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सम्पादकीय

अनवरत प्रयत्न

ब्रह्मचारी गिरीश जी
अध्यक्ष, महर्षि विद्या मन्दिर विद्यालय समूह



परम पूज्य महर्षि महेश योगी जी की यात्रा पर जब हम प्रकाश डालने का प्रयास करें तो हम पायेंगे कि उन्होंने सदैव सही समय पर कड़े एवं प्रभावशाली निर्णय लिये। समय पक्ष में हो या विपक्ष में, वे सदैव अपने कार्य करते रहे, धन हो या न हो जन-कल्याण के लिए विश्व का भ्रमण किया, हजारों-लाखों लोगों के जीवन को आनंदित करने का जो उन्होंने अभियान चलाया उससे वे क्षणिक भी विचलित नहीं हुए। भावातीत ध्यान योग शैली का प्रचार-प्रसार कर अनजाने लोगों के जीवन में अविस्मरणीय परिवर्तन लाने के प्रयास वे निरंतर करते रहे। भारतीय सनातन परंपरा को जीवित रखने के उनके प्रयास अतुलनीय हैं।

महाकुंभ 2025 में अनेकानेक साधु-संतों, गुरुओं, मठाधीशों, परम आदरणीय शंकराचार्यों ने एक स्वर में माना कि परम पूज्य महर्षि महेश योगी ने जो कार्य किये वह 'न भूतो न भविष्यति' अर्थात् न तो पहले किसी ने किये और मानव जीवन सीमित अवधि का है और संभवतः आने वाले समय में इतना अधिक कार्य करना साधारण-मानव के बस की बात नहीं है। अतः हमें यह सीखना होगा कि हमारे प्रयास हमारे लक्ष्य प्राप्ति की यात्रा में हमारे सहयात्री रहें और अनवरत प्रयास अवश्य ही लक्ष्य प्राप्ति में सहायक होते हैं। विद्यार्थी परीक्षा को लेकर गंभीर होते हैं, इसकी तैयारी की दुविधा में उनका-काफी समय और ऊर्जा लग जाती है। युवाओं के पास आधुनिक स्टार्ट-अप क्रांति से जुड़े श्रेष्ठ विचार होते हैं पर स्पष्टता नहीं होती कि प्रारंभ कहाँ से करें? आरंभिक चरण का विलंब कई बार औसत और महान व्यक्ति के भेद को स्पष्ट कर देता है। कुछ लोगों को भविष्य की चिंता सताती है तो कई ऐसे होते हैं जिन्हें लगता है कि अभी तो समय है और वे टालमटोल की राह पर बढ़ जाते हैं। अनेक बार सुव्यवस्थित योजना बनाने के बाद निश्चित प्रयासों के साथ आगे बढ़ेंगे- इस चतुराई में समय निकल जाता है। कई बार सब कुछ सुविधाजनक होते हुए भी कुछ लोग मात्र अपना मन न होने के चलते सही समय से चूक जाते हैं! दूर तक देख न पाने के चलते आरंभ का साहस नहीं जुटा पाते। अमावस्या की रात में आपको किसी जंगल

की यात्रा करने का अवसर आए तो टार्च के बाद भी दूर तक मार्ग नहीं दिखेगा किंतु जैसे-जैसे आगे बढ़ेंगे, मार्ग दिखता जाएगा। जीवन में भी ऐसा ही होता है अनेक बार। भले ही हमें पूरा योजनापथ दृष्टिगत न हो किंतु जितना दिखता है उसी के अनुसार बढ़ते रहना पड़ाव तक पहुँचने की गारंटी है। यदि प्रारंभ ही नहीं किया तो वर्ष निकल जाने के बाद आप जहाँ थे, वहीं ठहरे रहेंगे। काल के थपेड़ों से आपके संकल्प ध्वस्त हो जाएंगे। हृदय में दृढ़ संकल्प था इसलिए राह स्वतः बनती गई। महर्षि जी ने अनेक विघ्न-विरोध के बीच लोगों को सदाचार-सेवा और विश्व शांति के मार्ग की राह दिखाने का असंभव कार्य किया। अपने जीवन के माध्यम से ही ऐसे महापुरुष हमें सच्ची लगन-एकाग्रता और टालमटोल से मुक्ति की सीख देते हैं। अतः अनवरत प्रयास ही अपने जीवन को आनंद से भरने में अतिआवश्यक है। अतः भावातीत ध्यान, योग शैली का प्रतिदिन प्रातः एवं संध्या को 15 से 20 मिनट का नियमित अभ्यास आपको लक्ष्य को प्राप्त करने का सामर्थ्य प्रदान करेगा। अतः अपने जीवन में अभ्यास की निरंतरता को बनाए रखें क्योंकि जीवन आनंद है।

