

NEWSLETTER

Namo Gange Trust (Regd.168)

Namo News

Vol.02 Oct. 2018

From National President's Desk

Namo Gange is coming forward with a vision that Indian traditional systems of medicine & ancient Vedic knowledge can benefit all mankind irrespective of their ages, origins, orientations, and beliefs are concerned. We strongly believe that every individual is the author of its own destiny who has the potential to transform the universal system by its fortitude, conviction, and dedication. We do also believe in clubbing the approach of traditionalism, spiritualism, Vedas, Ayurveda and Yoga idealism blended with the core fundamentals of modernism. The ultimate & foremost mission of trust is to spread the message of health, peace, and harmony in our society. Trust encourages association, & interaction among the people of diverse extensions. We are working for the upliftment of incapacitated, backward and rural communities through various activities related to health, wellness, education and culture. I wish to all to live a purposeful life. With the blessing of Maa Gange!



Acharya Mukesh Ji
Namo Gange Trust

Guest Column

Arogya starts with the birth of human being. Only we have to protect & save it throughout the life. When we indulge our self in greed, and excessive ambitions than diseases of mind and body develop. Now a days stress is main cause of disorders because we are becoming more and more ambitious and greedy. Now its time to self-realisation and identify our day to day psychology to avoid our bad mental habits. Ayurveda has stated that every disease has psychological aspect and we have to correct it for longevity of life. Trust is serving human being by organising numerous fruitful events, for public awareness including Arogya through Ayurveda. I congratulate Mr. Vijay Sharma ji and his team for doing such a nice work to help mankind & worshiping lord dhanvantari.



Dr. Alok Srivastav
Prof. Panchkarma
Rishikul Campus



“Guardians of Nature” Award to Namo Gange Trust at Global Summit on Science, Spirituality & Environment

Indeed it's the matter of pride and admiration for Namo Gange Trust to get the honour of “Guardians of Nature” award for its significant and remarkable contribution in the field of environment. Trust achieved its first international award presented by Mrs. Rita B Joshi, Cabinet Minister, UP and Hon'ble Sh. Rajnath Singh, Home Minister of India in this Global Summit. Trust was gracefully invited as a distinguished guest on 29th September at world HQs Shantivan Campus, Abu Road, Rajasthan. PM Shri Narendra Modi addresses about this event and congratulate the achievers who are being honoured with 'Dynamic World Leader' award for their eminent contribution for building a better world. In his message, he said that this summit will be productive platform for all the participants to reaffirm their commitment for a peaceful & better world. On this auspicious occasion many illustrious guests and renowned personalities including, Hon'ble Sh. Dipak Mishra, Chief Justice of India, Padmashri Dr. Kartikeya Sarabhai, Eminent Scientist, Founder & Director, Centre of Environment Education, and Miss Marla Maples, Television Personality & Actress, USA were also present. Organizer of this summit is Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya. It is dedicated international socio-spiritual educational selflessly serving humanity through its thousand of centres spanning 137 countries. More than 5000 eminent guest from all over India and different parts of the world participated in this historic event. Everyone cherished this special and delighted moment. By the blessing of almighty, trust is and will continue in contributing for social services and noble causes.

Key Areas of Namo Gange Trust

Health & Wellness: Trust is specifically working to spread the awareness of good health and well-being. For this, trust initiated 'Ayuryujam' as combo remedy of Yoga and Ayurveda an integrated approach of an inclusive system of absolute health. In this, trust also has 'Arogya Sangoshthi' through this; trust organizes seminars, conferences as an exclusive knowledge sharing platforms to create mass awareness about health & wellness in our society. Besides, The Yogshala Jobs.com- online jobs portal is another prominent initiative of trust exclusively meant for medical & paramedical professionals. Additionally, trust conducts 'The Grand Master of Yoga Contest' every year to acknowledge the Yoga's endowed practitioners globally. Trust also initiated 'Arogya film festivals' on this subject to have an innovative medium to widen these areas.



