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सत्यमेव जयते
GOVERNMENT
OF INDIA

GIST of YOJANA

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KNOWLEDGE • ANALYSIS • PERSPECTIVE

Informed Minds • Empowered Citizens • Stronger Nation

1 NAXAL-FREE INDIA – A HISTORIC ACHIEVEMENT

Towards a safer, stronger
and developed Bharat.



SECURITY



PEACE



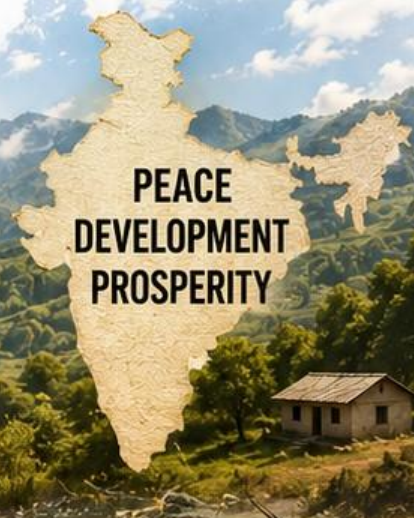
DEVELOPMENT



PROGRESS



PEACE
DEVELOPMENT
PROSPERITY



2 EMPOWERING THROUGH EDUCATION:

The Role of Eklavya Model
Residential Schools (EMRS)
in Combating Left Wing Extremism.

*Educating communities.
Empowering futures.
Building a stronger India.*



3 A PEACEFUL MIND FOR A PEACEFUL SOCIETY:

Mindful Living through the
Yogic Way of Life

*Inner balance. Social harmony.
National well-being.
Yoga for a better tomorrow.*



“ When every citizen is empowered
in body, mind and spirit,
a peaceful and prosperous
India is inevitable. ”



KNOWLEDGE
TO EMPOWER



ANALYSIS
TO TRANSFORM



PERSPECTIVE
TO PROGRESS



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1. NAXAL-FREE INDIA – A HISTORIC ACHIEVEMENT

*The Government of India declared its resolve to make the country free from Left-Wing Extremism (LWE) by **31 March 2026**.*

Understanding the Roots of Left-Wing Extremism

- **Central Argument** – Naxalism spread because of ideology rather than poverty or lack of development.
 - Poverty did not create Naxalism.
 - Rather, Naxalism itself prolonged poverty in affected regions.
 - The movement flourished mainly in areas with dense forests, rivers and limited State presence.
 - Regions with comparable socio-economic conditions but without suitable geographical conditions did not witness similar spread.
- **Literacy and Development Indicators**
- literacy levels in the 1960s

Region	Literacy Rate
Naxalbari	35%
Bastar	23%
Saharsa	33%
Ballia	31%

- **Per capita income was broadly comparable across these regions**, yet Naxalism spread only in selected forested areas.
- **Ideological Character of Naxalism** – The ideological foundation of Maoism is described through the principle:
 - **"Power comes out of the barrel of a gun."**

- The movement was driven by ideological objectives rather than developmental aspirations.
- It sought to overthrow the democratic order.
- It adopted Mao as its ideological inspiration rather than Indian freedom fighters such as:
 - Tilka Manjhi
 - Bhagwan Birsa Munda
 - Bhagat Singh
- **Impact on Tribal Communities** – The Left-Wing Extremists:
 - Opposed literacy among tribal communities.
 - Burned schools.
 - Destroyed banks.
 - Attacked medical facilities.
 - Prevented developmental activities from reaching affected regions.
- These actions were intended to maintain ideological influence over local populations.
- **The Red Corridor**
 - Spanning **12 States**
 - Covering **17% of India's landmass**
 - Home to approximately **200 million people**
- Rule of law had largely broken down.
- Around **20,000 young people** were killed on both sides.
- Many people suffered permanent disabilities.
- More than **3,500 security personnel** lost their lives in the line of duty.

• **Major Incidents**

- Attack on **Jehanabad**, where, around **1,000 armed naxals**, attacked a crpf camp, freed **389 prisoners**.
- In **Jharkhand**, approximately, **70 trucks** were set ablaze simultaneously.
- Annual collection of the so-called "**Janatana Tax**" amounted to **₹240 crore**.
- Schools and infrastructure along the **Andhra–Odisha border** were frequently targeted.
- **Between 1970 and 2004** – During this period:
 - Maoist ideology expanded.
 - Militant organisations consolidated.
- In **2004**, two militant factions merged to form the **CPI (Maoist)**.
- Former Prime Minister **Dr. Manmohan Singh** publicly described Left-Wing Extremism as the country's greatest internal security threat, but argues that decisive implementation was absent.
- **Post-2014** – The year **2014** marked a **decisive shift** in India's approach towards Left-Wing Extremism.
- The Government introduced a **clear policy framework backed by firm political will**, replacing what it describes as the earlier phase of policy ambiguity.
- While the **Central Armed Police Forces (CAPFs)** and **State Police** remained the same institutions, the effectiveness of anti-Naxal operations improved due to reforms in coordination, intelligence, and planning.

