

Dec 2013

₹ 45/-

ISSN 0972-074X

VOL. XXIX

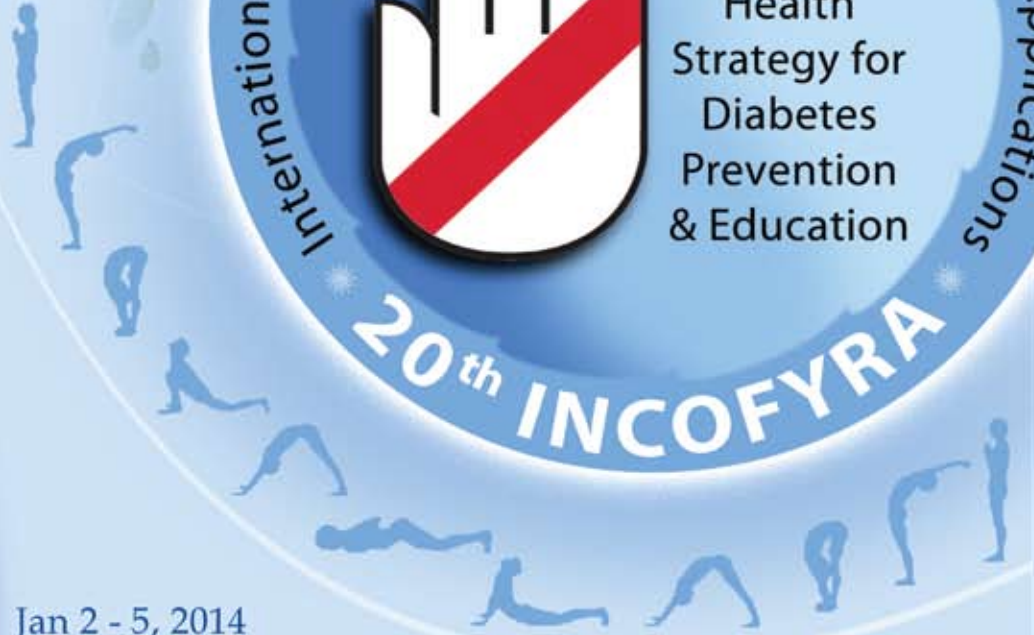
No. 12

YOGA SUDHA

A Monthly Journal of S-VYASA Yoga University

Welcome

*In Commemoration of
150th Birth Anniversary of
Swami Vivekananda*



Jan 2 - 5, 2014

Prashanti Kutiram

International Headquarters of VYASA, Bengaluru

Organised by:

Vivekananda Yoga Anusandhana Samsthana
(VYASA), Bengaluru

In technical collaboration with

S-VYASA Yoga University
Swami Vivekananda Yoga Anusandhana Samsthana
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)
Bengaluru



p29

www.svyasa.org



**Research Society for the Study of Diabetes in India
RSSDI**

is pleased to present the

RSSDI-Sanofi Award 2013

for the best original Research Paper Published in IJDDC in 2012

to

Dr. R. Nagarathna

On behalf of SVYASA

at the

41st Annual Conference of Research Society for the
Study of Diabetes in India, (RSSDI-2013)

November 8-10, 2013,
India Expo Centre, Greater Noida,
National Capital Region of Delhi (NCR)

Dr. V. Mohan
President

Dr. S. V. Madhu
Organising Chairman

तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम्

YOGA SUDHA

Vol.XXIX No.12 December, 2013

SUBSCRIPTION RATES

- ▶ Annual (New)
₹ 500/- \$ 50/-
- ▶ Three Years
₹ 1400/- \$ 150/-
- ▶ Ten Years (Life)
₹ 4000/- \$ 500/-

Subscription in favour
of 'Yoga Sudha',
Bangalore by
DD/Cheque/MO only

ADVERTISEMENT

TARIFF: Complete Color

- Front Inner - ₹ 1,20,000/-
- Back Outer - ₹ 1,50,000/-
- Back Inner - ₹ 1,20,000/-
- Front First Inner Page -
₹ 1,20,000/-
- Back Last Inner Page -
₹ 1,20,000/-
- Full Page - ₹ 60,000/-
- Half Page - ₹ 30,000/-
- Page Sponsor - ₹ 1,000/-

Printed at:

Sharadh Enterprises,
Car Street, Halasuru,
Bangalore - 560 008

ph: (080) 2555 6015

e-mail: sharadhenterprises@
gmail.com

CONTENTS

Editorial	2
 Division of Yoga-Spirituality	
Brahmasutra - <i>Bhūmā Samprasādādadhhyupadesāt</i>	3
Art and Spirituality - <i>Dr. Aarti Jagannathan</i>	4
Philosophy in Ayurveda - <i>Dr. Manjunath G</i>	6
 Division of Yoga & Life Sciences	
Feedback on Arogyadhama Treatment - <i>Uma Satheesh</i>	8
Arogyadhama Data - Sept, 2013	9
Existence from inside out - <i>Dr. Ramajayam G</i>	10
 Division of Yoga & Physical Sciences	
Book Review: Yoga Chikitsa - <i>Prof. T.M. Srinivasan</i>	13
 Division of Yoga & Management Studies	
SMET Programme Inauguration at S-VYASA	15
Yogic module for developing balanced personality traits in managers - <i>Dr. Tikhe Sham Ganpat</i>	16
 Division of Yoga & Humanities	
Be Young Always - <i>Dr. K. Subrahmanyam</i>	17
The Restless Robot - <i>Vasudeva Rao</i>	18
YIC: 140 th batch - Oct, 2013	20
 VYASA, National	
58 th Kannada Rajyotsava celebrations in Prashanti	21
BNYS Orientation Program	23
VYASA, Chennai programs	24
VC's tour	25
IJOY-PPP Launch	25
 VYASA, International	
World Diabetes Day celebrations all over the World	26
20 th INCOFYRA curtain raiser	29
International Yoga Conferences: Sydney & Melbourne	38

