



HIS HOLINESS  
MAHARISHI MAHESH YOGI JI

# E-Gyan

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## Maharishi Speaks to Students\*

### Education to create an ideal citizen

**Living life in accordance with Natural Law, the basis of an ideal society and an ideal, invincible nation.**

#### Main Points:-

1. Invincibility of a nation is a state of national consciousness so strong, coherent, and integrated that disruptive influences cannot penetrate it. The development of invincibility in every nation is the only practical approach to world peace.
2. In this age of nuclear weapons no country, however powerful, can really defend itself from destruction. The time demands a new technology of peace.
3. Crime breaks the internal peace of every nation. Maharishi's technology for peace has been demonstrated in over a thousand cities all over the world where one percent of the population practises Maharishi's Transcendental Meditation Technique, resulting in significant decreases in crime rate. This phenomenon is known as the Maharishi Effect.
4. The practice of Maharishi's Transcendental Meditation Technique develops a high degree of coherence in brain functioning. This influence of orderliness in individual awareness radiates to the environment. Even a few people whose consciousness is coherent are sufficient to make the national consciousness coherent and invincible.
5. The Maharishi Effect has already begun to influence the affairs of nations and is responsible for the signs of a better climate found in international affairs today.
6. Due to the simplicity and universality of Transcendental Meditation Technique, it is completely independent of and yet supportive to any system of government, or any economic, social, religious, or educational system.
7. The Transcendental Meditation Technique creates in the awareness a state of complete silence, which Maharishi describes as the source of thought from where all Laws of Nature emerge. When the mind is established on this level, thinking and action are automatically in accordance with all the Laws of Nature.
8. The fundamental basis of education is the state of enlightenment, in which the knower has full knowledge of himself.

9. Without enlightenment one is absorbed only in the details of knowledge and does not experience directly that inner wakefulness, or pure consciousness, which is the basis of all knowledge. One knows the object without the knower.
10. Maharishi says that knowledge is structured in consciousness and that pure consciousness is the field of pure knowledge, the home of all knowledge. Knowledge will be complete only when awareness is open to this level of pure knowledge.
11. Maharishi explains that a fully educated man is an enlightened man, who not only has depth of understanding of the various academic disciplines but is also master of his own destiny. He feels at home in every undertaking and every field of life.
12. Education should allow the student to grow in the ability to be at home with everything while he is still in the process of learning. Such an ideal education is available to every country today through Maharishi's Science of Creative Intelligence and its practical aspect, the Transcendental Meditation and TM-Sidhi Programme.
13. Ideal education will produce a fully developed man whose awareness is so cultured that he spontaneously functions according to all the Laws of Nature and enjoys the support of Nature for the achievement of all his goals. Such a man can simultaneously fulfil both his own interests and the interests of everyone else.
14. Ideal education will culture individual life to create an ideal man. By creating ideal individuals we can create an ideal society, which will be self-sufficient, integrated, harmonious, progressive, and fulfilled. A coherent and integrated society is the basis of an invincible nation.
15. To create ideal education it is only necessary to complement the present systems of education with the knowledge of creativity, Maharishi's Science of Creative Intelligence, in order to fully culture man's awareness.
16. To gain more and more knowledge, to accomplish more and more, is the nature of life. To know more and create more it is necessary to expand the container of knowledge—consciousness.
17. The universal lack in education is that it does not prepare the learner for learning. Consciousness, which is the basis of learning, can be expanded to contain the entirety of life. The Science of Creative Intelligence is the direct way to unfold this infinite creativity in man.
18. When the whole stream of individual life is evolutionary, the collective consciousness of the nation will be evolutionary and the nation will spontaneously enjoy invincibility.

### **Invitation to create an ideal society**

#### **Maharishi's message to the Citizens of the Age of Enlightenment.**

##### **Main Points:-**

1. The Spiritual Regeneration Movement was founded in 1958 to bring the innermost spiritual content of consciousness into the daily activity and behaviour of all mankind, through the Transcendental Meditation Programme.
2. During the past eighteen years there has been a growing fulfilment of this aspiration, and the greatest achievement of the millions of practitioners of Transcendental Meditation around the world is the rise of world consciousness.



3. In the practice of the Transcendental Meditation Technique the mind settles down to a quiet state of awareness, Transcendental Consciousness, beyond the field of activity, and by retiring from activity the field of activity is purified.
4. This powerful influence of purity and harmony produced by practitioners of Transcendental Meditation has been demonstrated in about 1000 cities in which one per cent of the population practises the Transcendental Meditation Technique. Through this influence of orderliness, the trends of the whole community become more positive.
5. Harmony is rising in world consciousness, and nations are becoming more cordial towards one another. This growth of harmony in the world is on the basis of individuals rising to Cosmic Consciousness, the state in which Transcendental Consciousness is permanently maintained along with activity.
6. No matter what a man's reason for starting the practice of Transcendental Meditation, he will immediately begin to enjoy its benefits on all levels of life. Transcendental Meditation brings about a holistic development of the personality, from the most delicate, inner spiritual values of life to the levels of psychology and physiology. It is this holistic improvement in the quality of individual life that improves the quality of life of the environment.
7. There is a reciprocal relationship between the individual and society. The growth of individual consciousness raises collective consciousness, and the growth of collective consciousness in turn raises individual consciousness.
8. The enriching influence that an individual practising Transcendental Meditation radiates in the environment returns to him manifold. The result is that the Meditator's experience of pure consciousness becomes deeper and he grows more quickly in the value of Cosmic Consciousness.
9. By introducing the Transcendental Meditation Programme to as many people as possible, every practitioner of Transcendental Meditation can contribute to our global endeavour to create an ideal society. At the same time, he will be helping those around him to enjoy a faster pace of evolution.
10. In almost every country today there is an upsurge of more refined human values, such as kindness, compassion, and higher moral values. These are the outer expressions of the enlivenment of the field of pure consciousness by those practising the Transcendental Meditation Technique.
11. When collective consciousness rises in one part of the world, the whole world enjoys the benefits. Every practitioner of Transcendental Meditation in every part of the world is responsible for the beautiful influence of happiness, harmony, and peace that is being created for the whole world.
12. The only effective way for an individual to contribute to a more integrated and progressive community life is through the daily practice of the Transcendental Meditation Technique.
13. Courses have been structured for every area of society in order to bring the knowledge and experience of the Science of Creative Intelligence to everyone in the world. This knowledge is available through the Capitals of the Age of Enlightenment established worldwide. Through this knowledge every practitioner of Transcendental Meditation will be the permanent foundation for the full sunshine of the Age of Enlightenment.

**Jai Guru Dev**

## खेल प्रबंधन संचार और विपणन

विष्णुकान्त सहाय  
विभागाध्यक्ष, शारीरिक शिक्षा, महर्षि इंस्टीट्यूट ऑफ मैनेजमेंट, भोपाल



आज के वर्तमान युग में जब संचार और विपणन की हर तरफ धूम मची है और कोई भी विधा स्वयं को इससे नहीं बचा पाई है तब खेल इससे अछूता कैसे रह सकता है। आज कोई भी खेल प्रबंध जब तक संचार और विपणन का सहारा ना ले सफल नहीं हो पाता जिसका जीता जागता प्रमाण है खेलों में पहने जाने वाले पहनावे में रंगीन पहनावों का प्रवेश। क्रिकेट जिसेकि शुरुआत में सभ्य लोगों का खेल कहा जाता था और पहनावे का रंग विशुद्ध सफेद था, बैडमिन्टन में भी सफेद पहनावों का चलन हुआ करता था आज संचार और विपणन का ही प्रभाव है की इन खेलों में रंगीन परिधानों का प्रवेश हुआ है।

### परिचय

**खेल प्रबंधन:** खेल प्रबंधन मात्र खेलकूद की प्रतियोगिताओं का आयोजन नहीं, वरन् उससे जुड़ी अन्य गतिविधियों का समुचित प्रबंधन है। यही वजह है कि आज किसी भी अंतर्राष्ट्रीय स्तर की प्रतियोगिताओं के आयोजन से जुड़ी गतिविधियाँ 5-10 वर्ष पूर्व प्रारम्भ हो जाती हैं। जिसका वास्तविक अनुभव हमने गत वर्ष देश में आयोजित राष्ट्रमण्डल खेलों के सफल आयोजन में किया। यातायात, सुरक्षा एवं अन्य सारे प्रबंध संचार साधनों के मदद से सफल हुए हैं। 2016 एवं 2020 के ओलंपिक खेलों के आयोजन की प्रक्रिया भी प्रारंभ हो चुकी है।

