

KEWAL SAMARPAN FOUNDATION

CIN No- U80101WB2019NPL232760

Welcome

Sep 8 th 2019-11.00 AM

The Journey has begun

Regd Office: Suite 4C, 4th Floor, 34A Metcalfe Street, Kolkata-700013 Phone- 033 22119224

Website www.kewalsamarpan.com Email- raju@racocal.com

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A Prayer

SIDDHARTHA -An Indian Tale

Written by Hermann Hesse (Nobel prize winner in literature in 1946)

"Look, my dear Govinda, this is one of my thoughts, which I have found: wisdom cannot be passed on. Wisdom which a wise man tries to pass on to someone always sounds like foolishness." "Are you kidding?" asked Govinda.

*"I'm not kidding. I'm telling you what I've found. Knowledge can be conveyed, but not wisdom. It can be found, it can be lived, it is possible to be carried by it, miracles can be performed with it, but it cannot be expressed in words and taught. This was what I, even as a young man, sometimes suspected, what has driven me away from the teachers. I have found a thought, Govinda, which you'll again regard as a joke or foolishness, but which is my best thought. It says: **The opposite of every truth is just as true! That's like this: any truth can only be expressed and put into words when it is one-sided. Everything is one-sided which can be thought with thoughts and said with words, it's all one sided, all just one half, all lacks completeness, roundness, oneness.** When the exalted Gotama spoke in his teachings of the world, he had to divide it into Sansara and Nirvana, into deception and truth, into suffering and salvation. It cannot be done differently, there is no other way for him who wants to teach. **But the world itself, what exists around us and inside of us, is never one sided.** A person or an act is never entirely Sansara or entirely Nirvana, a person is never entirely holy or entirely sinful. It does really seem like this, because we are subject to deception, as if time was something real. **Time is not real, Govinda, I have experienced this often and often again. And if time is not real, then the gap which seems to be between the world and the eternity, between suffering and blissfulness, between evil and good, is also a deception.**"*

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The Dream is Unfolding

A website is under preparation to make available the work on the foundation to the world at large for free- kewalsamarpan.com

Health

- Homeopathy Health Guide is ready and seminars would be held under guidance of experts to guide people to solve day to day problems on their own very quickly
- "Spine Yoga" is being formulated to guide people with all spine related problems and conduct workshops on flow of energy through the healthy spine
- It is proposed to take part in various initiatives under AYUSH program of the Govt of India

Education

- A format to teach Mathematics to children of Classes 1 to 5 by playing games is under preparation
- A program to train teachers for the above is also under preparation in association with CEQUE-Center for Equity and Quality in Universal Education, Mumbai who have done pioneering work in this field and numerous videos are now available online free titled "Teachers Pages " on Youtube as well as on their website
- "Curious Kids" a format is being devised to stoke the inborn curiosity of all children by sharing with them the upcoming frontiers of evolution and at the same time provide answers/guidance to their questions and inborn curiosity
- "Speed Learning" techniques shall be researched and imparted to young and old to accelerate their learning to enable them to sync with the fast evolving world.

All knowledge developed by the foundation shall be made available to one and all free of any charge or hidden benefits

A delivery center shall be developed at 53,Sardar Shankar Roy Road, Kolkata-700029 to facilitate the above and delivery of all formats.

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Homeopathy Home Guide

(Connect with Nature and celebrate life)

Written by CA Rajneesh Agarwal

(A hobby for over 20 years that led to my surviving a near death experience after being declared incurable by modern medicine hospitals and experts in India and abroad)

(To be followed under Doctor's advice)

(Core concepts of Homeopathy never change, only intuitive interpretations evolve)

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Homeopathy

Sapere aude is the Latin phrase meaning “Dare to know”; and also is loosely translated as “Dare to be wise”, or even more loosely as “Dare to think for yourself”

- Homeopathy is a system of medicine based on the principle “like cures like” that means a medicine capable of producing certain effects when taken by a healthy human being is capable of curing any illness which displays similar effects
- The history of homeopathy begins with the discoveries of its founder Samuel Hahnemann (1755-1843), a German physician. Hahnemann first coined the word “homeopathy” (“homoios” in Greek means *similar*, “pathos” means *suffering*) to refer to the pharmacological principle, the law of similars.
- The law of similars was described by Greek physicians Hippocrates and Paracelsus and was utilized by many cultures, including the Mayans, Chinese, Greeks, Native American Indians, and Asian Indians, but it was Hahnemann who codified the law of similars into a systematic medical science.
- Nature’s powers are mysterious and infinite. Our body represents an ocean of energy constantly evolving with the Cosmos and interacting with the planets, stars and the diverse forces of nature
- Hidden forces of Nature contained in plants, minerals, animals have immense curative powers (Ayurveda, Unani). Similarly Sun rays lead to Colour therapy, Cosmic rays & sounds to Meditation & Pranayam and many others forces
- Humanity has practiced such cures under various traditional methods of medicine since evolution

