

# 'A healthy mind resides in a healthy body'

Prakash Javadekar envisions a new and healthy India



Prakash Javadekar is a Member of Rajya Sabha and a leader of the Bharatiya Janata Party (BJP). He was elected to Rajya Sabha from Maharashtra in 2008. He is now the official spokesperson of the Party. Before joining politics, he was a Journalist. Apart from stints with Newspapers like Tarun Bharat, Kaal etc, he worked for some time as the joint editor of the Marathi Daily started by Lokmanya Tilak-Kesari. He still writes occasionally.

**PRAKASH JAVADEKAR** in a one to one with **BEENUM YADAV** from **HEAL INDIA**

**HEAL INDIA: How different and difficult is it to be a politician?**

**PJ:** Every job has its own pros and cons. Politics is no different. As far as difficulty is concerned, you have to work really very hard, oblivious to the results. You never work for your own gains but for the Party.

Your work is for the cause of your Party not to win or loose or even contest. Uncertainty is the biggest thing in politics.

Whether you are in the Opposition or are a member of the ruling party you have to work really hard.

**HEAL INDIA: Why do you think BJP is the best political party on the political landscape today?**

**PJ:** BJP is the only national party with a strong ideology and role models. We have a vision for the country; if you compare the achievements of UPA (United Progressive Alliance) with NDA (National Democratic Alliance) you will find we did much more in 5 years than they did in 45 years.

Now it's high time for Indians to think and choose the right party.

**HEAL INDIA: How important is an active lifestyle for a politician?**

**PJ:** It is very important for a politician to be healthy and active. If he is not active it will be very difficult for him to take the strain.

In politics, sustenance is a function of your presence of mind and this comes when your body and mind are healthy.

**HEAL INDIA: If BJP comes to power, how is it going to promote health and fitness among Indians?**

**PJ:** It is said that in a sound body resides a sound mind and health is every one's right.

You see, even a boy who lives in a slum wants to be healthy. Unfortunately, 95% of our population can't afford gyms. If we come to power we will at least try to make low cost gyms, provide free play grounds and affordable sports clubs.

Now, mass media has created a lot of awareness but implementation leaves a lot to be desired.

**HEAL INDIA: Being spokesperson of BJP, you have big responsibilities and with that, stress might come automatically. How do you manage your stress?**

**PJ:** If you are well connected and know all the facts & Party Line correctly you don't have to worry about your work. I enjoy my work and that's why it never bothers me. And frankly, I want to tell you more you work more relaxed you feel.

**HEAL INDIA: Do you feel fitness adds a sparkle to your personality?**

**PJ:** Yes definitely your face is a mirror of your mind and reflects your thoughts.

If you are not fit your personality will become dull. Even if you go through our Shastras you will find that a great importance was attached to a healthy body and a healthy mind. Yoga is the best way to keep fit.



**HEAL INDIA: Tell us something about your fitness mantra?**

**PJ:** Have food on time; never skip your meal. I never skip my breakfast and after that I have my lunch between 1 p.m to 2 p.m and by 8 p.m I take my dinner. I try to work out for half an hour every day. That keeps me happy and healthy.

**HEAL INDIA: Do you have any message for our readers and voters?**

**PJ:** Health is wealth and nothing is more satisfying than a healthy body. I personally request every adult Indian to use his voting power and elect the right government; your vote can make a big difference to our lives. 🇮🇳