Swami Vivekananda Yoga Prakashana
'Eknath Bhavan', # 19, Gavipuram Circle,
Kempegowda Nagar, BANGALORE - 560 019
ph: (08110) 3092 2900, (080) 2661 2669
telex: (080) 2660 8645

Editor: Dr. H R Nagendra
Asst. Editor: Dr. Aarti Jagannathan
Publisher: Subhadra Devi
e-mail: info@yogasudha.com
websites: www.yogasudha.com
www.svyasa.org

November 14 has been celebrated as the World Diabetes Day in different centers of VYASA all over the world. A glimpse of the same is presented in this issue of Yoga Sudha. In Singapore Dr. Nair talking about the modern medical aspects of DM and its treatment, mentioned that the incidence of DM is fast increasing in Singapore and stands at nearly 10% of the population. Among Indians it is 15.8%, he added and said that it will be most relevant and appropriate to start the SDM in Singapore also. In Australia, we have taken up Depression Control Movement as the outcome of the two International conferences on Yoga and Mental Health, many of the speakers in Sydney and Melbourne mentioned that SDM should also be taken up in Australia. In Germany, Dr Hans has planned for the first SDM. In LA it has already started and soon a bigger start will be launched in Houston. And in other places also. In Karnataka, it has shaped up nicely under the leadership of Swarnavalli Sri in North Canara; Sirsi, Yellapura and Kumta. The results are quite encouraging in all SDM programs held so far in Gujarat, Rajasthan, Pondicherry, Madhya Pradesh also. Many of our coordinators and key organizers are coming to our Conference in January, 2014 in Prashanti Kutiram. We will have a special training for all of them in Prashanti Kutiram during our Pre-conference programs as also in Post Conference sessions. Dr. Nagarathna heading this movement and myself will personally train many of them. You all are welcome to take advantage of this opportunity. Different modalities of introduction of DM practices have been evolved to suit the conditions in different parts.

1. A 10 days camp (morning 2.5 hours or evening 2.5 hours) and follow up weekly once.
2. Twice in every Week-end for 3 hours, for 6 months.
3. 2.5 hours any day, once in a week, either in the morning or in the evening; for one year.

Practicing for half to one hour at home is mandatory for good progress to bring their sugar levels first under control. Under the guidance of the Doctors, they may taper off the medication as they continue to progress to a point of zero medicine.

Each session will contain something new and hence the participants will learn the things systematically each time they come to the center.

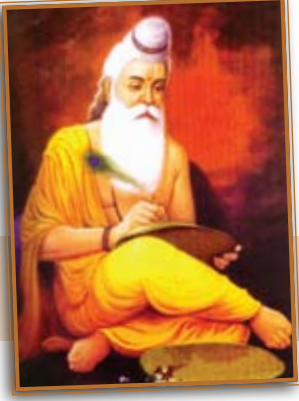
We have also planned to teach online to those who want to learn through virtual class rooms once in a week. They can send their queries to our SDM team who will answer their questions effectively. And will also guide the Yoga Therapy participants on Internet.

Primary prevention is most needed to stop the curve from going up. This is being done by identifying pre-diabetics and made them practice regularly. The practices give them deep rest, reduce auto immunity, improved their overall performance in their work schedule, reducing the requirement of sleep quantum also. So a practice of one hour will bring down about two hours of sleep: many of them are finding this as an investment in time itself - a good motivation to practice the same regularly. Most people associate the practices before dinner in the evening by taking an oath that they will not take food unless they practice the SDM module. This has helped them to control their diet and also improve their sleep architecture.

In-depth research is continuing to understand the mechanism of Yoga in Diabetes. The miraculous cases of DM participants in Prashanti Kutiram controlling their sugar levels within few days and stopping their medications including insulin, are helping us to understand the mechanism of providing deep rest to reset the immune system to its original state of normalcy, eliminating its confusion that insulin is an enemy and not allowing it to flow into the cells. Subtle measurements using GDV, Acugraph and the latest Nadi Tarangini are helping us to track the Pranamaya Kosha, the changes in the three doshas (Vata, Pitta & Kapha) in the body as postulated in Ayurveda. Many of these results will be presented in our ensuing conference sessions. Rigorous clinical trials are also in the offing to track the gene expressions for which our Molecular Biology Lab will soon be ready before the conference, thanks to the support given by the Karnataka Govt. With the association of policy makers, business persons and specialist endocrinologists, we will take this SDM to greater heights in years to come through this conference.

The conference preparations are going on nicely in Prashanti Kutiram to accommodate more people, with fascinating Laser show by Monic Sorcar and team, one hand and in-depth presentations on DM and future vision by experts like Dr. Mohan. The Directors of the Council of Yoga Accreditation will also be coming for a meeting on 6th to have detailed discussions on various dimensions of World Yoga Day, SDM, etc. We welcome all our coordinators, Alumni of S-VYASA and Arogyadhama all over the world to come, educate and enjoy the wonderful events coming up on the eve of New Year. Wishing you all a very Happy New Year, 2014 and holy Kalpataru Diwas.

