

# Covid19 and Dayalbagh way of life

D.K. Chaturvedi

Dept. of Electrical Engineering, Faculty of Engineering  
Dayalbagh Educational Institution (Deemed to be Univ.), Dayalbagh, Agra, U.P., India  
Email: dkchaturvedi@dei.ac.in

## ABSTRACT

Corona virus COVID19 forced to change the life style and habits of everyone during lockdown period and afterwards. Dayalbagh is a small town adjacent to city of Agra (Tajmahal) on of the tourist city and famous for one of the seven wonders of the world. Dayalbagh has its own way of life which is recognized by the state as well as national government by declaring it as eco -village for its green and shrine environment. This paper deals with the Dayalbagh way of life during lockdown period and post lockdown period. The Dayalbagh way of life made this area free from corona virus when the whole world is suffering from this pandemic of COVID19. This paper mentions some key points to succeed in this battle.

## INTRODUCTION

Agra is known for the symbol of love i.e. Tajmahal and kingdom of *Mughals* for long time in 18<sup>th</sup> century. The city is greatly affect by corona in COVID 19 era. The Agra's first identified corona cases on March 2, 2020 when 5 cases of a single family were detected and they have been quarantined. After that the number of corona cases in Agra is increasing very fast. The trend of new cases and recovered cases of India is shown in Fig. 1 as on 26 May 2020. The active case in India is shown in Fig. 2 In India recovery rate is quite good and hence the death rate is lower as compared to other nations due to various reasons as shown in Figs. 3 and 4. The very first point came in mind for supporting high infection rate is our weak immune system. The immune system becomes weak, if

- i. we do less physical activities/labour
- ii. live in air-conditioner which helps in spreading infection.
- iii. how much we expose our body to sun or work in sun-rays. The ultra-violet rays of morning sun kills bacteria and viruses. The sweat coming out of body drastically improve our health parameters and immune system. It also gives vitamin D and E.

Dayalbagh is established in 1915 and is a good example of self sustained community in Agra, India. Here, nobody is rich and nobody is poor. Here neither money flows nor anybody strive for two times bread. Nobody sits idle, everyone does some selfless service depending on their capabilities. Everything is available in the Campus from birth to death. Everything is produced inside the campus such as all products needed for life including all vegetables, grains, pulses, milk, soaps, sanitizer, ayurvedic medicines, tonics, textile mills produce cloth and electrical energy generation through solar etc. No profit is taken on these items. The education from nursery to university level is here in the campus. The life starts here in morning with remembering the supreme father and in evening people thanks to supreme lord, for giving everything needed for life. In COVID 19 lockdown period when group prayer can't be done in prayer hall, our community started prayer in audio mode and one can join in prayer from anywhere without coming to prayer hall. All young and old, ladies and gents work together with harmony in agri-fields. All the problems mentioned above can automatic overcome by working in agricultural fields for 2-3 hours daily. There are many advantages of working in the agriculture field, such as:

- a. Inhale morning fresh air

- b. physical activities/exercise in the fields keep body fit (keep all body organs healthy). On contrary if we go to gym as this concept adopted from western countries, is not good in India because fresh air is not available in adequate amount inside indoor gym. The gym is essential for exercises in western world where outside environment is not favorable. Agricultural work area is like open air gym where all exercises can be done.
- c. Whatever grow in agriculture is distributed in the community at the production price, which is cheaper than market price and non-adulterated.
- d. All the agri-products are organically produced, no harmful chemicals are used. Therefore, it is good for health.
- e. The green fodder supplied to dairy for cattles' (about 400 in number) from agri fields.
- f. The non-adulterated milk and other dairy product supplied to community at very nominal price.
- g. The bio-mass obtained from dairy is utilized for methan gas production, used for community cooking. Excess gas can be used for electricity production, which is integrated with solar and grid power.
- h. The wastage of bio-mass is very useful and good fertilizer in agri-fields.
- i. In community cooking solar-thermal system is also used as an additional conventional fuel alternative.
- j. Due to large number of green trees the climatic conditions also good and hence no air conditioner is needed in the community. Then also if somebody wants to use AC they may use solar-AC, so that no burden imposed on grid.
- k. Dayalbagh waste water from drain and sewer line is treated in sewerage treatment plant (STP) and its treated water is used for irrigation in agri-field.
- l. The rain water is harvested and used for recharging of underground water table.

