



Ambedkar Times

Weekly

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Desh Doaba: Dedicated to an Egalitarian Social Life

Prem K. Chumber

Editor-in-Chief: www.ambedkartimes.com

Ambedkar Times & Desh Doaba Weekly Newspapers USA

We are glad to intimate that "Desh Doaba" Weekly Newspaper has successfully completed eight years of its uninterrupted publication. This could not have been possible without the active support and encouragement of our esteemed supporters, well-wishers, contributors and readers. "Desh Doaba" has been dedicated to the fond memory of Ghardarite Babu Mangu Ram Mugowalia Ji, who was one of the five members of the proud team of the Gadhar Lehar that was assigned with the herculean task of taking ship load of weapons to India for its revolutionary emancipation from the British rule. The mission, however, got sabotaged leading to the arrest of the team and the subsequent unfolding of horrendous happenings leading to death sentence of its members, which was averted miraculously and finally Babu Mangu Ram Mugowalia Ji found himself stranded in an island in Philippine for a long time. After returning to his native village in 1925, after spending long 16 years abroad, Babu Mangu Ram Mugowalia Ji was deeply pained to find that the life conditions of his fellow low-castes did not change at all for the better and they continued to suffer tremendously because of the socially imposed untouchable caste slur on them. He decided to fight this deeply entrenched social evil, as he had tasted the flavors of democratic life in the freedom land of the United States of America. He founded Ad Dharm movement and built a strong social and political movement of the lower castes people of undivided Punjab to fight against caste system and to liberate his people from the shackles of social exclusion.

Babu Mangu Ram Mugowalia stood with Dr. B.R. Ambedkar while showing great solidarity with him during his London Round Table ties with Mr. M.K. Gandhi on the issue of who is the national leader of the depressed classes in India. Babu Ji sent many telegrams messages to London in the favour of Dr B.R. Ambedkar making him win in the battle. His wise and bold leadership of the Ad Dharm movement win many battles for the emancipation and empowerment of the lowest of the low. He secured for his people a distinct religion, actively participated in Punjab provincial assembly elections winning all the reserved seats in the pre-partition Punjab, and giving his people their long lost cultural heritage epitomized by the sacred Bani of Sri Guru Ravidass Ji. It was Babu Mangu Ram Mugowalia and his Ad Dharm movement, which prepared the fertile ground for the spread of the mission of Babasaheb Dr B.R. Ambedkar in Punjab and stood with him like a rock not till his last breath but with his thought even today. Desh Doaba weekly put on records its sincere thanks to all its supporters, contributors, readers and well-wishers and seeks your continuous support in this humble endeavor!

"Ambedkar Times" and "Desh Doaba" forums send you all our BEST WISHES on the 129TH BIRTH ANNIVERSARY OF BODHISATVA BHARAT RATAN BABASAHEB DR B. R. AMBEDKAR, THE CHIEF ARCHITECT OF THE CONSTITUTION OF INDEPENDENT INDIA, THE LEGENDARY STATESMAN' MESSIAH OF DOWNTRODDEN AND THE GREATEST INDIAN EVER BORN! Babasaheb taught us the lesson of Liberty, Equality and Fraternity. His legal and constitutional method of resolving conflicts has equipped the world to seek democratic solutions to social, economic and political problems for the establishment of an egalitarian order!

Floral Tribute to Babasaheb Dr B.R. Ambedkar on his 129th Birth Anniversary

Babasaheb Dr. B.R. Ambedkar is fondly remembered not only on his anniversaries but also every day in reference to multifarious contributions that he made in different domains of the Indian society during his struggleful life (April 14, 1891-December 2, 1956). He was one of the few highly educated persons of his time in India; not only in his own community but all the communities putting together in whole of the country. It will not be an exaggera-



tion to say that even in our contemporary times; he is over and above all the highly educated persons in our country as far as his higher academic qualifications are concerned. His pursuit of the academic realm remained intact till his last day as was told by his trusted scribe Mr Nanak Chand Rattu for whom he left his hand written notes ready for typing the same day he left his mortal body. His magnum opus 'The Buddha and His Dhamma' was published posthumously. Trunk loads of his hand written and typed material was collected from varied scattered places/sources by his missionary followers that eventually put together in 21 Volumes published by the Government of Maharashtra. More and more new literature in Marathi language prepared by Babasaheb continues to enrich the existing treasure of his so far published works. His excellent drafting of the manuscript of the constitution of Independent India is a testimony to his command on the subject as well as the language. It was his love for the word that he founded four journals to disseminate information and his ideas among the people of Independent India, particularly those who were

pushed into the periphery for centuries because of the social imposition of low-caste birth slur on them. These journals - MookNayak, Janta, Bahishkrit Bharat, and Prabudh Bharat - brought the much desired social and political consciousness among the lowest of the low in the absence of any independent educative agency of their own. This was the maiden journalistic attempt in the life of the downtrodden in the caste-ridden society of India. To further sharpen the socio-political transformation of the subaltern life in the country, Babasaheb Dr. Ambedkar founded three political parties - Independent Labour Party, Scheduled Castes Federation, and Republican Party of India - for the upliftment of the millions of socially excluded people in pre and post Independent India to aspire them become equal partner in the governance setup of the country. His ace intellect based on his towering intellectual achievements and scientific approach brought him into the highest positions in the legislative domains of both the British administration and the central government of Independent India. His deep concern for his people and principles made him to say good bye to such offices of highest order as and when the time forced him to choose between his people and these offices.

The sterling contributions made by Babasaheb Dr B.R. Ambedkar is not only confined, as is often echoed out, to the framing of the constitution of Independent India and the emancipation of the Scheduled Castes. His multifarious contributions cover as many diverse fields as the establishment of Reserve Bank of India, Finance Commission, Damodar Valley Corporation, National Power Grid System, Hirakund Project, Navigation Commission, Employment Exchange, provisions for medical leave, Labour reforms, minimum wages, equal pay for equal work, Abolition of Land Alienation Act to mention only the most prominent ones from the long proud list. His slogan "Educate, Agitate, Organise" inculcates the value of written word for the awakening of the downtrodden that will create the required social and political conscious-

ness among them what he innovatively labelled as 'Agitate'. Such a socio-political consciousness will help them make



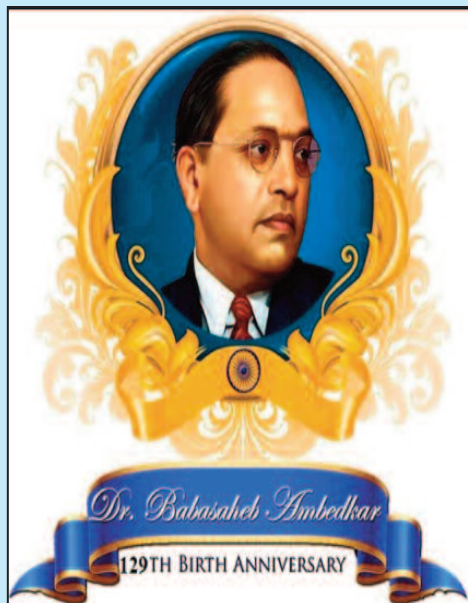
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concerted efforts towards what the last word of the slogan is i.e. 'Organise'. The intrinsic value of this brilliant and emphatic slogan coined by Babasaheb Dr Ambedkar lies in the fact that any organised body of downtrodden based on sound knowledge of their live conditions will not allow them to sit leisurely until the goal of their emancipation and empowerment is achieved. This very slogan in conjunction with another one "Liberty, Equality Fraternity" will help India, as emphasised by Dr Ambedkar, get rid of not only from the yoke of centuries old rule by foreigners of different races and regions but also from our internal social evils like caste system and Untouchability. Moreover, our long subordination had much to do with the prevalence of such social evils like caste and Untouchability that sharply divided the people of this vast land of Bharat into low and high caste groups, consequently leading to their internal disunity and feebleness. Caste is anti-nation, reiterated Babasaheb. It did not allow fraternity to germinate among the social life of people. Where there is no fraternity that multitude of people will come easily under the command of foreign rulers. Babasaheb exhorted the people of our country to get rid of caste as soon as possible if they want to become an independent nation. He devoted his entire life towards that end - annihilation of caste! If India has to become a proud nation among the community of nations in the world, it has to follow the way as revealed to its people by Bodhisattva Bharat Ratan Babasaheb Dr. Bhimrao Ramji Ambedkar. The map to that sane way is meticulously preserved in his brilliant treatises available in various languages of the multicultural society of India. The real tribute to this legendary statesman and greatest ever born son of India is to read his books and to think like him to take India towards the establishment of true social democracy by completely annihilating the virus of caste from its social and political body

SUPREME COUNCIL SRI GURU RAVIDASS SABHAS

U.S.A

2150 Crestview Drive, Pittsburg, CA 94565



Constitutional morality is not a natural sentiment. It has to be cultivated. We must realize that our people have yet to learn it. Democracy in India is only a top dressing on an Indian soil which is essentially undemocratic.

- Dr. Ambedkar

Today, April 14th, 2020 is a historic day which marks 129th birth Anniversary of Bharat Ratna, Babasaheb, Dr. B.R. Ambedkar.

