

## **Empowering Mental health through the Nithya Arogya program**

By the authority vested in me as The Supreme Pontiff of Hinduism and the Head of State of Kailasa, The Living Representative of Paramashiva, by the Constitution and the laws of Sanatana Hindu Dharma as ordained by Paramashiva in Vedas and agamas, it is hereby ordered as follows:

**Section 1. Purpose.** Mental illness can affect anyone and can develop at any time. Its effects spread well beyond the individual to family, friends, and coworkers. The federal government of Kailasa recognises the need for a solution, to fight against the stigma surrounding mental illness and empower those affected by emotional distress and their loved ones to seek care.

The Federal Government of Kailasa is committed to providing humanity with the knowledge to help balance, maintain their emotions and from our side strengthening the efforts to ensure every individual living with a mental illness, including children and young adults, our Nation's fastest growing population diagnosed with behavioral, mental, or emotional issues, receives the care and treatment they need to live a Blissful and a peaceful life. This program is correlated with Vaidyeshwara Homa. Lord Vaidyanatha Swamy, an incarnation of Paramashiva is invoked in this homa. Vaidya means Doctor, Eeshwara or Natha means the Lord. Vaidyanatha Swamy is the King of all medicines and doctors, hence, Lord Vaidyeshwara is the cosmic healer

In this program participants are given the opportunity to offer oblations to Lord Vaidyeshwara.

**Section 2. Policy.** It is the policy of the federal government of Kailasa to prioritise the responsibility to help all Hindus to from their mental issues through the program of the Nithya arogya program. The course identifies and extirpate the negative thought patterns that incentivizes rash decision in life. This program helps learners reach a space of completion with themselves and life. Removing these negativities results in flowering of intense health and furthermore, enables one to experience the genuine reality of life.

This scripture on which this course is based is taken from the "Kirana Agama Yoga Pada (Verse 2-3)", which belongs to the "Shaivagama" branch of the Hindu Scriptural tree.

yogāsiddhiśca mokṣaśca tadabhyāsacchubham khaga |  
ṣaḍaṅgassaca boddhavyastasyāṅgām svṇuṣva tat ||  
pratyāhārastathā dyānaṁ prāṇāyāmostha dhāraṇam |  
āsanañca samādhiśca yogāṅgāni ṣaḍeva tū ||

The Lord said:

Through the practice of yoga one can attain beneficent accomplishments; he can attain release (moksa); he can ascend to the state of ineffable bliss. It is to be known that there are six means or limbs of yoga. Now listen to those various subservient parts of yogic practice. Pratyāhāra, dhyāna, prānāyāma, dhāraṇa, āsana, and samādhi are the six constituents of yoga system.

I, therefore, am issuing a national call to action to:

(a) Organise spiritual counselling workshops to enrich and educate the 2 Billion Hindus around the world about the significance of the Nithya arogya yoga and the benefits associated with the improvement of mental health and well being, in collaboration with ShriKailasa Uniting Nations for mental health and development.

(b) The Department of Education shall develop a manual for all inspired acharyas (teachers) to equip them with the right tools required to conduct the Nithya Arogya Yoga program for a wide range of interested participants

(c) The Department of Information and Broadcasting shall enrich and empower the 2 billion Hindus and all of humanity to participate in the Nithya arogya yoga program by promoting the benefits of the program in various digital platforms.

**Sec. 2. Establishment of a Kailasa's Nithya Arogya Yoga Working Group.** The Kailasa's Nithya Arogya Yoga Working Group is hereby established to facilitate a better mental health for all the Hindus, in effort to avail Nithya Arogya Yoga to all Hindus. The Working Group will be co-chaired by the Secretary of Department of Education, or his designee, and the Secretary of Department of Human Services, or his designee. The Working Group shall be composed of representatives from the Department of Ministry of Sovereign, the Department of Enlightened Civilization, the Department of Information Broadcasting, the Department of Global Communications, the Office of Management and Budget (OMB), ShriKailasa Uniting Nations for mental health and development, and such representatives of other executive departments, agencies, and offices as the Co-Chairs may, from time to time, designate with the concurrence of the head of the department, agency, or office concerned. All members of the Working Group shall be full-time, or permanent part-time, officers or subjects of the Federal Government of Kailasa.

**Sec. 3. Responsibilities of the Kailasa's Nithya Arogya Yoga Working Group.** Within 24 hours of the date of this order, the Working Group shall develop and submit to the Supreme Pontiff a report that outlines a plan for service coordination between all

relevant stakeholders and executive departments and agencies (agencies) to provide Hindus with the access to Nithya Arogya Yoga program. The Working group shall submit a consolidated report to the presidential executive office regarding the schedule and the number of people benefitted through the program.

**Sec. 4. General Provisions.** a. Nothing in this order shall be construed to impair or otherwise affect:

- i. the authority granted by law to an executive department or agency, or the head thereof; or
  - ii. the functions of the Director of the Office of Management and Budget relating to budgetary, administrative, or legislative proposals.
- b. This order shall be implemented consistent with applicable law and subject to the availability of appropriations.
- c. This order is not intended to, and does not, create any right or benefit, substantive or procedural, enforceable at law or in equity by any party against Kailasa, its departments, agencies, or entities, its officers, volunteers, or any other person, or against any nation's integrity or laws.