■ Dr H R Nagendra



ब्रह्मसूत्राणि (Brahmasūtra)

■ Prof. Ramachandra G. Bhat
Vice Chancellor
S-VYASA Yoga University, Bengaluru

भूमा सम्प्रसादादध्युपदेशात् (ब्रह्मसूत्रम् -१-३-२)

Bhūmā Samprasādādadyupadeśāt (Brahmasūtram-1-3-2)

Meaning: *Bhuma (is Brahman) because it is taught after the state of deep sleep (i.e. after Prana or the vital air which remains awake even in that state).*

The concept of भूमा from Upanishads is very much highlighted by many great spiritual masters. In the modern time as our great scientists went on searching on the lines of theory of everything, this concept of भूमा has drawn their attention the most. Modern quest in the field of physical sciences is unearthing that master key with which one can unlock all mysteries of the universe.

Particle related science lost its scopes and hopes corresponding to its self-circled stagnation and saturation point already reached. Now this is the time that life sciences like biology, botany etc. must collaborate with science of consciousness projected in the Upanishads and Srimad Bhagavadgeeta.

In the present context we have to take up a particular statement with a central theme with भूमा for deliberation. The full statement is as follows

भूमा त्वेव विजिज्ञासितव्य इति भूमानं भगवो विजिज्ञास इति । यत्र नान्यत् पश्यति नान्यच्छृणोति नान्यद्विजानाति स भूमा । अथ यत्रान्यत्पश्यति अन्यच्छृणोत्यन्यद्विजानाति तदल्पम् ।

Here a seeker comes with an enquiry to know something which is complete and holistic in its nature, function and manifestation. When one attains the state of Bhuma he never sees anything else, listens to nothing, knows nothing so, it is the state of highly comprehensive, all pervasive, all permeating factor. Here there are two words like भूमा and अल्पम् contradictory and paradoxical at their semantic levels.

As long as someone is compartmental and

departmental in his approach about the things around him he cannot surpass confining things which binds him and ultimately draws someone down.

बहोर्लोपो भू च बहोः this aphorism of Panini formulates this word originated from बह् root which implies unlimited expansion, magnanimity and multitude.

As this methodology in the Upanishad is well known to all upanishadic students this concept starts from Prana. Gradually concept gets expanded and cleared according to अध्यारोप-अपवाद formula.

Here one important episode must be taken for ultimate conclusion. A dialogue between Narada and Sanatkumara in Chandogya is very important. Narada, in this context represents so called career oriented college minds. He studied all different disciplines of academic arena. After having done so much he suffers a lot due to depression, disgust etc. This humble seeker Narada approaches Sanatkumara in order to get a concrete means for permanent solace referring to this context भूमा concept must be understood.

Discarding the previous understanding the preceptor Sanatkumara goes on projecting तमसः पारं तारयति the highest, purest, beyond darkness something called भूमा before Narada.

Thus, Paramatman, theory of everything is properly projected by the subsequent aphorism धर्मोपपत्तेश्च and it takes us to the culmination projecting the unlimited thing leading to unlimited Joy एषोऽस्य परम आनन्दः ।

to be continued...



Art and Spirituality

■ Dr. Aarti Jagannathan

Assistant Professor, Division of Yoga and Life sciences, S-VYASA, Bangalore

The Oxford dictionary defines art as 'the expression of creative skill in a visual form such as painting or sculpture'. In common parlance all creative activities such as dance, music, painting etc are considered as 'the arts'. Each of 'the arts' (especially Indian classical art forms) has a unique feature of helping the artist transmit a part of himself, his emotions on to his work, thereby transcending the physical self to a state of bliss and 'Ananda' to experience spiritual moments. A trained classical dancer who dances the '*tandav*' (Dance of Shiva), often can get dissolved in the experience of assuming the role of 'Shiva' and experience similar emotions that possibly 'The Lord' himself may have gone through while dancing in his heavenly abode. One could often hear the revered exponent Dr MS Subbalakshmi state that she was singing for her God - so dissolved was she in her song for '*her Krishna*' that often the audience would get moved by her rendition. Similarly an ace sculpture who is carving the idol of '*the Lord*' could get so dissolved into his work, that he

may be unaware as to when he started chiseling the stone and when it turned into the idol of his Lord.

This transition of an artist from his physical self to a state of '*Ananda or bliss*' could be better understood in the light of the Panchakosa model (five sheaths of existence) from the Taittiriya Upanishad. Though the Panchakosa model is often used to explain the cause of ill-health in human beings; it would prove interesting to look at the same model through the lens of 'the arts'. This model states that there are five sheaths (levels) of existence in human beings (Figure 1): the first being *Annamaya Kosa* (Physical self); the second *Pranamaya Kosa* (the life force -Prana/ breath); the third *Manomaya Kosa* (Mental and Emotional self); fourth *Vijnanamaya Kosa* (psychological and intellectual self) and finally *Anandamaya Kosa* (Bliss). Man crosses each of these sheaths of existence one by one. This transition usually is associated with practices called '*Tapas*' where the man transforms himself by gradually getting relieved from the bondages





and constrictions of each sheath to reach the ultimate goal of '*Ananda or Bliss*'.

