

NORTH INDIA

DELHI - HARIYANA - PUNJAB - JAMMU & KASHMIR -
HIMACHAL PRADESH - UTTRAKHAND



WWW.NIHH.CO.IN

YOGA FOR HEALTH | HEALTH FOR ALL

BHARAT DARSHAN

SWASTH BHARAT YATRA

GANDHI JAYANTI EXPEDITION



11,500+ KM
JOURNEY



15+ STATES
ACROSS INDIA



YOGA • HEALTH
ENVIRONMENT



SOCIAL AWARENESS
FOR A BETTER SOCIETY

“FOR A
HEALTHY INDIA,
FOR A BETTER
TOMORROW”



SK ROSUN MUNSHI

Yoga & Naturopath
Social Awareness Activist



2 Oct ,2026



Total Distance
Covered:
11,000 KM

Outreach to
300+
Educational
Institutions

More than
300,000
Students
Reached

Visits to 100
Government
Offices

Connected
with 75 Clubs,
NGOs, and
Social
Organizations





साइकिल द्वारा

स्वस्थ भारत जनजागरण यात्रा



75
आज़ादी का
अमृत महोत्सव

रोशुन मुंशी

एक परिचय:

श्री रोशुन मुंशी, पश्चिम बंगाल में पूर्वी मेदिनीपुर जिले के निवासी हैं।
बचपन से ही समाज उत्थान के लिए विभिन्न प्रकार के सेवा कार्य करते हैं।

- -आप इंटरनेशनल सोशल एक्टिविस्ट हैं।
- -पिछले 15 वर्षों से Excess Utilities re-distribution पर कार्य कर रहे हैं।
- -वर्ष 2015 में नेपाल व चीन में आए भूकंप में आपने नेपाल सरकार के आग्रह पर मेडिकल टीम का नेतृत्व किया।
- -वर्ष 2017 में बांग्लादेश के ढाका मेडिकल कॉलेज में युथ स्किल ऑफ सोशल एंटरप्रेन्योरशिप पर व्याख्यान आयोजित दिया।
- -वर्ष 2018 में कर्नाटक, तेलंगाना व आंध्र प्रदेश में साइकिल यात्रा निकाली
- -वर्ष 2021 में पश्चिम बंगाल में 75 दिनों तक गाँव-गाँव जाकर 2 लाख से अधिक विद्यार्थियों को योग,आहार व प्राकृतिक चिकित्सा की जानकारी दी।
- -आप अध्यात्म विद्वान तथा ओशो के फॉलोवर हैं।
- -श्री भगवद्गीता व अनेक साहित्यों का आपने अध्ययन किया है।



WHY THIS JOURNEY?

This journey is not merely a walk from Darjeeling to Sikkim.

It is a social awareness initiative dedicated to health, discipline, environmental responsibility, and meaningful human connection.

Organized on the occasion of International Yoga Day, the campaign aims to directly interact with students, youth, local communities, and social organizations while spreading messages of healthy living and social responsibility



Core Objectives of the Journey



- To promote physical and mental wellness through Yoga and healthy lifestyle awareness.
- To encourage a drug-free and disciplined way of life among youth.
- To spread awareness about environmental responsibility, including plastic-free travel and water conservation.
- To inspire people to avoid food wastage and support the idea of sharing excess food with those in need.
- To build positive interaction between communities, educational institutions, and local administrations through direct public engagement.



GOVERNMENT OF WEST BENGAL
DISTRICT MAGISTRATE & COLLECTOR
PURBA MEDINIPUR
GANAPATINAGAR, UTTAR SONAMUI,
TAMLUK, PIN - 721648

Phone : (03228) 262 098

Fax : (03228) 262 300

Email ID : dmpurb@gmail.com

(Shri Unice Rishin Ismail, IAS)

D.O. No.

NIL

Dated, the 11/12/2025

TO WHOM IT MAY CONCERN

It is great pleasure to know that that Sk. Rosun Munshi, S/O Sk Manjur Munshi of Village & PO - Tilkhoja , PS - Moyna, District - Purba Medinipur conducted a nationwide awareness titled " Bharat Darshan" through solo cycling from Moyna, Purba Medinipur, West Bengal on 10th October, 2025 aimed at promoting minimal living, environmental awareness and had successfully completed 11,000 Kilometers covering the states Odisha, Jharkhand, Chhattisgarh, Maharashtra, Goa, Karnataka, Telangana and Andhra Pradesh.

During his hardship journey, he conducted Yoga sessions and social awareness programmes in more than 300 educational institutions and inspired about 1,50,000 students. Now he is preparing for the second phase of Bharat Darshan covering various states of North India.

His efforts, commitment and responsibility toward society are really praiseworthy.

I wish him every success in this journey.



