

## AYURVEDA INTO HEALTH EDUCATION

In the modern era, where lifestyle-related diseases are on the rise, it is imperative to rethink our approach to health education. While conventional medicine focuses on treating ailments, the ancient Indian system of Ayurveda emphasizes preventive care, balance, and holistic wellbeing. Integrating Ayurveda into school and college health education curricula can equip students with essential knowledge about maintaining physical, mental, and emotional health from an early age.

Ayurveda, with its rich heritage spanning over 5,000 years, offers practical guidance on nutrition, daily routines (dinacharya), seasonal regimens (ritucharya), mental wellness, and natural therapies. Incorporating these principles into formal education will not only promote healthy lifestyles but also foster awareness about sustainable and natural approaches to disease prevention. For instance, teaching students about the importance of a balanced diet, herbal remedies, and stress management techniques like yoga and meditation can help reduce the prevalence of modern ailments such as obesity, diabetes, anxiety, and hypertension.

Moreover, introducing Ayurveda in classrooms encourages a holistic understanding of the human body and mind. It bridges the gap between scientific knowledge and traditional wisdom, allowing students to appreciate the interconnectedness of lifestyle, environment, and health. Early exposure to these concepts can instill life-long habits that prioritize wellbeing over convenience, which is particularly crucial in today's fast-paced, technology-driven world.

Schools and colleges can adopt Ayurveda education through workshops, interactive sessions, and practical demonstrations. Simple modules on herbal nutrition, immunity-boosting practices, and mindfulness exercises can be incorporated into existing health education programs. Additionally, partnerships with certified Ayurvedic practitioners and institutions can ensure that students receive authentic and evidence-based guidance. The benefits extend beyond individual health. Knowledge of Ayurveda can empower students to contribute to family and community wellness, promoting preventive healthcare at the grassroots level. As India positions itself as a global hub for wellness tourism and traditional medicine, familiarizing students with Ayurveda can also open career opportunities in research, healthcare, and wellness entrepreneurship. In conclusion, integrating Ayurveda into health education curricula is not merely an academic exercise; it is an investment in the nation's future wellbeing. By combining traditional wisdom with modern scientific understanding, educational institutions can nurture a generation that values preventive care, embraces holistic living, and leads healthier, more balanced lives. In a world grappling with lifestyle diseases and mental health challenges, Ayurveda can serve as a guiding framework, making health education truly comprehensive and life-enriching.

■ MANOHAR LAL



the mission of a clean India cannot rest solely on the government but must be embraced by every citizen.

A clean India is a shared responsibility, and the true strength of the Swachh Bharat Mission has been how it has turned cleanliness into a people's movement. It has turned every citizen into a 'SafaiMitra' - from the student in schools to the homemaker, the shopkeeper to the worker in the fields and factories. Millions picked up the broom, transforming cleanliness from a government programme into a personal pledge of dignity, health, and pride.

That single vision sparked a true janandolan, where cleanliness became a matter of honour and pride. Modi Ji's calls of "Na gandagikareng, nakarnedenge" and "Swachhata Hi Seva" inspired citizens across the country to act. What began as a government-led mission soon turned into the pride of every street, every neighbourhood, and every home, driven by an extraordinary wave of behavioural change.

In 2014, less than 40 percent of households had toilets. Today, thanks to Modi Ji's leadership and the people's participation, more than 12 crore families have access to sanitation. Through the Swachh Bharat Mission, India has been declared open defecation free. The slogan "HarGharShauchalaya" is no longer just a promise, it is a reality, bringing safety and dignity to millions of women and children, along with improved health. The World Health Organization estimates that nearly 3 lakh children's lives have been saved because of reduced diseases linked to open defecation.

The Mission has now moved on to sustaining the ODF status and introducing comprehensive solid and liquid waste management, scientific processing of waste. The vision for SBM-Urban 2.0 is to achieve "Garbage Free" status by institutionalizing and nudging 'Swachh' behavior amongst the citizens.

Modi Ji's genius has been to make the Swachh Bharat Mission about more than toilets and streets. It is about pride, culture, and the soul of the nation. From the SwachhVidyalayaAbhiyan, giving schools separate toilets for girls and boys, to the RashtriyaSwachhata Kendra, a living tribute to Mahatma Gandhi, every initiative has inspired citizens to see cleanliness as a mark of respect for themselves and their country. Festivals are brighter when they are plastic free, celebrations are more joyful when they do not leave behind waste, and each citizen understands that their small act contributes to a larger national pride.

