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VOICE OF YOUTH

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Invocation

Achyutha, Anantha , Govinda nama ucharana Beshajath
Nasyanthi sakalaa rogaa , sathyam sathyam Vadamyaham

Achyutha, Anantha , Govinda , after reciting these names,
All diseases would be destroyed, I am telling the truth, the truth

Editorial

Yoga, the way out...

The priorities of a society changes through different periods. The matrimonial columns in the newspapers act as mirror to show us what the society of that period aspired for. During the 60s ,70s and well into the 80s, the sole aim was to get into a bank or a public sector undertaking. During the 90s and afterwards, due to the IT revolution, people started shunning the aspirations of government jobs and were looking for greener pastures outside the country. With Wealth taking the predominance in their choice health has always been neglected by our people. People have always thought that they can take care of their health once they are financially settled in their life. This normally ends up in postponing their Health options indefinitely. Looking after ourselves inside and out is a fundamental part of living a happy, fulfilled life. Without good health it may be very difficult to do all the things one wants to do and to enjoy life to the fullest. No matter how rich you are, if you are sick,

your money cannot give you a good sense of life. But many of us are neglecting our own wellbeing. Quite contrary to this new age life style, our tradition has always given much importance to the Physical as well as Mental Health. *Shariramadyam khalu dharmasadhanam*, this body is surely the foremost instrument of doing good deeds said Kalidasa in his renowned work kumarasambhavam [5.33].

You may very well remember that the present Indian Government's endeavor to popularize Yoga, is also a step towards achieving this goal of keeping our Body and Mind Healthy. Nature has time and again reminded Humanity about the priorities in Life. This time in the form of the Pandemic COVID 19, it has once again reset the priorities of people. Man is left with *Saucha*, external cleanliness and *Yoga*, self-disciplining our Body and Mind, being the only tools with which he can protect himself. It's time for us to take up *Yoga Asanas* and *Pranayama* as a regular and serious activity in our life. June 21st, the International day of Yoga, is more pertinent this year to the Humanity than it was in the previous years. It is a reminder to go back to our roots.

V.V. Balasubramanian

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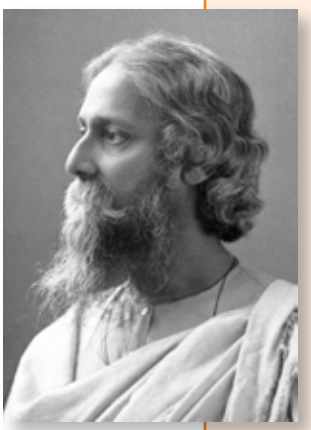
How can there be history of Bhagwan?

- Nivedita Raghunath Bhide



Many a times, we say there is no ideal in front of us; we dream and wish for the best. And while grieving or being melancholy over what is not with us, we do miss so many inspiring, heart-warming, life nurturing moments in life which can make our life purposeful. While grieving over the unavailability of the shining stars in life, we miss so many beautiful smiling flowers around us. These smiling flowers warm our heart and make our life fragrant. The shining stars are distant and visible only in the night but the fragrant flowers are always around. Let us stop grudging and grumbling and open our eyes to see these smiling flowers in our society. These smiling flowers are strewn liberally on each path. As a Jeevanvrati Karyakarta of Vivekananda Kendra, on my path too, I come across many beautiful smiling flowers, the inspiring, heart touching moments. This series is a garland of such blossoming, smiling flowers.

Myself, Meera and Sujatha both Jeevanvrati Karyakarta of Vivekananda Kendra like me were going from Guwahati to Majuli for Bhavana Samaroh. Bhavana is the popular art form developed in Satra established by Srimant Shankardev. This art form inculcates the values, educates the illiterate and acquaint all with our sacred texts. As we crossed Brahmaputra and came to the North Bank, Meera told me, 'Didi, there is a very beautiful temple of Daul-Govind on this road. Daul means Palanquin in Assamese. During Holi, Daulotsava is celebrated here, where Srikrishna is kept in palanquin. In this temple Srikrishna plays Holi every day. That is why Abeer is applied to the devotees who come for darshan and everyday afternoon Kheer (Payasam) is made and given as Prasad. The Moorti of Daul-Govind is made of Shaligram found in the river Gandaki of Nepal. Didi, this Daul Govindji is very captivating.'

Tempted, I asked her, 'Shall we have Darshan in the temple?'

'No, Didi, we are already late. The Satradhikar Prabhu would be waiting for us. May be some other time', said Meera. I sighed, resigning to the fate of taking Manasik Darshan from the distance.

The scholar in Sujatha was awakened, she asked the taxi driver, 'Daul Govindji ka kya itihas hai?' (What is the history of this Daul Govind)

The driver gave a peculiar look to all three of us and said in his broken Hindi, 'Bhagawan ka kya itihas hota hai?' (How can there be history of Bhagwan?)