(Shri Unice Rishin Ismail, IAS)

To
Sk. Rosun Munshi,
S/O Sk Manjur Munshi
Village & PO - Tilkhoja,
PS - Moyna, District - Purba Medinipur

Shri Angshuman Saha, IPS
Superintendent of Police
Purba Medinipur



Office of the Superintendent of Police
Government of West Bengal
Purba Medinipur, W.B.

DO No. / Memo No.199/C

Date : 08/06/2026

TO WHOM IT MAY CONCERN

This is to certify that Mr. Sk. Rosum Munshi, a resident of Tilkhoja, PS-Moyna, Purba Medinipur, West Bengal, intends to undertake a foot march from Darjeeling to Sikkim, commencing on 9th June 2026 in connection with the observance of International Yoga Day on 20th June 2026.

It is further learned that Mr. Munshi had previously conducted a nationwide awareness campaign titled "Bharat Darshan" through a solo cycling expedition from Moyna with the objective of promoting environmental awareness. During this remarkable journey, he successfully covered several states, including Odisha, Chhattisgarh, Karnataka, Andhra Pradesh, and others.

Throughout his expedition, he had organized Yoga sessions and social awareness programmes at various educational institutions, thereby encouraging healthy living, environmental consciousness, and social responsibility among students and the general public.

His dedication to social service, environmental awareness, and the promotion of yoga is highly commendable. We extend our best wishes for the successful completion of his forthcoming foot march and for his continued efforts in serving society.

We wish him every success in his future endeavours.

(Angshuman Saha)

Ranoj Pegu
Minister

Education, Tribal Affairs (P),
Indigenous and Tribal Faith & Culture (L & M) Deptt.



Dispur, Guwahati - 781006, Assam
Ph No : +91 99547 03825 (M)
+91-361-2337023 (O)
E-mail : ranojpegu@gmail.com

MESSAGE

I feel happy to know that the National Institute of Holistic Health (NIH), New Delhi is going to organize Swastha Bharat Jan Jan Yatra to create awareness about yoga, naturopath, health and environment.

To quote Lord Buddha -

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear".

Good health is central to human happiness and well being that contributes significantly to prosperity. It is one of the prime factor that helps a person to perform his daily life tasks in a correct and right way. I am told that the yatra will cover school and colleges to aware the students about good health and environment.

I congratulate the entire team of NIH, for organizing this yatra and wish success of the same.

(Dr. Ranoj Pegu)

V. SIVANKUTTY
MINISTER FOR
GENERAL EDUCATION & LABOUR
GOVERNMENT OF KERALA



Thiruvananthapuram
Date..... 13-02-2023

Message

Happy to know that National Institute of Holistic Health is organizing a year-long Swastha Bharat Jan Jan Yatra to create awareness about yoga, naturopathy, nature conservation etc. It is understood that the aim of the journey is to create health awareness among 10 crore people.

Wish you all the best.

With love

V Sivankutty

Office : Room No. 201, 2nd Floor, Annexe-2
Government Secretariat, Thiruvananthapuram-695 001
Phone-Office : 0471-2517048 Mobile : 9400009100
E-mail : min.edu@kerala.gov.in, min.lbr@kerala.gov.in



मुख्य मंत्री
राजस्थान

मुम. / सन्देश / ओएसडीएफ / 2023
जयपुर, 8 फरवरी, 2023

संदेश

मुझे यह जानकर प्रसन्नता है कि नेशनल इंस्टीट्यूट ऑफ हॉलिस्टिक हैल्थ, दिल्ली देश में योग, प्राकृतिक चिकित्सा, स्वास्थ्य और पर्यावरण के प्रति जागरूकता के उद्देश्य से 13 मार्च, 2023 से 11 मार्च, 2024 तक "स्वस्थ भारत जन जागरण यात्रा" का आयोजन किया जा रहा है।

पहला सुख निरोगी काया सामाजिक-पारिवारिक जीवन का महत्वपूर्ण सूत्र है। प्रदेश और देश में सदियों से स्वस्थ जीवन के लिए योग, व्यायाम, संतुलित आहार-विहार की सुदीर्घ परम्परा रही है। यह शुभ है कि संस्थान के कार्यकर्ता श्री रोशुन मुंशी साइकिल के माध्यम से देश के 28 राज्यों और 4 केन्द्र शासित प्रदेशों के स्कूल-कॉलेज के विद्यार्थियों और आमजन को स्वास्थ्य रक्षा और पर्यावरण संरक्षण के प्रति जागरूक बनाने का प्रयास करेंगे।

मैं संस्थान के प्रतिनिधि की सायकिल द्वारा "स्वस्थ भारत जन जागरण यात्रा" की सफलता के लिए अपनी शुभकामनाएं प्रेषित करता हूं।

(अशोक गहलोत)

No. 192/Press/CMO/23

22 February, 2023.

MESSAGE

I am glad to note that the National Institute of Holistic Health is organising the Swasth Bharat Jan Jan Yatra to create awareness about yoga, naturopathy, health and environment.