On behalf of Supreme Council, Sri Guru Ravidass Sabhas, USA, I congratulate millions of his followers worldwide on this auspicious and iconic day for his monumental contributions towards the liberation of the unprivileged shackled in slavery for centuries. Carping humiliations he had to face all his life made him a strong voice of the voiceless.

NOTE OF CAUTION: There is a deliberate and a calculated plan motivated by Manuwadi ideology to obliterate the hard earned accomplishments of Babasaheb for which he struggled till his last breath without compromising his convictions and beliefs.

We salute in reverence to this great soul for his selfless and unmatched contributions not only as the architect of Free India's constitution but as a savior of the helpless down-trodden sections of society. Let us conclude with his famous slogan "Educate, Organize and Agitate"

Jai Bhim



**Humble Sewadar,
O.P. Balley, (General Secretary)
Supreme Council
Sri Guru Ravidass Sabhas USA**

Heartiest congratulations on

Dr. Ambedkar's

129th Birth Anniversary

Reflections on Dr Ambedkar's Birthday



Arun Kumar
Arun.kumar@ntlworld.com

We are celebrating Babasaheb Dr Ambedkar's birth anniversary in a very unusual way in unusual circumstances. The Federation of Ambedkarite and Buddhist Organisations UK (FABO UK) commemorate

this day in a number of ways at various locations, India House, Indian High Commission, Ambedkar Museum and at the British Parliament. We also take out a peace march from Ambedkar Museum to the London School of Economics where Babasaheb studied. Because of the Coronavirus, we had to cancel all the programmes. Though the Indian High Commission celebrated Ambedkar birth on online and asked us to send video message. But because of the arrest of Professor Dr Anand Teltumbde, a human rights activist and son in law of Dr Ambedkar's son on flimsy grounds, FABO UK decided not

to participate in the official celebrations by the Government of India as we strongly oppose the charges levelled against him and his arrest.

Considering all this negativity, there is not a doom and gloom in the Ambedkarite circles. Two historic events took place in 2020 for which we are all proud of. On 12 March, the museum dedicated to Babasaheb Dr Ambedkar situated at 10 King Henry's Road, North West London where he stayed during his studies during 1921-22 at the London School of Economics was saved after the UK Government approved appeal against its closure. Allowing the appeal, Com-



munities Secretary, Robert Jenrick tweeted, "I was pleased to grant planning permission for a museum in

London to Dr Ambedkar-one of the founding fathers of modern India and an important figure to many British Indians. I wish the museum every success." This is the only museum in the World dedicated to any Indian outside India. Thanks to the FABO UK team especially to Ms Santosh Dass MBE and C Gautam and all the people in India and here in the UK working behind the scene for this monumental achievement.

Another significant event took place on 6 April, 2020 in the

City of Burnaby, Canada when the Burnaby City Council issued a proclamation declaring 14 April, birth of Dr Ambedkar as a Day of Equality. It is matter of pride for all Indians. Chetna Association of Canada especially Jai Birdi, Burnaby City Council especially Councillor Sarv Dhariwal deserve appreciation for this historic work.

The proposal to declare 14 April as an International Day of Equality by Mr Ramesh Chander, former Diplomat was made through the then Minister of External Affairs, Sushma Swaraj in May 2015 for government's recommendation to the United Nations. Many organisations in India and abroad including FABO UK wrote to the Government of India for taking this issue to the United Nations. The proposal is still sitting with the Government of India and we need a strong lobby to push this issue ahead. All organisations in India and abroad must write to the government of India to declare 14 April, an International Day of Equality. From now on, we should also observe 14 April as a Day of Equality so that it catches the eye of all people at national and international level.

April 14th, Birth Anniversary of Babasaheb Ambedkar, As International Day of Equality Road Map to Pursue the Proposal

The birth anniversary of the greatest son of India, Babasaheb Ambedkar, April 14, is being celebrated this year from the confines of our homes in the lockdown imposed due to the deadly Corona Virus. There is no option. We are to live with the situation with our fellow citizens and the world at large. Let us use the occasion to reiterate our resolve to fight the Corona Virus on one hand and fight many more viruses, like the graded inequality, caste system, communalism etc. inflicting our society. It will be a befitting tribute to the memory of Babasaheb Ambedkar.

Now I come to the second resolve – our resolve to earnestly pursue the proposal of April 14 as the International Day of Equality which I humbly made to the Government of India through the then External Affairs Minister Sushma Swaraj in my letter of June 12, 2015 in the run up to celebrate the 125th birth anniversary of Dr. B.R. Ambedkar. The proposal was duly acknowledged by the then JS (UNES) of the UN Division of the Ministry of External Affairs vide his letter dated August 6, 2015. The proposal was pursued with the MEA and PMO with the support of other stake holders. Forum of Scheduled Caste MPs and MLAs headed by the then Speaker of the Punjab Assembly, Sardar Charanjit Singh, understanding the importance and relevance of the proposal, came forward

and took up the matter with PM Narendra Modi and submitted a Memorandum to him listing suggestions to celebrate the 125th anniversary of the Babasaheb Ambedkar which, inter alia, included the proposal on the International Day of Equality made by Ambassador Ramesh Chander. It was a matter of satisfaction that, for the first time, the birth anniversary of Dr. Ambedkar was celebrated at the UN in New York on April, 14, 2016. Sardar Charanjit Singh Atwal headed a high-powered delegation and participated in the celebrations at the UN. In his speech, Atwal Sahib, endorsed the proposal on April 14 as the International Day of Equality and solicited support of the GOI, UN and the international community and rightly so. It was lauded and appreciated by the people both at home and abroad. On return from New York, he submitted a report on May 3, 2016 to PM Narendra Modi and requested him and the GOI to take up the issue of International Day of Equality officially with the UN through diplomatic channels. Subsequently, the stake holders in the proposal, under the aegis of the Forum of Scheduled Caste MPs and

MLAs also submitted a Memorandum to Mahamahim Rashrapati Ram Nath Kovind sometime in 2017-18 requesting his intervention and direction to the GOI to facilitate the matter.

With this background, Ambassador Ramesh Chander, the initiator of the proposal, has been pursuing the issue, off and on, by letters and e-mails to MEA and PMO. He also tried his best to alert and awaken the political and social leadership namely Sonia Gandhi, Rahul Gandhi, Amit Shah, Mohan Bhagwat, Behen Mayawati, several Ministers, Chief Minister and MPs like Captain Amrinder Singh, Arvind Kejriwal, Sardar Parkash Singh Badal, Ram Vilas Paswan, Thavar Chand Gehlot, Hardip Singh Puri, Vijay Sampla, Ramdass Athawale, Chaudhary Santokh Singh, P.L. Punia, Sushil Rinku, Pawan Tinu,

to honour the legend of contemporary times. But let me hasten to write that Ambedkar's legacy is so real and potent that it is not easy to ignore it. I am happy to share with you with a sense of satisfaction that the proposal to declare April 14 as International Day of Equality has seen the light of the day partially, if not substantially with a pleasant and positive development on April 6 happened at the City of Burnaby in Canada with the Proclamation to observe and celebrate April 14, birth anniversary of the greatest son of India, as "Dr.B.R. Ambedkar Day of Equality". We must convey our grateful thanks to the Council of the City of Burnaby, the friendly people of the great city and also our interlocutors and supporters like Councillor Sav Dhariwal and Jai Birdi and his colleagues and associ-



Ramesh Chander Ambassador - I.F.S. (Retired)
91-99885-10940

Appendix to this write up. The letter may be amended, if required, to suit the individual needs. The letter may be written either individually or by the organization/association etc. to which one may belong.

We will write to the State CMs to consider and request them to support the proposal either writing to PM Narendra Modi or getting resolution passed by the State Legislative Assembly of respective states.

- Approach and request the Forum of Schedule Caste MPs and MLAs to revisit the subject and take up the issue appropriately with the GOI and PM Narendra Modi and also in the Parliament.
- Approach and request Mahamahim

