

BULLETIN

Namo Gange Trust (Regd.168)

Namo News

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From Chairman's Desk

Vision, as all belief, is for mystics; it takes imagination, commitment, dedication, enthu and wisdom. Idea of establishing a non-profit organization can't be ideal as it is based on the practical expectation. Trust vision & its objectives –Health & Wellness, Nature & Environment, Kala & Sanskriti, & Women Empowerment are very practical. Its idea is' where ideal meets real, mind meets matter. Trust initiated a campaign "Meri Beti Mera Abhimaan, Ek Nayi Shuruvaat" under objective of women empowerment which aims to create awareness among society so that each woman can have equal rights in all sphere of life. Let's pledge and wish on the occasion of 'International Human Right Day' on 10th December, to give them all rights they deserve! There is also one more significant day in this month i.e. Vijay Diwas, I sincerely plead that every Indian acknowledges courage of our Armed Forces. Trust salutes the ultimate sacrifice of the martyrs who laid down their lives for the nation. I am proud of Indian Army, a big humble gesture to them!



Sh. Vijay Sharma

It is indeed a honor to be associated with the Namo Gange Trust as one of its major objective of promoting Art & Culture is similar to what International Chamber of Media & Entertainment Industry (ICMEI) is pursuing. Trust also encouraging society for health & wellness, women empowerment, & saving the nature & environment. Trust has been actively hosting events, seminar and other activities with which we have been associated. In 4th Global Literary Festival Noida 2018, organized by ICMEI, a session was also devoted to the theme of yoga and literature. It is a moment of pride for us that the trust has been honored with e "Guardians of Nature" award at the Global Summit on Science, Spirituality & Environment. I convey my best wishes & success who been associated with the trust in their endeavor.

Guest Column



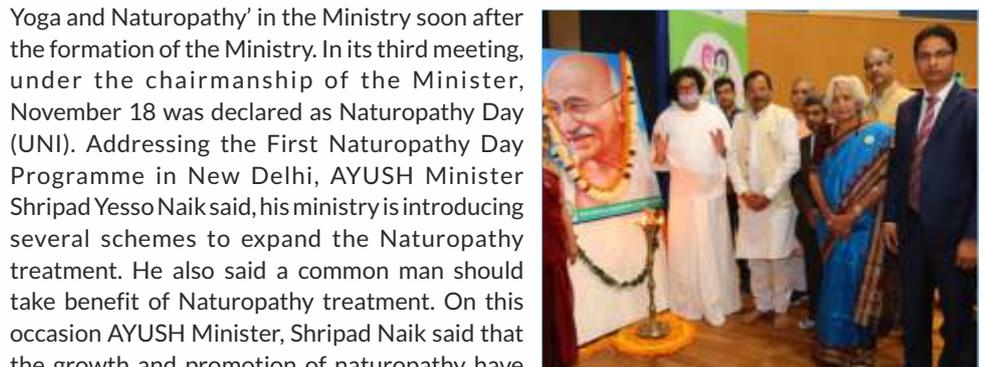
Dr. Sandeep Marwah
President, Marwah Studios

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First International Naturopathy Day Organised Nationwide on 18th November 2018

The government of India declared 18th November as Naturopathy Day at the National level. Ministry of AYUSH celebrated its first Naturopathy Day Nationwide with the aim of promoting the drug-less system of medicine to prevent diseases by altering the diet and lifestyle. AYUSH Minister shre Shripad Naik has constituted 'National Board for Promotion and Development of Yoga and Naturopathy' in the Ministry soon after the formation of the Ministry. In its third meeting, under the chairmanship of the Minister, November 18 was declared as Naturopathy Day (UNI). Addressing the First Naturopathy Day Programme in New Delhi, AYUSH Minister Shripad Yesso Naik said, his ministry is introducing several schemes to expand the Naturopathy treatment. He also said a common man should take benefit of Naturopathy treatment. On this occasion AYUSH Minister, Shripad Naik said that the growth and promotion of naturopathy have been possible under the guidance of Prime Minister Narendra Modi. Shripad Naik also defended his Government by bringing the alternative medicine system in the ambit of the world's largest national medical insurance scheme under the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojna (PMJAY) launched by Prime Minister Narendra Modi recently. He said, "My Ministry is in touch with the Union Health Ministry and NITI Aayog to ensure that the medical insurance cover is given to the patients seeking alternate medical system AYUSH. On this occasion, the International Naturopathy Organisation (INO) also organized a seminar at Dr. Bheemrav Amadekar, International Centre, New Delhi. Guests from Brahma Kumaris, Dr. D. N. Sharma, Director, NHFDC, Ministry of Social Justice & Empowerment, Dr. Anant Biradar, National President of INO, Jai Prakash Agarwal, Surya Foundation Chairman, Acharya Lokesh