My best wishes.


Pinarayi Vijayan

  **थावरचंद गेहलोत**
THAAWARCHAND GEHLOT
Governor of Karnataka

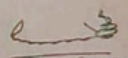
No. GS 126 MSG 2023

MESSAGE

I am happy to know that the National Institute of Holistic Health (NIH) is organizing the "Swasth Bharat Jan Jagaran Yatra" from 12th March, 2023 to 11th March, 2024 to create awareness about Yoga, Naturopathy, health and environment in India.

I am glad to know that the National Institute of Holistic Health (NIH) volunteer Mr. Roshun Munshi will complete this journey by bicycle in 28 States and 4 Union territories of the country. During the yatra, school and college students will be made aware about Yoga, Naturopathy, health and environment.

My warm wishes to the National Institute of Holistic Health & its Management on this occasion and wish the event a grand success.


13.3.23
(Thaawarchand Gehlot)

Raj Bhavan, Bengaluru - 560 001 (Karnataka) Ph. 080-22254102 - 108

ASHOKE DINDA
Member
West Bengal Legislative Assembly



Vill - Naichanpur
P.O.: Chansarpur
P.S. - Tamluk
Dist.: East Medinipur
PIN : 721653
West Bengal, India
Mob.: 9830007344

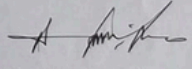
Ref. No.
Date: 06/08/2022

BEST WISHES COMPLIMENT

I Would Like To Pass My Sincere Appreciation For The Initiative Taken By Sk Rosun Munshi, S/O- Sk Manjur Munshi, Residing At Vill+Po- Tilkhoja, Ps- Moyna, Dist- East Medinipur, Pin- 721629. I Am Overwhelmed To See The Effort, He Has Been Putting In Daily Basis By Promoting " Redistribution Of Unused Utility Item, Distribution Of Food And Yoga For All People Of The Society ".

I Wish Him All The Best And He Achieve Great Success In Hi Further Endeavours Of Cycling Across India And Spread The Message Of Redistribution Of Acess Food And Utilities, Yoga For Good Heath Which Begin On 15th September. I Wish Him A Great Success In His Initiative.


ASHOKE DINDA
MEMBER
WEST BENGAL LEGISLATIVE ASSEMBLY


(ASHOKE DINDA)
Member Of West Bengal
Legislative Assembly

Date -
Time -

 **ASHOKE DINDA**
206 MOYNA
MEMBER
WEST BENGAL LEGISLATIVE ASSEMBLY

DIBYENDU ADHIKARI
MEMBER OF PARLIAMENT
(LOK SABHA)



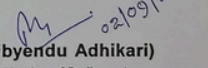
ADDRESS:
Kolaghat : Mava, Nonachak, Deulia, Purba Medinipur
Pin- 721154, Ph. No. 03228-256966
Tamluk : Barpadumbassan, Tamluk, Purba Medinipur,
721636, Ph. No. - 03228 - 267314
Haldia : Uttar Durgachak, Durgachak, Haldia, 721602,
Ph. No. - 03224 - 275937
Nandigram : Nandanyekbari, Nandigram,
Ph. No. -03224-232252
E-mail - dibyendu.adhikari27@yahoo.com

TO WHOM IT MAY CONCERN

This is to certify that Sri / Smt/ Kumari Sk Rosun Munshi
S/o. W/o. /D/o. Sk Manjur Munshi is personally known to me.
He/She is a permanent resident of village. Tilkhoja
P.O. Tilkhoja P.S. Moyna
district of Purba Medinipur

He/She is sincere, honest with active habit and bears a good moral character.

I wish him / her every success in life.


(Dibyendu Adhikari)
Member of Parliament
(Lok Sabha)

DIBYENDU ADHIKARI
Member of Parliament
(Lok Sabha)

মহকুমা শাসকের কার্যালয়, তামলুক
পূর্ব মেদিনীপুর
পোঃ-তামলুক, জেলা : পূর্ব মেদিনীপুর
পিন : ৭২১৬৩৬
ফোন নং : ০৩২২৮-২৬৩২২০
ই-মেইল :- sdotamluk@gmail.com



Office of the Sub-Divisional Officer,
Tamluk
Purba Medinipur
PO+ PS : Tamluk ; Dist : Purba Medinipur
Pin : 721636
Phone No : 03228-263220, Mob.-8653584880
Email:- sdotamluk@gmail.com

D.O. NO. NIL

Date 02.09.2026

TO WHOM IT MAY CONCERN

It is a great pleasure to know that Sk. Rosun Munshi, S/O Sk. Manjur Munshi of village & P.O. Tilkhoja, P.S. Moyna, District Purba Medinipur, is going to conduct a nationwide awareness titled "Swasth Bharat Yatra 2026" through solo cycling from India Gate, New Delhi to Rishikesh on 02nd October 2026 onwards to promot healthy living, environmental responsibility, cleanliness and human values. This is truly inspiring and deserves sincere appreciation.