Three of us were shell-shocked! How true he was! Though his Hindi was broken, his thoughts were connected to the thousands of years of tradition of this land. The One who is beyond Kaal – time how it can have history? Something moved within us. We all three were immensely happy and smiled at each other. I felt as if I have seen something invaluable. Till date, I have not been able to go to the temple of Daul- Govindji but that day I got some insight into the Timeless – Kaalaatita; Daul-Govindaji who plays holi everyday did fill our hearts with all colours.

This happened few years back. Recently with some of the life workers, I was at Puri. We went to see the Shankar Math there. Within the precincts of the Math there are few temples. The devotee there told us, 'This is the temple, where Adi Shanakracharya had worshipped.'

One of the Karyakartas murmured to me, 'Didi, does the construction look that old?'

I remembered our Taxi Driver near Dol Govind temple and told him, 'Bhagawan is there since time immemorial, the construction undergoes changes in every period. So the construction may look recent one. But do not doubt his words. Sri Shankaracharya must have worshipped here as there is continuous lineage of Shankaracharyas here.'

He looked at me thoughtfully and said, 'This is true. I always doubted such claims. Now I realize -the tradition is unbroken, the structures may change.'

Beyond the structures, beyond the rules of various kings, beyond the invasions by

barbaric invaders, beyond the destruction that these invaders tried to heap on India, the flow of Indian life was continuous. May be at times slow but always flowing. If one has to understand India it is that flow that one has to know.

Sri Rabindra Nath Tagore writes very beautifully in his article, *'History of Bharat Varsha'*, 'It is not that this bloodletting and this carnage were the most important things in Bharatavarsha even in those miserable days. Despite its roar, the storm cannot be regarded as the most important event in a stormy day. In that day too, with sky overcast with dust, the most important thing for man was the flow of life and death and of happiness and sorrow that moves on in the countless village-homes, even though beclouded. But to an alien passer-by the storm is the most important thing; the cloud of dust devours everything else from his view. For he is not inside the home, he is outside. That's why in the history narrated by the foreigners we get the accounts of the dust, of the storms, but we do not get even a word about the homes….'

Yes, the driver's view was insider's view and we were seeking outsider's view. And in a moment, he had connected us with our thousands of years of tradition with his broken Hindi.

Tagore continues further in his article, '… The current of life that was flowing then in the real Bharatavarsha, the ripples of efforts rising there and the social changes that were taking place — none of these find an account in our history textbooks. '

What was that current flowing? In spite of continuous invasions and vicissitudes and travails what is it that India has been striving for? Tagore answers in the succeeding paras, '...Amongst the civilizations of the world Bharatavarsha stands as an ideal of the endeavour to unify the diverse. Her history will bear this out. Amidst many travails and obstacles, fortunes and misfortunes Bharatavarsha has been seeking to experience the One in the universe as well as in one's own soul and to place that One in the variegated, to discover that One through knowledge, to establish that One through action, to internalize that One through love, to exemplify that One through one's own life. When through the study of her history we would be able to realize this everlasting spirit of Bharata, then the rupture of our present with the past will disappear.'

How beautifully Tagore puts it, the everlasting spirit of Bharat is in discovering the One through knowledge, internalizing the One through love, in exemplifying that One through one' own life. When we realize this everlasting spirit of Bharata only then the rupture of our present with the past will be over.

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Rebuilding India 21

Self-Reliance Through Swadeshi – Need of the Hour

– Prof. P. Kanagasabapathi

The COVID -19 pandemics has created an unprecedented situation in the World. It is not just the lives and the economies, but also the ideas and approaches that are at stake. The ideas that have been put forth and the approaches that have been advocated by the West over the previous centuries, have once and for all failed miserably.

Even after the 2008 global economic crisis, the West –particularly the US - was hoping that they would be able to hold on to a higher position through their 'advancements' in science and technology and the status they enjoyed. But the corona virus has proved them wrong. As a result, the US President has now been reiterating openly the need for manufacturing within their country. This only reveals the ultimate collapse of the very concept that they have been so painfully propagating over many decades, globalization.

So there is a definite U-turn towards a new paradigm with nation-centric approaches

even in the West, that benefited a lot from their own versions of policies during the previous centuries. Even though nationalism and nation based manufacturing were being advocated in countries such as the US during the recent years, the intent seems to be definite now.

The economic approaches of the West beginning the middle of the second millennium have always been with the objective of benefiting the ruling and the dominant classes by exploiting the larger population in their territories and outside. The dominant economic system that prevailed from the sixteenth to eighteenth century called *mercantilism*, paved the way for colonialism leading to exploitation of different countries in the World.

Later during the late eighteenth century, their initial version of capitalism was put forth, which went through different processes over the years ultimately leading to market fundamentalism. Communism which came up in the second half of the nineteenth century failed in about hundred years. Each of their approaches was based on exploitation of one kind or the other and focused only on narrow aspects, at the cost of progress and development of all the sections of the society.