जय गुरुदेव, जय महर्षि

श्रीराम नवमी
 के पावन पर्व की समस्त भारतवासियों को
 हार्दिक शुभकामनायें

जय गुरुदेव, जय महर्षि

ब्रह्मचारी गिरीश



Maharishi World Peace Assembly 18 to 24 March 2026

In today's environment, where there is competition to surpass each other, it is natural for a common person to have the feeling that 'life is a struggle, life is difficult'. In such a situation, one easily remembers the message of the great saint of Bharat, His Holiness Maharishi Mahesh Yogi Ji, who believed that 'Life is Bliss, Life is Joyful'.

For the first time, Maharishi Ji presented Vedic Knowledge in very simple and understandable language to the world. Maharishi Ji not only presented the theoretical aspect of the Vedas and Vedic Vangmay but also provided the practical technique of Transcendental Meditation (TM), which establishes harmony and peace in the mind, intellect, consciousness and body of the practitioner of TM. When the mind is calm and there is no worry, then one will definitely experience Bliss in life.



To help all the citizens of this great country Bharat to always experience this Bliss, Hon'ble Chairman, Maharishi Educational Institutions Group, Ved Vidya Martand Brahmachari Girish Ji has initiated organising of Maharishi World Peace Assemblies (MWPA) since 2022. The latest MWPA was organised from 18 to 24 March 2026 at Maharishi Bliss Residency Bhopal.

Inaugurating this Maharishi World Peace Assembly, Brahmachari Girish Ji said "such assemblies with larger number of participants are required regularly. The ocean gets filled with drops. We are small in number but we definitely generate positive effect in collective consciousness of the World. His Holiness Maharishi Ji has gifted the formula to establish permanent world peace, but governments have not understood it and now we are witnessing serious war situation and everyone is afraid of escalating it to world war."

Brahmachari Girish Ji further said "having one group of 10000 practitioners of Transcendental Meditation, Siddhi programme and Yogic Flyers in India can create enough coherence in collective consciousness of the world which will create peace and harmony between nations. Government of India should take lead and create this group in the interest of Indian citizens and fellow global citizens."

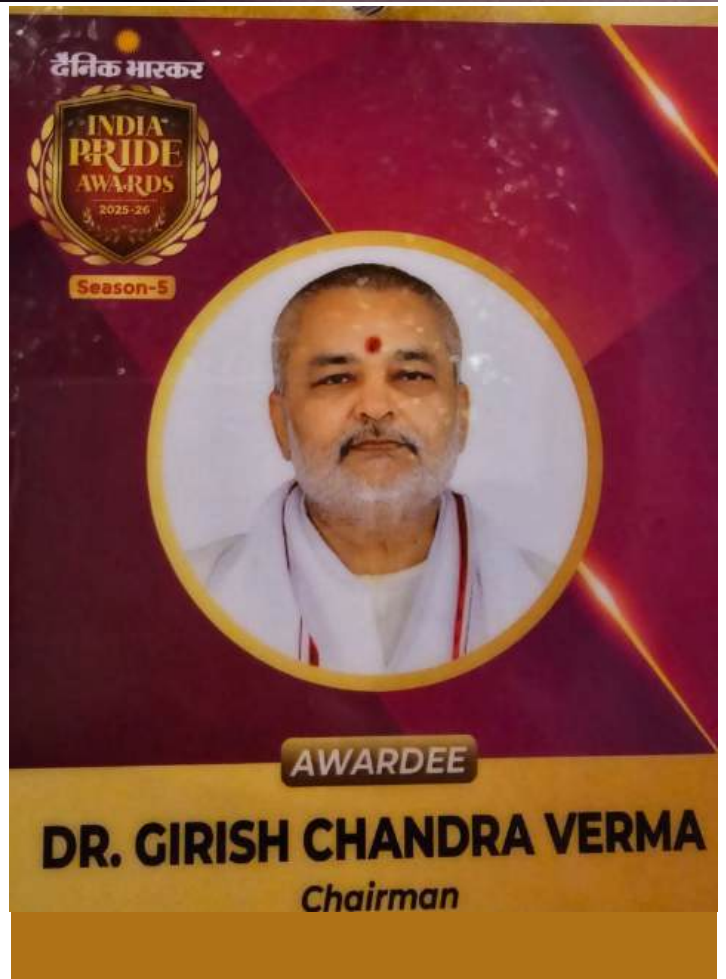
44 participants attended this MWPA in March 2026. Prof. Bhuvnesh Sharma, former Hon'ble Vice-Chancellor Maharishi Mahesh Yogi Vedic Vishwavidyalaya, Dr. P. C. Joshi, Executive Director, MVM Schools Group, Shri V. R. Khare, Secretary General of Maharishi World Peace Movement, Smt. Arya Nandkumar, National Secretary, Communication, MWPM and Shri R. S. Patwari, National Coordinator MCBE also addressed the assembly.