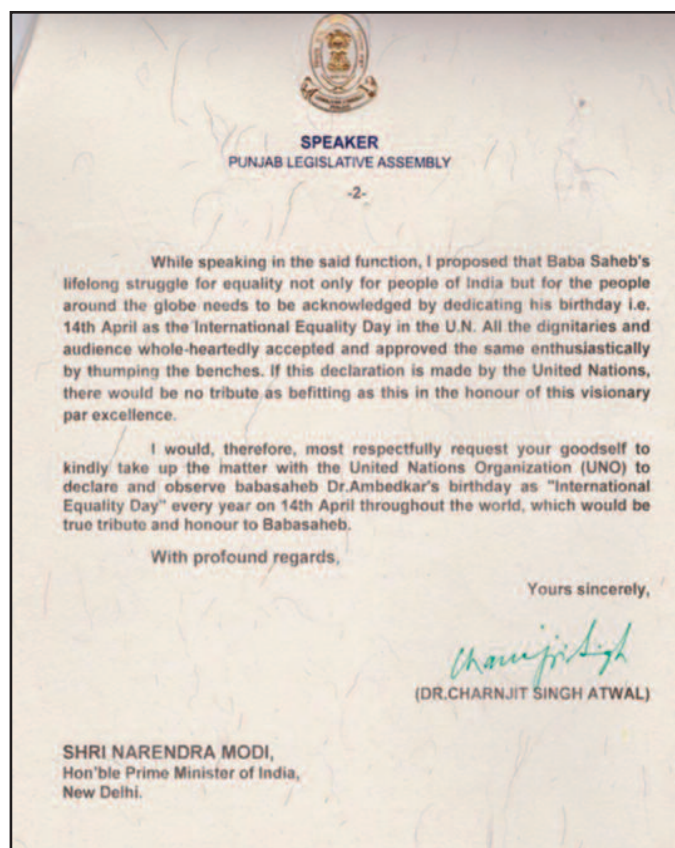
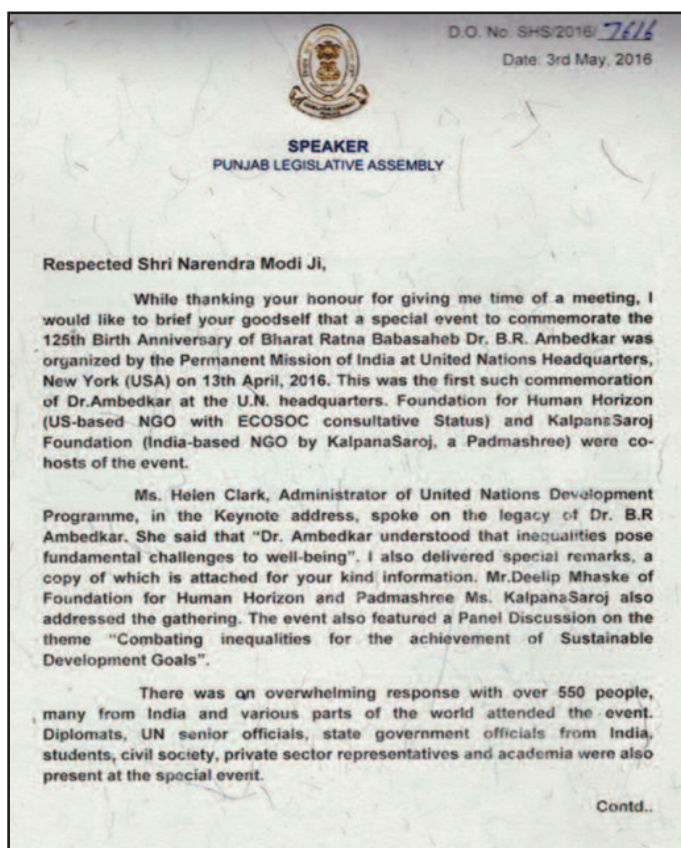
President of India, Ram Nath Kovind to kindly consider and give directives to the PM and GOI as deemed appropriate on the subject.

- Approach and request various outfits and organizations of the Indian Diasporas abroad to consider and make a demarche to the State/County/Municipal Councils, in terms of local requirements, with the request to support the proposal on International Day of Equality as done by the City of Burnaby in Canada. My humble advice in this regard is to kindly engage with Jai Birdi of Chetna Association of Canada, who was instrumental in facilitating the Proclamation of the City of Burnaby to celebrate April 14 as "Dr. B.R. Ambedkar Day of Equality".

- Approach and request our centers of spiritual and social oneness like the Deras/Maths/Dhams/Vihars/Bhawans to hold and address special congregations to generate the much needed awareness among the public on the subject.

- We should avail of all social media organs to take the proposal forward in the absence of any media

(Continued on next page)



Pargat Singh, Gurpartap Singh Wadala, Lahori Ram Balley among others. He also engaged with some outfits like Federation of Ambedkar and Buddhist Organisations of London, Chetna Association of Canada, The Ambedkar Times Group of Publications of California (USA), inter alia while interacting with interested organizations and societies in and around Jalandhar like Ambedkar Mission Society, Ambedkar Bhawan Trust, Guru Ravidass Dham Bootan Mandi, Guru Ravidass Sthal at Khural Garh, Schedule caste Entrepreneurs Empowerment Forum and also various educational institutions both formally and informally to gain support for the proposal on International Day of Equality. The crux of the matter, all said and done, is that we did not leave any stone unturned to make our point reach home. But it remained a matter of regret, I must register candidly, that except lip service from various quarters, no concrete response came from the GOI. Everybody is falling on each other to own Ambedkar and his legacy in pursuance of their vested agenda but has no mind and time to do something worthwhile

ates at the Chetna Association of India for the splendid job done in this regard. Coming back to the resolve, we would do our utmost to cajole and convince the GOI and the international community to consider and accept the proposal on the International Day of Equality in the larger interests of humanity to bring about peace and harmony by establishing a just social and economic world order which is also a cherished "Millennium Goal" of the UN. The renewed efforts start on April 14, 2020 with added zeal and determination. Let us join hands in this endeavor to flag and underline the lofty ideals of "Justice, Liberty, Equality, and Fraternity," enshrined in the very Preamble of the constitution of India of which Dr. B.R. Ambedkar was the chief architect. I humbly suggest the following Road Map of action to carry forward the proposal:

- Write to Dr. S. Jaishankar, Minister of External Affairs, South Block, New Delhi with copies endorsed to PM Narendra Modi, PMO, South Block, New Delhi.

E-mail of Dr. S. Jaishankar:
eam@mea.gov.in

Draft Letter is enclosed as

Draft Letter – International Day of Equality

Hon'ble EAM Dr. Jaishankar,
This is with reference to the proposal made by Ambassador Ramesh Chander to your predecessor Late Smt. Sushma Swaraj on declaring April 14, the birth day of Dr. B.R. Ambedkar as "International Day of Equality" on June 12, 2015 (An acknowledgement dated August 6, 2015 received from the then JS (UNES) in MEA is enclosed for ready reference). I am also enclosing herewith the letter of June 12, 2015 addressed to the EAM Sushma Swaraj, containing the proposal, for your kind perusal. Subsequent to this, in the run up to the celebrations of the 125th anniversary of the great leader, Babasaheb B.R. Ambedkar, Forum of Scheduled Caste MPs and MLAs under the leadership of the Speaker of the Punjab Assembly, Sardar Charanjit Singh Atwal took up the matter with PM Narendra Modi and submitted a Memorandum in November, 2015 requesting him and the GOI to consider and make an official demarche to the UN for declaring April 14 as "International Day of Equality" as proposed by Ambassador Ramesh Chander. You must be aware, Sir, accordingly, when you were the Foreign Secretary, for the first time the birth anniversary of Babasaheb Ambedkar was celebrated at the UN in New York on April 14, 2016. Sardar Charanjit Singh represented the GOI formally or informally with a high-power delegation of other stake holders in the celebrations at the UN. It was much appreciated not only by the followers of Dr. Ambedkar both in India and abroad but also by the society at large. On return, Sardar Atwal submitted a report to PM Narendra Modi in May, 2016 informing him of the proposed "International Day of Equality" which was mentioned in his speech at the UN and requesting the PM and GOI to take up the matter with the UN to get April 14 proclaimed as "International Day of Equality". The report of Sardar Charanjit Singh Atwal is enclosed herewith for ready reference and perusal.

The proposal is resting

with the MEA/GOI. Much water has flown, ever since, in the Ganges. You have graduated from Foreign Secretary to EAM. PM Narendra Modi has come to power successively for the second term. Ambassador Ramesh Chander has been reminding the EAM/MEA on the subject off and on by letters and e-mails over the years while also involving the stake holders in India and abroad and soliciting their support to the proposal. We are happy to inform you (the official diplomatic channels/CGI Toronto/HCI Ottawa might have informed you already) the proposal on International Day of Equality has seen the light of the day partially, if not substantially. The City of Burnaby of British Columbia in Canada has taken the lead by proclaiming on April 6, 2020 that the City of Burnaby will celebrate and observe April 14 as "Dr. B.R. Ambedkar Day of Equality". I am enclosing the Proclamation of the City of Burnaby for your information and perusal. You would appreciate, Sir, it is not only an honour to the greatest son of India, Babasaheb Ambedkar, in the contemporary times, but a matter of pride for India and the international community at large to establish an equitable world order as one of the "Millennium Goals" of the UN.

With this background, we thought of taking up the matter with you, Sir, and request you to kindly spare sometime and consider the proposal and make a demarche to the UN to get April 14 declared as International Day of Equality. Obviously, we would only be happy to see India taking a lead in the matter and not leaving it to others.