His dedication and perseverance in spreading the message of a healthier and stronger India are highly commendable. I wish him continued success in his noble endeavours.

With Best Wishes



Sub-Divisional Officer
Tamluk (Sadar)
Sub-Divisional Officer
Tamluk

To
Mr. SK Rosun Munshi
Yoga Campaigner
Purba Medinipur



TO WHOM IT MAY CONCERN

This is to certify that Sk. Rosun Munshi (36 years), S/O Sk. Manjur Munshi of Village Tilkhoja, P.S. Moyna, District Purba Medinipur, West Bengal, is travelling from West Bengal to Rishikesh via India Gate, New Delhi by his bicycle with a social message campaign.

I wish him all the best for his journey and request all concerned persons to extend necessary assistance to him whenever required.

Date: 11.09.2026

Submitted
21/09/26
S. Arkadeep Haldar
OC, Moyna PS
Purba Medinipur
Officer-in-Charge
Moyna Police Station
Purba Medinipur

বামদেব গুচ্ছাইত
Bamdev Guchait
সভাপতি, পূর্ব মেদিনীপুর জেলা পরিষদ
Savadhpati, Purba Medinipur Zilla Parishad



Ref. No.

Date 09/09/2026

To Whom It May Concern

This is to certify and place on record our appreciation for the commendable efforts and initiative of Mr. Sk. Rosum Munshi, a resident of Tilkhoja, P.S. Moyna, Purba Medinipur, West Bengal, for undertaking an approximately 11,500-kilometre solo cycling expedition across India under his awareness initiative, "Bharat Darshan."

During the expedition, he conducted Yoga, health, environmental, and social awareness programmes at various educational institutions and community platforms, promoting healthy living, environmental consciousness, social responsibility, and community welfare.

His mission also promotes the principle of "Excess Utility Redistribution - Let's Use, Stop Waste," encouraging the responsible reuse and redistribution of surplus household and community resources to reduce unnecessary waste and support those in need.

We hereby place on record our sincere appreciation for his contribution and extend our best wishes for the successful completion of his forthcoming North India Cycling Yatra and for his continued efforts towards serving society and promoting public awareness and community welfare.



Bamdev Guchait
(Bamdev Guchait)
Savadhpati
Purba Medinipur Zilla Parishad
Purba Medinipur Zilla Parishad

Office of the Moyna Panchayat Samity Moyna, Purba Medinipur,

☎: (03228) 260 224 ☎: (03228) 260600 ✉: moyna.bdo@gmail.com

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Savapati
Moyna Panchayat Samity
Moyna Panchayat Samity
Moyna, Purba Medinipur

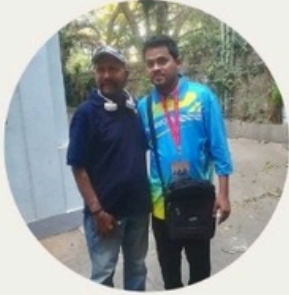
Ganapatnagar, Uttar Sonamui, Tamralipta, Purba Medinipur, 721648, West Bengal

গণপতিনগর, উত্তর সোণামুই, তামলিপ্তা, পূর্ব মেদিনীপুর, ৭২১৬৪৮, পশ্চিমবঙ্গ

Mob : 7407039457 / 8944930554, Email : svdzppurbamdn@gmail.com / bamdevguchait999@gmail.com



TESTIMONIALS



The work being done reflects sincerity, commitment, and a deep sense of social responsibility. I extend my heartfelt appreciation and best wishes for continued success. May this initiative continue to inspire many more in the days ahead.”

Syed Kirmani , Indian cricketer



“I am truly impressed by this remarkable effort and the passion behind it. This initiative stands as a model of excellence. My best wishes for future achievements.”

Syed Mohammed Arif , Indian Badminton Coach



It is inspiring to see such meaningful work being carried out with dedication and vision. I wholeheartedly congratulate the entire team and wish them greater success in their journey ahead.”

Chandra Bose , renowned Indian lyricist (OSCAR Winer)



It is a matter of great pleasure to witness such a dedicated and inspiring initiative. The work being done reflects sincerity, commitment, and a deep sense of social responsibility. I extend my heartfelt appreciation and best wishes for continued success.

