



➤ **Annex**

Permission Letter by Jabalpur Gayatri Centre for Scientific Analysis of Yajna Ash.

श्री राम प्रभात फेरी प्रज्ञा मंदिर, सुंदरपुर

महिला स्वाध्यायी इलाहाई, सुन्दरपुर, जबलपुर (म.प्र.), संपर्क सूत्र - 9424959299

संख्यांक - 45

दिनांक - 02 जुलाई, 2020

श्रीमान् अपर महाप्रिदशक एवं विभागाध्यक्ष महोदय
भारतीय भूवैज्ञानिक सर्वेक्षण,
पश्चिमी क्षेत्र
जम्शपुर।

(प्यमानाकरण : निदेशक, तथानीकी तथामता एवं परामर्श सेवा प्रभाग)

विषय - देही गाय के गोबर से बने कण्टे एवं विशेष औषधियों से किमे गए यज्ञ की गरम का औषधीय उपयोग हेतु परीक्षण करवाने हेतु।

मान्यवर,

उपरोक्त विषयसंबंधित निवेदन है कि भारतीय संस्कृति अग्नि संस्कृति पर संस्कृति रही है। प्राचीन समय से ही महाप्रथम अग्नि परंपरा का अतीत यज्ञ का वैज्ञानिक एवं आध्यात्मिक दृष्टि से का विशेष महत्व यज्ञ की है तथा ही मानव चिकित्सा विधान में भी इसका विशेष महत्व रहा है। हाल ही में आयुष चिकित्सा, भारत सरकार द्वारा की इस विषय का संज्ञान में लेकर यज्ञ की गरम का तापिक दृष्टि से विवेचन मांगा गया है। चिकित्साधीन दृष्टि से यज्ञ की गरम का विभिन्न औषधियों का विधान में विशेष महत्व है।

बड़े ही हर्ष का विषय है कि भारतीय भूवैज्ञानिक सर्वेक्षण भारत सरकार का एक प्रमाणिक एवं पारदर्शी संस्थान है। इस लोक कल्याण के कार्य हेतु आपकी समयोगसाला से देही गाय के गोबर से बने कण्टे एवं विशेष औषधियों यज्ञ की गरम में मौजूद विभिन्न तत्वों की मात्रा का परीक्षण करवाने के दृष्टिकोण है -

क्र.	तत्व रूप	औसत/सह्य रूप
1.	सिलिकॉन Si	सिलिकॉन डाइऑक्साइड - SiO2
2.	एल्युमीनियम Al	एल्युमीनियम ऑक्साइड - Al2O3
3.	लोहा Fe	आयरन ऑक्साइड - Fe2O3
4.	मैगनीज Mn	मैगनीशियम ऑक्साइड - MgO
5.	सोडियम Na	सोडियम ऑक्साइड - Na2O
6.	पोटेशियम K	पोटेशियम ऑक्साइड - K2O
7.	मैगनीशियम Mg	मैगनीशियम ऑक्साइड - MgO
8.	कैल्शियम Ca	कैल्शियम ऑक्साइड - CaO
9.	टाइटेनियम Ti	टाइटेनियम ट्राइऑक्साइड - TiO2
10.	फास्फोरस P	फास्फोरस पेंटाऑक्साइड - P2O5
11.	बेरियम Ba	बेरियम ऑक्साइड - BaO
12.	गैलियम Ga	गैलियम ऑक्साइड - Ga2O3
13.	रुबीडियम Rb	रुबिडियम ऑक्साइड
14.	क्रोमियम Cr	क्रोमियम ट्राइऑक्साइड
15.	निकल Ni	निकल ऑक्साइड
16.	कोबाल्ट Co	कोबाल्ट ऑक्साइड
17.	निकेलियम Nb	निकेलियम पेंटाऑक्साइड
18.	तांबा Cu	कॉपर ऑक्साइड - CuO


19.	प्लंब Pb	प्लंब ऑक्साइड - PbO
20.	ज़िंक Zn	ज़िंक ऑक्साइड - ZnO
21.	सिंका Zn	सिंका ऑक्साइड - ZnO
22.	वॉलफ्रम W	वॉलफ्रम ऑक्साइड - W2O5
23.	स्कैंडियम Sc	स्कैंडियम ऑक्साइड
24.	थोरियम Th	थोरियम टेट्राऑक्साइड
25.	यूरेनियम Sr	यूरेनियम ऑक्साइड - SrO
26.	यूरेनियम U	यूरेनियम ऑक्साइड