Photographs Maharishi World Peace Assembly



India Pride Award 2025-26

Largest Newspaper group Dainik Bhaskar honoured Ved Vidya Martand Brahmachari Girish Ji with "India Pride Award 2025-26" on 5th March 2026, for his exemplary contribution in the field of education. Hon'ble Minister of Government of India, Ministry of Youth Affairs & Sports Shri Mansukh L. Mandaviya, conferred this award.





चैत्र नवरात्रि महोत्सव

ब्रह्मानंद सरस्वती आश्रम भोपाल स्थित महर्षि वेद विज्ञान विद्यापीठ में चैत्र नवरात्रि के पावन अवसर पर श्री सहस्रचंडी महायज्ञ पूर्ण हुआ। वेद विद्या मार्तंड ब्रह्मचारी गिरीश जी ने यज्ञ की पूर्णाहुति पूर्ण आस्था के साथ अर्पित की। उन्होंने इस पावन अवसर पर विश्व परिवार के सभी नागरिकों के लिए उत्तम स्वास्थ्य, शांति और समृद्धि के संकल्प के साथ इस प्रभावशाली यज्ञ संपादन के लिए वैदिक आचार्यों को धन्यवाद दिया।

ब्रह्मचारी गिरीश जी ने कहा "योग और यज्ञ प्रत्येक व्यक्ति और समाज के समग्र विकास की दो अनमोल कुंजियाँ हैं। इन्हें व्यापक स्तर पर करने की आवश्यकता है। महर्षि संगठन में लगभग 5000 वैदिक पंडित हैं जो नित्य योग एवं भावातीत ध्यान का अभ्यास करते हैं और हमारे विश्व परिवार के

लाभ के लिए प्रतिदिन विभिन्न देवी-देवताओं के यज्ञ करते हैं। यह कलियुग है और इसके प्रभाव का शमन करने के लिए हमें जीवनपरक, जीवन का विकास करने वाले वैदिक ज्ञान को जनमानस तक पहुंचाना होगा, ताकि वे वैदिक दिनचर्या और ऋतुचर्या का पालन कर सकें। जब हम प्रकृति के नियमों का पालन करते हैं और प्रकृति का समर्थन करते हैं, तो हमें प्रकृति से समर्थन प्राप्त होता है। अतः जीवन में सकारात्मक वातावरण लाने के लिए वैदिक ज्ञान को शिक्षा की मुख्यधारा में शामिल करना होगा।"

इस अवसर पर कन्या भोज का भी आयोजन किया गया। ब्रह्मचारी गिरीश जी ने कन्याओं का पूजन किया और उन्हें स्वादिष्ट भोजन के साथ चुनरी और दक्षिणा भेंट की।





Sahasrashirsha Devi Mandal Celebrate "International Women's Day"

International Women's Day was celebrated by Sahasra Sheersha Devi Mandal, female wing of Maharishi World Peace Movement on 8th March 2026 at Radha Ri Dhani, Bhopal.

In his message, the President of Maharishi World Peace Movement, Brahmachari Girish Ji extended warm wishes to all women on International Women's Day, "today women all over the world are contributing a lot in all the fields and raising prestige of humanity to newer heights. Also the contribution of women power in establishing world peace is immense."

On this occasion welcoming all the dignitaries and participants present, Smt. Arya Nandkumar, National Secretary– Communication, Maharishi World Peace Movement said that "This day is a celebration of the courage, determination and remarkable achievements of women who continue to inspire and shape our society. This is also an opportunity to reiterate our commitment to build a more inclusive and equitable society—a society where every woman and girl is empowered with opportunities, dignity, and the freedom to fulfil her aspirations."