Hence history had to fail them. Besides, beginning from the end of the fifteenth century and even earlier, the native systems in different parts of the World were subjected to disturbances and destructions by the invaders and colonizers.

But a look at our history would reveal that Indian tradition has always believed in the well-being and betterment of all in the society. In fact, it went many steps further and emphasized the welfare of all the different creations of nature. The overall objective of our approaches remained the protection and progress of all.

Swadeshi and Self-reliance remained the pillars of our approaches since the ancient periods. Accordingly, India society developed its own systems and devised suitable methodologies in different fields of life. The Indian life always aimed higher and sought to achieve perfection in diverse fields. Hence even while it was the most dominant economy in the World, it was also the incomparable intellectual

power touching the highest limits.

India remained a powerful nation, besides being peaceful at the same time. As a result, she remained as a model to the rest of the World since the ancient periods. We never wanted to dominate others through power, but assimilate all through acceptance and understanding. Since our civilization believed in the larger welfare of the humanity as a whole, we have been giving and sharing with others throughout history.

Field studies in different parts of the country show that the developments over the last seven decades after Independence was largely through the native approaches of the local societies. Our larger society, by nature, is energetic, vibrant, entrepreneurial and has enormous economic wisdom.

This is the reason why we were able to emerge as the nation with a very high potential in the World now, even after being decimated by the Europeans in two hundred years and savaged by the invaders for nearly eight centuries earlier. All these developments happening in a period of about seventy years is a great achievement in the modern economic history of the World. This is in spite of the policy making circles advocating and implementing the alien approaches most of the time in free India.

The Indian society, used to deadly assaults and severe onslaughts for about a millennium, withstood all the non-Indian, and many times even the anti-Indian, steps that were thrust on it. It charted out a path of its own as soon as it realized that it was politically free, without worrying about the course of action that the policy makers would take. It continued its journey, based on its inherent beliefs and innate strengths, nurtured by the age-old culture of this great nation.

Crisis is not new to the Indian society. It must have faced several hundreds of crises – of different types such as political and economic and of different sizes – during its long and arduous journey. But it has the inherent tenacity to fight hard and get back to normalcy. There are several examples for this in history and during the contemporary times, besides the steady progress of the macro- economy.

There are hundreds of cases at the local levels.

Morvi (also Morbi) is a town near Rajkot in Gujarat, brimming with diverse industrial and business activities. Called as the 'ceramic city of India', it manufactures more than 80 per cent of ceramics in the country and is the second largest tiles manufacturing zone in the World. The town is equally popular for its wall clocks, contributing the highest number in India, with the popular brands such as *Ajanta* and *Samay* having their base.

The town is also involved in the manufacture of the sanitary wares and diamond cutting. As a result, Morvi is known throughout the country and abroad for its products. Earlier in 1979 this town was devastated by floods when the dam on the Macchu river got burst. It resulted in serious damage to the local economy running into several crores, besides taking away the lives of an estimated 1500 persons. But it was re-built by the society with the help of the state within a short period, emerging today as one of the well-known business clusters in the country.

Even during the lock down period of two months between the late March and May, 2020, the Indian society proved its ability to fight back and contribute in the required fields. When the corona virus started attacking us, we did not have the Personal Protective Equipment (PPE) that is required to protect the doctors, medical personnel and others involved in the treatment of and assistance to the affected persons. We had to depend on imports for them. But within a very short period, India realized the need for them and started making it within the country. As a result, we now make more than three lakh units per day and in the process have emerged as the second largest manufacturer of PPEs in the World.

This is how our societies turn adversities into opportunities. There are many other activities in which we have been able to scale up in a quick time, when the deadly was spreading everywhere. Even while lakhs of people were voluntarily helping the affected segments of population, many others were involved in finding out the solutions to the problems and striving to solve them. It is this native spirit, called

Swadeshi, that is required in full force for Self-Reliance at all levels now.

Centuries of alien rules and the dominance of the Western ideas after independence have killed the native spirit, among the educated, the intellectual and policy making circles. Hence even when the larger societies at the local levels are functioning with the spirit of Swadeshi, the opinion making and the influential circles largely believe in the approaches from outside, particularly the West.

As a result, the academia, the administration and the educated circles ignore and even have serious contempt for the performing sections. Hence there remains a wide gap in the system, between the groups that debate and decide, and the sections that perform. So our society with all its strengths could not reach higher levels, as there are serious misconceptions and lack of coordination.

But the corona lock- down has taught many lessons to all in the World, including us in India. This is time for us to revive the Swadeshi spirit in the minds of all the different sections of the population and make it as a mass movement in all walks of life. Here the educated sections have a huge role to play in understanding and disseminating the realities and contributing with suitable suggestions for improvement.