**संचार और विपणन:** आज संचार क्रांति का प्रभाव है कि किसी भी प्रतियोगिता अथवा खेल गतिविधि की त्वरित व सीधी जानकारी आम लोगों तक पहुंच पा रही है, जब खेलों के आयोजक इन संचार सुविधाओं का उपयोग करते हैं, तब इन पर होने वाला व्यय काफी अधिक होता है जिसे की आयोजक स्वयं नहीं कर सकता तब उसे खेल प्रबंध के लिए ऐसे सहयोगियों की आवश्यकता होती है जो की उसे मदद कर सकें यहीं से खेल प्रबंधन में विपणन का प्रवेश होता है क्योंकि विपणन के माध्यम से ही खेल प्रबंधक संचार सुविधाओं का उपयोग कर सकता है। जिस तेजी से सूचना और संचार के क्षेत्र में क्रांति आई है और इसके माध्यम से विपणन ने सड़क के किनारे के होर्डिंग, बैनर और पर्चों से शुरुआत कर आज टीवी, इंटरनेट और मोबाइल के माध्यम से लोगों के घरों और जेबों से होते हुए दिमाग में घर बना लिया है। आज किसी भी खेल का प्रबंधन इससे अछूता नहीं रह सका है।

**अभी कहां हैं हम:** आर्थिक परेशानियों के बावजूद खेलों की लोकप्रियता लगातार बढ़ रही है। फुटबाल, हाकी, क्रिकेट, बेसबॉल, रग्बी जैसे खेलों के प्रशंसकों की संख्या लगातार बढ़ रही है। ब्राडकास्टिंग और टेक्नोलाजी में हो रहे लगातार सुधारों के कारण प्रमुख खेलों के प्रति लोगों की रुचि बढ़ी है। टीवी के साथ ही सोशल मीडिया के जरिए लोग खेलों से जुड़ रहे हैं और वे पहले की तुलना में अधिक तीव्रता से



अपने अनुभवों को साझा भी कर रहे हैं। यही वजह है कि प्रायोजक कंपनियां खेल, खिलाड़ियों और टीमों से जुड़ने के लिए बेताब हैं। ब्राजील, रूस, भारत, चीन और मध्यपूर्व के देशों में लगातार स्पोर्ट्स मार्केट का विस्तार हो रहा है। ऐसे में घरेलू और अंतर्राष्ट्रीय खेलों के लिए नए व्यावसायिक मौके पैदा हो रहे हैं।

**प्रायोजक क्यों:** प्रायोजक खेलों में पैसों की आमद में इजाफा करते हैं। वे खेलों को किसी दूसरे व्यवसाय की तरह लेते हैं और निवेश के बदले लाभ के मौके तलाशते हैं। इससे खेल में अधिक परिष्कृत तकनीक को अपनाने का दबाव बनता है। इससे खेल संस्थाओं और संगठनों को भविष्य की पीढ़ियों के लिए एक लाभकारी व्यावसायिक मॉडल बनाने और खेलों में हो रहे घाटे को कम करने में मदद मिलती है। वहीं, जो खेल अधिक लोकप्रिय हैं, उनमें प्रायोजकों का मुनाफा भी बढ़ जाता है।

**ग्लोबल स्पोर्ट्स मार्केट:** खेल और मनोरंजन की वाणिज्यिक गतिशीलता हमेशा से ही एक-दूसरे पर छाती रही है लेकिन अब यह चलन और अधिक हो गया है। कई मामलों में देखने को मिल रहा है कि खेलों में मनोरंजन और उसकी व्यावसायिक सफलता एक ही सिक्के के दो पहलू बन गए हैं। इसका अंदाजा इसी बात से लगाया जा सकता है कि पहले इंडियन ग्रांड प्रिक्स के लिए लेडी गागा ने आफ्टर पार्टी परफॉर्म किया। 2008 में जब पहली बार इंडियन प्रीमियर लीग शुरू किया गया था तब क्रिकेट पर जितना फोकस किया गया था उतना ही फोकस उसके साथ जोड़े गए मनोरंजन के इवेंट्स पर भी।

**प्रायोजन की वजह से प्रभावित होते हैं खेल:** क्रिकेट, फुटबॉल जैसे कई खेलों में दर्शकों को लिए ज्यादा मनोरंजन मिले इस बात पर ध्यान दिया जा रहा है। इसी वजह से (आईपीएल) टी-20 जैसे प्रयोग सफल रहे और खिलाड़ियों की ब्रांड वैल्यू भी पहले से कई गुना बढ़ी। खेलों में निवेश को लेकर प्रायोजक काफी सतर्क हो गए हैं। उदाहरण के लिए इन दिनों यूरोप के कई शीर्ष फुटबाल क्लब भारी कर्ज में दबे हैं। सिर्फ 20 फीसदी क्लब ही लाभ कमा पा रहे हैं। 2008 में बीजिंग में ओलिंपिक खेलों के आयोजन के बाद 2010 में भारत में राष्ट्रमंडल खेल आयोजित किए गए। आने वाले सालों में भी इन चारों देशों में कई खेल आयोजन होने हैं जिससे बाजार का और ज्यादा विस्तार होगा।

खेल और मनोरंजन के बीच एक और समानता का क्षेत्र सोशल मीडिया के बढ़ते उपयोग का है। सोशल मीडिया लगातार पारंपरिक प्रसारणकर्ताओं के साथ ही खिलाड़ियों के लिए मौके और चुनौती पैदा कर रहा है, जहां मैदान के बाहर ट्विटर जैसी साइट्स पर वे अपनी बात रख रहे हैं। इस खुले व्यक्तिगत संवाद से प्रशंसक खिलाड़ियों के करीब आ जाते हैं। इससे आयोजकों को मौका मिलता है कि वे अपने ब्रांड का प्रचार कर सकें और यह समझ सकें कि प्रशंसक उस ब्रांड को किस तरह से ले रहे हैं। जिस तरह से लोग अपने पसंदीदा टीवी कार्यक्रमों में वोट करते हैं उसी तरह से खेल प्रशंसक तेजी से अपनी पसंदीदा टीम या खिलाड़ी के साथ सोशल नेटवर्किंग साइट्स से जुड़ना चाहते हैं।

**खेलों का अंतर्राष्ट्रीयकरण:** स्पोर्ट्स मार्केट में स्पॉन्सरशिप के तहत टीम, लीग, इवेंट या उसके नाम के साथ जुड़े किसी प्रोडक्ट के लिए किया गया भुगतान शामिल होता है। इसके अलावा खेल के लिए गेट

रेवेन्यू टीवी नेटवर्क, रेडियो, इंटरनेट और मोबाइल पर खेलों के प्रसारण के लिए मीडिया राइट्स की फीस, टीम के साथ जुड़ी चीजों या लीग के लोगों को बेचने के लिए लाइसेंस लेना शामिल है। खेल संगठनों पर अभी सबसे ज्यादा दबाव इस बात का है कि अंतरराष्ट्रीय बाजार में खेलों को बढ़ावा कैसे दिया जाए। इसके अलावा उन्हें स्थानीय स्तर पर खेल की गरिमा व जनता के सहयोग को भी बरकरार रखने की जिम्मेदारी पूरी करनी है। इंग्लिश प्रीमियर लीग के 39वें खेल को ओवरसीज लोकेशन पर कराए जाने की मीडिया और खेल समर्थकों ने आलोचना की। जबकि अंतरराष्ट्रीय खेल प्रशंसकों ने इस नई व्यवस्था का स्वागत किया। इसका ताजा उदाहरण है कि फीफा वर्ल्डकप के दो उभरते स्पोर्ट्स मार्केट रूस और कतर में क्रमशः 2018 और 2022 में फुटबाल मैच कराए जाने का निर्णय लिया गया है।

**2015 तक बढ़ेगा ग्लोबल स्पोर्ट्स रेवेन्यू:** आर्थिक अस्थिरता के दौर में यह साफ है कि वैश्विक आर्थिक शक्ति का संतुलन बनाने के लिए खेल आयोजक अब पूर्वी और दक्षिणी देशों का रुख कर रहे हैं। इससे खेलों के अंतरराष्ट्रीयकरण की गति को बनाए रखने में मदद मिलती है। अब अंतरराष्ट्रीय खेलों को जो राजस्व मिल रहा है, उसमें सबसे बड़ा योगदान विकासशील देशों के मध्यवर्गीय खेलप्रेमी दे रहे हैं। एशिया में भी अब इंग्लिश प्रीमियर लीग की तरह विदेशी खेल कॉन्सेप्ट शुरू हो गए हैं। यहां के देशों में इसी वजह से स्थानीय क्लबों और खेल का विकास भी हो रहा है। ऐसे में यह कहा जा सकता है कि खेल का राजस्व जो अमेरिका में सर्वाधिक है, अगले पांच वर्षों में एशिया में भी बढ़ेगा। 2015 तक सुधरते आर्थिक हालात, मजबूत टीवी विज्ञापन, पे-टीवी की वृद्धि और खेलों के माइग्रेशन के कारण सभी क्षेत्रों में ग्लोबल स्पोर्ट्स रेवेन्यू बढ़ेगा। अब फाइनेंशिएल सर्विस और ऑटोमोबाइल कंपनियों के स्पांसरशिप मार्केट में लौटने के कारण स्पांसरशिप के खर्चों में महत्वपूर्ण वृद्धि हो रही है। 2012 में होने वाले लंदन ओलंपिक और पैरालिंपिक गेम्स, ब्राजील में 2014 में होने वाला फीफा वर्ल्डकप फुटबाल टूर्नामेंट जैसे होने वाले बड़े अंतरराष्ट्रीय खेल आयोजन होना है, जिससे मीडिया राइट्स की फीस व स्पांसरशिप रेवेन्यू बढ़ेगा।

