THE CURTAILING ENTRY OF CBI IN TN WITHOUT THE PERMISSION OF THE STATE GOVERNMENT"

K ANNAMALAI
TN BJP CHIEF

unfazed, undeterred and will remain committed in our opposition to BJP's intimidatory tactics and undemocratic raids."

TN BJP chief K Annamalai tweeted "A gentle reminder to Thiru @mkstalin on what he spoke a few years back about the #CashForJobScam tainted Thiru Senthil Balaji. Are you going to refute this, Thiru @mkstalin? Why are you playing the victim card today?" Shri Annamalai was referring to Stalin's speech when Senthil Balaji was a minister in the AIADMK government.

Notably, the recent events surrounding the ED raids and subsequent arrest of Senthil Balaji have reignited public attention on the alleged recruitment scam. The opposition—already a spent force—are trying to use this situation to coalesce all Tom, Dick and Harry against BJP and PM Modi to fight the 2024 Lok Sabha elections. ■

SACRIFICE LIFE FOR MOTHERLAND

The abrogation of Article 370 in 2019 was the biggest tribute to Dr Syama Prasad Mookerjee, who sacrificed his life for the cause of a United India

■ ORGANISER BUREAU

Dr Syama Prasad Mookerjee (July 6, 1901 – June 23, 1953) is one such supreme pious soul, who sacrificed his life on June 23, 1953 for the cause of a United India, rejecting the decree of 'Two Flags, Two Legislations and Two Heads' (Do Nishan, Do Vidhan and Do Pradhan) in the country. Dr Mookerjee, as Member Parliament and President of Bharatiya Jana Sangh told the then Prime Minister Jawaharlal Nehru in the Parliament that either he would protect the constitution or else he would die. He went to Jammu and Kashmir without a permit. He was arrested by Sheikh Abdullah's Government. He was pronounced dead a few days after his arrest. In fact, he became the first Indian to sacrifice his life for the unity and integrity of the country.

From Bharatiya Jana Sangh to Bharatiya Janata Party, June 23 has been celebrated not just as a death anniversary of Dr Mookerjee, but as well a day of resolution to abrogate Article 370 from the Constitution. In every manifesto, the declaration of Dr. Mookerjee of abrogating the Constitution's temporary Article 370 was affirmed. The time came, under the leadership of Prime Minister Narendra Modi, Article 370 was abrogated from the Constitution on August 5, 2019.

At the time when Article 370 was being discussed in the Constituent Assembly, Jawaharlal Nehru himself went abroad after listening to Sheikh Abdullah. This was done under a well thought out strategy. Gopalaswamy Iyengar, who was a minister without portfolio in the Nehru cabinet, and previously was the dewan of King Hari Singh of Jammu and Kashmir, had brought Nehru into the cabinet, especially for Jammu and Kashmir. Nehru gave this responsibility to Iyengar before going abroad. The provision of Article 370 came before the Congress Parliamentary Party but was protested. Scared, Iyengar reached Sardar Patel and he too rejected it. However temporary arrangements were made. Sardar Patel said that if Nehru had been there, he would have fixed it, but he would have to accept it. Thus, Article 370 became the part of the Constitution giving special status to the state



(July 6, 1901 – June 23, 1953)

[DR SYAMA PRASAD MOOKERJEE BALIDAN DIWAS]



Dr Syama Prasad Mukherjee at Howrah station, leaving for Kashmir. (May 1953)



Mookerjee with Dr B R Ambedkar in front of Parliament

of Jammu and Kashmir.

Even though the problem was visible to the people later, Dr Mookerjee understood its seriousness in the beginning. If his speeches 1952 in the Lok Sabha are visited, then it will be clear that what happened later in Kashmir, terrorism and atrocities and escapes with Hindus, he had seen then. The separatist tendencies that emerged from Sheikh Abdullah's separatist political activities in Jammu and Kashmir had begun to take hold by 1952. Due to this, the national mind was disturbed. Dr. Syama Prasad Mookerjee gave full support to the Satyagraha of Praja Parishad which was to make Jammu and Kashmir a full and integral part of India. In support, he raised a strong slogan 'Two flags in one country, two legislations in one country, two heads in one country, unacceptable, unacceptable'(Yek desh men do nishan, yekdesh mein do vidhan, yek desh men do pradhan, nahin challenge, nahin challenge).

