

May 2012

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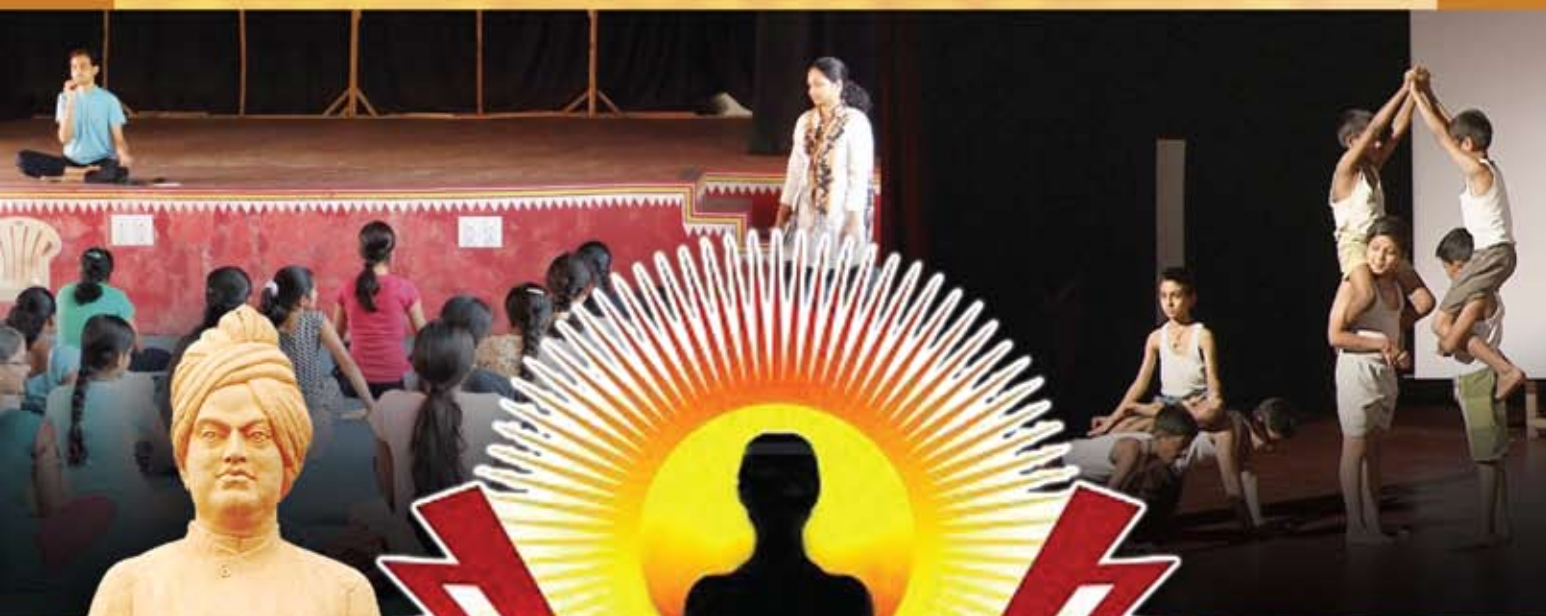
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No. 5

YOGA SUDHA

A Monthly Journal of Swami Vivekananda Yoga Prakashana



YOGA education



DIABETES MANAGEMENT PROGRAM

PERIOD OF STAY- 60 DAYS / 8 WEEKS



Swami Vivekananda Yoga Anusandhana Samsthana (S- VYASA) is a premier yoga research institution in the world with over 180 research papers in leading peer reviewed national and international journals on health, education, management and other fields. The residential campus of S-VYASA, Prashanti Kutiram hosts a 250 bedded research based holistic health home. As a part of its research activities, S- VYASA has come up with a

clinical research program of type 2 diabetes, which is completely based on classical literatures and supported by eminent Yogic and Ayurvedic scientists of the country. People diagnosed with Type 2 Diabetes mellitus are eligible for participating in this program. We are inviting 240 subjects with Type 2 diabetes from any part of India. Only those who fit into the selection criteria will be admitted. The time duration for the treatment is 8 weeks / 60days which include first week of Pre- investigation and last week of Post- investigation.



Criteria for selection	Preparatory tests	Criteria for Non-selection
<ul style="list-style-type: none"> Age range of 35 - 70 years Fructosamine >317µmol HbA1c >7 FBG<270 mg/dl 	<ul style="list-style-type: none"> ECG Eye test report Blood tests - From standard laboratory (SRL lab) FBS PPBS HbA1c Fructosamine Creatinine SGPT 	<ul style="list-style-type: none"> BMI < 20 or > 40 Renal dysfunction Heart disease Pregnancy Uncontrolled hypertension >180/100 Alcohol abuse Type 1 DM Retinopathy requiring laser therapy

The treatment at the center for selected patients will be provided by either established allopathy treatment or by Ayurveda or by Yoga or by combination of Yoga and Ayurveda (Any one treatment to each individual as per the patient's choice or recommendation of our doctor).

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Dr Aswin B - 09886666636, ayushashwin@gmail.com

Project Office - 08022639906, ayushprojects@googlegroups.com

Registration - Rs 250/-; Treatment - Free; Dormitory accommodation & food - Free
Normal room - Rs 10,000/- per person; Deluxe room - Rs 12,000/- per person

Address: Prashanti Kutiram, Jigni, Bangalore

Note: Interested Patients have to undergo for screening tests asked by research officers, Selection/Participation of a subject in the study is the final decision of the committee



तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम्

YOGA SUDHA

Vol. XXVIII No.5 May, 2012

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EDITORIAL

PREVENTION IS BETTER THAN CURE

Though all of us believe that it is true, we don't do it. Why? As we need to adhere to a healthy life style of moderation and no excesses. But we are all so made to seek more and more happiness in life and we know that it is through sense enjoyment that we experience happiness. So we use different senses, provide its desired objects of enjoyment so that we can use an other sense when one gets tired of getting happiness due to the effect of saturation. To acquire objects of enjoyment, we want more and more Artha or money. To get more money speediest way, we are often driven to unjust ways. Corruption is rampant as we see in such big scams which are unbelievable. A life style of speed and greed has started engulfing us. This is the root cause for all the modern life style disorders which are essentially non communicable diseases- NCDs. Unless we handle this root cause, we will not be able to prevent diseases especially of the NCDs.

How do we do it?

We need to give a scientific explanation for changing our life style. Upanishads tell us to analyze what is happiness and get at the truth rather than assume that happiness in objects of enjoyments and run after them changing our natural way of life working in tune with nature. Simple examples show that the first object of enjoyment gives maximum happiness and the second and third consumption of the same will reduce the happiness; revealing the law of diminishing returns. The objects of enjoyment vary from person to person and community to community. Often we experience happiness when we are praised for our good work by many even without sense objects. This clearly shows our ignorance in accepting that happiness is in objects of enjoyment and chases them. If convinced, a real change emerges in us; we then analyze what is happiness - a state of mind with concentration, states of thrill and excitement? They all bring fatigue when continued for a long time and hence follow the law of diminishing returns. So what is that state which can be

reckoned as happiness? Upanishads asked us to go deeper and unravel the mystery by carefully examining the state induced during the contact of senses with their respective sense objects - called 'Visaya-visayi sambhoga'. We cannot catch this secret if the mind is fast; only when it gets slow the mystery gets resolved to show that it is a state of silence induced by the senses when they come in touch with their objects for a very short duration of time - probably a few milli seconds and so we miss it. It is this state of silence which is the abode of all happiness.

So Yoga provides the necessary tools to move towards this state of silence which Patanjali called it 'Citta vrtti nirodhah'. By any of the 4 main paths - said Swami Vivekananda. Working through cognitional transformations to go to the very base of intellect in Jnana yoga, shaping and moulding the mind by control of mind to go to subtle layers reaching the source of all thoughts in Raja Yoga, harnessing the emotions from gross violent emotions to softer and cultured emotions leading us to the very source of emotions in Bhakti Yoga, and converting every action into a Yoga by attuning the inner layers of our mind with Anandamaya Kosha featured by silence, peace, tranquility and bliss. That is the real way of life which can not only prevent diseases, but also promote positive health and lead us to perfect health. The Integrated approach of Yoga therapy utilizing all the four streams of Yoga has been in vogue for almost four decades now and is increasingly adopted to deal with these NCDs in particular and all diseases in general.

We have adopted this IAYT to meet the biggest challenge of our nation - Diabetes. By 'Stop Diabetes Movement' - SDM. Working at all layers of our human system - Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya Koshas. The progress of work so far is highlighted in this issue of Yoga sudha.

Dr H R Nagendra



ब्रह्मसूत्राणि (Brahmasutra)

- Dr. Ramachandra Bhat

Dean, Div. of Yoga - Spirituality, S-VYASA Yoga University
Director, Veda Vijnana Shodha Samsthanam, Channenhalli, Bangalore

अथातो ब्रह्मजिज्ञासा (१.१.१.)

athāto brahmajijñāsā

Now, therefore, the enquiry into Brahman

Before any shastric treatise is structured its vision must be clear in the readers mind. In shastric parampara he is called a visionary writer one who got his mission to reach the intended goal and area of subject to be covered must declare without any ambiguity. The great visionary Vyasa has implied these two domains clearly in the first aphorism itself. The technical word for this insightful understanding for entry pass is called अनुभव चतुष्टयम् viz. vishaya(subject), Proyojana(utility), sambhanda(connection) and adikari(eligibility).

Jijnasa, mimamsa these words stand for utility oriented sanctified thought process. In the first sutra jijnasa word implicitly implies the purest form of cognition which enables sadhakas to the highest पुरुषार्थ, viz Moksa. We, in our day to day transactions are very well acquainted with that knowledge which takes us to some compartment where we enjoy ever ending bliss. But the highest specimen of creatures under the sun, man ever longs for never ending bliss. Finding pathways to this end is the only mission of Badharayana Vyasa, the Brahma sutrakara. Right missions always structure ones vision to be reflected in action. Mukthi is the highest distained objective man can envision and try to achieve. It is a stateless state where the main capital is Brahma jnanam.

Here a unique thing is that knowledge as a means to achieve end and the end-mukthi, the ultimate liberation, both are integrated into a complete whole. Means and end are integrated into a single interwoven web. Bliss and knowledge are so inseparably interwoven that knowledge itself is the ultimate goal in this process. Normally in all kinds of cognitions, the first step will be जानति (knows), followed by इच्छति (aspires for) which is invariably reflected in ones efforts and actions. In this knowledge the knower the known the knowledge occupy three different centers at a triangular (त्रिपुटि).

This knowledge, Brahma jnanam is extraordinary because it objectifies the integration of individual and universal soul ब्रह्मेति वाक्यं विशयः This subject area is new for an ordinary reader, reader may be well versed in rituals and meditations .In these two domains individual soul is very much befriending with body mind complexes which binds the soul and separates it from its root. In this pretext universality of atman is shrouded and individuality is blown out of its proportion. It's like a prince kidnapped by a bear and taken to its cave where that prince was brought up in the company of cubs so he uses the same language and food as that of the bears. But how long will the same thing continue? Time will come when a hunter finds this bear cub and recognizes that he is human being. Ultimately this proverbial prince invokes all his original human competencies and occupies the thrown left behind by his predecessors. Likewise individually confined atman must discard all those names and frames in order integrate him with his original root Brahman , this is only a process for realistic understanding that facilitates natural discarding of all superimpositions attributed to it. In shankaras bhasyam, adhasya bhasya plays very important role in making this point clear for the readers. Once we know that the steel is full of stains we go for proper process for cleansing it, seeker is one who recognizes all these stains and removes them by Shravana and Manana.

Brahma jijnasa with its prerequisites like viveka, vyragya, sampathi and mumuksha takes us to the ultimate realization for liberation. अतः word is a bridge across purest knowledge and its means, This indeclinable stands for reasoning. Awareness of material limitations helps a seeker for a big leap towards realistic understanding of Brahman. NOW the seeker starts his journey towards his intended goal.

to be continued...



Integrating traditional Gurukula education with contemporary education

- Dr. Ramachandra Bhat



Gurukula education is that education which can be compared with an ever flowing stream and evergreen banyan tree with multi-branches with uncountable flowers and fruits. It must be ancient at root level and modern in its approach and applicability. It must be a torch-bearer for guiding the modern trends which is like a flood polluting and brushing aside everything surfaced to it.

Learning activity in Gurukulams must be spiritually rooted, socially productive, service-oriented and integrated basically. Learning activity must be jointly organized by teachers (Poorvaroopa) and taught (Uttararoopa) aiming at आचारण and प्रचारण practice, preaching and propagating. There are three stages in Gurukulam education like *Adhisheela*, *Adhichitta* and *Adhiprajna*. The first stage gives more importance to

character-building-aspect at tender age. Mother plays important role in this stage of education. Every growing child must undergo this stage of education in its home-school where mother only can nurture children's mind and impart training for use of sensory and working organs by projecting herself as a role model. These types of families are called **GrihaGurukulas**. These types of centers are miserably missing from the so-called modern society. This is called *Sheelayoga* with which the real sprouting for a bright future is rightly taken care of. Nowadays the educational psychologists are emphasizing this aspect of life. This education will be followed by चित्तियोग which helps for emotional intelligence by providing normal training at the level of human brain. Normally human brain contains analytical, synthetical and calculative basic capacities. For the activation of these inherent powers students must stay at Gurukulam atmosphere away from their house. Gurukulam must provide eco-friendly housing by facilitating community living with many students coming from different cultural backgrounds. Sharing and caring must be the main characteristics of **Gurukulavasa**, which is highly recommended by Swami Vivekananda along with Shraddha and Brahmacharya.