Nanda Kishore , Kannada Director and Actor



Former Bollywood actor Arif Khan,



Syed Asad Abbas , IPL anchor



Mahmood Ali
Former Deputy Chief Minister of Telangana









**DISTRICT MAGISTRATE (DM) AND
COLLECTOR OF PURBA MEDINIPUR**



SDO & BDO BOLPUR , BIRBHUM



**BDO , DASPUR II BLOCK ,
PASCHIM MEDINIPUR**



SDO TAMLUK , PURBA MEDNIPUR



BDO INDPUR BLOCK , BANKURA



BDO & JT. BDO TALDANGRA BLOCK , BANKURA

BLOCK DEVELOPMENT OFFICERS , GOVT OF WEST BENGAL



BDO , PURBSATHALI 1 BLOCK , PURBA BARDHAMAN



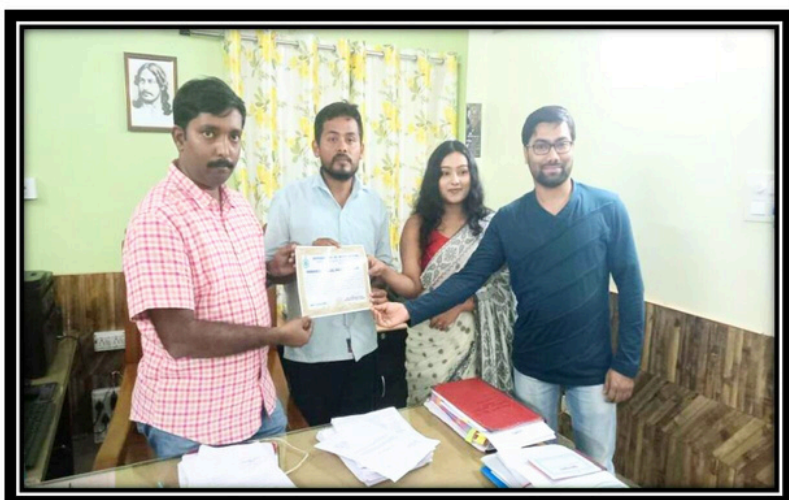
BDO , CHANDITALA-II BLOCK , HOOGHLY



BDO , BAGNAN BLOCK , HOWRAH



**BDO, BARUIPUR BLOCK , SOUTH 24
PARGANAS**



BDO & JT. BDO MAYNAGURI BLOCK , JALPAIGURI



**BDO, KARANDIGHI BLOCK ,
UTTAR DINAJPUR**



BDO , KHARAGPUR-I , PASCHIM MEDINIPUR



BDO, CHANDIPUR BLOCK , PURBA MEDINIPUR



BDO, BARASAT BLOCK , NORTH 24 PARGANAS



BDO, BASIRHAT BLOCK , NORTH 24 PARGANAS



BDO , BALAGARH BLOCK , HOGLY



BDO , DIGHA II BLOCK , PURBA MEDINIPUR



BDO , DINHATA II BLOCK , COCHBIHAR



BDO , RAJGANJ BLOCK , JALPAIGURI



BDO , KALCHINI BLOCK , ALIPURDUAR



BDO , RAIGANJ BLOCK .UTTAR DINAJPUR



KALNA BLOCK , PURBA BARDHAMAN



BDO , NAGRAKATA BLOCK , JALPAIGURI



BDO, PHANSIDEWA BLOCK , DERJILING



BDO, FALAKATA BLOCK , ALIPURDUAR



BDO, ALIPURDUAR II BLOCK , ALIPURDUAR



BDO, UDAYNARAYANPUR BLOCK , HOWRAH



BDO , TUFANGANJ II BLOCK , COCHBIHAR



BDO, ISLAMPUR BLOCK , NORTH DINAJPUR



BDO, MADARIHAT-BIRPARA BLOCK , ALIPURDUAR



BDO , SUTI II BLOCK , MURSHIDABAD



BDO , KALIAGANJ BLOCK , NORTH DINAJPUR



BDO , MOHANPUR , PASCHIM MEDINIPUR



BDO, KANKSA BLOCK , PASCHIM BARDHMAN



BDO , NAYAGRAM BLOCK , JHARGRAM



BDO , MOYNA BLOCK , PURBA MEDINIPUR



JT. BDO RANIGANJ , PASHIM BARDHAMAN



**BDO , BELPAHARI BLOCK ,
JHARGRAM**



JT. BDO , NANUR BLOCK , BIRBHUM



BDO , FARAKKA BLOCK , MURSHIDABAD



**BDO , BUDGE BUDGE - II BLOCK ,
SOUTH 24 PARGANAS**



BDO , MOYNA BLOCK , PURBA MEDINIPUR



JT. BDO RANIGANJ , PASHIM BARDHAMAN



BDO , BELPAHARI BLOCK , JHARGRAM



JT. BDO , NANUR BLOCK , BIRBHUM



BDO , FARAKKA BLOCK , MURSHIDABAD



BDO , SAGAR SOUTH 24 PARGANAS

EDUCATIONAL INSTITUTES



CHHATRAPATI SHIVAJI COLLEGE : SATARA, PUNE



NATIONAL INSTITUTE OF TECHNOLOGY : NIT ROURKELA, ODISHA





INDIAN INSTITUTE OF TECHNOLOGY BOMBAY (IIT BOMBAY)



