

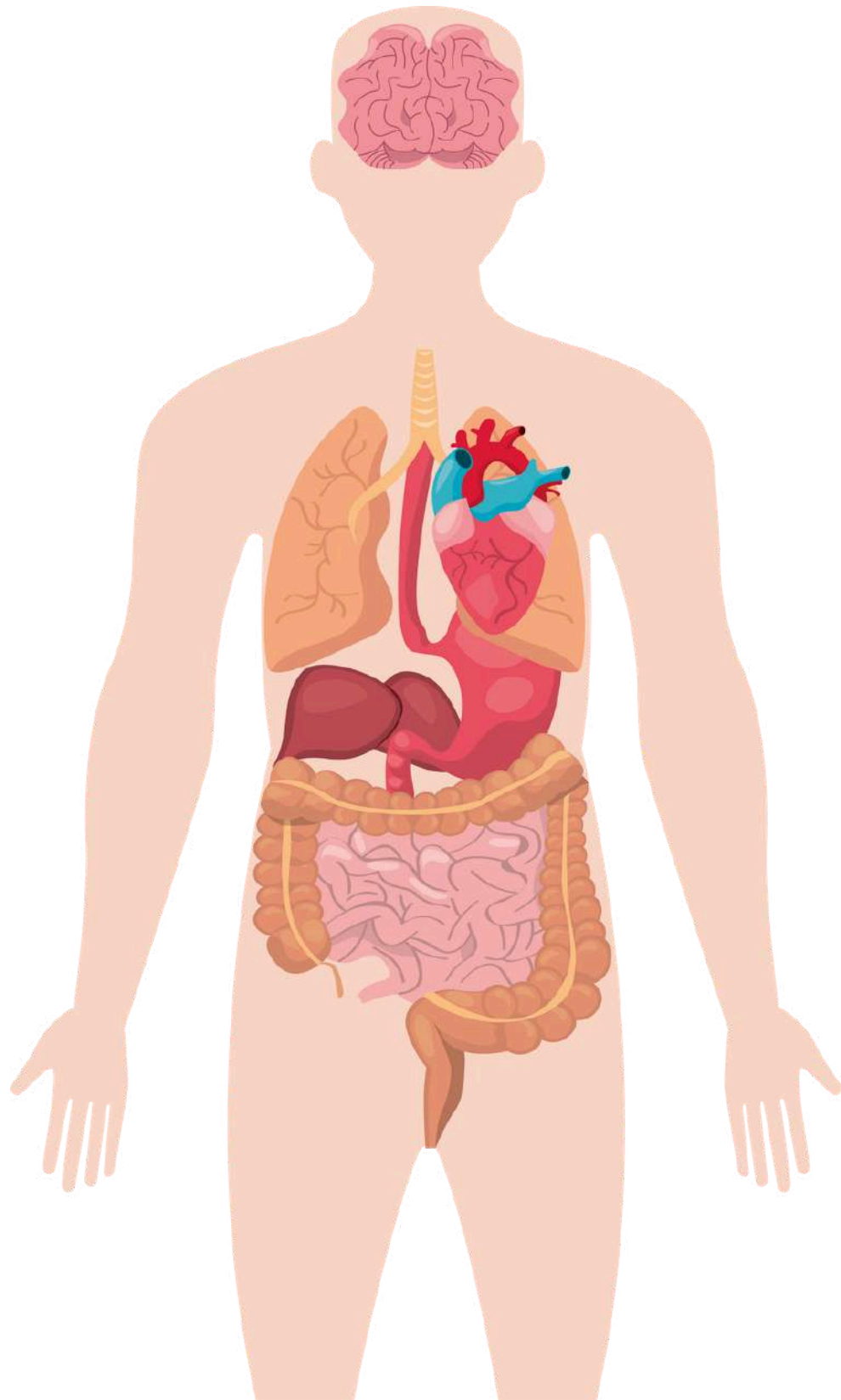
Kya Nature Aur Hum Ek he?