At a massive rally in Jammu in August 1952, he expressed his resolve, 'Either I will get you the Indian Constitution or I will sacrifice my life for the purpose' In his historic speech in Parliament on 26 June 1952, Dr Mookerjee strongly

advocated the abrogation of Article 370 and fearlessly exposed the utterly wrong policies of the then Prime Minister Jawaharlal Nehru.

To fulfill his resolve, Dr Mookerjee decided to challenge the Nehru Government in New Delhi and Sheikh Abdullah's Government in Srinagar. In May 1953, he set out on a trip to Jammu and Kashmir. His aim was to go there and study the situation. In those days, permits had to be obtained for entry into Jammu and Kashmir. But he decided to enter the state of Jammu and Kashmir without a permit. He denied the existence of a second sovereign republic within the sovereign republic of India. Before entering Kashmir without a permit, he had said 'I will get the constitution or give my life'. When he was asked for a permit, he said, 'I am a member of the Parliament of India, I will not take a permit in Kashmir in my own country'. He was arrested and put under house arrest. For 40 days, neither medical care nor other basic facilities were provided to them. He died on June 23,

1953 under mysterious circumstances. To realise his resolve, Dr Mookerjee sacrificed his life for the motherland. ■



A DEVOUT PATRIOT AND PROUD NATIONALIST, DR MOOKERJEE DEVOTED HIS LIFE FOR INDIA'S UNITY AND INTEGRITY. HIS PASSION FOR A STRONG AND UNITED INDIA CONTINUES TO INSPIRE US AND GIVES US THE STRENGTH TO SERVE 130 CORE INDIANS"
NARENDRA MODI
PRIME MINISTER



“JAYANT SAHASRABUDHE JI CONTRIBUTED TO THE GOLDEN PERIOD OF BHARAT” : Dattatreya Hosabale

“Jayant Sahasrabudhe ji contributed to the golden period of Bharat through his commitment to science. In Amrit Kaal, we should resolve to realise his scientific dream for Bharat, and he was a scientist in a different sense,” said Dattatreya Hosabale, Sarkaryavah, Rashtriya Swayamsevak Sangh, at the Shradhanjali Sabha of late Jayant Sahasrabudhe, former National Organising Secretary of Vijnana Bharati and RSS Pracharak, organised at Constitution Club of India, New Delhi on June 15, 2023. Jayant Sahasrabudhe passed away on June 2.

“Never thought I would have to participate in a condolence meeting of a friend and committed person like Jayant ji. It is a dilemma whether to consider it a loss or a mukti. In 1980s, I met him in a meeting, in which he was part of the organising committee. When I asked him about his plans after education, he replied with a smile. That smile stayed with him till the last breath. From Prant Pracharak of Konkan, he was given the responsibility of Vijnana Bharati; he had no separate room to stay. But, he accepted it without any complaints & started staying in the corner of a hall. He had a unique ability to present his views from a different perspective. He never expressed his opinions in the meetings but used to make 1-2 interventions throwing a completely new light on the subject. He nurtured all the five qualities expected from a Swayamsevak -- Gyan, Sheel, Namrata, Veervrata, Katibaddhata,” Sarkaryavah said.

For Vijnana Bharati, it is a sense of becoming an orphan. For a Pracharak, the people he connects with are the assets, and Jayant ji amassed such immense wealth, Sarkaryavah Dattatreya Hosabale further added.

Vinayak Sahastrabuddhe, younger brother of Jayant

Sahasrabudhe, said that from childhood, Jayant ji was compassionate and keen to help others in his personal & professional life. Becoming pracharak is a process; Jayant ji was instrumental in initiating that process in me.

“Aptly using the occasion for furthering the Objectives, Jayantji had a remarkable passion for science. Thanks to Jayant ji, the biographies & contributions of prominent scientists could become part of the Science-Tech Ministry. India International Science Festival became a great success because of the meticulous planning of Jayant ji. Intent and aptitude can make a person a true Scientist, Jayant ji was the epitome of the same. He had the ability to blend ancient knowledge with contemporary technological advancement,” Vinayak Sahastrabuddhe added.

Sangh pracharak imbibes the fundamentals of the sector assigned to work with; Jayant ji was the classic example of the same, said Dr Vijay Chauthaiwale, In-Charge, Foreign Policy Dept, BJP.