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## ACHIEVEMENTS OF MVM STUDENTS IN DIFFERENT COMPETITIVE EXAMS/ACTIVITIES

### MVM Sultanpur

On 30<sup>th</sup> March 2012, Proficiency Awards and Prize distribution function was organised at Maharishi Vidya Mandir, Sultanpur (U. P.). Chief Guest Smt. Vijay Laxmi Srivastava Honourable District Judge, Sultanpur inaugurated the function. Hon'ble Chief Judicial Magistrate, Civil Court, Sultanpur graced the occasion as Special Guest. Students who topped the school in class X and XII in the year 2011 were awarded and given certificates. Besides the above children who stood I, II & III in their respective classes from Nur to IX and XI in the year 2011 – 12 were also awarded and given certificates. Students who actively participated in different co-curriculum activities and games & sports were also awarded. On this occasion Shri C. L. Chaurasiya, District Inspector of Schools, Sultanpur was also present.





**Maharishi Vidya Mandir, Khargone  
Prizewinning Students of Chess & Carom competitions  
held in school campus**







## Maharishi Centre for Educational Excellence

### YOUTH PARLIAMENT

On 24 March 2012 Youth Mock Parliament was organised in Maharishi Centre for Educational Excellence, Bhopal under the aegis of Shri Kunjilal Dubey, Rashtriya Sansadiya Vidyapeeth, Bhopal. It is an endeavour of Government of India to conduct such programmes in schools to make students aware for Parliament and its working. The event proceedings were excellently performed by the students of class X. At the event several questions were raised by the opposition on the policies of Government regarding roads, electricity, education and malnutrition, while ruling members tried to give appropriate answers.

Many proceedings of Parliament such as OATH TAKING BY LEGISLATURE, SPEECH OF THE PRESIDENT, QUESTION HOUR, ZERO HOUR, WALKOUT etc. were performed. The event was judged by the officials of Shri Kunjilal Dubey Vidyapeeth including Shri L. C. Motwani Ji, Director, Shri S. L. Yadav Ji, Joint Director, programme coordinator Smt. Saroj Ji. Smt. Suchitra Dutt, Principal, Maharishi Centre for Educational Excellence & Hon'ble members of Jury appreciated the efforts put in by students and teachers.





## Maharishi Vidya Mandir Teacher's

Refresher Courses on Transcendental Meditation & Sidhi Programme  
At Brahmsthan of India  
(From 4<sup>th</sup> April to 29<sup>th</sup> June 2012)

With the divine grace of Shri Gurudev & blessings of His Holiness Maharishi Mahesh Yogi Ji and under the dynamic leadership of Brahmachari Girish Ji, Chairman Maharishi Vidya Mandir Schools Group and Chancellor, Maharishi Mahesh Yogi Vedic Vishwavidyalaya Madhya Pradesh, ten Refresher courses on Transcendental Meditation & Siddhi programme for 7 days are being organised at Maharishi Global Capital of World Peace-Maharishi Mahesh Yogi Vedic Vishwavidyalaya Campus, Brahmsthan of India in collaboration with Maharishi Mahesh Yogi Vedic Vishwavidyalaya and Maharishi Shiksha Sansthan for the teachers of Maharishi Vidya Mandir Schools Group.

The teachers are selected from all seven regions of Allahabad, Bhopal, Haridwar, Jabalpur, Kurukshetra, Hyderabad and Guwahati.

The first course began on 4th April 2012. The courses will be continuing till 29th June 2012. The seventy six participants reported for the first



1st batch of Maharishi Vidya Mandir Teacher's Refresher Course on Transcendental Meditation & Sidhi Programme, Brahmsthan of India from 4th to 10th April 2012



2nd batch of Maharishi Vidya Mandir Teacher's Refresher Course on Transcendental Meditation & Sidhi Programme, Brahmsthan of India from 12th to 18th April 2012

course. There were 25 male and 56 female. They also witnessed Maha Rudrabhishek performed by 121 Vedic Pandits. Most of the teachers expressed that it is their life time experience and achievement.

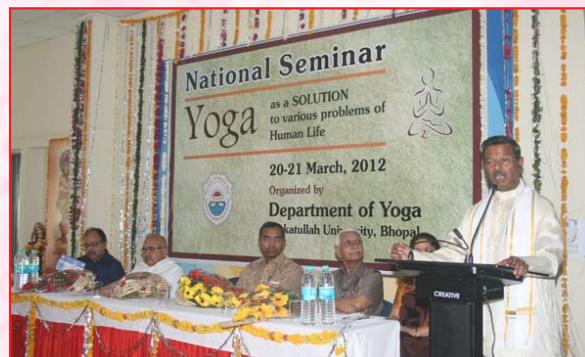
The participants were very much happy with the stay arrangements

and the knowledge content provided to them. Some participants said, it is their rebirth with spiritual enlightenment.



## Transcendental Meditation Simplest technique of Yog for holistic health

When we talk of holistic health Ayurveda defines the perfect health as "समदोष समाग्निश्च समधातु मलकिया प्रसन्न आत्मेन्द्रिय मनः स्वस्थ इति विधीयते" i.e. it is not just the physical health but it also includes the balance of the three doshas (Vata, Pitta and Kapha) besides all the mind and senses should be in perfectly balanced state and in bliss. The yog technique specially the Transcendental Meditation technique and its advance programme helps the individuals to gain balance in all aspects of the body, mind, senses and the three doshas.



Prof. Bhuvnesh Sharma, Vice chancellor Maharishi Mahesh Yogi Vedic Vishwavidyalaya, Madhya Pradesh addressing at the National Seminar on Yoga organised by Barkatullah University, Bhopal

Even the word health in Devnagari is "स्वास्थ्य," which means one is healthy only when he is established in one's own Self. The TM technique helps the individual to realize his own self. Nowadays there is a big misconception considering Yog as just physical exercises or postures and Pranayam on the contrary it is much more than that.

Maharishi Patanjali has defined Yog to have eight limbs like the parts of a body namely, Yam, Niyam, Asan, Pranayam, Pratyahar, Dharna, Dhyan, and Samadhi. Out of these eight parts first five are called "Bahirang" – relating to the physical part of the body and the last three are called "Antarang" – relating to the mind. Nowadays most of the emphasis is on the Bahirang aspect of the yoga.

Transcendental meditation technique though an Antarang aspect of the yoga but in a way covers all the eight aspect, bringing the benefits to the whole body in a holistic manner. It can be said that TM is just like watering the root of a tree which in turn nourishes the entire tree. Modern science has proved that at the subtler levels energy is higher than at the physical levels and TM works at the level of mind which is obviously more subtler than the body and the senses, also it is said "मन एव मनुष्याणाम् कारणम् बंध मोक्षयोः" that is for human beings mind is the cause for bondage or freedom (Enlightened State of Mind). TM is a simple technique to be practiced twice daily morning and evening for twenty minutes in any comfortable sitting posture. It gives deep rest to the system, even much more deeper than deep sleep. There are innumerable benefits of Transcendental Meditation and to present them in short, its benefits can be summed up in following four points.

- 1) Full development of mental potential
- 2) Better Health
- 3) Better Behavior
- 4) World Peace

Transcendental Meditation can be learnt in five days by giving one-and half hour every day, by a trained teacher of Transcendental Meditation.

The benefits of Transcendental Meditation has been proved by more than 600 researches in 250 Universities or institutes in more than 32 countries around the world and has been published in seven volumes under the title of "Collected papers on research for TM and TM Siddhi programme". TM evolves the consciousness of the individual and from the very first sitting, the individual experiences

deep rest and gets a glimpse of higher state of consciousness. The regular practice of Transcendental Meditation helps to keep the health better and as per the saying "Prevention is better than cure" many diseases and health problems are averted. It has been seen that with the help of TM, there is faster recovery in most of the different diseases. TM also helps to reduce stress and the individual practicing TM is able to keep the balance of mind inspite of different upheavals of life establishing the ideal of Yoga "Samatvam Yoga Uchyate" as stated in Bhgavadgita. Other benefits of TM include:-

1. Intelligence becomes sharp and deep.
2. Coherent thinking along with the power of wider comprehension.
3. Breathing rate reduces indicating deep rest gained through the practice of TM
4. Partial pressure of oxygen and carbon-di-oxide in the blood remains essentially constant.
5. Memory increases, weakness and anxiety decreases and emotional balance is gained.
6. Nervous system gets deep rest by the practice of this technique of TM, as a result of which stresses are released bringing purification of the nervous system. Practitioner is established in the self and enjoys perfect health.
7. Provides strength to fight all kinds of diseases and gradually comes out of smoking habits and consumption of alcohol and drugs.
8. Develops tolerance.
9. Develops a sense of cooperation and a feeling of oneness with the environment.
10. It affects decrease in cardiac output breath rate and metabolic rate thus proves beneficial for the patients of high BP and heart diseases.