NATIONAL INSTITUTE OF NATUROPATHY (NIN ,PUNE, MAHARASHTRA)



SCHOOL OF SCHOLARS (SOS) , NAGPUR MAHARASTRA



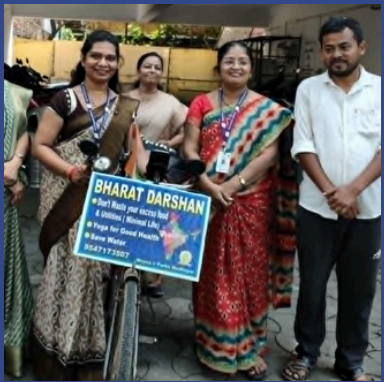


SARASWATI SHISHU VIDYA MANDIR (SSVM, ODISHA)



ARPA RIVER VALLEY INTERNATIONAL SCHOOL (ARVIS) , BILASPUR, CHHATTISGARH













Yoga teacher cycling his way throughout Bengal with twin noble causes

• 📅 Sat, Nov 12 2022 12:06:15 PM

Kolkata, Nov 12 (IANS): Sk Rosun Munshi, a Yoga teacher by profession and hailing from Moyna village in East Midnapore district, is on a journey across West Bengal on his bicycle with twin noble causes.

The first is to spread awareness among people that instead of destroying old domestic items or throwing them away or selling them as scraps, it is wiser to donate them to the poor and marginal sections of the society.

According to him, there are two societies in West Bengal.

"The first society is of those who have everything in excess. The other society is of those who do not have the bare minimum necessities of life. My mission is to develop a bridge between these two societies," Munshi told IANS.

The second cause is to visit different schools scattered in the more remote corners of the state and sensitising the students about the necessity of accepting yoga as a regular practice to maintain a fit and healthy life.

During his visits to the schools, he is also imparting spot yoga training to the students.

While these are two prime noble causes with which Munshi is on his bicycle ride mission, he is also picking up issues for sensitisation which are relevant to the area he is visiting.

"When I am visiting any pocket where water scarcity is a teething problem for the local people, I speak on the necessity of water conservation. Similarly, when I visit some communally disturbed pockets, I speak of the human motto of maintaining communal harmony and living happily together," he said.

He started his unique journey from his native village of Moyna on September 14 starting the hills and jungles in north Bengal to coastal belts of Sunderbans in South Bengal.

Till date he has covered a distance of 3,200 km scattered over 22 districts in the state and has visited 115 schools so far.

He expects to complete his journey within another two weeks.

His mission has received accolades from the men in administration who made their presence felt during Munshi's interaction with the school children.

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‘अन्न, पाणी वाया घालवूनका; गरजेपेक्षा जास्त ते इतरांना द्या: रोशन मुंशी ‘भारत यात्रा’करणान्या बंगाली युवकाचा छ.शिवाजी कॉलेजमध्ये सन्मान

कर्मयोगी वृत्तसेवा
सातारा, दि. २१

‘देश पुढे न्यायचा असेल तर प्रत्येकने स्वतःपासून सुरुवात केली पाहिजे. आपल्याकडे जे अतिरिक्त आहे ते गरजूंना द्या. देशाच्या संरक्षणी उघळपट्टी करू नका. चांगल्या आरोग्यासाठी मुलांना भरपूर खेळू द्या. अन्न, पाणीवाची नसाडी करू नका. झाडे जपा. योग करून आरोग्य जपा’ असे प्रेरणादायी विचार रोशन मुंशी या युवकाने सातारा परिसरात विविध ठिकाणी व्यक्त केले. परिचय बंगालमधील रोशन मुंशी हा युवक सध्या देशातील विविध राज्यात सायकलवर प्रवास करत

जन्मलेला. विद्यार्थ्यांशी संवाद साधत आणि सकारात्मक संदेश देत आहे. महाराष्ट्रातून पुढे गोव्याकडे निघालेले असताना सातार्यात त्यांचे विविध ठिकाणी स्वागत करण्यात आले. ग्रामी वयें येथील जयसिंगराव कपरे हासकूलमध्ये मुख्याध्यापिका सुनिता वाघमारे यांनी स्वागत करून विद्यार्थ्यांशी संवाद घडवून आणला. विद्यार्थ्यांनी हिंदीत जिज्ञासेने प्रश्न विचारून प्रवासातील अनुभव जाणून घेतले. त्यानंतर लिंबू येथील सरस्वती इंग्लिश मिशन स्कूल शाळेत त्यांनी मार्गदर्शन केले. छत्रपती शिवाजी कॉलेजमध्ये कर्मवीर भाऊराव

