

हास्यायोग

त्रैमासिक पत्रिका

शरीर, मन और आत्मा के सम्पूर्ण स्वास्थ्य के लिए



वर्ल्ड स्प्रिटुअल कॉन्फ्रेंस, हैदराबाद

- 😊 हास्यासन
- 😊 हैंसना ईश्वर का उपहार
- 😊 मोटापा : तीन उपाय
- 😊 ताई ची चिकित्सा
- 😊 बुद्धिमानी और हास्य
- 😊 कोही जी के हैल्थ टीप्स
- 😊 हास्ययोग क्रियाएँ



सी.ए. एसोसिएसन, दिल्ली



स्नेहालय, अहमदनगर





राक गार्डन, पटेल नगर हास्ययोग शिविर (1500 साधक)



भैरो एन्क्लेव शिविर गुरुजी, हनुमान प्रसाद व अनुप शर्मा

स्थानीय निगम पार्षद श्री नरेन्द्र बिन्दल व सविता गुप्ता जी



20-21 नवम्बर, 2010 डी.डी.ए. पार्क, भैरो एन्क्लेव, दिल्ली



CHYCC बैठक अहमदनगर

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Editorial

HAPPY & HEALTHY 2011

I requested God let "U" be happy & healthy 4ever.

God said 4 days only.

I said, 'O.K. Spring, summer, autumn & winter days'.

God said 3 days only.

I said, 'O.K. Yesterday, tomorrow and today.'

God said 2 days only.

I said, 'O.K. Bright day & night day.'

God said 1 day only.

I said, 'O.K. Everyday.'

God laughed and said O.K.

May everyday of the year 2011 be happy & healthy 4u all.

- JITEN KOHI

अनुक्रम

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d h H k f r ? k e r g , r k y h c t k r g , f d y d k j h e k j d j g l r
g , i j ' k j h j d k p y k , A t l c P p k i k y u e y V d j e p y r k g
m l h i d k j A v y V h & i y V h e k j A i h B i j ' k j h j d k v k x & i h N
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c k y e p y u g L ; d k 50 i f r ' k r y k H k n u o k y h , d v ū ;

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g k r k g A ; k o u c < r k g A p g j i j y k f y e k o p e d v k r h g A



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g] f c Y d y , l k n j k p k j h u g h g k l d r k f t l d k i u h l / k k j u
g k l d A
& d k j y k b y



गर्भावस्था व स्तनपान की गलत धारणाएँ

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foVfue&], dfY'k;e] QkLQkj l vkfn ik'kd rRo feyr gA
ble j'k dh vPNh ek=k gkrh g] ft l dCt Hkh nj gkrk gA

xHkroth L=h d fy, egx Qy] eo] ?kh vkfn dk lou
t:jh g \

mùkj & xyrA ge blugh ik'kd rRok dk ek l eh Qy] gjh
i'kknkj 'k'd&lft;k] vukt] nky] n/k vkfn l Hkh iklr dj
ldr gA tk lLrh vkj Qk;n Hkh gkrh gA

• uotkr f'k'k dk tÙe d rjUr ckn ek d utnhd
ugh j[kuk pkfg, \

mùkj & uotkr dk tÙe yu d i'pkr tYn l tYn ek
d Lru l fudyu oky ihy&xk< n/k dk lou djuk pkfg,A
bll f'k'k dk vko';d ik'k.k rFkk jkxk l cpu e enn
feyrh gA

• cPp dk ,d lky rd ek dk n/k fiykuk pkfg, \

mùkj & tÙe d ckn N% eggu rd cPp dk doy ek dk
n/k gh fiyk,A bld ckn ek d n/k d lFk&lFk Qyk dk j l
nky] li bR;kfn FkMk&FkMk dj d nuk pkfg,A ;fn ek dk
i;klr ek=k e n/k ugh curk gk] rc n l j fodYik %xk;]
cdjh d n/k vkfn% ij fopkj dja

& MkO uohu dek] %ckykh fujkx/ke%



;kx vkj gkL; dk vnHkr lxe

हास्ययोग शिविर

आयोजन हेतु

‘हँसता भारत – स्वस्थ भारत’

d liu dk ldkj dju d fy, gkL;;lx dÙæ }kjk 'kjhj] eu o vkRk d lEi.k LokLF; d
fy, ruko&efDr o 'kkjhfd&ekufld&vkfied&ikf.kd Åtk d lpkj rFkk 'lxj] vLFkek] ljokbdy]
ch-ih-] vLFkek] ekbxu] fMi'ku] ruko lc/kh jkx] ekvki] cd&iu bR;kfn jkxk l efDr d
ljyre&lokÙe mik; d fy, ^gkL;;lx&gkL;/;ku f'kfoj* d vk;ktu d fy, lEid dja

लाफ्टर क्लब

हास्ययोग केन्द्र

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हँसना

ईश्वर का सबसे बहुमूल्य उपहार

eu"; ,d lkekftd ik.kh g vkj lekt e jgdj mldk fouknfi; gkuk t:jh gh ugh cfYd vko';d Hkh g vkj , l gh 0;fDr lekt dk vkil e tkMu e lgk;d gkr gA gkl&ifjgkl e rRij 0;fDr 'kh?k gh ykxk e ?kyfey tkr g vkj lcdk fi; yxr gA ;g Hkh lR; g fd glh eu"; dk b'oj dk fn;k lcl cgeY; migkj gA tk glr ugh lef>, fd o b'oj d bl migkj l ofpr jg tkr gA fopkj d ,fmlu dk Hkh dFku g fd eu"; dk bl ckr dk /;ku j[kuk pkfg, fd og bruk cf)eku u gh tk, fd glh tllh egku [k'kh li vyx jgu yxA

vk t d rukoi.k thou e 0;fDr d fy, glh l c<dj dkb nok ugh gk ldrhA FkkMk&l k glh dk elgky gku l eu dk ck> rk gYdk gkrk gh g lKfk gh eflr"d ij Hkh bldk vPNk iHko iMrk gA bruk gh ugh bl l ij 'kjhj e mRlkg ,o uohu vk'kk dk lpkj Hkh gkrk gA gkL; l eu e Nkb mnklh lekr gk tkrh g vkj eu fQj l i lUufpr gkdj vkuUn dh vuHkfr ikr dju yxrk gA xk/kh th u dgk g fd ^glh eu dh xkBl [kry nrh gl] eji eu dh Hkh vlij rFgkj eu dh HkhA* dN ykxk dk rk ;g Hkh ekuuk g fd og fnu fcYdy 0;Fk xtj tkrk g ftl fnu ge glr ugh D;kfd glh fdlh u fdlh :i e gekj 'kjhj e Vkfud dk dke djrh g blfy, bl ge Bthou/kkjkb Bver/kkjkb dh lKk Hkh n ldr gA

gluk&eldijkuk lgr d fy, cgr Qk;nem gkrk gA MKDVj Hkh ;g ckr ekur gA glu oky d pgji ij c<kik nj li vkrk g vlij glu&eldijkuk dh dkb me Hkh ugh gkrhA glu d dkj.k ek l if'k;k dh yxkrkj dljr gkrh g vkj pgj dk jDr lpkj rt jgrk gA MKDVjk dk dguk g fd



glu l QQMk d jkx ugh gk ldrA bli 'olu dh fØ;k rt jgrh g ftldh otg l vkDlhtu vf/kd ek=k e 'kjhj e igprh g vkj nF'kr ok; %dkcu Mkbvkd lkbM% ckgj fudyrh gA [kydj glu l jDr lpkj dh xfr rk c<rh gh g lKfk gh ikpu r= Hkh Bh d jgrk g vkj eflr"d dk ruko Hkh de gkrk gA bld foijr tk ykx glr ugh g ;k de glr g mud pgj ij fdlh rjg dh vkhk ugh gkrh vkj o xLly idfr d utj vkr gA dN ykxk dk ;g xyrQgeh Hkh gkrh g fd o ;fn lH; lekt e T;krk glx rk mudk ckf)d Lrj de gk tk,xkA , l ykx tc eLdjkr g rk mud pgj ij fdlh iHmk d gku dk&l k Hko fn[kkb nrk gA

cukoVh glh % ;g t:jh ugh g fd gj glh e lPpkb gk D;kfd vkt dy d teku e tc gj ph t e cukoV g rk glh Hkh dHkh&dHkh cukoVh gk tkrh g vkj vkidk u pkgdj Hkh glu dk ukVd djuk iMrk gA yfdu vki ;g t:j ekux fd tk glh lp d ftru djhc gkxh og mruh gh lUnj yxxh vFkr glh ftruk fny dh xgjkb l fudyxh og lkeu oky dk mruh gh Hkh ,xhA

nfu;koh glh % dc] dl vkj dgk gluk pkfg, ;g le>nkj 0;fDr d food ij fuHkj djrk gA ij bruk vo'; g fd mÜke gkL; ;k 0;X; dk iLrr dju d fy, cf)&pk; vkj gkftj&tokch Hkh t:jh gA bli lnhk e ;g rF; dkQh



ifl) g fd pfpY tc bXyM d i/kkue=h Fk rc mul ogk
dh ,d lIn lNl;k u fdlh ckr ij ukjkt gkdj dgk]
B;fn vki ej ifr gkr rk e vkidk tgj n nrhAp pfpY u
'kkR Hkko l mUkj fn;k] B;fn vki ejh iRuh gkrh rk e ml
tgj dk lg"K Lohdkj dj yrhAp ;g gkftj tokch dk ,d
lUnj ueuk gA egrkM tokc nu d LFku ij bl ehBh
pVdh e gkL; dgh vf/kd Nik gvK gA

0;olkf;d glh % eldjkrk gvK pgjk lHkh dk vPNk
yxrK gA vPN ndkunkj dh igyh 'kr gkrh g fd og viu
xkgd l eldjkdj ckr dJA lYlxY] ul vkj ;j gkLVI
dk gluk&eldjkuk rk mudh M;Vh dk vko';d vx ekuk
tkrk gA tk MkDVj viu ejht l eldjkdj ckr djr g]
n[kk x;k g fd mud ejht tYnh LoLFk gku yxr g D;kfd
MkDVj dh eldjgV ejht d Hkhrj vkRefo'okl c<krh gA
v/;kid dh ykdfi;rk dk jkt ;gh gkrk g fd og viu
fo[kfK;k l eldjkdj ckr dJA

lekftd glh % glh dHkh ,dkdh ugh cukrh cfYd og
lekt l tkMu dk dke djrh g blfy, ;fn dkb lTtu
vkt rd u glu dh dle [kkdj cB gk rk mUg ;gh lykg
g fd vkbuk mBkb, vkj nf[k, fd vkid pgj ij glh dlh
yxrh gA fQj nf[k, vkidk thou fdruk jle; gk tkrk gA
& lkhkj Hk.Mkj.k Hkkrh