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- While many of these forces are not visible in a science laboratory it has been seen for centuries that these forces are very powerful and many of us have also felt them in some form or the other. We all know these exist even though to learn their discovery by science may take a long time .
- Various elements of nature reflect immense curative powers when they are diluted. This has been proven innumerable times by experiments on healthy volunteers as well as on their own self by many founders of Homeopathy. The results are so obvious that they need no proof.
- Science is constantly evolving and is trying to understand these mysteries of nature. Molecular memory of water and other elements has been observed by several renowned scientists (Masaru Emoto, Luc Montagnier & many others)
- Similarly Large Hadrons Collider (LHC) at CERN in Switzerland has been trying to understand the state of the matter (Bosons) by colliding two laser beams in a 16 mile underground tunnel for several years but the same continues to remain elusive
- Technology is also fast moving from a digital age to Quantum age to understand the mystery of nature.

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Six Common Ailments

1. Fever and Headache

- Frontal splitting headache-Bryonia
- Backside cervical headache-Gelsemium
- Bursting headache-Belladonna
- Piercing Headache-Coffea(as if a nail is being driven in)
- Dry cold winds-Aconite
- Right sided headache-Sanguinaria Can

2. Fever and Bodyache

- Worse on movement- Bryonia
- Better on movement-Rhus Tox
- Backbone, lower neck, shoulders and mild slow fever -Gelsemium

3. Nausea and Vomiting

- Food poisoning-Arsenic Album
- Wrong time eating-Nux Vomica
- Exposure to cold wind-with headache-Ipecacunha

4. Stomach pains and discomfort

- Pain half our after meals- Nux Vomica
- Hungry but upper stomach heavy & acute gas -Carbo veg
- Gripping around navel- Merc Sol
- Lower part-moving gas-Aloe Soc
- Acute Acidity-Robinia

5. Injury and shock

- Accident Injury & Trauma-Arnica Mont
- Birth shock-Aconite
- Surgery shock- Carbo veg
- Burn Injury -Cantharis

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6. Cold & Cough

- Yellow Mucus- Pulsatilla
- Green Mucus- Kali Bichrom
- Mucus flowing inward-Kali Bichrom
- Watering Nose-Arsenic Album
- Watering Eyes only- Euphrasia
- Watering Eyes, Nose, Sneezing- Allium Cepa (onion peeling symptom)

16 common Remedies-A few Symptom Combinations

1. Aconitum Nap

- a. Acute & suddenness of symptoms as well as fear
- b. Exposure to Dry Cold Winds -Headache, fever, Running Nose
- c. Kolkata Weather- dry cold winds- Nov to Feb
- d. Urine stopped in a newborn

2. Aloe Soc

- a. Loose watery stool with rumbling gurgling sound
- b. Urgent & sudden desire-sometimes stool escapes with passing of wind

3. Arnica Montana

- a. Sore, bruised, lame feeling as if beaten
- b. Injury & trauma-physical, emotional
- c. Fatigue
- d. Before and after Surgery-also relieves pain

4. Arsenicum Album

- a. Food Poisoning- nausea, vomiting and loose motions
- b. Running nose
- c. Chill-feeling very cold
- d. Very thirsty but takes two sips at a time

5. Belladonna

- a. Headache -- congestive/throbbing
- b. Swollen Tonsils and gulping Pain

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- c. Fever due to exposure to cold- high fever with no thirst
- d. Airsickness

6. Bryonia

- a. Muscles stiff -often due to exposure to cold air at night
- b. Heavy body-feeling of sinking in bed due to heaviness
- c. Muscular Pain- aggravation on movement-desires to lie down
- d. Headache - bursting, early morning -splitting often due to constipation
- e. Unquenchable thirst-drinks huge quantity
- f. Kolkata Weather when days are hot and nights are cold Feb, Mar, Apr

7. Calendula

- a. Cut injury
- b. Skin bruises
- c. Homeopathic Anti Septic

8. Carbo Veg

- a. Great digestive & gas medicine- feels better by belching or passing gas
- b. Acidity-Belching-Heaviness in upper stomach
- c. Slow Digestion--Hungry at meal times but previous meal not digested.
- d. Undigested food in stool

9. Chamomilla

- a. Children & infants medicine
- b. Always whining, crying, wants to be carried

10. Gelsemium

- a. Occipital headache-settles in orbits
- b. Throbbing headache around temples and the head feels tied with a band
- c. Pain in lower neck, shoulders and backbone
- d. Eyelids are heavy-dropping
- e. SluggishFever

11. Ipecacuanha

- a. Acute Nausea and vomiting-- due to exposure to cold winds
- b. Pregnancy Nausea
- c. Fever with nausea and headache

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- d. Nausea is not relieved by vomiting

12. Kali Bichrom

- a. Tough-stringy mucus
- b. Earache & cold
- c. Internal Nasal drip causing severe cough at night
- d. The inward flow of mucus is reversed and flows out

13. Merc Sol

- a. Recurrent mouth ulcers
- b. Amoebiasis
- c. Severe gripping pain around navel