If one observes an amateur classical dancer, the focus is more on getting the steps and eye-hand co-ordination right (focus on physical self - *Annamaya*). Those who have mastered the steps and postures in dance, face the next challenge of dancing to the rhythm (*taala*) in single, double and triple speed - for which the dancer requires to gain mastery over her breathing (*Pranamaya*). The dancer who has gained mastery over her physical self and *Prana* (achieved through '*Tapas*'/'*Sadhana*' - repeated practice) is guided by the guru to focus on the '*Bhava*' (emotions - *Manomaya*) for the character being portrayed. When a dancer reaches a level that she is able to knowing (has intellectual insight - *Vijnanamaya*) get dissolved into the character, its emotions and assume different roles within a short span of time, she experiences '*Bliss*' (*Anandamaya*). Dancing at this stage is a meditative experience and the dancer feels more invigorated than before at the end of the performance.

This transition can be explained through different art forms such as music (where the vocalist starts by learning the *swaras* - *Annamaya*; controlling her breath to sing in rhythm - *Pranamaya*; putting feelings into the lyrics of the songs - *Manomaya*; understanding the emotions that she goes through while singing - *Vijnanamaya* and experiencing bliss - *Anandamaya*) or drama (where the actor starts by hearing the dialogues of the script - *Annamaya*; moderating the breath to deliver the dialogues - *Pranamaya*; instilling emotions into the dialogues - *Manomaya*; understanding the emotions that she goes through while acting - *Vijnanamaya* and experiencing bliss - *Anandamaya* in the process of performance).

As the scripts of Indian classical art forms (especially dance and music) are mostly devotional, they aid the artist towards '*Bhakti*' (the science of emotional culture). This path of *Bhakti yoga* (as referred in the *Bhagawad Geeta*)

which is the path of love and devotion and the process of enlightenment found through worship of God, helps the artist (dancer, vocalist) to reach the ultimate level of silence, bliss and meditative state from within - during the course of the performance itself.

Research has also shown that the more vigorously a dancer taps her feet/ vocalist plays with the *swaras* - each tap of the different parts of the feet and each *swara* sung; has a different potency level to energize the *Kundalini* and the *chakras* of the human body. This enables the energy to not only tap into each of the *chakras* but also flow from the lowest *Chakra* (*Muladhara*) to highest *chakra* (*Sahasara*) - leading again to a highly meditative and blissful state of silence from within. At this stage the act of performing not only becomes addictive for the artist (artists usually state that they love performing and cannot wait to come back to stage) but also becomes revered; as it provides an opportunity to transit from the physical self to the state of bliss.

In a country like India, which is rooted in spirituality, '*the arts*' are one of mediums through which a common man can transit to higher states of being. Understanding the above value of '*art*', should motivate one and all to encourage not just near and dear ones but also oneself to take up and practice at least one art form in their lifetime. As parents, joining your children in at least one art form would automatically instill not just a sense of discipline and exercise, but also (if practiced long enough) would help the children to experience higher levels of consciousness. As a learner of an art form, the key to experiencing bliss during performance is to master the basics, practice long enough and allow yourself to get dissolved in the act of performance. As a lay person to the field of art, this is one more avenue where you get an opportunity to experience the divine. Hence, let us not take up '*the arts*' as a mere hobby but as a serious medium to attain spiritual connectedness with the divine. ■



PHILOSOPHY IN AYURVEDA

■ Dr Manjunath G, Assistant Professor (Senior), S-VYASA



नमामि धन्वन्तरिमादिदेवं सुरासुरैर्वन्दितपादपद्मम् ।
लोके जरारुग्भयमृत्युनाशं दातारमीशं विविधौषधीनाम् ॥

*Namāmi dhanvantarimādidevaṁ
surāsuroanditapādapadmam ।*

*Loke jarārughayamṛtyunāśaṁ
dātāramīśaṁ vīvidhauśadhīnām ॥*

AYURVEDA: Necessity of philosophical ideas in health Science

5. **Kāryaphala (Object of action):** This stands for the object for which the action is initiated.
6. **Anubandha (After effect):** The effect good or bad which is bound to leave an impact on the agent after performance of his action.
7. **Deśa (Location):** The location or site favorable or otherwise for the action.
8. **Kāla (Time):** The process of transformation

into seasons etc...

9. **Pravṛtti (Endeavour):**

Initiation of action as a means for the accomplishment of an object. This is beginning of action.

10. **Upāya (Device):** Bringing about excellence in the agent, the instrument and the origin of action and their proper setting. A device is one which accomplishes the object.

The forgoing are the ten important topics to be known in detail by experimentation, examination and experience.

In order to obtain knowledge in all dimensions as mentioned earlier, the then prevalent philosophies were found most helpful tools and hence Ayurveda acharyas incorporated all relevant philosophic thoughts in their literary works.





Philosophical thought of all hues & cries were prevalent even before the Ayurvedic knowledge came to be codified scientifically in the form of classical texts. Probably these philosophical thoughts were not yet codified and classified as “Śaḍ Darśanas” as are found now.

The term Ādya Sāṅkhya (निरीश्वरसाङ्ख्य) referred to in Charaka Samhita appears to stand for a wide range of philosophical thoughts of various Darshanas which came to be classified at a much later date than Ayurvedic texts (Scriptures).