Nature & Environment: To protect and preserve holy river "Ganga" trust initiated 'Aviral Ganga' with the purpose to save other resources of water and control water pollution. It is one of the milestones of Trust. Additionally, trust has launched 'Swachh Bharat Sankalp' for making pollution free surroundings.

Kala & Sanskriti: In collaboration with Paridhi Art Group, trust is bringing cultural and art awareness among the youngsters through live events, painting and photography competitions through the 'Indian Folk and Tribal Art' initiatives. Trust also initiated 'Bachchon Ki Rangshala' to create mass awareness through 'inter-school painting competition' to create a responsibility towards global health. Trust is also conveying the message of peace, happiness, and harmony through spiritual activities. Through the initiative of 'Shrimad Bhagwat Katha', objective of the trust is to re-establish peace and harmony in our society through doctrine and holy message of the law of Karma according to Gita.

Gender Equality & Women Empowerment: One of the leading endeavors of trust is 'Meri Beti Mera Abhiman'. The objective of this initiative is to work for saving and welfare of girl child and women empowerment while considering her anticipation and role in our society. As per the universal law, men & women are equal in the face of natural law; hence trust is working on it while considering gender equality. Trust aims the overall improvement of the status of women in our society, to stop female feticide, to empower them, create respect for them, celebrate womanhood and inspire every household to celebrate the birth of a female child. Through various activities, trust is creating awareness among the society so that each girl can live without fear and discrimination and feel empowered for herself.



Glimpses of Namo Gange Events

Ghaziabad Intellectual Meet for Peace & Harmony

To spread the awareness about peace and spirituality, National President Acharya Mukesh Ji participated and represented trust in the 'Ghaziabad Intellectual Meet for Peace & Harmony' on 4th September 2018 at Ghaziabad. It was inaugurated by Swami Ashok Chaitanyji and GST commissioner of Ghaziabad. In this meet, renowned and high profile of intellectual community of Ghaziabad were presented including educationist, industrialist, and spiritual personalities residing in Ghaziabad & Noida. The meet was initiated & followed by his holiness Swami Ashok Chaitanyji, Swami Hariomji & a young dynamic Yogi Himanshu. Most of the famous personality & senior officials were also present in this event and rewarded for their remarkable contribution to health & wellness & social services.



Noida Global Literary Festival

On the occasion of 4th Global Literary Festival 2018, National President of trust delivered a lecture on the theme of "Journey and Literature of Yoga" on 15th September 2018 at Noida Film City. Philosophical & spiritual aspects of yoga were highlighted in this festival. Patron of Namu Gange Trust and legend of Film & Media, Dr. Sandeep Marwah also cherished the wonderful moment on this event. It's been privileged for trust to be associated with him for all significant activities of trust. It was a wonderful experience at Marwah Studio while interacting with eminent writers, authors, and many more media personals in Noida Film City. Many Hon'ble ministers of Uttar Pradesh government & officials were also present in this festival. We also shared a few stills and video captured during this festival.

Celebration of PM's Birthday through 69 Metre Painting

On the occasion of PM Shri Narendra Modi's 69th birthday, trust in association with Paridhi Group and Rishabh Academy organized a function of 'Mahanayak Ki Vikas Gaatha' on 17th September, 2018 by creating a 69-meter painting. Chief guests are BJP leader Shri Sunil Bharala, who is also the national co-ordinator of hovel houses at Uttar Pradesh and Shri Nirmal Vaid, chairman of Paridhi Art Group. In this function, 250 artist and 20 schools from Uttar Pradesh, Delhi, Haryana, Rajasthan, and Uttarakhand participated. Major themes of Jan dhan Yojna, Awas Yojna, Ujjwala Yojana, Ayushman Yojana, Sobhagya Yojna etc. were portrayed explicitly. Moreover, painting competition among school children was also organized.





National Painting Contest cum Workshop on Science, Spirituality & Environment

Trust has organized National Painting Contest cum workshop from 26th to 28th September, 2018 on the theme 'Science, Spirituality & Environment- Role of Human Beings in Creating a Better World with the association of Paridhi Art Group and Brahma Kumaris at world HQs Shantivan Campus, Abu Road, Rajasthan. It was organized by Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya. More than 500 professional participated in this workshop. The entire artist has presented some thought provoking ideas, which touch the life of the common man. Shri Nirmal Vaid, President of Paridhi group mentioned about the value of art and said no one can buy such skills and talent by money. This is ultimately a blessing of divine. Shri B.K. Mruthyunjaya, Executive Secretary graced the occasion.