The above mentioned factors make Dayalbagh self sustained community and strengthen our immune system. In this COVID19 era all the nations are putting their efforts to develop vaccine, but till date there is no full proof vaccine available in market for all the mutants of COVID19. This is the reason that "prevention is better than cure".

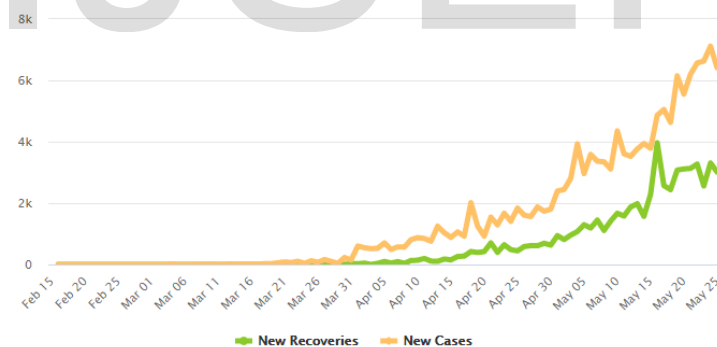


Fig. 1 Trend of new cases identified and recovered cases in India (Data as of 0.00 GMT +0 on 26th May 2020) [ 1 ]

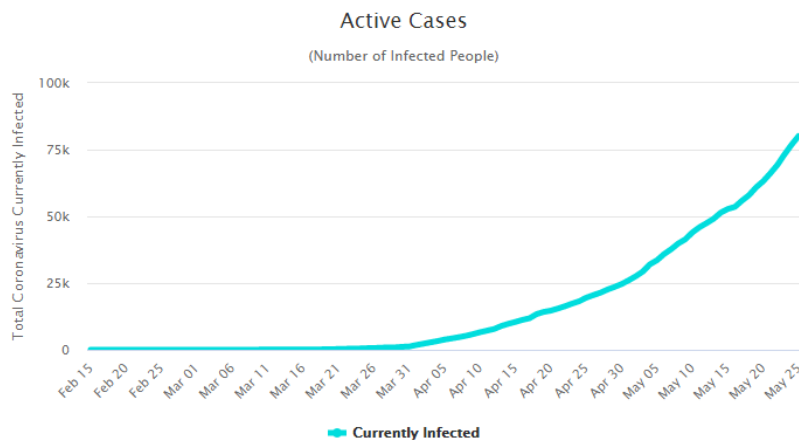


Fig. 2 Trend of Active cases in India on 26th May 2020 [2]

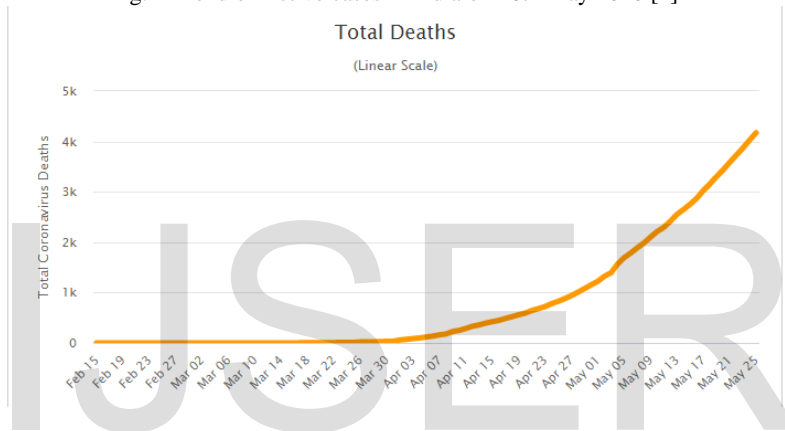


Fig. 3 Total Corona virus deaths in India on 26th May 2020 [1]

