

BULLETIN

Namo Gange Trust (Regd.168)

Namo News

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From Chairman's Desk

Namo Gange Trust is truly and enthusiastically working on the 'Health & Wellness', 'Nature & Environment', 'Kala and Sanskriti' and 'Women Empowerment' since four



Sh. Vijay Sharma

years which are its prime objectives. Every year trust conducts various events and activities to spread awareness about these most vital objectives. In this year, after the grand success of 3rd edition of India's largest Health & Wellness Exhibition "The Yogshala Expo 2018", trust also has launched the first edition of 'Punjab Health & Wellness Expo, 2018'. With the support of government organization, ministries, and local bodies, trust is just going to setup a milepost in the health and wellness including AYUSH segment. With my heartfelt prayer for the success of trust, I extend sincere thanks to associates and supporters for their incredible, outstanding support and remarkable contributions to make trust's event more successful and meaningful. I wish this Diwali will lighten up everyone's life with happiness, success, and prosperity.

Guest Column

Namo Gange trust is a synthesis of extraordinary hard work with the divinity of yoga and integrity. The moment I entered in trust, I had a feeling of contentment



Ms. Sonali Singhal
NGT Member

as if I met a path that I have been looking for. Output of Bachchon Ki Rangshala can be seen everywhere on the walls of the organization, which gives positive vibes & energy. Unconditional services of health, art etc can be sensed easily & has come straight forward from the desk of chairman and reaching to each individual of the society. A small turning point is when my daughter brought one of the biggest gifts is "Namo Gange Trust" by receiving the 2nd prize in Bachchon Ki Rangshala-painting competition organized by the trust on the occasion of 15th August 2018. It truly inspired me and I feel blessed to be a part of Namo Gange family.



The Launch of First Edition of "Punjab Health & Wellness Expo 2018"

The Expo was inaugurated by Acharya Shri Jagdishji, founder of Namo Gange Trust and Ashok Mittal, Chancellor, Lovely Professional University, Rashmi Mittal, Pro-Chancellor, LPU, Vijay Sharma, Chairman, NGT, Sister Urmil, Brahma Kumaris, Mount Abu, Mukesh Kumar, National President - NGT, Dr. Monica Gulati, Senior Dean, L.F.A.M.S, H.R. Singla, DG, LPU, Dr. Manish Vyas, Organizing Secretary, Dr. Saurabh Satija, Convener, Organizing Committee, Prof Ramesh Kanwar, Vice Chancellor, LPU, Awadesh Sharma, Trustee, NGT, Vedpriya Pandey, Trustee, NGT, Rajesh Mittal, Trustee, NGT, Nirmal Vaid, President, Paridhi Art Group, Dr. Satyan, Secretary, AICPE, Anshul Aggarwal, National Co-coordinator, NGT, Dr. Piyush Juneja, CEO, Vaidhyashala, and Rajevev Kumar, Organizing Secretary, NGT on 12th October, 2018 at Lovely Professional University, Phagwara, Punjab. Including Ministry of AYUSH in this Expo around 80 to 100 companies also participated. The first day of the expo witnessed enormous enthusiastic visitors, health seekers, high profile companies, institutes, and organizations etc.



On the second day, the 6th edition of Arogya Sangoshthi was inaugurated by Dr. Brahmjot Singh Teer, Member Secretary, NMPB, Punjab, Dr. Arun Chandan Director, NMPB, Himachal Pradesh, Acharya Shri Jagdishji, founder of NGT, Ashok Mittal, Chancellor, LPU and Rashmi Mittal, Pro-Chancellor, LPU, Vijay Sharma, Chairman, NGT, Awadesh Sharma, Trustee, NGT, Nirmal Vaid, President, Paridhi Art Group, Dr. Satyan Kumar, Secretary, AICPE, Mukesh Kumar, National President, NGT, Anshul Aggarwal, National Co-coordinator, NGT, Dr. Piyush Juneja, CEO, Vaidhyashala, and Rajevev Kumar, Organizing Secretary, NGT in Shanti Devi Mittal Auditorium in Lovely Professional University campus. In recent years, health and wellness have become everyone's priority, and in this connection, while accepting the global importance of AYUSH, Agriculture & Wellness industry, trust has been organising such conferences & seminars every year for spreading health awareness among society. In general, this conference has been successful to promote Indian system of healing, in masses, creating enormous awareness of AYUSH in our day-to-day living system.