In the third stage अधिपिज्ञा training will be more work-oriented and research centered for self reliance. In this stage graduation, post-graduation and research works are the main activities of Gurukulam. We have been earnestly trying for this in four Gurukulas in Karnataka including Division of Yoga-Spirituality in S-VYASA in this chartered path for more than two decades.



AROGYADHAMA

holistic research health home

run by V Y A S A , Bengaluru

FEATURES

Serene, tranquil and homely atmosphere.
Daily medical supervision by doctors.
Qualified expert senior physicians of Modern
Medicine, Ayurveda, Yoga & Naturopathy.

PROMOTION OF POSITIVE HEALTH

Yoga is not only a process by which disorders and
diseases are rectified but also a process to move
from normal health to positive health and finally to
perfect health.

AILMENTS TREATED

*There are different departments to treat stress related
disorders.*

Neurology, Oncology, Pulmonology, Cardiology,
Psychiatry, Rheumatology, Spinal disorders,
Metabolic disorders, Gastroenterology,
Endocrinology, Eye Problems & other Stress related
disorders

TREATMENTS AT AROGYADHAMA

Yoga Therapy, Ayurveda, Naturopathy, Diet



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SDM - Stop Diabetes Movement An Update



SDM - A Nationwide Movement
Initiative of S-VYASA University, Bengaluru

Top 8 Countries for estimated numbers of adults with diabetes, 2010 and 2030

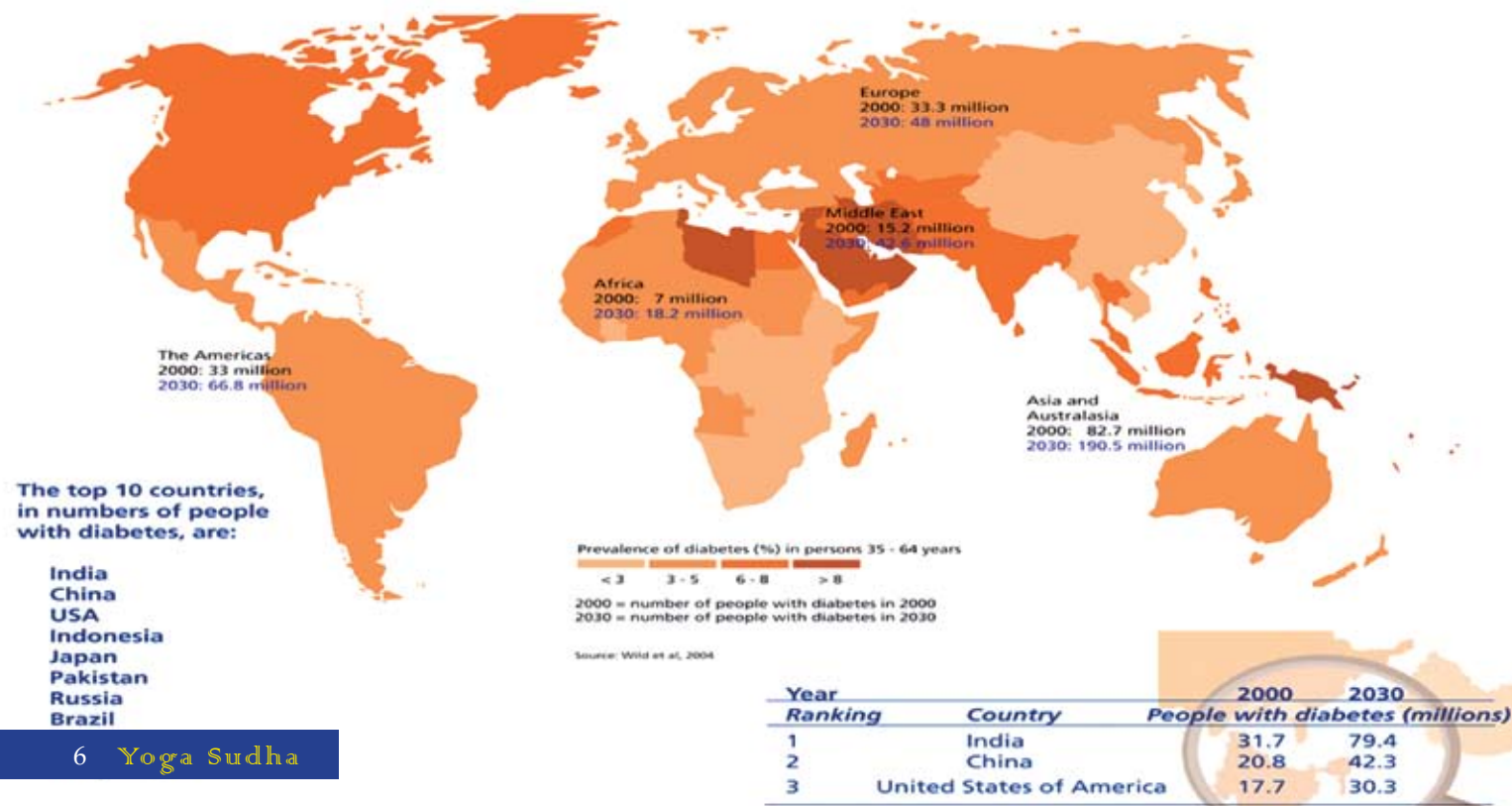
Rank	Country/Territory	2010 (millions)	2030 (millions)
1	India	50.8	87
2	China	43.2	62.6
3	U.S.A.	26.8	36.0
4	Russian Federation	9.6	12
5	Brazil	7.6	12.7
6	Pakistan	7.1	10.3
7	Indonesia	7.0	12.0
8	Mexico	6.8	13.5

Economic Burden: Burden of Diabetes in India

Year	Urban	1998 Rural	Total	Urban	2004 Rural	Total
No. of cases	16,686,891	14,370,120	31,257,011	21,404,225	16,363,177	37,768,402
No. of deaths	51,251	44,299	95,550	62,506	46,627	109,133
No. of YLLs	529,959	484,983	1,014,942	646,351	510,471	1,156,822
No. of DALYs	1,016,866	971,890	1,988,756	1,240,195	1,022,968	2,263,163

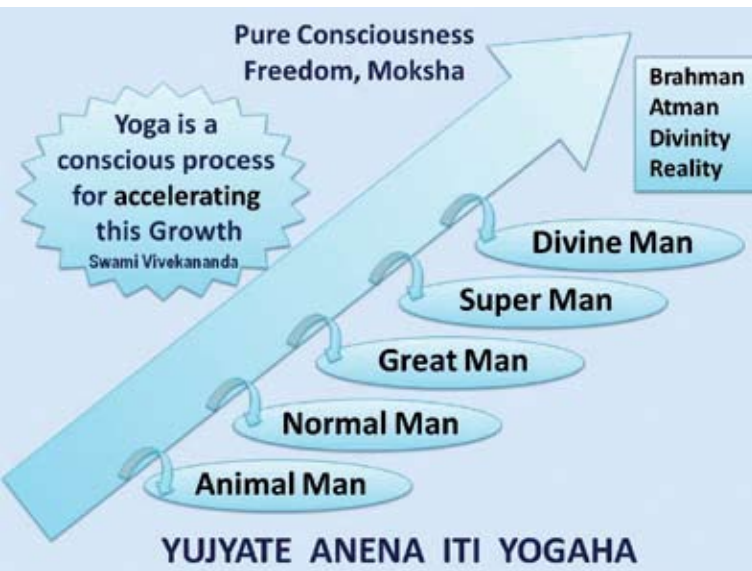
Current Status of Diabetes in India and Need for Novel Therapeutic Agents; A Ramachandran, AK Das, SR Joshi, CS Yajnik, S Shah, KM Prasanna Kumar

Prevalence of diabetes





Contribution of Yoga Therapy for Diabetes Management - A Research Review



What is Yoga?

Being a total solution, it is here that its great contributions, as India has the complete knowledge base, which is coming from the root vid jnane, the Vedas treasure us with the total knowledge - a knowledge-base much needed for us in the modern era to meet the challenge.

Derived from the verbal root Yuj, the term yoga means joining; joining our small individual personality with all pervasive cosmic personality; raising us from an animalistic level to the highest levels of perfection, featured by total freedom, knowledge and bliss as shown below.

As defined by sage Patanjali in his aphorisms of yoga (PYS: 1.2), yoga is to gain mastery over the modifications of the mind. This mastery involves two dimensions: one to get better powers of concentration and two to get the power to silence all modifications of the mind. Patanjali prescribed the eight-limbed Astanga yoga for this purpose. Hatha yoga texts offered

us the Mudras, Bandhas and Kriyas. There are also other main streams of Yoga known as Jnana Yoga, Bhakti Yoga and Karma Yoga.

Swami Vivekananda proclaimed that all these paths lead ultimately to the same goal - moksha (freedom from all diseases and bondages in general).

What is IAYT?

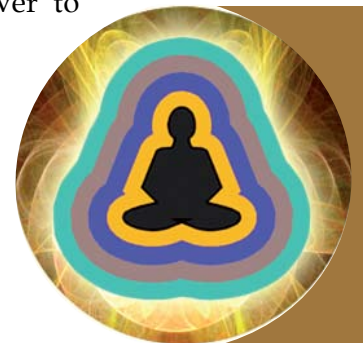
IAYT (Integrated Approach of Yoga Therapy) uses all these streams of yoga to tackle the multidimensional problems of modern diseases and is providing the answer to the challenges of our age.

Solving the problems just at the physical level will not answer the challenge of DM, Yoga working at all levels is the key.

The sketch shows the practices used to bring balance at all 5 levels of human system by IAYT.

Cost Effectiveness of Yoga

Yoga therapy is a cost effective drugless therapy. Many diseases have been treated throughout the world and more research is being explored. A news article in Los Angeles Times wrote: 'Considering the high costs of medical care in the case of back related problems - more often resulting in extensive diagnostic procedures, medication, surgery and hospitalization - it makes economic sense to encourage patients to seek a more cost effective route which could save medical schemes millions annually.'





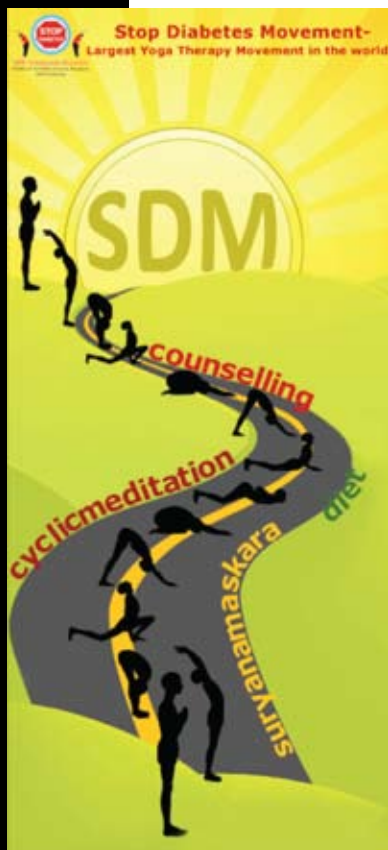
Evidence base of Yoga for Type 2 Diabetes

DM Research Papers:

1. Yoga therapy for NIDDM: a controlled trial. R, Monro., J, Power., A, Coumar., R, Nagarathna. and P, Dandona. (1992), S-VYASA, Bengaluru. Complimentary Medical Research, 6: 66-68.
2. Community based yoga classes for type 2 diabetes: an exploratory randomized controlled trial. Lana Skoro-Kondza, Sharon See Tai, Ramona Gadelrab, Desanka Drincevic and Trisha Greenhalgh. BMC Health Services Research 2009, 9:33.
3. Contextualizing the Effects of Yoga Therapy on Diabetes Management: A Review of the Social Determinants of Physical Activity. Gina K. Alexander, Ann Gill Taylor, et.al. Fam Community Health. 2008 ; 31(3): 228-239.
4. Effect of exercise therapy on lipid profile and oxidative stress indicators in patients with type 2 diabetes Lorenzo A Gordon, Errol Y Morrison et.al., BMC Complementary and Alternative Medicine 2008, 8:21.
5. Psychological, social and biological determinants of ill health (pSoBid): Study Protocol of a population-based study Yoga N Velupillai, Chris J Packard et.al., BMC Public Health 2008, 8:126.
6. The Influence of Yoga-Based Programs on Risk Profiles in Adults with Type 2 Diabetes Mellitus: A Systematic Review Kim E. Innes and Heather K. Vincent et.al., *Advance Access Publication 11 December 2006.*
7. Utilization of 3-month Yoga Program for Adults at High Risk for Type 2 Diabetes: A Pilot Study. Kyeongra Yang, Lisa M. Bernardo et.al., *eCAM 2009;Page 1 of 7*
8. Yoga Practice for the Management of Type II Diabetes Mellitus in Adults: A systematic review Badr Aljasir, Maggie Bryson and Bandar Al-shehri. University of Ottawa, Ottawa and 2University of Toronto, Toronto, Ontario, Canada. *eCAM 2009;Page 1 of 7*

Dessertations & Theses:

1. Effect of Intensive Integrated Yoga on Body Composition, Insulin Resistance and Lipid Profile in Type 2 Diabetes. Bilagi Ashween, Nagarathna R. 2011 (*In Press*)
2. Changes in Tridosha and Triguna in Type 2 Diabetics after Integrated Approach of Yoga Therapy - a Pilot Study. Singh AK, Nagarathna R, Tripathi S, Nagendra HR. 2011 (*In Press*)
3. Influence of Integrated Approach of Yoga Therapy on Nerve Conduction Velocity in Type II Diabetes Patients - a Cross Sectional Study. C.Nagraj, N.K.Manjunath 2011 (*In Press*)
4. Cognitive functions and Blood Sugar Levels in adults with Type 2 Diabetes Mellitus into regular Yoga therapy. Ashwini. R., Geetha Appachu, Nagarathna R. 2011 (*In Press*)
5. Effect of Integrated Yoga in Diabetes Mellitus. Satyapriya Maharana 2008





SDM - A Nationwide Movement
Initiative of S-VYASA University, Bengaluru

SDM LAUNCH & GROWTH

What is SDM?