We are confident, Sir, that our submissions would find due consideration with you and the GOI.
With regards,
Yours truly,

Dr. S. Jaishankar,
Minister of External Affairs,
South Block, NEW DELHI
Copy to: **Shri Narendra Modi,**
Prime Minister of India, PMO,
South Block, New Delhi

Ramesh Chander
Ambassador - I.F.S. (Retired)
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+ 919988510940 E-mail:
rc2345@yahoo.com

June 12, 2015 Dear Madam, I am one among the IFS fraternity. After retirement in December, 2010, I have come back to my roots in Jalandhar. As post retirement activities, I engage myself in educational and social matters pertaining to the socially and economically weaker sections of the society. I am a dalit and a humble follower of Dr. B.R. Ambedkar. After the Government's decision to observe 125th Anniversary of Dr. Ambedkar, I wrote to Foreign Secretary Dr. S. Jaishankar (copy enclosed for kind perusal) and offered my services with regard to the programmes to be made and conducted by the MEA in this regard. The purpose of this letter is to make a humble suggestion for your kind consideration. PM Narendra Modi's government, particularly you as the Minister of External Affairs, has given due weightage to India's "Soft Power" in diplomacy. The latest feather in your cap is the International Yoga Day under the aegis of the UN. With a view to honour Dr. B.R. Ambedkar, one of the greatest sons of India, by celebrating his 125th Birth Anniversary, the Government has taken a right and laudable

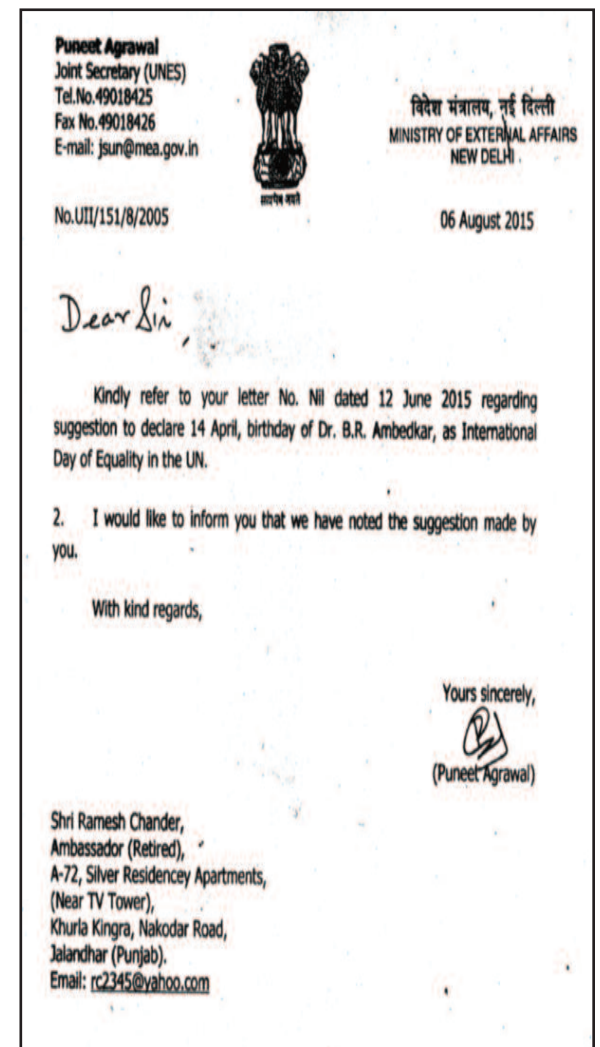
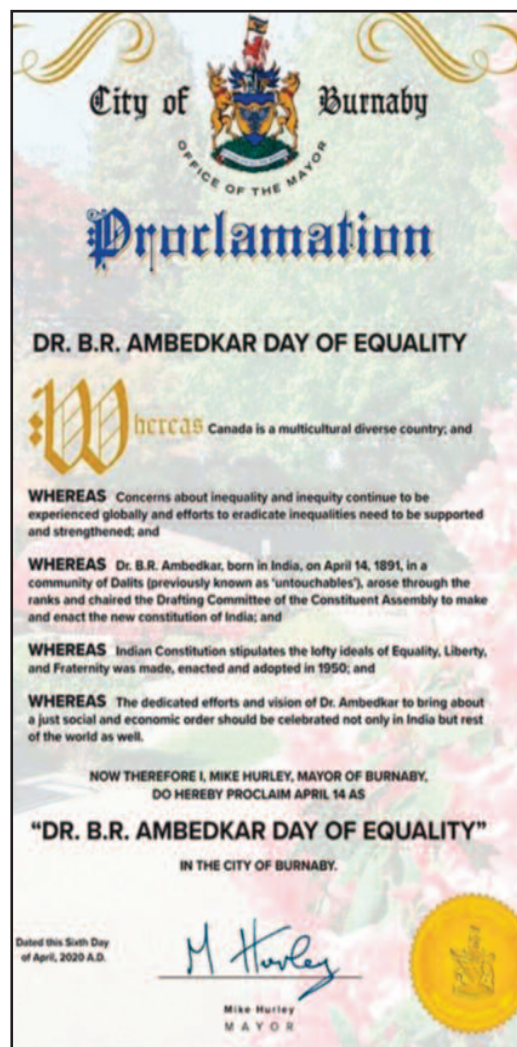
decision. It will go a long way in assuaging the ruffled feelings of millions of poor and socially backward followers of the great leader. My humble submission is that it will only be appropriate if India makes yet another proposal at the next UNGA in September, 2015 to declare 14th April, birthday of Dr. B.R. Ambedkar, as International Day of Equality.

You would agree, Madam Minister, that it would not only carry forward the UN goals of "Empowerment" of the weaker sections of the world population but also instill the democratic values of "Equality, Liberty and Fraternity" in the world order. These democratic and humane values were dear to Dr. B.R. Ambedkar and his spiritual Guru Mahatma Buddha, the greatest son of India.

I am confident that this decision and action of the Government will be much appreciated by the weaker sections of the society. It will also be a befitting tribute to the memory and legacy of Dr. B.R. Ambedkar, messiah of the underprivileged and neglected sections of humanity at large.
With regards

Yours truly, (Ramesh Chander)

Smt. Sushma Swaraj,
Minister of External Affairs,
South Block, New Delhi



April 14th, Birth Anniversary of Babasaheb Ambedkar, as International Day of Equality Road Map to Pursue the Proposal

(Continue from page no 3)
support from the national and regional media of India. Our media persons and organs, however scarce they are, should come forward to fill the gap. There is no other way.

• Our intelligentsia has an added responsibility in the process. Kindly arrange, host, participate in specially organized Seminars/Panel

Discussion/Lectures in schools and colleges, wherever possible, to gather much needed support to the proposal at the grass roots, with the help of students and the members of the faculty and management to motivate and make aware the younger generation. Also pass resolutions in support of the proposal which may be forwarded to EAM Dr. S. Jaishankar and

PM Narendra Modi either directly or through the District Magistrates/Deputy Commissioners. This is not all. There may be many more innovative approaches and modes which the stake holder in the project may like to adopt and act. I am not a repository of all energy and knowledge. I count on my friends, associates and the community at large. The task is too

big. We are to stand up unitedly and get the job done in declaring April 14 as International Day of Equality in the days to come. I conclude with a poetic expression to register our resolve: तू पहले बात, फरि बात का अंदाज़ पैदा कर; फरि दुनिया में तुझे कोई नज़र अंदाज़ कर नहीं सकता।

Greetings on the Ambedkar Jayanti, April 14.

Finding Opportunity in Crisis



Supervisor Sue Frost

Over the past couple of weeks, I have had a large number of people ask me what Sacramento County is doing or going to do to help reduce the spread of COVID in the homeless community. In early April, Sacramento County and Sacramento City unanimously approved a joint plan that allocated more than \$15 million for this purpose, so I want to take this opportunity to explain it to you so you can understand how we are addressing this important issue. The plan consists of three main parts:

First, we are keeping our existing emergency shelters safe and operational and expanding their capacity. For our existing shelters, we are providing guidance and supplies for how to keep facilities sanitized and properly implement social distancing. For six different providers, we have expanded or prioritized the highly vulnerable. In one instance, the North 5th Street shelter expanded to accommodate an additional 40 highly vulnerable homeless individuals.

Second, we are working to ensure the health and safety of everyone living outdoors. We are doing this by providing portable toilets and wash stations to homeless camps with more than ten people living in them. We are also going to be providing daily support to meet the hygienic needs the homeless have, such as hygiene kits. I have had some people ask me why we aren't providing portable toilets and wash stations year-round, regardless of coronavirus. The reason is that portable toilets at homeless camps quickly turn into biohazard nightmares unless we provide heavy, daily upkeep. Doing so is extremely expensive, and the money can often put to better use elsewhere to help solve the problem.

Third, we are creating quarantine units for homeless people who have tested positive for COVID, are symptomatic, or are otherwise highly vulnerable. We are housing these people mainly at a few existing motels who have signed contracts with the County. Since

hotels/motels have virtually 100% vacancy right now, this is a good fit for both parties. We are allowing homeless people access to the quarantine units based on a ranking, with the top rank being someone who has tested positive for COVID (which we have the complete capacity for). The second rank is for someone pending a test or exposed to someone who tested positive, the third rank is for someone aged 65+ with pre-existing conditions with symptoms, and the ranks go on from there.

I would like to think that from this overwhelming situation that has arisen, some good may be able to come out of it. For Sacramento County, we may be able to connect more homeless individuals with the services they need than we have in the past. We are getting our foot in the door to talk with them about long term housing and care, ways of getting them out of homelessness. Sometimes, that is how a crisis works. It comes along and throws us into chaos, but it also cre-

ates opportunities. Many people are struggling right now, but they are doing it from the comfort of their homes, while many people, including seniors and families, have no such luxuries. I hope we can capitalize on this opportunity and pull as many vulnerable people off the streets as we can, for as long as we can.