Around 1000 delegates including students, scholars, professors, faculties, researchers, academicians etc participated. The second day of this expo was full of hustle and bustle throughout the day. On the third day, audition of 'The Grand Master of Yoga Contest 2019' held at Lovely Professional University, Phagwara, Punjab, 80 contestants participated from various districts of the State. In the jury, Kanika and Mohit Dhyani – yoga teachers judged the candidates. 30 contestants have been short-listed and they will appear in the next round of the contest. Indeed, this expo has set a new example as it has explored the combined theme of Ayurveda,



agriculture and pharmaceutical science, first time and also received an immense response from various stakeholders from agriculture, health & wellness industry. Trust believes that now it is the time to reinstate our ancient system of health and medicine for healthy India. This expo is not merely to spread the message of health but also is one more step for trust to achieve its objectives. Trust expresses its gratitude to all the participants, stakeholders, delegates, ministries etc. and also thanks to everyone for their immense response and participation. Many of the organizations, ministries have also sent their warm wishes for organizing such a great event in Punjab. We are overwhelmed and blessed by their kind words and support. With the support of Government organisation, ministries, and local bodies, Namo Gange Trust is just going to setup a milestone in the AYUSH segment through creating mass awareness in public. Trust is receiving very cordial and encouraging response from supporters, associates, stakeholders, exhibitors, industry professionals. Trust extends heartiest thanks to all associates and supporters for their outstanding support and remarkable contributions to make this event possible.



Glimpses of Punjab Health & Wellness Expo

This expo has drawn tremendous attention and big support from the Exhibitors, Visitors, Industry Professionals, Ministries and Renowned Organisations of Health & Wellness. Including the Ministry of AYUSH a total number 57 Exhibitors have participated in the exhibition and 14,527 visitors participated in the exhibitions including 2700 intellectuals, industry professionals. This exhibition has inspired several young minds towards AYUSH in general and particularly in Yoga, Ayurveda, and Naturopathy, Organic Agriculture and Ayurvedic Pharmacy. Various renowned industries including Kairali, The Yogshala, The Yogshala Jobs.com, Swedshi Ayurved, Bhartiya Agro Pharma, Saksham Herbal & Organic, Ayurved Yogashram Remedies Pvt. Ltd., Organveda, Illban Reedies Pvt. Ltd, Pentavox International, Pukhraj International, and so on activity participated in this expo. Glimpses of few is presented here.

MINISTRY OF AYUSH

All the five council were participated from Ministry of AYUSH. Shri Shripad Yesso Naik, Minister of State sent his warm wishes and blessing and supported the event throughout. Prof. K.S. Dhiman from Central Council for Research in Ayurvedic Science graced the occasion. Many representatives from Central Council for Research in Yoga & Naturopathy, Central Council for Research in Unani Medicine, Central Council for Research in Siddha, and Central Council for Research in Homeopathy. In the past years, their positive support & feedback has helped trust to attain trust's prime objectives. Trust is highly obliged for their continuous help, support and valuable time to make it possible.



VAIDHYASHALA- INNOVATIVE HEALING

First time in India, Vaidhyashala is being launched by an expert team of AYUSH professionals to serve the society by ensuring premium quality of Ayurveda Products and to reinforce the system of Ayurveda across the globe. Dr. Piyush Juneja, CEO of it explicitly mentioned about its product and services. We will promise a timely delivery of all orders and all the safety aspects will always be maintained. In a very short span of time we have received extremely positive feedbacks for all our products and healing is being experienced by all our consumers. We provide quality products and services.

ENSIS – SPA & PANCHKARMA SOLUTIONS

At this expo, one of the leading manufacturing brand in Panchkarma and Spa participated. ENSIS is a Panchkarma/Spa furniture and accessories trader/manufacturer company that exclusively caters to challenge in the field of health & wellness. Ms. Deepshikha Agarwal, Brand Manager of ENSIS interacted and informed about the products and services to all the visitors. She also had an opportunity to meet Dr. Parvinder Bajaj of National Integrated Medical Association. It is the largest organization representing institutionally qualified ISM graduates. It promote integrated medical education and practices.





AIMIL PHARMACEUTICALS

AIMIL, a renowned name for quality herbal health products in market established with aim of taking the legacy of Ayurveda. It is the leading health contributor to the society by Innovations- Developments- Manufacturing- Marketing and Promoting a broad range of ayurveda products in different dosage form indicated in several acute- sub-acute and chronic diseased conditions. We have always endeavoured to bring revolutionary innovations in conceiving and developing concept of medication with breakthrough technologies and manufacturing them in our GMP certified, utmost precious and automated unit, validating international quality specifications. Growing at a fast pace, we have strong strength of more than 2000 manpower and have our presence in India and in many parts across globe. AIMIL'S vision is to constantly take the legacy of Ayurveda ahead scientifically in health care sector. A huge crowd of visitors was seen at this stall.