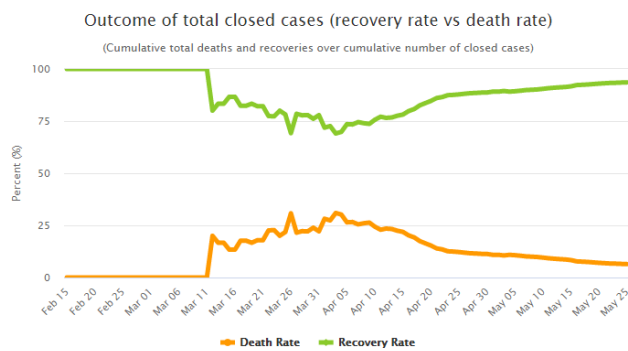


Fig. 4 Total death cases and recovered cases on 26th May 2020

The pre-Covid19 Dayalbagh way of life is described in detail by Chaturvedi in 2005[3].

**DURING -COVID19 LOCKDOWN AND POST COVID19 ACTIVITIES OF DAYALBAGH**

During COVID19 an advisory has been issued to everyone related to Dayalbagh community regarding their arrival. The arrival from outside to Dayalbagh is strictly prohibited. Also the people living inside Dayalbagh, they have to follow certain caution well before this COVID19 as mentioned below[6-10]:

### **i. Wearing helmets and mask**

The helmet and mask are necessary for every individual whenever they go outside to their houses. Fig. 5(a) shows that the people working in agricultural fields, they use to wear mask and helmet. Use more water, preferably hot water and hot drinks. In agricultural field hot tea and hot milk are distributed to everyone on payment basis so that the corona problem can be reduced. The gargle of warm saline water with turmeric is also advised twice in a day. This hot milk is not only help in digestion, but also help in fighting with corona by improving the immune system. In the Dayalbagh community the people never handshake, but they greet each other by saying RADHASOAMI with folded hands (refer Fig. 5(b)) like saying Namaste. Everyone has his individual sanitizer, to sanitize their hands whenever they touch any common appliances during work. No one can spit on roads or on public places. Colony is kept quite green, clean and hygienic conditions are maintained.



Fig. 5(a) Usage of Mask and helmet (b) Radhasoami with folded hands

### **ii. Screening for COVID19 symptoms and quarantine**

If it is very urgent to come to Dayalbagh from outside, then they have to properly screen by dedicated team of doctors 24x7 in Dayalbagh Saran Asharm Hospital. They use thermal imager. Thermal imager is used for temperature measurements of every person, which is a non-contact and non-invasive type technique for measurement of single or multi-person instantaneously without any delay. Its detection performance is further improved by AI based techniques such as neuro-fuzzy techniques, which can analyze the information and give warning /alarm signal based on thermal profile of a person or group of persons. This is very useful for public places such as railway stations, bus stations, airports, in shopping or industrial areas without disturbing the flow of traffic or trouble to non-symptomatic people. The system performance can further be increased by adopting on-line learning capability of this technique in the system. This increases the system efficiency. This technique can also be used to identify the abnormal behavior of a person in the crowd. It can be integrated with the conventional methods of identification. This is a safe technique for measurement, because there is no physical contact, which is very important in transmission of corona virus further. If any suspected person found during screening, they sent them to remote field camps and quarantine them for 15 days.

### **iii. Social Distancing**

Social distancing is an important precaution for avoiding spreading COVID19 [4] in the community. Dayalbagh Community is an example which illustrates the social distancing in every walk of life. Even in working in agricultural fields they maintain the social distances as shown in Fig. 6 in hot summers when temperature reaches to 44°C or even higher. When a person does so hard work in agriculture, his immune system is so good that the viruses cannot sustain for a long time.