The celebration began with group practice of Transcendental Meditation. On this occasion, many interesting games including gifts exchange game, balloon game etc. were organized to make all the women present feel special.

On this occasion Smt. Manvi Bhargava of Maharishi Vidya Mandir Schools, Bhopal was selected as "Queen of Sahasra Sheersha Devi Mandal" and was honoured with crown, memento and gift.

On the completion of the programme, Smt. Arya Nandkumar felicitated all the participants with mementos and expressed her gratitude to all.



INTERNATIONAL WOMEN'S DAY CELEBRATION

With the divine blessings His Holiness Maharishi Mahesh Yogi Ji, International Women's Day was celebrated on 8th March 2025 with great enthusiasm and pleasure in all Maharishi Vidya Mandir Schools and other Maharishi Organisations in the country.

International Women's Day celebration is presented below through picture gallery:



Maharishi Vidya Mandir, Tiruvannamalai



Maharishi Vidya Mandir, Tiruvannamalai



Maharishi Vidya Mandir, Khargone



Maharishi Vidya Mandir, Khargone



Maharishi Vidya Mandir, Gonda



Maharishi Vidya Mandir, Amarpatan



Maharishi Vidya Mandir-3, Chhatarpur



Maharishi Vidya Mandir-3, Chhatarpur



Maharishi Vidya Mandir, Jammu



Maharishi Vidya Mandir, Jammu



Maharishi Vidya Mandir, Naini, Prayagraj



Maharishi Vidya Mandir, Naini, Prayagraj



Maharishi Vidya Mandir, Junsi Prayagraj



Maharishi Vidya Mandir, Junsi Prayagraj



Maharishi Vidya Mandir, Shahdol



Maharishi Vidya Mandir, Shahdol



Maharishi Vidya Mandir, Khatima



Maharishi Vidya Mandir, Khatima



Maharishi Vidya Mandir-I, Jabalpur



Maharishi Vidya Mandir-I, Jabalpur



Maharishi Vidya Mandir, Seoni



Maharishi Vidya Mandir, Seoni

परम पूज्य महर्षि महेश योगी जी की दिव्य छत्रछाया में ब्रह्मचारी गिरीश जी

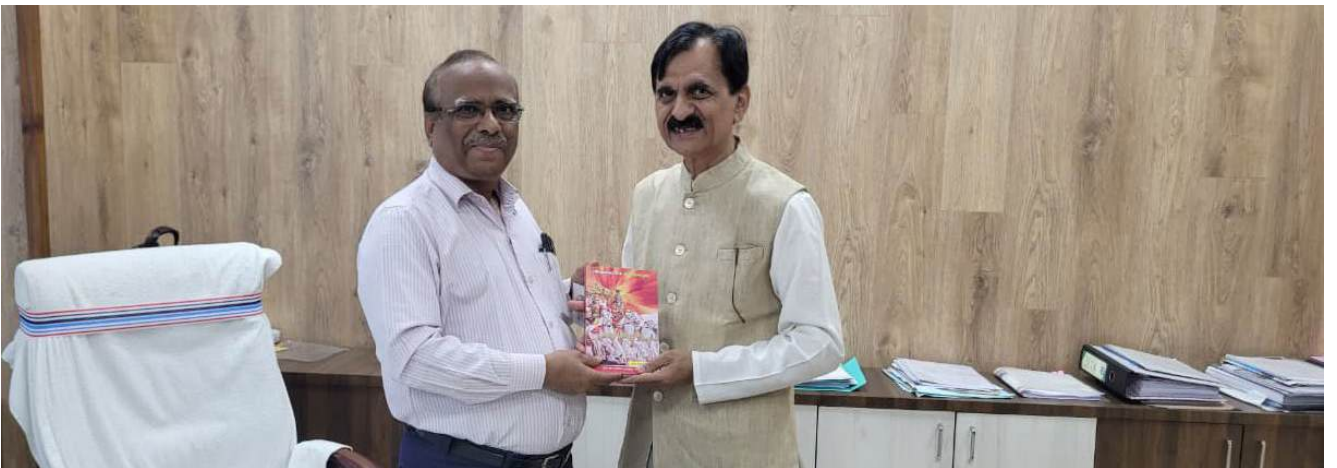


श्रीमती अनीता जोशी जी ने नोएडा के विधायक श्री पंकज सिंह जी से भेंट कर उन्हें वेद विद्या मार्तण्ड ब्रह्मचारी गिरीश जी द्वारा लिखित पुस्तक "परम पूज्य महर्षि महेश योगी जी की दिव्य छत्रछाया में ब्रह्मचारी गिरीश" भेंट की। इस अवसर पर भारतीय जनता पार्टी के महानगर अध्यक्ष श्री महेश चौहान जी भी उपस्थित थे।