KAIRALI-AYURVEDIC PRODUCTS

Kairali has built its reputation of being one of the best in India by following very high international standards while handling, procuring and manufacturing its herbal products. A huge number of visitors were seen at this stall and bought their products. Its products were found very handy & valuable and riveting. Kairali Ayurvedic Products has more than 100 years of experience in practice and research of ayurvedic under Kairali Ayurvedic Products Private Limited. Kairali has been helping amalgamate Ancient Ayurveda with contemporary wellness needs and healing holistically for decades. Kairali Ayurvedic Group is headed by joint Managing Directors Mrs. Gita Ramesh and Mr. K.V. Ramesh.



VASU HEALTHCARE

Vasu Healthcare is a leading company in India engaged in manufacture & marketing of Phyto-Pharmaceutical Therapeutics, OTC, Personal Care and Herbal Supplements, since 1980. Vasu has pan India market presence plus footprint in some 40 countries worldwide. National Award Winner received by them. They are the proud recipients of awards from the former President of India (Dr. APJ Abdul Kalam) and Prime Minister Mr. Narendra Modi. A family owned but professionally managed company, with elaborate R&D, Manufacturing and Marketing infrastructure. The facilities are eco-friendly and regulatory compliant. Major footfalls of visitors with enthusiasm were seen at this stall.

S. G. PHYTOPHARMA PVT. LTD.

SG Phyto Pharma Pvt. Ltd. has a wide range of deep acting Holistic Ayurvedic remedies specially formulated to bring about optimum benefits to the patient without unwanted side effects. They are rapidly expanding and has wide network across India. Objective of it is to provide quality & economical medicines to improve overall health of human being by means of systemized supply network. S. G. Phyto Pharma, as implied by the name, is a pharmaceutical company, which develops the medicines from Phyton i.e. the plants ably supported and strengthened, by the processed minerals. Health & Fitness conscious visitors inquired about health equipment and found this stall very fascinating at the expo.



Spotlight on Audition of "The Grand Master of Yoga 2019"



Yoga competition is getting popular around the globe. In India today, nearly every state holds some form of yoga championship; however, the focus of these yoga competitions remains physical. Competitors are only judged on the 'perfection' of the pose. Therefore, trust developed its own standardized questionnaire and performa to evaluate yoga trainer/teachers/professionals/gurus from all over the world. Thus, trust created a contest named "The Grand Master of Yoga". This contest is very unique due to its inclusive structure and it provides opportunity to all participants from entire districts and states of the country and world. Its awards are categorized as Little Master of Yoga, Best Yoga Philosopher, Life Time Achievement Award, Best Yoga Asana Award, Best Yoga Speaker Award, and Best Little Yoga Champ Award and so on. In this month, trust has organized exclusive auditions for India's most awaited International Yoga Contest - 'The Grand Master of Yoga 2019' in various

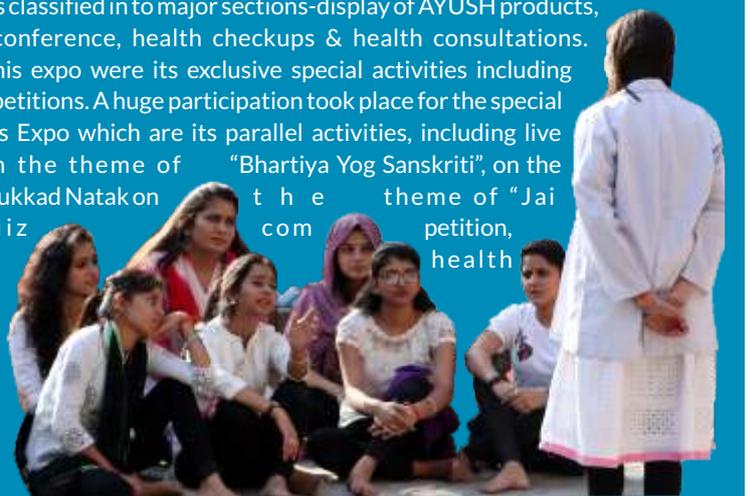
states of the country. Four auditions of it were scheduled at different places organized by Ms. Sherly Nelson-event co-ordinator of trust. The first audition was organized on 7th October 2018 at Lions Club, Hansi, Haryana. 73 contestants participated in this audition. In second audition, 98 contestants participated which was held at Patanjali Yogpeeth, Haridwar on 11th October 2018. Third audition was scheduled at Lovely Professional University, Punjab on 14th October 2018, 17 contestants participated here. In fourth audition, 160 contestants participated which was organized on 21st October 2018 at R.D National College, Bandra (W) Mumbai. All the contestant from various age groups have shown great enthusiasm for the contest and shortlisted for different categories. All the contestants who scored above 80% marks in the audition round made it to the qualifying round which is likely to be held on 7th & 8th May in Talkatora Stadium at New Delhi.