स्वास्थ्य - प्रसन्नता - विश्वशान्ति हास्ययोग केन्द्र के नए संरक्षक सदस्य :



18-11-2010 MkO l'khy xlrk
4/12] bLV i tkch cKx] ub fnYyh&26
Educationist, 0;olk;h o ifl)
lekt lohA



22-11-2010 Jh lrchj xk;y
A-1/42] lDVj&8] jkfg.kh fnYyh-85
Civil Contractor 0 ifl) lekt lohA



30-11-2010 Jh jktUn i lkn xlrk
48-A] deyk uxj] fnYyh-7
0;olk;h o ifl) lekt lohA



12-02-2010 Jh dynhi flg pkoyk
C-119] Mh@, l] je'k uxj] fnYyh-15
0;olk;h o ifl) lekt lohA

bu lHkh dl lg;lx dl ifr gkL; ;lx dUn ifjokj vkHkj
0;Dr djrh g, mudk LokR djrk gl o budl mTToy rFk
gkL;e; thou dh dkeuk djrk gA

vki Hkh ykTVj Dyc gkL; ;lx dUn l tMdj thou e vkun c<k o
glrk Hkkr & LoLFk Hkkr d liu dk lkdj dju e ;kxku n ldr gA

lkeU; lNl; % 1,100 #i, ljk{d % 31,000 #i, lLFkxr ljk{d % 1,00,000 #i,
lLFkvrk d fy, lc) lNl;rk % 1,000 #i,

lHkh lNl;k o lcf/kr lLFkvrk d lNl;k dk lifjokj dUæ lc/kh idk'kuk] dk;Øek]

f'fojk e 10 l 20 ifr'kr vktiou NV feyrh gA

lNl;rk ii= d fy, SMS dj % 09015398897

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rkb ph fpfdR l k



;g ,d /khek vkj lgt phuh vH;k l g] tk cy&of) vkj ekl if'k; k dk fØ; k'khy dju e lgk; d gkrk gA l kFk gh lryu vkj lketL; e of) djrk gA fpfdR l dh; ij h{k.k e bl vH;k l u iekf.kr fd; k g fd og jDrpki o ân; xfr dk de dju dh {kerk j[krk gA

mipkj dh fof/k % rkb ph vH;k l e fofHkUu ^vkdfr; k dk ,d leg* lekfr gA ^i{h dh iN dk nckpuk* vkj ^ckny dh rjg gkFk ygjkuk* t l uke mu vkdfr; k d fy, gA iR; d vkdfr e fofHkUu enkvk dh ,d Ük[lyk lekfr g] ft l yxkrkj ,d ckj xfr'khy gkdj fd; k tkrk gA ,d vkdfr e l k enk, rd gk ldrh g vkj mÜg ijk dju e 20 feuV rd yx tkr gA bld fy, vkjkenk; d o <hyk&<kyk oL= rFkk piVk trk o ektk iguuk pkfg, A

;g vkb l&Ldfvx vkj lkbfdy vkjg.k t l k yxxkA bldh 'k#vkr Fkkb ph dh vk/kkjHkr enkvk l dh tkrh gA ijk dk lekukrj dj d [kM gk tk, vkj d/kk dk Qyk,] ?kVu dk FkkMk&l k ekM] fl j dk FkkMk&l k mBk, vkj viuh jh< l h/kh j[kA d/k dN&dN ?kek, vkj ck gk dk <hyk dj d nkuk rjQ yVdk,] t l fd vki viuh dk l fØ; dju dh enk e gA bu pj.kk l xtjr g, Hkh vkid ?kVu eM gh jgu pkfg, A ;gk l Hkh xfrfok/k; k dej d ik l l mRiUu n'ku'kkL= d vulk; ;g 'kjhj dh ^ph* ;k thou&j{k d Åtk dk dUn gkrk gA tc vki rkb ph d vrxx xgjh l k l y jg gk vkj /khek xfrfok/k; k dj jg gk rk bl dUn ij ,dkxfp

gkdj ij 'kjhj d ifr vfr ldrk dk vuHko dj ldr gA yHk % nk foihr Åtk 'kfDr; k&f; u* vkj ^; k&dk lketL; i.k voLFkk e yku dh dkf'k'k Hkh >ydrh gA loekU; fl)kr ;g g fd nkuk Åtk 'kfDr; k L=hfyx vkj ifYyx dh rjg idk'k o v/kdkj rFkk dÜkk vkj de dh rjg nk foihr /ko gA mnkgj.kLo: i l Hkh rkb xfrfok/k; k foihr idfr; k dk tkMk g] t l&nk, o ck, ;k nckuk o mBkukA

rkb ph dh dN xfrfok/k; k l ekl if'k; k vkj vLFk; k etcr gkrh g] D; kfd bl l lryu e of) gkrh gA ble ijk d fupy fgl l ij ijk otu Mkyk tkrk gA igy ,d ij ij fQj n l j ij d l kFk , l k fd; k tkrk gA FkkMk vlx rk FkkMk i hN dh vkj pyk tkrk gA bl h rjg ck, vkj nk, Hkh pyr gA fl j] vk[k vkj 'kjhj dk ,d l kFk fgyku l 'kjhj d lryu dUn] dku d vkrfjd fgl l dk 0; k l fQj l c<rk gA rkb ph dh rhork; Dr xfrfok/k; k ân; vkj okfgdk&r= ij ok; thoh iHko Mkyrh gA dUnidr /; ku l ekufld ldrk dk c<kok feyrk g] l kFk gh 'kjhj d vkj ekufld ldu Hkh feyrk gA

&vke lB] gnjkcn ¼fo'k'k vkHkkj d l kFk

हँसिए और हँसाइये

thuk xj t gk e rk gfl, vkj glkb; A
NkV&ekV jlxk dk iy e nj Hkxkb; AA
glh dk gh viuk lPpk l kFkh cukb; A
ftUnxh e dN Hkh gk tk, er ?ckjkb; AA
vku okyh elhcr dk viuh nkr fn[kkb; A
elhcr gk Hkxku dk etcj , l k Bgdk yxkb; AA
gk pgjk ij ftud glh mudk ehr cukb; A
gj le; volj glh d [kktr gh tkb; AA
& leuUn



dgr g ;fn fd l h l n'eu h gk tk, rk nvk dj fd og
ekV k gk tk, ckd h l c dke viu vki gk tk, xkA 'kjh j ij



vf/kd pch
bdVBh gku dk
eryc g 'kjh e
nf"kr ey bdVBk
gkukA ekVki d
dkj .k vud
chekfj ;k fcu

cyk; vk tkrh g t l %& gkb CyM i'kj] l k l Qyuk] ?kVuk
dk nn] e/keg] ân; jkx] [ku dh deh bR; kfnA

rc D; k dji \

igy rk /; ku n fd ekVj dkj e iVky vPN iVky iEi
l Myok, A 'k) iVky Myok, A gok& ikuh dk /; ku j [ka xkMh
pykr jg o de gku ij gh iVky Myok, A , l k ugh fd Vdh
Qy gku ij Hkh iVky Mkyr jgA vkj ,d l kFk iVky]
Mhty] feVvh dk ry] ikuh l c Hkh u MkyA

;kfu igyh ckr [kku& iku Bhd dja fQj [kk,
Hkktu& ikuh d ikpu d fy, vko'; d Je dja fu; fer
o; k; ke] mfpr [kku& iku] ikdfird thou& 'kyh] ekVki k de
dju d ek= ; rhu mik; g %&

,d ek g e 5 l 10 fdyk otu de

(1) ekMik de dju dk vlgkj

5-00 ct ikr% 1 fxyk l dk l k ikuh \$ 1@2 uhc \$ 1
pEep 'kgn %ckfj 'k d ek l e e uhc u yA%

30&40 feuV rt dne k l l j dja

6-00 ct ikr% jkr e fhkxk, eFkh nku dk ikuh fi; A

40 feuV d gkL; k l uA iV ij iVvh yiVA

9-00 ct Qy] vdfjr vUu] ,d fxyk l n/k @ NkNA

1-00 ct nkigj Hkktu & 2 jkVh \$ lCth \$ nky \$

lyknA

1-40 ct 1 fxyk l dk l k ikuh ; k Tokj dk j l ; k lCth
dk j l fi; A

5-00 ct 1 Qy ek l eku l kj ; k xktj dk j l fi; A

7-00 ct rd jkf= Hkktu gYdk& l i kP; A de l de
40 feuV otk l u e cBA

8-30 ct jkf= 1 fxyk l dk l k ikuh \$ ½ uhc ; k 1 di
Vk. M n/k yA

10-00 ct rd foJke dja

/; ku jg %

pkdj l fgr vkV dh jkVhA

Qy o lCth l kFk& l kFk dHkh ugh yA

l l rkg e de l de ,d l e; dk miok l A

l l rkg e nk fnu l k; dky e doy f [kpMh ; k nfy; k
½ e hBk ugh % yA

n/k fcuk phuh d] NkN fcuk ued d yA

pk; & dk Qh& uedhu& feBkb& cM eghu e ,d ckj l
vf/kd ugh yA

f l Q e l d j k, ugh [ky dj g l o Bgkd yxk, A

otu de d j r g % r j c t] ddMh] ykdh] ikyd] iBk
¼ d Ppk& feBkb ugh % VekVj] i i h r k] [khj] de dykj h dh
l f c t ; k o l f c t ; k dk j l] [kku l igy QyA

otu c< n g % vukuk l] dyk] n/k] vke] eiB Qyk dk
j l] vky] ryh& e l kynkj l f c t ; k] [kku d ckn QyA

(2) gkL; k l u

gkL; d iky Hkktf r] eku gkL;] frryh gkL;] cyh gkL;]
yL l h gkL;] pDdh gkL;] rkyh gkL;] ckyepyu gkL; A

(3) iV ij iVh yiV

bl yiV e ,d l rh iVvh vkj ,d Åuh iVvh gkuh
pkfg, A igy l rh iVvh dk ikuh e fhkxk dj gYd gkFk l
iku h fudky nA



vc bl xtyh l rh iVv dh iV ij %ilfy; k l uhp o
dYg dh gMMh d Åij½ FkkMk&lk dldj yiV yA bld
Åij l Åuh iVv dh l [kk gh yiVdj dl n] ftll xtyh
l rh iVv ijh rjg <d tk, A %Åuh iVv dh pkMkb l rh
iVv l FkkMk&lk T; knk jgA½

ikr% dky e 'kkp o gkL; k luk d i'pkr bl de l de
40 feuV rd yiV dj j [kA bl nkjku fd l h Hkh fdLe dk
Hkktu@Qy@lCth dN Hkh ugh [kkukA uk'r l io iVv
mrkj dj /kk dj l [ku j [k nA bll NkVh&cMh vkr
'kfDr'kkyh gkrh g rFkk ftxj] xnk] frYyh] e=k'k; vkrn dh
fØ; k'khyrk c<rh gA ftll iV dh vfrfjDr pch fi%ky dj
de gkrh gA

ikdfrd mipkj % LVhe ckFk] xe&B.Mk dfvLuku]
oKkfud ekfy'k] iVv yiV br; kfn Hkh y ldr gA

