



# Secrets for a Healthy Life

- by V. Govardhan, Yoga Master



Shri. V. Govardhan, born and brought up in Bangalore, India is a Yoga Master par excellent. With over 35 years of dedicated service to the community through his Free Yoga Classes and treatment. Having completed his study in Yoga under the Great Masters Shri. Yogabhisak P. Shridhar, Shri. S. Janaki Raman and Shri. H. S. S. Rao; Govandhan embarked on a journey of sharing the benefits of Yoga to the common man. To date he has touched the lives of over 45,000 (forty five thousand) people through his selfless work.

With some of the most prestigious awards for Yoga and Service to the Community to his credit including: "The Kempa Gowda Award" presented in 1995 by the Bangalore City Corporation; "Bharath Rathna" presented in 1997; "Shri M. Vishveshwaraiah Award" presented in 1997; "Award of Honour Yoga Shiromani" presented in 1997 by The Indian Yoga Federation and "Yoga Seva Dhurandhara Award" presented in 1997, to name a few.

Govardhan's free medical clinic through Yoga therapy has benefited thousands of patients with chronic disease that were not cured by traditional medicine but now live productive and full lives thanks to the Yogo therapy that he teaches. To this end some of the leading newspapers have covered his story. The Indian Express reported on 11-6-2003 "Healing the Word, for Free" and The Times of India reported on 6-12-1998 "This Yoga Master has a 'FREE' healing touch" and in another article in the Deccan Herald on 9-4-1990 it was reported " Every Wednesday evening, patients queue up for free consultation and Yoga practice"

Having traveled around the world as special guest to his students, Govardhan is sought after for his knowledge, expertise and commitment toward people living a health and productive life. Govardhan teaches in the following institutions for free. Bangalore Tamil Sangam, National Biblical Catechetical and Liturgical Centre, Anjali Ashram, Shri. Raghavendra Swamy Mission, L.R.D.E. and at the Home Guards & Civil Defense head quarters in Bangalore every week.

To know more about Shri V. Govardhan log on to [www.yogagovardhan.org](http://www.yogagovardhan.org) or send in an email to [yogamaster@govardhan.org](mailto:yogamaster@govardhan.org)

## NUTRITIONAL PROPERTIES OF SOYABEAN

The outstanding feature of soyabean is its relatively high contents of excellent quality.

PROTEIN (43.2%)

Besides, it has a higher percentage of Fat (19.5%) and 'B' Complex Vitamins than any other pulses and dal.

The following table illustrates the high nutritive value of Soyabeans per 100 gms in comparison with. Some of the pulses and dal :

	Proteins gms	Fat gms	Minerals gms	Calories (Energy) Units
Soyabean	43.2	19.5	4.6	432
Redgram	20.3	1.7	3.5	355
Bengal Gram (Whole)	17.1	5.3	3.0	360
Black Gram Dal	24.0	1.4	3.2	347
Green Gram (Whole)	24.0	1.3	3.5	334

Nutritional investigations and analysis have proved that the SOYA MILK are 90% as good as those of COW'S MILK and are a rich source of 'B' Complex Vitamins.

### HOW TO MAKE DAL FROM SOYABEANS?

Methods :

1. Splitting the well dried beans as they are over a stone chakki
2. Soaking the beans in water for 12 hours by tying in cloth bag and separating in boiling water over an open fire for 10 minutes, sun drying and separating the coat by grinding on stone chakki has been considered the best method from nutrition point of view.

Reference : Hand Book on 'Soyabean Recipes 'GOVT. OF MYSORE' (Department of Agriculture), October 1969.

### SOYABEAN RECIPES

#### 1) DOSAI INGREDIENTS

- Rice - 200 gms
- Soyabean Dal - 25 gms
- Black Gram Dal - 25 gms
- Oil - for greasing
- Salt - to taste



Method : Soak the Rice, Soyabean Dal and Blackgram Dal in water for 6 to 8 hours. Grind them to a fine consistency. Add salt and keep overnight. Spread the batter on a greased hot frying pan and cover it for two to three minutes. Turn it and bake it well with a little oil.