This term (Ādya Sāṅkhya) encompassed all the philosophical thoughts of the day initially. As no separate codified text of philosophy was available during the time of Agnivesha and also because these thoughts were applied only to spiritualism, it became necessary for the Ayurveda acharyas to describe these thoughts in their texts as they were equally useful in understanding facts of material life.

Both spiritualism and materialism constituted the subject within the frame work of Ayurveda.

Therefore, all the ŚaḍDarśanas and its relevance in understanding Ayurveda can be analyzed in detail. So, in the upcoming series of this literature let us try to discuss each of the darshanas, its concepts and how Ayurveda has adopted these concepts in understanding the process of life, disease & health of the body in detail.

To start with let us take the topic of **Ayurveda & Nyaya Philosophy**

Introduction:

There is no mention of Nyayadarshana in any of the ancient Ayurveda literature, though the core of Nyaya philosophy has been extensively made use of wherever necessary.

The following are a few quotable instances where required information could be gathered by some tools of obtaining any knowledge.

to be continued ...

HOME REMEDIES

Cough, Cold & Asthama



Cold, Cough, running nose or stuffy nose are the series of symptoms which a person will experience one behind the other.

A person must take utmost care to avoid these symptoms. Otherwise this will lead to lower respiratory infections causing further damage to our vital organs like lungs, larynx, etc.

Some of the home remedies for cough are as follows.

1. Use of the powder of Vibhitaki (*Botanical Name-Terminalia Bellerica*) also called as Bellericmyrobalan along with honey will relieve a person from cough and cold.
2. By intake of **Cinnamon bark** powder with honey will relieve cough & congestion in the chest.
3. By mixing **Pepper** and **Cinnamon bark** & mixing it into powder and consuming with honey will relieve a person from congestion of chest & other allied conditions of respiratory system.
4. By extracting the juice of Tulsi leaves and consuming with honey will relieve a person from cough & cold including infants & children.



to be continued...



Feedback on Arogyadhama Treatment

■ Uma Satheesh

Nov 1-8: Being associated with Swami Dayananda Saraswati's organization as a student, I was fortunate to have participated in a week long program at Jigani. With the advice of Swami Chidatmananda (disciple of Swami Paramarthananda), I met Dr. Nagarathna on Wednesday Oct 30th at her residence clinic. Amidst the thronging rush of patients, she met me with a smile, calmness and had tremendous patience in listening to me, reading me and I was quickly convinced that I should attend the program at least for a week. Thus I enrolled for the program.

On Friday Nov 1st, when I reached the S-VYASA facility at Jigani, I was stunned to see a huge facility behind a simple divine mother Dr. Nagarathna. It was hard to believe. Later, as the program began and every class was conducted, I could see the same culture among all the therapists – be it senior, junior, man or woman. The young kids – Bikas and team were thoroughly professional. They taught us the exercises, Yoga and specific techniques with good patience – hard to believe youngsters can have patience now. It was one-on-one and they ensured we get it right. I felt the same across Pranayama and cyclic meditation sessions. The Gita chanting and lecture session was so enjoyable – spiritual practices are so dear to me. The naturopathy and Ayurvedic treatments were so soothing, the little girls spoke to me as they gave the treatment and eased me out. My body was so stiff during the first treatment, and on the last day, my body was loosened by itself.

Food was very good both in quality and quantity and was served with love. Mr. Krishnamurthy and his wife looked after the needs of everyone at the dining, attended to each one personally to ensure they got enough and what they want. The counseling sessions with Ms. Subhadra Devi was excellent including the last bit of counseling that I received from Mr. Krishnamurthy Sir. Naturally, I didn't miss home as much as there

was abundance love at Jigani and I was talking to professionals who were humble and simple in their living. At the end of the program, I felt what I prided about in the past and worked on it as though I was perfect, had actually impacted my health, and now I have learnt to unwind to set it right with the help of S-VYASA University.

After quitting Wipro after having worked for 19 years, it was a good team outing. I came across people from different backgrounds/professions and there was some learning from the various interactions. Thanks to each one of the members who took care of us during this program and who have been supporting the cause of such a wonderful organization that can lead the entire world towards purified living.