यज्ञ गरम की संस्था आपका उपकरण करवा दिया जाएगा। आपसे निवेदन है कि दुपचा नक प्रमाण का रूप है कि इसका परीक्षण कार्य का मुझ सेम करी कियेगी होगी। मुद्रात्मक का प्रमाण भी प्रमाण का रूप करे। यदि आपका विधान में NEFT/RTGS प्रमाण से मुद्रात्मक की सुविधा है तो दुपचा करार।

यज्ञा कि आपके विहित है कि इसका परीक्षण कार्य कोकालात्मक के उद्देश्य से है, जहां उचित मुद्रा प्रदान कर या निशुल्क रूप से यह कार्य संचालित हो सके तो हमें प्रसन्नता होगी, आपके आभारी रहें।



➤ Analysis by Geological Survey of India on Yajna Ash



भारत सरकार / GOVERNMENT OF INDIA
भारतीय भूवैज्ञानिक सर्वेक्षण / GEOLOGICAL SURVEY OF INDIA
पश्चिमी क्षेत्र / WESTERN REGION
रसायन प्रभाग / CHEMICAL DIVISION

Office: 15-16, Khatni Bazar, GSI Complex,
Jhalana Institutional Area, Jhalana Doongri,
Jaipur-302004, Rajasthan

Phone: 0141-2710753
Email: dr.chemwr@gsi.gov.in

CHEMICAL ANALYSIS REPORT

1. Sender's Name: Director(G) & TCS, GSI, WR, Jaipur
2. Sender's Letter No.: 611/13/LAB/TCSWR/2 dt, 07-08-2020
3. Nature of Sample: Commercial (Powdered Sample)
4. Name of the Party: Shri Raj Prabhakar Pheri Pragna Mandir, Sundarapur, Mahila Swavalambi Unit,
Sundarapur, Jabalpur (M.P.) Contact No.: 9424959299
5. Nature of Test desired by the party: Major, Minor and Trace Elements (WD-XRF)

5. Preliminary Registration No.: X-6992 (1-01)
6. Date of Registration: 10/08/2020
7. Method of Analysis: GSICL/IFR/SOP/02/XRF/2A Issue No. 2
8. Instrument used: WD XRF Zetium Panalytical
9. Working group: Dr. C.D.Misra, S.K.Roychoudhary, Sanjay Kumar,
Pankaj Koli, Sr. Chemists, V.K.Jangid, Chemists
10. Month of Analysis: August, 2020

Seq.	Sample No/ Ref No.	SiO ₂ (%)	Al ₂ O ₃ (%)	Fe ₂ O ₃ (%)	MnO (%)	MgO (%)	CaO (%)	Na ₂ O (%)	K ₂ O (%)	TiO ₂ (%)	P ₂ O ₅ (%)	Ba (ppm)	Co (ppm)	Ni (ppm)
1	X-6992-1	52.07	3.21	2.47	0.11	5.03	7.07	1.39	8.56	0.33	4.89	628	8	14

Seq.	Sample No/ Ref No.	Cr (ppm)	Cu (ppm)	Ga (ppm)	Nb (ppm)	Pb (ppm)	Rb (ppm)	Sc (ppm)	Sr (ppm)	Th (ppm)	V (ppm)	Y (ppm)	Zn (ppm)	Zr (ppm)
1	X-6992-1	52	58	8	9	14	66	6	204	<4	29	6	107	108

This report related to particular sample(s) listed under stated condition. Result pertains to the sample(s) only.
Sample(s) not drawn by us. Any discrepancy in this report should be brought to notice within 15 days from the date of certificate.
*Value is semi-quantitative as standard is not available.

Reported by: **Dr. Vinod Kumar Jangid**
Chemist

Reviewed by: **Dr. C.D.Misra**
Sr. Chemist

Authorised Signatory: **D.K.Varshney**
Superintending Chemist & DIC

Geological Survey of India, Jaipur Page No. 1 of 1

➤ Questionnaire

Sheelu Sagar, Ph. D Scholar Amity University, Noida, Uttar Pradesh

➤ Objective

To investigate the effects of Gayatri Mantra on Wellness and in lowering of Stress level in Working and Non Working Women during Pregnancy Period of First Trimester.