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Muni, and film actress Isha Koppikar, graced the occasion. National President of Namu Gange Trust-Shri Mukesh Kumar attended the seminar and represented the trust. After inaugurating the first Naturopathy Day Programme, Naik said his Ministry is introducing several schemes to expand the naturopathy treatment which is cost effective and side-effect-free system. Work on building natural clinics is already in progress in Pune, Goa, Delhi, Haryana, Karnataka, Kerala, and Andhra Pradesh, the Minister said as he pointed out that the health challenges including rising non-communicable diseases we are facing today are because we have forgotten our traditional system of medicine. It is imperative that AYUSH Ministry also extends its cooperation and help all the Doctors working for the NATUROPATHY treatment by taking imaginative steps to spread the benefits of Naturopathy at a large scale. This all was possible with the combined efforts of thousands of INO Volunteers who worked tirelessly. More than 1000-Naturopathy Specialist Doctors from all over the country gathered to attend this Programme. Before this, the Naturopathy Day started with a Rally of the Bikers. On this first NATUROPATHY DAY, the INO appointed brand ambassador renowned film actress, Isha Koppikar was also present. She said, "NATUROPATHY is the only effective therapy that is side-effect-less and drugless too. And to keep oneself healthy, out of the many ancient medicine therapy, Naturopathy is the best option." INO also organized Painting and Kaun Banega Swasth Rakshak Competitions for School kids in which they participated. It may be noted that on November 2014 after the Government of India formed a new AYUSH Ministry, NATIONAL YOGA AND NATUROPATHY DEVELOPMENT BOARD was constituted by the Ministry of AYUSH. This year the country is celebrated Mahatma Gandhi's 150 Anniversary. It is a true tribute to Gandhi for declaring 18th November as the NATUROPATHY DAY, because Gandhi himself was a great supporter of natural medicine, his dream was that the benefits of natural medicine must reach each and every household. And the public of the country become self-sufficient in Naturopathy treatment. It may be known that Mahatma Gandhi founded All India Nature Foundation and Trust in Pune on 18th November 1945 and became the founder Trustee Chairman of this Trust.



CII 2nd Ayurveda Industry Conclave

Confederation Industry Conclave of Ayurveda Industry was two days event held from 1st Nov to 2nd November 2018 at the Vigyan Bhawan Auditorium in New Delhi, India. Dr Naresh Trehan, Chairman CII Healthcare Council & Chairman and MD Medanta - The Medicity; Dr Vinod K Paul, Member NITI Aayog; Mr Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH; Mr Rajiv Vasudevan, Chairman CII Core Group on Ayurveda & Managing Director and Chief Executive Officer, AyurVAID Hospitals; Dr Arpita Mukherjee, Professor, Indian Council for Research on International Economic Relations (ICRIER) are present at the inaugural session of the 2nd Ayurveda Industry Conclave on 2 November, 2018 at New Delhi. Through this conference, Ministry of AYUSH along with CII brought all stakeholders together to share

their experiences and collaborate towards an evolving and equitable Ayurveda System. Speaking at the event, Shri Vaidya Rajesh Kotecha, Secretary, the ministry of AYUSH mentioned that Ministry of Defence and Ministry of Labour have agreed to start AYUSH related services. In addition, entry-level accreditation by the National Accreditation Board for Hospitals has been initiated for AYUSH healthcare facilities for skilling of AYUSH professionals and MoUs with 15 countries have been signed with 13 more in the pipeline. Dr. Naresh Trehan Chairman CII Healthcare Council and Chairman and MD Medanta-The Medicity contextualized Ayurveda with respect to modern medicine. He emphasized, that demystification of this ancient medicine system will pave the path for it to move ahead. Advocates of AYUSH have been keen on becoming a part of Ayushman Bharat post its announcement. Towards this, Dr Vinod Paul, Member, NITI Aayog re-iterated Dr. Trehan's point on demystification. "This will help build standard treatment guidelines that will ensure uniformity in treatment protocol across the states and its easy governance".