We have witnessed a remarkable journey of the Swachh Bharat Mission envisioned by the Hon'ble Prime Minister-millions of toilets constructed, villages and cities declared ODF, and citizens embracing cleanliness as a shared responsibility. It has been my firm belief that the campaign must now seek to transform collective consciousness into daily discipline, making Swachhata not just a practice but a way of life, and ensuring that the gains of the past decade form the foundation of a cleaner, healthier, and more dignified India for generations to come. Most importantly this phase of the Mission focusses on developing the capacities of local bodies not just to look visibly clean but address the issue of waste processing and remediation of legacy dumpsites. Even the largest cleanliness survey, SwachhSurvekshan, now measures the city cleanliness on parameters of door-to-door waste collection, handling and processing of waste.

With this vision, we celebrated last year's SHS week (SHS-24) under the theme "SwabhavSwachhata - SanskarSwachhata,"

which reflects a profound shift-from infrastructure to instinct, from compliance to culture. Guided by the vision of the Prime Minister, we aim to establish cleanliness not as an obligation, but as a reflection of our character and values. Every citizen must internalise it as a daily habit and moral responsibility. By embedding cleanliness into our swabhav (nature) and sanskar (ethos), we are not just sweeping streets-we are shaping a more dignified, healthier, and united India. True transformation will come when Swachhata becomes second nature, passed down through generations as a cherished legacy.

As the festive season begins, the Hon'ble Prime Minister has reminded us that celebrations are most meaningful when they are clean and eco-friendly. Festivals, he has said, should leave behind memories of joy, not piles of waste. In this spirit, Swachhata Hi Seva (SHS) 2025 is being observed from 17th September to 2nd October under the theme "Swachhotsav", with a focus on sustainability-promoting plastic-free villages, zero-waste festivals, and waste segregation at source. The campaign reinforces that cleanliness is not a one-day effort but a continuous responsibility towards future generations. On the special call of Prime Minister Modi, Swachhata Hi Seva (SHS) 2025 once again observed "Ek Din, EkGhanta, EkSaath" on 25th September, the birth anniversary of Pandit Deendayal Upadhyay. On this day, crores of Indians dedicated one hour to voluntary shramdaan, reaffirming that cleanliness is everyone's responsibility. Last year alone, over 8 lakh neglected spots in towns and villages were transformed into vibrant public spaces-proving that collective effort can make cleanliness visible, tangible, and truly life-changing.

The greatness of this mission lies not only in its achievements but in its spirit. Modi Ji did not ask citizens to merely keep their homes clean, he asked them to take ownership of their streets, parks, rivers, and

nation. He did not speak as a distant leader but as one among us, appealing for one broom, one act, one hour. And because he spoke from the heart, the people responded from theirs.

Narendra Modi is not only the architect of the Swachh Bharat Mission, but he is also its living soul. He is the lamp that lit the flame of cleanliness in every home. He is the gardener who sowed the seeds of dignity and nurtured them with the water of people's participation. He is the sentinel who reminds us that cleanliness is not the duty of someone else but the right and responsibility of each one of us.

Every sweep of the broom, every clean corner, every plastic bag refused is not just about sanitation, it is about dignity, pride, and the India we want to leave behind for our children. As Modi Ji says, "Sabka Saath, Sabka Vikas, Sabka Vishwas" is incomplete without "Sabka Saath, Swachhata ka Vikas." Cleanliness is not someone else's work; it is everyone's mission.

I urge everyone not to confine Swachhata to a single day or a Pakhwada, but to carry this spirit throughout the year. Swachhata is not an event-it is a way of life. Each of us must take responsibility in our homes, neighbourhoods, and communities, and practice it every single day. Let us make cleanliness a daily discipline and commit ourselves to the pledge of "Har Din, EkGhanta, EkSaath"-one hour of collective effort, every day. When every citizen contributes a little, our nation shines brighter-clean, vibrant, and proud-realising the dream of a Swachh Bharat envisioned by Mahatma Gandhi, brought to life by Prime Minister Modi, and cherished by every Indian.

Modi Ji has shown us the path. Now it is for us to walk it, together, as one nation, one people, with one mission, a Swachh Bharat where every citizen is a safaimitra and every act of cleanliness is a gift to our future.

(The author is the Union Minister for Housing & Urban Affairs and Power)

# India's consistent, clear and longstanding position towards Palestine

## A Long-Standing Commitment: Two-State Solution

India's policy towards Palestine has been long standing and has support across party lines. India has always supported a negotiated two State solution, towards establishment of a sovereign, independent and viable State of Palestine, within secure and recognised borders, living side by side, in peace with Israel.