Earth



Earth (Prithvi)- Body ka Base



**Yeh humare shareer ki haddiyan,
muscles, skin se juda hai.**

**Earth element hume stability, strength
deta hai.**

**Achhi khurak aur zameen par chalna is
element ko strong banata hai.**



Maharashtra drought (2013–2016)



BJS
Bharatiya Janata Party

Earth & Human



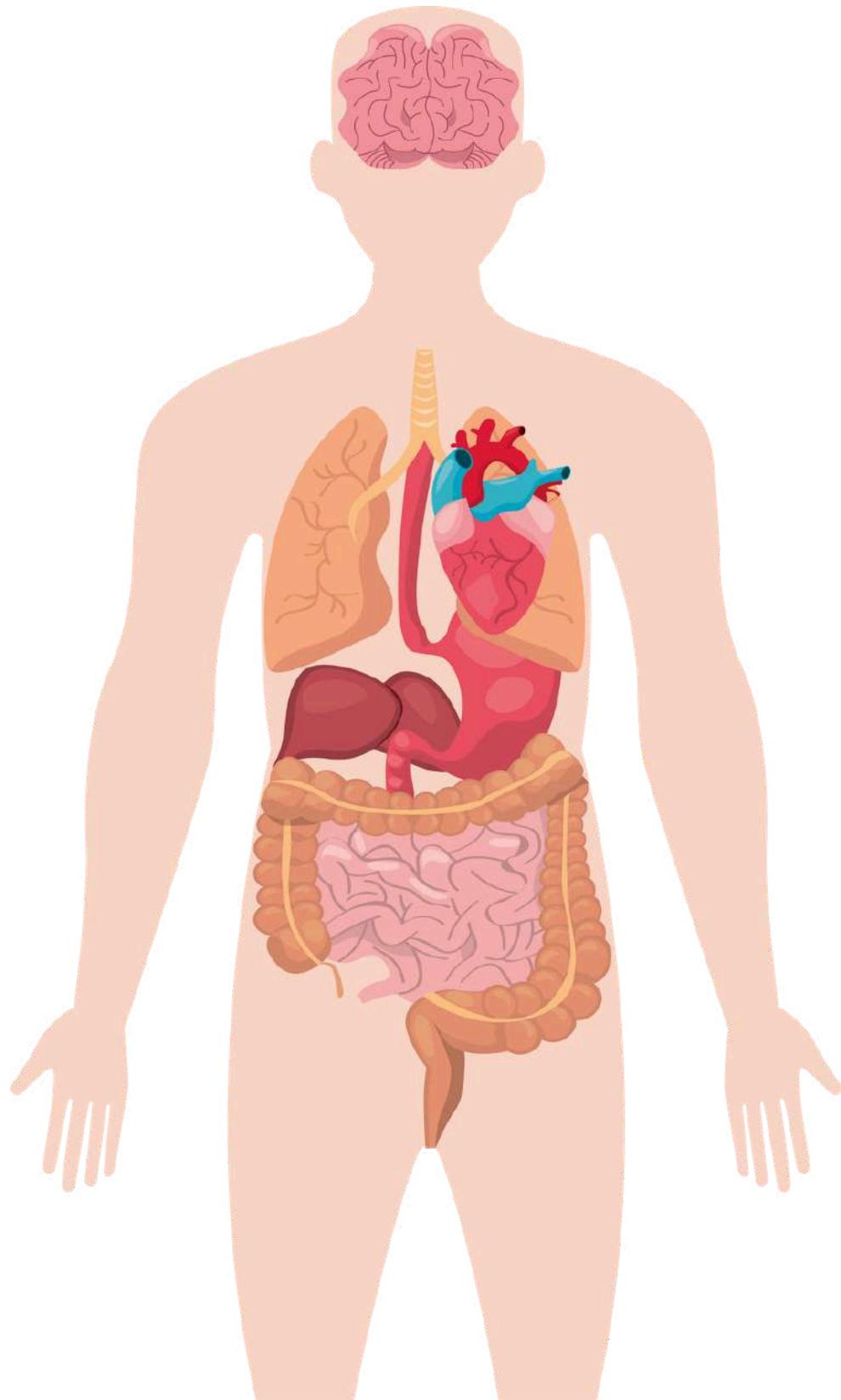
- **Jab zameen weak hoti hai, pura samaj weak ho jata hai.**
- **Body me “prithvi element” kam ho (kam khana, kam rest) → hum bhi unstable, weak, chidhchidhe ho jaate hain.**
- **Earth unstable → Humans unstable.**