Rashtriya Ayurveda Krida Mahotsava & Arogya Fair

NASYA has organized 1st RAKM at Taty Topa Stadium T T Nagar Bhopal, M.P from 27th to 29th September, 2018. This mega sports festival is visualized as an opportunity for the youth of Ayurveda to exhibit their best talents in the field of sports. Approximately 3500 participants from more than 200 Ayurveda institutions attended from all parts of the country. In these three days of Arogya Fair, various indoor activities such as chess, carom, yoga demonstration and outdoor activities including cricket, race, badminton, kabbadi, tug of war, volley ball, short and high jumps etc. were organized. Moreover, free health check up, public talk, awareness program, medicinal plants exhibition and workshop for manufacturers of AYUSH medicine were the major highlights of the fair. Ms. Chaitanya PG, PR Officer of Namo Gange Trust represented trust & received a certificate of participation.



Global Summit on Science, Spirituality & Environment

On this Global Summit, our founder Acharya Shri Jagdishji Maharaj and National President of Namo Gange Trust represented themselves as a Guest and also received an award on the environment. This summit was organized by Brahma Kumaris which was scheduled from 29th to 2nd October, 2018 at world HQs Shantivan Campus, Abu Road, Rajasthan. It was very well attended and appreciated by participants. Theme based meditation session and cultural programs were the highlights of the summit. Undoubtedly, this summit has left a remarkable impression and benefited all the participants specifically those who are in strive of attaining spiritual journey. This summit ignited us to attain a lifestyle of peace, love, health, and happiness in a pollution-free atmosphere with the spirit of science. Our PM, Shri Narendra Modi in his message said that a sustainable future of humanity is possible through the harmony of science and spirituality.

Forthcoming Events

Punjab Health & Wellness Expo 2018

After the grand success of the third edition of "The Yogshala Expo 2018" trust is glad to launch the first edition of "Punjab Health & Wellness Expo 2018" at Lovely Professional University in Phagwara, Jalandhar, Punjab from 12th to 14th October 2018. It is intended to present the full spectrum of holistic health, ancient healing methods, traditional therapies, & lifestyle management of ancient traditions. This edition will gather expected footfall of both B2B & B2C clients. More than 20, 000 & approximately 1500 to 2000 international visitors are likely to visit this expo. Major highlights of this Expo are the presence of various stakeholders of health & wellness industries and this would be enhanced by the presence of Minister of AYUSH Shri Shripad Yesso Naik. Additionally, many parallel activities will be organised such as live painting competition on the theme of "Bhartiya Yog Sanskriti", on spot photography contest, Nukkad Natak on the theme of "Jai Kisan Jai Vigyan", free health pavilion with lots of Lab tests, quiz contest on 'Lifestyle Disorder', first audition of "The Grand Master of Yoga 2019" in Jalandhar & many more special attractions of the event.



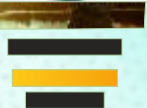
Organise

PUNJAB HEALTH & WELLNESS EXPO 2018

12th to 14th OCTOBER 2018

LOVELY PROFESSIONAL UNIVERSITY, Phagwara(Punjab)

A Focused Exhibition on
AYUSH Agriculture
Pharma & Wellness Industry



Editor's Message

We are excited and overwhelmed to bring this edition as trust has made one more step to attain and objectives by receiving an award on the environment at the Global Summit on Science, Spirituality & Environment. We are happy to share news of our exceptional contribution which is illustrated in this edition. It has brought inevitable motivation to all of us to continue its work with new energy & spirit.