Nature has given an opportunity to take stock of the situation, realise our potential and reorient our approaches based on our foundations. Fortunately, the top leadership of the nation is taking this initiative forward. Hence it our duty to work towards creating a nation that will emerge stronger with all prosperity, so that the entire humanity would be able to benefit.

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An area of awakening – a walk the talk with the Nobel Laureate V.S. Naipaul

– Dr.K.M.Rao Ph.D.

In later years, when the attraction we feel for ideologies begin to fade, Naipaul's books seemed to be true. From his great novel, "A Bend in the River" a novel depicting dark despair to "A million mutinees in India" ten years later Naipaul travelled quite a distance. Naipaul says the essence of literature and philosophy is a constant examinatio of one self and one's world and one's own culture. One hope to leave the world with different ideas than those given to one when one entered the world.

The alternatives – traditionalism versus westernism proposed in India could lead to brutal clashes between Indians who worship cow and those who slaughter cow for beef. Remember that India was trampled over, fought over. It was destroyed by wars... you had invasions for centuries together and defending itself for centuries together. Now there is a feeling in India that Hinduism faces a threat from the mushroom growth of Islamic fundamentalism. It began with the revolution in Iran and wahabism in Saudi Arabia. The Islamisation process of Pakistan under General Zia exacerbated that feeling. All these factors taken together persuaded Hindus to think that a divided Hindu society cannot counter act Islamic fundamentalism and that Hindus should organise themselves to face this threat. But Naipaul thinks that fundamentalism is a passing phase in Islam. It is a religion on the defensive.

What is happening in India is a new historical awakening. Hindus are becoming alive to their history. This has not happened before. Romila Thapar's book on history is a Marxist attitude to history which in substance says: there is a higher truth behind the invasions, feudalism and all that, the correct truth is the way the invaders looked at their actions. They were conquering, they were subjugating, and they were in a country where people never understood

this violent religious aggression by ruthless army cruel to the core.

Only now the Hindus are beginning to understand that there has been a great vandalising of India. Because of the violent nature of the conquest and the tolerant peace-loving nature of Hindu society such understanding had eluded the Hindus, before. In pre- Industrial India people moved about in small areas unaware of the dimension of the country without any notion of a nation.

Now, however things seem to be changing. What is happening in India is a mighty creative process. Indian intellectuals, who want to be secure in their liberal beliefs, may not understand what is going on, especially if these intellectuals happen to be in the United States. But every other Indian knows what is happening: deep down he knows that a larger response is emerging even if at times this response appears in his eyes to be threatening.

Naipaul warns us that we have to be careful about something else happening in the world. "I recently received," Naipaul says, "the text of a lecture given by some sort of an expert on India who teaches at Trinity college , Cambridge. (Romila Thapar, Irfan Habib, Amartya Sen, Ramachandra Guha any one of these people or any one of their ilk can be of that person). The lecture was on fundamentalism. In it we are told that Islam was brought to India by traders and merchants and that places of Hindu worship became absorbed into Mohammedan places of worship..

Well, all this is absurd and it is said by a serious scholar. This ties in with what one read in "The Independent" recently. Its correspondent in Delhi reported that the Indians removed the Hindu Pandits from Kashmir to give their armed forces a free hand to handle terrorists. So the Hindu Pandits exodus from Kashmir was self -done; it had nothing to do with attacks on them. This is an example of how perversely one can reverse facts.

Be aware of more cynical forms of liberalism. It admits that fundamentalism is alright in the world. But this is the fundamentalism we are to be really frightened of and not the Islamic Fundamentalism. Its source is Arab money.

I don't think the Hindu reaction in terms of fundamentalism pitted against another. The reaction is a much larger response, Muslim fundamentalism is essentially negative, protection against a world it desperately wishes to join. It is a last ditch fight against the world.