SDM is Stop Diabetes Movement – Stop the spread of Diabetes through Yoga! And modern medical system.

A Pioneering endeavor of S-VYASA for Diabetes care through integrated approach of yoga therapy that includes life style readjustment, attitude shift dietary discipline, food value awareness, counseling, pranayama, meditation, walking, Yoga asanas, kriyas, spiritual healing and nurturing group dynamism.

Vision

SDM is a collective effort to prevent India from becoming the world capital of Diabetes Mellitus.

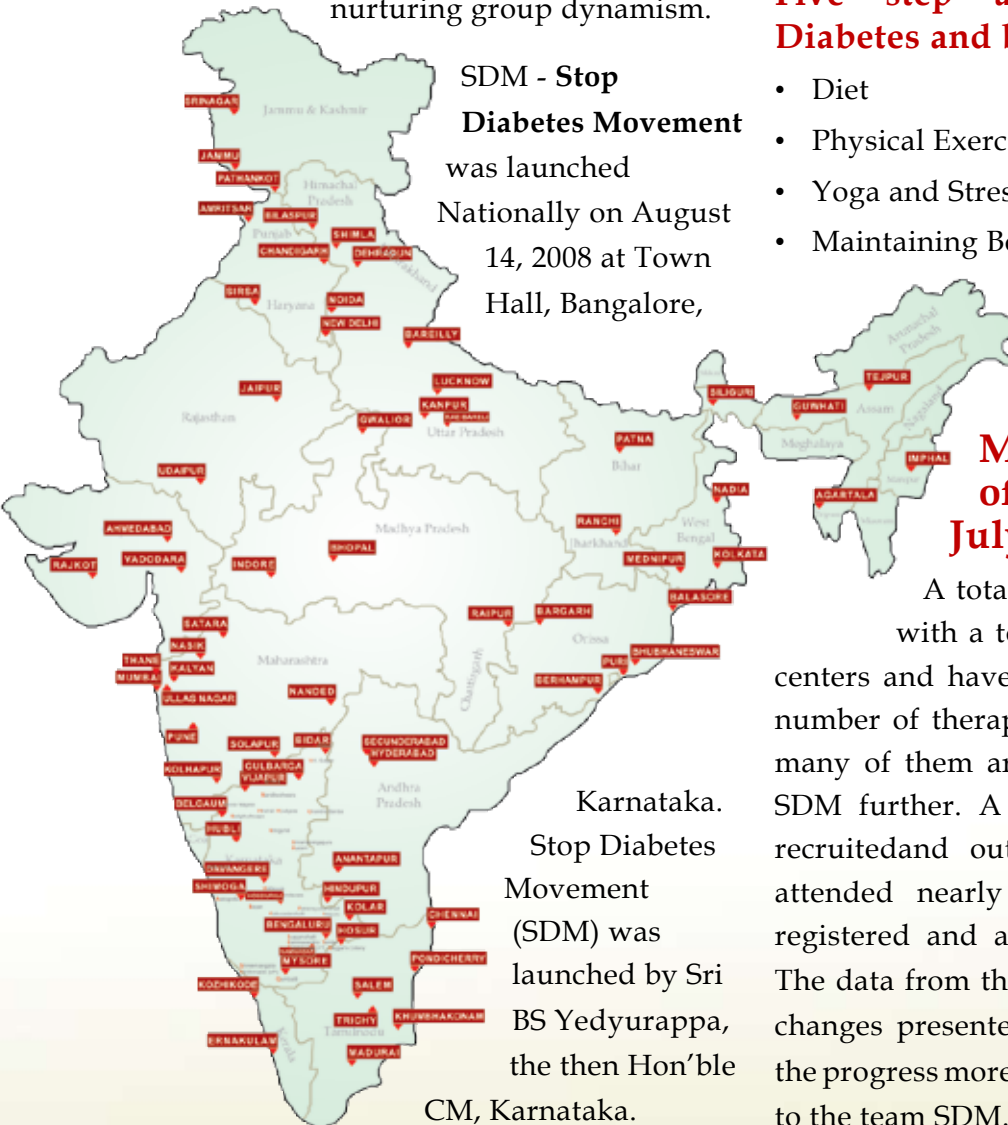
Mission

Prevention of early onset of diabetes, avoid complication of diabetes, inspire lifestyle redesign, reduce stress reduce medication and lead healthy life.

Five step approaches to manage Diabetes and bring it under control

- Diet
- Physical Exercise
- Yoga and Stress Release
- Maintaining Body Weight
- Screening at Regular Intervals

SDM - Stop Diabetes Movement was launched Nationally on August 14, 2008 at Town Hall, Bangalore,



Karnataka. Stop Diabetes Movement (SDM) was launched by Sri BS Yedyurappa, the then Hon'ble CM, Karnataka.

Major Achievements of SDM - Progress till July 2010

A total of 6 regions have been setup with a total of 58 Cities and 103 yoga centers and have started operations. The total number of therapists trained so far is 634 and many of them are actively involved in taking SDM further. A total of 36 staffs have been recruited and out of 14759 participants who attended nearly 82 awareness camps, 3054 registered and are undergoing yoga therapy. The data from the centers has made significant changes presented through the graph. During the progress more than 50 doctors also registered to the team SDM.



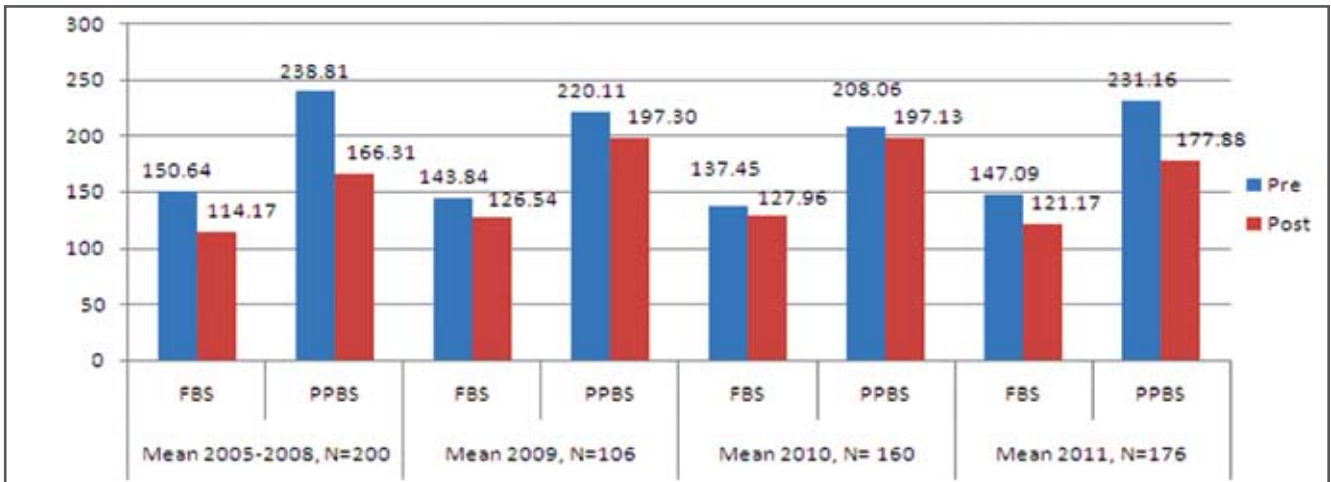
Glimpses of Stop Diabetes Movement (SDM)