Special Activities at Punjab Health & Wellness Expo 2018



This exhibition is classified in to major sections-display of AYUSH products, international conference, health checkups & health consultations. Highlights of this expo were its exclusive special activities including contests & competitions. A huge participation took place for the special attraction of this Expo which are its parallel activities, including live painting competition on the theme of "Bhartiya Yog Sanskriti", on the spot photography contest, Nukkad Natak on the theme of "Jai Kisan Jai Vigyan", quiz competition, free consultations & free checkups. It was very well prearranged by organizing committee. These all activities intended to spread awareness about Health & Wellness among students, participants, faculty and all section of our society.



On-Spot Photography

A very unique On-Spot Photography competition on various topics was organized on all three days at Expo. Major four topics were Candid Moments, Bokehlicious, Mobile Photography and Banquet Photography in this competition. Around 80 contestants participated. Mr. Achyuth K.A. student of LPU received the first prize of Rs. 5100. Second prize of Rs. 3100 was given to Mr. Dheeran and third prize received of Rs. 2100 by Jahid Hasan. Various topics found very intrusive and thought provoking to all the participants. With such a medium of fascinating forum, it enhances their reflective thinking. It also has inspired young minds to reflect on the modern concept while capturing the moments.



Live Painting Competition

An exclusive live painting competition on the theme of Bhartiya Yog Sanskriti was organized on all three days at Expo. A large number of contestants were participants in this competition. Students of the Lovely Professional University and other artists have shown great enthusiasm for this activity. Mr. Anoop Verma, the artist received the first prize of Rs. 5100. Ms. Shivani, a student of LPU received the second prize of Rs. 3100 and third prize of Rs 2100 received by Mohit Singh & Geetanjali Mehra. Shri Nirmal Vaid, President of Paridhi group judged the contestants. Certificate of participation was given to all contestants and was highly appreciated and praised by all the people.

Nukkad Natak

Nukkad Natak-street play competition was organized on the theme of "Jai Kisan, Jai Vigyan," on all three days at Expo. Groups of 7-8 teams participated. All the plays have sensitized the viewer and spread the awareness for the significance of farming and science. Dayanand Ayurvedic College group received the first prize of Rs. 5100. Agriculturist group of LPU received the second prize of Rs. 3100 and third prize of Rs 2100 received by Pharmacist Unique group of LPU. Shri Nirmal Vaid, President of Paridhi group judged the groups. Certificate of participation were given to all groups.



Quiz Competition

An Online quiz competition was also conducted on the topic of Life Style Disorder. It was held on last day, 14th October from 10: 30 am to 12:30 pm. 70 contestants were participated. Students of Ayurveda, Pharmchemistry, Pharmacognosy, Pharmaceutics, Agriculture and Allied Science were participated in this competition. Nancy Bhura, Kanchan Devi and Kawalpreet Kaur of Pharmachemistry received first, second & third prizes respectively. In Pharmacology, Bashir, Guneet Bhatia, Rubiya and Ankita Sood received first, second third & fourth prizes respectively. Themes of modern health issues were selected. Certificate of participation was given to all contestants in competition.



Free Health Checkups/ Free Health Consultations

A very large number of people gathered and consulted with Ayurveda doctors & Professionals on all the three days of Expo. A huge crowd was noticed and many of them got the privilege of consultation by our experts. General health checkups including blood pressure, temperature etc along with Ayurveda OPDs and disease based OPDs were done by Ayurvedic doctors. Moreover, doctors also prescribed medicine and treatment after diagnosis the problem of patients. Approximately 600 people visited and had the benefit of free health checkups & consultations.