& MkO lejpn xlrk

^ekVkiK de dju dh iV dh iVv h*
gkL; ;kx dUæ ij miyC/k gA



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अपने प्रेमियों को दीजिए एक ऐसा उपहार जो बनाए आपके सम्बन्धों को प्रगाढ़ एवं यादगार

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euhvMj u- ----- cd ----- frud ----- vldk if'r dj jgt gk
ule ----- i'r ----- Qlu----- elcby -----

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दूरभाष: 09015398897 ई-मेल: hykdelhi@gmail.com

1
नाम
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3
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फोन

4
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पता
फोन

5
नाम
पता
फोन

- 1- cd gkL; d nkjku dku&lk cU/k yxkr g\
d½ ey c/k [k½ mfMM;ku c/k
x½ tky/kj c/k ?k½ rhuk
- 2- eku gkL; dh lokÙke le; lhek D;k g\
d½ 10 ldm [k½ 20 ldm
x½ 40 ldm ?k½ 50 ldm
- 3- l jokbdy d fy, lokÙke gkL; fØ;k gA
d½ frryh gkL; [k½ dlh gkL;
x½ 'kkcklh gkL; ?k½ VDVj gkL;
- 4- x#tñ u gkL; ;kx dk vfure lkiku fdl crk;k g\
d½ lekfk [k½ ri
x½ eku ?k½ ekfk
- 5- iFke gkL; ;kx lk/kuk lEeyu dgk gvk Fkk\
d½ clykth fujkx/kke] fnYyh
[k½ ekmv vk] jktLFkku
x½ ryNVh vkJe] xko/ku
?k½ okuilefk vkJe] _f'kd'k
- 6- ^loLFk* dh ifjHkk'kk e gkL; dh mi; kfxrk dk o.ku
fdl xUfk e gvk g\
d½ Hkxlfgrk [k½ vk;on
x½ pjd lfgrk ?k½ eulefr
- 7- loJ"B ^gkL; ;kxh* dku g, \
d½ ukjn [k½ Jhd".k
x½ pkyh&pifyu ?k½ chjcy
- 8- gkL; ;kx fØ;k vk dk fdruh J.kh; k e ckVx; k g\
d½ rhu [k½ pkj
x½ nk ?k½ ,d
- 9- rkyh gkL; fdl vklu e djuk lokÙke g\
d½ [km gkdj [k½ yVdj
x½ ineklu e ?k½ "kh"kk lu e

10- ;kfxd gkL; fdl dgr g\

d½ viu ij gluk [k½ nlj ij gluk
x½ pVdy ij gluk ?k½ fcuk dkj.k gluk

igyh d lgh mÙkj Hkt buke ik, A iFke rhu
lgh mÙkj Hktu okyk dk gkL; ;kx dk lnj
dUkk@cx o rhu o"k rd e¶r if=dk feyxhA
mÙkj tkuu d fy, if=dk d fiNy vd i<A

हास्ययोग पहेली-01 उत्तर

- 1- ----- 2- -----
3- ----- 4- -----
5- ----- 5- -----
7- ----- 8- -----
9- ----- 10- -----

uke -----

irk -----

Qku u- -----

lgh mÙkj fuEu ir ij Hkt vFok ey dJA
gkL; ;kx dlæ %& 162] jle'oj uxj] vktkn ij]
fnYyh&110033 / E-mail : hykdelhi@gmail.com

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बालाजी निरोगधाम

प्राकृतिक चिकित्सा एवं योग केन्द्र

स्वस्थ जीवन एवं असाध्य रोगों के लिए दिल्ली का पहला शक्तिदायक स्वास्थ्य केन्द्र



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पल्ला बख्तावरपुर, रोड़, दिल्ली-110036 फोन: 011-64532820, 64532821

E-mail: nirogdham@gmail.com, ino@balajinirogdham.com



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बापूजी, गुरुजी, इन्दरभान भण्डारी, हनुमान प्रसाद सिंघल तथा CHYCC के सदस्य





19 दिसम्बर, 2010 आमबाग, नामपल्ली हैदराबाद शिविर



18-19 दिसम्बर, 2010 World Spiritual Conferance, Hydrabad



विश्व अध्यात्म संसद बैठक

World United Forum द्वारा गुरुजी व ओम सेठ सम्मानित



हस्त्ययोग, अक्टूबर - दिसम्बर, 2010

26 दिसम्बर, 2010 साने गुरुजी सदन, पुणे, हास्ययोग शिविर



सम्मानित गण



विठ्ठलराव काटे व गुरुजी



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Rahul Agg. : 9999227600



gkL; ;lx dk r'rh; l kiku

हास्ययोग क्रियाएँ

lo HkoUr lf[ku% lo lUr fujke; k% A

lo Hknkf.k i';Ur ek df'pn n%[k HkxHkorAA

lo&lHkh] HkoUr&gk] lf[ku%&l[kh] lo&lHkh] lUr&gk]
fujke;%&fujkxh] lo&lHkh] Hknkf.k&Hkyh ckr] i';Ur&n[k]
ek&u] df'pr&dkb] n%[kHkx&n%[kh] Hkor&gk A ;kx dk
ey rRo g ^lo lUr fujke; k%* vFkr lHkh fujkx jg ---

ge vDIj ikdk e yxxk dk glr o tkj&tkj l Bgkd
yxkr n[kr gA vkerkj ij yxx ,d nk rhu ckyr g, nkuk
gkFk Åij y tkdj rhu ;k pkj ckj tkj&tkj l Bgkd yxkr
gA Bgkd yxku l 'kjhj l jkx nj gkr g] yfdu c l] D;k
bruk Hkj dkQh g\ lkekU; ;kxklv vkn djku oky Hkh
[kkukifr d rkj ij rhu&pkj ckj Bgkd yxkdj bfrJh dj
nr gA vc loly ;g mBrk g fd vlf[kj fdruh nj gluk
pkfg,\

vki xl ij n/k mkyu d fy, j[kr gA vki xl
tyk, vkj rjr gh cn dj n A rk D;k n/k mcy tk,x\
ugh A n/k mcyu d fy, t:jh g fd n/k dk mruh nj rd
xe fd;k tk, fd mle mcyu d fy, t:jh jklk;fud
ifjoru gk tk, A blh idkj gekjk 'kjhj gA glu d nkjku
'kjhj e dN j l %gkeku% mriUu gkr g] tk V'ku ink dju
oky rRok dk de djr gA ;fn vki nk&rhu ckj Bgkd
yxkdj rjr gh gluk cn dj nx rk 'kjhj e gkL; o
i lUurk dk Hkko mriUu gku l tk jklk;fud ifjoru gku
g] ugh gk ik,x] blfy, t:jh g fd glh o i lUurk d bl
Hkko dk dN le; rd cuk, j[kk tk, A ;kfu de l de
20&25 feuV rd FkkMk&FkkMk vrjy n] glh dk nkj tkjh
j[ku l 'kjhj dk mldk Hkjij ykHk feyxk A ;kfu flQ
nk&rhu Bgkd yxku l dke ugh pyxkA de l de 20&25

feuV rd yxkrkj gkL; ;lx dh fØ;k, dju l gh 'kjhj
LoLFk] eu i lUu o eflr"d 'kkr gkxkA glu dh dkb lhek
fuf'pr ugh] yfdu de l de bruh nj rd vo'; gl]
Bgkd yxk, fd 'kjhj e vko';d diu mriUu gkA gekj
QQMk dk Hkjij vDIhtu fey] jDr iokg lpk# gk vkj
lcl t:jh ckj g fd eu e ,d nh?dkjh i lUurk] rflr]
vkun dk Hkko mriUu gku yxA ek= ml rjg l glu l
'kjhj dk LoLFk;o/kd j l ugh fey ik,x] t l Qkvk f[kpokr
g, glr g] ^Leby lyht vkj fDyd* A

ft l idkj ge lcg&lcg viu ekckby dh cVjh pkt
djr gA fQj fnuHkj ekckby pyrk jgrk gA mlh idkj
l cg&lcg [kydj glu %gkL; ;lx fØ;kv% l gekj 'kjhj
dh cVjh rjkrk tk gk tkrh gA ft ldk v l j ij fnu jgrk gA
fujUvj l/kuk l ;g v l j LFkk;h gk tkrk gA

bu rF;k k ij /;ku n %&

gkL; ;lx }kjk thou d ey rRok dk 'kjhj e lp;
dj ge nh?kk;] LoLFk o fujkxh jg ldr gA tl&tl vki
ble ioh.krk gkfly djr tkr g] fnukfnu LoLFk; ykHk
ikl djr tkr gA

lHkh fØ;kv% dk fof/kiod eu o ik.k dh ,dkxrk d
lkFk ml jkx ;k vx fo'k% ij /;ku j[kdj djuk pkfg,A
vkj eu e ;g ldkj kRed Hkko mriUu dju dk i;k l dj fd
e LoLFk o i lUu gA %fØ;kv% d lc/k e folrkj l tkuu d
fy, i< ^gkL; ;lx foKku%&

lkFk gh [kku&iku bruk ikfVd] lknk o likP; gk
fd iV lkQ jgA ruko dk ;Fkk lHko Lo; l nj j[ku dk
i;k l dj rkfd jkr dk 'kkr&l [kn uhn vk, A %vkgkj lc/kh
tkudkj d fy, i< ^Åtl d ikp L=lr vkj gkL; ;lx%&

MkDVjk dk ekuuk g fd yxHkx so ifr'kr chekfj;k
dk ey dkj.k vDIhtu dh deh o ruko gA gkL; ;lx l
'kjhj e vDIhtu dh ek=k c&r h g ft l l jDr dk