## 2) IDLI INGREDIENTS

- Rice - 200 gms
- Soyabean Dal - 50 gms
- Black Gram Dal - 50 gms
- Salt - to taste

Method : Soak the Soyabean Dal and Blackgram Dal in water for 6 to 8 hours. Soak the Rice separately. Grind the soyabean dal and the blackgram dal to a very fine consistency using sufficient quantity of water, grind the rice coarsely and mix them with the ground dals. Add salt and keep overnight. Cook it on a steam in idli vessel.

## 3) CHAPPATI INGREDIENTS

- Wheat Flour - 50 gms
- Soyabean Flour - 50 gms
- Oil - 100 gms
- Salt - to taste

Method: Mix the two flours together. Add enough water to make a soft dough and knead it. Roll out into chappathies. Place on a hot frying pan and turn it till it puffs up. Spread ghee over it.

## 4) POORI INGREDIENTS

- Wheat Flour - 50 gms
- Soyabean Flour - 50 gms
- Ghee - for frying
- Salt - to taste

Method : Mix the two flours together adding water and salt. Knead to a soft dough and make it into small balls and roll out. Deep fry it on hog ghee.

## 5) ROASTED SOYABEAN INGREDIENTS

- Soyabean Dal - 50 gms
- Chilli Powder - 1 Tea spoon
- Salt - 1 Tea spoon
- Turmeric Powder - 2 Tea spoon

Method : Roast the Soyabeans evenly on a frying pan. Mix chilli powder, salt and turmeric powder in one tea spoonful of water, smear the roasted soyabeans with this mixtures. Keep in hot oven till the water dries.

## 6) SOYA MILK - INGREDIENTS

- Soyabean Beeds - 100 gms
- Soda Bicarb - ½ Tea spoon
- Lime Water - ½ Tea spoon
- Sugar - 1 Tea spoon
- Salt - 1 Tea spoon (¼)

Method : Soak the soya bean for 8 hours and remove the seed coat. Soak again in hot water (1½ cups) containing Soda Bicarb. Add 4 cups of water and cook it for 15 mnts. After it is cooled, remove the water through a sieve and add to it lime water, sugar and salt. Soya Curds can be prepared by adding starter ( a small quantity of seeds) to this milk and keeping it for 12 hours.

## 7) SOYA MALT INGREDIENTS

- Soyabean (Whole Gram) - 100 gms

Method : Sprout the grains by soaking in water for 12 hours and tying in a cloth bag for another 12 hours. Dry the sprouted beans in shade, grind into flour, it can be used in the same manner as Ragi Malt.

Symptoms	Vitamin Needed	US Govt. Recommended Daily allowance	The Foods	The Optimal
Slow wound Healing, colds, Viral infections	C (ascorbic acid)	60 mg	Citrus Fruits, Raw Vegetables, Straw Berries.	60-500 mg
Problems Relating to bone Growth or bone Healing	D	400 IU	Fish, Milk (also as a result of daily sun exposure, the Body can make it own)	400-600 IU
Muscle cramps, Poor muscle tone, Slow sound healing	E	30 IU	Wheat Soyabeans, Leafy Green Vegetables, Whole Grain Cereals.	30-200 IU

- The benefits derived at with the following exercise that burn the calories
- How long should my work outs be?
- The number of calories burned by each exercise is calculated for a 121 - pound maximum. The more you weigh, the more calories you will burn.

EXERCISE	TIME	CALORIES
Skipping Rope	12 Mts	96
Running in one place	15 Mts	200
Jogging	5.5 M.P.H.	138
Rowing	-	62
Dancing	-	138
Walking at 2.0 Mts	2 M.P.H.	85
Cycling	5.5 M.P.H.	80
Swimming	-	85
Yoga	30 Mts	240