The technique of transcendental meditation was brought to light by His Holiness Maharishi Mahesh Yogi, who was the disciple of His Divinity Jyotish Peethadheeshwar Jagat Guru Shankaracharya, Swami Brahmanand Saraswati Ji Maharaj. Maharishi Ji established the seat of Vedic knowledge all over the world, proving the worthiness of the name "JAGAD-GURU". TM technique is not just a simple technique of yog but it also enlivens the Veda, the source of all knowledge in one's consciousness. With the introduction of TM and TM Siddhi programme, Maharishi also enlivened and established the practical utility of Veda and Vedic literature. It can be said that TM is must for everyone to live life in a balanced and blissful manner. Practically applying the statement in "BhagwadGita" योगस्थः कुरु कर्माणि सङ्ग त्यक्त्वा धनञ्जय ॥ सिद्धयसिद्धयोः समो भूत्वा समत्वं योग उच्यते ॥ It has been proved that if 1% of population in a certain area practices the Transcendental Meditation programme, the crime rate in the area is reduced leading to more peace and harmony. Further researches have also shown that square root of 1% of population in an area practicing TM and TM Siddhi programme collectively brings the same effect of reducing the crime rate and creating harmony and peace in the area.

Scientists conducting these researches have named this effect on collective consciousness of the society as "Maharishi Effect", proving the Vedic saying "तत् सन्निधौ वैर त्यागः" TM also creates an environment of more harmony and peace for society and for the whole world "सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः" ॥

**Prof. Bhuvnesh Sharma**  
**Vice chancellor Maharishi Mahesh Yogi**  
**Vedic Vishwavidyalaya, Madhya Pradesh**



## महर्षि ज्योतिष की दृष्टि में मई माह

पंडित विजय द्विवेदी (ज्योतिषाचार्य)



विक्रमी संवत् 2069 के वैशाख मास शुक्लपक्ष की दशमी मंगलवार दिनांक 1 मई से प्रारम्भ हो रहा है। वैशाख शुक्ल दशमी से ज्येष्ठ शुक्ल एकादशी पर्यन्त मई मास रहेगा अर्थात् वैशाख शुक्ल दशमी को 1 मई तथा ज्येष्ठ शुक्ल एकादशी गुरुवार को 31 मई है।

तारीख 1-5-2012 ई. को सायंकाल 6.38 पर गुरु अस्त होंगे तथा 29-05-2012 ई. को दिन में 11.48 पर पुनः उदय होंगे। अतः इस पूरे समय में विवाह, गृहप्रवेश आदि शुभ कार्य स्थगित रहेंगे।

मई माह में पड़ने वाले कुछ प्रमुख व्रत-पर्व-त्यौहार का विवरण नीचे प्रस्तुत किया जा रहा है।

1. श्री नृसिंह चतुर्दशी व्रत – वैशाख शुक्ल चतुर्दशी को भगवान नृसिंह का जन्म हुआ था। इसलिये इस तिथि को नृसिंह चतुर्दशी कहते हैं। नृसिंह व्रत करने वालों के सम्पूर्ण पाप नष्ट हो जाते हैं। इस वर्ष यह व्रत 4 मई को है।
2. वट सावित्री व्रत – ज्येष्ठ कृष्ण त्रयोदशी तदनुसार दिनांक 18 मई 2012 को यह व्रत शुरू होगा यह व्रत तीन दिनों का है। दिनांक 18, 19 तथा 20 मई अर्थात् ज्येष्ठ कृष्ण त्रयोदशी से ज्येष्ठ अमावस्या तक व्रत किया जाएगा। इस व्रत में वट वृक्ष एवं सावित्री का पूजन तथा व्रत किया जाता है। प्रत्येक सौभाग्यवती स्त्री को यह व्रत अवश्य करना चाहिये।
3. गंगादशहरा – ज्येष्ठ शुक्ल दशमी को गंगादशहरा कहते हैं। इसमें गंगा स्नान व दान का विशेष महत्व है। इस तिथि पर गंगाजी भूतल पर अवतीर्ण हुई थी। इस महत्व के कारण यह तिथि महान पुण्य पर्व मानी गई है। इसमें स्नान-दान और तर्पण करने से दश पापों का हरण होता है, इसी कारण इसको दशहरा कहते हैं। गंगादशहरा दिनांक 30 मई 2012 को है।
4. निर्जला एकादशी (भीमसेनी एकादशी) – वैदिक सनातन धर्म में कदाचित्त इसे सबसे प्रचलित एकादशी व्रत माना जाता है। प्रत्येक पक्ष की एकादशी को व्रत रखा जाता है। इस प्रकार साल भर में चौबीस बार एकादशी व्रत आता है। इन चौबीस एकादशियों में ज्येष्ठ मास के शुक्लपक्ष की एकादशी सर्वश्रेष्ठ फलदायक समझी जाती है, क्योंकि इस एक एकादशी का व्रत रखने से वर्ष भर की एकादशी का फल प्राप्त होता है। एकादशी के सूर्योदय से द्वादशी के सूर्योदय पर्यन्त जल ग्रहण करने का निषेध होने के कारण इसे निर्जला एकादशी कहते हैं। इस माह में यह व्रत दिनांक 31 मई 2012 को है।

### मई माह में पड़ने वाले व्रत-पर्व एवं त्यौहारों की तालिका इस प्रकार है

क्रमांक	व्रत एवं पर्व का नाम	मास	पक्ष	तिथि	दिनांक
1.	मोहिनी एकादशी	वैशाख	शुक्ल	एकादशी	02.05.2012
2.	प्रदोष व्रत	वैशाख	शुक्ल	द्वादशी	03.05.2012
3.	श्री नृसिंह जयन्ती	वैशाख	शुक्ल	चतुर्दशी	04.05.2012
4.	कूर्म जयन्ती	वैशाख	शुक्ल	पूर्णिमा	05.05.2012
5.	वैशाखी पूर्णिमा	वैशाख	शुक्ल	पूर्णिमा	06.05.2012
6.	संकष्टी श्री गणेश चतुर्थी	ज्येष्ठ	कृष्ण	चतुर्थी	9.05.2012
7.	वृष संक्रान्ति	ज्येष्ठ	कृष्ण	नवमी	14.05.2012
8.	अचला एकादशी	ज्येष्ठ	कृष्ण	एकादशी	16.05.2012
9.	प्रदोष व्रत	ज्येष्ठ	कृष्ण	त्रयोदशी	18.05.2012
10.	वट सावित्री व्रत (प्रथम दिन)	ज्येष्ठ	कृष्ण	त्रयोदशी	18.05.2012
11.	वट सावित्री व्रत (द्वितीय दिन)	ज्येष्ठ	कृष्ण	चतुर्दशी	19.05.2012
12.	वट सावित्री व्रत (तृतीय दिन)	ज्येष्ठ	कृष्ण	अमावस्या	20.05.2012
13.	वैनायकी श्री गणेश चतुर्थी व्रत	ज्येष्ठ	शुक्ल	चतुर्थी	24.05.2012
14.	गंगादशहरा	ज्येष्ठ	शुक्ल	दशमी	30.05.2012
15.	निर्जला एकादशी	ज्येष्ठ	शुक्ल	एकादशी	31.05.2012

6. पंचक विचार - 13 मई 2012 को दिन 10.27 बजे पंचक प्रारम्भ होकर दिनांक 17 मई 2012 को प्रातः काल 4.25 बजे समाप्त होगा।

7. मास प्रभाव - दिनांक 14 मई 2012 को रात्रि 7 बजकर 8 मिनट पर सूर्य वृष राशि में गमन करेंगे, ग्रीष्म ऋतु का प्रारम्भ इस समय से माना जायेगा। कहीं-कहीं आँधी, पानी, उपल वृष्टि और तापक्रम में वृद्धि दिखाई देगी।

इन अनेकानेक नकारात्मक प्रवृत्तियों के निवारण के लिये महर्षि भावातीत ध्यान-सिद्धि तथा यज्ञ का आश्रय लेना श्रेयस्कर होगा।