'kf) dj.k gkrk g] ,yth nj gkrh gA eflr"d o ân; dk
Hkji j vkDlhtu feyu l mudh dk; {kerk c<rh gA

ruko nj dju d fy, ^gkL; ;kx** jleek.k vrfk/k
gA 'kjhj l ruko o uxfVo l kp c<ku oky rRo dkjVh l hy
dh ek=k de gkrh g o ldkjRed Åtk ink dju oky rRo
l jkVhu dk Lrj c<rk g] ft l l 'kjhj dh vkrfjd Åtk o
jlx&ifrj/kd {kerk e of) gkrh gA

gj ckj ub dkf'kdvk d fuek.k d l kFk m le ekt n
Vykel ¼telomeres½ uked rRo de gkrk tkrk gA tc ;g
rRo ijh rjg [kæ g tkrk g rk 'kjhj e ub dkf'kdvk dk
fuek.k gkuk cn gku yxrk g] ft l l 'kjhj {kh.k o ncy gku
yxrk gA gkL; ;kx l dkf'kdvk e Vykel uked rRo dh
ek=k c<rh gA

gkL; ;kx nok dh xlyh ugh ,d 'kjhjd&ekufld&
vk/kfred fØ;k g ft l l 'kjhj eu o eflr"d LoLFk]
iQfyr o Åtkoku gkrk g A

gkL; ;kx fØ;kvk l beukxycfu ^, * o ^ch* fodflr
gkr g tk fofHku okbj l] dhvk.kvk] jxk.kvk d ifrj/kh
gA

db ckj n[kk x;k g] dN ykx vuko'; d : i l xy
ij tkj nr g, glr gA cgr fpYkr g, ;k xy ij tkj
nr g, gluk vPNk ugh ekuk x;k gA mÙke glh og g tk
/khj&/khj o vUnj l mRiUu gA iV l gluk lokÙke gA

Hkk tu d rjUr ckn vfk/d ek=k e gkL; ;kx fØ;k,
dju l iV e gYd nn dh f'kd; r gk ldrh gA , l k vkrk
ij vR;fk/d ncko iMu d dkj.k gk ldrk gA vr%
gkL; k l uk l io gYdk&QYdk tyiku gh fy; k tk, A

/k/ o dkgjk gku ij ik.k&lEcu/kh fØ;kvk dk u
djA 'kgjk e dkgjk Nk; k gku ij in" k.k uhp gh gkrk gA
yfdu ou&in'k] [kc o{knkj {k=k e dkgj d nkjku Hkh
gkL; ;kx fØ;k, nkjku e dkb ud l ku ugh gA

gkL; ;kx fMi'ku] 'kxj] ch-ih-] vLFek] ,yth]
[kk l h&tdke] l jokbdy] ihB&dej&nn] tkMk d nn] iV
lEcu/kh jkxk e] ekVvik de dju] vfuæk] eg dh nxU/k
bR; kfn e cgn dkjxj gA l kEku; : i e LoLFk jgu]
ikftfVo Åtk o 'kjhj e mR l kg d l pkj d fy, vkj ruko
l efDr d fy, gkL; ;kx lokÙke gA ;gk rd fd d l j vkj
, M l t l egkjxk e Hkh ;g ykHkdkjh gA fofHku fLFkr; k e
fofHku gkL; ;kx fØ;k, fo'k" k : i l ykHk n ldrh gA
gkL; ;kx fØ;kvk dk rhu Hkkxk e fofHkfr fd; k x; k gA

1- 'kjhj&i/kku fØ;k, i % bu fØ;kvk e 'kjhj d
fofHku vo; ok] i .kfy; k] Hkkxk e diu o xfr mRiUu dj
mudk o; k; ke fd; k tkrk gA l kFk gh gkL; Hkko dk ykHk fy; k
tkrk gA

2- ik.k&i/kku fØ;k, i % ; fØ;k, 'ok l dh xfr] 'ok l
d 'kf) dj.k o ik.kk; ke lEcu/kh fØ;kvk ij vk/kkfjr g A

3- Hkko&i/kku fØ;k, i % dN fØ;kvk e 'kjhj e
bru h xfr mRiUu ugh gkrh vfir Hkkoukvk dk e[; : i l
ikftfVo dju o Åtkoku dju ij cy fn; k tkrk gA bu
fØ;kvk d nkjku dkYifud n' ; k ; k Hkkoukvk dk mRiUu dj
vkrfjd gkL; Hkko dk l gtrk o l jyrk l 'kjhj e o; klr
dju dk i; k l fd; k tkrk gA fokku e , d fu; e g ft l
U; j k fyfXofLVd ikxkfex ¼NLP Theory½ dgr gA bld
vul kj t l k Hkko ge cukr g 'kjhj Hkh m l h d vu# i j l k
dk fuek.k dj nrk gA

lEi.k gkL; ;kx fØ;k, i % dN fØ;kvk dk , d fof'k" V
J.kh e Hkh j [kx D; kfd bue rhuk gh Hkko fufgr gA

(1) 'kjhj&i/kku fØ;k, i %

ueLr gkL;	cBdj@[kM gkdj
'kkck"kh gkL;	otkl u e cBdj
rhjdeku gkL;	l [kk l u e cBdj
rkf=d gkL;	cBdj@[kM gkdj



d.kfi; gkL; I[kklu e cBdj
 Lolu gkL; I[kklu@inekl u
 Hkr Hkxkvk gkL; cBdj@[kM gkdj
 pDdh gkL; cBdj@[kM gkdj
 'khrkuHko gkL; cBdj@[kM gkdj
 xCckjk gkL; cBdj@[kM gkdj
 ef.kcn gkL; cBdj@[kM gkdj
 ehVj gkL; cBdj@[kM gkdj
 rcyk gkL; cBdj@[kM gkdj
 jf'k;uukp gkL; cBdj@[kM gkdj
 cyh gkL; [kM gkdj
 uko gkL; [kM gkdj
 vxMkb gkL; [kM gkdj
 x# gkL; [kM gkdj
 yLlh gkL; [kM gkdj
 fe=rk gkL; [kM gkdj
 pkbuh t gkL; [kM gkdj
 ifv;kyk gkL; [kM gkdj
 feph gkL; [kM gkdj
 eDruk p gkL; [kM gkdj
 dljh gkL; iFke pj.k [kM gkdj
 f}rh; pj.k otklu e
 rrh; pj.k ineklu yxkdj
 mUkku gkL; iFke pj.k ihB d cy yVdj
 gkFk mij
 f}rh; pj.k ihB d cy yVdj
 ij mij]
 rrh; pj.k gkFk&ij&flj mij
 Hktx gkL; iFke pj.k iV d cy yVdj
 gkFk lkeu
 f}rh; pj.k iV d cy yVdj

gkFk nk,&ck,
 iV d cy yVdj
 gkFk&ij&flj mij
 ckyepyu gkL; yVdj
 Mkyu gkL; vkyFkh&ikyFkh ekj dj@yVdj
 f'kffkyhdj.k gkL; ihB d cy yVdj
 gk&gk&gk&gk&gk cBdj@[kM gkdj
 frryh gkL; cBdj@[kM gkdj
 iFke ikok l
 f}rh; gkFkk l
 VDVj gkL; cBdj@[kM gkdj
 cd gkL; I[kklu e cBdj
 rlyh gkL; ineklu e cBdj
 iNh gkL; iFke pj.k cBdj gkFk lkeu dh rjQ
 f}rh; pj.k cBdj gkFk Åij dh rjQ
 rrh; pj.k cBdj gkFk nk, ck,
 g;'kk gkL; [kM gkdj
 lEi.k gkL; cBdj
 (11) ik.k&i/kku fØ;k, %
 gkL;dikyHkkfr otklu e cBdj
 e/kj gkL;dikyHkkfr otklu e cBdj
 gkL; 'kf) dj.k
 iFke pj.k otklu e gkFk lkeu dh rjQ
 f}rh; pj.k otklu e gkFk mij dh rjQ
 eku gkL; I[kklu@inekl u e cBdj
 diyk gkL; I[kklu@inekl u e cBdj
 Ql&iVdk gkL; I[kklu@inekl u e cBdj
 Hkej gkL; I[kklu@inekl u e cBdj
 nh?k'okl gkL;fØ;k [kM gkdj
 mTt;h gkL; gkFk nk,&ck,@cBdj



(nn) Hkko&i/ku fØ;k,i %

iyfdr gkL;	cBdj@[kM gkdj
f'kdk;r gkL;	cBdj@[kM gkdj
i'k l k gkL;	cBdj@[kM gkdj
gkyh gkL;	[kM gkdj
Lo; gkL;	[kM gkdj
Lokxr gkL;	[kM gkdj
gkyply gkL;	cBdj
gkL; pg vkj	cBdj@[kM gkdj

IEii.k gkL; fØ;k,i %

¼dN fØ;kvk e rhuk Hkko fufgr g vr% bUg bl
fof'k"V J.kh e Hkh j[kk x;k gA%

IEi.k gkL;	cBdj
ueLr gkL;	cBdj@[kM gkdj
rkyh gkL;	inekl u e cBdj
cyepyu gkL;	yVdj
dIjh gkL;	inekl u yxkdj
eDr ukp gkL;	[kM gkdj mUeDr
'kkck'kh gkL;	otkl u e
gkL;dikyHkkfr	otkl u e

¼x#th dh iLrd ^gkL; ;kx lfgrk* l ½

, d BgkdK

,d Bgkd l c<] ,d o"kh dh vk;A
fey vkD l i tu ân; dk] fudy nf"kr ok;AA
fudy nf"kr ok;] pruk c< tkrh gA
thou dh gj xbj gkL; e >M tkrh gAA
eu jgrk g pxk] eLrh e jgrh g dk; kA
bl d vx Qidh] lc /ku&nkyr vkj ek; kAA
&edUn jkBkj ¼jk; ij½ 09300982260



ekuo ddky dh jpuk vkj xBu fof'k"V idkj dk gkrk
gA ekuo 'kjhj fuek.k dk vk/kkj vflFk;k ;k gfMM;k gA
'kjhj bu l ,d fo'k"kh vkdkj ikrk gA 'kjhj dh vflFk&fufer
jpuk dk ddky ;k vflFk&fitj dgr gA ble fofHkUu
vflFk;k ijLij etcr n< l kf=d Årdk l c/kh jgrh gA
fofHkUu vkdkj dh vflFk;k ijLij lf/c) gkdj 'kjhj
vkdfrr d vu:i ddky cukrh gA lf/c) gku okyh
vflFk;k d fljk ij miklFk ;k dkfVyt dh ijr p<h jgrh
gA dN vflFk;k d chp e miklFk dh xnnh jgrh gA
lf/LFky ij vflFk;k dk] ,d n l j ij] jxM [kku l cpku
dk ijk&ijk icU/k jgrk g] ft l l mudh xfr lgt gkrh gA
vflFk;k dk flFkr ,o ;FkkLFkku j[ku dk dk; Luk;
¼fyxkeUV l ½ d j r g] tk lfU/k ;k tkM ij vflFk;k dk
d l dj ck/k nr gA vflFk;k d lgkj 'kjhj dk vkdkj nu dk
dke ek l if'k; k Hkh d j r h g] tk vflFk;k dk Åij l vkr
fd; jgrh gA

ddky d pkj e[; dk; g &

1- ;g ,d <kp dk dke djrk g rFkk dkey Årdk dk
lgjk nrk gA

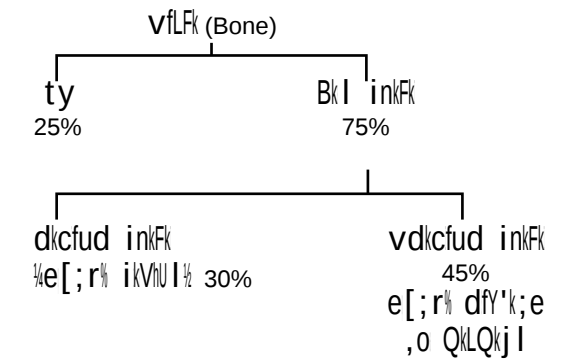
2- ;g 'kjhj d Hkhrjh dkey vxk dh j{kk djrk g t l
dikyh; vflFk;k eflr" d dh] i'kdK, ân; ,o QQMk dh]
d'k#dk n.M l"EuK jTt dh] rFkk Jkf.k dh vflFk;k
e=k"K;] eyk"K; ,o vU; vxk dh j{kk djrh gA