NAIPAUL ON AYODHYA

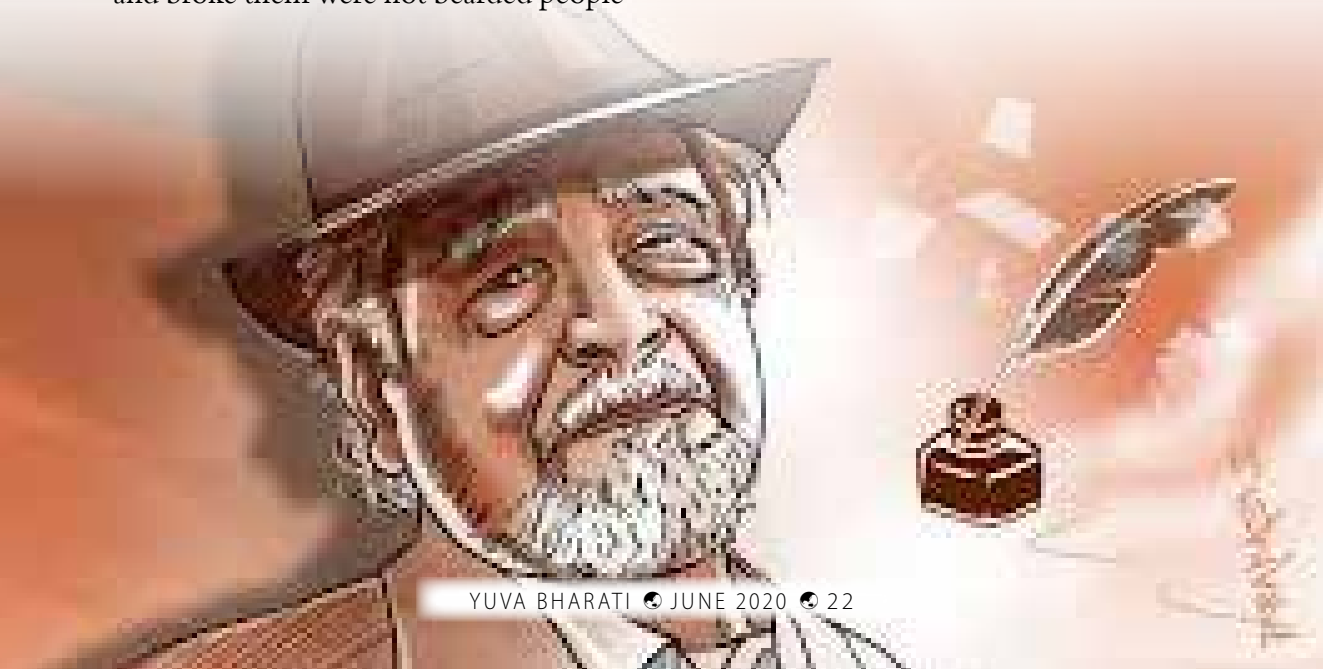
The sense of History that the Hindus are now developing is a new thing after the Ayodhya incident. I reacted quite differently. I consider the demolition of

dilapidated structure as a constructive passion. The people who say that there was no temple are missing the point of national honour. Babur, you must understand, had contempt for the country he had conquered. And his building of that mosque was an act of contempt for the country.

In Turkey they turned the church of Santa Sophia into a mosque. In Nicosia churches were converted into Mosques too. The Spaniards spent many centuries conquering their lands from Muslims. They demolished the Mosques and built churches on them. So these things have happened before and elsewhere.

In Ayodhya the construction of a mosque on a spot regarded as sacred by Hindus was meant as an insult. It was meant as an insult to an ancient idea, the idea of Ram revered for centuries.

The people who climbed on those domes and broke them were not bearded people wearing saffron robes and with sacred ash on their foreheads. They were all young people clad in jeans and tee-shirts. One needs to understand the passion that took them on top of the domes. The jeans and tee-shirts are superficial. The passion alone is real. You cannot dismiss it. You have to preserve that passion, cherish, and harness it and channelize it as an organised force. "Hitherto in India", Naipaul says, "the thinking has come from top. I spoke earlier about the state of the country destitute, trampled upon and crushed. You then had the Bengali Renaissance, the thinkers of the 19th century. But all this came from the top. What is happening now is different. The movement is now from below... there is a big historical development going on in India. The Hindus should use it for the intellectual transformation of India. A truly historic and creative development is taking place in India.



SELECTIVE SILENCE

P.V. Sharma

On February 23rd, Ahmaud Arbery was gunned down by two white men in the United States. Amidst the virus's threat a huge crowd gathered, protested and demanded justice for the 25 year old black man. The news that racism is still rampant in its most brutal form shook the world. Support poured in from all parts of the world. People took to streets and the media covered the tragedy with utmost sincerity. Ahmaud's only fault was his color. For the next 3 months the entire world was diverted with the pandemic taking the center stage.

On 25th May, George Floyd another black man living in the states was brutally murdered by a police officer in public. This fueled another burst of protests and agitation throughout the world.

Both the murders were filmed and the second would have definitely infuriated almost anyone who watched it. But there's always a positive element even in the most gruesome news. And in this depressing situation, the positive element was the response. The protests and almost every person expressed their grief. People took to social media and demanded justice for Floyd. Media once again did a fairly sincere job.

In the midst of these fateful incidents, there were three more brutal killings in India. Three men amongst whom were two sadhus and they were inhumanely lynched to death by 115 individuals on April 16th. No one knew about the incident until two days later. The media didn't report it at all and when they were forced as the video of the lynching became viral, they disguised the three men as robbers who were brought to justice by

the whole village. Shortly after this, on 23rd May another sadhu was ruthlessly killed in his own ashram by a group of strangers. This didn't even attract a tiny speckle of attention. 5 days later, a priest was mercilessly lynched inside the temple and the whole temple was robbed. The temple and the priest put together lost 7,000 rupees approximately. The natural question of 'what happened after' would arise while reading this. The same media which took all the pains to report the two racism fueled murders didn't bother to report this with the same sincerity. People who raised their voice for Floyd from India, didn't bother to raise their voices for same brutality which had taken place in their own country.