Science and Art are interconnected and have complimentary foundations. Natraj is that connecting factor. I got to express that through Art because of Jayant Sahasrabuddhe ji, said Dr Sonal Mansingh, Indian classical dancer and Member of Parliament (Rajya Sabha)

Notably, eminent personalities like Sunil Ambekar, Akhil Bharatiya Prachar Pramukh, RSS, Dr Jitendra Singh, Minister, Science-Tech, Dr Harsh Vardhan, former Minister for Health, Science-Tech, Abhijeet Gokhale, Sanghatan Mantri, Samskara Bharati, Prof. Santishree D Pandit, Vice Chancellor, JNU, Dr Rama Jayasundar, Department of NMR, AIIMS, New Delhi, Dr Rajesh Kotecha, secretary, Ayush and among others paid their tribute to Jayant Sahasrabudhe ji. — **Organiser Bureau**



Climate Change Department
Government of Gujarat

Gujarat: Engineered & Customized The Sun



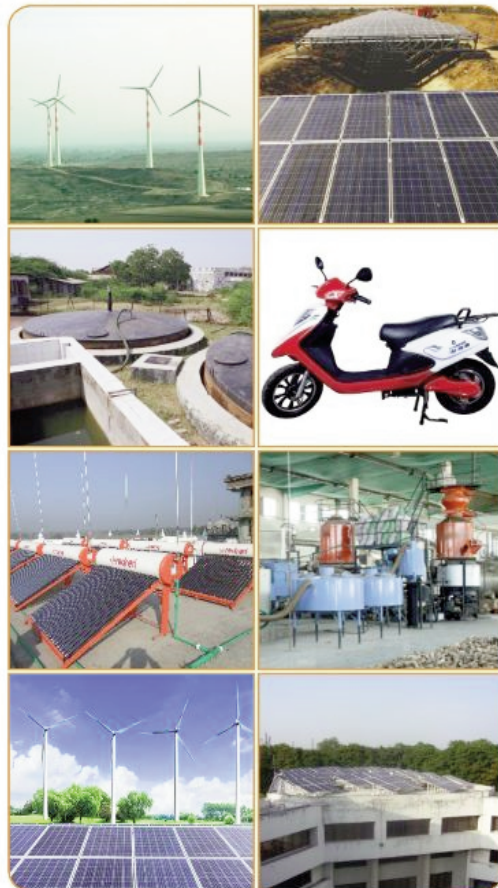
Shri Narendrabhai Modi
Hon'ble Prime Minister of India



Shri Bhupendrabhai Patel
Hon'ble Chief Minister of Gujarat

	Solar Power Projects (Ground Mount)	6952.14 MW
	Solar Roof Top Projects	2686.19 MW
	Solar Water Heating Systems	2,37,625 Sq.M
	Wind Solar Hybrid Projects	678.34 MW
	Wind Energy Projects	10021.17 MW
	Biomass Power Generation Projects	81.55 MW
	Waste - to - Energy Projects	19,269 MW
	Biogas Plants	33395 m ³ per/day
	Improved Crematoria	6552 Nos
	Energy Audits Water Pump/WTEA	4,450 Nos.
	Energy Efficient LED Tube Lights	1,36,621 Nos
	5 Star Rated Fans	97440 Nos
	Battery Operated Two Wheeler	47409 Nos
	Bal Urja Rakshak Dal (BURD) Programme	720 Schools, 36,000 Urja Rakshaks

Data as on 31st May, 2023



GEDA

ગુજરાત ઊર્જા વિકાસ એજન્સી
GUJARAT ENERGY DEVELOPMENT AGENCY

www.geda.gujarat.gov.in

Unveiling Indira

'Indira Files' offers an alternative perspective on history. The book presents information that might appeal to both Indira Gandhi's opponents and her admirers,

■ **UTPAL DATTA**

The name of the book 'Indira Files' suggests that it uncovers hidden information about Indira Gandhi that was previously concealed in files. It has been several decades since Indira Gandhi died, and many Congress leaders associated with her have lost popularity. One might question the need for such a book about such a leader. The book draws similarities to the "Mitrokhin Files," which contained secret information from the Russian intelligence agency, KGB. This creates a preconception that the book might reveal confidential information that could be used against Indira Gandhi by her opponents.

In the introduction, author Vishnu Sharma clarifies that he does not have a biased view about Indira. Although he admires Indira Gandhi's administrative skills and role in dividing Pakistan. He acknowledges her inclination towards dynastic politics, a prime example of Indian politics' dynasticism. The Nehru-Gandhi family's influence over the Congress party is one of the reasons why it is often called a private limited company. Books about political leaders are more appealing when they provide personal insights or thought-provoking criticism. However, the author has taken a different approach by presenting various well-documented facts without subjective commentary. This demonstrates the

author's ability and responsible approach to political analysis. Despite the provocative title, the author avoids sensational vocabulary and instead delivers a mature essay that presents information within facts.