Dr. Meenu Sharma
Namo Gange Trust

Trust major objectives are highlighted in this issue. Trust has been working for last four years effectively to achieve its mission & vision on these crucial and most indispensable objectives. Guest column emphasizing on adopting stress-free life. Activities conducted by trust are mentioned in 'Glimpses of Namo Gange Trust' section. About Punjab Health & Wellness Expo 2018 and 6th edition of Arogya Sangoshthi are being talked about in section of forthcoming events. We hope you enjoy reading this edition. We welcome you feedback to make our objectives more productive & constructive for sustainable society and nation.

Health Tips:

Go Sober for October

October is the most common month to catch the occasional cold. In modern era life styles is very strain & competitive. So, the developing disorders are also very complexed. But we can overcome it by changing slightly our routine lifestyle & following Do's and Don'ts given here that need to adopt.

Do's: Regular exercise including yoga and pranayama, proper sleep (about 7 hours in night), food intake when previous food is fully digested, minimum 8 -10 glasses of water per day and high fibre rich diets.

Don'ts: Don't skip breakfast, don't eat snacks such as candies, french fries, instant noodles, ice-cream and soft drinks, fast food or junk food, stored food, day sleep or night awakening, prolonged sitting, cold water or drinks and smoking and alcohol.



Dr. Neha Tiwedi
Ayurveda Doctor



Trust is organizing 6th edition of Arogya Sangoshthi on 13th & 14th October in Shanti Devi Mittal Auditorium at Lovely Professional University campus. It is an Integrated Conference on "AYUSH, Agriculture and Pharmacy" (ICAAP-2018) aimed for active participation of professional & experts from Ayurveda, Agriculture & Pharmaceutical Sciences to integrate the application of advanced tools and technologies used in the agriculture and pharmacy in the further development of Ayurveda. Also, ICAAP-2018 will provide an interdisciplinary and interactive platform to address various issues related to the healthcare. This seminar supports Indian system of medicine and healing.



Trust with collaboration of Uttarakhand Ayurveda University was planned to organize fifth edition of Arogya Sangoshthi. It was pre-scheduled on 22nd and 23rd September, 2018 at Rishikul Campus, Uttarakhand. However, it was cancelled due to sudden changes in examination dates on a very short notice by the Uttarakhand Ayurveda University. Trust has refunded the registration fee to all the registered participants. We sincerely apologize for all the inconvenience and disappointment. We would be announcing the next dates once it will be finalized. We truly appreciate your understanding and support.

Spotlight on Audition of The Grand Master of Yoga 2019

Every year trust conducts 'The Grand Master of Yoga Contest' to honor the genuine champion of Yoga fraternities from all over the world. Major awards are categorized as Little Yoga Master, Best Yoga Philosopher, Best Yoga Article, Best Online Yoga Award and Life Time Achievement etc. Trust is organizing its auditions at various states of the country. In this month, five auditions are likely to be scheduled at different places. These audition will shortlist the participants and selected one will appear in the next round. First audition is likely to be scheduled on 7th October at Lions Club, Hansi, Hissar, Haryana. The second audition will be held on 11th October at Patanjali Yogpeeth, Haridwar, Uttarakhand. Third audition is scheduled on 14th October at Lovely Professional University, Phagwara, Punjab. Fourth audition is likely to be planned on 21st October at R.D National College, Bandra West, Maharashtra and fifth audition is likely to be scheduled on 23rd October at Gayatri Shaktipeeth, Chinaur, Shahjahanpur, Uttar Pradesh.

Supported by
MINISTRY OF AYUSH

on the occasion of Punjab Health & Wellness Expo 2018

Highlights

1. The Grand Master of Yoga Award	8. Biography & Profile in renowned Yoga Magazine and Journal
2. The Little Master of Yoga Award	9. Enlisting name in Global Ranking
3. Best Yoga Philosopher Award	7. Best Little Yoga Champ award
4. Best Yoga Asan Award	
5. Life time Achievement Award	
6. Best yoga Speaker Award	

The Grand Master Of Yoga 2019

Grand Finale Prizes

DATE: 14TH OCTOBER, 2018
VENUE: LOVELY PROFESSIONAL UNIVERSITY, PHAGWARA, JALANDHAR, PUNJAB

₹ 151000/-	₹ 101000/-	₹ 51000/-
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