Promotion of Ayurveda on 3rd Ayurveda Day

On 5th November 2018, on the day of Dhanvantari Jayanti, 3rd Ayurveda day was celebrated to create awareness about the health benefits of Ayurveda and to promote the Ayurvedic lifestyle at New Delhi. Theme for this year is AYUSH in Public Health. The Union Minister for Science & Technology, Earth Sciences and Environment, Forest & Climate Change, Dr. Harsh Vardhan said that Indian systems of medicines like Ayurveda are vital to accomplishing the global goal of Health for All. He said, his Ministry and AYUSH Ministry can collaborate on research and innovation. Minister of AYUSH Shripad Naik also addressed that the centre is promoting Ayurveda and Indian systems of medicines to a great extent. The Honorable Prime Minister's vision for 'New India' endeavoring to empower youth, women & poor is indeed laudable. The 'New India' also needs to be a 'Healthy India' where its own traditional systems can play a significant role. "India can become an example to the world if it can use the power of modern and traditional medicine which is possible through, rigorous research, documentation and evidence." Member (Health) in the NITI Aayog Dr. V K Paul, Secretary AYUSH Vaidya Rajesh Kotecha & Shri Mukesh Kumar, National President, Namu Gange Trust was also present on the occasion and represented trust.



National Seminar of Entrepreneurship and Business Development in Ayurveda

As a part of Ayurveda Day celebration, the Ministry had organised two day "National Seminar on Entrepreneurship and Business



Development in Ayurveda" in association with NITI Aayog on 4th & 5th November 2018 at Dr. Ambedkar International Centre, New Delhi with the aim of encouraging entrepreneurs and Ayurveda stakeholders towards businesses opportunities in the sector and also with the intention to encourage entrepreneurs and Ayurveda stakeholders towards businesses opportunities in the sector. The National Dhanwantary Ayurveda Awards were also given on this day. Minister of State for AYUSH Shri Shripad Yesso Naik and Minister of State for Culture and Environment and Forest Dr. Mahesh Sharma addressed the inaugural session. Shri Naik said that in the last four years the Ministry of AYUSH has taken several initiatives to promote Ayurveda industry and striving to link it with Prime Minister Narendra Modi's revolutionary programs like 'Start up India', 'Make in India', 'Invest in India' and 'Digital India'. Dr. Mahesh Sharma said that Ayurveda is a part of our rich

cultural heritage and we have to propagate it not only in India but all over the world. There are approximately 7.20 lakh AYUSH practitioners located in urban, semiurban and rural areas. Their potential has not so far been fully utilized to improve health care delivery system. Increasing awareness about AYUSH's strength in solving community health problems resulting from nutritional deficiencies, epidemics and vector-borne diseases have opened vistas for AYUSH in Public health. Secretary AYUSH Mr. Rajesh Kotecha said that we are working with Ministry of MSME to organize 50 entrepreneurship development programs in next one year in different cities covering all the states across the country. Similarly to sensitize the Ayurveda fraternity, especially young people, there is a cooperation of with Industry Chambers to achieve this goal". National President of Namu Gange Trust-Shri Mukesh Kumar attended this seminar.



International Conference on Yoga in Goa

Two days international conference on Yoga was held on November 12 & 13, 2018 at Kala Academey in Goa. Shri Naik inaugurated this



conference. Sri Sri Ravi Shankar, Founder, Art of Living, Secretary, Ministry of AYUSH Shri Rajesh Kotecha, Advisor, Ministry of AYUSH, Dr D C Katoch, Additional Secretary, Ministry of AYUSH Shri P K Pathak were also present on this occasion. Union Minister of State (I/C). Ministry of AYUSH Shri Shripad Naik said that Yoga is basically focused to change the lifestyle. He further said that government is committed for the development of AYUSH including Yoga. Under the Ministry of AYUSH central schemes and centrally sponsored schemes for the development of Yoga are there. The flagship programme, 'National AYUSH Mission' also have a considerable component of Yoga in its various programmes. Sri Sri Ravi Shankar, in his address, appreciated the work of Ministry of AYUSH in spreading Yoga. Secretary, Ministry of AYUSH, Shri Rajesh Kotecha, in his address elaborated the theme of the conference. 600 delegates from 50 countries have participated in the conference. Union Commerce Minister Shri Suresh Prabhu also