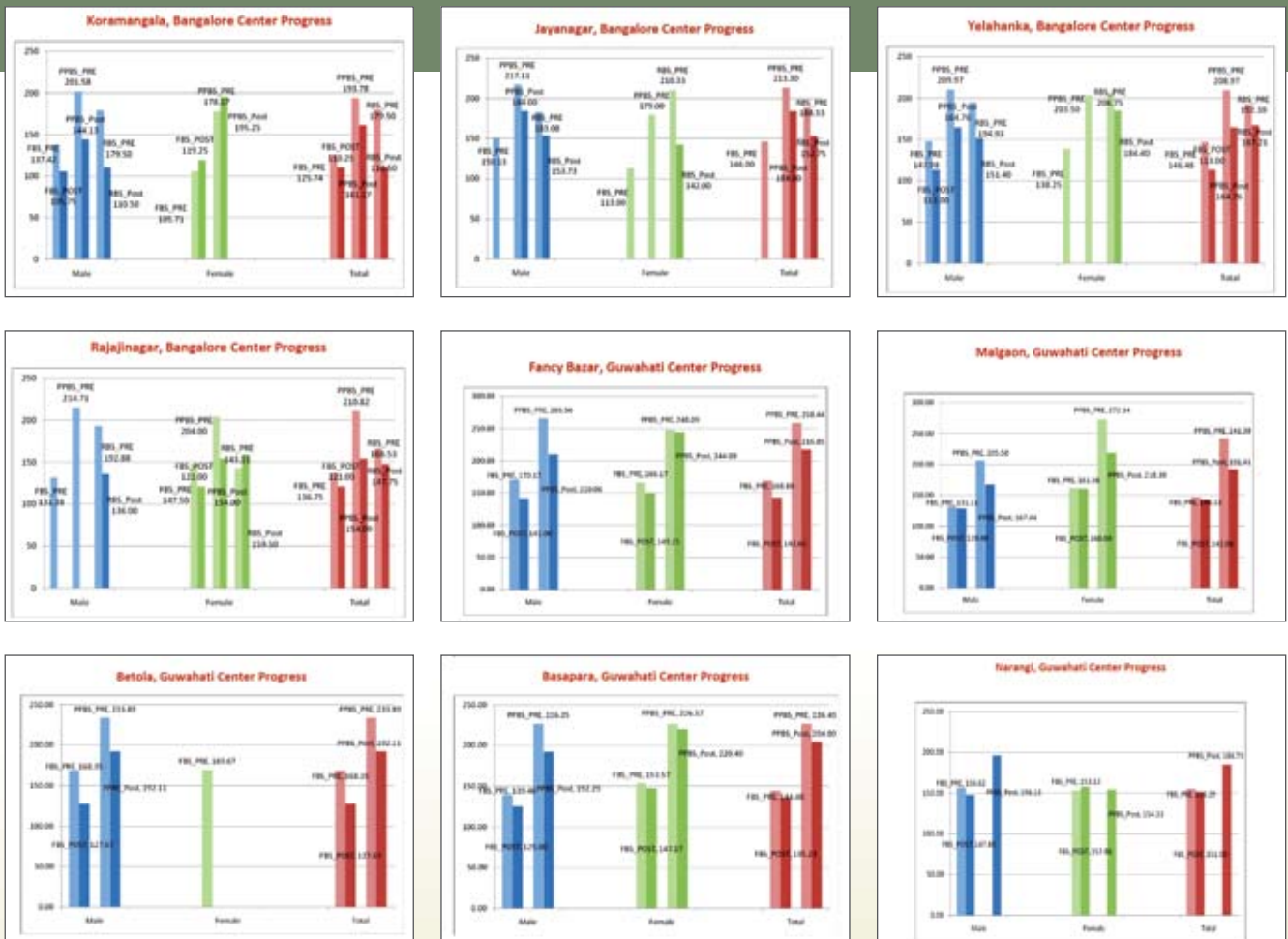


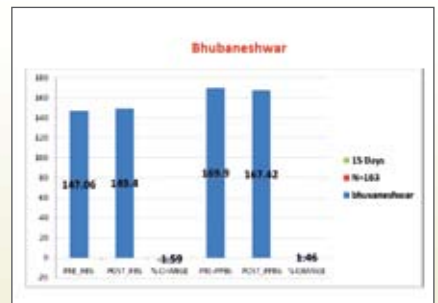
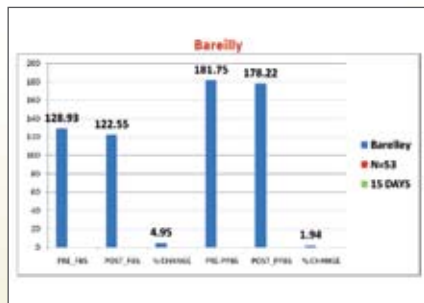
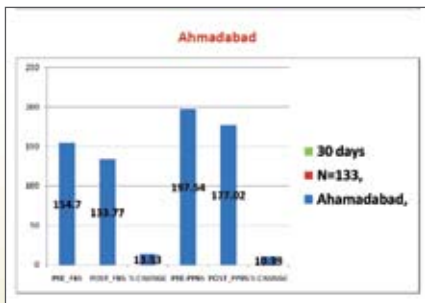
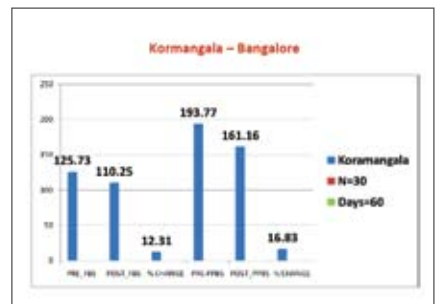
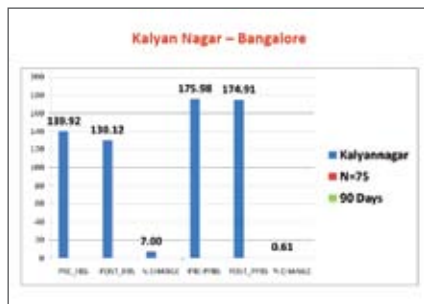
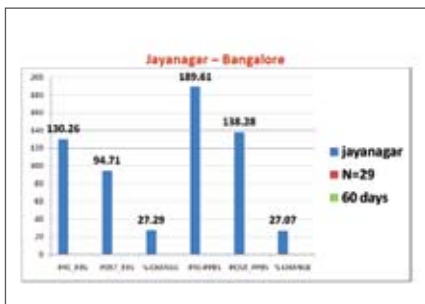
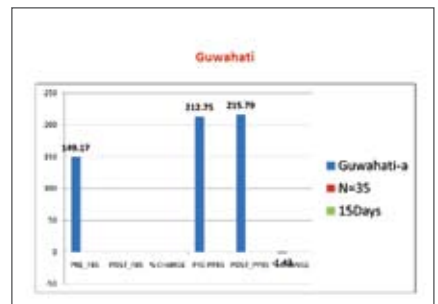
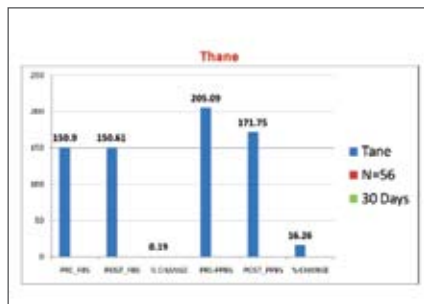
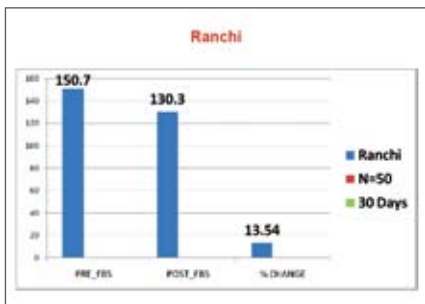
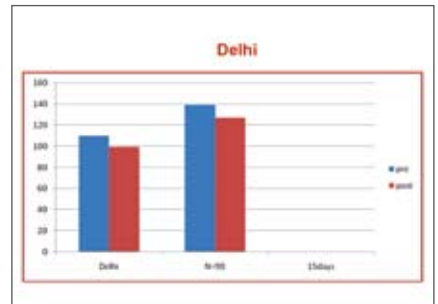
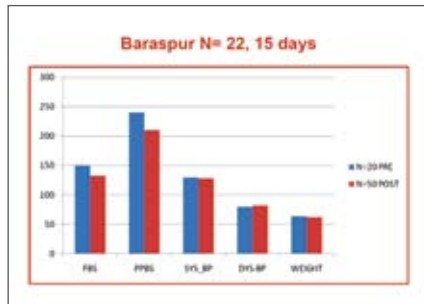
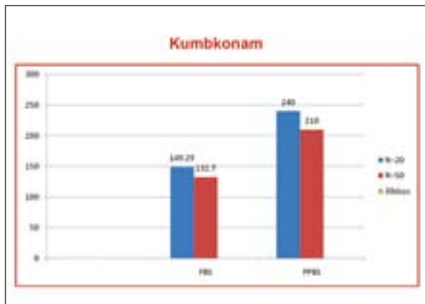
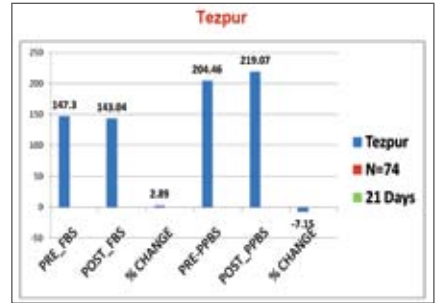
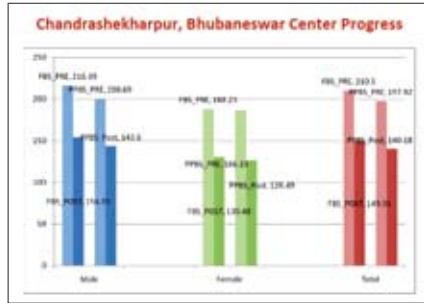
SDM – Residential Camps

Results on Type 2 DM Participants



Data of Various SDM Centres in INDIA







SDM Branch Contact Details

NORTHERN REGION

Himachal Pradesh

- 1 Shimla divyainstitute@gmail.com
- 2 Bilaspur 09098762320
mrithunjayrathore@yahoo.in

New Delhi

- 1 New Delhi 011-26807060 / 09810772809
sdmdelhi@gmail.com
sah_yog@rediffmail.com

Uttar Pradesh

- 1 Bareilly 09319145129 | brijesh.in@gmail.com
- 2 Lucknow 09319905420
yogidhananjai@rediffmail.com

Uttarakhand

- 1 Uttarakhand 09411354989
sivansh_nautiyal@rediffmail.com
- 2 Dehradun 09719037687

Punjab

- 1 Amritsar 09814152929 | rai.hospital@gmail.com

Haryana

- 1 Shirsra 9416021488 | rashobacollege@yahoo.com

EASTERN REGION

Orissa

- 1 Balasore 09438290707
bijayacharyaincys@gmail.com
- 2 Bhubhaneswar 09090418955
sssenapaty4@gmail
shaktirs@rediffmail.com
- 3 Cuttack
- 4 Puri 06752 - 223629 / 09861033377
rama.orissa@gmail.com
rama_orissa@yahoo.co.in
- 5 Berhampur 09437063859
sahubalakrishna@rediffmail.com
- 6 Bargarh 09337083575

West Bengal

- 1 Nadia 09474028947 | diys.acharyya@gmail.com
- 2 Kolkata 033-24241340 / 24246487 | vyasacal@rediffmail.com
vyasacal@gmail.com
- 3 Burdwan 09474028947
- 4 Mednipur 03228 - 246663 / 09733041744
- 5 Hooghly 09143005154
- 6 Silugudi 09434113247

WESTERN REGION

Gujarat

- 1 Ahmedabad 09898010674
vikas@shakti.polyweave.co.in
- 2 Rajkot 09825079579 / 0281-2563555
yogidhamrajkot@yahoo.com
- 3 Vadodara 09898310979 / 9328273107
poonamforwellness@yahoo.co.in

Maharashtra

- 1 Pune 25666660 / 8805461256
sdmatpune@gmail.com
- 2 Kolhapur 0231-2539673 / 2529673 / 09371108541
- 3 Mumbai 9820624602 | rajesh.sarwadnya@gmail.com
- 4 Nasik 09422249490 / 0253-2577011
Fax: 0253-2310477
- 5 Solapur 09823216877 | sandeep75@yahoo.com

- 6 Kalyan 09820487697 | dirghayuh@yahoo.co.in
- 7 Ullas Nagar 09850400386 | rajendra.k.yoga@gmail.com
- 8 Nanded 09730282222
abhijit.deshmukh22@gmail.com
- 9 Thane 022-21723232 | gmmresearch@gmail.com

SOUTHERN REGION

Andhra Pradesh

- 1 Anantapur 09441888889
shivajireddy2005@yahoo.co.in
- 2 Hindupur 9441034591
- 3 Hyderabad 09849000416
mm1256us@yahoo.com

Tamilnadu

- 1 Chennai 09380560781
- 2 Salem 08754272666
subbu.vyasa@gmail.com
- 3 Madurai 09379686407
- 4 Khumbhakonam 09442487928

Pondicherry

- 1 Pondicherry 0413-4201030 / 09894737013 / 09150589531
sdm.yogaalayam@yahoo.in

Karnataka

- 1 Bangalore 09447466493
- 2 Shimoga 09448161749
- 3 Hubli/
Dharwad 9448117982 | jagayogasd@rediffmail.com
- 4 Bijapur 08352-271576 / 09379016552
umesh.koppad@rediffmail.com
- 5 Belgaum 09964885728
- 6 Bidar 08482 229213 / 09449460358
gitkikar@gmail.com

Kerala

- 1 Ernakulam 09447466943 / 09495735920
pathanjali.yvpeet@gmail.com

CENTRAL REGION

Bihar

- 1 Patna 09386598580 / 09430832777
uksingh@uttamonline.com

Madhya Pradesh

- 1 Bhopal 09425126644
sdmbhopal009@rediffmail.com
- 2 Indore 0731-3261742 / 09911197213 / 09329628470
info@puindia.org / babaom@gmail.com

Jharkhand

- 1 Ranchi 098351 52798 | indherb20@hotmail.com

Rajasthan

- 1 Jaipur 09829058890 / 09314503975
- 2 Laxmangarh 09829169169

NORTH EASTERN REGION

Assam

- 1 Guwahati 09435106825
mamtamishrapurohit@gmail.com
- 2 Tejpur

Manipur

- 1 Imphal 09974077155 / 09862134813

Tripura

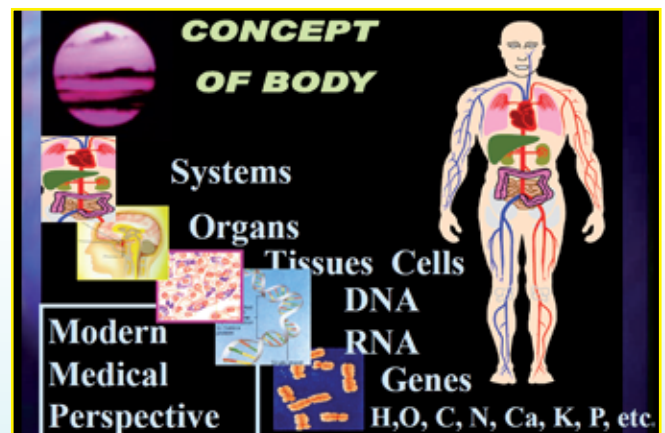
- 1 Agartala 09804581486 / 09774706483 / 08014739325
dibyedyoga@gmail.com



BASIS FOR AN INTEGRATED APPROACH OF NATUROPATHY

- Dr H R Nagendra

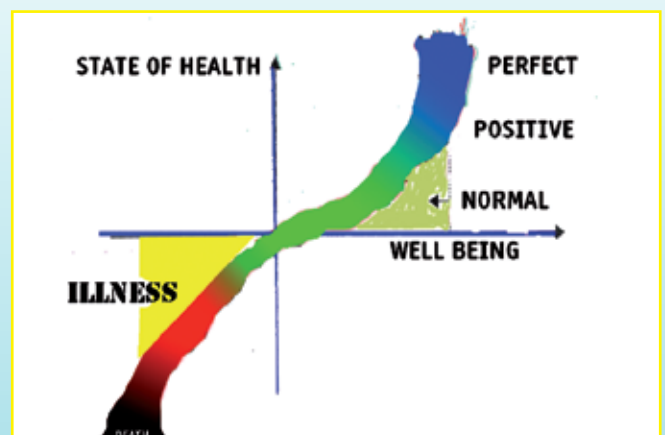
CONCEPT OF BODY AND HEALTH ACCORDING TO MODERN MEDICAL PERSPECTIVES AND YOGA



CONCEPT OF HEALTH:

- WHAT IS HEALTH?
- Absence of Diseases ?

“ HEALTH is a state of well being at physical, mental, social and spiritual levels and not mere absence of illness or infirmity ” → WHO





GOALS FOR HEALTH CARE DELIVERY SYSTEMS

PREVENTION
PROMOTION OF POSITIVE HEALTH
BUDGET ??

HEALTH HAZARDS: PSYCHO-SOMATIC AILMENTS

HIGH BP, IHD, ASTHMA, IBS
DIABETES, CANCER, AIDS
PSYCHIATRIC PROBLEMS
ANXIETY NEUROSIS, PSYCHOSIS

WHY ?