Thank you for reading – and as always, if you want to contact me call me at 916-874-5491, or E-mail me at

SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms and Fair Oaks

- Sue Frost, Supervisor



Constitutional morality is not a natural sentiment. It has to be cultivated. We must realize that our people have yet to learn it. Democracy in India is only a top dressing on an Indian soil which is essentially undemocratic.

- Dr. Ambedkar

**Heartiest congratulations on
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We also congratulate to Mr. Prem Kumar Chumber for his commitments & rendering services to the community and successfully entering into 12th & 9th year respectively of Ambedkar Times & Desh Doaba weekly newspapers.

ਕਸ਼ਮੀਰੀ ਭਾਟੀਆ ਅਤੇ ਸਮੂਹ ਭਾਟੀਆ ਪਰਿਵਾਰ



14th April Dr. B.R.Ambedkar- Day of Equality

Remembering Dr. Ambedkar On his 129th Birth Anniversary falling on 14th April 2020

14th April is being celebrated internationally to mark the birthday of Dr. Baba sahib Ambedkar, an Indian jurist, politician, philosopher, anthropologist, socialist scientist, historian and economist. Dr Ambedkar was born on 14 April 1891 at Mhow a cantonment in the Indore district in Madhya Pradesh state of India, now Ambedkar Nagar since 2003. Ambedkar alias Bhiva was 14th child of his parents Revered Ramji Sakhpal, a Subedar –Major in East India Company Army and self respecting, religious minded Mata Bhimabai. Bhimabai passed away when Bhimva allies Bhim was six years old leaving her six siblings under care of her husband's sister Mirabai, who was herself handicapped. Against all odds and worst hit by caste supported untouchability he passed his Matriculation in 1907, a first in the history of Untouchable Mahar caste. Nearly same time Bhim was married to Ramabai. With the financial assistance from Baroda Naresh, Maharaja Siya Ji Giawad III, an untouchable student who received his early education from outside his class room, went through thirsty days long, whose teacher gave him his name, due to his sincere urge backed by his continuous hard labour, to get high qualification crowned himself with world's highest academic Degrees of B.A; MA; M Sc; Ph.D; L.L.D; D Sc; D.Litt; Barrister-at-Law. Although many a times he had to satisfy his hunger by a single loaf of bread but labored to learn ten languages including Sanskrit with proficiency in speaking seven.

During whole life his mind and soul kept searching and struggling for Equality and projecting necessity for Equality despite facing himself inequality, more so from his own countrymen orthodox Hindu religious fundamentalists. His fight in all world forums where even he went and spoke, he was demanding Equality to masses without distinction of caste, creed, colour, sex, place of birth, economic or family status. His speeches judged as the best of all speeches delivered in three Round Table Conferences held between November, 1930 to December 1932 in London attended including world mighty British crowned King His Majesty George V with Prime Ministers Ramsay MacDonald his Cabinet colleagues, British Parliamentary delegation consisting of 16 from all 8 parties. In the First RTC conferences were present Indian politicians (58) and, delegates of Princely States (16). This was strength of 1st RTC, with some changes for II & III TRCs. In his speeches Dr. Ambedkar challenged working with fixed priorities towards Indian, particularly neglected, poor, ill dressed, illiterate, starving masses caught in religious prejudices. He was addressing to all powerful British Government, uncrowned kings of Indian political leadership besides Indian Kings, with earnest requests to make changes in their planning, thinking

and projected priorities to reduce prevailing all round inequalities in Indian administration. Dr. Ambedkar British government to quit India immediately as it had failed to provide Equality to her Indian subjects.

His only concern to meet and make representations before committees and commissions like Southborough Commission on 27 January 1919, SIMON COMMISSION on October 23, 1928 and many more in India and abroad were to express for amicable solution



for removal of prevailing man made inequalities and ill treatment to his down trodden people called Untouchable. The Untouchables Shudras (Presently called SCs, STs) had in 1901, a population of 5,32,96,636 (18.93%) against total Indian population of 28,08,75,176. This excluded touchable Shudras (Present day OBC's) population. His main aim in organizing, Mahad water tank protest march, agitation to enter Kala Ram Temple or his resistance to his wife Ramabai to take her to –Vithoba diety temple were to put fight against religious forced inequalities and denial of Human Rights to his people. His burning of the controversial Hindu Law Book "Manusmiriti" was not for any personal gains but to burn publically the prevailing Hindu religious ego and caste hate towards their religious brethren the Untouchables.

His work as Labour member (1942-46) of Viceroy's Executive Council shows his earnest desire to have equality in working hours and wages for male and female workers. His concern as labour member expressed in Labour Conferences and later issuing appropriate orders getting paid holidays, banning night

shifts for female workers, right to strike to works on genuine grounds, rules for dispute resolution between employees and employers establishing PSCs, granting Gratuity etc, establishing Employment exchange and many more

His signing the Poona Pact in 1932 with Mahatama Gandhi to save Gandhi's life was to give a trial to forge Equality between Caste Hindus and Untouchables. But alas after signing pact all orthodox Hindu signa-

leave it in 1935. He studies all world religions and found all of them wanting to provide Equality. After deep religions study he embraced Buddhism which stood for Equality among all human. He embraces Buddhism along with his over one Million followers bringing it back to its land of birth after 2500 years.

On his unfortunate death on 6th December 1956 and his cremation the next date in Bombay (Now Mumbai) another half a Million his followers embraced Buddhism. His getting Bharat Ratna, the highest Civilian Award (posthumously) in 1990 gave recognition to his fight for rights of deprived humanity and his lifelong efforts to fight out inequalities peacefully.

When GOI under PM Narinder Modi decided in May, 2015 to celebrate 125th Birth Day of Baba Sahib falling in 2016 on Government level. Shri Romesh Chandra IFS Ambassador submitted to GOI through External Minister a proposal to write a demarche to UNES to Celebrate 14th April the Birthday Of Dr. Ambedkar as "International Day of Equality". This proposal was acknowledged by UNES Division of MOEA. Shri Romesh Chandra IFS Ambassador solicited support from Various stake holding individuals, forums, Association based in India and abroad who extended their full support to his proposal The Forum of Scs, MLA.s MP's also wrote in November 2015 similar letter to Sh. Narinder Modi Indian Prime Minister to officially approach the UN to declare 14th April as "International Dr.B.R.Ambedkar Day of Equality".

In pursuance of all these efforts 125th Birth day of Baba Sahib on 14th April, 2016 was celebrated by UN at New York where the proposal of "International Day of Equality" was also registered with UN and International Community. Shri Romesh Chandra IFS Ambassador in association with some media houses (Ambedkar Times, Desh Doaba (both California USA based) and Bhim Patrika (Jalander, Punjab) continued their constant and concerted efforts to get the mooted proposal accepted by International Community. Their efforts bore fruit when on 6th April, 2020 the city Of Burnaby (Canada) MAYOR MR. MIKE HURLEY took lead and proclaimed 14th April to be celebrated as "Dr. B. R. Ambedkar Day of Equality."

Our regards to Bharat Ratna Baba Sahib Dr. B.R Ambedkar on his 129th Birth Anniversary, whose unblemished personnel character coupled with his unparalleled qualification based life long working efforts for gaining human "Equality". Also for his lifelong pursuit to his Cherished goal of "Equality" raising India's head high in International Community. Our regards also to all those who continually chased their proposal with International Community to celebrate 14th April as "Dr. B. R. Ambedkar Day of Equality."

Er H.R.Phonsa, Jammu

hrphonsa@gmail.com Mob +9194191340

Corona Virus and its Homeopathic Prophylaxis

Corona Virus Disease 2019 or Covid-19, commonly known as Corona Virus, is spreading rapidly around the world. How to avoid this virus is one of the biggest concerns for everyone. The authorities are suggesting many ways to prevent it. People are being asked to stay inside and avoid crowds. They are advised to observe lock down protocol and avoid touching anything outside. From washing hands with warm water and wearing masks, there is a long list of things that need to be done. But the anxiety of the people does not seem to diminish. Morbidly frightened they kneel down and pray.

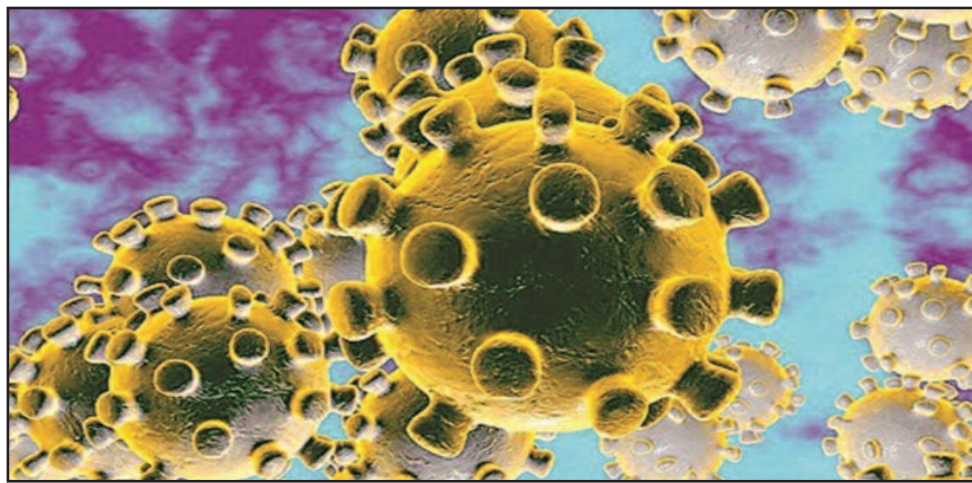
The Allopathic doctors are screening people and quarantining the suspected individuals so that the disease does not spread. Perhaps they do not have any cure for it except anti-malarial medicines, or are waiting for a vaccine; therefore they are silent on this aspect. But endless suggestions are coming from other people who are offering a variety of home-made remedies to protect against the disease. Many are suggesting food items like raw onion, garlic and others prescribe whiskey and other spirituous liquors. Some are recommending over-the-counter anti-viral drugs. Yoga supporters point to yoga exercises as the most effective way to defeat this malady. Alternative medical systems like Ayurveda project Tulsi, Chawanprash and Shandapani as the sure shot remedies for this pandemic. In this chaos of suggestions, it is hard to decide what is effective and what is not.