Key Features of the Policy Shift

- **Improved Centre-State Coordination** – Greater coordination was established between the Central Government and State Governments, enabling more effective planning and execution of anti-Naxal operations.
- **Better Intelligence Sharing** – Actionable intelligence was generated and Shared more efficiently among agencies.



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Flowchart: The Rise of Naxalism



- **Clear Delineation of Responsibilities** – The responsibilities of different agencies were clearly defined, reducing operational overlap.

- **Adoption of an "All-Agency Approach"** – It involved coordinated action by, Central Armed Police Forces (CAPFs), State Police, National Investigation Agency (NIA), Enforcement Directorate (ED) and Intelligence Agencies.
- This integrated approach combined security operations with intelligence gathering, financial investigations and institutional coordination.
- **Timeline**

Date	Event
20 August 2019	Comprehensive anti-Naxal strategy formulated in the Ministry of Home Affairs.
24 August 2024	Announcement that India would be completely free from Naxalism by 31 March 2026 .
31 March 2026	Declared target date for achieving a Naxal-free India.

- **Security Operations: Results and Achievements** – Statistical evidence to demonstrate improvements in the security situation.

Reduction in Naxal-Affected Areas

Indicator	Earlier	Present
Naxal-affected districts (2014)	126	2
Most affected districts (2015)	35	0
Police stations recording Naxal incidents	350	7

- **Strengthening Security Infrastructure**

Security Infrastructure	Number
Fortified police stations	596
New CAPF camps	406
Night-landing helipads	68
Bulletproof & blast-proof vehicles	400

Outcome	Number
Naxals killed in encounters	706
Arrested	2,218
Surrendered	4,839

- **Technology in Anti-Naxal Operations** – Modern technology played an important role in improving operational effectiveness.
- The technologies specifically used are:
 - Drone surveillance
 - Satellite imagery
 - Advanced imaging technology
 - Artificial Intelligence-based data analysis
- Camp housed approximately **400–500 cadres**.
- Around **five years' stockpile of food grains** was recovered.
- Facilities for manufacturing **Improvised Explosive Devices (IEDs)** were found.

POLICY FRAMEWORK



POLITICAL WILL

Strong commitment and decisive leadership from the highest level.



CLEAR NATIONAL STRATEGY

A well-defined strategy with clear objectives, priorities and timelines.



ALL-AGENCY COORDINATION

Seamless coordination among CAPFs, State Police, NIA, ED and intelligence agencies.



BETTER INTELLIGENCE

Actionable intelligence generation and real-time sharing among agencies.



FOCUSED SECURITY OPERATIONS

Targeted operations using modern technology and precise planning.



DEVELOPMENT + REHABILITATION

Infrastructure, services, and rehabilitation to ensure inclusive progress and trust.



NAXAL-FREE INDIA

A secure, peaceful and developed India with citizens empowered and future ready.



- The operation under challenging conditions:
 - Temperature: **45°C**
 - Daily water availability: **approximately 300 grams per soldier**
- It describes the operation as deserving the highest commendation.
- **Neutralisation of Maoist Leadership** – Significant progress was achieved against the leadership structure of the Maoist organisation.
- **Central Committee (21 members)**

Status	Number
Captured	1
Surrendered	7
Killed	12
Remaining at large	1

- **The 37-member State Committee of the Dandakaranya region** was completely dismantled.

Development Drive

- Security operations were accompanied by rapid development.
- **Roads**

Indicator	Figure
Roads sanctioned	17,589 km
Roads completed	12,000 km

- **Communication Infrastructure**

Infrastructure	Figure
Expenditure	₹20,000 crore (approx.)
Mobile towers installed	5,000
Cost	₹6,000 crore
Planned new 4G towers	8,000

• Banking Infrastructure

Facility	Number
Bank branches	1,804
ATMs	1,321
Banking correspondents	37,850
Post Offices	6,025

• Education & Skill Development

Institution	Number
Eklavya Model Residential Schools	259
Industrial Training Institutes (ITIs)	47
Skill Development Centres	49

• Health

- Construction of a **240-bed super-speciality hospital** in Jagdalpur.

• Village Development

- Every village was to have a school and ration shop.

- Provision of **₹1 crore** for village development immediately after a Panchayat is declared Naxal-free.