पाटील यांच्या पुतळ्यास त्यांनी अभिवादन केले. मराठी विभागाच्या तर्फे रोशन मुंशी या युवकाचा पुष्पहार घालून सन्मान करण्यात आला. यशेव्ही कर्मवीर भाऊराव पाटील वर्यत शिक्षण संस्था यांची माहिती प्रा.डॉ.सुभाष वाघमारे यांनी त्यास दिली. या वेळी महाविद्यालयाचे उपप्राचार्य डॉ. अनिलकुमार वाघमारे, उपप्राचार्य डॉ.सुभाष वाघमारे, प्रा.डॉ.धनाजी मासाळ, प्रा.डॉ.आबासाहेब उमाप, राष्ट्रीय सेवा योजनेच्या कार्यक्रमाधिकारी डॉ.विद्यानेवडकर, प्रा.श्रीकान्त भोवळे इत्यादी उपस्थित होते. संभाजीनगर ग्रामपंचायत येथील सभागृहात

छ.शिवाजी कॉलेजने आयोजित केलेल्या राष्ट्रीय सेवा योजनेच्या कॅम्पमध्ये अधिकाारी प्रा.रणेश लोहार, प्रा.प्रमोदरावत सत्यं, जयसिंग माते, सुजित चावरे, ग्रामविकास अधिकारी सविन सराडे इत्यादी मान्यवरांनी मुंशी यांचा सन्मान केला. रोशन मुंशी म्हणाले की ‘आपण अन्न टाकून देतो. त्याची नसाडी करतो. पाणी भरवू आहे असे समजून ते देखील वाहू देतो. आज काही ठिकाणी श्रीमंती असल्याने अतिरिक्त संपत्ती अशी उघळून टाकली जाते. नष्ट केली जाते. देशातील समजूत प्यायला हवे कि वा देशात अनेकांना अन्नची गरज आहे. अतिरिक्त संपत्ती

असो, अन्न असो, ते टाकून न देता इतरांना द्या. एकेक माणूस अनेक कपडे वापरतात एक पेन पुरेसा असताना ५-५ पेन आणून बाळगता. गरजेपेक्षा जास्त वापरण्याचा अनंदा आपण घेत असलो तरी आपण वापरलेल्या कपड्यांचा, वस्तूंचा देखील इतरांना उपयोग होऊ शकतो. यासाठी आपण विचारी झाले पाहिजे. आपल्याला मिळणारा कागद हा झाडापासून तयार होतो. काही लोक कागददेखील नष्ट करतात. झाडे, जंगले टिकली पाहिजेत. प्रत्येक पाण्याचा थेंब, देशाला आवश्यक आहे. देशाची संपत्ती कोणतीही उतमान करून नष्ट न कराता ती नीटनेटके



वापरण्याची सवय लागली पाहिजे.. आरोग्य जवळीक राहून राहून मिळतीच्या कागदाला हातभार लागू शकतो. मी दररोज योग, प्राणायाम, ध्यान करतो. वापुळे शरीराद्वारेच नव्हे तर मानसिक स्थैर्यही मिळते. सध्या रोज १०० किलोमीटर सायकल चालवतो. घाटातून सायकल चालवत असताना थोडा त्रास होतो, पण रोज सायकल चालवल्यामुळे माझे आरोग्य चांगले आहे. मी अनेक राज्यात गेली, तिथली भाषा, संस्कृती वेगवेगळी

असली तरी सर्वत्र प्रेम अनुभवतो. विविधता जपण्यात आपला देश आहे. मी ठारवून कुठे निवास करत नाही. देऊळ, मंदिर, सर्वबनिक जाण. आगदीच काही सोय झाली नाही तर पोलीस स्टेशन मध्ये जातो. अनेक पोलिसांनी मला चांगली वागवणूक दिली आहे. कोणत्याही लालसेने मी हा प्रवास करत नाही. प्रवासात पोटासाठी गरजेपुरते अन्न आणि पाणी मला पुरेसे होते. असेही मत व्यक्त केले. युवा वक्ते विशाल कोंबळे, प्रा.डॉ.सुभाष

वाघमारे, प्रा.बाहबली चौगुले यांनी कर्तव्य भावनेने सहाय्य केले. आपण सारे भारतीय आहोत ही भावना सर्व शाळा, कॉलेजमध्ये निर्माण झाली. विशाल कोंबळे यांनी स्वतःचे घरी निवासाची व्यवस्था केली. निरोप घेताना एकमेकांना जादूकी झप्पी घेतली आणि सातारा येथील बोगदात पुढे वाटचाल करण्यास गुपेच्छा दिल्या. प्राचार्य डॉ.राजेंद्र मोरे यांनी भारत यात्रा करणाऱ्या युवकास सहाय्य केल्याबद्दल सर्वाना धन्यवाद दिले.