3- ;g if'k; k dh lgk;rk l vflFk&lf/k; k dk LorU= xfr
dju dh {kerk inku djrk gA

4- vflFk eTtk e jDr dkf'kdvk dk fuek.k djrk gA
vflFk;k dk lxBu

,d i.k : i.k fodflr vflFk ;k gMMh e yxHkx 25%
ty rFkk 75% Bkl inkFk ik, tkr gA Bkl inkFk e dclud
inkFk ¼e[;r½ ikvhu l ½ 30% gkr gA ftue vk l hu]

E; dki kVhu ¼vk l h; kE; dkbM% rFkk fdjfvu
¼vk l h; k, YcfeukbM% gkr gA



rFkk vdkcfud inkFk yxHkx 45% gkr g] ftue
dfY'k; e] QkLQkj l rFkk eXuhf'k; e e[; rRo g(ikVf'k; e]
l kfm; e rFkk Dykjhu vYi ek=k e gkr gA vk; ju] flykjhu]
fyfFk; e rFkk LVkf'k; e vR; Yi ek=k e fo|eku jgr gA bugh
vdkcfud inkFk l vflFk e dBkjr k ,o n<r kuh jgrh
gA tcfid yphykiu dkcfud inkFk dh fo|ekurk l jgrk
gA

vflFk eTtk

vflFk dh dUnh; eM; yjh ufydk e rFkk l f'kj vflFk d
cip&cip d fjDr LFkkuk e dkf'kdke; okfgdke; Ård
fo|eku jgr gA bu lcdk vflFk eTtk ; k cku ejk dgr gA
ble 'or jDr dkf'kdk, Hkh curh gA yky jDr
dkf'kdkvk dk fouk'k jVidyj ,.MkFkhfy; y dkf'kdkvk d
}kj k gkrk gA vflFk eTtk e lyVyV l Hkh cur gA ,f. VckMh
Hkh vflFk eTtk dh jVidyj ,.MkFkhfy; y dkf'kdkvk d
}kj k gh curh gA vflFk eTtk d }kj k gh lykTek dh ikvhu
dk fuek.k gkrk gA

vflFk dk fodkl

vflFk d fuek.k e vkfLV; kCykLV rFkk vkfLV; kDykLV
uked nk idkj dh vflFk dkf'kdk, Hkx yrh gA o nkuk gh

idkj dh dkf'kdk, of) d nkjku l fØ; jgrh gA
vkfLV; kCykLV l vflFk dk fuek.k gkrk g rFkk
vkfLV; kDykLV vflFk dk 'kk'k.k djrh g ft l l vflFk dk
: i ,o vuikr cuk jgrk gA

vflFk; k d fØ; kRed dk;

vflFk; k 'kjhh e xfr&kerk mRiUu djrh gA
vflFk; k dfY'k; e] QkLQV ,o eXuhf'k; e vkfn yo.kk
d l fpr Hk. Mkj g rFkk vko'; drk iMu ij 'kjhh dk bul
; yo.k iklr gkr jgr gA okLro e 'kjhh dk 99 ifr'kr
dfY'k; e bugh vflFk; k e ik; k tkrk g(l kFk gh 86 ifr'kr
QkLQV rFkk 54 ifr'kr eXuhf'k; e Hkh ik; k tkrk gA

eTtk e jDr dkf'kdkvk dk fuek.k gkrk gA

vflFk; k lefFkfr cu jgu e lgk; d gkrh gA

ddky ; k vflFk fitj

ekuo ddky e dy 206 iFkd&iFkd vflFk; k gkrh gA
vkfLV; kykth d v/; u dh lfo/kk d fy, ij ddky dk
e[; : i l nk Hkxk e foHkfr fd; k tkrk gA

1- v{kh; ddky

2- mikxh; ddky

v{kh; ddky

v{kh; ddky e fuEu 80 vflFk; k dk leko'k gkrk gA
[kkih e 22 vflFk; k dk leko'k gkrk g] dku e 6
vflFkd, rFkk ,d xy dh vflFk Hkh gkrh gA rduhdh : i l
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vflFk; k rFkk ofk e 25 vflFk; k dk leko'k gkrk gA

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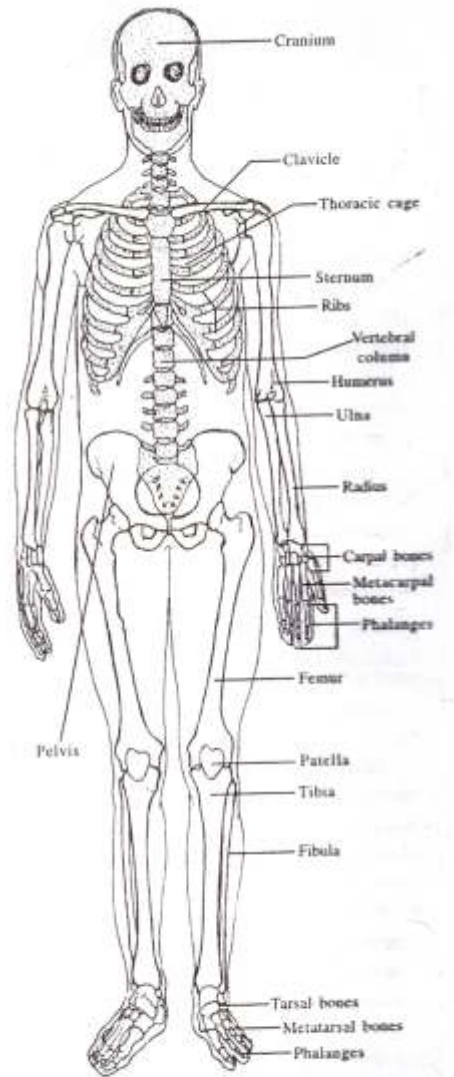
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ijkbVy	&	2
VEikjy	&	2



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LQhukbM	&	1
vkfDlfivY	&	1
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eDthyjh	&	2
tkbxkefvd ;k eyj	&	2
yØkbey	&	2
uty	&	2
bUQlfj;j uty dkpK	&	2
iyVkbU	&	2
ef.Mcy	&	1
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gk;kbM	&	1
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l okbdy %xo% ofVcl		7



चित्र 6.4 कंकाल या अस्थि पंजर (The Skeleton)—बिन्दी वाली अस्थियाँ—Axial skeleton तथा बिना बिन्दी वाली अस्थियाँ—Appendicular skeleton



Fkkjfld ¼o{kh;½ ofVch	12
yEcj ¼dfV½ ofVch	5
IØy ¼5 I;Dr ofVch½	1
dkfDlft;y ¼4 I;Dr ofVch½	1

cPpk e 33 vvx&vyx ofVch gkrh g(ftue lØe ,o dkfDlDI dh 9 ofVch I;Dr ugh gkrh gA

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• o{kh; ;k Fkkjfld oØ & ;g oØ o{k e gkrk g] tk ihN dh vkj /k l k gvk jgrk gA

• dfV ;k yEcj oØ & ;g oØ dfV in'k e gkrk g] ft le ;g vlx dh vkj fudyk gvk jgrk gA

• lØy oØ & ;g lØe rFkk dkfDlDI rd gkrk g] tk lØe e vlx dh vkj rFkk dkfDlDI e ihN dh vkj /k l k gvk gkrk gA

'kjhj d ddky dh jpuk Nkvh&cMh] yEch&iryh] piVh&xky vkfn vudk idkj dh vLFk;k I feydj curh g rFkk if'k;k bUg 'kfDr inku djrh g] ijUr xfr'khy lfu/k;k I 'kjhj dk xfr dju dh {kerk iklr gkrh gA 'kjhj e tgg dgh nk vLFk;k vFkok mikLFk;k vkil e feyrh g ogk tkm ;k lfu/k curh gA

सन्धियाँ

lfu/k;k dk oxhdj.k jpuk rFkk xfr d vkk/kj ij fd;k x;k gA jpuk d vkk/kj ij lfu/k;k d rhu oxk e foHkkft r fd;k x;k g(t l &

1- rUre; lfu/k;k

2- mikLFke; lfu/k;k

3- lkbukfo;y lfu/k;k

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vkdpu ;k eMko %

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vioru %

'kjhj d fdlh vx dk 'kjhj dh e/; j[kk I nj ytku dk vioru dgk tkrk gA

vfhkooru %

'kjhj dh e/; j[kk d lehi vx dk yku dh fØ;k dk vfhkoru dgk tkrk gA

i ;koru %

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mÜkkuu %

vxckg dh ?kekonkj xfr ftle jfM; l ?kedj vYuk d
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ikn d e/orh fdukj dk Åij mBkuk ; k dej d lgkj
lh/kk yVukA

vorkuu %

vxckg dh ?kekonkj xfr ftle jfM; l vyuk d Åij
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हड्डियों में लचीलापन व सन्धियों में
नियमितता के लिए हास्ययोग अपनाएं

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fldMu yxrh gA ft l l olk dkt'kdvk ij ncko iMrk gA

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Heart Attacks And Hot Water

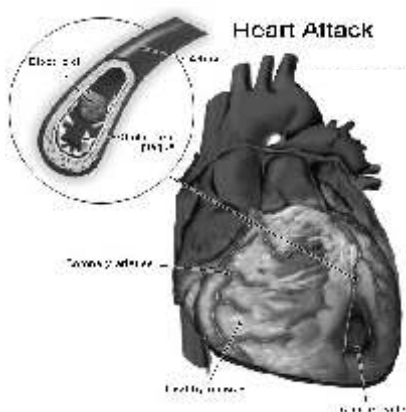


A very good article which takes two minutes to read.