Is this bias? Is there partiality in grieving? Or is this selective outrage?

We've seen the media working excellently when they want to. Why aren't they being responsible now? And why are Indians neglecting one of their own but getting cast down by an incident in a different country?

Being socially responsible is a great thing. But being selective in doing that is a reprehensible activity. Was the media silent because they were Hindus? It is a pity that we have chosen to ignore the danger lurking right beside us but express our feelings for an incident from which we're distanced by continents! Being killed is a dreadful way to die. But being denied justice even after death is horrible. The people who got attacked were not ordinary people. They were spiritual Gurus. Teachers of the scriptures. Is doing that a crime? Teachers are the people who come second only to god. People of such importance being killed cruelly should have been an unacceptable offense. But we didn't want anything to do with it. We chose to ignore.

And by doing so, we have shown a green signal to all perpetrators to obliterate us in any way and we won't react unless the incident happens continents away.

PATANJALI

A beautiful sculpture of Patanjali, from Sri Amritaghateshwarar Shiva temple, Melakadambur. Current temple structure is dated to 12th century CE Chola era, but the Kshetra is mentioned earlier, in the hymns of sage Appar (7-8th century CE). It is just 30 km from Chidambaram.

This is how Patanjali, the progenitor of Yoga is typically depicted in South Indian temples. This iconography is as per the traditional Dhyana Shloka (Shanka Chakra sword missing, though).

आबाहु पुरुषाकारं शङ्खचक्रासि धारिणम् ।
सहस्र शिरसं श्वेतं प्रणमामि पतञ्जलिम् ॥

I bow to Patanjali, the one with thousand bright hoods, having the upper body of human shape, carrying Shankha, Chakra and sword.

As per the Chidambaram legend, Adi Sesha, the Divine Serpent was the one who took the Avatar as Patanjali to come and witness the enchanting Cosmic Dance of Shiva. This sculpture beautifully depicts a miniature Nataraja on top of the hoods, to recall this legend.

Courtesy : Jatayu

Pic courtesy : kadambur Vijay.

YOUR Plan of Action TO BE FIT, FINE & HEALTHY LIFE-LONG

Continuously living in the hormones of stress, fear and anxiety will just invite more diseases.

Instead let us start living with more awareness and right knowledge.

IMMUNITY BOOSTING FOODS

DRUMSTICKS - Drumstick is one of the superfoods which helps in boosting your immunity and acts as a shield for any virus to grow.

COCONUT WATER WITH LEMON - Intake of Coconut water should always be fresh. When you add half a lemon to fresh coconut water, vitamin C shoots up by 10 times. Once everyday, for the next few days, having coconut water with lemon is a must. **(Note: Kidney patients should not have coconut water)**

GARLIC , ONION & TURMERIC - These three are natural superfoods that will help kill the bad bacteria that thrive within us.

PUMPKIN SEEDS - Just by having 3-4 spoons of pumpkin seeds everyday can provide you with substantial quantities of healthy fats, magnesium and zinc which are vital for immune functions.

RED CAPSICUM - Vitamin C present in Red Capsicum is 3 times higher than the Vitamin C found in an orange. Ensure to have red capscicum in your salad everyday before meals.

FOCUS ON HOLISTIC WELLNESS

AVOID STRESS - Stress & fear weakens our immune system. Hence, we should consciously avoid taking any stress as it will directly impact our immune system.

DO PRANAYAM - Being active by practicing yoga or brisk walking will always help. In particular, pranayam works best in strengthening our respiratory system.

TAKE PROPER REST - Good quality sleep every night recharges our immune system.

PRACTICE GRATITUDE & LOVE - Just as sanitizers and masks work as shields on the outside, your healthy thoughts & immunity are your inner shields. Every moment thank God for being safe, strong and healthy. Just like we can spread a disease, we can also spread love and gratitude.

MAINTAIN HYGIENE - Wash your hands at regular intervals - Make this a habit, in every 3-4 hours wash your hands for 10-20 seconds thoroughly.

RIGHT EATING PATTERN

COOKED FOOD - Restrict the number of cooked meals to ONLY TWICE A DAY (Lunch and Dinner). Eat more raw vegetables and fruits.

EMPTY STOMACH FRUITS - Empty stomach fruits works miraculously and is highly recommended for making the system alkaline & building good health.

CUCUMBER AND CARROT- One small bowl to be had before lunch and dinner every day for making our body alkaline.

WATER - At Least 2 litres of water everyday. Drinking sufficient water will not only help flush out toxins but maintain a healthy fluid balance.