6th Edition of Arogya Sangoshthi

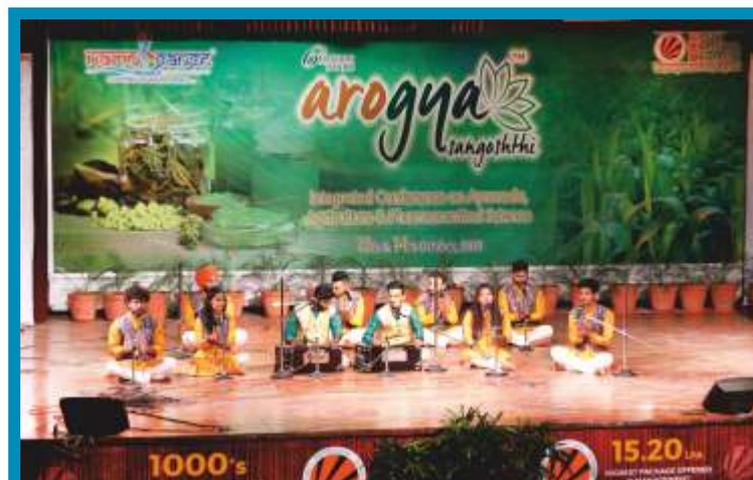
In the recent past, Namu Gange Trust has earned very high regards and reputation in organizing seminars and conferences on AYUSH segments. Our Arogya Sangoshthis, seminars and conferences are sharing very rich knowledge among the participants and delegates through their seminar and conferences. In this month, trust with the collaboration of Lovely Professional University organized 6th edition of Arogya Sangoshthi on 13th & 14th October in Shanti Devi Mittal Auditorium at Lovely Professional University campus. This international conference was based on the integrated theme of "AYUSH, Agriculture, and Pharmacy". It aimed for active participation of professional & experts from Ayurveda, Agriculture & Pharmaceutical Science to integrate the application of advanced tools and technologies used in the agriculture and pharmacy in the further development of Ayurveda. On the first day October 13, trust along with many representatives inaugurated the 6th edition of "Arogya Sangoshthi 2018" on special subject of AYUSH, Wellness, Agriculture and Medicinal Plant & Organic Farming, and Ayurvedic Pharmaceutical etc. The welcome address was given by Dr. Monica Gulati. Dr. Surendra Chaudhary, President Vishwa Ayurved Parishad, Dr. Arun Chandan, Regional Director, NMPB, Himachal Pradesh, Dr. Alok Srivastav, Uttarakhand Ayurved University, and Shri Mukesh Kumar, National President Namu Gange, Delhi were the keynote speakers for the first day of Arogya Sangoshthi. On the second day, October 14, many topics on AYUSH entrepreneurship, regulatory affair in drug manufacturing, organic and herbal farming, stress management were discussed. Dr. Ashwani Bhargava, Dayanand Ayurvedic College, HOD Dept of Pharmacy, Dr. Sorabh Lakhanpal, Associate Professor and Dean LPU were the keynote speakers for the second day. In this International Conference, a total of 400 abstracts were selected out of 700, some of the



undergraduates' students presented e-posters on themes of Ayurveda, Agriculture, and Pharmaceuticals and post-graduates students, faculties, and practicing doctors gave the oral presentation. Around 1000 delegates including students, scholars, professors, faculties, researchers, and academician have participated in the Arogya Sangoshthi. The conference also had an opportunity to submit respective papers and poster by eminent delegates and scholars. Output of this conference assisted young scholars in reviewing, updating, & implementing the diverse strategy & action plan related to combined theme of seminar. It also encourages new generation to utilize and consider AYUSH as an effective tool for cure & prevention of various disorders and to raise awareness to connect alternative therapies into mainstreams. To provide opportunity for networking with speakers, researcher, practitioner, students, academicians and other professional of AYUSH is one of the agenda of this conference.

Oral and E-Paper Presentations

Out of 400 abstract papers, 180 papers were selected for e-poster paper presentation. Parallel sessions for oral, online paper and posters presentation were conducted. All multi-media e-posters were presented at numbered monitors in the conference hall. This medium encouraged to participants to take advantage of the versatility on integrated themes of conference. Limited time duration was allotted to each presentation. Students, scholars, researcher, faculties, academicians and other intellectuals were participated. Conceptual, thematic, scientific and research papers presented through this medium. Dr. Nidhi, T. Subramaniam, Dr. Vaibhav Walia, Dr. Harbans Singh and Saumaya Farooq became topper of oral presentations. Certificate of participation was given to all participants.



This forum has really made a difference by supporting continuous growth and improvisation in world health through exchange of ideas and sharing of knowledge. It also facilitated active learning opportunities for undergraduates, graduates, scholars, health seekers through live interaction and paper presentations. The conference will immensely benefit and helpful for the professionals as well as common men. After all its core objectives are to promote Indian system of medicine in masses through sharing new thoughts, ideas, knowledge, practices and technologies. Indeed, this conference has provided an interdisciplinary and interactive platform to address various issues related to the healthcare. It also supported complementary and alternative medicine and healing system. In cultural activities mesmerizing performance by Sufi band Afreen was also organized. Everyone got refreshed, cherished and enjoyed this musical moment.