THE KNOWLEDGE BASE

? MODERN SCIENCE
LIMITED TO THE
PHYSICAL UNIVERSE



*BOTH
STRUCTURE & LAWS
OF PHYSICAL UNIVERSE
ARE UNDERSTOOD*

HENCE COMPLETE SUCCESS IN
PHYSICAL WORLD

- POLLUTION
- INFECTIOUS - CONTAGIOUS DISEASES
- SOFISTICATED SURGERIES

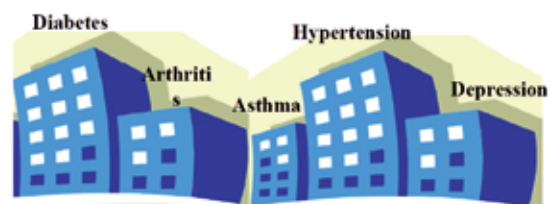
Modern Science

Wonderful Achievements...



But??

NCDs on the rise along with sky scrapers !!!



'Cure' to be removed from Dictionary?

Consequences

- Common man taking to other systems of medicine spending money from his pocket.
- Modern scientist moving from Matter based approach to Consciousness based approach
- Many hospitals opened complementary systems of medicine

Consequences

- NIH opened NICAM
- WHO started a new wing for traditional medicine
- AYUSH in our country emerged and is hitting headlines



**SCIENCE IS IN A
“TURNING POINT”**
FRITJOF CAPRA
TO UNDERSTAND
LIFE, MIND, INTELLECT
EMOTIONS, CONSCIOUSNESS etc
WE ARE IN AN EMBRIONIC STAGE

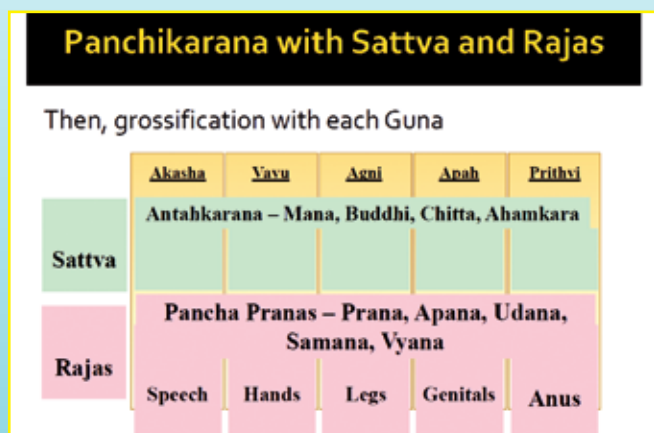
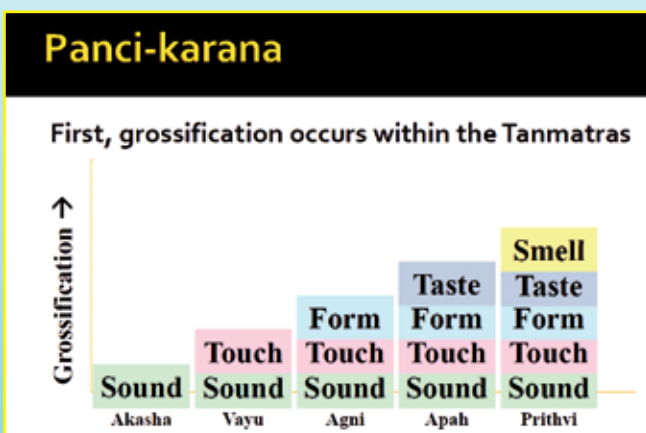
**NCD s are NOT MERELY
PHYSICAL**
• Mental Restlessness
• Emotional Upsurges
• Deep Rooted Psychological Conflicts....
All at the base of NCDs
NCD s are Multi Dimensional
HENCE FAILURE TO MEET THE
CHALLENGE OF STRESS

SCIENCE AND TECHNOLOGY DEVELOPED
IN THE WEST HAVE FAILED TO TACKLE
THE NEPANDEMICS OF
NCDS
WHAT IS THE WAY OUT?
INDIA’S CONTRIBUTIONS
KNOWLEDGE BASE OF
YOGA - Naturopathy

Naturopathy - Basis
■ **Brahman**
■ Is without change
■ Is the original state of creation
■ **Prakrti**
■ Brahman appears to be many through Gunas
■ These many features interact constantly
■ Thus, Prakrti is ever changing

Naturopathy - Basis
■ When these seemingly many features of Prakrti are in balance it is **Health**
■ Imbalance results in Illness
■ Imbalances cause 'Mala' or Toxins which are accumulated in the body
■ Prakrti Chikitsa cleanses these Toxins and un-poisons the body

Panci-karana
■ The process of Grossification from the Subtle
■ Sukshma – Panca Tanmatras
■ Sthula – Panca Mahabhutas
■ Described in **Tattva Bodha** by Adi Shankaracharya





Panchikarana with Sattva and Rajas

Then, grossification with each Guna

	Akasha	Vayu	Agni	Anah	Prithvi
Sattva	Antahkarana – Mana, Buddhi, Chitta, Ahamkara				
	Ear	Skin	Eyes	Tongue	Nose
Rajas	Pancha Pranas – Prana, Apana, Udana, Samana, Vyana				
	Speech	Hands	Legs	Genitals	Anus

Panchikarana

Relationship between an Organ of perception and corresponding gross object.

An Example...

Tungsten Filament + Electricity = Light

But, Tungsten = Matter = Gross Energy

And, Electricity = Subtle Energy

Therefore,
Gross Energy + Subtle Energy = Experience

Panchikarana

Similarly...

Gross (Sthula)	+	Subtle (Sukshma)	=	Experience
Pancha Mahabhutas		Sense organ		Knowledge
Akasha		Ear		Sound
Vayu		Skin		Touch
Agni		Eyes		Form
Apah		Tongue		Taste
Prithvi		Nose		Smell

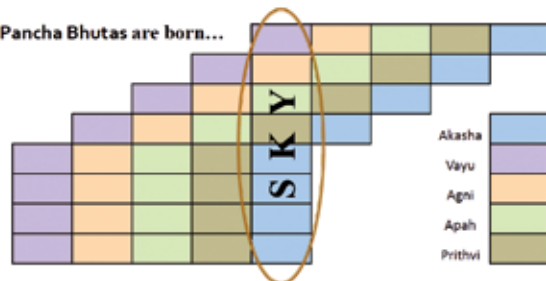
Antahkarana

Antahkarana divided into 4 categories based on the nature and function of the

Faculty	Nature	Example
Manas	Indecisiveness (Sankalpa-Vikalpa)	Should I eat Butter or not?
Buddhi	Decisiveness (Nishchaya)	Yes, I should
Chitta	Memory, Impressions	I liked it last time
Ahamkara Ego		"I" am Krishna

Panchikarana with Tamas

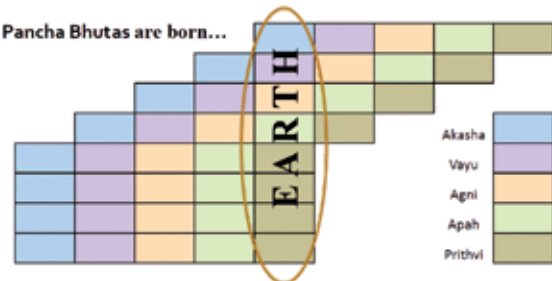
Pancha Bhutas are born...



$$\text{Sky} = 1/2\text{Ak} + 1/8\text{Vy} + 1/8\text{Ag} + 1/8\text{Ap} + 1/8\text{Pr}$$

Panchikarana with Tamas

Pancha Bhutas are born...



$$\text{Earth} = 1/2\text{Pr} + 1/8\text{Ak} + 1/8\text{Vy} + 1/8\text{Ag} + 1/8\text{Ap}$$

Panchikarana

Thus, the Panchikarana is complete

- So, gross body is a combination of Panchabhutas which are in turn combinations of Tanmatras and Gunas
- State of Health - All these elements are in balance
- Naturopathy restores health by balancing these elements in our body

Naturopathy - Basis

Treatment (E.g.)	Element balanced	Kosha
Mud therapy	Earth	Annamaya kosha
Hydro therapy	Water	
Steam bath	Fire	
Exposure to nature	Air and Space	
Acupuncture, Magnetotherapy	Pancha Pranas	Pranamaya kosha
Music therapy, Bhajans	Manas, Chitta	Manomaya Kosha
Counselling, Understanding the basis of treatment	Buddhi	Vijnanamaya kosha
Tuning to the sky	Ego, the seed of creation	Anandamaya kosha



Conclusion

- Yoga and Naturopathy
 - provide a holistic approach in treatment
 - provide remedy at the root of the problem
- Several thousand research papers published in Yoga and Naturopathy – It works!!

Challenges

- Emphasis given only to physical practices like Asana
- Jnana, Bhakti, Karma and other aspects of Raja yoga to be given equal importance
- More In-depth studies in Yoga and Naturopathy are required

**30 YEARS
OF
YOGA THERAPY
RESEARCH
AT VYASA..**

STRESS REDUCTION

restores

Immune system normalcy

AUTOIMMUNITY REDUCED

**WE HAVE ENOUGH
EVIDENCE TODAY ABOUT
THE
EFFICACY OF YOGA
FOR
DIABETES**

Diabetes and HIV...

We hope this article will inspire all the budding naturopaths to start research to give lasting solutions to these NCDs in general and **Diabetes** in particular which have become the biggest challenges in our country
India becoming the DM capital of the world
and HIV fast spreading in Karnataka
our state of Karnataka

**Join hands with
Our Nation-wide SDM**

STOP DIABETES MOVEMENT

PROJECT OF S-VYASA

**Join hands with
Our project on HIV**

**YES for SS
Start AYUSH and Stop HIV**

**PROJECT Of Dept of AYUSH
and S-VYASA**



A Life Changing Experience

March, 2012

My stay at Prashanti is one great experience. I will cherish throughout my life. I still remember, before coming to Prashanti, I was reptical as to how one can loose weight with yoga and here I am, I have lost 20 Kgs. My journey of loosing 20 Kgs was not an easy one. As I already said I had many doubts in my mind, but the moment I entered in Prashanti, I could feel the calmness and serenity prevailing in the environment, guess the environment does half of the work. My classes used to start at 5:30 AM and used to last till 8 PM and I used to find it difficult, but as the time passed by I became adjusted to the environment. The best part of Prashanti is that, it provides the atmosphere to the person to heal oneself, it inculcates in you the positive vibes, the energy "yes you can do it". One more interesting think about Prashanti is that they never use the negative word "Patient", they always address people as "participant" making them comfortable. I still remember the 1st day when I was sitting outside waiting for my class to start, I asked someone as to how long she intends to stay and she said 2 weeks, when she asked me the same, I answered 2 months, the moment I said that she was really surprised; that very moment I promised myself that I will have to be strong, determined and will have to possess a great will power to sustain myself as my journey is long and not a cabe walk. I really worked hard all these days. I used to exercise religiously, walk regularly, both in the morning and evening, used to eat diet food, I stayed on juice diet for 3 weeks and during that time, I did

not touch any food. It was really tough to control myself but when people used to appreciate me for my good work, I used to feel very happy and motivated. I had even become a role model for many which motivated me all the way more. All my notions about yoga not a good way to loose weight, they all got eroused. Yoga is about awareness, to be aware of of one's breathing pattern. Yoga causes fatigue and more effect. In this journey of my weight loss, I got to know many people who helped and supported me at times when I was on verge of breathing down. I would take the opportunity to thank few people out here without whose support I would not have reached my goal. My respects to Dr.R.Nagaratna. I would like to thank Dr. Purshotham had not been here, I would not have been introduced to this place, then my therapist, Harish Sir without his guidance, support and continuous encouragement I would not have achieved this. Last but not the least, the friends I made here Vineet, Joydeb, Sanjeet who made me feel at home, always helping and motivating. I really owe a lot to these people and to this place. It gave me the gift I have been craving for years. This place is magical, you come herewith with problems and this place takes away all of it and gets you going. Prashanti taught me the importance of a healthy lifestyle and also as to how to go about it. It has been a life changing experience of my life and I will always cherish it and will definitely look forward to come here again.