During Indira Gandhi's regime, a common question was whether she was closer to the CIA or the KGB. The author answers this question in a chapter titled 'Kabhi CIA to Kabhi KGB ke haath ki putli' (Sometimes a puppet of the CIA, Sometimes of the KGB). The author quotes Daniel Patrick Moynihan, a former US ambassador to India. Moynihan claimed that the CIA paid Indira Gandhi twice to counter communism's rise in Kerala and West Bengal. In 2008, Kerala Finance Minister Thomas Isaac uncovered information from the Oral History Archives of Columbia University, revealing the CIA's relationship with the Congress party. The author presents these claims based on various facts and includes references for each article.

With numerous discussions and



Title: 'Indira Files',
Author: *Vishnu Sharma*,
Publisher: **Prabhat Prakashan**, Pp 296,
₹ 450.00

books about Indira Gandhi, one might wonder if there is anything left to learn about her. However, events are objective and have multiple connections to political and social life. Over time, events can acquire different meanings, and reactions can unfold even long after they occur. Therefore, analysing influential political leaders like Indira Gandhi requires repeated analysis. The impact

of her actions as Prime Minister is not confined to a specific time period but remains relevant to India's continuous development. While political parties often blame each other for political reasons, people recognise this as election-time excitement. However, when analysing political ideals, objectives, and methods, an analysis of past facts becomes essential.

In a chapter titled 'Barua Model: Indira's Gift to Indian Politics,' the author explores the rise and work of Devkant Baruah, who became Congress President during a critical emergency period in India. Understanding the significance of these issues is crucial for country's



development. The author refers to the 'Barua model' as a term of his own creation, but the information collected about Baruah elevates the article above mere political opinion.

This well-written Hindi book consists of 50 self-contained chapters. Every chapter reflects the author's systematic study, making it easy to read and reliable. The book contains surprising information that will capture readers and expand their knowledge. It is interesting to learn that Devkant Barua once aspired to become Prime Minister. The author provides sources for all the information but acknowledges the possibility of missing certain

During Indira Gandhi's regime, a common question was whether she was closer to the CIA or the KGB. The author answers this question in a chapter titled 'Kabhi CIA to Kabhi KGB ke haath ki putli' (Sometimes a puppet of the CIA, Sometimes of the KGB)

aspects or making mistakes. The author encourages readers to provide feedback for future editions to correct any errors.

In this era of ideological conflict, some may perceive this book as

taking a particular stance. However, as a reader, it can be seen as offering an alternative perspective on history. The book presents information that might appeal to both Indira Gandhi's opponents and her admirers by introducing original and sensational facts.

This book benefits history and

politics enthusiasts, as well as journalists, television talk show producers, and participants. The younger generation, growing up in the age of social media, seeks straightforward and direct information. This book caters to this new generation's study-oriented mindset. ■

हर घर जल जल आपूर्ति विभाग गुजरात सरकार

100 दिन का सुदृढ़ निश्चय और परिश्रम का प्रमाण - सफलता

गुजरात जल आपूर्ति विभाग द्वारा 100 दिन के लक्ष्यों को पूर्ण कर हांसिल की सफलता।

वितरण व्यवस्था सुदृढ़ कर राज्य के 2,096 गाँव के लोगों के लिए पानी की वितरण व्यवस्था को और मजबूत करने की योजनाओं का कार्य पूर्ण किया गया।

1,138 गाँवों को लाभ प्रदान करने वाली 15 योजनाओं का कार्य शुरू किया गया। इन योजनाओं के तहत सुदृढ़ वितरण व्यवस्था की भेंट कुल 33.84 लाख लाभार्थियों को मिलेगी।

जल गुणवत्ता को प्राथमिकता दी जा रही है, जिसके तहत राज्य के सभी 33 जिलों तथा योजना के हेडवर्क्स/सब-हेडवर्क्स के 1,67,411 पानी सैंगलों की गुणवत्ता की जांच भी की गई।

ग्राम्यस्तर पर कार्यरत जल आपूर्ति औपरेटरो की कार्यक्षमता बढ़ाने, योग्य जल वितरण व्यवस्था विस्थापित करने और प्राथमिक मरम्मत और रखरखाव की जानकारी देने के लिए 10 दिन की ट्रेनिंग का आयोजन भी किया गया।

100 दिन में 7000 पंप संचालकों को प्रशिक्षण देने के लक्ष्य के सामने 8317 संचालकों को प्रशिक्षित किया गया।