But the most concrete suggestions for prevention are coming from the homeopaths. They recommend taking different homeopathic medicines to prevent this fast spreading viral disease. Some are advising to use Arsenicum Album, others suggest Eupatorium Perfoliatum, and still others recommend Phosphorus in different potencies. They also mention many other medicines that need not be considered at this point. It is not advisable to comment on any of these medicines unless one knows the grounds on which the promising homeopath are making their suggestions. It can only be said that homeopathy is a rule-based medical system that is fully capable of preventing any disease or epidemics including the Corona Virus if the picture of its symptoms is made available. Those who oppose this system indiscreetly are doing more harm to themselves than to anybody else, for by doing so they are also deprived of its scientific benefits.

There is one important thing to remember about homeopathy. This system does not cure the disease by eliminating it by name or its virus / bacteria, but it works according to the vital clues of the patient in the form of their symptoms. That is why laboratory tests are not needed to detect bacteria or tangible causes of the disease in this system. The symptoms of the patient themselves point to the indicated medication. Because its function is different from that of the other systems, it has the potential to treat the patients differently. There is no surprise in this statement.

To understand the working of the homeopathic remedies, it is important to know that homeopathy can be used to

control epidemics in two ways. On one side it is used as a prophylaxis or as a preventive remedy on the social plane and on the other for the treatment of the sick patients. When used for prevention, the drug is discovered by referring to the common ailments of the disease or the epidemic from the study of the real cases or from reliable sources dealing with that. Such a drug is called Genus Epidemicus and it is given to all persons living in the affected areas. It acts like a vaccine of the disease, meaning that it will stand up as a firewall against the pandemic in most vulnerable. This is how cholera was prevented by homeopathy in the United States in the previous century. Earlier in this century, Dr. V Krisnamurthy, an Indian Homeopath from Tamil Nadu had discovered homeopathic remedies for Chikungunya, SARS and Swine Flu, claim-



ing over 95% success in his patients.

As long as the effect of the Genus Epidemicus or the general remedy of the epidemic remains in the body, the actual disease causing similar symptoms cannot enter it. It is an often verified law of nature in that two similar diseases can not exist a biological system at the same time. So the general remedy provides a general protection to the at risk population in general. Homeopathy works according to this rule. Even if this firewall does not work for a particular individual, homeopathy offers him or her a definite treatment based on the signs and symptoms of his case. Though the same law applies to the treatment and cure of the sick in that scenario, it is a different topic requiring detailed discussion. It is difficult to discuss it here. The patients can consult their homeopathic physician for that purpose.

So the key to finding a preventive remedy for the Corona Virus is to know its main symptoms. The main symptoms reported in the media are a mild to high fever, dry cough, rapid respiration, congestion and tightness of chest, pneumonia, etc. Headache has also been reported in several cases in Iran. Doctor Manish Bhatia, an Indian Homeopath of Jaipur, has attempted to find a common remedy on the basis of these symptoms. In one of his research papers distributed by e-mail, he initially mentioned more than one dozen remedies that could be considered as possible prophylaxes. But he discarded some of these drugs which have the symptoms of runny nose because it is not found in the epidemic. He dropped two more important medicines considering that the Corona Virus pandemic has a long incubation period of two weeks. His final list of remedies contained

five medicines namely Bryonia Alba, Mercurius Solubilis, Phosphorus, Lycopodium, and Kali Carbonicum. He believe that the Corona Virus grows in the cold climate and that it cannot resist heat for long. He also argued that this epidemic has come at a time of year when the nights are cold and the days are getting warm which, according to homeopathic literature, provides an ideal time for the action of Bryonia Alba. With this syndrome in view, Dr. Bhatia comes to the conclusion that the Genus Epidemicus of Covid-19 is Bryonia Alba. He rules out all the other remedies he earlier proposed. He even ignored Arsenicum Album suggested by AYUSH, the health ministry of India. According to him, taking the Bryonia medicine in the 6th or 30th potency every can protect oneself from the Corona Virus pandemic.

Although Bryonia Alba covers many symptoms of Corona Virus and it may be useful curing many sick cases needing it, yet it can not be treated as a Genus Epidemicus of this disease. There are reasons for that. The first and the most important reason is that homeopathy relies heavily on mental symptoms to combat the physical symptoms. One of the biggest causes of any pandemic, which includes this one as well, is that it causes a sense of fear and uncertainty in the affected population. Even before the actual sickness takes place, people are terrified of this infectious and deadly nature of the disease. Even when they are not sick with it, they are afraid that it might overwhelm and kill them. The recent case of Bhai Nirmal Singh Khalsa in Amritsar (India) proves it beyond any doubt. In a leaked phone call to his kin waiting outside the hospital, that became viral on the social media, the terrified Bhai predicted that he would not survive. The wailing Bhai could be (definitely) saved with the appropriate homeopathic remedy indicating "fear of Death" and "prediction of death".

Apparently, Corona Virus has also engulfed a major chunk of the world population in fear psychosis and this morbid fear of instant extermination which can be seen from facial or verbal expression of the people everywhere. Unless a cure for this fear is not included in the syndrome of the malady, an accurate prophylaxis of the pandemic cannot be found. There are quite a few homeopathic medicines which prominently stand out in this symptom. Unfortunately, Dr. Bhatia did not include this symptom in his study so he strayed away in his research to discover Bryonia Alba. It is a well-known fact that Bryonia Alba's ailments are not ac-

companied by a strongly marked fear of death.

Surveys show that fear comes first and bodily sickness comes at a later stage later. According to homeopathic theory, the key to the control of the

disease lies in the mental symptoms because the sickness influences the mind first. Combining these two facts, we come to the conclusion that if the fear of mind is brought under control, illness will not manifest in the body at all. Therefore the true Genus Epidemics of the Corona Virus must have the potentials of controlling the fear of this epidemic. The need, therefore, is to figure out a medicine which has outstanding signs of fear and anxiety.

Homeopathy has two main medicines which cover fear of death alongside the reported symptoms of the Corona disease. In addition to them there are two Bach Flower remedies which specifically address to the fear of some sickness or disease. These Bach flower medicines are Aspen and Mimulus. Aspen has a vague and undefined fear of the disease as it is not sure of the precise nature and description of the disease cause. It is very much like the prevailing apprehension in the mind of the people of a deadly virus lurking in their vicinity threatening to finish their existence. Just as in the remedy, it is there in the mind of the people who do not know what it is, and where it is and how it attacks. Mimulus, the other Bach Flower remedy, is clear about the name and nature of the cause of fear. When a person says that he is afraid of "Corona Disease" he is a Mimulus patient. In addition to these two there is a third Bach Flower medicine Walnut, which empowers the mind to deal with sudden changes in environment and lifestyle. Even if an illness strikes, these remedies are capable of rejuvenating the body back to health by initializing its protective biochemistry.

So the first line of defense to prevent the Corona Virus is to have 2-4 drops of these three Batches Flower medicines in water every day till the epidemic exists in air. One of the intake methods may be to drink 2 drops of Aspen put in 30 grams of water every morning. Similarly, 2 drops of Mimulus may be taken in the afternoon and 2 drops of Walnut in the evening in the same way. The other method of taking these remedies may be to put two drops of each of them into a small bottle full of clean and filtered water, shake the solution well and take it multiple times during the day. Let each member of the family makes his or her own bottle of this water remedy and take it at least three times a day. Experience shows that it will not only save them from the prevailing epidemic but will also relieve them of the other complaints based on fear. All the three medicines can be obtained from any homeopathic store. If not found anywhere they can be procured from Amazon.

As mentioned above, in addition
(Contd.. on next page)



**Dr. Gobinder Singh
Samrao**
408-991-4249

Babashheb Dr B R Ambedkar's 129th Jayanti

Normally I would be delivering my speech to celebrate Babasheb's 129th birth anniversary at the Ambedkar House London, or the India High Commission London and the House of Lords. But these are very trying times. Babasheb represents the spirit of optimism and better times. Who can deny that? What we need now are positive messages. What we need now is to remember how transformative Babasheb Ambedkar was for our foremothers, and forefathers and all generations since. I cannot think of a better example of the power of thought and action. His message was educate, agitate, organize. That's what we need to do in these troubled time on so many levels.