जय गुरु देव, जय महर्षि





पूज्य महर्षि महेश योगी

# महर्षि वेद विज्ञान विश्व विद्यापीठम्

## भावातीत ध्यान शिक्षक-प्रशिक्षक कार्यक्रम के लिये आवेदन पत्र आमंत्रित हैं

पद संख्या २०००

### परिचय

महर्षि वेद विज्ञान विश्व विद्यापीठम् महर्षि जी द्वारा स्थापित विश्व में अपने ढंग का एक मात्र संस्थान है। विद्यापीठम् की स्थापना वर्ष 1982 में की गई थी एवं इस संस्थान ने अब तक 50,000 से अधिक वैदिक पंडितों एवं वैदिक विद्वानों का प्रशिक्षण किया है, जो वेद एवं वैदिक साहित्य के सैद्धान्तिक एवं व्यावहारिक क्षेत्रों में अपना विशिष्ट स्थान रखते हैं। इन पंडितों को योग, यज्ञ, अनुष्ठान एवं ग्रहशांति के लिये विशेष रूप से प्रशिक्षित किया गया है। विद्यापीठ ने बड़ी संख्या में भावातीत ध्यान एवं सिद्धि शिक्षकों का भी प्रशिक्षण किया है, जो भारत एवं संपूर्ण विश्व में भावातीत ध्यान एवं सिद्धि कार्यक्रम का शिक्षण कर रहे हैं। वेद विज्ञान और इसके प्रयोग के ज्ञान का प्रचार-प्रसार करने के लिए 2000 नए शिक्षकों की आवश्यकता है।

### कार्य विवरण

प्रशिक्षण सफलता पूर्वक पूर्ण करने के उपरान्त शिक्षक भावातीत ध्यान की शिक्षा देंगे, संपूर्ण विश्व में परम पूज्य महर्षि महेश योगी जी द्वारा प्रतिपादित वैदिक ज्ञान-विज्ञान के सिद्धान्तों एवं प्रयोगों का प्रचार-प्रसार करेंगे और इस माध्यम से संपूर्ण विश्व में सुख, समृद्धि, सम्पन्नता, आपसी सौहार्द, सामंजस्य एवं स्थाई विश्व शान्ति की स्थापना करेंगे-भूतल पर स्वर्ग की स्थापना करेंगे।

#### प्रशिक्षण अवधि

५ माह का आवासीय प्रशिक्षण (पाठ्यक्रम संरचना के कारण प्रशिक्षण अवधि के दौरान अवकाश का कोई प्रावधान नहीं है)।

#### प्रशिक्षण शुल्क

रु. २०,००० प्रति व्यक्ति (भोजन, आवास, प्रशिक्षण सामग्री इस प्रशिक्षण शुल्क में सम्मिलित है)।

#### आवेदकों के लिये शैक्षणिक योग्यताएँ एवं अर्हताएँ-

१. (अ) शुद्ध सात्विक वैदिक जीवन (ब) शुद्ध शाकाहारी (स) उत्तम स्वास्थ्य एवं व्यक्तित्व (द) भारतीय वैदिक संस्कृति एवं परम्पराओं में पूर्ण विश्वास एवं समर्पण (इ) धूम्रपान, मदिरा एवं मादक पदार्थों इत्यादि का सेवन न करते हों।
२. किसी भी विषय में (विज्ञान, कला, भाषा, प्रबंधन, चिकित्सा विज्ञान) में स्नातकोत्तर अथवा समकक्ष अथवा किसी भी क्षेत्र (प्रबंधन, चिकित्सा विज्ञान, अभियांत्रिकी, विधि आदि) के विषय विशेषज्ञ जिन्हें अपने स्वयं के जीवन में तथा सम्पूर्ण विश्व को वैदिक ज्ञान-विज्ञान और इसके प्रयोगों से लाभान्वित करने की इच्छा हो, उन आवेदकों को प्राथमिकता दी जावेगी।
३. विश्व में कहीं भी कार्य करने के इच्छुक हों।

४. जो आवेदक विदेश में कार्य करने में रुचि रखते हों उनका अंग्रेजी अथवा किसी एक विदेशी भाषा पर पूर्ण अधिकार होना चाहिए।

५. भारत में कार्य करने के लिये आवेदकों को हिन्दी अथवा संस्कृत अथवा किसी एक क्षेत्रीय भाषा का पूर्ण ज्ञान होना चाहिए।

#### आयु

४० वर्ष से कम (४० वर्ष से अधिक आयु वाले शैक्षणिक रूप से योग्य, उत्साही एवं उत्तम स्वास्थ्य वाले भी आवेदन कर सकते हैं।

#### मासिक मानदेय

प्रशिक्षण अवधि सफलता पूर्वक पूर्ण करने के उपरान्त भारत में कार्य करने के लिये शैक्षणिक योग्यता, अनुभव एवं कार्य प्रगति के अनुसार मानदेय तथा कार्य प्रगति भत्ता रु. ५,००० से रु. १५,००० के मध्य प्रदान किया जायेगा। विदेश में कार्य करने के लिये भारत में देय मानदेय के अतिरिक्त विशेष भत्ता रु. ५,००० से रु. १५,००० देय होगा। विदेश में कार्य करने के दौरान स्थानीय परिवहन, भोजन, आवास संबंधी व्यय संस्थान द्वारा वहन किया जायेगा। यदि आवेदक के छोटे बच्चे हों तो वे प्रशिक्षण में सम्मिलित होने एवं विदेश जाने से पूर्व उनके लिये समुचित व्यवस्था आवश्यक रूप से सुनिश्चित करेंगे। महर्षि विद्या मंदिर के छात्रावास उपलब्ध हैं।

पद संपूर्ण भारत में स्थान्तरणीय है एवं संस्थान की आवश्यकतानुसार शिक्षकों को विदेश में भी भेजा जा सकता है। केवल वे ही अभ्यर्थी आवेदन करें जो सम्पूर्ण भारत में कहीं भी कार्य करने के लिए इच्छुक एवं सक्षम हों।

अभ्यर्थी अपने आवेदन समस्त प्रमाण पत्रों, पूर्ण जीवन वृत्त (नाम, पिता/पति/पत्नी का नाम, जन्म तिथि, जन्म समय, जन्म का स्थान, वैवाहिक स्थिति, वर्तमान एवं स्थायी पता, शैक्षणिक एवं अन्य योग्यताएँ, पारिवारिक सदस्यों का विवरण, दूरभाष क्रमांक, मोबाइल नं., ई-मेल एड्रेस, रोजगार विवरण, पासपोर्ट विवरण (यदि पासपोर्ट हो) एवं नवीनतम पासपोर्ट आकार के रंगीन छायाचित्र के साथ यथाशीघ्र निम्न पते पर प्रेषित करें :

महर्षि वेद विज्ञान विश्व विद्यापीठम्

ग्राम-छान, भोजपुर मंदिर मार्ग, पोस्ट-मिसरोद, भोपाल (म.प्र.) - ४६२०४७

Website: www.aajivika.com





Maharishi Mahesh Yogi

## MAHARISHI MAHESH YOGI VEDIC VISHWAVIDYALAYA, MADHYA PRADESH

(Established by Madhya Pradesh Act. No. 37 of 1995, Recognised by UGC under Section 2-f)  
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• Printed copy of prospectus is available for Rs. 250 at above-mentioned campuses. To receive printed copy of prospectus, please send a DD of Rs. 250 in favour of **MAHARISHI MAHESH YOGI VEDIC VISHWAVIDYALAYA, PAYABLE AT JABALPUR, M.P.** • Students can download digital copy of prospectus and application from University website: [www.mmyvv.com](http://www.mmyvv.com). In case application form is downloaded from website, please enclose a DD of Rs. 250 in favour of **MAHARISHI MAHESH YOGI VEDIC VISHWAVIDYALAYA, PAYABLE AT JABALPUR, M.P.**

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website : [www.mmyvv.com](http://www.mmyvv.com) , [www.mmyvvdde.com](http://www.mmyvvdde.com)

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Registrar





Maharishi  
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## MAHARISHI MAHESH YOGI VEDIC VISHWAVIDYALAYA, MADHYA PRADESH

(Established by Madhya Pradesh Act No. 37 of 1995,  
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Applications on prescribed form are invited for admission to M.Phil./Ph.D. programme in the following disciplines -

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The Application form for admission may be downloaded from the University website [www.mmyvv.com](http://www.mmyvv.com) and the same may be submitted on or before June 30, 2012 along with a crossed **Demand Draft of Rs. 1000/-** from any Nationalized Bank drawn in favour of the "Maharishi Mahesh Yogi Vedic Vishwavidyalaya", payable at Jabalpur, Madhya Pradesh. For Details Contact :

### Maharishi Mahesh Yogi Vedic Vishwavidyalaya

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Maharishi  
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## MAHARISHI MAHESH YOGI VEDIC VISHWAVIDYALAYA, MADHYA PRADESH

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### Registration for panel of Research Guides

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**Responsibility :** Guiding the Students of M.Phil./Ph.D. for concerned subjects/interdisciplinary subjects in the light of Maharishi's Vedic Science (Maharishi Ji has developed and provided the technologies for research in consciousness relating all the disciplines with the Self of the Individuals) and to act as the official Research Guide for MMYVV research scholars or Ph.D. students.