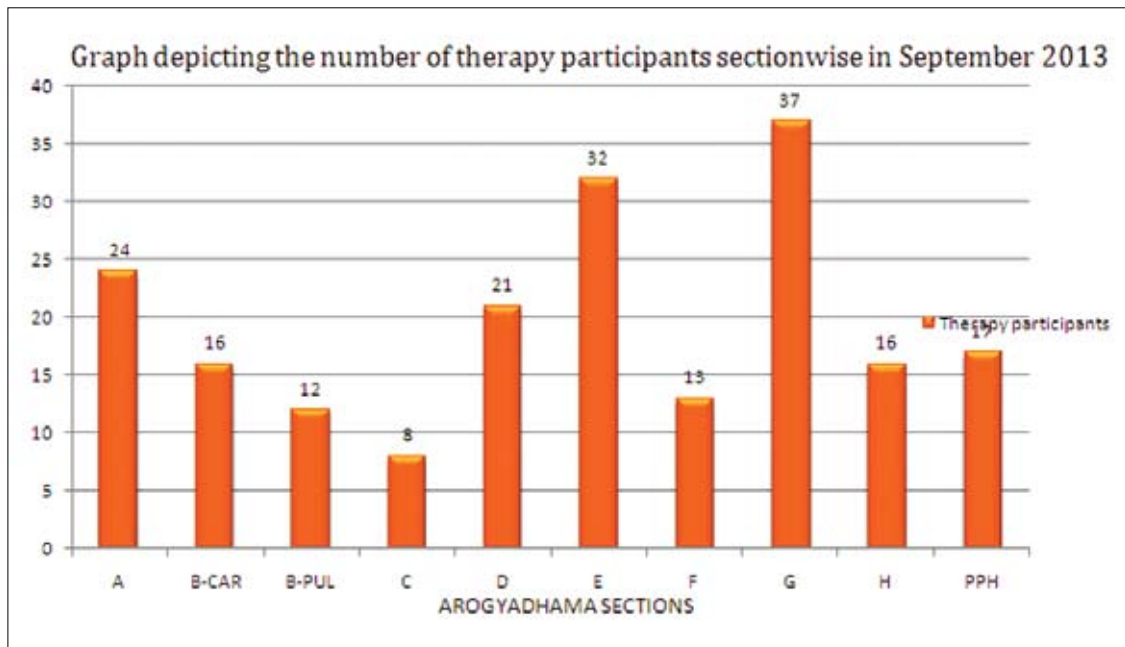
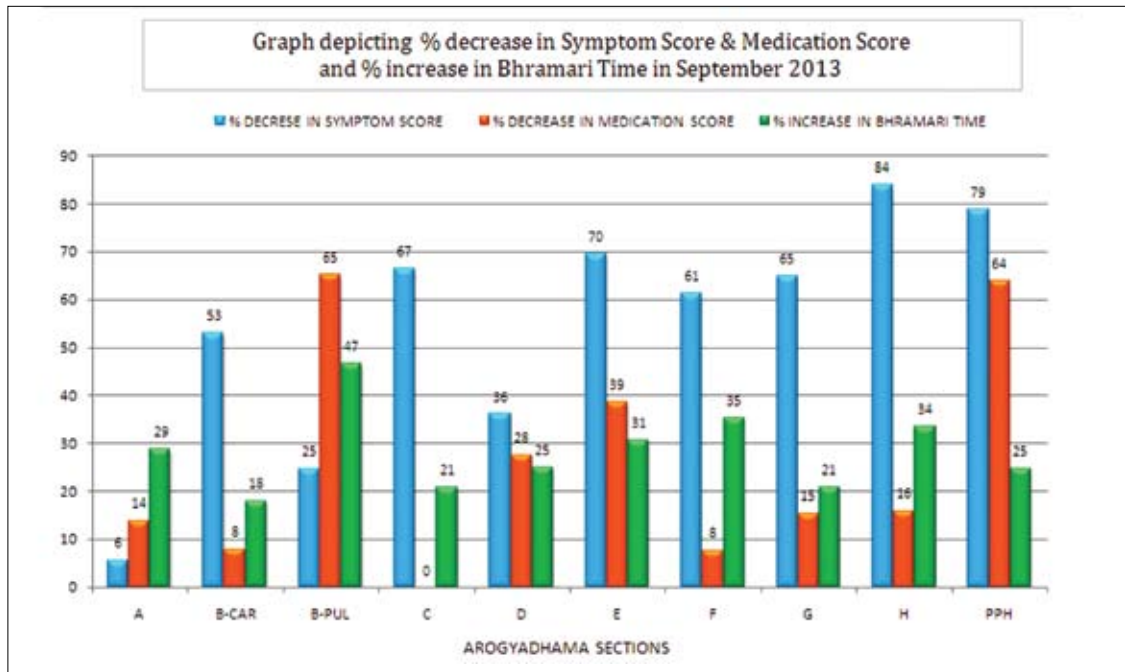
After returning back home, I have continued to wake up at 4:30am to do my practices. I have inspired my husband to join me in the morning practice session. Surprisingly, I couldn't relish coffee and so, I have switched to Malt in the morning. Tea still tastes good. White rice tastes no good now, I am yet to learn to cook red rice. I have been sharing small tips to people as I meet so that they don't commit the mistakes that I have made. I now realize I had missed the real fun in life and I have started enjoying the real life.

Let me know if you need any other details. I have planned to enroll my son(Krishna) for the personality development program and on Mr. Krishnamurthy's advice, I have told my daughter (Sitara) to participate in the 1 month Yoga training course. I have informed her to spread this awareness to her college friends as well so that everyone benefits from this beautiful initiative.

Thanks again for the kind hospitality rendered and my best wishes and regards to one to all. ■



AROGYADHAMA DATA - Sept, 2013



AILMENTS TREATED IN AROGYADHAMA (SECTION WISE)

- A. Neurology:** Epilepsy, Migraine, Parkinson's, Muscular dystrophy, Cerebral Palsy, Multiple sclerosis, Mental retardation; **Oncology:** Breast cancer stage 1, 2, 3, 4; Colon, Prostate, Blood, Myelomas |
- B. Pulmonology:** Bronchial Asthma, Nasal Allergy, Chronic Bronchitis; **Cardiology:** High BP, Low BP, Heart Disease (CAD) |
- C. Psychiatry:** Anxiety, Depression, Psychosis, OCD, mental retardation |
- D. Rheumatology:** Arthritis | **E. Spinal disorders:** Acute and Chronic Back Pain, Lumbar Spondylosis, Disc Prolapse, Scoliosis, Neck Pain |
- F. Metabolic disorders:** Diabetes | **G. Gastroenterology:** Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis |
- H. Endocrinology:** Obesity, Thyrotoxicosis | **Promotion of Positive Health |**
- Eye Problems:** Short Sight, Long Sight, Astigmatism, Squint, Early Cataract, Glaucoma