NO UNHEALTHY FOOD - Avoid junk foods / dairy / Maida / Non-Veg / Deep fried / Packaged food as much as possible.

WHAT TO AVOID

Avoid Handshakes - The Indian Namaste works best !!

Avoid crowded places and quarantine yourself - We can all do this not only for ourselves but also for the safety of others too.

Avoid going out - Use this time constructively at home instead of feeling stressed. Taking risk of going out is not advisable.

Avoid Public Transport and unnecessary travel - This reduces your chances of catching an infection and the lesser the interaction the better it is.

Social Distancing - Avoid meeting people and practice Social Distancing for your own safety and the safety of others.This is our foremost responsibility and we must act sensibly now.

Don't Panic - Refrain from reading and circulating wrong information and causing fear amongst people.

10 Things for a Healthy You

Panta Bhaat

It is a natural probiotic which is excellent for a healthy gut.

Benefits

- It is high in nutritional value and helps to strengthen the immune system.
- It helps in curing gastro issues.
- It regulates good bowel movement and cures constipation.

How to prepare ?

Take 2 tsp cooked rice overnight soaked in one glass of water.

How to use to consume ?

Have that 2 tsp overnight soaked cooked rice along with the water first thing in the morning.

10 Things for a Healthy You

Drumsticks

Drumsticks are superfoods, one of the best foods for building immunity.

Benefits

- Very high on immunity boosting properties.
- Excellent for diabetes, blood pressure and kidney health.
- An incredible source of essential minerals, calcium, iron and phosphorus which helps to strengthen bones.
- Very high on antibacterial qualities which help in avoiding infections around the throat and chest area.

How to prepare ?

Boil 6-7 pcs of finger-size cut drumsticks in normal water for 15-20 mins.

How to use to consume ?

Chew the boiled drumsticks before lunch and dinner and just intake the pulp.

10 Things for a Healthy You

Fruits

Fruits have to be had on an empty stomach. An ideal way to start your day after Jeera water is by having seasonal fruits.

Benefits

- Adds a lot of fiber to your body
- Increases your energy levels.
- Tons of vitamins, minerals & antioxidants.
- Helps in bowel movement.
- Helps in weight loss.

Correct way of eating fruits

It means not eating fruits after your meals.
Fruits should be eaten only on an empty stomach.

10 Things for a Healthy You

Jeera Pani

It is an excellent way to detox and helps in cleansing the entire system.

Benefits

- Cumin water is a healthy way to lose weight.
- Excellent for gastric issues & acid reflux.
- It helps in regulating blood pressure and lowers LDL cholesterol levels too.
- It is a great way to get a clear and healthy looking skin.
- To get a flat belly, you must try this wonder drink.

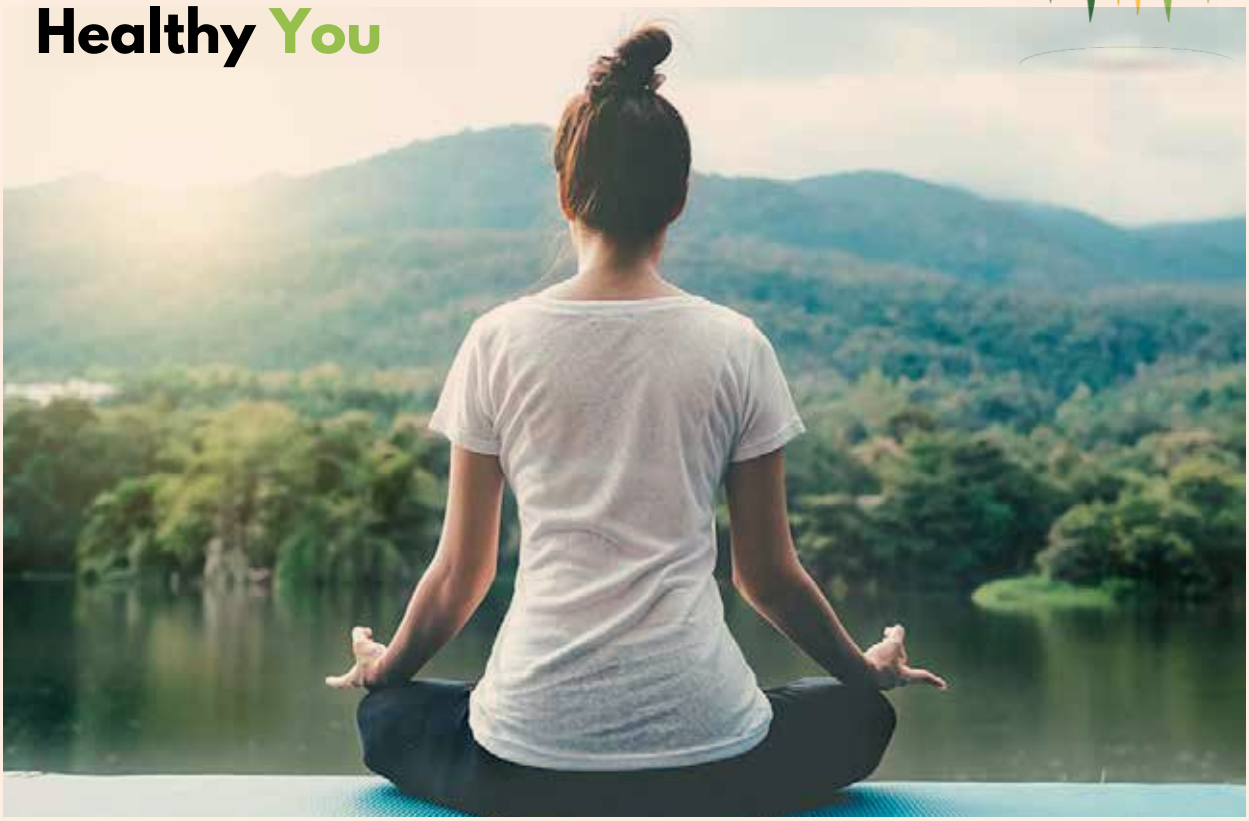
How to prepare ?