- **Rehabilitation** – It is as an essential pillar of the overall strategy against Left-Wing Extremism.
- Alongside security operations and development initiatives, a **comprehensive surrender and rehabilitation policy** encouraged militants to rejoin mainstream society.
- **Incentives**

Measure	Provision
Cash reward for surrender	₹50,000
Group surrender	Double reward amount
Compensation for depositing weapons	Additional compensation
Monthly stipend	₹10,000 for 36 months
Housing	Benefits under Pradhan Mantri Awas Yojana

- **Voluntary organisations** are actively working in surrender camps to facilitate the **reintegration of surrendered individuals into normal civilian life**.
- **Bastar: Development and Social Participation** – Bastar is an example where development initiatives accompanied security measures.
- **Infrastructure and Public Services**

Sector	Initiative
Healthcare	240-bed super-speciality hospital at Jagdalpur
Education	School in every village
Public Distribution	Ration shop in every village

Sector	Initiative
Panchayat Development	₹1 crore immediately after declaration as Naxal-free

• Social and Cultural Participation

Event	Participation
Bastar Olympics	Part of participation exceeding 1,20,000 artists and tribal people
Bastar Pandum	Participation of thousands of local artists, competitive showcases across 12 distinct cultural disciplines, and high-profile visits by national leaders

Conclusion

- **Democratic dialogue, governance and development**, rather than violence, provide the enduring solution to internal security challenges.

2. EMPOWERING THROUGH EDUCATION: THE ROLE OF EKLAVYA MODEL RESIDENTIAL SCHOOLS (EMRS) IN COMBATING LEFT WING EXTREMISM.

Introduction

- Left Wing Extremism (LWE), commonly known as **Naxalism**, has long posed a significant challenge to India's internal security, particularly in tribal and forested regions.
- While security operations have reduced violence over the years, it became increasingly evident that extremism cannot be eliminated solely through force.
- The socio-economic roots of Naxalism—poverty, isolation, inadequate infrastructure, unemployment, and lack of quality education—must also be addressed.

- Recognising this reality, the Government of India has increasingly relied on **education as a transformative instrument of peace-building**, with the **Eklavya Model Residential Schools (EMRS)** emerging as one of the most significant initiatives.
- By empowering tribal youth with knowledge, aspirations, and opportunities, EMRS have become a powerful tool for integrating marginalized communities into the national mainstream and weakening the foundations on which extremism thrives.

Ministry of Tribal Affairs, Government of India

EKLAVYA MODEL RESIDENTIAL SCHOOL (EMRS)

Empowering Tribal Students, Enriching India's Future

A flagship initiative of the Ministry of Tribal Affairs, Government of India to provide quality education to Scheduled Tribe (ST) students in remote and underserved areas.

ABOUT EMRS

- Established under Article 275(1) of the Constitution of India
- To bridge the gap in school education for ST students
- Offers free, quality residential education from Class VI to XII
- Focus on academic excellence, sports, culture, and overall development

KEY FEATURES

- Residential Schools**: Safe, secure & conducive environment for holistic development
- Quality Education**: Based on CBSE curriculum with emphasis on STEM, sports & co-curricular activities
- Focus on Inclusivity**: Special focus on tribal culture, language & local traditions
- Equal Opportunities**: Empowering tribal students to compete & excel in mainstream
- All-round Development**: Personality development, life skills, leadership & career guidance

IMPACT

- Promoting educational equity and social justice
- Building confidence and leadership among tribal youth
- Creating a pipeline of educated tribal citizens contributing to nation building

"Education is the most powerful weapon which you can use to change the world."
– Inspired by Eklavya's dedication to learning and excellence

WAY FORWARD

- Achieve saturation: 1 EMRS in every block
- Strengthen infrastructure & digital learning
- Enhance teacher training & student support
- Collaborate with communities for greater impact

RECENT DATA (As on April 2025)

- Total EMRS Sanctioned: **740** across India
- Operational EMRS: **462** in 26 States & 7 UTs
- Students Enrolled: **1,19,511+** (Boys: 60,517 | Girls: 58,994)
- Teaching & Non-Teaching Staff: **10,602+**
- States with Highest Operational EMRS: Odisha (82), Jharkhand (51), Madhya Pradesh (45), Chhattisgarh (38), Rajasthan (30)

Building a brighter tomorrow for India's tribal children.

EMRS – Where Every Child Dreams & Achieves

Source: Ministry of Tribal Affairs, Government of India (Data as on 30.04.2025) Website: tribal.nic.in Follow us: [Social Media Icons]

Understanding the Link between Education and Extremism

- **Socio-economic Roots of Left Wing Extremism** – LWE has traditionally flourished in remote tribal regions where communities suffered from poverty, geographical isolation, inadequate infrastructure, and limited access to quality education.