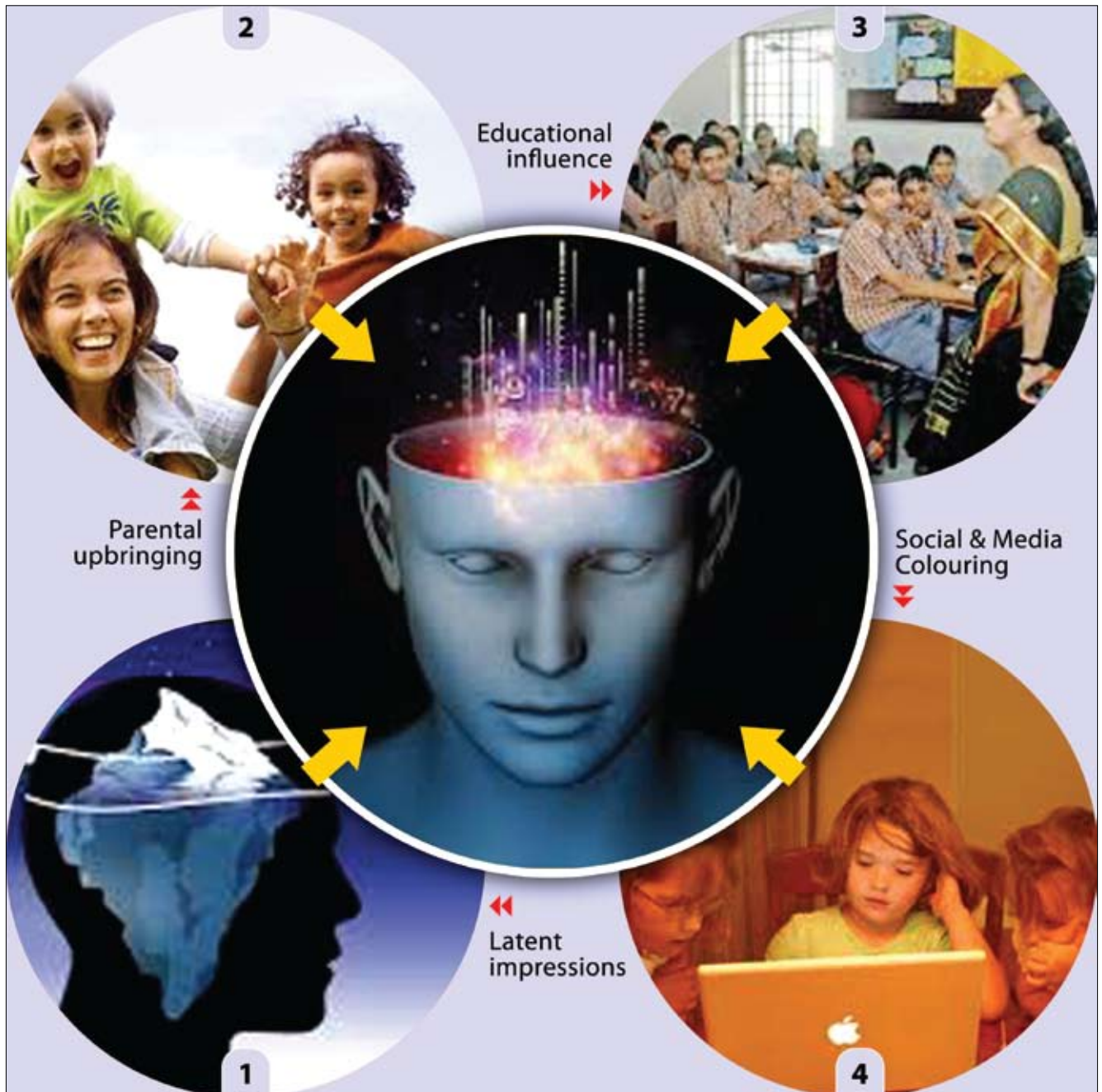


Existence from Inside Out

■ *Dr. Ramajayam G, PhD Scholar, S-VYASA*

Introduction:

Structurally we human beings are composed of three layers from inside out-Soul, Subtle body & the Physical body. Soul is the life energy; subtle body is a lighted body made of vibrations created by one's thought pattern & is the blue print for the physical body; Physical body is the external manifested form of what we are internally.



Impressions in consciousness from inside out (1-innermost, 4-outermost)



Functionally we are made of three components from inside out—thoughts, words & actions. Actions create impressions and lead to formation of memories/latent impressions/personality/sanskaras. These latent impressions are an important source of thoughts and vice versa. Hence the root level of our existence is basically the sanskaras. It's from here the whole life sprouts including Health, Wealth, Happiness, etc.. To raise ourselves more than our personality, needs total understanding of our personality & an important by-product of this process is total health.

Latent impressions:

Before getting into the details of latent impressions, let us ask ourselves few questions.

1. Why I have taken birth in the current family not in some other family?
2. Did I decide this or my parents have decided this or something else?

Without bringing the concept of God/Genes here, if we think, it gives us an idea, that before we entered into this body we were something bodiless, with some blueprint for our physical body to be created. That something, which existed before we have taken the body is the latent impression/sanskaras. This, along with some other factors forms the core personality of a person, when they take birth with a body. (Note: the author believes in past life & re-incarnation.)