14. Nux Vomica

- Constipation and diarrhea- alternately
- Stomach pain half hour after any meal
- Indigestion due to Late nights and ill effects of high life
- Nausea-due to irregular food timings, international travel, night duty etc
- Anti dote to allopathic drugs-also whisky,wine ,beer etc

15. Rhus Tox

- Muscle, ligament, tendon injury
- Muscular pain or stiffness-- better on movement-feels better in evening compared to morning
- Exposure to sudden Heat/cold

16. Ruta G

- a. Bone surface Injury

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BOX-1

1.	Aconitum Nap 30	Plant	Monkshade plant
2.	Aloe Soc 30	Plant	Liliaceae plant
3.	Arnica Montana 30	Plant	Flower
4.	Arsenicum Album 30	Mineral	white oxide of Arsenic
5.	Belladonna 30	Plant	Herbaceous -nightshade
6.	Bryonia 30	Plant	Wild Hop-vine
7.	Calendula 30	Plant	Marigold
8.	Carbo Veg 30	Plant	Charcoal
9.	Chamomilla 30	Plant	Chamomile plant
10.	Gelsemium 30	Plant	Yellow Jasmine
11.	Ipecacunha 30	Plant	Roots
12.	Kali Bichrom 30	Mineral	Potassium Bichromate
13.	Merc sol 30	mineral	Mercury
14.	Nux Vomica 30	Plant	Poison Nut
15.	Rhus Tox 200	Plant	Poison Oak
16.	Ruta G 200	Plant	Shrub

BOX-2

1.	Apis Mel 200	Animal	Honey Bee venom
2.	Cantheris 30	Animal	Spanish Fly venom
3.	China off 30	Plant	Cinchona
4.	Coffea 30	Plant	Coffee beans
5.	Euphrasia 30	Plant	Whole plant
6.	Hypericum 200	Plant	Herb
7.	Lycopodium 200	Plant	Yellow pollen
8.	Psorinum 200	Humans	Fluid of scabies blisters
9.	Pulsatilla 30	Plant	Wild Flower
10.	Robinia 30	Plant	Yellow locust plant
11.	Sanguinaria Can 30	Plant	Herbaceous plant
12.	Sulphur 200	Mineral	Sulphur
13.	Symphytum 200	Plant	Flower
14.	Spongia 30	Plant	Marine sponge

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Guidelines

- The potencies 0, 30, 200, 1000 represent the degree of dilution and the more diluted medicines act deeper but slowly. For common day to day problems the potency of 30 (4 times a day) or 200 (2 times a day) is usually appropriate.
- In acute problem this can be much shorter but frequency should be reduced as the patient gets better. Excess intake can regenerate the illness like symptoms after the cure.
- 3-4 pills or drops are usually enough. Powders, globules, water based or alcohol based medicine are all the same. However, alcohol based medicines have a very long shelf life. These can also be diluted in a spoon of water and taken or given by dropper to small kids or very aged persons.
- These medicines are very mild and the mouth should be neutral when taken. The best time is when you wake up without even washing your mouth.
- Thereafter keep a 15-20 minutes gap between any food, drink or other intake.
- Onion, Garlic etc are usually avoided because their taste lingers on the tongue for a long time which nullifies the medicine

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MATHS – Vernacular of Tomorrow

Mathematics is the way to quantify our universe so that it makes sense to us or exists. Thanks to Maths that we can explain how things work. Maths develops our ability to think. It helps in developing analytical skills, reasoning skills and problem-solving skills and continues to be the basis of all human evolution.

Maths is integral to the future of humanity and is fast becoming the vernacular of the emerging frontiers of life. Information Technology (IT), Machine learning (ML) and Artificial Intelligence (AI) are all founded on Maths.

School education currently emphasizes more on marks & passing exams and not as much on learning & application thereof. Children try to memorize mathematical facts/formulae and manipulate numbers without the core concepts or processes involved and apply it to everyday life all around us.

This needs to change. Children of various ages all around us are growing up with a fear of maths. We believe every child deserves a great teacher and application oriented learning to stoke their curiosity and joyful exploration of life.

We propose to enable the teacher community to learn and integrate innovative methods in their classrooms. E.g

1. Use of the number grid to teach addition.
2. Use of objects to teach carry over addition.
3. The story telling method to teach the BODMAS rule
4. Concept of fractions through day to day activities.

We are working with CEQUE, a Mumbai based Non profit organisation that skills teachers to achieve the best learning outcomes for every child.

Kewal Samarpan Foundation (kewalsamarpan.com) is in the process of conducting a 2 day workshop for Maths teachers teaching grades 2 to 5 through innovative teaching methods, ideas and practices on various topics. The workshop will empower the teachers to make Maths a sport for the children so that they learn quickly and effortlessly and also start applying it to everyday life and all objects around them.

This program will help the teachers to explain any concept with ease to the students. It also invokes a thinking process in the teachers. This program will also guide the teacher to continuously monitor and evaluate the students' ability and pace of understanding.

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