**Remuneration :** Remuneration will be provided on the basis of number of students enrolled in a year under the specific guide. The application with requisite qualification & experience certificates is to be submitted before June 30, 2012. *For details please write to:*

### Maharishi Mahesh Yogi Vedic Vishwavidyalaya

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## India Grows with Positivity – An effect of Indian Coherent Collective Consciousness



### India, Pakistan working on liberal visa regime

*The Hindu*

India-Pakistan relations are going through one of the best phases in the history of the two countries, Pakistan High Commissioner to India Shahid Malik, recently said both countries were close to putting in place a new liberal visa agreement, especially for businessmen.

Mr. Malik said the new visa policy, would facilitate issuance of liberal visas for businessmen, which would mean one-year multi-entry and non-reporting visa. The two countries have decided to do away with the 1974 visa agreement and make it more liberal to allow business and the common man more access to easy visa facility.

“The dialogue process between the two nations is on. Both the sides are talking to each other and liberal trade regime had been put in place. With Pakistan slashing the negative list and opening of the second Integrated Check Post (ICP) on the Indian side this week, free flow of trade and goods-related traffic will take place. It is part of the roadmap drawn by both the countries and trade will provide the necessary momentum,” he said.

### Peace talks with ULFA resume

*The Hindu*

The Centre, the Assam government and the ULFA resumed peace talks here on Monday. Union Home Secretary R.K. Singh said the discussion was “fruitful.”

### India and Qatar take forward initiatives in mutual investments

*The Hindu*

India and Qatar on Monday largely eschewed discussions of a political nature such as Taliban's opening of an office in Doha and the situation in nearby Syria and Bahrain.

At a meeting, the Emir of Qatar, Hamad Bin Khalifa Al-Thani, and Prime Minister Manmohan Singh took forward the initiatives on mutual investments agreed upon during their previous detailed interaction in 2008.

Four pacts, including one setting in place the framework for a more intensive partnership in the hydrocarbons sector, were signed in their presence.

Building on a previous agreement to set up a \$100-million fund to indicate their genuineness and credibility in investing in India's infrastructure sector, the sources said \$5.5 billion of investments could be expected from Qatar. Qatar in turn welcomed Indian companies bidding for projects and requested support for facilitating its investments.

### Sikh devotees cross border for Baisakhi

*The Hindu*

Nearly 1200 Sikh devotees crossed over to Pakistan on Tuesday to celebrate Baisakhi festival at a key Gurudwara there.

The devotees led by SGPC member Amrik Singh Vacoa boarded the train from Attari international railway station for Pakistan.

The Sikh devotees will celebrate Baisakhi at Gurudwara Nankana Sahib in Hasanabad in Pakistan on April 13.



### **Corruption can be fought: Hegde**

*The Hindu*

Corruption is not a necessary evil as most people believe, says anti-corruption campaigner and former Supreme Court judge N. Santosh Hegde.

“Corruption can be fought,” Mr. Hegde, who while heading the Lokayukta in Karnataka had exposed massive corruption in mining involving ministers, said at a meeting organised by the All-India Management Association here on Tuesday. “Ninety per cent of low-level corruption can be fought.”

Saying no to demands of bribery should be the first step in battling corruption, he said. Maladministration was the fountainhead of bribery and corruption. People should be patient enough to wait and to fight on to secure their rights. “Indians are an impatient society and this impatience breeds corruption; refuse to pay bribes and be a little patient.” Mr. Hegde said the judiciary encouraged corruption by the long delays in delivering justice. Because of the delays, people looked for quick fixes and in the process bribed their ways.

### **Tagore songs at Munich music fest**

*The Hindu*

East will meet West at a music festival in Munich next week when a 10-member ensemble from Kolkata teams up with performers from Germany in a concert featuring Rabindra Sangeet.

Christened Der Gasteig Brummt, the festival would for the first time feature Tagore's compositions in orchestral format blended with works of European classical masters in a concert titled “Tagore in Symphony” on April 18.

The work has been scored, composed and directed by noted Indian conductor and violinist Abraham Mazumdar, principal-cum-founder of Kolkata Music Academy (KMA). The KMA's Chamber Orchestra will be performing at the concert.

“Hints of Beethoven, Mozart, Verdi and Puccini can be found in his songs. This is why Rabindra Sangeet can be juxtaposed with European classical,” Mazumdar told IANS.

The festival will also showcase ‘Indian Folk Rock’ where the hits by India's first musical band Mohiner Ghoraguli will be arranged in an orchestral format, in a joint effort between KMA and the Odeon Youth Symphony.

Both the concerts, “Tagore in Symphony” and “Indian Folk Rock”, will mark Asia's debut in the festival, said the conductor's wife Madhusree Mazumder, who doubles up as director and teacher at KMA.

### **‘There is huge potential for India-Pakistan trade’**

*The Hindu*

*Pakistan businessmen call for easing of trade barrier* – Pakistan businessmen and fashion fraternity personalities, who have descended upon New Delhi to take part in the first ever ‘Pakistan Lifestyle’ show in India see a huge potential for trade between the two countries but want easing of visa rules and allowing across-the-border operation of mobile phones.

At present, bilateral trade between the countries is around 2.7 billion US dollars, which is largely in favour of India. However, the two-way trade through third country is estimated at around 10 billion US dollars. Pakistan is expected to grant India the Most Favoured Nation (MFN) status by this year-end, paving the way for a direct, comprehensive and broad-based economic engagement

### **Children from weaker sections can now have access to private schools**

*The Hindu*

Children from the disadvantaged sections of society will now have access to private schools as the Supreme Court has upheld the constitutional validity of the Right of Children to Free and Compulsory Education Act, 2009.

The Act makes it mandatory for all schools, except minority unaided (religious and linguistic minorities included), to reserve 25 per cent of seats for children from the disadvantaged sections, the burden of which will be borne by the government.

Reacting to the judgment, Human Resource Development Minister Kapil Sibal expressed happiness at the Supreme Court verdict saying it brought clarity and put all controversies to rest.

### **India to open FDI gate to Pakistan**

*The Hindu*

India has decided in principle to allow foreign direct investment from Pakistan, as part of the road map to enhance economic engagement, a development that is expected to boost bilateral trade.

Both countries have also agreed in principle to allow opening of bank branches to guarantee smooth trade. This is the upshot of several rounds of talks between the Reserve Bank of India (RBI) and the State Bank of Pakistan.

### **Becoming full member, India will strengthen SCO: Krishna**

*The Hindu*

India will lend more weight to the Shanghai regional group when it joins it as a full member, External Affairs Minister S.M. Krishna said on Friday.

“India has something substantial to offer to the Shanghai Cooperation Organisation in terms of strengthening the group,” he said at a joint press conference with his Russian and Chinese counterparts after the 11th trilateral meeting in RIC format here.

“India, with its billion-strong population, plays a very important role in the Shanghai regional group, where it has an observer status, and therefore India has expressed the desire to be involved in the organisation much more than it is today,” Mr. Krishna said.

Russia's Foreign Minister Sergei Lavrov said Moscow supported granting full membership to India, as well as to Pakistan, “which has also sent in its application.”

He said the SCO came up for discussion at the RIC meeting and it was reiterated that the group was an “open” organisation.

### **Annan thanks India for help – Joint U.N.- Arab League special envoy for Syria**

*The Hindu*

Kofi Annan has thanked India for help in setting up his mission.

Mr. Annan called External Affairs Minister S.M. Krishna to express his appreciation of the efforts of India's U.N. envoy Hardeep Singh Puri.

“Our Permanent Representative played a very useful role,” said Mr. Krishna.

The External Affairs Minister conveyed his support for Mr. Annan's mission. He said Mr. Annan was “reasonably hopeful of success.”

### **India, U.S. to have multi-faceted talks**

*The Hindu*

*Meetings will basically cover ground on bilateral military and regional diplomatic and security issues*

India and the United States have chalked out an active calendar of high-level contacts in the run-up to the Foreign Minister-level strategic dialogue in June, according to official sources.

The meetings will basically cover ground on bilateral military and regional diplomatic and security



issues.

### **India, UAE draw up road map to bolster relations**

*The Hindu*

India and the United Arab Emirates (UAE) sketched out the outlines of a road map, centred on a new partnership rooted in energy security and investments, to firm up their ties.