- Poornima, Bangalore



AROYADHAMA DATA (March 2012)

No. of Participants (n) =	8	24	13	32	37	33	16	13											
Parameters	Neurological disorders/ Oncology		Pulmonology/ Cardiology		Psychiatry		Rheumatology		Spinal Disorders		Metabolic Disorders		Gastro- niterology		Endocrinal Disorders		Promotion of Positive Health		
	BY	AY	BY	AY	BY	AY	BY	AY	BY	AY	BY	AY	BY	AY	BY	AY	BY	AY	
Respiratory Rate	17.50	16.38	20.92	22.13	16.00	16.00	18.38	16.72	14.52	18.66	14.52	18.03	16.81	17.25	16.88	18.25	13.58	16.57	15.50
Pulse Rate	76.75	69.63	66.46	65.92	60.00	58.00	77.97	75.34	74.48	78.97	74.48	78.32	73.84	75.31	73.13	84.00	73.75	80.43	76.50
Systolic BP	115.75	120.25	123.75	127.29	110.00	100.00	128.25	124.19	117.79	120.14	117.79	129.61	122.52	118.88	115.33	124.83	123.50	122.29	117.29
Diastolic BP	75.25	73.75	76.50	77.13	70.00	58.00	78.06	82.13	79.67	77.10	80.58	74.87	79.50	76.13	83.50	81.50	79.00	79.29	79.29
Weight	63.87	62.63	73.07	71.96	67.00	69.00	71.20	69.32	66.69	65.42	72.61	71.28	69.95	68.00	81.05	77.39	70.22	69.01	69.01
Bhramari Time	9.38	13.13	11.38	12.76	11.00	16.00	10.50	13.69	16.20	11.53	16.20	11.71	15.45	13.81	18.13	9.33	16.08	10.79	15.71
Medicine Score	11.38	7.88	3.41	3.38	4.00	6.50	2.28	1.44	0.90	1.31	0.90	5.50	4.58	1.69	1.31	0.25	0.25	0.21	0.21
Symptom Score	12.75	4.75	3.42	2.08	2.00	2.00	7.38	3.27	8.10	2.34	5.63	2.00	2.94	0.63	0.83	0.08	2.14	0.43	0.43

Total Number of Participants:189

BY: Before Yoga

AY: After Yoga



READERS FORUM

Why don't we publish a "Yoga Research Journal" to collect various researches across India and abroad in Yoga field? (so that a therapist can use it as a main source, like in other field e.g. Medical, Law etc.,)?

Ans:- There are 3 indexed journals available: 1. International journal of yoga 2. International journal of yoga therapy 3. Indian journal of traditional knowledge.

International Journal of Yoga: This journal (ISSN # 0973-6131), is a multidisciplinary Semiannual scientific Yoga journal, dedicated to Yoga research and applications. The journal is an official publication of the Swami Vivekananda Yoga Anusandhana Samsthana (a Deemed University) recognized by the Ministry of Human Resource Development through UGC, Government of India, New Delhi, India. This journal is published by Medknow Publications, Mumbai, India and is indexed in a number of databases including PubMed and EBSCO etc.

The *International Journal of Yoga Therapy (IJYT)* is an annual, peer-reviewed journal serving Yoga practitioners, Yoga teachers, Yoga therapists, health professionals, and Yoga researchers. It publishes scholarly and research-based submissions related to any tradition or aspect of Yoga therapy. The IJYT is published in October and electronic access is available back to 2002.

Indian Journal of Traditional Knowledge: The Indian Journal of Traditional Knowledge carries original research papers, review articles, short communications, etc. concerned with the observation and experimental investigation of the biological activities of the materials from plants, animals and minerals, used in the traditional

health-care systems such as Ayurveda, Siddha, Yoga, Unani, Naturopathy, Homoeopathy, Folk-remedies, etc. As validation of indigenous claims it covers Ethno-biology, Ethno-medicine, Ethno-pharmacology, Ethno-pharmacognosy & Clinical Studies on efficacy.

How do this opportunity be used to increase the Yoga penetration in school, Institutions, Organization?

Ans:- The 19th INCOFYRA Conference was attended by practitioners, clinicians, yoga enthusiasts, researchers, government officials, teachers and lay public. This helped propagate yoga at micro (family) & macro (institution) levels. Further in 2011, the chief minister of Karnataka passed a resolution to make yoga as mandatory courses till std 8th. This initiative would directly help the penetration of yoga into schools of Karnataka. The International Conference on Yoga & Naturopathy in February brought the wisdom base to nearly 5 thousand delegates & Arogya Expo 2012 brought nearly 2 lakhs which surely has helped in promotion of Yoga. See www.icyn.net for more details.

Can there be a standardization of common Yogic practices?

Ans:- A number of research studies have focused on standardizing yogic practices for specific disorders. These studies have been published in peer-reviewed journals Apart from this, ancient texts (Gheranda Samhita, Hatha yoga Pradipika, Hatha Ratnawali) the yogic practices the basic principles of which every practitioner should follow.



Spirituality In Management: Relevance for the Contemporary Work Organizations

- Prof. Subhash Sharma, Director, Indus Business Academy, Bangalore

Evolution of management thought over last 100 years can be viewed in terms of a journey from Science In Management (SIM) to Spirituality In Management (SIM). The journey began with Science in Management initiated by Taylor. With the recognition of Human side of management in 1960s, management thought evolved to its next level viz. incorporating the human aspects in its fold. By 1990s concern for Good Governance became important and thus, Ethics and Values dimension entered the field of management thought. After 2000, new issues such as environmental concerns, organizational wellness, long term sustainability of institutions etc. became important paving the way for the idea of Spirituality In Management.

$$e = mc^n$$

To appreciate the significance of spirituality, we can draw upon the spiritual significance of Einstein's well known equation $e = mc^2$, that connects e (energy), m (matter) and c (speed of light). Taking a clue from this equation, in my book, Quantum Rope (1999), I suggested a generic equation of Spirituality viz. $e = mc^n$, wherein e represents energy, m represents matter and c represents consciousness and n can

have value from 1 to infinity.

*Keynote Dinner Talk at International Conference on Contemporary Business, Organized by Curtin Business School, Curtin University, Perth, Western Australia, Sept 15, 2011.

In organization context, e (energy) represents the life-force, m (matter) represents the infrastructure and c represents organizational consciousness represented by vision and mission. Thus, this equation has spiritual relevance for contemporary work organizations.

Defining Spirituality

Spirituality has many definitions. It means different things to different individuals. However, we can arrive at a general definition by decoding the word SPIRIT into three components viz. SP- IR- IT. In this definition, SP stands for Sense Pleasures, IR for Intuition and Reason and IT for Infinity and Transcendence. Consciousness expresses itself through these three components of SPIRIT, wherein SP represents the Physical dimension of existence, IR represents the mind aspect/ psychological aspect and IT represents the spiritual aspect. This definition is also in consonance with Body,



Mind, Soul model of human beings. These three levels of existence are also referred to as matter, mind and consciousness representing gross, subtle and supra-subtle levels of human existence. They also represent the three energies viz. physical, mental and spiritual energies.

Typology of Energies and OSHA-OSHE Model of Human Beings

Energies in nature are of three types viz. violent, vibrant and silent. These can be referred to as X, Y and Z forms. Within the course of a day we can experience all the three energies. They can be experienced in varying forms at work-places.

OSHA-OSHE Model of human beings explains the use of these energies by human beings in their day to day existence. OSHA model implies four levels of existence defined by O: Oneness, S: Spiritual, H: Humanistic and A: Aggression / Aggressive approach reflected in Anger at the work place. OSHE model also defines the same in terms of Oneness, Spiritual, Humanistic and Existential dimensions. When applied to work place context, this model raises the question: Is there excessive violent energy or anger at the work place? How negative energy (nenergy) can be reduced at the work place? Model provides us a logic for tapping silent energy represented by O and S levels to reduce negative energy and enhance positive energy and synergy not only at the work place but also in one's life.

It may be indicated that OSHA-OSHE model has connectivity with Shiva-Shakti concept from Indian spiritual tradition and Yin-Yang concept from Chinese thought. Thus, it has deeper roots in ancient wisdom. As a model of Spirituality In Management, it is helpful to managers and leaders to create positive energy within organizations .

Tapping Silent Energy through 'Cosmic Connectivity'

When an individual is in crisis, he/she connects his/her Inner Being (IB) to an Anchor (A) to tap silent energy. While the anchor differs

from individual to individual and culture to culture, there are anchors that lead us to cosmic connectivity. I do a simple exercise with my students and during Management Development Programs to find out the nature of anchor that people generally rely upon. The findings are always interesting. In fact nature provides us many anchors for establishing and experiencing cosmic connectivity. Such connectivity can also be expressed as Divinity Quotient (DQ) wherein nature is viewed as Divine in nature.

Swan Model: Mind as Swan

In Indian tradition Swan is a spiritual metaphor for cosmic connectivity and mind can be considered as Swan. In fact, mind can acquire four swan like characteristics. It can become walking swan, flying swan (Luft-hans), flying high in the sky (Raj-hans) or fly in the cosmos (Param hans). These four stages of mind's evolution are well described in Indian spiritual tradition. Sometimes enlightened individuals are referred to as Param hans e.g. Rama Krishna Paramhans, Spiritual Guru of Swami Vivekananda.

Black swan is unique to Western Australia. It also has an interesting meaning at work place. It implies that employees have unique creativity that they can bring to work place and thus make the work environment more creative. In my book, Market's Maya (2009), I suggested the SWAN model in terms of Strengths, Weaknesses, Achievements and Next step. Focus on the Next step helps in unfolding one's creative potential. Metaphor of mind as swan points to the same.

PERTH and EARTH Spiritual Connectivity

Yesterday (14.09.2011) while taking a drive around the city of Perth, Prof. Samir Chatterjee remarked that Perth is turning into a centre of Earth as a result of many new business opportunities. In addition to European nations, India and China are making many business strides in this region. This invoked in my mind



the idea of 'spiritual connectivity' of Perth and Earth leading to a flash in my mind that created PERTH and EARTH models of Spirituality in Management.

PERTH model provides us following interpretation of PERTH:

PER: Perfection, T: Trust, H: Harmony

When these three fundamental values of work place viz. Perfection, Trust and Harmony are present in an organization, there is spiritual synergy. This is the essence of the PERTH model. Spirituality In Management implies that we need to practice PERTH model across the globe. Thus, it is a universal model for practicing Spirituality at work place.

I will like to define EARTH model as follows:

E: Enlightenment, A: Awakening, R: Realization, T: Truth, H: Harmony

We are entering a new era of Truth and Harmony through EARTHing experience to borrow a metaphor from electrical engineering. When such an experience is brought to day to day existence, PERTH and EARTH become strong metaphors for Spirituality.

Towards 'Australian Veda' and Its INDINA Touch

PERTH-EARTH spiritual connectivity through rivers, swans, trees and sounds can in fact become a basis for 'Australian Veda'. Swan river in Perth, Black swans in Western Australia, Kookaburra bird and Grass Trees that are unique to Australia are the natural anchors to connect our inner being with cosmos and thereby experience the spiritual synergy. In fact, Australian Veda based on such metaphors can be a new book for Spirituality in Management. Today we have written its first Chapter. Rest is a matter of detail.

Of course this book has an Indian connectivity

and this connectivity can be expressed through the idea of INDINA experience. INDINA experience means experiencing IN (Infinity), DI (Divinity) and NA (Nirvana) state of consciousness through JHS (Joining of Heart and Spirit). Such an experience can have a transformative impact on individuals.

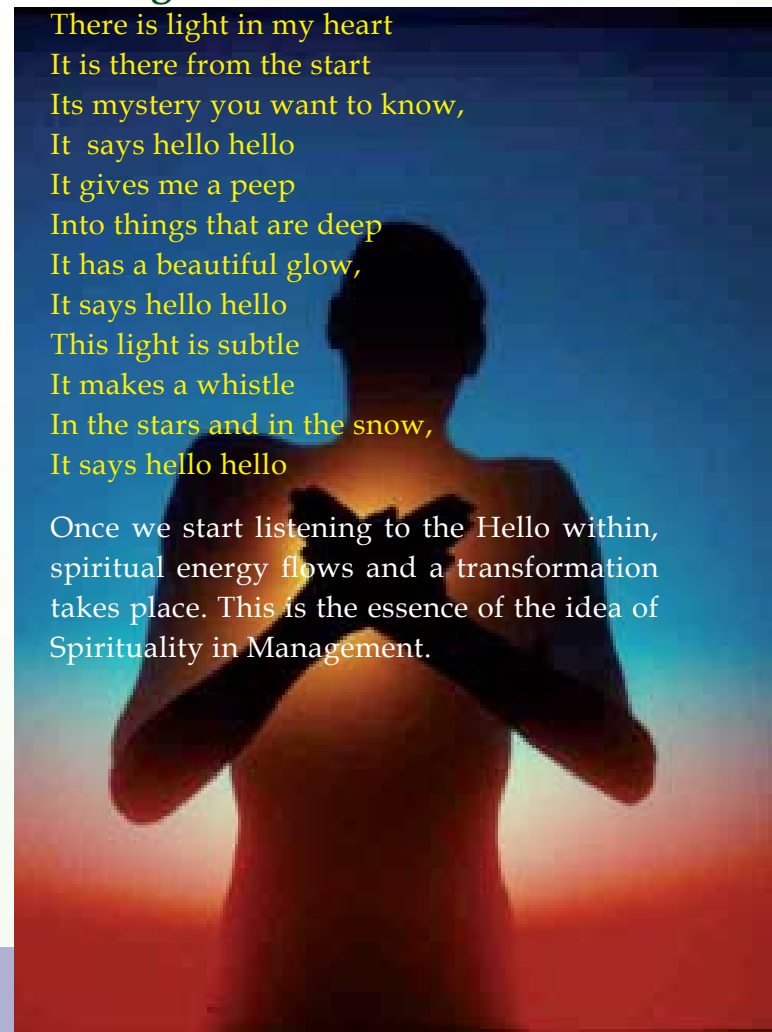
Light in My Heart

I conclude the idea of Spirituality in Management through my song 'Light In My Heart' from my book, Creation from Shunya (1993, p. 33). It is also known as WISDOM song as it was adopted by students of WISDOM, Banasthali University in India as its institutional song. Light within our heart represents the essence of spirituality. When we bring this light into whatever activity we do, we are practicing Spirituality in Management and Spirituality at work place. A recorded version of the song is available at www.shunyacreations.com.