1. Your education level is:

- Undergraduate
- Graduate
- Post Graduate

2. How stressed do you feel on a daily basis during this time ? (1-10 are stress level)

1 2 3 4 5 6 7 8 9 10

3. What are the usual causes of stress in your life? (Select all that apply)

- Financial issues
- Studies issues
- Family issues
- Friend's issues
- Work (job-related) issues
- Health Related Issues
- Any other

4. What are the usual Behavioral effects of stress you've noticed in yourself? (Select all that apply)
 - Change in activity levels
 - Decreased efficiency and effectiveness
 - Difficulty communicating
 - Irritability, outbursts of anger, frequent arguments
 - Inability to rest, relax or let down
 - Change in eating habits
 - Avoidance of activities or places that trigger memories

5. What are the usual Psychological or Emotional effects of stress you've noticed in yourself? (Select all that apply)
 - Feeling heroic, euphoric or invulnerable
 - Anxiety or fear
 - Worry about safety of self or others
 - Feeling overwhelmed, helpless or hopeless
 - Sadness, moodiness, grief or depression
 - Restlessness
 - Feeling isolated, lost, lonely or abandoned
 - Feeling misunderstood or unappreciated
 - Other

6. What are the usual social effects of stress you've noticed in yourself? (Select all that apply)
 - Withdrawing or isolating from people
 - Difficulty listening
 - Difficulty in giving or accepting support or help
 - Impatient with or disrespectful to others
 - None of the Above
 - Other

7. What are your personal methods to relieve stress? (Select all that apply)
 - Reading Books
 - Listening to Music
 - Chanting Mantra
 - Eating
 - Sleeping
 - Drugs
 - Sports / Exercise
 - Talking with someone
 - Shopping
 - Social Media
 - Other

8. What are the most pressing stress factors in your current phase of life ? Select all that apply.
 - Workload
 - Lot of domestic responsibilities
 - Financial pressure
 - Life balance between office and home
 - Relationship with office colleagues
 - Relationship with family members

9. Do you Practice Yoga ?
 - Yes
 - No

- 10.** Do you see yourself involved in spirituality?
- Involved as minimal or casual
 - Involved with ideas and practices
 - Deeply involved with ideas and practices
 - I provide spiritual guidance, coaching / therapies
- 11.** Do you practice meditation or some other form of spiritual technique?
- Often
 - Regularly
 - Sometimes
 - Rarely
 - Never
- 12.** I prefer chanting of Gayatri Mantra in morning before I eat my breakfast
- Strongly Agree
 - Strongly Disagree
 - Natural
- 13.** Almost all the religions and faiths globally may achieve healthy body, mind and soul, through the practice of some technique of meditation.
- Yes I very much agree
 Yes I agree
 Neutral Cannot say
 No I disagree
 No I totally disagree
- 14.** How much do you practice Gayatri Mantra in terms of number and time .
- 108 times 5 Minutes
 - 648 times 30 Minutes
 - 1296 times 01 hour
 - Nil
- 15.** Since How long have you have being practicing Gayatri Mantra ?
- Over 2 Years
 - Less than 1 year
 - I have recently started this practice
 - I have never done this practice
- 16.** How do you feel after Chanting or listening to Mantra ?
- Very Happy and very satisfied
 - Happy somewhat satisfied
 - Neutral
 - Unhappy and unsatisfied
 - Very unhappy and unsatisfied
- 17.** Do you think that for maximum result of Meditation time should be early Morning
- Agree
 Somewhat agree
 Disagree
 Neutral

➤ Data Collection on Effect on Pregnant Ladies

• Tabular Format Below

➤ Consent to take part in Research

TOPIC: –Holistic Health Management through Vedic Processes.||

I.....Age Years voluntarily agree to participate in this research Study for my Wellness through Recitation & Meditation of Vedic Mantra (Gayatri Mantra) during my Maternity Period

I agree to participate in the research study. I understand the purpose and nature of this study and I am participating voluntarily. I understand that I can withdraw from the study at any time, without any penalty or consequences.

a) Yes b) NO.

I grant permission for the data generated from this interview to be used in the researcher’s publications on this topic. a) Yes b) No

Signature of research participant

DATE :

Signature of researcher

I believe the participant is giving informed consent to participate in this study DATE :

➤ **Agreement Letter**

I _____ Son/Daughter _____ age _____, Resident of _____ want to do my own clinical examination/ Examinations, and request for necessary medicines from the Yagyopathy Research Center, essential medical / treatment etc.

I declare that I am over 18 years of age.

I will follow all the instructions given by the physicians of Yagyopathy Research Center during the course of treatment.

I give my consent to receive therapy / treatment from the Yagyopathy Research Center. The nature and purpose of therapy / treatment is explained to me. I have been given due information for all the inherent risks involved in clinical investigation, medicines and medical / treatment. I have been duly informed, and with a proper understanding of all these risks, I will do my investigation, medicines and give my consent to the necessary medical / treatment. I will be fully responsible for all results of Medical / Treatment.

I have voluntarily given this consent without any pressure.