attended the conference. Ranjit Kumar, Joint Secretary, Union Ministry of AYUSH, Dr. Ishwar V Basavaraddi, Director, Morarji Desai National Institute of Yoga, Delhi was also present in this conference. Around 1000 representatives from 50 countries were participated in this conference. Theme for this conference was "Yoga for Public Health". There were 10 sessions, in which 50 Yoga gurus deliberated talk/lectures on Yoga. Additionally, there was a very special session by World Health Organisation on Yoga. Foundation stone laying ceremony for All India Institute of Ayurveda, Yoga and Naturopathy, Goa was also held at Dhargal on November 13, 2018. This institute would have the capacity of 250 beds and cater to over 500 students every year offering Under Graduate, Post Graduate, and PhD degrees. This institute would also include Medical College for Ayurveda, Naturopathy and Yoga which would have the hostel facility for 67 rooms for doctors and 91 rooms for 182 students.



World Diabetes Day Awareness Campaign

World Diabetes Day is the primary global awareness campaign focusing on diabetes mellitus and is held on 14 November each year



throughout the world. The theme for World Diabetes Day 2018 and 2019 is 'The Family and Diabetes' which aims to raise awareness about the impact of diabetes on the family and how to provide a support network to those who are affected by diabetes. The primary aim of the World Diabetes Day and World Diabetes Month 2018-19 campaign is to raise awareness of the impact that diabetes has on the family. A three-day diabetes awareness programme was launched by the North Delhi Municipal Corporation at Hindu Rao Hospital. Commissioner Madhup Vyas said the civic body will organize free diabetes camps at all its healthcare facilities to help in early detection of diabetes, and take up symptomatic and long-term treatments for the same. Objective of the programme was to spread information on how diabetes can be detected early, managed with lifestyle changes. NITI Aayog member Vinod K. Paul was the chief guest at the event. Various programmes such as a walk for diabetes organised

Global Ayurveda Summit 2018

The 2nd edition of Global Ayurveda Summit Kerala was organized on 21-23 November 2018 at Le Meridien Kochi, Kerala. It was inaugurated by Industries Minister E P Jayarajan. He assured the state's support to help build a global brand of Ayurveda that would be recognized worldwide. "Practical steps towards this goal include developing facilities at par with international standards, setting standard wellness practices, research funding to build on existing knowledge and for developing new products and services. These steps will provide Kerala and Ayurveda with the much-needed impetus to make a mark in the world healthcare industry," said the Minister. Saji Kumar, chairman, CII Kerala and Ajay George, managing director, Bipha Ayurveda, and other renowned personalities were also present in this summit and graced it. This summit featured four components: an international conference, exposition, start-up contest, and a focused business to business meeting platform and the exposition and business to business meetings to enable key players in the Ayurveda and related sectors to exhibit their products and services. The event ensured the participation of all stakeholders to share their views and jointly take action towards the upliftment of Ayurveda in India and globally. Over 500 Industry leaders and eminent experts from India and abroad were attended this summit. Ayurstart- a competition in ayurveda was another highlight of this summit.



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Glimpses of Namogange Activities

Bachchon Ki Rangshala on 3rd Ayurveda Day

On the auspicious occasion of Ayurveda Day, trust organized an inter-school painting competition "Ayurveda" in Delhi/NCR on November 5, 2018, from 9 am-11am. Theme of this event was "A Step Towards Healthy Life". All the students from class 1st to 12th were participated. More than 567 students from Deepalaya NGO participated in this event. Schools such as DSSC, DSGK, Saharanpur, Girl Child Noida & RJRND were participated. This initiative supported a noble cause for spreading the awareness about health and wellness in our society. Now a day's stress is main cause of disorders because we are becoming ambitious and greedy. Now it's time for self realization to avoid our bad mental habits. "Ayurveda teaches us to cherish our innate-nature - "to love and honor who we are", not as what people think or tell us, "who we should be."



Exhibition on Naturopathy Treatments Equipments, Books, Health and Natural Products

On the occasion of Naturopathy Day, 18th November, 2018, Central Council for Research in Yoga & Naturopathy, Ministry of AYUSH, GOI organised an 'Exhibition on Naturopathy Treatments Equipments, Books, Health and Natural Products' from 14th to 18th November at CCRYN, Janakpuri, New Delhi. Ms. Chaitanya PG, PR Officer of Namogange Trust represented trust and participated in this 5 days exhibition. In this exhibition, AYUSH organized health camps, health talks, workshops and exhibition in association with local naturopathy centres and hospitals. Objective of this exhibition is to promote drug-less system. It can be easily integrated with any other system of healthcare as a lifestyle intervention. These practices are being promoted in the wellness centres, along with the allopathic medicine so that we get the best of all systems of medicine.