- These conditions created an environment in which extremist groups exploited vulnerable tribal youth who had few opportunities and limited exposure to alternative life choices.
- **Alienation as a Recruitment Tool** – The absence of education often resulted in alienation from mainstream society.
- Young people lacking awareness of their constitutional rights, democratic institutions, and employment opportunities became easy targets for ideological manipulation and recruitment into Naxalite groups.
- **Need for Development alongside Security** – Experience has demonstrated that security operations alone cannot permanently resolve the challenge of Naxalism.
- Sustainable peace requires addressing its socio-economic foundations through inclusive development, particularly by expanding access to quality education.

Evolution of Eklavya Model Residential Schools

- **Beginning of Tribal Residential Education** – The foundation of tribal residential education was laid in **1999**, when financial assistance under **Article 275(1) of the Constitution** was provided to states for establishing residential schools for Scheduled Tribe students.
- **Transformation Under the 2018 Central Sector Scheme** – A major policy shift occurred in **2018**, when EMRS were brought under a **Central Sector Scheme** providing fully residential, free, and quality education up to **Class XII**.
- This marked a recognition that lasting peace in tribal regions could only be achieved through quality education and inclusive development.
- **Education Within a Socio-cultural Environment** – EMRS were designed to provide tribal students with high-quality residential education while preserving their socio-cultural identity.
- The schools offer a safe environment where students receive both academic excellence and opportunities for holistic development.

Education as a Tool for Countering Naxalism

- **Knowledge as Empowerment** – Education functions as a transformative force in conflict-prone regions. It equips students with knowledge, awareness, critical thinking, and informed decision-making abilities, thereby reducing their vulnerability to extremist propaganda.
- **Creating Opportunities for Employment** – Quality education opens pathways to higher education, skill development, and employment. Economic empowerment reduces dependency and creates confidence in democratic institutions.
- **Strengthening Democratic Values** – Education builds faith in constitutional governance by promoting awareness of rights, duties, and democratic processes.
- Students develop a sense of belonging and national integration, reducing the appeal of extremist ideologies.
- **Bridging Regional Disparities** – By focusing specifically on tribal youth, EMRS bridge educational inequalities between remote tribal regions and the rest of the country while integrating marginalized communities into the national mainstream.

Expansion of EMRS in Left Wing Extremism-Affected Areas

- **Strategic Expansion in Tribal Heartlands** – To effectively counter extremist influence, the Government strategically expanded EMRS in the most affected districts.
- **259 schools have been sanctioned**, of which **178 are operational**, while the remaining schools are expected to become functional in the following year.
- **Providing Safe Residential Education** – Today, **over 50,000 tribal students** are enrolled in these institutions.
- The residential model provides a secure learning environment that physically and psychologically distances students from extremist influences.
- **Disrupting Extremist Recruitment** – Students engaged in academics, sports, and extracurricular activities are significantly less vulnerable to recruitment by extremist organizations.

- EMRS therefore replace vulnerability with opportunity.
- **Strengthening State Presence** – The establishment of schools also strengthens governance in remote regions.
- Teachers, administrators, and support staff become visible representatives of the state, fostering trust between tribal communities and government institutions.

Modern Infrastructure and Digital Empowerment

- **High-quality Educational Infrastructure** – EMRS are designed as modern educational institutions comparable to urban schools.
- They feature smart classrooms, computer laboratories, science laboratories, and digital learning facilities.
- **Bridging the Digital Divide** – High-speed internet connectivity across campuses links remote tribal regions with the global knowledge network.
- Smart boards and digital tools make learning interactive, particularly for first-generation learners.
- **Promoting Scientific Temper** – Advanced facilities such as **space and science laboratories**, developed in collaboration with premier institutions, expose students to cutting-edge scientific fields and inspire aspirations in science, technology, engineering, and research.
- **Sustained Infrastructure Development** – Dedicated maintenance funds ensure that infrastructure remains functional and technologically updated, reinforcing the government's long-term commitment to tribal education.

Ensuring Quality Education through Competent Teachers

- **CBSE Curriculum for Academic Excellence** – EMRS are affiliated with the **Central Board of Secondary Education (CBSE)**, ensuring that tribal students receive standardized education comparable to leading schools across India.
- **Recruitment of High-quality Teachers** – Teachers are recruited through **All India examinations**, ensuring high academic standards and quality classroom instruction.