This year's Dr Ambedkar birth anniversary falls during a very difficult time in the global fight against COVID-19. The Coronavirus has confined Ambedkarites around the world to their homes. My heart really, really goes out to our brothers and sisters in India. But especially to those dying of hunger or sitting with empty stomachs, worrying about their next meal, their safety and how they will manage. Let's use this time to reflect on this and do all we can to help. Never lose heart.

I was born in India. I grew up and live in London. I reflect ever more on Babasheb's determination to have a more equal and just socio-economic society. When this virus has done its worst and we've come through to the other side, one thing is clear: we must call out those in power and demand justice whether it's here in the UK or in India.

Deep in the Second World War – a struggle against totalitarian-

ism and fascism Babasheb supported – British politicians looked to create a more equality society. They built a strong National Health Service, a welfare state and free education. In India, newly freed from the yoke of colonialism, Babasheb started work on visionary laws to help workers,

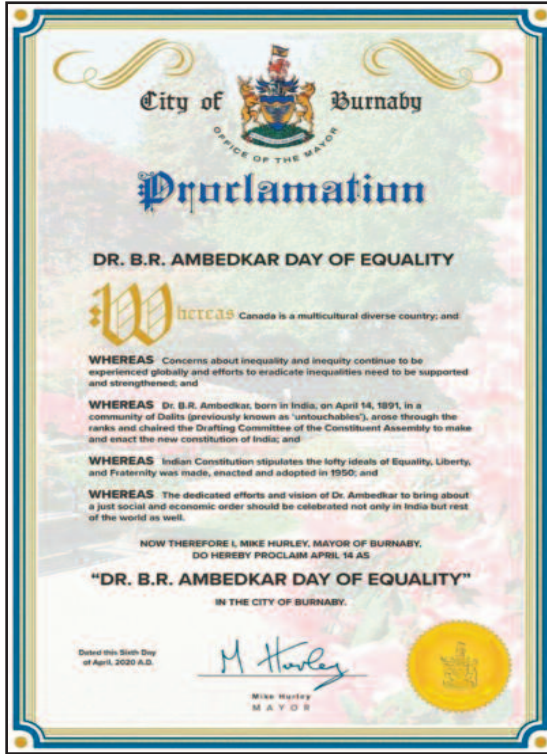


women and all strata of society. Babasheb's Constitution enshrined fundamental rights and affirmative actions to achieve this for all Indians. We mustn't let these rights be diluted or destroyed.

We know anything is possible when we really try and work hard for it.

One day in September 2014 I walked into a dilapidated 10 King Henry's Road in London. Babasheb had lived and worked under its roof in the early 1920s. I had a crazy Babasheb-inspired idea. Thanks to FABO UK's intense lobbying, sup-

ported by Mr Ramesh Katkeji and Mr Gaikwadji in Mumbai who made sure our voice was heard, we secured funding to enable the purchase of the property. This March, a Public Inquiry into the museum status of 10 King Henry's Road declared in our favour. This historic victory will enable us to



finish setting up the first museum dedicated to Babasheb Ambedkar outside of India in somewhere where he lived. The Ambedkar Museum London will be the conduit for our campaign on internationalising the significance of Dr Ambedkar and the rich legacy he has left us.

More good news. After many years of lobbying and hard work Jai Birdi and his colleagues of the Chetna Association of Canada scored another success. On 6 April 2020, the Mayor of the city of Burnaby in Canada proclaimed 14 April "Dr B R Ambedkar Day of Equality". These are historic

achievements and both reinforce Babasheb's importance globally, not just in India.

The time is past for the same old, same old. Let's concentrate, wherever possible, on positivity. Let's distance ourselves from all that negativity and fake claims. Let's spread the Ambedkarite message beyond talking to the converted or ourselves. We owe it to future generations.

But today, my heart is heavy. On Babasheb's birth anniversary Dr Anand Teltumbde, a relative of Babasheb, and one of the greatest minds of our generation, is being incarcerated. For years he has challenged atrocities against the Scheduled Castes and Tribes and stood up to fascism. His voice reaches hundreds of thousands of people around the world. His expected imprisonment by the Indian Government using trumped-up charges is being done to muzzle him and others like him. And us. They want to send a clear signal to those social rights activists about raising their voices against atrocities. If you protest, the same fate will befall you. We need to send a clear message back. We must stand with Anand Teltumbde and other champions like him already languishing in jail with no prospect of a fair trial. I am protesting now before there is no-one more who could protest when they come for us.

Jai Bhim



Santosh Dass MBE
President, Federation of Ambedkarite and Buddhist Organisations UK
Chair, Anti Caste Discrimination Alliance

Corona Virus and its Homeopathic Prophylaxis

to Bach Flower therapy, homeopathy has also a number of medicines that address fear or fear of death. Two of them are specifically used in treating ailments with anxiety, anxiety, fever, bone pain, anxiety and pneumonia. These are Aconite Napelus and Arsenicum Album. Dr. Bhatia has omitted both of these medicines, perhaps because he thinks that their incubation period is shorter or longer than that of Corona. May be, he knows that the rage of these drugs is stronger than the fury of this pandemic but he believes that these might not be truly homeopathic to the disease because they are drugs of acute nature. Anyway, this is not a true homeopathic point of view for in homeopathy the onset of disease is considered from the moment the symptoms appear in the patient. Taken this way Corona Virus is also an acute complaint because it overpowers the patient with its sudden onset. It can be presumed that when a patient feels its onslaught or he is tested positive, he has already experienced a tremendous amount of anxiety and fear of dying a miserable death from the news, unless of course he has been taking Aspen and Mimulus. Therefore, the

existence of fear of death preliminarily warrants the consideration of both these drugs as competing prophylaxes of the reigning epidemic.

But the question is, which of these should be considered as the true Genus Epidemicus of COVID-19? Whereas Aconite Naples is more appropriate to the beginning of this illness, Arsenicum Album is suited to the end stage of it when being weak and terrified, the patient is on the verge of respiratory collapse.

Here is the answer. The people who consider Arsenicum Album to be the Genus Epidemicus of Corona, add 15 days of incubation period to its onset. But as mentioned above, this latent period is not important to homeopathy for it can offer no cure to the patients during those two weeks due to lack of developed symptoms. The advent of illness in homeopathy is considered to start from the appearance of symptoms. The aim of prophylaxis is the prevention of the disease and its fears.

Since Arsenicum Album is less articulate at the beginning stage, it may not work as an appropriate firewall against

the disease cause of the epidemics. This can be useful in the middle or towards the end of the sickness when the patient is substantially worked out.

On the contrary, Aconite Naples is a stormy drug. Only a single dose of this drug can nail the problem in the head and crash it to the ground. It is used early in the beginning of the disease when the symptoms just start appearing. Every homeopath uses it that way in cases of common colds, allergies, flu, and complaints from hair-cut. Experience suggests that wherever it is given at the beginning of an acute problem, it successfully prevents it. Because the Corona Virus is also an acute epidemic and our initial objective is to prevent it and not to cure it, so Aconite Naples is the true Genus Epidemicus of this pandemic.

It is thus clear that homeopathy has a definite answer to the prevention of COVID-19. To recapitulate the plan of remedies, the three Bach Flowers – Aspen, Mimulus and Walnut, need to be taken three times daily in watery doses. Along with that a dose of Aconite Napelus 30 or 200 is to be taken globule form once a week.

Aconite is also to be taken if an individual becomes apprehensive of the disease effect or feels the first sign of it. All these medicines are in perfect harmony with each other, so they can be taken concurrently with ease.

But before doing so, one thing to keep in mind is that the purpose of this article is to educate and inform, not to recommend and prescribe medicines for the treatment of any illness. It reports what is written in the homeopathic literature. No body can predict the results in advance even if they have been confirmed in concrete cases before. Therefore, everyone is advised to consult a mature homeopath regarding which one of these or other homeopathic medicines would be suitable in each individual case. Everyone should follow the directives of the government and the healthcare authorities along with the community guidelines concerning cleanliness and isolation. Hope everyone emerges victorious from the Corona crisis.

(The author is a classical homeopath (SB-577) in California, United States. He has over fifty years' experience of homeopathic practice).



ਆਪ ਸਭ ਨੂੰ ਖਾਲਸਾ ਜੀ ਦੇ ਸਾਜਨਾ
ਦਿਵਸ, ਵਿਸਾਖੀ, ਸ੍ਰੀ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ
ਦੇ ਪ੍ਰਕਾਸ਼ ਪੁਰਬ, ਸ੍ਰੀ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ
ਦੇ ਪ੍ਰਕਾਸ਼ ਪੁਰਬ ਅਤੇ ਧੰਨ ਧੰਨ ਸਤਿਗੁਰੂ
ਨਾਨਕ ਪਾਤਸ਼ਾਹ ਜੀ ਦੇ ਪ੍ਰਕਾਸ਼ ਪੁਰਬ ਦੀਆ
ਬਹੁਤ ਬਹੁਤ ਮੁਬਾਰਕਾਂ ਹੋਵਣ ਜੀ।



**Heartiest congratulations on
Dr. Ambedkar's 129th Birth Anniversary**

**Shingara Singh Ralh (President)
and Ralh Family
Sri Guru Ravidass Temple Yuba City (CA)**



Learn to live in this world with self-respect. You should always cherish some ambition of doing something in this world. But remember that the age of selflessness has ended. A new epoch is set in. All things are now possible because of your being able to participate in the politics and legislature of your country.