Yoga & Sports Week Organised at Kaanshiraam Rajkiya Mahavidayla

National President of Namogange Trust, Acharya Mukesh Ji inaugurated "Yoga & Sports Week" under the scheme of "Aayushman Bharat Yojna" on 15th November 2018 at Kaanshiraam Rajkiya Mahavidayla, Government Degree College, Nandagram. On this occasion, honourable principal of this college Dr Archana Verma, Yog Guru Sunil Singhji founder of Yoga Lovers and Dr Satyant Kumar, Secretary All India Council of Physical Education were the chief guests of this event. Significance of yoga for student's life was highlighted by Acharya Mukesh. He said that yoga can be of great help for students because it will help them in living stress free life, making right decisions and building a great personality. Dr. Archana Verma also motivated all students for yoga & sports. Yoga and sports activity has an important and irreplaceable role in all stages of life. When students are physically fit, they will achieve more academically. Yoga & Sports develops a sense of friendliness among student and develop team spirit. It helps children to develop mental and physical toughness, which helps in academic stressed by the principal. This event was organised by Dr. Rajiv Verma.



Organised Bal-Mela

On the occasion of Children Day, White Shadow School of Art & Culture organised a 6th edition of Bal-Mela in association with Namogange Trust and Paridhi Art Group on 18th November, 2018 at Arjun International School, Pradhan Enclave, Baprola Vihar, Delhi. It was inaugurated by famous artist, Shri Guru Sevak Ji, Shri Mukesh Kumar, National President of Namogange Trust, Dr. Rajni Bala, social activist and Miss Hema Singh. The objective of Bal-Mela is to bring confidence and promote talents of young children and provide them a platform. Additionally, this event also intended to motivate the hidden talent of our society, to build their confidence and to promote them. It's a blend of art and culture, competitions, exhibitions, swings and fares with humble and loving support of audience. It's a place where new talent born every year and every year hundreds of children showcase their talent. Painting competition, singing competition, dance competition, rap competition etc were the major activities of this event. Shri Vijay Sharma-Chairman of trust, Mr. VPU Yug Murthy and Mr. Raghu Hassan received the Guest of Honour on this occasion.



Symposium on Cancer Outlived

Namogange Trust supported fight against cancer by witnessing ground realities of cancer survivors during a symposium on Cancer Outlived- A Patient Survivor Program organised by the BL Kapoor Super Speciality Hospital, Delhi on 23rd November, 2018 at Hotel Jaypee Siddharth, Rajendra Place. National President of trust Sh. Mukesh Kumar, represented the trust and addressed all the members presented in this symposium. He inspired with his positive words to all cancer survivors. In first session, Dr Surendra Dabas, India's best Robotic Surgeon and an eminent oncologist gave a lecture on understanding symptoms and screening to detect cancer and about how to prevent the cancer. In second session, all the cancer survivors narrated their story of battle with cancer, how they have overcome and now living a normal life. They better know how to cope with the unexpected. They are no longer cancer survivors but inspirer to everyone. There is a need to keep the will power strong throughout this fight. We all need to be strong by mind & heart, our body automatically get heal, emphasised by Sh. Mukesh Kumar.

Auditions of The Grand Master of Yoga 2019

Trust created a contest named "The Grand Master of Yoga". This contest is very unique due to its inclusive structure and it provides an opportunity to all participants from entire districts and states of the country and world. Its awards are categorized as Little Master of Yoga, the 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 three exclusive auditions. The fifth audition was organized on 1st November 2018 by Dilrajpreet Kaur at Dev Sanskriti University, Haridwar. 59 contestants participated in this audition. The sixth audition was held at Luthra Public School Kaachi Channi at Jammu on 25th November 2018. It was organized by Dr. Jagdish Sharma and seventh audition was also scheduled on 25th November 2018 with the help of Ashish Tandon at Chaitanya Yog Sewa Sansthan, Varanasi. 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.