- **Teachers as Mentors and Counsellors** – Beyond teaching, educators serve as mentors who guide students academically, emotionally, and socially.
- They promote critical thinking, independent reasoning, and informed decision-making, reducing susceptibility to extremist narratives.
- **Centres of Excellence and Aspirational Growth** – EMRS have established **Centres of Excellence** that provide specialized coaching for **IIT and NEET** entrance examinations, creating pathways to premier educational institutions.
- **Building Aspirations** – Aspiration serves as one of the strongest antidotes to extremism.
- Students who envision careers as doctors, engineers, scientists, administrators, and professionals are less likely to embrace violence.
- **Creating Community Role Models** – Every successful student inspires the larger tribal community, demonstrating that education can transform lives and create sustainable socio-economic mobility.

Growing Community Trust in EMRS

- **Increasing Demand for Admissions** – The steadily rising number of applications reflects the growing confidence of tribal families in EMRS.
- Parents increasingly view these schools as avenues for quality education and holistic development.
- **Changing Social Mindsets** – Education is no longer perceived as an unattainable dream but as a realistic pathway toward dignity, progress, and prosperity, thereby weakening the ideological foundations of Naxalism.

Holistic Development through Sports and Culture

- **Balanced Development Beyond Academics** – EMRS emphasize the holistic development of students through sports, cultural programmes, and extracurricular activities alongside academic learning.
- **Building Leadership and Teamwork** – Participation in national sports meets develops discipline, resilience, teamwork, and leadership qualities among students.

- **Promoting National Integration** – Cultural festivals and exchanges expose students to India's diverse traditions, strengthening national identity while preserving tribal cultural heritage.

Role of EMRS Alumni in Social Transformation

- **Creating Positive Role Models** – The growing network of EMRS alumni demonstrates the long-term success of the programme. Graduates are serving as doctors, engineers, teachers, healthcare professionals, administrators, and public servants.
- **Inspiring Future Generations** – Many alumni return to their native communities as mentors, encouraging younger students to pursue education and creating a virtuous cycle of aspiration and achievement.

Conclusion

- Eklavya Model Residential Schools have emerged as one of India's most effective developmental responses to Left Wing Extremism by addressing its fundamental socio-economic causes rather than merely its manifestations.
- Through quality education, modern infrastructure, digital empowerment, skilled teachers, Centres of Excellence, sports, cultural integration, and community participation, EMRS have transformed the lives of thousands of tribal students.
- By nurturing aspirations, building confidence, and integrating tribal communities into the national mainstream, EMRS weaken the social foundations upon which extremism thrives.
- They demonstrate that education is not merely a developmental intervention but a powerful instrument for ensuring peace, stability, social justice, and inclusive nation-building.
- The success of EMRS reaffirms a fundamental principle of governance: lasting solutions to complex challenges like Naxalism lie not in force alone, but in empowering people with knowledge, opportunity, dignity, and hope.