श्री पंकज सिंह जी एवं श्री महेश चौहान जी ने ब्रह्मचारी गिरीश जी को हार्दिक शुभकामनाएँ प्रेषित कीं।

महर्षि यूनिवर्सिटी ऑफ मैनेजमेंट एंड टेक्नोलॉजी

दिनांक 18 मार्च 2026 को महर्षि यूनिवर्सिटी ऑफ मैनेजमेंट एंड टेक्नोलॉजी बिलासपुर के कुलपति पद का कार्यभार ग्रहण करने के पश्चात डॉ. नरेश कुमार तिवारी जी ने छत्तीसगढ़ निजी विश्वविद्यालय विनियामक आयोग के माननीय अध्यक्ष प्रो. विजय कुमार गोयल जी से सौजन्य भेंट की। दोनों शिक्षाविदों ने उच्च शिक्षा की गुणवत्ता को सुदृढ़ करने एवं राज्य सरकार की शिक्षा संबंधी नीतियों के प्रभावी क्रियान्वयन के संबंध में सार्थक चर्चा की। इस अवसर पर विश्वविद्यालय के कुलसचिव डॉ. विजय गारुड़िक भी उपस्थित थे।



Academic & Co-curricular events of Maharishi Vidya Mandir Schools

Achievement of Student of MVM Bareilly

Shri Pranjal Dwivedi former student of Maharishi Vidya Mandir, Bareilly got selected through Provincial Civil Services (PCS) examination conducted by the Uttar Pradesh Public Service Commission (UPPSC). He has been selected for the post of Commercial Tax Officer.

Shri Pranjal studied at Maharishi Vidya Mandir Bareilly from nursery to class 12, showcasing a strong academic foundation and remarkable discipline. This success stands as a testament to his dedication and hard work, making him an ideal inspiration for current and future students. The entire Maharishi family extends congratulations and wishes him very best for his future endeavours through the eternal blessings of Maharishi Ji.



Maharishi Vidya Mandir-I Bilaspur

Ku. Stuti Solanki, student of MVM-I Bilaspur got the 2nd prize in the prestigious State Level Bhagvad Geeta quiz contest organised by ISKCON at Bilaspur (C.G.). She was awarded with a bicycle and an exciting trip to ISRO.



Maharishi Vidya Mandir Jammu

Maharishi Vidya Mandir Jammu celebrated National Science Day 2026 by organising an exhibition titled "Science and Technology for Society." The event showcased creative projects on sustainable energy, conservation and modern techniques fostering scientific temper through hands-on learning. It was an inspiring day of innovation that successfully bridged the gap between the theories studied in classrooms and real-world application.



Maharishi Vidya Mandir-I Jabalpur

Maharishi Vidya Mandir-I Jabalpur hosted a vibrant and eco-friendly Flower Holi Celebration, emphasizing the values of unity, safety, and environmental responsibility. Shunning chemical colors, students in festive attire celebrated by showering flower petals and sharing sweets, fostering a joyful atmosphere of camaraderie. In an inspiring address, Principal, Shri Rajesh Narula highlighted the importance of celebrating Holi with natural materials and respecting the feelings of others, ensuring a disciplined yet spirited environment. The program concluded with music and group photographs, leaving the school community with cherished memories of a sustainable and harmonious celebration.



Maharishi Vidya Mandir Tiruvannamalai

MVM Tiruvannamalai celebrated the auspicious occasion of Rama Navami on 27 March 2026 with great devotion and enthusiasm. The celebration began with Shri Guru Parampara Poojan, invoking blessings and setting a spiritual tone for the event.

This was followed by a Transcendental Meditation session, where students and teachers participated wholeheartedly, creating a calm and focused atmosphere across the campus.