100 दिन में 7000 टूलकिट वितरण के लक्ष्य के सामने 8317 टूलकिट का वितरण किया गया।



DEFENCE SCAN

BY
AIR MSHL PK ROY (RETD)



PRIME MINISTER'S VISIT TO UNITED STATES AND LIKELY DEFENCE DEALS

PRIME Minister Narendra Modi will be paying an Official State Visit to the United States, which will include a state dinner, on June 22, 2023. During the visit the leaders of the two countries will discuss ways to further expand people-to-people ties and working together to confront common challenges. Major defence deals that will come up for discussion during the visit are:



- Upgrade M-777 light howitzer.
- Manufacture of GE-414 aircraft engine in India under license.
- Co-production of Stryker armoured personnel carrier under Make in India process.
- Transfer of Predator drones to India - direct sale/through some other process.
- Sale of 26 F-18 fighter aircraft for INS Vikrant

INDIAN COAST GUARD EVACUATES 50 PERSONS IN PREVENTIVE MEASURES OF SEVERE CYCLONE 'BIPRAJOY'

IN a swift move, Indian Coast Guard evacuated 50 people from jack up rig 'KEY SINGAPORE/01' located 25 nm west of Okha, Gujarat on June 13, 2023, as a preventive measure of severe cyclone Biprajoy.



SU-30 FIGHTER AIRCRAFT OF IAF FLYS EIGHT HOURS OVER INDIAN OCEAN

IAF has tweeted that its Su-30 fighter aircraft flew eight-hour long mission over the Indian Ocean Region covering both the Seaboards. The mission was supported Ait-to-Air refuelling aircraft.



INDO-MALDIVES JOINT MILITARY EXERCISE "EKUVERIN"



THE 12th edition of joint military exercise "Ex Ekuverin" between the Indian Army and the Maldives National Defence Force has commenced at Chaubatia, Uttarakhand from 11th to June 24, 2023. Ekuverin meaning 'Friends' is a bilateral annual exercise conducted alternatively in India and Maldives. The exercise is aimed at enhancing interoperability in Counter Insurgency/Counter Terrorism Operations under the UN mandate and carry out joint Humanitarian Assistance and Disaster Relief operations.

COMBINED OPERATIONS OF INS VIKRAMADITYA AND INS VIKRANT

THE Indian Navy showcased its formidable maritime capabilities with a spectacular display of multi-carrier operations and the coordinated



deployment of more than 35 aircraft in the Arabian Sea. This marks a significant milestone in Indian Navy's pursuit of enhancing maritime security and power-projection in the Indian Ocean, and beyond. The exercise involved seamless integration of two Aircraft Carriers INS Vikramaditya and the indigenously built INS Vikrant- along with a diverse fleet of ships, submarines and aircraft, showcasing India's technological expertise in the maritime domain.

ARMY CHIEF REVIEWS PASSING OUT PARADE AT INDIAN MILITARY ACADEMY

GENERAL Manoj Pande, the Chief of the Army Staff reviewed the Passing Out Parade of Gentleman Cadets at Indian Military Academy, Dehradun on June 10, 2023. A total of 374 Gentleman Cadets of 152 Regular Course and 135 Technical Graduate Course, including 42 Gentleman Cadets from seven friendly foreign countries successfully passed out from the portals of IMA. The Army Chief complimented the Parade Commander and participants for the immaculate turnout as well as the crisp and synergised drill movements indicating high standards of training and discipline imbibed by the young leaders. The Army Chief also complimented the Gentleman Cadets from the Friendly Foreign Countries and said, "I am sure, you as ambassadors of your country will carry back a treasure of good memories of the place and training with you and will cherish them forever..."



INDIAN ARMY SIGNS CONTRACT FOR PROCUREMENT OF 'TACTICAL LAN RADIO'

CONTINUING with the commitment towards 'Make in India' initiative the Indian Army has signed the second procurement contract through Innovations for Defence Excellence (iDEX) on June 9, 2023. The contract with M/s Astrome Tech Pvt Ltd, Bangalore for procurement of indigenously developed 'Tactical LAN Radio' was signed in presence of Lt Gen MV Suchindra Kumar, the Vice Chief of Army Staff at New Delhi. With this initiative, the Indian Army has taken a lead by signing two contracts under iDEX till date. 'Tactical LAN Radio' is a state of the art high bandwidth backhaul wireless radio equipment for provisioning of reliable and failsafe communication. The solution offers an enhanced range of communication and embedded frequency hopping mechanism to preclude chances of interception and long-range point-to-multipoint high-bandwidth communication.