Some lines of the song are as follows:

There is light in my heart
It is there from the start
Its mystery you want to know,
It says hello hello
It gives me a peep
Into things that are deep
It has a beautiful glow,
It says hello hello
This light is subtle
It makes a whistle
In the stars and in the snow,
It says hello hello

Once we start listening to the Hello within, spiritual energy flows and a transformation takes place. This is the essence of the idea of Spirituality in Management.





'Catch them Young!'

a report - Personality Development Camp @ S-VYASA



"We want that education by which character is formed, strength of mind is increased, the intellect is expanded and by which one can stand on one's own feet." **Swami Vivekananda** was himself an illustrious example of his idea of educated youth. **Swami Vivekananda** had a great vision for the youth of our country. With a clear philosophy of life along with proper understanding of values and culture, youth can be developed into beacon lights. The presence of even a handful of such youth in the society can make a huge difference in the process of Nation Building. For achieving this purpose **S-VYASA Yoga University, Bangalore**, every year conducts Personality Development Camps (PDC) in three batches, each for 10 days in the month of April. This year the participant strength for first batch was 210 and second batch was 230 where as third batch rose up to 350. The first batch had 80 senior kids and 130 juniors where as the strength became 86 and 136 for the second and

150 and 200 respectively for the third batch.

The kids were exposed to a systematic life style starting from waking up early in the morning 4.30 to doing their personal ablutions themselves, cleaning their clothes and utensils themselves, keeping their surroundings and environment clean, selfless service and many more. The children were distributed into various groups named after holy pilgrimage shrines of Bharata. The sessions in the camp included asana sessions, pranayama, meditation techniques, patriotic and devotional chanting and songs, creativity development, Yoga krida (games), cultural performances and a lot more. Sessions on personality development and group discussions were also conducted. Swami Swatmaramanadaji of Ramakrishna Vidyarthi Mandira inaugurated the whole series of camps. Dr Sudheer Deshpande, Registrar, S-VYASA distributed prizes to all groups. The kids who were crying on the first day of the camp out of separation from parents were seen in tears once again on the last day not wanting to leave Prashanti Kutiram.



Smile Please



"look, he's caught!"



Pranavesana- finding where prana is!

ase...eee



Discussion "how to build a Yogic India?"



Karma yogis in action



"Muscles of iron and nerves of steel"



Blissful moments of happy assemblies



Guru shishya samvada



Be Free...

- Dr. K. Subrahmanyam

Dehypnotize and Be Free

Freedom is every one's birthright. Freedom is sought at every level and always. It should be full and spontaneous, infinite and blissful without any trace of strain and sorrow. We want to think freely and be at the same time free from all thoughts. We want to feel free with all our likes and dislikes, preferences and prejudices. We want to be free from work and work as we like. We want freedom to body and senses. Also we want to be free from them both. Freedoms



to work, think and judge are sought after. In a single word, it is 'freedom' that everyone longs for.

Spell and Will

We are ever free. But we are unable to be aware of that freedom because of a hypnotic spell. If only we shatter that spell with our will, we shine resplendent with freedom which is ever with us. The spell has been very strong and for ages persistently and powerfully binding us to the wheel of birth and death which are its making like the earth by its spin causing sunrise and sunset. Like the reptiles enslaved by the enthralling tune of a snake-charmer, we have been lured into the spell of forms and names. And there are the three binding shackles, 'Eeshana traya' - the attachments, keeping us tied to the body, money and family, small or large.

Darkness can be driven away by light. Ignorance can be thrown away by knowledge. Spell can be dispelled only by WILL. We have to dehypnotize ourselves since we have been kept as captive for aeons in the world of time, space and causation as countable entities of body-mind-intellect equipments. It is high time that we dehypnotized ourselves from the cosmic spell, also called 'Maya'. Let not the SELF be identified any more with the non-self on account of hypnotism or spell of Maya.

Self and Non-Self

Self is eternal, infinite and blissful. It has no name or form. It is beyond time, space and causation. It is gender-free, birth-free



and death-free. It is beyond all qualities and definitions. It is beyond all limitations. It is beyond all words and expressions. It is beyond all earthy experiences and is EXPERIENCE itself which cannot be expressed or described in any language. Contrary to that SELF is non-self, finite with a form, name and quality bound within the limitations of time, space and causation. It is a hypnotic spell when the infinite SELF is mistaken and falsely identified with the finite form. When the unbound is mistaken for the bound, it is mere foolishness, a hypnotic spell. An elephant which can fell mighty trees and break all fetters, cannot extricate itself from the small post to which it is kept tied with a small rope. It is so because it is brought up from the very childhood that it is but a captive, incapable of freedom from the fetters. It is trained and hypnotized into a slavish submission. Man, too, for years and generations has been enslaved by

a hypnotic spell and is gradually reduced to be a puppet in the hands of fate, the binding rope of birth-death-rebirth cycle. Once, a police officer caught a thief. The thief was known for his skill in opening any iron-safe with his duplicate keys. The police officer offered to set the thief free if he could open a particular iron-safe. The thief tried in vain with all his keys. He accepted defeat and submitted himself to be imprisoned. The police officer laughed and said 'My dear fool, the iron-safe has not been locked all! You have been hypnotized into believing that it is locked. How can you open an unlocked iron-safe? Be free from the spell of ignorance. You can enjoy freedom'. Similar is the case of mankind. None is really bound. Somehow, we are mesmerized into believing the theory of fate, the greatest of all hypnotic spells.

to be continued...



S-VYASA Yoga University invites you for

SRIMAD BHAGAVATA KATHA

by

Prof. Prema Pandurang

3rd to 9th June, 2012 at Prashanti Kutiram, Jigani, Bengaluru

For further details and registration contact before 15th May 2012

The Manager, S-VYASA, Bengaluru 560 019 ; Email: subbu.vyasa@gmail.com

**Katha
Everyday
4 to 7pm**

Phone: 080-2661 2669, 2263 9965 ; websites: www.svyasa.org ; www.svyasa.biz

1st April 2012: Sri Rama Navami

Sri Rama Navami was celebrated at Prashanti Kutiram on the 1st of April 11, 2012 with Sri Rama Puja at Lakshmi Amma Smaraka Dhyana Mandiram as Sri Lakshmi Amma used to do. While Subbu Bhैया led the morning puja and evening arati, Swami Swatmaramanandaji Maharaj from Ramakrishna Vidyarthi mandira led the namasankertan in the evening. The audiences were enchanted by the melodious bhajans and chantings led by Swamiji which had a wide range of compositions on Sri Rama and other deities as well.

7th April 2012: World Health Day Celebrations

The 'World Health Day' was observed at S-VYASA on the 7th April 11, 2012, as per the declaration by WHO. Prof Dr Lekhraj Rampal, Consultant Epidemiologist at Dept of Community Health, University Putra Malaysia and President of College of Public Health Medicine, Malaysia was the chief guest. Dr Rampal released the book 'First Aid from Nature' authored by Dr Prathibha Vinay and spoke on the theme for this year's WHD, "Aging and Health". Dr Prathibha, an eminent researcher in botany and natural sciences, spoke on various health benefits that nature can offer. Prof Pramod Kumar, from AVV, Coimbatore, Swamini Atmaprakashananda and many other dignitaries graced the occasion. Students from the city centre participated in the mass Yogothan at Lalbagh organised by Art of Living Foundation

Workshop on Research Methodology and Visit of Prof Dr Lekhraj Rampal

Prof Dr Lekhraj Rampal, an eminent consultant epidemiologist from University Putra Malaysia visited S-VYASA from 5th April to 10th April 2012. During his stay he extensively interacted with the students and faculty members about some of the upcoming projects of S-VYASA. As a part of this he also gave a one day workshop on 'Research Methodology and Scientific Writings' on 8th April, 2012. This was attended by students of MSc, MD, PhD courses and some of the faculty members. He strongly encouraged the students to take up good research and carry them out diligently.

7th & 8th April 2012: Colloquium on Cultural Heritage of India

A two day colloquium on 'Cultural Heritage of India' was conducted by Prof Pramod Kumar, Head of Cultural Education Department at Amrta Vishwavidyapitam, Ettimadai, Coimbatore. Inspired by the teachings of Swami Vivekananda, Prof Pramod, who is an alumnus of IIT, Chennai, shifted his interests from mechanical engineering to Indian Culture and Values. The students of S-VYASA were fascinated and motivated by the presentations of Pramod in which he brought out the contributions of Bharat to the world in varied fields including medicine, engineering, technology, mathematics and others. Prof Pramod also had discussions with S-VYASA authorities on various collaborative projects.

14th to 25th April 2012: Bhajan Competition for S-VYASA Students

The Students of S-VYASA participated in the Bhajan Competition and rendered scintillating and melodious Bhajans at Prarthana Mandir. After scrutiny by eminent judges, the students of BSc (Yoga & Consciousness) won the FIRST place.

25th & 26th April, 2012:

Shree Shankara - Ramanuja Jayanti

The Jayantis of Shree Adi Shankaracharya and Ramanujacharya were celebrated with chantings and discourses on 25th and 26th April respectively. The highlight of the event was the marvellous rendering of Bhajagovindam by the campus kids including Kum. Ritu and Kum. Jyothi.



CONFERENCE OBJECTIVES:

- ▶ Celebrate two important milestones: 10th anniversary of Yoga Bharati, 150th birth anniversary of Swami Vivekananda.
- ▶ Promote global **health** and peace by integrating eastern **philosophy** with modern scientific **research**.
- ▶ Enable Yoga Bharati to become a catalyst in bringing together and building a community of like-minded organizations to promote global health and peace.

PROGRAM DETAILS:

- ▶ Three parallel symposium tracks, poster sessions, talks by selected experts and panel discussions focused on the objective of the conference - Philosophy, Health and Research. The theme for each track is:
- ▶ **Philosophy** - Yoga philosophy, Patanjali yoga sutras, Bhagavad Gita and a panel discussion.
- ▶ **Health** - Yoga practices, Ayurveda, Naturopathy - Workshops, Applications, Therapy and audience education
- ▶ **Research** - latest developments in yoga therapy and applications, Research methodologies for Yoga and Yoga education
- ▶ Apart from these three tracks, you can expect cultural programs, yoga demonstrations, poster presentations on research topics and other celebrations.

CALL FOR PAPERS & REGISTRATION:

- ▶ Papers and posters on Philosophy, Health and Research as related to Yoga and its applications are invited.
- ▶ Last date for submission of abstracts: **May 30, 2012**
- ▶ The abstracts will be peer reviewed and acceptance (or otherwise) will be intimated before: **June 20, 2012**.
- ▶ Last date for submission of full papers: **July 30, 2012**
- ▶ For more details on paper submissions please visit <http://yogabharati.org/newconference>

CONTACT:

- ▶ e: conference2012@yogabharati.org
- ▶ Call: (408) 681-YOGA

yogabharati.org/newconference

News from Turkey

Cerrahpasa Medical School which is one of the top 3 medical schools in Turkey, had organised a medical symposium. I was one of the two speakers who were non-doctors. I spoke about what yoga is, the concept of health, the pancha kosha and the stress management according to SMET. It was a very fluent presentation, that was also supported by medical data (I presented 2 researches very briefly) and it was very well perceived by the audience, which was more than 200 people, including some opinion leaders. I also presented 3 departments of sVYASA - research, academic university and arogyadhama, other than our book "Yoga at Home". Happily, the next speaker made 3-4 references to the ideas presented in my talk! As the talk was found very interesting, the president of the symposium gave me an extra 5 minutes to introduce a brief practice. I thought them how to practice sectional breathing, then made them practice yogic breathing with "tip of the nose" observation.

Some comments I got from the audience are as follows: "We were told that yoga is a cult and a religion, but we always knew that yoga is science!" "I memorised the sanskrit words you mentioned" "I want to start learning yoga, i am very much inspired!" "Yoga is very important in stress management, it has to be introduced wide- spread!" "I realised how little I know about my breathing pattern!"

I also would like to give you the news that, during that syposium, another opinion leader approached me and invited me to another seminar that will take place in fall!

- Ayca Gurelman

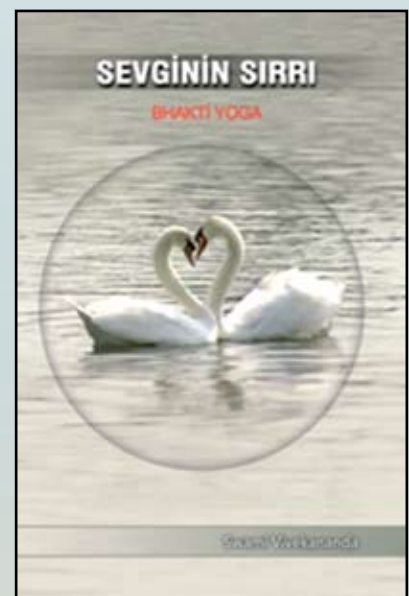
Third book of Swami Vivekananda is published

Purnam Publishers, the publication wing of Istanbul Yoga Center, published the Turkish edition of the third book of the yoga quadrilogy by Swami Vivekananda, '**Bhakti Yoga - The Yoga of Love**' on 20th of April, 2012.