Water



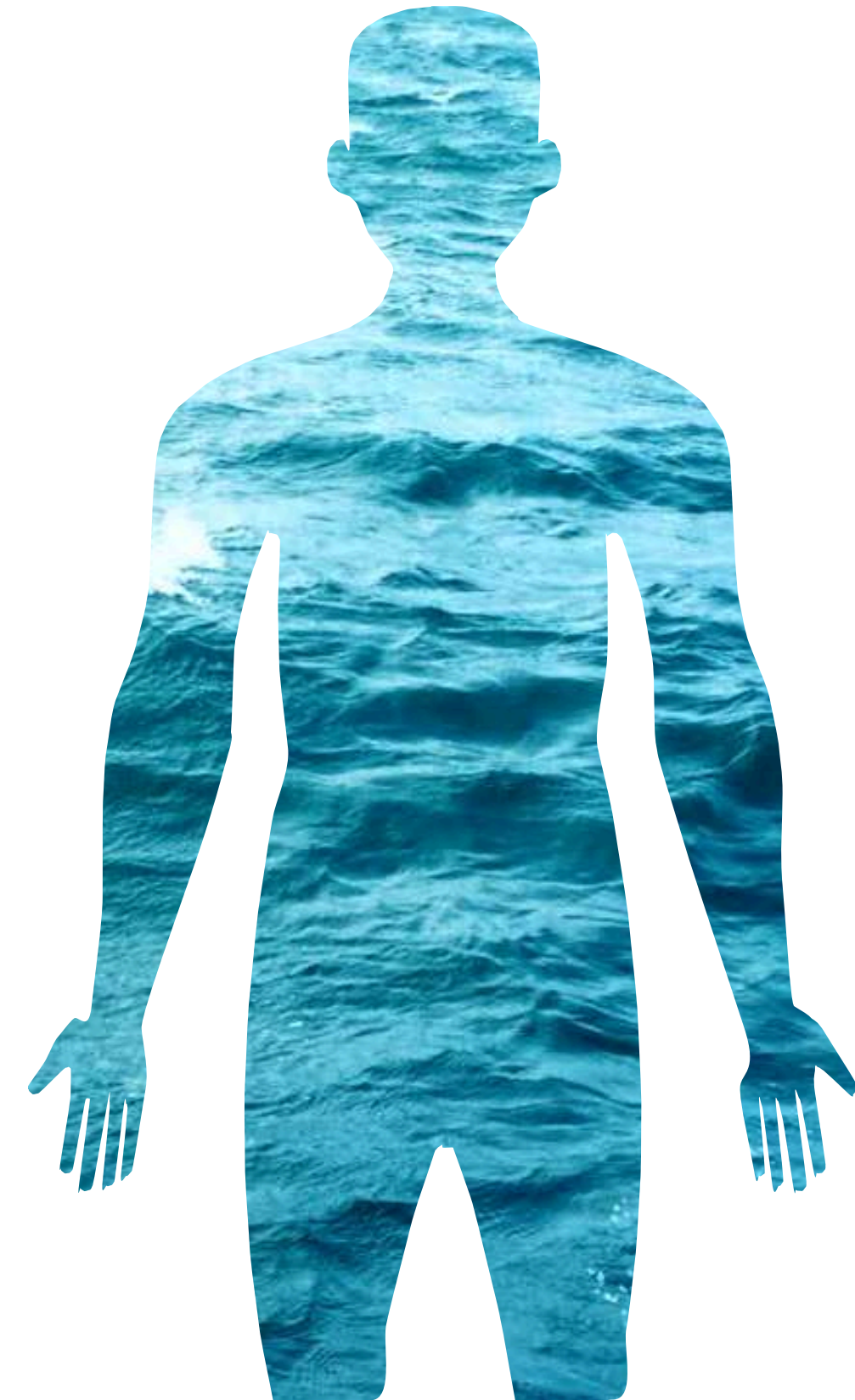
Water (Jal)- Body ka Flow



Body ka zyada hissa paani se bana hota hai.

Yeh blood, sweat, tears se connect hota hai.

Zyada paani peena aur emotions ko samajhna water element ko balance rakhta hai.