Glimpses of Namogange Activities

Shrimad Bhagwat Katha Organized by Acharya Jagdish Ji Maharaj

To spread the awareness about spirituality and eternal message of Gita, Shri Jagdish Ji Maharaj organized the Shrimad Bhagwat Katha from 2nd October to 9th October 2018 at Maanav Kalyan Ashram, Haridwar. He preached about the holy message of the law of Karma according to Gita and its fundamentals to bring peace and harmony among society. Many devotees attended and learned about its morals which confer the answers to all their problems if they applied in their daily deeds. In this way, trust contributes to healing the suffering and welfare of humankind to an extent. He elucidated how time and again saints have asserted the significance of listening to Shrimad Bhagwat Katha, as a tool to emancipate oneself from the cycle of birth and death. Trust is continuously striving in this spiritual endeavour.



Workshop on Yog Nidra

This workshop was organized on 6th October by Acharya Mukesh Ji at Kavi Nagar centre, Ghaziabad from 9 am to 11 am. Around 15 participants have attended the workshop. Method of Yog Nidra, the procedure of deep relaxation and its various benefits were taught by Acharya Ji. He also explained Yoga Nidra as a state of mind between wakefulness and sleep that opened deep phases of the mind. The stages of the body scan and breath awareness alone can be practiced to calm the nervous system, leading to less stress and better health also highlighted by him. Entire techniques of Yog Nidra was clearly explained by Acharya Ji so that participants can follow later. It's a simple way to reduce stress. Yoga Nidra promotes deep rest and relaxation that isn't found in any average meditation practice.

Spiritual Meditation & Yoga Session

On 6th October from 9 am to 11 am, a very special session on Spiritual Meditation & Yoga was organized at Gujranwala Town centre by Acharya Umesh Ji, Yoga Guru. 15-20 participants have attended this special session. Techniques of Spiritual Meditation along with Yoga were conveyed by our expert. Along with the physical and mental benefits of mindfulness, spiritual meditation can lead to a healthy, peaceful inner life. Combination of a Yoga-physical aspect of practicing asanas that help body for mediation and meditation elevates spirituality leading to connecting to the higher consciousness; explicitly highlighted in this workshop. Spiritual meditation makes you realize the eternal truth and let go of all that had happened and will happen. The present is where you want to be and find solace in.



Cyclic Meditation

Another very unique and exclusive workshop on 'Cyclic Meditation' was conducted by Acharya Mukesh Ji at Kavi Nagar centre, Ghaziabad from 9 am to 11 am on 20th October 2018. More than 20 participants have attended this special workshop. The principle of stimulation and relaxation for meditation were described in detail by Acharya Ji. Cyclic Meditation, built on the principle of alternate stimulation and relaxation incorporates this concept of cyclicity as explained in the introduction and hence is in tune with the nature. A number of stimulations of varying intensity suited to different levels of stress bringing out harmonious growth in tune with one's innate nature. All the participants showed great interest in participating in such workshops which truly helps to release the stress in order to feel rejuvenated.

Meeting with His Holiness Swami Chidananda Saraswati Ji

On 27th October 2018 Interfaith Sessions on the topic of 'Refreshing humanitarian action-Role of interfaith organizations in changing the humanitarian landscape and Bhai Ghanaiya Ji, Sikh faith & International Humanitarian Law- paying homage to Bhai Ghaniyaji was organized by Delhi Sikh Gurudwara Management Committee at Indian Habitat Centre from 10 am -1.30 pm. Holiness Swami Chidananda Saraswati Ji of Parmarth Niketan Ashram, Rishikesh was the chief guest and keynote speaker at this event. Spiritual health is measured by our ability to remain calm, focused and loving when life throws difficulty onto our paths. The practice of "no reaction" is something we should practice all day. We must learn to be like the ocean, whose waves come and go, but the ocean remains the same. Even a large, heavy rock thrown into the ocean causes only temporary ripples on its surface. The ocean's depths remain unaffected. One of the best ways to learn no reaction is through silence. When we are anxious, angry or frustrated, we say things we later regret; we let our words fuel the reaction in our hearts. National President of trust- Acharya Mukesh Ji and Shri Nirmal Vaid, Chairman of Paridhi Art Group attended this event. A handmade painting to patron of Namogange Trust-His Holiness Swami Chidananda Saraswati Ji, presented by the trust. It was a blissful moment for Namogange Family; trust is appreciative for his blessings which are inspiring us to follow the divine path. So let us learn the power of silence to serve for mankind and humanity.