Official sources said India was looking for larger volumes of crude imports from the UAE to meet its growing needs. "Usually, these transactions take place in the form of annual contracts. The UAE... has agreed to look at increasing the volumes when the next annual contract is due [for review]," the sources said.

### **Skill training for 50 crore people by 2022 planned**

*The Hindu*

*Project to be implemented with support from Germany*

New initiative: Deputy Chairman of the Planning Commission Montek Singh Ahluwalia inaugurating the Multi-Skill Development Centre in Gulbarga. Union Labour and Employment Minister M. Mallikarjun Kharge is among the leaders who attended the function.

The Union government aims to impart vocational training to over 50 crore young people across the country by 2022, Deputy Chairman of Planning Commission Montek Singh Ahluwalia said in Gulbarga on Monday.

### **Time running out for the Ganga: PM**

*The Hindu*

Observing that time was running out to save the Ganga, Prime Minister Manmohan Singh asked States to take action against industries polluting the river.

Addressing the third meeting of the National Ganga River Basin Authority (NGRBA) here on Tuesday, Dr. Singh expressed unhappiness over the States' efforts in sewage treatment.

He asked the State governments to send proposals for new sewage treatment plants, for which adequate funding was available with the Centre. Over 2,900 million litres of sewage was discharged into the river daily.

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## Maharishi Movement Global News

### **Belgium: Coherence-creating group being established for the European Union in Brussels**

Plans are underway to establish a permanent 'coherence-creating' group of people practising Transcendental Meditation and its advanced techniques together every day in Brussels, Belgium. Such groups have been established in other countries to decrease social stress and create a coherent, harmonious influence in the collective consciousness of the nation and for its governmental leaders. The group will be located not far from where some of the main buildings of the European Union are located, and thus its beneficial, unifying influence will extend to the countries of the EU and their leaders.

### **Decreased medical expenses through Transcendental Meditation**

This study measured annual percentage change in government payments for physicians' services over 14 years, among 1,418 people in Quebec, Canada, who learnt the Transcendental Meditation Programme, in comparison to randomly selected controls. After learning Transcendental Meditation, individuals showed an average annual decline of 13.8 per cent in payments.

### **India: Health experts urge finance minister to make special allocations for women's health in budget**

The prominent role of women in the country's economy can be gauged from the fact that 11 per cent of women in India are heading corporate houses, compared to three per cent in the US. Keeping this in view, the government should lay ample focus on health policies for women in the Union Budget 2012-13, with special allocations for Ayurveda, according to several health experts including world-renowned Ayurveda exponents. They made this fervent appeal to the government against the backdrop of the recent International Women's Day, from Maharishi Ayurveda Hospital, New Delhi - concerns equally relevant to current observance of World Health Day.

### **Maharishi Vastu community planned in scenic foothills of the Italian Alps**

In the province of Novara, Italy, close to the town of Arona at the foothills of the Italian Alps, the plan for a Vastu Village was inspired by Dr Graziella Bensi. The location has a panoramic view of the Alps, and the famed Lake District of Italy is to the north. The development will also function as a Maharishi Peace Colony, in which residents will create an influence of coherence and harmony in the national consciousness through their daily meditation practice.

### **How Nepal can have an 'invincible' Military - Eurasia Review**

National leaders today have the option to consider and adopt a new, surprising, and scientifically verified method to eliminate the underlying cause of terrorism, war and all types of violence--collective social stress. This method, called Invincible Defense Technology (IDT), has absolutely nothing to do with bullets, bombs, or killing. In fact, it has the potential to diminish the role of these concepts in the consideration of national security. IDT is a scientifically field-tested, "brain-based technology" to reduce societal stress and prevent crime, terrorism, and war.



**UK: Health authority grants Maharishi Foundation 'stakeholder' status**

In early January this year, Maharishi Foundation UK was given 'stakeholder' status by the National Institute for Health and Clinical Excellence (NICE) - the official body that evaluates treatment programmes for the National Health Service and provides detailed guidance to health professionals.

**Invincible Europe Assembly expanding**

An initiative is underway to increase the number of participants in the Invincible Europe Assembly, to amplify its peaceful, coherent influence for the benefit of the whole European continent. The Assembly, based in Skelmersdale, Lancashire, England, is a group of advanced Meditators who are engaged full-time in a special programme developed by Maharishi Mahesh Yogi to create an invincible state of permanent peace, prosperity, and progress for every nation and the world as a whole.

**Transcendence published in the UK**

The New York Times bestseller, *Transcendence: Healing and Transformation through Transcendental Meditation*, by Norman E. Rosenthal, M.D., has just been published as a paperback in the UK by Hay House UK Ltd.

**Donovan: Catching up with a folk rock superman - Billboard interview**

Legendary singer, songwriter and poet Donovan is being honoured, by being inducted into the Rock and Roll Hall of Fame. A recent wide-ranging interview with *Billboard* went in depth into many facets of his life and the development of his music. A topic of special interest was Donovan's many years practice of Transcendental Meditation (TM) and how it has affected his music; and his involvement with the David Lynch Foundation, which supports the teaching of TM to help at-risk groups overcome the devastating effects of traumatic stress.

**Developing consciousness is key to solving environmental problems**

Science graduate Heather Levi Podoll says that the development of consciousness will help people make life-supporting decisions for themselves and the environment.

**Women, violence and meditation: Transcending traumatic stress**

"Women's History Month closed this year with what I consider to be a momentous event," writes Jeanne Ball in *The Huffington Post*: "a sold-out, at New York City's Air and Space Museum, entitled 'Women, Violence and Meditation', hosted by the David Lynch Foundation's 'Operation Warrior Wellness'."

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# News Clipping

स्पर्धा

13 सीबीएसई स्कूलों के विद्यार्थी शामिल हुए

## शतरंज और कैरम में दिखाया हुनर

खरगोन। यहाँ महर्षि विद्या मंदिर में अंतर स्कूल सहोदय ग्रुप कॉम्प्लेक्स के अंतर्गत निमाहा क्षेत्र के सीबीएसई स्कूली बच्चों के बीच शतरंज और कैरम स्पर्धा का आयोजन किया गया। इसमें क्षेत्र की 13 स्कूलों के बच्चों ने अपनी प्रतिभा का प्रदर्शन किया।

इनमें सेंट मेरी हायर सेकेंडरी बड़वाह, कैवतरा सेकेंडरी स्कूल मंडलेखर, विमला कान्वेंट सनावद, गुरुकुल स्कूल धामनोद, सांदीपनी एकेडमी मंडलेखर, नर्मदा वैली इंटरनेशनल स्कूल बड़वाह, पैरामाउंट एकेडमी ठीकरी, अंजड पब्लिक स्कूल, सेंट जूट हायर सेकेंडरी स्कूल व गोकुलदास पब्लिक स्कूल, सेंट अगस्टाइन स्कूल सेंधवा, पैरामाउंट एकेडमी कसरवाद तथा महर्षि विद्या मंदिर खरगोन के बच्चों ने भाग लिया। शतरंज स्पर्धा के निर्णायक मंडल में यतीन्द्र शर्मा व महेश चौहान थे। इसी प्रकार बाबुलाल पाल के मार्गदर्शन में कैरम स्पर्धा हुई।



महर्षि विद्या मंदिर में शतरंज प्रतियोगिता में शामिल विद्यार्थी।

### सफल प्रतियोगी पुरस्कृत

चेस प्रतियोगिता के जूनियर समूह में नर्मदा वैली इंटरनेशनल स्कूल बड़वाह के छात्र चिराग जैन ने प्रथम व हर्ष अग्रवाल ने दूसरा स्थान पाया। वहीं सीनियर समूह में गुरुकुल एकेडमी धामनोद के चेतन्य चौहान ने प्रथम व सेंट जूट स्कूल खरगोन के राहुल बरकने ने दूसरा स्थान प्राप्त किया। कैरम के जूनियर समूह में पैरामाउंट एकेडमी कसरवाद के छात्र

देवेन्द्र व यशदीप ने प्रथम तथा विमला कान्वेंट स्कूल सनावद के छात्र पवन व अभिषेक ने द्वितीय स्थान पाया।

सीनियर समूह में गोकुलदास पब्लिक स्कूल खरगोन के छात्र अभिषेक कुमावत व यश खान ने प्रथम व सांदीपनी एकेडमी मंडलेखर के छात्र योगेश पाटीदार व वैष्णव पाटीदार ने द्वितीय स्थान हासिल किया। समापन अवसर पर प्राचार्य रेणु राय व निर्णायक मंडल ने बच्चों को पुरस्कार वितरित किए। -निग

## जींद केसरी

महर्षि स्कूल का परिणाम घोषित



महर्षि स्कूल के मेधावी बच्चे प्राचार्या के साथ।

(सुगील)

शनिवार को शहर के महर्षि विद्या मंदिर स्कूल का नर्सरी से 11वीं कक्षा तक का परीक्षा परिणाम घोषित किया गया। इस मौके पर बच्चों को नई कक्षा की पुस्तकें भी दी गईं। स्कूल प्राचार्या अनिता शर्मा ने स्कूल के मेधावी बच्चों को पुरस्कृत किया।

# स्वतंत्र चैतना

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गोरखपुर, लखनऊ, इलाहाबाद, आजमगढ़, फैजाबाद, कानपुर व वाराणसी से प्रकाशित.