Fig. 6 Example of social distancing in (a) young children with their parents (b) Adults in agricultural field in hot summer

#### iv. Regular and proper Sanitization

The town area authorities arranged for proper and regular sanitization of common areas such as washrooms, doors and door handles, railing's, etc. and public places/ transports such as hospitals, shopping areas, all public vehicles etc. Sanitization and proper cleaning is done for carrying people to agricultural fields. All vegetables, fruits or anything brought from outside Dayalbagh Campus must be properly cleaned by water of potassium permanganate ( $KMNO_4$ ) (by dipping them in this solution for 15 minutes), which is very effective in removing fungal infection, killing germs and viruses.

#### v. Avoid un-necessary travel and celebrations

During celebrations in Dayalbagh normally we recite some poetry (called *shabd path*) and light up some oil/Ghee lamps and perfume sticks. When these oil/Ghee lamps burn they produce good fragrance and clean the environment and perfume stick also make atmosphere lovely. In western world, when they celebrate say birthday, they extinguish candles on birthday cake by blowing air from mouth as shown in Fig. 7(a), in doing so many germ and tiny particles come on cake and spoil it which is quite unhealthy. To avoid travel and large scale celebrations such as marriages, video conferencing mode is used during lockdown period. More than 10,000 people joined in celebration in video conferencing mode. This is not only save money, but also avoid large gathering. Earlier also in Dayalbagh marriages there is a restriction on large gathering. Bride can invite 65 persons and bridegroom can invite 35. Now in e-marriages only the bride and bridegroom and their parents can participate in the function with above mentioned precautions. The photo of e-marriage is shown in Fig. 7(b).



Fig. 7 (a) birthday celebration (b) e-marriage

#### Productivity and Efficiency

" If you want self- government you must learn to govern yourself first. If you want to deserve any thing you must learn to serve others. Waste nothing has been an important principle of my life. I have always advised men and women, young and old alike, to see

that they do not waste their time energy, thought, wealth, food, clothing, in short anything they possess lest they find themselves in want of them at the time of need. I also consider waste as nothing short of sin. A community which wishes to go ahead with its work must remain united in purpose, thought and action. It must also conserve all its resources of men, money and materials and exercise forethought and arrange for the fulfillment of its aims in good time. This can be possible only if every member of the community contributes his or her best effort towards the attainment of the community's ideal. Discipline, self -sacrifice and hard sustained work are not only very helpful in this endeavor but are very essential."

**Er. Gur Charan Das Mehta, fifth revered leader of Radhasoami Faith, Dayalbagh[15]**

Regular agricultural work done by Dayalbagh people during and post COVID 19 period, not only improve their immune system to fight with different unwanted viruses but also teach the habit of un-slefish service to community. More than 300 acre wheat harvesting is completed in record time of 10 day by the Dayalbagh residents and volunteers ( refer Fig.8 ). The person are not sitting idle and inviting health and psychological (Tension and Depression) problem, but they are quite busy and productivity is increased. Daily the efficiency of the group of workers is calculated in agricultural field and it is very often more than 95%. Similarly Dayalbagh Dairy was also functioning very normal during and post COVID19 period, although all protective measures have been taken by the volunteers there too.

After doing this work people normally involve in their routine work. For example the teacher deliver on-line lectures and conduct labs in virtual mode and so on. The Dyalbagh way of life is guided by intuitive pure spiritual consciousness of mentor (Prof. P.S. Satsangi) and suggest the future course of action [11-14] during very tough time.



Fig.8 Wheat harvesting in Dayalbagh (a) pre-COVID19 (b) during COVID19 -wearing mask and helmet

### Conclusion

The paper deals with the Dayalbagh way of life and its culture. It is also important to mention that the Dayalbagh way of life is driven by live **Guru** (mentor), who is a highly conscious person (physically, mentally and spiritually). With Dayalbagh way of life we are able to succeed in this battle without any COVID19 positive case in Dayalbagh. It is very innovative way of life to overcome the issue and challenges of life during COVID19 and post COVID19 time and also enhance ones inner consciousness.

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