Mumbai river pollution



Water & Human



Jab hum kam paani peete hain, humari body me dehydration hota hai -

- 1. Gussa,**
- 2. Confusion,**
- 3. Headache,**
- 4. Energy down**

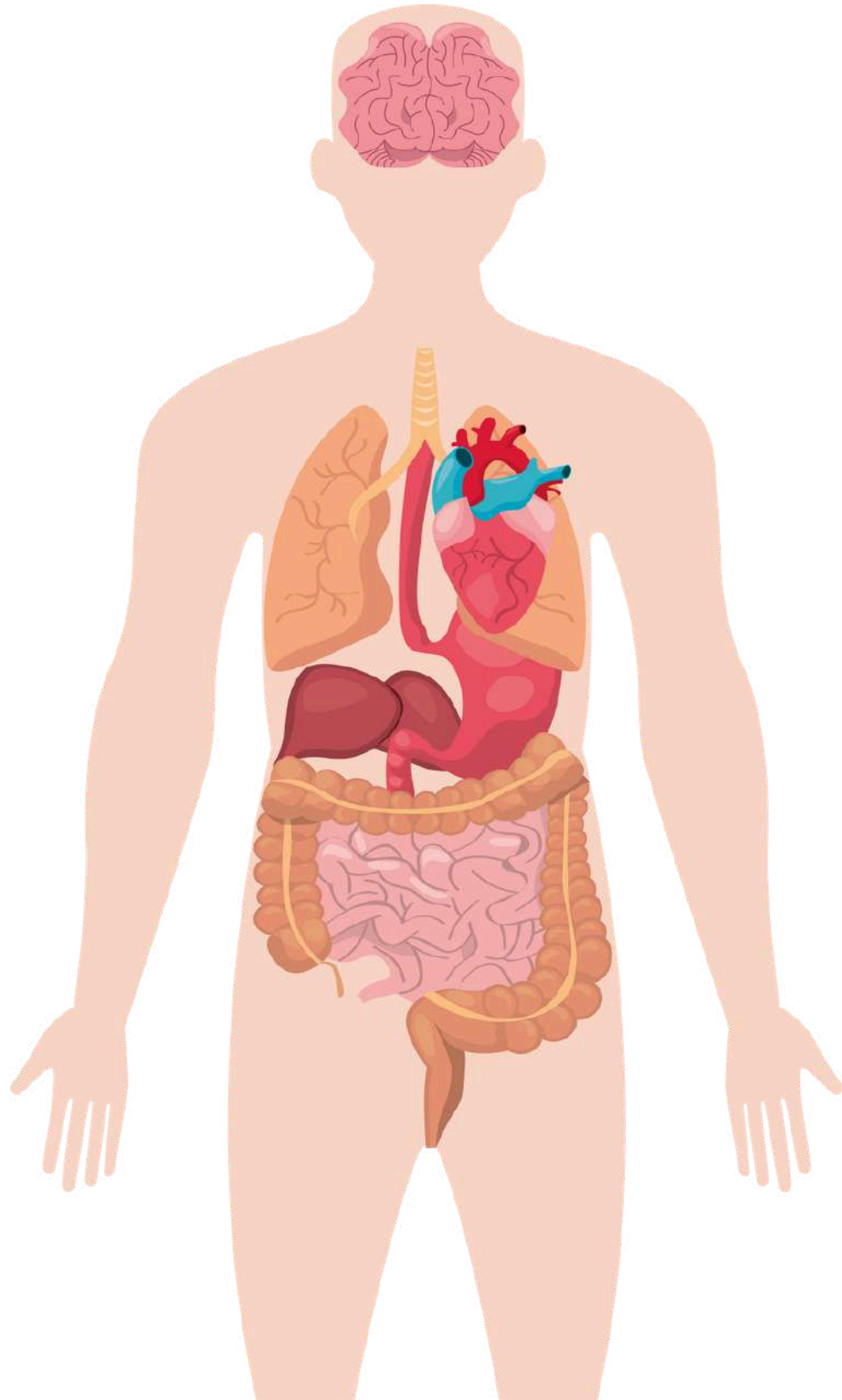
- Bahar ka paani ganda → body sick.**
- Body ka paani kam → emotions disturbed.**



Fire



Fire (Agni)- Body ki Energy.



**Agni humari digestion, body heat,
willpower ko control karti hai.**

**Yeh hume sochne, seekhne aur action
karne ki energy deti hai.**

**Sahi khana aur exercise is element ko
active rakhta hai.**



Heat Wave in North India (2022 & 2023)