Here it is one.

Why do not you read ?

Heart Attacks And Drinking Warm Water



This article is not only about the warm water after your meal, but about Heart Attacks. The Chinese and Japanese drink hot tea with their meals, not cold water, maybe it is time we adopt their drinking habit while eating. You can take clear soups or green tea also.

For those who like to drink cold water, this

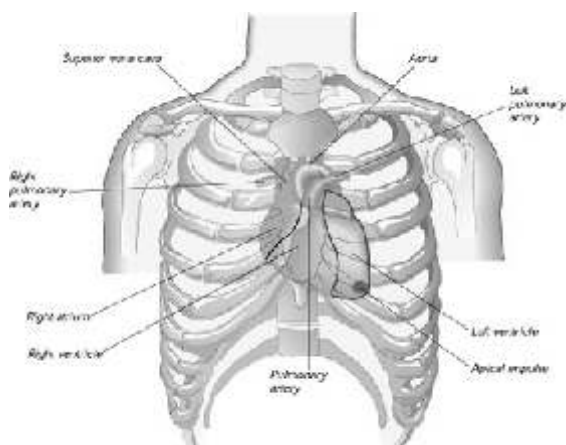
article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

Common Symptoms of Heart Attack...

A serious note about heart attacks - You should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line.

You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. 60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive.

Shashi Patheria, Delhi



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हास्ययोग का चमत्कार



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fnYh

20-21 uoEcj] 2010 Mh-Mh,- ikd] Hkjk ,UDyo] if'pe fogkj] fnYh e nk fnolh; gkL; ;kx f'kfoj dk vk;ktu ^lg; kx* o ^lkb o) vkJe* d Jh 'k[kj egktu] l tho dek] o Vh-d- flg }kjk fd; k x; kA f'kfoj e LFkkuh; fuxe ik'kn Jh ujUæ fclny o Jherh l fork xlrk bR; kfn db x. keku; 0; fDr i/kkja

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29 uoEcj] 2010 gkL; ;kx dUn] uheMh dkykuh e iKk Vh- oh- }kjk gkL; ;kx fØ; kvk dk rFk x#th dk bVj0; fy; k x; kA ft l db fnuk rd iKk Vh-oh- ij i l k fjr fd; k tkrk jgkA

5 fnlEcj] 2010 d'ko egkfo[ky; l Hkxkj] ihreij] fnYhA vky bf.M; k pKVM ,dkmUVV , l k f l , 'ku d ukFk bf.M; k p l v j u ^fny dh dk; 'kkyk* uke l dk; Øe dk vk;ktu fd; kA ft l e MkO fcey NktM u oDr0; fn; k rFk x# ftru dkgh u gkL; ;kx l 'ku fy; kA l Hkxkj e 800 pKVM ,dkmUVV viu ifjokj d l kFk mifLFkr FkA ble e[; vfrfFk , u- vkb- vkj- lh- d v/; {k o mik/; {k FkA

dkgh th u fØ; k, djr g, dgk ^ge ge'kk LVI euteV dh ckr djr g yfdu okLro e ge doy viu dke dk euteV gh djr gA tcf d LVI ckgj dk ugh Hkhrj dk l CtDV gA eu dk fu; f=r o gle[k LoHkko cu tk, rk LVI dgh jgkx gh ughA gkL; ;kx bld fy, lokUke gA

l Hkxkj e mifLFkr l Hkx pKVM ,dkmUVV l u [kydj gkL; ;kx fØ; kvk e Hkx fy; kA vkj ;kx dh bl ub fo l k dk fny l l jgkA

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22 fnlEcj] 2010 , & b Cykd ikd 'kkyhekj clx] fnYhA pliu l vk, fon'kh egeku ekbdy Cyd u 'kkyhekj clx d{k d l kFk feydj gkL; ;kx fØ; kvk dk vkun fy; kA

t; ij] jktLFku

11 fnlEcj] 2010 l Vy ikd t; ij e ^gl k t; ij gl'k uked dk; Øe dk vk;ktu gv k ft l t; ij uxj fuxe }kjk vk; k ftr fd; k x; kA bl dk; Øe e Jh , l- ch- no] l Hk'k erM bR; kfn u gkL; ;kx fØ; k, dj k ykxk dk [kydj glu o LokLF; ykHk yu ij foo'k dj fn; kA

ghjckn] vku/kn'k

18-19 fnlEcj] 2010 ghjcknA gkL; ;kx yk'Vj , l k f l ; 'ku ghjckn d l ktU; l nk fnu d f'kfoj dk vk;ktu gv kA iFke fnu 18 fnlEcj dk ikr% 7 ct l , p- , e-Mh- okd o] d-ch-vkj- ikd tcyh fgY l e f'kfoj yxkA ft l e cMh l [; k e efgykvk u Hkx Hkx fy; kA

x#th u tkj nr g, dgk fd ek= dl Hkx gluk gkL; ;kx ughA gkL; ;kx fØ; kvk dk fof/kiod o 'ok l k ij fu; f=r dj dju l gh mudk ykHk feyxkA gkL; ;kx l = e Hkx yu d ckn l k/kdk d eg l Lor% gh fudy x; k ; g g gkL; ;kx dk l gh : iA

n l j fnu ikr% 8 ct l vle clx ¼ ifcyd xkMu½ ukeiYh e f'kfoj yxkA t gk yxHkx 400 ykxk u ble Hkx fy; kA f'kfoj d nkjku ikd e ektn 'kk; n gh dkb , l k 'k [l gkxk tk Lo; eo gh x#th d vdk'k e f[kpdj fØ; kvk e 'kkfey u gk x; kA Kkr jg bl ikd e f'kfoj dju dk ydj dN LFkkuh; ¼ yk'Vj Dyc d½ ykxk }kjk , rjkt fd; k tk



jgk FkkA yfdu Jh vke IB d vFkd i;kIk vkj x#th d vld"kd 0;fDrRo o e= eX/k dj nu okyh vkt i.k ok.kh dk ,Ik iHkko iMk fd mu I Hkh 0;fDr;k u u do y f'kfoj e [kydj Hkx fy;k cYd f'kfoj d ckn x#th d I Eeku e x# onuk ^x# c°ek] x# fo".k-----* Hkh xkb rFkk Hkfo"; e cM f'kfoj vk;ktu dju vkj x#th I iu% gnjkcn vku dk vk'oklu fy;kA

dkgh th u iu% dgk gkL; ;kx d uke ij do y gluk ;k dN nk pkj fØ;k, dj yuk dkQh ugh gA l kFk gh tkj ndj dgk fd ik.kk;ke lEcU/kh fØ;k, %eku gkL;] gkL;di kyHkfr] Hkej gkL;] di ky gkL;] mTt;h gkL; bR;kfn% do y vku e cBdj gh djuk mfr gA tc rd 'kjhj fLFkj ugh gkxk ik.k&i/kku fØ;kvk dk yHk ugh feyxkA l k/kdk u cMh l [;k e gkL; ;kx dk l kfgR; iLrd] l h-Mh- bR;kfn yhA

18-19 fnlEcj] 2010 ,p- vkj- Mh- bLVhV;V] tcyh fgY l] gnjkcnA The World United Forum }kjk nk fnu dk World Spiritual Conference dk vk;ktu fd;k x;kA ft le fofHku n'k %phu] vefjd] fQyfi l] teu] bYm] Muekd% d v/;kfred x#v 0 Divine Therapy d fo'k"Kk u Hkx fy;kA l Eeyu d e[; vfrfK ineJh MkO dkfrd;u FkA 18 fnlEcj dk l k; 6 ct gkL; ;kx x# ft ru dkgh dk oDr0; o gkL; ;kx l 'ku gv k] ft le fo'o Hk l vk, ifrfuf/k;k u [kydj Hkx fy;k o gkL; ;kx fØ;k, dhA

x#th }kjk fy, x, l 'ku dk bruk iHkko jgk fd ykxk d ckj&ckj vxg dju d pyr dY l d vxy fnu 19 fnlEcj dk Hkh x#th dk iu% le; fn;k x;kA x#th u crk;k gkL; ;kx viu vki e v/;kfred fØ;k gA D;kfd gkL; ;kx dk ey gh g ^lrfpUkvun*A ;kfu fuey l Ppk fpUk vkj v l he vkrfjd vkunA ft l dk fpUk fuey] 'kkr] i l l u] vkun o l R; l Hkjk ugh gkxk ok v/;kre dh vkj tk gh ugh l drkA l cl igy g 'kjhj dh 'kf)) fQj eu vkj fQj vkrek dh 'kf)A gkL; ;kx 0;fDr dk do y ckgjh gkL; ;k eukjtu ugh cYd Hkhrj dh vkfred 'kkr] l [k o vkykdd vkun dh vkj y tkrk gA

bu l Hkh dk;Øek d fy, CHYCC dh dUæh; l febr d l nL; o gnjkcn d iHkjh Jh vke IB dk dkfV&dkfV /kU;okn ftud vFkd i;kIk u blg l Qy cuk;kA world United Forum }kjk x#th o Jh vke IB dk n'kkyk ndj l Eekfur fd;k x;kA

vgenuxj] egkjk"V

25-26 fnlEcj]2010 gkL; ;kx dUæ dh jk"Vh; l febr dh cBd d nkjku vgenuxj e nk fno l h; gkL; ;kx f'kfoj dk vk;ktu Hkh fd;k x;kA 24 fnlEcj dh jkf= dk ^Lugky;* %^Lugky;* fo'o dh tkuh&ekuh l l Fk g tgk fujkfJr cPpk d l kFk AIDS d ejhtk o tcju o';kofUk e /kdyh xb efgyvk dk NMkdj vkJ;] f'k{k vkj l Eekuiod thou thuk fl [kk;k tkrk gA% d cPpk o lg;kfx;k u feydj x#th d l kFk exy nh i kR l o dk vkun fy;k o exy xh xk,A