India was one of the first non-Arab countries to recognize PLO as the sole & legitimate representative of people of Palestine in 1974 and in 1988, became one of the first countries to recognize the State of Palestine.

We were part of the High level conference on Two-State solution, and most recently on 12 September 2025, India voted in favour of New York Declaration, the outcome document of the high-level conference co-chaired by Saudi Arabia and France on the peaceful settlement of the question of Palestine and implementation of Two-State solution.

**India's consistent call for peace after October 07, 2023: Condemning terror, advocating humanitarian assistance**

In the current conflict, India has strongly condemned the terror attacks by Hamas on Israel on 7 October 2023 and the loss of civilian lives in the ongoing Israel- Hamas conflict. India remains concerned at the security situation and has called for a ceasefire, release of all hostages and peaceful resolution of the conflict through dialogue and diplo-

macy. At the same time India has emphasized the need for safe, timely and sustained delivery of humanitarian assistance to the people of Palestine. India has also reiterated that bringing Israel and Palestine closer contributes to creating conditions for early resumption of direct peace negotiations.

Has India's voting pattern changed in the UN?

Clearly, no. India's long-standing position towards Palestine has remained clear and consistent. This is reflected in its voting patterns in the UN. Actually, India has not voted against any of the 175 resolutions on Israel-Palestine issues in UN during the last 10 years.

**India's commitment to the Palestinian people: Continuing development assistance bilaterally and through UN**

India extends humanitarian assistance to the people of Palestine both bilaterally and through United Nations Relief and Works Agency for Palestinian refugees in Near East

(UNRWA). Annually, we contribute \$5 million to UNRWA.

India's developmental assistance, given to Palestine since 2014 (approx \$80 million) is almost double of what was given in the preceding 65 years (approx 42 million) and projects worth \$ 40 million are in the pipeline.

**What is the Palestinian viewpoint? This is what Palestinian Ambassador had to say about India's support to the Palestinian people:**

India under the chairmanship of the current Prime Minister H.E. Narendra Modi is doing a great job to the Palestinian people. India is building right now more than one project, one of them is million dollar project, which is a hospital. India under the chairmanship of the current Prime Minister is also supporting the UNRWA, the UN entity that is dealing with the Palestinian refugees.

We are fully satisfied, and if there is something that we feel that we want to discuss with the Indian Government, I can assure you all that the Indian Ministry of Foreign

Affairs is 24Hrs open to us, as Palestinians. We used to discuss with full transparency with the Indian Government all the related matter between Palestine and India.

I will not say there is any deviation... We used to measure the Indian-Palestinian relations at the macro level ... in the UNGA, in the UNHRC, in the projects implemented in Palestine. But, we cannot interfere with India's bilateral relations with any other country.

**Prime Minister's engagements: Leveraging friendships across the aisle for peace**

PM has excellent relationship with the Leaders of both Israel and Palestine. In fact, when PM Modi visited Palestine in February 2018, he became the first Indian PM to make an official visit to Palestine. Moreover, he was conferred the 'Grand Collar of the State of Palestine' by President Mahmoud Abbas, recognising his key contribution to promote relations between India and Palestine.

**Israeli Finance Minister's visit: Concluding a six year process of negotiations**

The visit of the Finance Minister was in his capacity as the head of the Israeli Ministry of Finance to sign a bilateral investment agreement. This was under negotiations for more than 6 years and the draft agreement was finalised last month. He visited India to enhance the India-Israel bilateral economic and financial relationship.

# YOGA-TO CHANGE THE LIFE STYLE

■ ISHER SINGH JASROTIA

The human being is owned with unlimited hidden potential which are restrained and blocked beyond application and hindered from free expression and imaginative creativity. Research and practical experience has shown Yoga Nidra to be an impressive technique that can help transformation and innovation of our mindset into new ideas in possible, positive and creative way.

**Yoga Approach to Education**

Swami Satayandanda Sarswati (1981) states that every person has the potential of a genius but these potentials are never emerged and transformed into the form of realization due to fears, phobias, conflicts, complexities, excessive egoism, conditioning and other multifarious essence of life. Once the screen is removed, the inner potentials and knowledge will spontaneously come out unrestrained and uninhibited and reveal itself.