वर्ष 24 अंक 180 लखनऊ, शनिवार 31 मार्च 2012 पृष्ठ 12 मूल्य 2.00 महानगर संस्करण \* GPO LW/NP-42/2011-13

## बुलन्दियों को हासिल करने के लिए छात्रों को लगन व कड़ी मेहनत की जरूरत: जिला जज



सुलतानपुर। विद्यार्थी कड़ी मेहनत व अच्छी लगन से शिक्षा ग्रहण कर बुलन्दियों को हासिल कर सकते हैं। बिना मेहनत के कुछ भी हासिल होने वाला नहीं है। उक्त उद्गार अधिवक्ता महर्षि विद्या मंदिर के प्रांगण में आयोजित प्रोफिशियन्सी अवार्ड एवं अंकपत्र वितरण समारोह को सम्बोधित करते हुए मुख्य अतिथि जिला जज श्रीमती विजय लक्ष्मी ने कही।

महर्षि विद्या मंदिर सीनियर सेकेंडरी स्कूल अधिवक्ता योगीपुत्र सुलतानपुर के विद्यालय प्रांगण में वार्षिक दक्षता पुरस्कार एवं अंकपत्र वितरण समारोह के शुभ अवसर पर जनपद न्यायाधीश श्रीमती विजय लक्ष्मी एवं ए.पी. जे. एवं महेन्द्र सिंह तथा प्रधानाचार्य राजेश बिपाठी ने गुरु परम्परा की पूजा से कार्यक्रम को शुरूआत किया। दक्षता पुरस्कार को विद्यालय में वर्ष पर्यन्त होने वाली

विभिन्न प्रतियोगिताओं, सांस्कृतिक कार्यक्रमों अकार्यात्मक क्रियाओं आदि में भाग लेने वाले विद्यार्थियों एवं प्रतिभागीयों को विभिन्न प्रकार के पुरस्कार वितरित करके उनका उत्सुहवर्धन किया गया।

मुख्य अतिथि जिला जज विजय लक्ष्मी ने विद्यालय के छात्र एवं छात्राओं को कड़ी मेहनत व लगन के साथ उच्चजल भविष्य के पथ को आखन कर लेने की शिक्षा दी,

उन्होंने सभी शिक्षक शिक्षिकाओं एवं बच्चों को अपना आशीर्वाद प्रदान किया एवं उनके उच्चजल भविष्य को कामना की। इस मौके पर विद्यालय के प्रधानाचार्य राजेश बिपाठी ने मुख्य अतिथि एवं उनके साथ अन्य अधिकारियों का। माल्यार्पण एवं सम्मान किया और भविष्य में जिला जज के दुबारा आगमन का आग्रह किया। कार्यक्रम का समापन जिला विद्यालय

### महर्षि विद्या मंदिर प्रांगण में प्रोफिशियन्सी अवार्ड एवं अंकपत्र वितरण समारोह सम्यन्

निरीक्षक सी.एल. चौरसिया ने किया। विद्यालय में विभिन्न कक्षाओं में प्रथम आने वाले विद्यार्थियों में निशा यादव नर्सरी ए, सुशीला, उर्कलिनो श्रीवास्तव, सौरभ यादव, सुधांशु तिवारी, मृत्युंजय पाण्डेय, विनायक सिंह, आस्था पाण्डेय, अभिषेक श्रीवास्तव आदि रहे। उपरोक्त कार्यक्रम का संचालन राजीव पाण्डेय एवं डॉ. निशा दूबे ने किया। कार्यक्रम को सफल बनाने में उपासना दिवारी, जीतेन्द्र श्रीवास्तव, के.ए.के. मिश्रा, रमंजय सिंह, अन्जु सिंह, जैलेन तिवारी, ए.ए.एन. दिवेदी, नील अग्रहरी, निशा श्रीवास्तव, राजीव नंदन पाण्डेय एवं सामंजस चतुर्वेदी को विशेष योगदान रहा।



## **E-Gyan Monthly News Letter**

### **Reminder**

Dear Readers,

I am happy to release this 35<sup>th</sup> edition of E-Gyan Monthly Digital News Letter. Previous editions of E-Gyan have been published and circulated amongst you. In every edition of E-Gyan I am requesting you to send news from your relevant fields. But we are not receiving enough news. Please start sending the news in either Hindi or English. **E-Gyan Monthly News Letter** will be released in the first week of every calendar month. E-Gyan matter must be received by 15<sup>th</sup> of every month. Now E-Gyan is also reaching to large number of global leaders of Maharishi Organisation worldwide.

E-Gyan Monthly Digital News Letter will be circulated to all members, employees, well-wishers and students of all Maharishi Organisations in India and also to large number of Governors, Meditators, Sidhas, leaders and devotees of Maharishi Global Organisation.

#### **E-Gyan Monthly News Letter contains the following:**

1. Courses currently run by Maharishi schools/colleges/institutions and universities.
2. Information on any new course/programme added in Maharishi schools/colleges/ institutions and universities.
3. Present student strength course wise, subject wise, class wise, branch wise in different Maharishi Educational Institutions.
4. Announcement of any new course offering and its schedule with course details and venue.
5. Starting of new building construction, report on Bhumi puja or vastu puja or foundation stone ceremony.
6. Inauguration or graha pravesh or public offering of new building.
7. Special achievement of any Maharishi Organisation.
8. Special achievement of staff or faculty of any Maharishi Educational Institution.
9. Special achievements or award received by students in the field of academics, sports, arts, music, culture, language, general knowledge, quiz, talent search or any other competition on district, state, national and international level.
10. Report on NCC, NSS, Scouts, Adventure programme/trip.
11. High-level placement of graduates in national, international or multinational organisations/ corporations.
12. Outstanding performance of ex-students.
13. Publication of any paper by faculty, students, staff, research department or organisation.
14. News coverage in local, state, national level newspapers, TV, radio, website.
15. Selection of students in civil services, IIM, IIT, PMT, IIT, NDA, IMA, IFS, IRS, Armed Forces or in any other institution of national importance.
16. List of outstanding government or private special projects taken by the organisation.

17. Launching of new product with details, availability and price.
18. Details of products already in market.
19. Creative writings on different topics, such as cultural/social and historical issues.
20. Offering Vedic solution to any social problem.
21. Performance of any special Anushtan or Yagyas.
22. Vedic celebration reports.
23. Excursion tour reports.
24. Corporate visit, corporate training etc.
25. Visit of national and international dignitaries and their remarks.
26. Appreciation, recognition or awards received by Maharishi Organisations.
27. Report on academic or commercial collaborations.
28. Report on Maharishi Vedic Organic Agriculture.
29. Report on monthly Initiations in TM, Sidhi course and Advance Techniques.
30. Report on activities of Maharishi Global Movement.
31. Report on any other similar subject or area, which is not covered here but worth reporting.

We invite news, articles and reports from all Maharishi Organisations, leaders, members, faculty, staff, students, Meditators, Sidhas and all readers. Please note that all news reports must be authentic, original, true and correct. The writers of articles should send a declaration that the article is their original article.

Please also note that all contents should be sent in soft copy through email ([egyan@mahaemail.com](mailto:egyan@mahaemail.com) and [egyanmonthly@gmail.com](mailto:egyanmonthly@gmail.com)) as word document file (or in a CD to Dr. T. C. Pathak, Maharishi Centre for Educational Excellence Campus, Building No-5, Lambakheda, Berasia Road, Bhopal, Madhya Pradesh, PIN 462018). Hard copy should be neatly typed (“Times New Roman” font for English and “Devnagri” or “Chanakya” font for Hindi) and should be sent to above-mentioned address. High quality/resolution pictures and graphics will be very useful to make your report better looking and will be much interesting for readers.

Editorial Board of E-Gyan Monthly News Letter will not be responsible for any copyright issues of reports/articles etc. Once a matter of false reporting comes to the Board, E-Gyan Monthly Newsletter will never publish reports/article of the sender in future and will inform it’s readers about this.

Please recommend all your friends and relatives to subscribe E-Gyan Monthly Digital News Letter and to visit [www.e-gyan.net](http://www.e-gyan.net) web site.

***With All the Best Wishes in Maharishi’s Fifth Year of Invincibility - Global Ram Raj.  
Jai Guru Dev, Jai Maharishi***

***T. C. Pathak  
For Editorial Board, E-Gyan Newsletter***