143 Days Event is Being Organised at Varanasi to Revive the Title "The City of Music"

Namogange Trust has joined hands and become a co-host with team Sur Ganga in the constituency of Prime Minister Shri Narendra Modi to promote the ancient heritage of Indian art & culture in Varanasi and preserving title for "The City of Music" observed by the UNESCO. To promote Indian folk and art culture, the 2nd edition of Sur Ganga was organized at Bhasasur Road, Varanasi, Uttar Pradesh. This is 143 days event to revive the title & trust also signed a resolution to preserve this. It was inaugurated by Yogi Adityanath, Chief Minister of U.P. On 29th November, at its seventh evening, Sh. Mukesh Kumar, National President, Namogange Trust and Sh. Rajeev Kumar, Communication-Head, Namogange Trust was the chief guest of this event. Naveen Singh played flute and beautiful Bhajan was sung by various artist and mesmerized this evening.

Spotlight on Women Empowerment

International Day for the Elimination of Violence Against Women

One of the leading endeavors of trust is 'Women Empowerment'. Trust has initiated various activities for the welfare of girl children and women environment. Through various activities, trust is creating awareness among the society so that each girl can live without fear and discrimination. On the occasion of International Day for the Elimination of Violence Against Women, Namo Gange Trust organized the Inter School Painting Competition "Bachchon Ki Rangshala" on the theme 'Say No To Violence Against Women' from 19th November-24th November 2018 at various schools of Delhi/NCR. More than 850 students from 7th to 12th standard from 15 schools participated in this event. Violence against women and girls are one of the most prevalent and persistent human rights violations in our world today. Therefore, this initiative supported the cause for spreading the awareness for women empowerment.



Topics of this event were 'Break the Silence, Stop the Violence, Say 'No' to Violence, Raise your Voice, No means 'No'. Stop Abuse and It is not my Culture. By organizing this painting competition, trust also supported United Nation women this year's theme '**Orange the World: #HearMeToo**' to support the 16 Days of activism against gender-based violence (25 November-10 December 2018). The color orange is used to draw global attention to the issue, while the hashtag is encouraged to amplify the message of survivors and activists and to put them at the centre of the conversation and response. Various programmes including a public concert, speeches, debates, workshops, awareness campaign, and a path in night etc were organised all over the world. Pristina City Park in Kosovo lit in orange and Yangon City Development Committee also lightened the Yangon City Hall, a central landmark also seen orange in Myanmar, European Parliament building was lighted with orange



in Brussels. The municipality building in Durres & several European cities orange their public buildings to mark campaign, including Italy and Liechtenstein, the UNMIK building is illuminated in orange, UN offices, & including the Egyptian pyramids. Coming on the heels of global movements and grassroots campaigns such as '#MeToo', '#TimesUp', "#BalanceTonPorc" "#NiUnaMenos", #MeTooIndia and "HollaBack!", the 16 Days of Activism will be a convention moment to bring together governments, communities, survivors, NGO, activists and the public through high-visibility events, using the signature colour orange. Trust convey special thanks to United Nation Women & Mr. Jeevan Kanakkassery, Communications Analyst, UN Women for permitting us to use this year theme.

Meri Beti Mera Abhimaan: Vrinda Singhal

Namo Gange Trust feels proud to highlight the achievement of one of the daughters of our nation which is actually setting the example for Meri Beti Mera Abhimaan and inspiring all the girls to do well in their life. Vrinda Singhal, 14-year-old girl, is a priceless gift from God and very talented and artistic. She is the youngest world record holder for many awards and specifically won maximum awards in art and culture. Mr. Nimit & Mrs. Sonali Singhal as parents are blessed to have such a beautiful and lively soul. Vrinda started her journey at the age of 3. She is recipient of Bharat Gaurav Puruskar, Rashtriya Gaurav Samaan 2018, 2 times India Book of records holder, the legends of India, Natraj Delhi Ratan Award, Society Development Award, 2 times Asia Book records holder, Medicine Baba Manav Ratan award 2018, top 100 record holders of India Award, Grandmasters degree, guinness Indian achievers award 2018, youth icon award 2018, rising star of Asia & pride India award. This year, she is also awarded Femina world women leadership. In spite she also managed to achieve around 95% in academics. She is also a Asian record holder as a hair stylist. Additionally, 2 times, guinness world record holder as a group project in which the largest human image of an organ made by children. on world environment day. She has executed more than 350 stage performances & participated in more than 500 so far. Vrinda has won 251 awards till date. She has been engaged in various social causes such as working for Behar India Campaign, cancer walk and so on. After everything else, she is awarded by central government on the occasion of Beti Bachao Beti Padhao with 'Ek Ped Ek Zindagi' in this year. She is truly a "Meri Beti Mera Abhimaan" for the Nation.