The highlight of the event was the inspiring speech delivered by Principal Smt. R Anitha Ram. She spoke about the ideals of Rama Rajyam, emphasizing values such as righteousness, discipline, compassion, and good governance, encouraging students to imbibe these virtues in their daily lives.

Students actively participated by chanting the sacred Hare Krishna Maha Mantra, filling the environment with positivity and devotion. Along with the teachers, they also recited verses from the Kamba Ramayanam, showcasing cultural richness and spiritual unity.

The celebration was a meaningful and enriching experience for everyone, reinforcing moral values and promoting spiritual awareness among students.



Maharishi Vidya Mandir Nadaun

On March 19, the auspicious festival of Chaitra Navratri commenced at Maharshi Vidya Mandir School Nadaun with great devotion and enthusiasm. On this pious occasion, the programme was inaugurated by the Principal Shri Sushil Awasthi in presence of esteemed guests and the entire teaching staff.

As part of the ceremony, all present collectively performed the Jyoti Pujan following proper rituals and invoked the blessings of Goddess Durga for the prosperity, well-being, and progress of the institution. The entire school community participated wholeheartedly, reflecting deep faith and devotion.

Furthermore, on the sixth day of Navratri, Kanya Pujan was organized with great reverence. Young girls were worshipped as embodiments of Goddess Durga. They were offered prasada consisting of halwa, puri, and chana, and their blessings were sought for the continued growth and success of the school.

The main objective of the event was to invite positive energy, prosperity and a bright future for the institution. The entire event was successfully conducted in an atmosphere filled with devotion, positivity, and joy.



Maharishi Vidya Mandir-I Rayagada

On 20th March 2026 “World Water Day” was celebrated at Maharishi Vidya Mandir, Rayagada with great enthusiasm. The programme began with Shri Guru Parampara Pujan & lighting of the lamp.

Address Shri Devi Prasad Das, Hydrologist, Ground Water Division, Rayagada, Chief Guest of the Day. Shri Das has enlightened the students regarding the use and conservation of water.



Maharishi Vidya Mandir Sagar

On 16 March 2026, students of Maharishi Vidya Mandir, Sagar visited Akashwani Kendra, Sagar got an opportunity to showcase their talents in the programme 'Baal Sabha'.

Students made their presentations very enthusiastically and with lot of confidence. Principal, MVM Sagar, Dr. Sunil Kumar Upadhyay told that participation in such programmes not only boosts student's self-confidence but also fosters the development of their language skills and expressive abilities.



यातायात पार्क में महर्षि विद्या मंदिर के छात्रों को यातायात नियमों का व्यावहारिक प्रशिक्षण

विद्यार्थियों में सड़क सुरक्षा के प्रति जागरूकता विकसित करने के उद्देश्य से महर्षि विद्या मंदिर, छतरपुर द्वारा एक शैक्षिक भ्रमण का आयोजन किया गया। इस अवसर पर विद्यालय के विद्यार्थियों को नवनिर्मित यातायात पार्क ले जाया गया, जहाँ उन्हें यातायात के नियमों की विस्तृत एवं व्यावहारिक जानकारी प्रदान की गई।

कार्यक्रम के दौरान यातायात विभाग के अधिकारी श्री आकाश गौतम द्वारा विद्यार्थियों को सड़क सुरक्षा एवं यातायात नियमों के संबंध में सरल, प्रभावी एवं रोचक तरीके से मार्गदर्शन दिया गया। उन्होंने ट्रैफिक सिग्नल के प्रकार, सड़क पार करने के सुरक्षित तरीके, हेलमेट एवं सीट बेल्ट के अनिवार्य उपयोग, वाहन चलाते समय सावधानियाँ तथा पैदल चलने के नियमों के बारे में विस्तार से जानकारी दी।

विद्यार्थियों ने अत्यंत उत्साह एवं रुचि के साथ इस प्रशिक्षण में सहभागिता की तथा यातायात के नियमों को ध्यानपूर्वक समझा। इस अवसर पर विद्यार्थियों ने अपने दैनिक जीवन में यातायात नियमों का पालन करने का संकल्प भी लिया।



Wellness News

Benefits of Sweet Potatoes

The health benefits of sweet potatoes include their ability to help gain weight, boost immunity, aid in digestion, treat asthma and bronchitis, and control diabetes. Sweet potatoes also help in treating arthritis and stomach ulcers.

What Are Sweet Potatoes?