3. A PEACEFUL MIND FOR A PEACEFUL SOCIETY: MINDFUL LIVING THROUGH THE YOGIC WAY OF LIFE

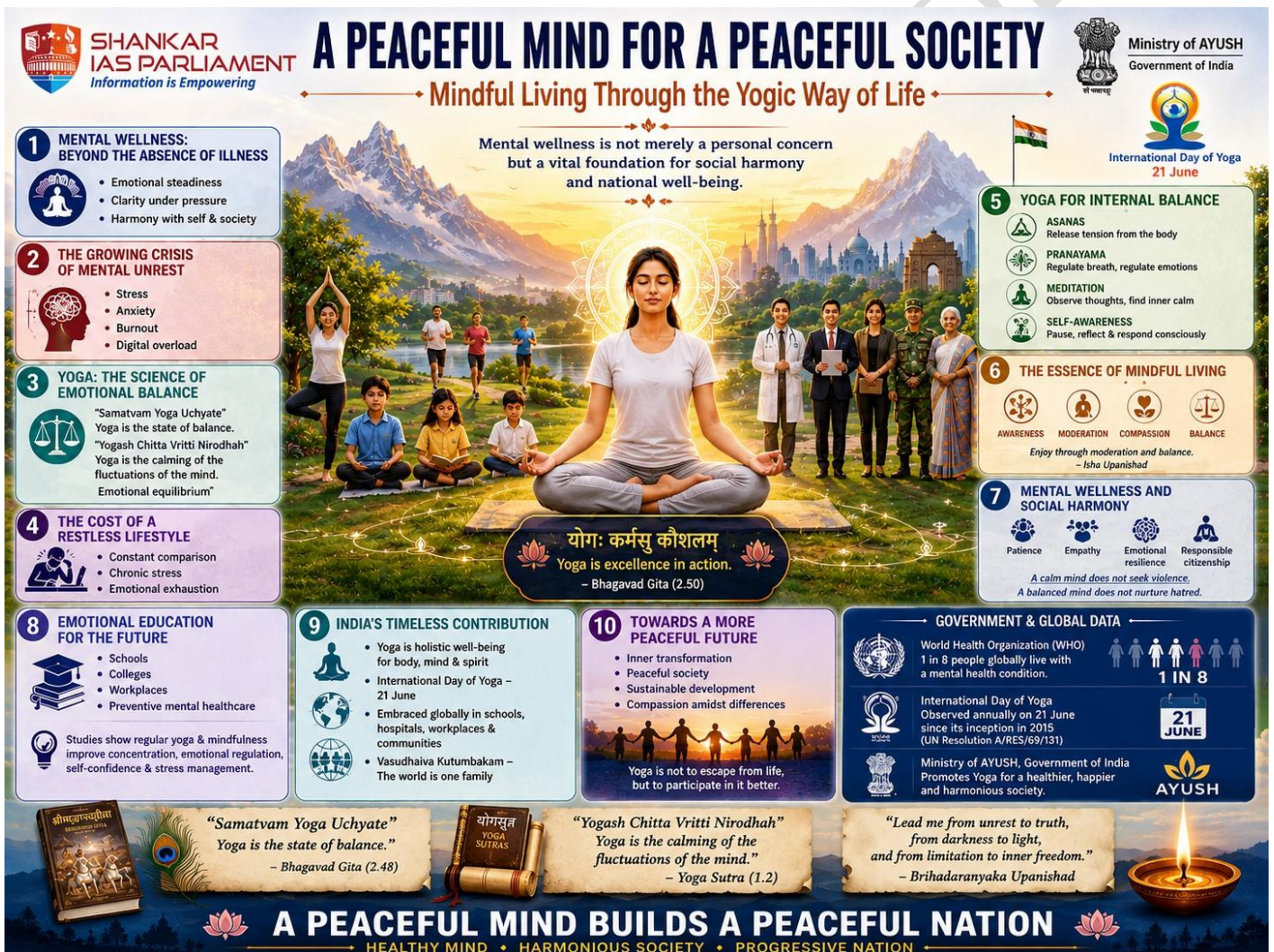
Introduction

- A peaceful society cannot be built solely through laws, institutions, economic growth, or technological advancement.
- While external development strengthens a nation, lasting peace ultimately depends on emotionally healthy individuals.
- When frustration, anger, alienation, hopelessness, and emotional imbalance remain unresolved within individuals, they gradually affect families, communities, and society at large.
- Stress, anxiety, loneliness, emotional fatigue, and burnout are affecting people across all age groups, making mental wellness one of the defining challenges of our time.
- **Mental Wellness: Beyond the Absence of Illness**
 - Mental wellness is often misunderstood as simply the absence of disease.
 - In reality, it is the ability to maintain emotional steadiness amidst uncertainty, remain calm under pressure, and live harmoniously with oneself and others.
 - Today, many people appear successful outwardly but remain deeply unsettled internally.
 - Modern life has brought convenience and opportunity, yet it has simultaneously intensified comparison, overstimulation, impatience, and emotional exhaustion.
 - One of the greatest paradoxes of the modern age is that while humanity has learned to manage machines efficiently, it is gradually forgetting how to manage its own mind.
 - A healthy mind is not one that never encounters difficulties, but one that learns to face life's challenges with clarity, resilience, and balance.
- **The Growing Crisis of Mental Unrest**
 - According to the World Health Organization, nearly one in every eight people globally lives with a mental health condition.

- In India, emotional challenges are increasingly affecting not only adults but also children and young people.
- Despite being more digitally connected than ever before, individuals often feel disconnected from themselves and from one another.
- Many wake up tired, rush through emotionally demanding days, and sleep without ever feeling mentally rested.
- This is not merely a medical issue but a human challenge that influences how people think, relate, work, and live together as a society.
- **Yoga: The Science of Emotional Balance**
- The Yoga Institute's experience over decades demonstrates that suffering often arises not merely because of external situations but because the mind has not been trained to respond calmly.
- Small criticisms create anger, setbacks generate hopelessness, and constant comparison breeds insecurity.
- Over time, these emotional disturbances begin affecting physical health, relationships, and overall quality of life.
- The **Bhagavad Gita (2.48)** beautifully summarises this principle:
 - **"Samatvam yoga uchyate"**
"Yoga is the state of balance."
- This profound teaching reminds us that yoga is far more than physical flexibility. It is the cultivation of emotional equilibrium.
- Similarly, Maharshi Patanjali defines yoga in the **Yoga Sutras (1.2)** as:
 - **"Yogash chitta vritti nirodhah"**
"Yoga is the calming of the fluctuations of the mind."
- In today's world of endless information, fear, ambition, comparison, and emotional overload, this definition is more relevant than ever.
- Inner development is essential because the mind cannot remain healthy if life is lived only outwardly.
- **The Cost of a Restless Lifestyle**
- Modern life moves at an unprecedented pace.