Forthcoming Events

Auditions of 'The Grand Master of Yoga 2019'

Trust has been organizing its audition at various places; auditions have been organized so far. Next, the eighth audition is likely to be scheduled on 2nd December 2018 at Mahatma Jyoti Rao Phole University at Jaipur, Rajasthan. Ninth audition is likely to be planned on 9th December 2018 at Yogaashram near Datt Mandir, Desh Pande, Gali, Vaijaapur. Next audition is likely to be scheduled on 15th December 2018 and on 30th December 2018 at Janata Raja Gyan Balsadhna Kendra Yogasharam at Aurangabad.



Vijay Diwas 16 Dec. 1971: Symbol of Courage, Valour & Sacrifice

Vijay Diwas is being celebrated every 16 December in India to commemorate the victory of India armed forces over Pakistan in 1971 during the war for the independence of Bangladesh against Pakistan. On 16th December every year, citizens, senior officials, students, and war veterans lay wreaths and remember the sacrifices of the soldiers. On the auspicious occasion of "Vijay Diwas", trust is glad to commemorate and organize an inter-school painting competition-Bachchon Ki Rangshala in Delhi/NCR.



Shrimad Bhagwat Katha

Namo Gange Trust is organizing "Shrimad Bhagwat Katha" by His Holiness Shri Acharya Jagdish Maharaj Ji from 18th Dec to 25th Dec 2018 at Shiv Mandir, East Laxmi Market, Delhi. Shri Acharya Jagdish Maharaj Ji will preach about the holy message of the law of Karma according to Gita and its fundamentals to bring peace and harmony among society. Trust cordially invites you & your family to have the divine blessing of Shri Bhagwat Katha by Acharya Ji and pleased to extend the invitation to all to make your presence on this sacred program.



7th Edition of Arogya Sangoshthi

On the occasion of World Cancer Day, trust with the collaboration of All India Institute of Ayurveda and Vishwa Ayurveda Parishad is organizing 7th edition of Arogya Sangoshthi on 3rd February, 2019. Indeed, there is an urgent need for action to raise global awareness of complementary and alternative medicine. Therefore, the motive of this seminar is to spread the awareness of CAM & to encourage prevention, detection, and cure of cancer & to educate the society. Therefore, the motive of this seminar is to spread the awareness of CAM to cure cancer.



Arogya Film Festival

Trust is organizing 3rd edition of Arogya Film Festival in association with Asian Academy of Film & Television. It is scheduled on 4th February 2019 on the occasion of World Cancer Day. This film festival would be dedicated to all cancer patients. Trust would be inviting cancer survivors who have battled cancer and are living happy, healthy lives can help fill so many hearts with inspiration. Moreover, the trust will also acknowledge the renowned professional doctors who contributed extensively for the treatment of Cancer patients. This film festival provides an opportunity to watch the best films from all over the world and the best film maker will also be awarded in this festival.



The Yogshala Expo-2019

'Namo Gange Trust' is organising 4th edition of India's International Health & Wellness Exhibition "The Yogshala Expo-2019", a focused exhibition on AYUSH, Health & Wellness Industry to be scheduled from 10th to 12th May 2019 at Hall No.-7, Pragati Maidan, New Delhi, India. This Expo will be bringing National & International Yoga Experts under one roof to explore various Health & Wellness opportunities. It will provide a platform for business houses and individuals related to Yoga, Ayurveda, Homeopathy, Herbal, Unani & Siddha as a showcase to their various products on organic food & Cosmetics, Yoga Props & Organic Clothing, etc. The Yogshala Expo is bringing a platform for various Health & Wellness opportunities and providing an access of all information and knowledge related to Paramedical Sciences through various events at the venue.