25 tuojh ikr% 7 ct dMdmkrh l nh e gkL; ;kx f'kfoj ikjHk gvka ft le Lugky; d yxHkx 400 cPp %ftue l yxHkx 150 cPp ,p-vkb-oh- ikftfo gA% ^depljh vkj jk"Vh; l febr d ifrfuf/k 'krfey g,A tc x#th u fØ;k, djkuh 'k: dh rk dN gh nj ckn ykxk dk BM dk vgl k l tkrk jgkA Lugky; d v/;{k Jh l okyky fl?koh th u crk;k] ^bue l vf/kdrj cPp jM ykbV ,fj;k l yk, x, g tgk ;cgn xyr l xfr vkj xyr vknrk d f'kdj jg gA ft l d dkj.k blg ;gk vku d ckn bl LoLFk okroj.k e <yu o lgt gku e le; yxrk gA yfdu e vkt ;g eg l l dj jgk gA t l bl f'kfoj e Hkx yu d ckn cPp cgn [ky x, gA bl l budh f>>d ijh rjg lekr gk xb gA bl dk cMk gh vPNk iHkko iMu oky gA* f'kfoj d rjr ckn db cPpk u vkdj crk;k fd d l f'kfoj e Hkx yu l mUg ykHk feyk gA db ykxk dk [kk l h] l nh] xy e rjr gh vkjke feykA

,p-vkb-oh- ihfMr ,d uktoku u crk;k fd ok l cg l gh dkQh fMi 'ku e FkkA yfdu vc f'kfoj d ckn FkkMk gYdk yx jgk gA mlu x#th l vyx l feydj viuh ij'kkuh ij vkj ppk dhA

25 fnlEcj] 2010 jkf= 8 ct cMh lktu exy dk;ky; lHkxkj e ^nhikrlo* dk dk;Øe gvka ftle yxHkx 300 ykxk u Hkx fy;ka vgenuxj gkL; ;kx dUæ u x#th dk 'kky HkVdj lEekfur fd;ka rri'pkr ij k lHkxkj ^T;kr l T;kr tykr pyk* ^, ekfyd rj cn ge* tl exy xhrk l /ofur gk mBka nhik dh txexrh yk vkj pgjk ij vkun o rflr d Hkko okrkoy.k e vykfd NVk fc[kj jg Fka vgenuxj dh efgykvk u vkj tyxko l vkb j tucu'kkg o Hkko Vdokuu u e/kj xhr luk,A

26 fnlEcj] 2010 ikr% 7 ct ldr r"kkj xkMu] vgenuxj e g, gkL; ;kx f'foj e 400 ykxk e cMh gh rUe;rk o mYykl d lFk gkL; ;kx fØ;kvk e Hkx fy;ka

x#th d lEeku e e Jh ujflg fprke.kh %fot; ykVj Dyc% }kjk fy[k ,d dforkvk d i=d dk foekpu Hk fd; k x;ka mUgku ,d dfork i<dj lukBA

vgenuxj dUæ }kjk x#th d lFk gh fnYyh Vhe d Jh gueku i lkn fl?ky] luy xlrk] fofiu xlrk] d" .k dekj leu rFk tyxko dh j tucu'kkg] dkydrk l ey; etenkj] fcyklij l vk, vkj- d- c)ky; k th br; kfn ekU; tuk dk lEeku i= HkV fd,A

vgenuxj d bl lelR dk;Øe d vk;ktu d fy, loJh lokyky fl?koh] lek/kku iky xM] veryky xk/kh] vfuy effk] ikiV Hk.Mkj]h] vkj-Mh- e=h] Hkly l j rFk bUæHkku Hk.Mkj]h dk fo'k" /ku;okn ftUgku Hk j ij mRlkg o mex l ; ljk vk;ktu cgr gh l n j rjd l fd;ka

bl ij dk;Øe dk lpyu dUæ d vrfjDr egkl fpo luy xlrk th u cMh gh iHkoi.k 'kyh e fd;ka

ij.l] egkj'v

26 fnlEcj] 2010 lk; 5 ctA prU; gkL; ;kx eMy i.k d lktu; l lku x#th Lekjd] flgx< jkM i.k e gkL; ;kx f'foj dk lQyre vk;ktu gvka f'foj dk ikjEHk Lokxr xhr ^'kHkLokxre* d e/kj xhr l gvka

rri'pkr Lokxr uR; %dFFkd% o i.k eMy dh efgyk dk;dUkxvk }kjk leg xku gvka Jh foBBY jko dV u x#th dk Lokxr d jrg, i.k e x#th d lflu/; e f'foj

dk vol j feyu ij cMk gh g" k 0;Dr fd;ka

dkgh th u i.k dh fofHkUu d{kkvk l vk, 700&750 l k/dk dk cM gh foue fdUr n<r k d lFk dgk fd gkL; ;kx dk etkd ;k dkeMh u le> ;g 'kjhj&eu o vRk rhuK dk l k/ku dk ,d l k/ku gA ft l d fy, gkL; k luk d vykok Hk cgr dN djuk t:jh gA t:jh g bl gkL;Hkko dk Hkhrj mrkjukA lFk gh gkL;k luk dk mfpr o l;fer rjd l dju ij vkidk vyx l ik.kk;ke ;k dN vkj 0;k;ke dju dh vko';drk ugh jg tk,xhA l/;kcyk e 'k: g, f'foj d 'k: e x#th u ik.k&i/kku fØ;k, djkb eku gkL;] diy gkL;] gkL;diykHkfr br;kfnA

gkL; ;kx f'foj dk ykxk ij cMk gh ldkjRed iHko iMka f'foj d i'pkr x#th l 0;fDrxr : i l feyu o v'k'khokn yu d fy, ykxk dh HkM mHkM iMha

f'foj LFky ij Jh jkenl pM u cMh l n j jxkyh cukBA ft l x#th u Hk fo'k" k : i l l jkgA Jh gueku i lkn fl?ky] fofiu xlrk] ey; etenkj br;kfn u ykxk dk fØ;k, dju e lg;kx fd;ka

uk,Mk] mRrj in'k

27 fnlEcj] 2010 fnYyh ifcyd Ldy uk,Mka uk,Mk flFkr fnYyh ifcyd Ldy d yxHkx 3000 Nk=&Nk=kvk dk x#th u gkL; ;kx fØ;k, djkbA ueLr gkL;] gkL;diykHkfr] cyh gkL;] iNh gkL;] frryh gkL;] Lo; gkL;&gkyh gkL;] pkbuh t&iv;kyk gkL;] 'kck'kh gkL;] dljh gkL; br;kfn fØ;k, d jrg, bru cPpk dk ,d lFk n[kuk ,d vHkrio n'; Fkka

10-120h d{kk d cPpk e 'k:&'k: e fØ;k, dju e FkMh f>>d fn[kkb nh tk tYn gh tkrh jgh vkj mUgku Hk [kydj ble Hkx fy;ka Jh vui 'kek o mTToyk th u lg;kx fn;ka Kkr jg Mh-ih-, l- uk,Mk dh fifli y bl l io xVj uk,Mk ckp e jgh tgg x#th dh lokvk dk ykHk db ckj fy; k x;ka---

^gkL; ;kx* d pkj ijku vdk dk migj id ek= 40 #i, Mkd 0;; l fgr sms 0901398897



केन्द्रीय हास्ययोग समन्वय समिति की बैठक सम्पन्न

25&26 fnlEcj] 2010 dk dUæ dh jk"Vh; lfeFr dh nk
fnolh; cBd gkL; ;kx x# ftru dkgH th dh v/; {krk e
vgenuxj e lEiUu gbA bl cBd e fnYyh l Jh gueku
ilkn fl?ky] luhY xlrk] fofiu xlrk] d".k dek] leu]
dydÜkk l ey; etenkj] lejh e[kth] jthr nk l i.k l
foBBY jko dKv] leu foBBY dKv] eKvkun fVYy]
fcyKl ij l vkj- d- c) kfy; k] fo".k eBKfy; k] tyxko l
jtucu"kkg] olr ckijko pk/kjh] Hkkouk VdokuH] Lokfr
v: .kk lkekuH] ukxij l lJy lfj'k lkekuH] vgenuxj
l lokyky fl?koh] buæHkuu Hk.Mkj h] ikiVyky fdluyky
Hk.Mkj h] ver , xk/kh bR; kfn ifrfuf/k; k u Hkx fy; kA

cBd dh 'k#vkr gkL;;kx 'ykd d mPpkj .k l gbA
cBd e gkL;;kx dUæ d mnn';k] l nL;k d nkf;Rok o
gkL;;kx d Lo:i dk ydj foLrkj iod ppk gbA l Hk dUæk
d ifrfuf/k;k u viu dUæk e gb xfrfuf/k;k dh fjikV
iLrr dhA ft l fnYyh l Jh gueku i l kn fl?ky] i .k l
foVByjko d kV] fcyk l i j l v kj- d- c/kfy; k] tyxko l
jtucu'kkg] dyd'Ükk l ey; etenkj] vgenuxj l
bUæHkku Hk. Mk] h u fj i kV j [khA

vkil h lelo; o lelr n'k e gkL; ;kx d ipkj i l kj
dk ydj fofHku l>ko vk, ftue n'k Hkj e f'kfojk dk
vk;ktu] Vh-oh- ij i l kj.k o gkL; ;kx if=dk dk foLrkj
dju ij cy fn;k x;ka x#th u lelr n'k e f'kfojk d
fy, viuuk le; nu ij i.k lgefr 0;Dr dhA bl cBd e
iu% bl ckr ij xHkhjrki od ppk gb fd lelr n'k e
^gkL; ;kx* dh ,d leku 'kcnkoyh o iVu ykx fd;k tk,A
ftld fy, lnl;k d l>ko ij fnYyh e vlxkeh 26&27
ekp 2011 dk ^gkL; ;kx f'k{kld if'k{k.k* dEi Hkh vk;kftr
fd;k tk jgk gA Vh- oh- ij 'kh?kkr'kh?k gkL; ;kx dk;Øe
ikjEHk dju ij cy fn;k x;ka fnYyh deVh u crk;k fd
bld fy, ,ihlKM r;kj fd, tk jg gA lKfk gh lelr n'k
e gku oky f'kfojk dk i l kj.k Hkh fd;k tk,xkA

ipe<h e vk; kft r rrrh; gkL; ;kx l k/kuk l Eeyu ij
ppk gbA fofHkuu l >ko vk, ftUg pkFk l Eeyu e ykx fd,



t ku i j lger cuh] p k f k l Eeyu d Lo : i i j p p k g b
l n l ; k u p p k d h f d i f r f u f / k ; k d k v k j x H k j r k d l k f k
l Eeyu e H k k x y u k p k f g , A v x y k l Eeyu 11 & 12 & 13
u o E c j] 2011 ¼ ' k Ø o k j & ' k f u o k j & j f o o k j ½ d k d j u k f u f ' p r
f d ; k x ; k A b l d f y , l H k k f o r l F k k u k e t E e] d # { k = }
f " k d ' k j m n ; i j b R ; k f n d k i l r k f o r f d ; k x ; k A

cBd d nkju x#t h u gL; ;kx d N% l kiku &
vkpau v k p j . k] gL; k l u] l o / k u] / ; k u o e k u i j d { k k
y h o b l i j f o l r k i o d c r k ; k A c B d e d u æ k e v k i l h
l e l o ; c < k u] u , d u æ k d h L F k k i u k o v f / k d l v f / k d y k x k
d k b l l t k m u i j l H k h u c y f n ; k A f t l d f y , i f = d k d k
e k / ; e c u k ; k t k , A

cBd d leiu d volj ij lHkh u viu fopkj j[k
vkj fofHkUu dUæk dk ftEenkfj;k l ikih xBA x#t h u bl
volj ij lHkh ifrfuf/k;k dk ân; l ueu djr g, dgk o
lHkh reke dkfV&dkfV lkekU; tuk l egRoi.k ykx g ftUg
idfr u bru lnj dk; d fy, fu; r fd;k gA vgenuxj
l lokyky fl?koh o ikiV yky th u l cdk /U; okn fd;kA

lHkh ifrfuf/k;k u vgenuxj dUn d lHkh lNl;k o
 infk/kdfj;k dk cBd d bru lNj vk;k tu o
 vkrh; rki.k Hkko d fy, vkhkjj O;Dr fd; kA fo"l" : i l
 ckith Jh lokyky fl?koh th dk fo"l" vkhkjj ftUgu
 ^Lugy;* t l h lNj dY;k.kdkjh lLFkk e viuk lEi.k
 thou yxk fn;k gA