- There is little silence, introspection, or emotional pause.
- People spend hours reacting to notifications, messages, and distractions while spending very little time understanding their own emotions.
- Children and young adults experience intense academic and social pressure. Self-worth is increasingly measured by performance, appearance, social approval, and external achievements.
- Adults continue living under chronic stress without fully recognising its impact on emotional and physical well-being.
- The human nervous system was never designed for constant stimulation.
- As emotional imbalance grows, it gradually affects physical health, relationships, productivity, and overall quality of life.
- **Yoga for Internal Balance**
- Yoga offers a holistic approach to restoring harmony between body, mind, emotions, and behaviour.
- Its practices include:
 - Physical postures that release accumulated bodily tension.
 - Breath awareness and **pranayama**, which regulate emotional turbulence by restoring healthy breathing patterns.
 - Meditation and introspection that help individuals observe their thoughts rather than becoming controlled by them.
 - Self-awareness that encourages people to pause, reflect, and respond consciously rather than reacting habitually.
- Scientific studies published by institutions such as Harvard Medical School and the National Institutes of Health also support yogic breathing and meditation practices in reducing stress hormones, improving emotional regulation, enhancing sleep quality, and promoting overall mental well-being.
- However, the true strength of yoga lies beyond stress reduction—it transforms the individual's relationship with the mind itself.
- **The Essence of Mindful Living**

- Mindful living does not require withdrawing from society or escaping responsibilities.
- Rather, it involves living everyday life with greater awareness.
- It means becoming conscious of:
 - **How we think.**
 - **How we speak.**
 - **How we react.**
 - **How we consume information.**
 - **How we relate to others.**



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A PEACEFUL MIND FOR A PEACEFUL SOCIETY
Mindful Living Through the Yogic Way of Life

Ministry of AYUSH
Government of India

International Day of Yoga
21 June

1 MENTAL WELLNESS: BEYOND THE ABSENCE OF ILLNESS

- Emotional steadiness
- Clarity under pressure
- Harmony with self & society

2 THE GROWING CRISIS OF MENTAL UNREST

- Stress
- Anxiety
- Burnout
- Digital overload

3 YOGA: THE SCIENCE OF EMOTIONAL BALANCE

- "Samatvam Yoga Uchyate"
Yoga is the state of balance.
- "Yogash Chitta Vritti Nirodhah"
Yoga is the calming of the fluctuations of the mind.
- Emotional equilibrium

4 THE COST OF A RESTLESS LIFESTYLE

- Constant comparison
- Chronic stress
- Emotional exhaustion

5 YOGA FOR INTERNAL BALANCE

- **ASANAS**
Release tension from the body
- **PRANAYAMA**
Regulate breath, regulate emotions
- **MEDITATION**
Observe thoughts, find inner calm
- **SELF-AWARENESS**
Pause, reflect & respond consciously

6 THE ESSENCE OF MINDFUL LIVING

- AWARENESS
- MODERATION
- COMPASSION
- BALANCE

Enjoy through moderation and balance.
- Isha Upanishad

7 MENTAL WELLNESS AND SOCIAL HARMONY

- Patience
- Empathy
- Emotional resilience
- Responsible citizenship

A calm mind does not seek violence.
A balanced mind does not nurture hatred.

8 EMOTIONAL EDUCATION FOR THE FUTURE

- Schools
- Colleges
- Workplaces
- Preventive mental healthcare

Studies show regular yoga & mindfulness improve concentration, emotional regulation, self-confidence & stress management.

9 INDIA'S TIMELESS CONTRIBUTION

- Yoga is holistic well-being for body, mind & spirit
- International Day of Yoga - 21 June
- Embraced globally in schools, hospitals, workplaces & communities
- Vasudhaiva Kutumbakam - The world is one family

10 TOWARDS A MORE PEACEFUL FUTURE

- Inner transformation
- Peaceful society
- Sustainable development
- Compassion amidst differences

Yoga is not to escape from life, but to participate in it better.

योग: कर्मसु कौशलम्
Yoga is excellence in action.
- Bhagavad Gita (2.50)

GOVERNMENT & GLOBAL DATA

- World Health Organization (WHO)
1 in 8 people globally live with a mental health condition.
- International Day of Yoga
Observed annually on 21 June since its inception in 2015 (UN Resolution A/RES/69/131)
- Ministry of AYUSH, Government of India
Promotes Yoga for a healthier, happier and harmonious society.