Fire & Human



Body me “agni” zyada (overeating spicy food, too much anger) -

1. Acidity

2. Anger outbursts

3. Restlessness

4. Fights badh gaye

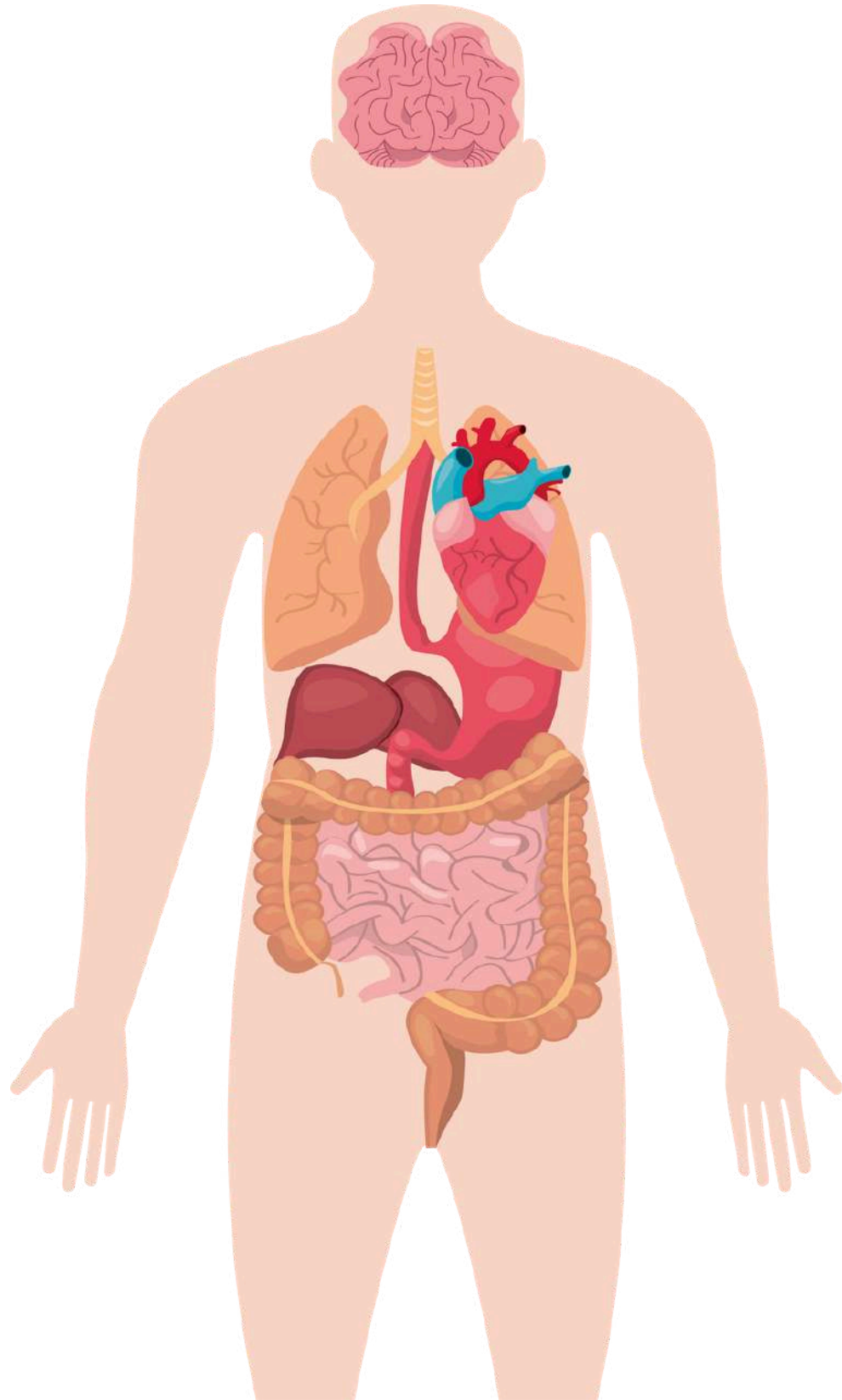
- Nature me fire zyada → body sick.
- Body me fire zyada → relationships and mind sick.



Air



Air (Vayu)- Breathing and Movement



Vayu humari breathing, heartbeat, movement se linked hai.

Yeh hume flexibility, speed aur clarity deta hai.

Deep breathing aur fresh air me rehna is element ko strong banata hai.



Delhi air pollution crisis (2016–present)



Air & Human



Jab hum stress me hote hain, humari breathing fast ho jaati hai.

Dil tez dhadakta hai, body me “vayu” badh jata hai -

1. Anxiety,

2. Shaky feeling,

3. Overthinking

• Air polluted → breathing struggle.