The earlier publications, '**Jnana Yoga - The Yoga of Knowledge**' and '**Karma Yoga - The Yoga of Action**' have become immediate bestsellers in their categories.

Istanbul Yoga Center web site: www.yogamerkezi.com

Purnam publishing web site: www.purnamyayinlari.com



Vivekananda Yoga Anusandhana Samsthana Kolkata, Tollygunge Branch

Report of Yoga Participants in MARCH 2012*

SL. NO	PROGRAMMES IN THE MONTH OF MARCH 2012	NO. OF PARTICIPANTS
1	Regular Yoga Training Programme for General Public (RYTP)	60
2	Foundation Course in Yoga Science for Wellness (FCYScW)	01
3	Yoga Awareness Programme (YAP)	26
4	Special Yoga Programme for General wellbeing (YPGW)	00
5	Yoga Therapy (YT)	19
6	Yoga at Residence (YR)+ Group Classes*	17+5*
7	OPD (Modern Medicine)	95

Daily Bhajans at 6.00-6.30 PM and weekly Kriya classes are going on every Saturday at 6.30-7.30AM.

Apart from Kolkata 2 participants from **Germany (1) & Switzerland (1)** took part in the Yoga classes of VYASA.

On 1st March, Fifth batch of "*Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)*" was started.

On 18th March, 2012 a **teacher's meet** held at Eknath Bhawan for the teachers of VYASA Tollygunge & VYASA Salt Lake. It was presided by the Chairman of VYASA, Kolkata. Mr. Suresh Kejriwal was also present in this meeting.

From 19th to 25th March 2012, A **Yoga Awareness Programme(YAP)** was conducted for **26** members of

Lions Safari Park at Ravindra Sarobar



campus. On the first day Mr. B K Dhanuka(Chairman, VYASA Kolkata) was invited as chief guest in its inaugural session. On 2nd day Dr H R Nagendra (Vice Chancellor of S-VYASA University, Bengaluru) has delivered a lecture on "**Yoga and Stress related ailments with special emphasis on Diabetes**". On



this occasion Mr. I.P Tantia was also shared his Yoga Experience of Prashanti Kutiram. On behalf of Swami Vivekananda District Yoga Wellness Centre (SVDYWC), South 24 Parganas District, this camp was conduct by Mr Sasanka Sekahar Kamila & Mrs. Amita Nayak. Total programme was coordinated by Mr. S.S Rajput and Mr. Sanatan Mahakud. It was sponsored by S M Nahata Foundation.

On 31st March Fifth batch of “*Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)*” was concluded.

VYASA, Salt Lake (Lakshmi Kripa)

SL. NO	PROGRAMMES IN THE MONTH OF MARCH 2012	NO. OF PARTICIPANTS
01	Regular Yoga Training Programme for General Public (RYTP)	34
02	Yoga Therapy (YT)	03
03	Yoga at Residence (YR))+ Group Classes*	20+3**

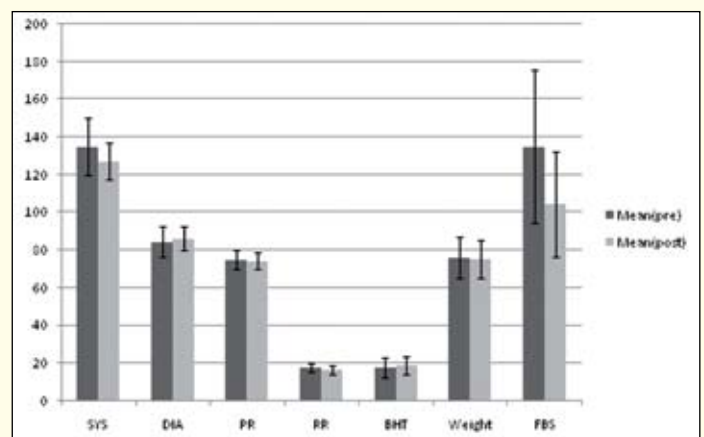
Along with this regular **out door group classes**** are going on in the different parts of the city.

On 19th March 2012, VYASA Kolkata had organized a Special Yoga session at CD Block of Salt Lake on **Meditation** followed by lecture on “**Karma Yoga**” by Dr H R Nagendra, Vice Chancellor of S-VYASA University, Bengaluru

Report: SDM, VYASA - Kolkata Parameter

Mean Age ± SD 52.27 ± 10.10 Paired Sample t-test

Variable	Mean±SD (pre)	Mean±SD (post)	p
SYS	134.93 ± 15.17	127 ± 9.82	.016*
DIA	84.33 ± 8.1	86.20 ± 6.39	.156
PR	74.93 ± 5.17	74.13 ± 4.42	.506
RR	17.60 ± 2.61	16.40 ± 2.61	.018*
BHT	17.67 ± 5.27	18.87 ± 4.87	.144
Weight	76.07 ± 10.96	75.20 ± 10.18	.032*
FBS	134.67±40.66	104.17± 27.81	0.001*



News from VYASA, Mumbai

S. No.	Classes in the Month of March, 2012	No. of Participants
1	Yoga Therapy Classes	19
2	Regular Yoga Classes for Positive Health	4
3	Regular Dynamic Energizing Yoga Classes	20
4	Dynamic Energizing Yoga Instructor's Course	10
5	Yoga Instructor's Course	11



Sewa Smriti Din:

In memory of Late Dr. (Mrs.) Ramadevi Dadhich, who had donated the hospital premises to Sankalp. Sewa Smriti Din was organized on the 13th March, 2012 on her 5th Death Anniversary by Sankalp (Charitable Trust) and VYASA-Mumbai.

This program was graced by around 50 friends and well-wishers.

Dr. Subramanian Sharma who is associated with various charitable trusts, organizes free eye check-up camps and conducts free cataract operations, was commended on his efforts in serving the society and was felicitated with a

Shawl and Bouquet.

A blood donation camp was also organized on this occasion.

Therapy Participant's Feedback of Treatment at Prashanti:

Mr. Suresh Bageria, a patient of Diabetes and High BP, and Mr. Goenka, a patient suffering from Urine Infection and Postural Hypotension with constant drowsiness due to uncontrolled Diabetes, were sent to Prashanti Kutiram through our Mumbai center for their treatment. The following is a narration of their experience at Prashanti:

Mr. Suresh Bageria:

"I reached there on 4th March with heavy stroke of Diabetes (post lunch - 330) and Blood Pressure (125/240).





I will always be available for any kind of service required at Prashanti Kutiram during my whole life”.

Mr. Aditya Goenka (Mr. Goenka’s Grandson):

“After my grandfather got discharged from Bombay Hospital, we decided that we should not delay it further and take him to a naturopathy center, which has been a topic of discussion in our family since the last 6 months.

But this time, his urine infection and postural hypotension and constant drowsiness all due to uncontrolled diabetes, triggerd it and we took him to “Prashanti Kutiram” Bangalore.

The best thing about this centre was that it didn’t discard modern science, and infact added few more allopathy medicine, to control his urine infection, and at the same time, prescribed few techniques which were pure naturopathy and ayurvedic.

Within the first few days we could see drastic improvement in his sugar levels. His insulin intake dropped from 20-0-20 to 6-0-6 and by the time we left, which was after 15 days, his sugar was in the range of 140pp.

The best part of the treatment which helped him the most was ayurvedic massage which rejuvenated him and the diet of course which was pure sattvik. This was my grandfather’s story. I have heard many complicated cases being solved there like cancer, trauma, not only through ayurvedic or naturopathy but a combination of the west and the east.

Here you will find perfect example of selfless work and true renunciation. God Bless!!”

I was a bit afraid about the duration it will take to be cured, but from the very first day that I started attending meditation classes MSRT & DRT and I started feeling very much comfortable regarding both my problems.

The 4th day after my stay I started feeling giddy as my sugar level had gone below the normal limit. I was given a full glass of sugar water and then tested for the sugar level, which was 126, even after drinking so much of sugar water.

All my Allopathic and Ayurvedic medications were stopped from that moment untill my discharge on 18th March and I was feeling healthy and cheerful on simple diet, exercise and Pranayams given at Prashanti Kutiram.

I feel my experience like a miracle – the fact that they release the stress from the body and mind which ultimately results in curing of the disease.

I am impressed by the devotion of the total team of Prashanti Kutiram who are working selflessly for improving the overall health of the people coming there and I am thankful to Dr. Nagendra, Dr. Nagaratna and all the team members for their untiring efforts and care given to people at large.





6th April, 2012: Installation of Bengaluru Kempe Gowda Statue near Eknath Bhavan

A majestic statue of Kempe Gowda was installed at Gavipuram circle in Kempe Gowda Nagar where our city office, Eknath Bhavan, is located. Kempe Gowda is considered to be the founder of Bangalore city. The statue was formally inaugurated by Honorable Chief Minister of Karnataka Sri Sadananda Gowda on 6th April 2012. The statue is installed at an aesthetically decorated mantapa which has added new glory to Basavanagudi area which already is renowned for Gavi Gangadareshwara temple, Ramakrishna math, Dodda Ganapathi and Nandi temple. All guests who attended the inaugural function also visited our Eknath Bhavan office.





S-VYASA

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Anusandhāna Samsthāna

(deemed to-be-University under Section 3 of the UGC Act, 1956)

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- * MPhil (Counseling & Yoga Therapy)
- * MD (Yoga & Rehabilitation)
- * MSc (Yoga)
- * BSc (Yoga)
- * PGDYT (Post Graduate Diploma in Yoga Therapy)
- * PGDYTD (Post Graduate Diploma in Yoga Therapy for Doctors)
- * NTTC (Naturopathy Therapist Training Course)
- * ATTC (Ayurveda Therapist Training Course)
- * YTOT (Yoga Therapy Orientation Training for Doctors)

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**SPRING
Semester**

starts on

Jan 12

**AUTUMN
Semester**

starts on

Aug 01

Salient features of S-VYASA:

- State-of-the-art infrastructure
-Audio-Visual Library,
Biggest Yoga Research Digital Library
- Eminent Faculty
- Intensive Learning and Research Opportunities
- Emphasis on practical 'hands-on' experience through Intensive Training, Internship & Field work at World Class Hospitals including MD Anderson Cancer Center, Texas, USA, NIMHANS, Narayana Hrudayalaya, St. John's Hospital, Bengaluru and others
- Active Placement and Student Counseling Cell
- Arogyadhama - biggest Holistic Research Health Home (hospital) in the world
- Study Tours, Extra Curricular, Cultural & Sports Activities

for more details contact...

Course Co-ordinator

Ek Nath Bhavan, No.19, Gavipuram Circle, Kemp Gowda Nagar, Bengaluru - 560 019
Ph: 080-2661 2669, 2891 6384, 2263 9961, 2263 9997 Telefax: 2660 8645

e-mail: svyasa@svyasa.org website: www.svyasa.org

May 2012 39





For all details of the Scheme visit us at
www.vyasa.org - click Arogyadhama

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Join our Arogyadhama “Serve the Sick” Project

- » You will be trained for 6 to 8 weeks
- » To serve in one of the 9 sections of Arogyadhama of VYASA as Yoga Therapists
- » You are Welcome to contribute towards your B&L of Rs. 3000 per month
- » Both Husband and Wife are Welcome
- » We take care of your Health - preventing diseases and promoting positive health



Write us to at

The Co-ordinator, Project Seva Vrati, VYASA, 'Eknath Bhavan', #19
Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560019

Tel: 080-2661 2669, 2263 9963 | **Telefax:** 080-2660 8645

Mail: sj6474@gmail.com



DIRECTORATE OF DISTANCE EDUCATION

under swami vivekananda yoga anusandhana samsthana
(declared as Deemed University under Section 3 of the UGC Act, 1956)

Vision
Yoga through Education

Mission
Yoga to Every Doorstep



Study Yoga Any Place Any Time

Directorate of Distance Education (DDE), S-VYASA was initiated in 2007. We received Provisional Approval to run Distance Education Programme in September 2007. We are now approved by DEC as a centre to launch programmes through the Distance Mode.

COURSES

Bsc (YEd) Bachelor of Science in Yoga Education	PGDYTD Post Graduate Diploma in Yoga Therapy for Doctors
BSc (Y) Bachelor of Science in Yoga	PGDYT Post Graduate Diploma in Yoga Therapy
MSc (YEd) Master of Science in Yoga Education	YIC Yoga Instructor's Course
MSc (Y) Master of Science in Yoga	

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- » Network of Alumni around the world

For details contact... Course Co-ordinator

Eknath Bhavan, No.19, Gavipuram Circle,
Kempegowda Nagar, Bengaluru - 560 019

Ph: 080-2661 2669, 2891 6384, 2263 9903, 2263 9901

Telefax: 2660 8645; e-mail: de@svyasa.org

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