Sweet Potatoes, also known as yams, are tuberous crops with the scientific name *Ipomoea batatas*. The plant is a creeper with heart-shaped or lobed leaves.



The colour of the tuber varies from purple or red to pale yellow or white, depending upon the variety, soil type, climate, and available minerals.

The red variety has drier and harder flesh while the white and yellow types have juicier flesh. The red variety has a characteristic aroma which becomes more prominent on boiling. The more reddish or orange the colour of the flesh of the sweet potatoes, the stronger the aroma will be. Perhaps, this is due to the presence of beta-carotene, the concentration of which also increases with the colour.

Health Benefits of Sweet Potatoes

Sweet potatoes have many health benefits. Let's explore them in detail below.

Improve Digestion

The fibre content of sweet potatoes is higher than that of common potatoes and they taste good too! When these two factors are combined with other minerals like magnesium, which is present in sweet potatoes, it makes an excellent facilitator

for digestion. Sweet potatoes are easy to digest as well since they mainly contain starch. They are soothing for the stomach and intestines, so you can avoid any difficulties of digesting them.

Promote Weight Gain

Sweet potatoes contain good amounts of complex starch, along with healthy vitamins, minerals, and some proteins. Moreover, they are very easy to digest. Thus, they provide a lot of energy and are excellent bulk builders for people looking to gain weight.



People who have recently suffered from illnesses, or are self-conscious about being frail or abnormally thin should welcome

this news about sweet potatoes since there are no associated side effects, which most of the synthetic bulk building dietary supplements have.

Treat Inflammation

Like the common potatoes, sweet potatoes also have anti-inflammatory properties, although they belong to different food families. This is primarily due to the presence of beta-carotene, vitamin C, and magnesium. They are equally effective in curing internal and external inflammation.

Boost Immune System

Being very rich in beta-carotene, which is a major antioxidant, along with vitamin C and B complex vitamins, iron, and phosphorus, sweet potatoes are excellent immune system boosters that can defend

your body from a wide variety of conditions and afflictions.

Relieve Asthma

Sweet potatoes are effective for curing congestion of the nose, bronchi, and lungs; thereby, giving relief from asthma. Its typical aroma helps in this property.

Treat Bronchitis

Sweet potatoes are believed to be capable of warming up the body, possibly due to the sweetness and other nutrients that impact body temperature. This property is also beneficial for people suffering from bronchitis, along with its powerful effect on congestion. The concentration of vitamin C, iron, and other nutrients help to cure bronchitis.

Reduce Arthritis Pain

Beta-carotene, magnesium, zinc, and vitamin B complex make sweet potatoes highly important food source for managing arthritis. The water in which sweet potatoes are boiled can also be applied externally on joints to ease the associated pain of arthritis.

Treat Cancer

Beta-carotene, the champion antioxidant and an anticarcinogenic substance, is the pigment responsible for the colour of the peel of sweet potatoes. The beta-carotene and vitamin C contained in sweet potatoes are very beneficial for curing various types of cancer, mainly those of colon, intestines, prostate, kidneys, and other internal organs.

Treat Stomach Ulcers



Sweet potatoes have a soothing effect on the stomach and the intestines. B-complex vitamins, vitamin C, beta-carotene, potassium, and calcium are all very effective in curing stomach ulcers. Moreover, the roughage in sweet potatoes prevents constipation

and the resultant acid formation, thereby reducing the chance of ulcers. The anti-inflammatory and soothing properties of sweet potatoes also reduce the pain and inflammation of the ulcers.

Control Diabetes



Contrary to popular belief, sweet potatoes are beneficial for diabetics. Amazingly, they are very effective in regulating blood sugar levels by helping the proper secretion and function of insulin. Of course, that does not mean that diabetics should eat them indiscriminately. The idea is that sweet potatoes can replace rice or carbohydrate intake as a healthier option.

Prevent Dehydration

The fibre or roughage present in sweet potatoes helps the body retain water. This maintains water balance in the body, keeping you hydrated, and your cells functioning efficiently.

Other Benefits

Sweet potatoes are effective for helping people quit addictions like smoking, drinking, and taking certain narcotics. They are good for the health of arteries and veins, as they protect their walls against hardening. The high concentration of beta-carotene (an alternative form of vitamin A) and phosphorus are excellent for both ocular and cardiac health.

So, go out and grab a sweet potato for your next meal; they are delicious and nutritious. Yum! Yum! Yam!

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