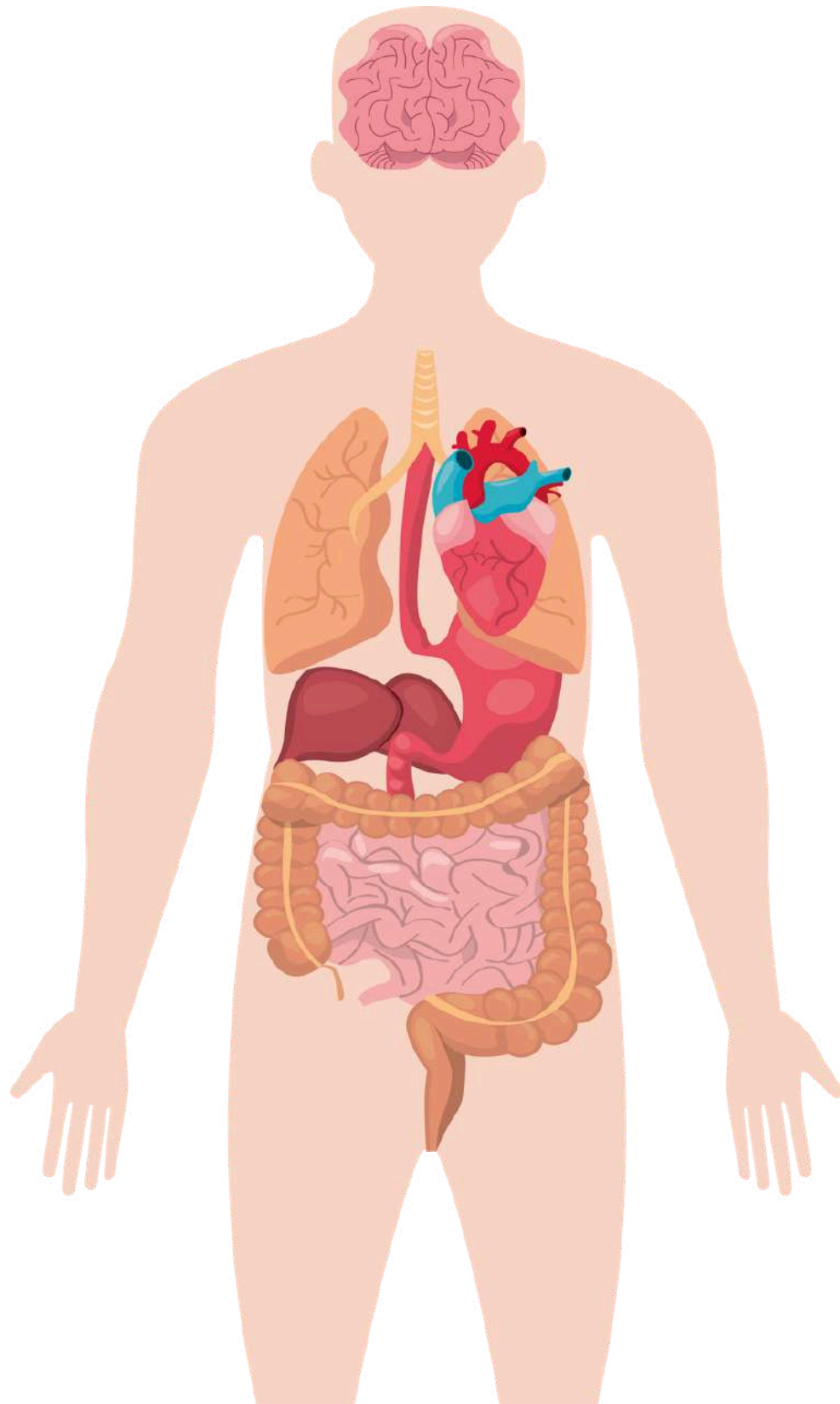
• Mind stressed → breath disturbed.



Space



Space (Akash)– Body ka Inner Space



Body me jo khali jagah hoti hai—jaise lungs, stomach—woh Akash se related hai.

Yeh element hume sochne ki jagah, imagination aur peace deta hai.

Shanti se baithna aur open mind rakhna ise balance karta hai.



COVID Lockdown (2020)



Chennai, Tamil Nadu
March 25, 2020

Space & Human



Jab humare dimaag me bahut zyada soch hoti hai, koi space nahi hota -

1. Hum jaldi gussa hote hain

2. Decisions galat lete hain

3. Focus kho dete hain

• Outer space kam → mind disturbed.

• Mind disturbed → life disturbed.



Thank You