Add 1 tsp jeera in 1 glass of drinking water. Boil it for 10 mins. Strain and enjoy your healthy morning Jeera tea. (optional - add few drops of lemon)

How to use to consume ?

Have it as a herbal tea 2-3 times in a day.

10 Things for a Healthy You



Yoga / Pranayam

Yoga helps in calming your mind, body and soul.

Benefits

- It has been proven scientifically that everyday yoga can prove to be beneficial in numerous ways such as relaxing the nervous system.
- Eases the tensions in the body.
- Increases concentration and balances the hormones in the body.
- Pranayam helps in channelisation of energy to each and every cell in the human body.

10 Things for a Healthy You

Intermittent Fasting

Intermittent fasting is not a diet, but rather a eating pattern. It is an eating cycle between periods of fasting and feasting.

Benefits

- It helps to reduce oxidative stress and inflammation in the body.
- It induces various cellular repair processes.
- Helps to lose weight and belly fat.
- Helps to reduce insulin resistance and lowers the risk of type 2 diabetes.

How to do ?

- The 16/8 method involves fasting every day for 14–16 hours and restricting your daily eating window to 8–10 hours.

Goodbye to all addictions

Being addicted to anything is not okay. Start this day by breaking one bad habit.

As we are all aware of the saying "Too much of anything is bad" . We must use this period to de-addict ourselves from anything that we feel we can't do without.

Your addiction could range from something as simple as your morning tea/coffee to consumption of alcohol and smoking.

Let us DETOX.

Ways to break addictions -

- Love yourself enough to stop damaging your present and future.
- You are alone responsible for your actions and the consequences that come along with them. Stop for a moment and think about how your decisions could truly affect you.
- Loving yourself is one of the key driving forces in helping get over the long drawn chains of addictions or bad habits.

10 Things for a Healthy You

Have seeds regularly

Seeds are a great source of healthy fats, vegetarian protein, fiber and antioxidants.

Seeds with vital benefits

Sunflower Seeds - Rich in Vitamin E, are fat soluble antioxidants that help in fight back of diseases-causing free radicals. Sunflower seeds also contain anti-inflammatory properties.

Pumpkin Seeds - These mighty seeds are also packed with cell-protective antioxidants, including carotenoids and vitamin E. In addition to reducing inflammation, the antioxidants help fend off premature aging and chronic diseases.

Flax Seeds - Flax seeds are very high in fiber and provide good amounts of protein. They are rich in fat and one of the best plant-based sources of heart-healthy omega-3 fatty acids.

How to prepare ? - Mix equal quantities of each of these seeds in a box.

How to consume ? - Have 2-3 tsp of mixed seeds as your evening snack

10 Things for a Healthy You

Good Sleep

Good sleep is important. Striving to have a peaceful night, and getting quality sleep and rest is one of the best things you can do for your health and well-being.

Benefits

- Helps in hormonal balance.
- Reduces inflammation.
- Decreases lifestyle disease risk in both adults and children.
- It boosts your immunity.

How to do ?

- Try to minimise exposure to any gadgets an hour before you are about sleep. This will help to ensure deep sleep.

10 Things for a Healthy You

Meditation

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Benefits

- Meditation reduces inflammation and enhances our immune functions.
- It also helps us focus our attention and feel less controlled by thoughts or feelings that seem challenging.

How to do ?

- Start small – with just a few minutes every day – and consider apps that can help you with a proper guided meditation, initially.

Courtesy : reverse® FACTOR Reverse Disease. Revive Life.

We need to have three things; the heart to feel, the brain to conceive, the hand to work.

-Swami Vivekananda

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