The simple, direct and powerful poetry of Jaaderva established that to embrace God, the best ways is Aradhana, Sadhana in the form of Bhakti. It is a sort of solemn dedication (chetna) in the form of devotion and consecration. In the modern world and changing scenario we are deviating from physical exertion, yoga is the advantageous and desirable way to get relief from mental worries, stress, physical disturbance and diseases and attainment of divinity and spirituality. The personality of human being is manifested by the physical fitness and sound mind and other characteristics of life but complexities of life, the prevailing circumstances and environment have complicated the whole life. The purpose of yoga is to create the awareness and to separate the negative from the positive - negative to be rejected and positive to be adopted.

It is the perception of our mindset by practicing yoga that we realize the like and dislikes, action and reaction in our social life. To make this perception experimental, we proceed further and start understanding the reality of our life, leaving behind our negative thinking, adopt positive, make self confidence, self-development, excel our energies, talents and abilities in the right perspective which ultimately bring us contentment, peace, prosperity, containment and discern the reality of life.

Yoga Nidra is a state of dynamic sleep in which one appears to be asleep, but the subconscious and scrupulous is achieved. In this context, subconscious and unconscious dimensions of mind occurs spontaneously. One becomes present, receptive and sensitive. There is deep relaxation with alertness and inner awareness. When the relaxation is complete, the receptivity is greater. This is the secret of Yoga Nidra. The main principle working behind Yoga Nidra is deep relaxation of the mind, which allows it to engross knowledge like sponge absorbs water, so the learning



process is not physically or mentally tiring.

**Stages of Yoga Nidra:**

Preparation when physical relaxation is induced in Shavasana as the mind is withdrawn from external objects and awareness is taken to different parts of the body. Sankalpa takes the form of a short, positive mental statement, impressed on the subconscious mind during Yoga Nidra. This is powerful method of reshaping one's personality. Rotation of consciousness: The physical tension is released by systematically relaxing all the physical organs of the body. It also cleans the nerve pathway, making the circuits clear, removing panic blockages and releasing and diverting the blocked energy towards the Brain, thus awak-

ening the dormant centers of the brains, sharpening intellect and developing memory and concentration.

**Breath Awareness:** The breach is like a vehicle between the body and kind. Awareness of the breath gradually develops dissociation from the body and the breath leading to a deep state of relaxation and introversion of mind ready to be explored

**Feeling and sensations:** By creating and intensifying opposite feeling and sensation, we make use of both hemispheres of the brain and leads to balanced emotions and prepares the mind for managing the emotions in the best possible way

**Visualization:** This is a very effective and important state

to develop positive traits of personality. Imagination that possesses the positive brain with intensity in every session of Yoga Nidra can actually make it a reality.

Swami Satyananda (1982) had pointed out that by regular practice of Yoga Nidra, new circuits are cleared of blockages and dormant areas of the brain are awakened as the neurons are stimulated. This has possible effect on the enhancement of the long terms as well as short-term memory.

Yoga can be performed by different methods and asanas like asanas yogasan, Bhujasan, Pranam, Kapalabhati, Pryanam, Bhramari Pryanam, Onkarjap, Agnisar Pryanam in different way for giving us satisfaction and attainment.

Yoga has its importance in school and colleges and educational institutions. Once employing specialist in yoga in the school, it can change the behavior pattern, attitude, and relationship among the children and improve their confident building measures. If school authorizes could introduce a period of 15-20 minutes of Yoga Nidra into the daily schedule, it would be very beneficial and worthwhile.

If we identify with the inner experience of happiness but react externally in our attitude and behavior, experience can never be complete. An international group, which drafted a manifesto for the future of education in year 2006 in Soel, it was of the prudent view that physical infrastructure-based universities have outlined their utility. It focused upon the physical education and application of Yoga.

It is fact that where medical facilities are lacking in some remote area, yoga has proved to be very useful in the improvement of people's health and kept them away from diseases. The asanas of various types in the morning and in the evening times have been recommended as regular exercise and many old age peoples are getting relief from the old age diseases.

When we starts thinking on positive side using affirmative elements, we can bask in the shining accomplishment of the newly created self, tasks assigned, feel standing tall in the world, strong in foundation and feel established in the society. With the continuous practice of yoga, we are endowed with the ever-lasting abilities, talents with new thinking of everyday activities of our life and our actions and reactions with others. Having self-confidence in ourselves, we start thinking that we have reconstructed our life style in the prevailing circumstances. It is known proverb that "a man and woman gain a lot by experience". The pressure which the people are experiencing in stress and strain due to varieties of reasons in their profession may it be business, job, family stress or the other, starts decreasing and physiological effects starts giving positive response and results.