AIIA Organized Run for Ayurveda

On 28th October 2018, 'Run for Ayurveda- Run for unity' a marathon was organized by "All India Institute of Ayurveda" and supported by Namo Gange Trust on behalf of Ministry of AYUSH in continuation of series of events for 3rd Ayurveda Day (5th Nov, 2018). Trust invited all to join the marathon to aware people for Ayurveda & Healthy Nation. The event started Jawahar Lal Nehru Stadium Complex, through Lala Lajpat Rai Marg and back to stadium at 7 am on Sunday. Flag off of the event was done by Honourable Minister Shri Shripad Yesso Naik Ji, Minister of State (Independent Charge of AYUSH), Sh. Pramod Kumar Pathak, Additional Secretary, Ministry of AYUSH, Shri Roshan Jaggi, Joint Secretary, Ministry of AYUSH, Prof. Tanuja Nesari, Director AIIA, Vaidya Manoj Nesari, Advisor, Ministry of AYUSH, Shri Dushyant Gautam, National Vice President Bhartiya Janta Party, Sh. Vijay Sharma, Chairman, Sh. Anshul Aggarwal, Director from Namo Gange Trust, Sh. Rao from Sports Authority of India, representative from AIMIL, Dhoorpapeshwar, Multani, representatives from MDNIY, JNU, DU, CBPACS, A & U Tibbia College, Dr. Preeti Chhabra-NASYA and representative from various research councils, dignitaries from AYUSH and its organizations, staff of AIIA and more than 3000 participants from different agencies of Delhi. This marathon is supported by Central AYUSH Ministry, Ch. Brahm Prakash Ayurved Charak Sansthan, Ayurvedic & Unani Tibbia College, Colleges affiliated with Delhi University & JN University, Jiva Ayurveda, NASYA, MIMA, CEE, Vishwa Ayurveda Parishad, Ayurveda Maha Sammelana, Niroga Street and Bhartiya Dharohar.



Meeting Held with Dr. Sandeep Marwah

On 29th October 2018 a meeting held with the patron of Namo Gange Trust and legend of Film & Media, Founder of Noida Film City, Dr. Sandeep Marwah Ji with National President, Acharya Mukesh Ji & Sh. Anshul Aggarwal, Director from Namo Gange Trust regarding 3rd edition of Arogya Film Festival to be organized in association with Asian Academy of Film & Television. This film festival would be dedicated to all cancer patients & would likely to be scheduled on 4th & 5th February 2019 on the occasion of World Cancer Day. There is a urgent need for action to raise global awareness of complementary and alternative medicine. Therefore, motive of this film festival is to spread the awareness of CAM & to encourage about prevention, detection and cure of cancer & to educate the society.

Forthcoming Events

Audition of The Grand Master of Yoga 2019

The Grand Master of Yoga contest is very unique due to its inclusive structure and it also provides an opportunity to all participants from diverse background and society from entire districts and states of the country. Trust has been organizing its audition at various places, four auditions have been organized so far. Next, the fifth audition is likely to be scheduled on 1st November 2018 at Dev Sanskriti University, Haridwar on November 1, 2018. Sixth audition is likely to be planned on November 25, 2018, at Chaitanya Yog Ashram. Trust auditions have really identifying and finding talented yoga practitioners from all age groups worldwide. Such contest not only motivating aspiring talent but also honouring legends of yoga from all areas including small & big cities, town, districts and states of our country.



Arogya Film Festival

Trust is organizing Arogya Film Festival which is likely to be scheduled on 4th & 5th February, 2019. Trust initiated Arogya Film Festival for the first time in India on AYUSH segment to create mass awareness on Health and Wellness. Aim of this festival is to create awareness about yoga, ayurveda and wellness through the medium of films and to spread the message of importance of ayurveda & yoga in our life. This film festival is a great platform for film making for the students to showcase their skills and learn from other film makers. Trust not only gives opportunity to film making students but also create an innovative event to give a fillip to the ayurveda & yoga movement in India. It is considered as most innovative program run and organised by trust.

The Grand Master of Yoga 2019

Every year trust conducts 'The Grand Master of Yoga Contest' to admire title holder, winner, victor from Yoga fraternities across the globe. Trust felt the need to acknowledge entire 'Yogis' whether they are philosopher, practitioners, distinguished and eminent speakers, or a young kid who is growing to follow this path. Trust has classified into categories to award them. These are - Little Master of Yoga, Best Yoga Philosopher, Life Time Achievement Award, Best Yoga Asana Award, Best Yoga Speaker Award, & Best Little Yoga Champ Award and so on. Be a part of this mega contest, auditions are already taking place. Grand finale is scheduled on 10th -12th May, 2019 at "The Yogshala Expo" at Pragati Maidan.