&luhy xlrk vfrfjDr egklfpo (09810118001)



vukFk cPp d gkV dk vkij'ku dj; k&

Ikb o) vkJe] fugky fogkj] fnYyh e jg jg ,d
vukFk ;od fodkI flg



me 20 o" k li= Loxh; Jh
I Hkk" k flg dk gkL; ;kx x#
ftru dkg th d vk' khokn
o i; k l l gkV dk lQy
vkij'ku gvA ;od tUe
l gh ân; jkx l xLr FkkA
uoEcj ekg e tc x#th]
gueku th o fofiu th d

lFk vkJe vk, rk mUgku ml ;od dh O; Fkk dk tkudj
vk'oklu fn; k fd mldk vkij'ku fu" kYd dj; k fn; k
tk, xA

10 fnlEcj] 2010 dk egkjktk vxlu vLirky i tkch
clx e cPp dk vkij'ku MkO vfuy vxoky }kj; k fd; k
x; kA ft ldk dy [kp 3,05,276 #i, jgkA yfdu gkL; ;kx
dlæ d i; k l o x#th d vk' khokn l bl lElr jkf" k dk
icU/ k gk x; kA

& vkHkkj %&

ftld fy, dlæ d e[; l j{kd o egkjktk vxlu
vLirky d e[; lfpo Jh th- Mh- xk; y th dk e[; : i
l /kU; okn ftud i; k l l vLirky u fu" kYd byt fd; kA
^okYo iR; kjkiu* o nokb; k bR; kfn d vU; [kp d fy,
fuEu lHkh lLFk vk o lg; kxfx; k d ifr fo' k" k vkHkkjA

1. Handicapt Children Rehabilitation Association
(Convener Manju Baggaji)

2. Sh. Roshan Lal Singhla

3. Sh. Ram Kumar Bansal

4. Sh. Parveen Chawla, Meera Bagh

clyd ijh rjg Ikun o LoLFk g o lkb o) vkJe e
jgdj o) tuk dh n[kHky dj jgk gA

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o D; k g ,d 'kfDr g

bl 'kfDr e gkL; HkfDr g] ;g HkfDr d l gkrh g \
cnu l jkxk dk /kkrh g] o D; k g ,d 'kfDr g AA1AA

e D; k tku x# ftruth dk ln' k g D; k \

gkL; Hkj; k thou dk l [k pu g D; k \

o D; k g fuey ty g] bl ty e gkL; dh rkdr g

; rkdr d l gkrh g] cnu l jkxk dk /kkrh g

; D; k g fuey ty g AA2AA

tx d fgr ftruth ,d or fy; k

n' k ijn' k tk&tkdj vH; k l fd; k

o D; k g ,d ;kxh g] bl ;kxh e i. k fojDr g

; fojDr d l gkrh g] jkx&} "k d cht ugh ckrh g

o D; k g ,d ;kxh g AA3AA

& Jh luhy dkrihyk xxy

%fot; gkL; Dyc] vgenuxj% ekO % 09921996351

%vgenuxj f'foj d nkjku idkf'kr ii= l %

स्वास्थ्य संबंधी जानकारी के लिए पढ़ें

गागर में सागर

वैद्यराज

सम्पूर्ण पारम्परिक स्वास्थ्य पत्रिका

• vk; ofnd o gkE; kifFkd

• ikdfrd fpfdR l k

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कोही जी के हैलथ टिप्स

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fu;fer : i I gkL; ;kx fØ;k, dju I
tdke&[kkIh&fly I ge'kk d fy, NVdkjk ik;k tk ldrk
gA gk&gk&gk&gk] rkyh ctuk] eku gkL;] diky gkL;] g; 'kk
gkL; vkfn fØ;k; fo'k'k : i I Qk; nen gA

rylh vkj cklk dh ifØ;k; ihldj ikuh e Mky dk<k
r;kj dja FkkMh nkyphuh] dkyh fep Hkh dVdj Mkyu I
cyxe e Hkh vkjke iMxkA [kkIh vkj nek e cgn
ykHknk; dA

1 NkVh byk; ph] 4 nku dkyh fep] 2 nku feljh d eg
e Mky /khj&khj pckdj plA dlh Hkh [kkIh e rjr vkjke
feyxkA ^gkL; ker iku* dk dk<k fi, A

vk/kk IhIh nn

fljnn db dkj.kk I gkrk gA ftue xI Vcy o V'ku
gkuk ie[k dkj.k gA gkL; ;kx bld fy, lokÙke mik; gA
Hkk tu dju d ckn 10 I 10 feuV rd otklu e cBA

fcLrj ij yVdj xnu ikjh I ckgj yVdk n vkj flj
d ftI Hkkx e nn gA ukd d ml rjQ oky Nn e Ijl d
ry dh nk cn Vidkdj nljh rjQ I ukd dk nckdj tkj
I lkl [khp] rkfd ry Aij p< tk, A 2-3 fnu rd yxkrkj
i; kx dju I vkjke iM tk, xkA xk; d 'k) ?kh e 4-5 nku
dkyh fep d rydj pck yA

Hkej gkL; o Hkkejh ik.kk; ke nuk le; fu;fer : i I
dja

tc QV ij dh ,fm;k

'kjhj e [k'dh gku I BM d dkj.k o [ku dh deh I
,fm;k QV tkrh gA lrrg e ,d ckj leLr 'kjhj dh ry I
ekfy'k dj /ki Luku dja

,yokj %Xokj ikBk dk xnk iko e vPN I ey dj /ki

e cBA fQj iko /kk&ikNdj ukfj; y ry yxk yA

vf/kd QV tku ij f=Qyk p.k dk [kku d ry e
rydj eYge t l k xk<k dj yA lkr le; fcokb; k e yxku
I FkkM gh fnuk e fcokb; k nj gk tkrh gA

tkMk dk nn

XokjikB dk nk pEep xnk lcg&'kke [kkyh iV ikuh d
lkFk yA bll tkMk d nn de gku d lkFk&lkFk jxk l
yMu dh {kerk Hkh c<xhA

1 fdyk fry d ry e 200 xke %lkB] yxk] yglu]
eFkh nukk feykdj [kc idkdj Nkudj 'kh'kh e Hkj dj j[k
yA lfn; k e bl ry I tkMk ij ekfy'k dj /ki yxk, A
gluk nn&fuokjd gA

Inh yxu ij

Iku I io o ikr%dky ^gkL; keriku* %16 tMh&cfV; k
I fufer% dk dk<k cukdj 'kgn d lkFk fi, A eku gkL;]
diky gkL;] g; 'kk gkL;] gk&gk&gk&gk] rkyh gkL;] Hktx
gkL; br; kfn fØ;k; QQMk dk etcrh inku dj vkDIhtu
dk lpkj c<krh gA

fny dh /kMdu

xktj d 200 xke rkt jl e 100 xke ikyd dk jl
feykdj lcg&'kke ifrfnu ihu I fny dh /kMdu dk e
jgrh gA fny lEcU/kh I Hkh fodkjk e ykHk feyrk gA

ik.k&i/kku gkL; ;kx fØ;k; fu;fer : i I dja
lk; dky e otklu e cBdj gkL; /ku dja

cht&el=

ugku dl nkjku 'kjhj d lHkh fNæk %dku] ukd] ukfHk]
xpk }kj br; kfn e gYdk lk ljl dk ry yxk, A Inh]
[kkIh] tdk] gkBl dk QVuk] [k'dh lHkh e vkjke feyxa

न टेशन लें, न टेशन दें, सदा हैंसते रहें।





वुडलैण्ड पार्क, टैगोर गार्डन हास्ययोग शिविर



27 दिसम्बर, 2010 DPS, नोएडा हास्ययोग सेशन में भाग लेते लगभग 3000 विद्यार्थी



CHYCC बैठक



CHYCC बैठक



स्नेहालय भ्रमण



एड्स पीड़ित शिशुओं के साथ गुरुजी व बापुजी



हास्ययोग सेशन 5 दिसम्बर, 2010 चार्टर्ड एकाउंटेंट एसोसिएशन, केशव महाविद्यालय, पीतमपुरा



कॉमन वेल्थ गेम्स के लिए ऑस्ट्रेलिया टी. वी. द्वारा शूटिंग, टैगोर गार्डन पार्क



सर्वश्री सुनील गुप्ता जी, संरक्षक सुरेश अग्रवाल जी
पीतम पुरा शिविर के दौरान

डा० एस. बी. दवे 'हँसो जयपुर हँसो' के दौरान

Institute of Hasyayoga India

हास्ययोग प्रशिक्षण कैम्प

2-3 अप्रैल, 2011, दिल्ली

(आवासीय कैम्प:- निवास, भोजन सहित)
सहयोग राशि 1500/- रुपए
(सभी सदस्यों व संबंधित केन्द्रों को 20% छूट)

भाग लेने वाले
साधकों को
हास्ययोग शिक्षक
प्रमाण-पत्र

अपनी सहयोग राशि Punjab National Bank के A/c No. 1470000100151718 में जमा कराएं।
SMS करें : 9015398897 E-mail : hykdelhi@gmail.com