

'SAMVEDANA'

'Samvedana' means, sensation or concern, mainly about society & social problems.

In this e-newsletter we will try to create awareness about social issues through different articles regarding current social problems, contribution of different personalities working for betterment of society and also about different aspects of development of human personality, which is necessary to develop society as a whole.

People should adopt simple lifestyle, says Prakash Amte

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NASHIK: Magsaysay Award winner and renowned social worker Prakash Amte on Saturday said everyone should have a set of principles and rules for simple living. Amte appealed to all to maintain need-based lifestyle.

He was addressing the audience after the inauguration of Jeevan Shaili Saptah (lifestyle week) in the city. The event aims at promoting a healthy lifestyle with minimal use of energy for daily sustainability.

Amte said his parents and family background taught him to live life with bare minimum needs. "After marriage, I decided to stay in a jungle with my life where there was no water, house and other basic amenities. We lived a life that was very much primitive in nature," he said.

The social worker shared his experiences of staying at Hemalkasa in Gadchiroli district, where he successfully helped improve health of the tribals.

He said people should accept and be content with what they have. "People believe that we led a struggling life, but in reality it was not the case. We had accepted the circumstances and struggle at all stages. My father Baba Amte had sold all his assets and belongings to help the patients suffering from leprosy. Both me and my brother were influenced by our family values and were used to live in isolation," he added.

Amte said people should learn to control their taste buds. He said tribals were stopped from being influenced by alcohol and other addictions through transformation over a period of time. "To start with, the use of addictive substances in public domain should be stopped. Steps should be taken to stop crime against women. A blend of some strict and relaxed rules should be implemented , " Amte said.

He said the volunteers who had joined him and his wife Mandakini had given up on city and urban lifestyle that they adopting every day.

Amte said social networking has also helped a great deal in assisting the tribals. "Today, some of the tribals are learning in universities abroad and have also secured government jobs," he added.

The week aims to practice near-zero garbage production and limiting self from using non-biodegradable goods and products.

The key areas that the event would primarily focus on are facts related river pollution and production of garbage and its disposal. Organizations such as Sarvodaya Parivar, Nirmal Gram Nirman Kendra, Marathi Vidnyan Parishad Nashik Vibhag, Lokadhar, etc., have come together for the annual event.

<http://timesofindia.indiatimes.com/city/nashik/People-should-adopt-simple-lifestyle-says-Prakash-Amte/articleshow/46006549.cms>