- Dr. Ambedkar

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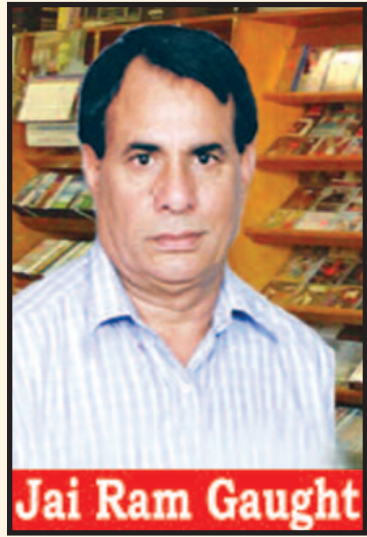
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ਕੇਵਲ ਬੋਲੀਨਾ ਸਾਬਕਾ ਪ੍ਰਧਾਨ
ਸ੍ਰੀ ਗੁਰੂ ਰਵਿਦਾਸ ਸਭਾ ਸੈਕਰਮੈਂਟੋ



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Jai Ram Gaught

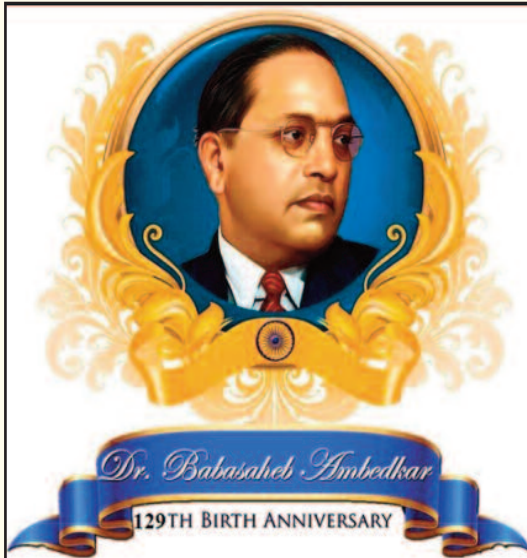


Harjit Gaught (Happy)

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INDIA  **BAZAAR**

Cell: (209)-487-2127, Ph: (209) 478-0285, Fax: (209) 477-3206



"Cultivation of mind should be the ultimate aim of human existence."
-Babasaheb Dr. B.R. Ambedkar

We sincerely congratulate all on this auspicious occasion on the 129th Birth Anniversary of our great savior Bharat Rattan Babasaheb Dr Ambedkar.

Heartiest congratulations on
Dr. Ambedkar's 129th Birth Anniversary

**ਅਮਰ ਦੜੋਚ
ਅਤੇ
ਸਮੂਹ ਪਰਿਵਾਰ**



What are we having this liberty for? We are having this liberty in order to reform our social system, which is full of inequality, discrimination and other things, which conflict with our fundamental rights.
-Babasaheb Dr. B.R. Ambedkar

We sincerely congratulate to all on the auspicious day on the 129th Birth Anniversary of Babasaheb Dr Ambedkar and also support the great efforts of Ambedkar Times forum towards its continuous services for the enlightenment of the community.



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Heartiest congratulations on

**Dr. Ambedkar's
129th Birth Anniversary**



ਹੰਸ ਰਾਜ ਕਾਜਲਾ



Heartiest congratulations on

Dr. Ambedkar's 129th Birth Anniversary

Amrik Chand
(CPA)

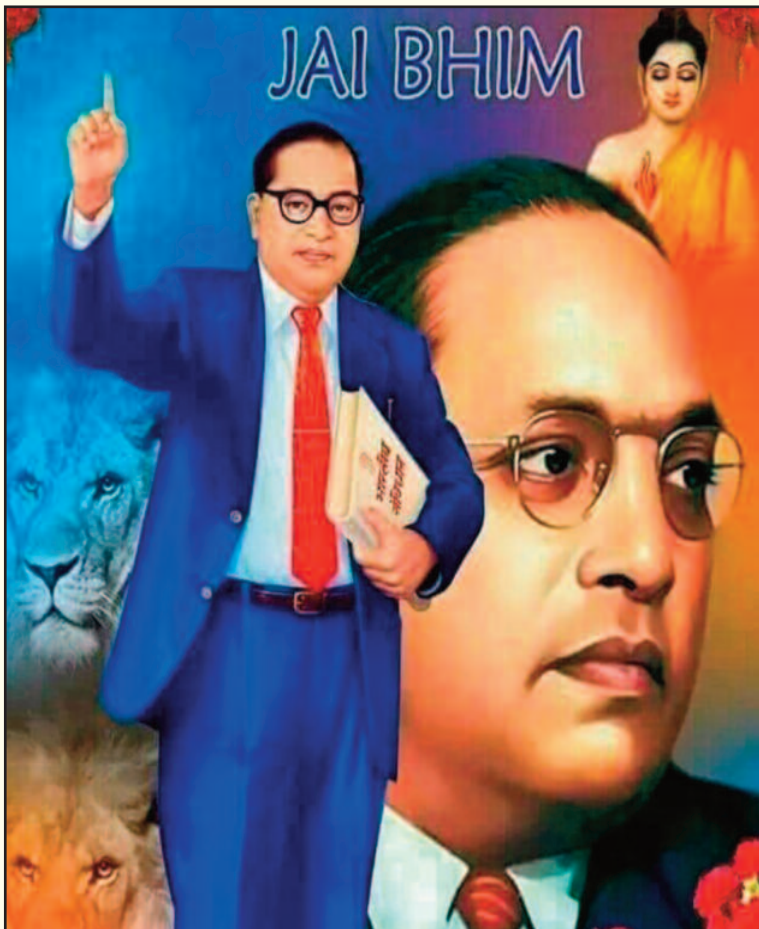
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Learn to live in this world with self-respect. You should always cherish some ambition of doing something in this world. But remember that the age of selflessness has ended. A new epoch is set in. All things are now possible because of your being able to participate in the politics and legislature of your country.

- Dr. Ambedkar

Heartiest congratulations on
Dr. Ambedkar's 129th Birth Anniversary

ਆਪ ਜੀ ਅਤੇ ਆਪ ਜੀ ਦੇ ਸਾਰੇ ਪਰਿਵਾਰ ਨੂੰ ਖਾਲਸਾ ਦੇ ਸਾਜਨਾਂ ਦਿਵਸ (ਵਿਸਾਖੀ), ਸਤਿਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਮਹਾਰਾਜ ਜੀ ਦੇ ਪ੍ਰਕਾਸ਼ ਪੁਰਬ, ਸਤਿਗੁਰੂ ਅਰਜਨ ਦੇਵ ਮਹਾਰਾਜ ਜੀ ਦੇ ਪ੍ਰਕਾਸ਼ ਪੁਰਬ, ਸਤਿਗੁਰੂ ਨਾਨਕ ਮਹਾਰਾਜ ਜੀ ਦੇ ਪ੍ਰਕਾਸ਼ ਪੁਰਬ ਦੀਆਂ ਬਹੁਤ ਬਹੁਤ ਮੁਬਾਰਕਾਂ ਹੋਣ ਜੀ।



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- Dr. Ambedkar

Heartiest congratulations on Dr. Ambedkar's 129th Birth Anniversary



Vinod Kumar Chumber (Founder member)
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(510)-953-9800



My social philosophy may be said to be enshrined in three words: liberty, equality and fraternity. My philosophy has roots in religion and not in political science. I have derived them from the teachings of my master, the Buddha.

- Dr. Ambedkar

Heartiest
congratulations on Dr. Ambedkar's
129th birth anniversary



ਇੰਦਰਜੀਤ ਖਡਵੰਗਾ

General Secretary
Shri Guru Ravidass Sabha,
Sacramento (California)



Heartiest congratulations on
**Dr. Ambedkar's
 129th Birth Anniversary**

Constitutional morality is not a natural sentiment. It has to be cultivated. We must realize that our people have yet to learn it. Democracy in India is only a top dressing on an Indian soil which is essentially undemocratic.

- Dr. Ambedkar



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- Dr. Ambedkar

Heartiest congratulations on
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- Dr. Ambedkar



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Sri Guru Ravidass Sabha Committee Members & more

ADVISORY COMMITTEE



LEGAL COMMITTEE



The New Committee appreciates the services of the previous committee and the selection panel and is looking forward to continued support. Guidance and cooperation of the entire Sangat who is the backbone of our Gurughar. Thank you.

Sangat De Sewadar

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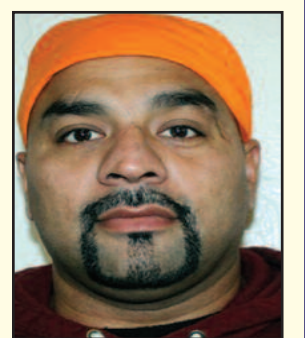


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- Dr. Ambedkar



Heartiest congratulations on Dr. Ambedkar's 129th Birth Anniversary



**ਗੁਰੂ ਘਰ ਦੇ
ਸੇਵਾਦਾਰ**

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