President's Message

I make assure a relentless contribution from the 'Namo Gange Trust' with a visionary culture to adopt the present challenges and individual's responsibilities for the society and our nation at large. Through various initiatives and awareness drives, we are bringing lots of programs related to health, peace, and harmony. Our initiatives are aimed to make people intellectually adept & socially sound through brainstorming sessions, seminars, discussions, case studies, project presentations, and other social events. Our initiatives would promisingly strengthen the health of people and the overall understanding of peaceful living. We are welcoming all to become an integrated member of Namo Gange family and serve together for making lives and living better. With the blessing of Lord Krishna and inspiration from Maa Ganga, the trust is becoming a mission of social awareness and human welfare. With the blessing of Maa Gange, we pray that God in His divine benevolence continues to lead and guide us to serve the society with a noble cause of health, peace and harmony. I wish to all a very prosperous & delightful Diwali.



Acharya Mukesh Ji
Namo Gange Trust

Editor's Message

October month has been very special & unique for trust as at the beginning of this month trust received the honor of "Guardians of Nature" award for its significant contribution in the field of environment at Global Summit on Science, Spirituality & Environment. Afterward, we all have been affianced with full of energy & positive spirit and motivation for organizing 'Punjab Health & Wellness Expo, 2018' like a festive of any nation. It was a very 'focused exhibition on AYUSH, Additionally, the 6th edition of Arogya Sangoshthi was also organized along with this expo. Therefore, this expo was intended to present the full spectrum of holistic health & wellness. Moreover, to spread the awareness about spirituality, Shrimad Bhagwat Katha was also organized in this month. Trust also short listed the participants from the auditions of "The Grand Master of Yoga, 2019" highlighted in spotlight column of this edition. Yet again trust has made one more steps to spread the awareness of health & wellness to make our nation a healthy & peaceful which is also leading to achieve its mission & vision. We believe that, with the blessing of almighty and support of all, trust is and will continue to contribute to serving the society with a noble cause of health, peace, and harmony. We hope you enjoy reading this edition and find it interesting and informative. I wish you all delightful, cheerful and a very happy Diwali.



Dr. Meenu Sharma
Namo Gange Trust



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Health Tips:- Precaution for Diabetic for Sweeter Diwali

Sweets play a significant role in almost every festival in India. During Diwali, people indulge in and distribute delicious sweets like kaju katli, besan laddoo, coconut laddoo or dry fruits based mithai. While everyone's merry making and pleasing their sweet tooth, people suffering from diabetes have to be extra cautious when it comes to their sweet intake. What if we were to tell you that you can enjoy Diwali celebrations along with you share of sweet treats? Being diabetic does not mean that you have to give up on sweets entirely. Choose carefully and limit your portions. Desserts made at the best. Don't use full-fat milk if you're preparing sweets at home. Also, replace sugar with natural sweeteners such as jaggery and dates. Here are some sugar-free dessert options you can try at home for your Diwali celebrations. If you are a diabetic then you will have to put in an extra effort to minimize the risks of complications. Too much of sweet can lead to high blood sugar and can cause organ damage. You have truckloads of relatives but are a little tight on budget. So, you decide to buy cheap sweets for distant relatives. But wait. You will be at the receiving end too. Give and take of adulterated sweets will not only prove to be a health hazard but also dig deep holes in your pocket through hospital bills. Do not eat variety of sweets. If you have a sensitive digestive system then you must avoid eating a variety of sweets in one go. Give it an adequate amount of gap rather than eating them. It would lead to stomach ailments, and sometimes lose motions too. Avoid using excessive ghee or oil. Indulge in handful dry fruits.



Fitness Mantra: Stay Fit in Winters

Winter is round the corner, let's see what health benefits Ayurveda has to offer this winter. Here are few dos to keep you fit in winter:

Advisable Diet: In the winter season, digestive power is strong and hence gives freedom to have a variety of choice in your diet. Winter should be utilized for making the body stronger, healthier and more immune. Your diet in winter should include heavy items like milk, ghee, non-veg, oil, jaggery (which are rather tough to digest and advised to be avoided in other seasons) along with other regular items like rice, wheat, pulses, vegetables. Junks to be avoided in all the seasons including winter.

Advisable activities are : Oiling your body with lukewarm mustard or sesame oil. Remove oil by using dry gram powder. Take bath with lukewarm water, exercise regularly, stay in non-windy places. Use room heater to maintain room temperature. Full body sudation/steam bath and expose yourself to sunlight for adequate time. Boost immunity wonderful nutrient-dense diets for the winter include soups and vegetable-rich dishes. Organic herbal teas also support immunity, detoxification, and sleep.