Date:

Signature of the patient

➤ **Consent for Research Purposes**

At the beginning of therapy / treatment for medical, scientific, educational and research purposes, and finally, I have no objection to photography and videography of my condition. Along with publishing this information, its scientific observations in scientific journals presenting the data and using it in conferences / seminars / workshops without using my name, I give my consent for submission.

Patient's signature: (Agree) / (Disagree)

- The Readings Collected for different experiments
- Happiness Index

Happiness Index				Index			
S.No.	Name	Gender	Age	20 minutes prior to yagya		20 minutes after yagya	
				Left Hand	Right Hand	Left Hand	Right Hand
1	Anuj Yadav	Male	19	36	40	39	40
2	Yatharth Katyaya	Male	19	72	64	66	55
3	Lalit Mohan	Male	21	60	58	62	57
4	Chetan Garg	Male	20	65	80	57	52
5	Mayank	Male	20	66	54	67	57
6	Aarsh Verma	Male	19	86	77	78	67
7	Akash Patel	Male	20	77	74	69	62
8	Nishit Kumar	Male	20	82	89	71	62
9	Mohit Chauhan	Male	20	41	36	42	36
10	Yash Thakur	Male	20	65	56	67	54
11	Vibhor Kaushal	Male	20	69	64	63	60
12	Akhand	Male	20	74	67	60	42
13	Pankaj Kumar	Male	20	74	57	69	54
14	Ritik	Male	20	71	70	75	73
15	Deepanshu Srivastava	Male	21	45	61	39	53
16	Sanjeev Sagar	Male	21	47	52	51	45
17	Deepesh Yadav	Male	21	82	62	43	51
18	Mridul	Male	20	81	78	76	62
19	Divik Yadav	Male	20	80	77	72	72
20	Utkarsh Saini	Male	20	64	60	68	64
09-03-2020 at Gayatri Shaktipeeth HariharGanj Fatehpur							
1	Aasha Tripathi	F	57	27	50	24	48
2	Chaaya	F	55	51	49	46	46
3	Suneeta Gupta	F	57	44	47	39	44
4	Nirmala	F	76	45	40	40	37
5	Rupa	F	60	38	39	39	35
6	Shikha	F	32	89	88	84	87
7	Sandhya	F	45	77	76	76	74
8	Laxmi	F	52	38	30	37	29
9	Vandana	F	48	59	50	57	47
10	Ajay	M	55	46	50	43	45
11	Ishwar	M	53	35	30	32	27
12	Nema	F	45	49	38	48	37
13	Shivam	M	22	15	11	12	8
14	Anurag	M	48	55	62	52	59
15	Asaha	F	55	49	31	47	28
16	RamSwaroop Gupta	M	68	39	42	35	40

17	Gomti	F	64	41	45	38	42
18	Padma	F	58	32	45	27	42
19	SP Shukla	M	76	55	39	50	34
20	Meera	F	72	54	47	50	49
21	Vijay Laxmi	F	62	39	24	35	27
22	GL Gupta	M	75	37	37	33	34
23	Rajdes	M	58	47	45	43	42
24	Ranjana Rastogi	F	60	50	48	52	46
25	Anamika Dubey	F	37	50	50	52	49
26	Rohit Rastogi	M	39	65	80	62	79
27	Mukund Rastogi	M	19	87	93	96	96
28	Suneel Kumar Rastogi	M	51	20	23	18	18
29	Anoop Mishra	M	44	33	25	36	23
30	Ashu Dwivedi	M	32	72	60	74	56
31	Rishi Mishra	M	48	58	55	59	51
32	Tarashanka r Mishra	M	42	45	38	47	38
33	Dr. Sharda Mishra	F	75	10	8	10	8
34	Susheela Dubey	F	58	45	45	45	40
35	Avartika Dubey	F	37	20	25	28	22
36	Radhika	F	27	60	56	52	53
37	Meetu Rastogi	F	44	65	55	52	51
38	Sejal	F	20	70	66	69	63
39	Motilal Rastogi	M	75	12	11	12	11
40	Rishabh Rastogi	M	25	45	31	44	31
41	Sanjay Rastogi	M	55	45	58	45	60
42	Anupam Rastogi	F	60	30	22	28	21
43	Shyam Babu Rastogi	M	56	20	13	15	11
44	Rekha	F	45	21	25	15	21
45	Ajay Rastogi	M	58	60	56	52	53
46	Kumkum Rastogi	F	55	30	22	28	21
47	Archit Rastogi	M	26	70	66	69	63
13-03-2020 BY MUKUND							
48	Sahil Verma	M	19	81	80	52	50
49	Kamal Kant Mishra	M	20	66	74	45	50
50	Yash Rastogi	M	19	61	73	40	42
51	Archana Mishra	F	52	25	26	12	10
52	Dev Narayana Mishra	M	54	27	28	15	19
53	Aishwarya Mishra	F	18	36	40	25	27
54	Jay Prakash Verma	M	45	38	41	22	26
55	Sunita Verma	F	40	49	50	28	29
56	RadheShya m	M	43	38	37	21	23
57	Geeta Devi	F	39	43	60	35	38
58	Vinod Verma	M	50	45	55	38	35