भारत यात्रा करने निकले साइकिलिस्ट रोशन मुंशी का नगड़ी में हुआ स्वागत

रांची/पिस्कानगड़ी। पश्चिम बंगाल के कोलकाता मेहदांनापूर निवासी साइकिलिस्ट रोशन मुंशी विगत सात



अक्टूबर से भारत भ्रमण पर निकले हैं। यात्रा के क्रम में वे बुधवार को रांची होते हुए नगड़ी पहुंचे जहां उनका स्वागत नगड़ी के होटल व्यवसायी नंद किशोर प्रजापति उर्फ बाबू भाई, सागर साहू, शहीद अंसारी, विजय महतो, मनोरंजन उरांव आदि ने किया। साथ ही संयुक्त रूप से सभी ने फूलमाला पहनाकर स्वागत किया। साइकिल यात्री रोशन मुंशी ने बताया कि भारत विभिन्नता से भरा हुआ देश है। यहां हर कदम बदलता परिवेश और सांस्कृतिक देखने को मिलेगी। पूरे भारत वर्ष में हजारों वर्षों से एक सूत्र में बंधा आपसी प्रेम सौहार्द से रहते आया हैं। हम लोगों से भोजन को बचाने की अपील के साथ ही आवश्यकतानुसार ही जल का उपयोग करने की अपील कर रहे हैं। यही यात्रा का उद्देश्य भी है। कहा कि पेयजल को बर्बाद ना करें। हर मनुष्य को अपने शरीर को स्वस्थ रखने के लिए लगातार योग करने के लिए जागरूक करें। रोशन मुंशी कुछ समय नगड़ी में बिताने के बाद बेड़ों की ओर निकल गये। यहां से इस दिन साइकिल से गुमला पहुंचेंगे और वहीं रात्रि विश्राम करेंगे।

रांची, गुरुवार, 23 अक्टूबर 2025

08

साइकिलिस्ट रोशन का नगड़ी में स्वागत

नगड़ी, प्रतिनिधि। भारत दर्शन, पर्यावरण संरक्षण और आपसी भाईचारे का संदेश लेकर साइकिल यात्रा पर निकले रोशन मुंशी का बुधवार को नगड़ी में स्वागत किया गया। कोलकाता के मेहदांनापूर निवासी रोशन मुंशी सात अक्टूबर से भारत का भ्रमण साइकिल से कर रहे हैं। रांची होते हुए वे नगड़ी पहुंचे, जहां ग्रामीण नंद किशोर प्रजापति, सागर साहू, शहीद अंसारी, विजय महतो, मनोरंजन उरांव ने उन्हें माला पहनाकर सम्मानित किया। रोशन मुंशी ने बताया कि भारत विविधताओं का देश है, जहां विभिन्न धर्म के बावजूद लोग आपसी प्रेम से रहते हैं। इसके बाद रोशन नगड़ी में रोड होते हुए गुमला की ओर रवाना हुए।

HOW CAN YOU SUPPORT

Local administrations, educational institutions, NGOs, clubs, and social organizations may support the campaign through the following initiatives:

- Accommodation guidance and safe night stay support during the journey.
- Drinking water assistance and basic refreshment support along the route.
- Organizing student interaction sessions on health, yoga, environment, and social awareness.
- Coordinating small Yoga Awareness Events on the occasion of International Yoga Day.
- Route safety coordination and local guidance in hill and sensitive areas.
- Helping connect with local communities, schools, and youth groups.
- Providing information regarding weather, road conditions, and emergency facilities.
- Encouraging community participation in cleanliness, water conservation, and healthy lifestyle awareness activities.

THIS JOURNEY IS A NON-COMMERCIAL SOCIAL AWARENESS INITIATIVE FOCUSED ON HEALTH, DISCIPLINE, ENVIRONMENTAL RESPONSIBILITY, AND HUMAN CONNECTION THROUGH DIRECT PUBLIC INTERACTION.

APPEAL

“This journey is a humble effort to spread health awareness, environmental responsibility, and human connection through direct interaction with people across regions.”

Through this campaign, the initiative seeks to encourage a healthier lifestyle, environmental consciousness, youth empowerment, and meaningful social engagement across communities.

Support, guidance, and blessings from administrations, educational institutions, social organizations, and local communities will greatly inspire and strengthen this awareness mission.

Together, let us walk towards a healthier, more responsible, and more compassionate society.