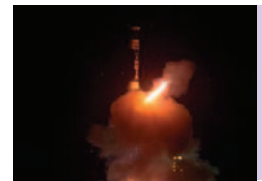
INDIA, FRANCE AND UAE COMPLETE MAIDEN MARITIME PARTNERSHIP EXERCISE

INDIA, France and UAE trilateral cooperation achieved another milestone in history with successful completion of first ever trilateral Maritime Partnership Exercise between three navies from June 7th to 8th, 2023. During the exercise, a wide spectrum of operations at sea such as surface Warfare involving tactical firing and drills for Missile engagements, close quarter manoeuvres, Advanced Air Defence Exercise with French Rafale and UAE Dash 8 MPA, Helicopter Cross Landing Operations, Drills for Replenishment at sea were undertaken by the participating units.



'AGNI PRIME' BALLISTIC MISSILE SUCCESSFULLY FLIGHT-TESTED

New Generation Ballistic Missile 'Agni Prime' was successfully flight-tested by DRDO from Dr APJ Abdul Kalam Island off the coast of Odisha on June 7, 2023. During the flight test, all objectives were successfully demonstrated.



INDIGENOUSLY DEVELOPED ISHAPORE ASSAULT RIFLE HANDED OVER TO CRPF

CRPF has become the first customer to buy the indigenously developed 7.62 X 51mm Ishapore assault rifle for its forces, this week. The Ishapore Rifle Factory had developed a prototype of the 7.62x51mm rifle in response to the Uri attack in September 2016 and OFB intended to build a more powerful rifle than its INSAS 5.56 mm calibre rifles. ■





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Sculptures in Angkor Wat are incredibly detailed and intricate and reflect the rich cultural history of Cambodia and Hindu mythology

ANGKOR WAT: Historic Treasure

Angkor Wat temple is renowned for its intricate and ornate sculptures, which depict scenes from Hindu mythology and Cambodian history. Columns, lintels and roofs, walls, facades are full of carvings. There are literally miles of reliefs on the walls of the galleries of this temple.

Devatas (Hindu Bhagwan's or spirits), griffins, unicorns, lions, garudas, snakes, winged dragons, dancing girls and warriors, animal and human figures, as well as abstract motifs like lotus rosettes and garlands are depicted here.

Some details of the sculptures in Angkor Wat are as follows-

- **Bas-reliefs:** The temple is decorated with over 1,200 square metres of bas-reliefs, which are carved into the sandstone walls of the temple. These bas-reliefs depict scenes from Hindu mythology, such as the Battle of Kurukshetra from the epic Mahabharata, and scenes from the life of the Bhagwan Vishnu. Carved pediments and lintels decorate the entrances to the galleries and to the shrines.
- **Apsaras:** Apsaras are celestial nymphs or goddesses of the clouds and waters in Hindu mythology. The temple is adorned with over 3,000 apsaras, which are depicted in various poses and dances. meticulous attention was paid to the headdresses, hair, garments, posture and jewellery of the deities and human figures sculptures are considered to be some of the most beautiful in Angkor Wat. These apsaras remind us about sursundaries of ancient temples of Bharat.
- **Devatas:** They are depicted in various forms in the temple, including as guardians of the temple entrances and as dancers in the bas-reliefs.
- **Garudas:** Garudas are mythical creatures in Hindu mythology that are depicted as eagle-like birds with human faces. They are often depicted as the mount of the Bhagwan Vishnu, and are also seen as guardians of the temple.
- **Nāgas:** Nāgas are serpent-like creatures in Hindu mythology that are often depicted as protectors of the temple. They are commonly shown in the form of a serpent with multiple heads.
- **Lions:** Lions are another common motif in Angkor Wat. They are often depicted as guardians of the temple entrances, and are also seen as symbols of strength and power.

■ In addition to reliefs, Angkor Wat contains numerous statues of Buddhas and Bodhisattvas.

■ On the southern gallery walls, there is a representation of the 37 heavens and 32 hells of Hindu mythology, while the eastern gallery houses one of the most celebrated friezes, the Churning of the Sea of Milk, featuring Vishnu showing 88 devas and 92 asuras.

Overall, the sculptures in Angkor Wat are incredibly detailed and intricate and reflect the rich cultural history of Cambodia and Hindu mythology.

Tracing the style and technology of carvings and exploring the meanings of the motifs and symbols can take us to the historic treasures of Bharat and Cambodia. ■



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