59	Neetu	F	45	21	12	10	7
60	Muskan Verma	F	21	61	63	44	42
61	Vishwas Verma	M	16	76	66	51	54
62	Bharat Rastogi	M	58	45	49	35	28
63	Shubhra Rastogi	F	45	25	27	20	21
64	Raghav Rastogi	M	22	59	57	40	42
65	Anju Rastogi	F	58	36	32	21	20
66	Goverdhan Rastogi	M	63	30	34	18	19
67	Satyam Rastogi	M	27	58	54	41	43
68	Anshita Rastogi	F	32	45	48	28	27
69	Smriti Rastogi	F	19	52	55	32	34
70	Stuti Rastogi	F	23	44	49	23	21
71	Babita Rastogi	F	49	25	21	15	16
72	Abhishek Gupta	M	22	49	47	26	28
73	Shikhar Rastogi	M	23	25	21	15	12
74	Shishir Mishra	M	24	49	42	25	21
75	Pradyumn	M	21	68	69	45	47
76	Ankit Kumar Mishra	M	26	58	52	44	42
77	Punit Kumar	M	25	47	48	12	14
78	Prateek Kumar	M	21	48	44	25	21
79	Pushp Raj	M	24	78	74	55	58

• **Radiation Analysis**

Radiation Value		(-By Pradeep Kumar, phone no:7388083531, email ID: pradeep.18bcs1099@abes.ac.in)				
S.No.	Device Used	Date	Time	Locatio n	Before yagya	After yagya
1	Mobile Phone	03-01-2020	6.00 AM	ABES EC Hostel	15.62	8.42
2	Headphone	03-02-2020	6.00 AM	ABES EC Hostel	10.58	4.67
3	Laptop of Pradeep	03-03-2020	6.00 AM	ABES EC Hostel	18.95	12.73
4	Watch	03-04-2020	6.00 AM	ABES EC Hostel	9.23	4.79
5	Charger	03-05-2020	6.00 AM	ABES EC Hostel	6.55	4.61
6	Speaker	03-06-2020	6.00 AM	ABES EC Hostel	11.65	7.83
09-03-2020 at Gayatri Shaktipeeth HariharGanj Fatehpur						
Mobiles						
	Aasha Tripathi				9.45	1.31
	Chaaya				9.59	2.64
	Suneeta Gupta				11.54	6.08
	Nirmala				12.45	3.54
	Rupa				11.34	3.45
	Shikha				15.89	2.47
	Sandhya				16.56	2.95
	Laxmi				11.4	6.32
	Vandana				8.9	7.7

	Ajay				6.7	3.1
	Ishwar				8.9	3.57
	Nema				11.5	6.27
	Shivam				15.56	7.5
	Anurag				19.38	8.86
	Asaha				13.56	4.57
	RamSwaroop Gupta					2.18

10-03-2020 at Chowk Fatehpur By Rr**All Mobiles**

	RR Motorola				15.56	5.4
	Anamika MI				19.67	7.32
	Rr Jio				12.64	6.43
	Tarashankar Mishra Jio				19.85	8.44
	Annop Mishra Samsung				19.83	8.95
	Aashu Dwivedi Samsung				13.89	6.89
	Rishabh Rastogi Samsung				15.88	10.32
	Sejal Rastogi Micromax				18.31	11.1

13-03-2020 by Mukund

	Yash Rastogi motorola				14.54	8.25
	Kamal Kant Mishra Realme3				18.26	10.85
	Sahil Verma Redmi 5A				8.47	4.29
	Raghav Rastogi Redmi note 5 pro				14.68	7.14
	Mukund Rastogi Samsung j3 pro				9.87	5.21
	Prateek Kumar Samsung j7				12.58	6.46
	Abhishek Gupta Nokia 6.1				14.29	10.28
	Shishir Mishra Lenovo k3 note				16.54	8.49
	Pushpraj yadav vivo				18.98	11.25
	Anurag Nagar Oppo f1				19.68	14.27

09-03-2020 at Gayatri Shaktipeeth Harihar Ganj Fatehpur

	Before	After Yagya	Before	After Yagya
	Mukund Laptop		RR Laptop	
	11.98	5.6	14.01	5.5