The Grand Master of Yoga 2019

Every year trust conducts 'The Grand Master of Yoga Contest' to admire title holder, winner, the victor from Yoga fraternities across the globe. Trust felt the need to acknowledge entire 'Yogis' whether they are a 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

On behalf of Namogange Trust, I thank all our associates, volunteers, and supporters for standing with us to serve diverse extensions of world family. We believe that right information and education are the only key areas to work for a bright future. Last couple of years, we are organising various programs related to health, education, culture, women empowerment, and social activities to help the underprivileged section of our society. We believe that every human is the author of its own destiny who has the potential to transform the universal system by its fortitude, conviction, and dedication. We do believe in clubbing the approach of traditionalism, spiritualism, Vedas, Shrimad Bhagwat Gita, Ayurveda and Yoga idealism blended with core fundamentals of modernism. Our vision is to educate and aware people in masses for 'healthy living, peaceful life, pollution-free environment, Ganga preservation, to promote art & culture and to raise awareness for women empowerment through dedicated services, initiatives and social awareness drives. Namogange is welcoming all to join with us to open the window for better understanding of oneself and the world of health, peace, happiness and harmony.



Acharya Mukesh Ji
Namogange Trust

Editor's Message

Aaron Sorkin's quote, "No one gets left behind", requires more attention as millions are still left behind in our society specifically women in all area of life. Even though India is moving away from male dominated culture, discrimination and bias are still highly visible in all section of society due to patriarchal mindset. Female foeticide, lack of education for girls, domestic violence, poor nurturing, and discrimination etc. are some major social evils in our society. One of the leading initiatives of trust is therefore women empowerment; highlighted in spotlight section. A very exceptional girl's achievement is also talk about in this to inspire all. Additionally, trust also organised Bachchon Ki Rangshala on the occasion of International Day for the Elimination of Violence against Women, to support women empowerment. I really feel proud to bring this month edition as very significant days 'International Human Right Day and Vijay Diwas are being celebrated in December. Namogange Trust acknowledges and salutes our army who served and gave all so that we might live our lives in freedom. Yet, there is still a long way to go at the inclusive scale and therefore we need to constantly remind ourselves, "let no one is left behind". In the coming year also, trust will scale up all its prosperous initiatives for ensuring improvements in the lives of all people.



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Health Tips: Effective Treatment of Sinusitis by Ayurveda:

In winter many people suffer from Sinusitis. Sinusitis is a common inflammation of the paranasal sinuses, the cavities that produce the mucus necessary for the nasal passages to work effectively. It can be acute or chronic, and it can be caused by viruses, bacteria, fungi, allergies, or even an autoimmune reaction. Symptoms include headache, heaviness of head and face, blocked nose, difficulty in breathing, cough, fever, reduced sense of smell. Here are few Ayurvedic tips to treat Sinusitis. Steam Inhalation: It opens the passage in the nose, helps to relieve Sinus pressure, and gives immediate relief and gives relax. Procedure: Boil water, put few drops of Eucalyptus or Menthol essential oil in it. Lean over so the face is directly above the water. Cover your head with a towel and breathe through nose. Remember to close your eyes during steam inhalation. Fomentation: Warm a piece of cloth by placing it on a hot dry pan. The cloth should not be less warm or too warm. Now place the warm cloth over painful area or Sinuses. Do the fomentation. While fomenting, be careful not to burn yourself. Always check the warmth of the cloth by placing it on the opposite side of your palm. If you can tolerate it, then only place it on the face. Put daily two drops of mustard oil in each nostril. Mix equal amount of Shunthi (dried ginger) powder, black pepper powder and Pippli powder. Store this mixture in a jar. Mix ½ Tsf of this mixture with 1 Tsf of organic honey and consume it twice daily till you get relief from symptoms.



Fitness Mantra: Meditation

Today's life is stressful, and stress is mother of many disorders like – sleeplessness, anxiety, depression, hormonal imbalance, headache, irritable bowel syndrome, autoimmune disorders, metabolic disorders etc. In long run, it causes ageing of the body quickly. Without inner peace, outer peace is not possible. Meditation relieves stress, promotes emotional health, controls anxiety, treats depression and improves your overall sense of wellbeing. Meditation is a habitual process of training your mind to focus and redirect your thoughts. There are different ways of meditation, most of them don't require any specialized equipment or space. All you require is little time from your busy life. You can practice at home for few minutes daily. Meditation is essential to feel well and live a Happy Life. Meditation can help us to eliminate negative thoughts, worries, anxiety, all factors that can prevent us feeling happy. It helps in reducing stress. It also controls anxiety. Less stress translates to less anxiety and promotes emotional health, enhances self-awareness, lengthens attention span, may reduce age-related memory loss, can generate kindness and it may help fight addictions.