1 IN 8
21 JUNE
AYUSH

“Samatvam Yoga Uchyate”
Yoga is the state of balance.
- Bhagavad Gita (2.48)

“Yogash Chitta Vritti Nirodhah”
Yoga is the calming of the fluctuations of the mind.
- Yoga Sutra (1.2)

“Lead me from unrest to truth, from darkness to light, and from limitation to inner freedom.”
- Brihadaranyaka Upanishad

A PEACEFUL MIND BUILDS A PEACEFUL NATION
HEALTHY MIND • HARMONIOUS SOCIETY • PROGRESSIVE NATION

- Mindfulness encourages patient listening instead of impulsive reactions, sensitivity instead of emotional aggression, and balanced responses instead of habitual behaviour.
- Such awareness gradually strengthens emotional resilience and maturity.

- The **Isha Upanishad** beautifully teaches the importance of moderation:
 - ***"Enjoy through moderation and balance."***
- In contrast, modern society often encourages excessive ambition, stimulation, consumption, and emotional dependence on external circumstances.
- The yogic approach advocates simplicity, balance, moderation, and contentment. Inner peace is cultivated through daily living rather than achieved in a single moment.
- **Mental Wellness and Social Harmony**
- Mental wellness extends beyond individual happiness and directly influences collective well-being.
- Emotional imbalance at the individual level often manifests as conflict at the collective level.
- Conversely, emotionally healthy individuals contribute to harmonious families, responsible citizenship, and peaceful communities.
- Yoga nurtures qualities such as:
 - **Patience**
 - **Empathy**
 - **Self-discipline**
 - **Emotional resilience**
 - **Clarity of thought**
- These qualities strengthen both individuals and society.
- A calm mind does not seek violence, while a balanced mind does not nurture hatred.
- The **Bhagavad Gita (2.56)** beautifully describes the qualities of a stable mind:
 - ***"One whose mind remains undisturbed in sorrow and free from excessive attachment in happiness."***
- Such inner stability is valuable not only for personal well-being but also for collective harmony.
- **Emotional Education for the Future**

- Modern education often develops intellectual capability while neglecting emotional well-being. Consequently, many individuals become professionally competent but internally fragile.
- They know how to compete but not how to cope, how to achieve but not how to remain peaceful.
- Yoga-based emotional wellness programmes introduced in schools, colleges, workplaces, rural communities, and public health systems can significantly strengthen preventive mental healthcare.
- Studies in educational institutions have shown that regular yoga and mindfulness practices improve:
 - **Concentration**
 - **Emotional regulation**
 - **Self-confidence**
 - **Stress management**
- A society that invests in emotional well-being invests in long-term harmony.
- **India's Timeless Contribution**
- One of India's greatest contributions to humanity is its holistic understanding of life.
- Yoga does not separate physical health from mental health or individual well-being from collective welfare.
- Instead, it recognises the deep interconnectedness of human existence.
- The International Day of Yoga has enabled millions across the world to appreciate yoga not merely as physical exercise but as a pathway towards healthier, more conscious living.
- From schools and hospitals to workplaces and correctional institutions, yoga is increasingly being embraced globally as a tool for mental and emotional well-being.
- Technological advancement alone cannot create peace. Lasting peace begins with a balanced human mind.

Towards a More Peaceful Future

- Every individual who develops greater awareness contributes to the well-being of society.
- Patience instead of anger, understanding instead of hatred, and balance instead of impulsiveness collectively strengthen the social environment.
- A nation's true progress requires both outer development and inner development.
- Roads, industries, institutions, and economic growth remain essential, but emotionally healthy citizens are equally indispensable for building a strong, harmonious, and peaceful society.
- Yoga guides individuals towards inner stability. Its purpose is not to escape from life but to participate in it more consciously, remaining centred amidst challenges, balanced amidst distractions, and compassionate amidst differences.
- The timeless prayer of the **Brihadaranyaka Upanishad** captures this aspiration:
 - *"Lead me from unrest to truth, from darkness to light, and from limitation to inner freedom."*

Conclusion

- The future of peaceful societies depends not only on external reforms but also on inner transformation.
- Mental wellness, emotional balance, and mindful living are indispensable for sustainable social harmony.
- The yogic way of life offers a timeless framework for cultivating self-awareness, resilience, moderation, compassion, and inner stability.
- As humanity faces increasing emotional and social challenges, yoga provides not merely a system of exercise but a comprehensive philosophy for nurturing peaceful individuals and, consequently, a peaceful society.