Upon this core impressions, after taking the body of a baby, many other layers are formed during the process of growth & development. All these acquired layers enveloped over the core sanskaras, as the person grows, have immense potential to completely merge the individual's original personality.

Parental upbringing:

Parents are the first teachers to the children. Parental character is an untaught lesson but caught definitely by every child and it has

EVERHEALTHY PRESCRIPTIONS

- An Article Series by Dr. Ramajayam G.

- 1 Me and My body - Nov, 2013
- 2 Existence from inside out
- 3 Different ages and different cages
- 4 Loss of inner beauty and its repercussions
- 5 Cleaning the inner space
- 6 Renovating the beauty of relationships
- 7 Nourishment and refreshment
- 8 Relax, but beware of the old enemies
- 9 Meditation as medicine
- 10 Divine routine for a deathless life.

greatest influence on the children's personality. If the parents take it for granted that their children are their assets, then the mission with which the child came to that family in the name of birth will be buried by the parental wishes & finally the child suffers. Parents are just the platform for the children to play their roles in the drama of world life. Parents can do make-up for the children in this drama, but cannot change the whole face of the children themselves by imposing their wishes.

So, can we blame the parents for all of the children's problems? Remember our parents were also children once upon a time. What their parents did to them, who knows? At least we are getting some articles like this now? But for our parents, there would have been no parental guidance. So the key message is, "Neither the children are assets of the parents nor the parents are eternal caregivers of children". Realising this is a powerful behavioural vaccine, if administered at the right time, can prevent many of the diseases. Both the parents and the children should take responsibility for what they are, once they realise the real relation between them in the drama of life for the promotion of positive health without blaming one another.

Educational Influence:

Education should guide an individual to



manifest the inner potential completely with ease; Teachers should be the gardeners who can make the mission, with which the child came on this earth, to grow effortlessly. In this process teachers play a very vital role and hence they are also called as second parents.

If education is made as a means to earn money alone, in the long run the purpose of the life is totally lost and the individual will be at the crossroads. Educational institutions should be the home for the children, where the characters which are untaught in the family because of inherent flaws in the parenting (as parents are also humans & they are also prone to do errors) can be filled up.

Any information loaded in the educational institution that cannot lead to a peaceful life later, becomes only a trash filled in the children's mind, over the layers of parental upbringing which has already buried the child's inner potential.

Social & Media colouring:

Belongingness is an inherent need of every individual as a social animal. Any individual who misses the real care from the parents and the proper facilitation of learning in school/ educational institution automatically turns out to some other sources to get the same which are missing. Hence here the social & media intrudes into life uninvited. Children start to model themselves by taking their own heroes from society or the media and they try to become that, without knowing whether it is good or bad. Once if they have shaped their personality guided by these external sources, then it's very difficult to peel of these layers deposited over the other already existing unnecessary layers in the memories upon the core latent impressions. This creates a very strong conflict inside the individual, leading to any kind of disease according to the vulnerability of the various organ systems.

The Vicious cycle:

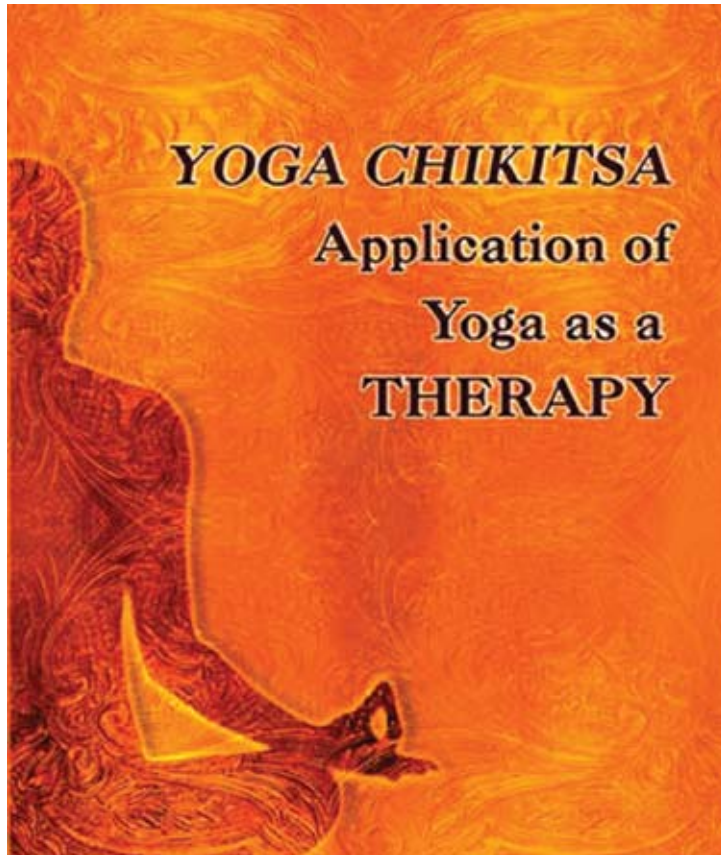
By the time the individual realises this conflict, all the influences (parental, educational, social & media, etc..) would have become a second personality in itself within the individual and now it is an another new sanskara/latent impression along with the one, the individual came with on to this earth in the name of birth. Moreover even with realisation of this conflict the time left to clear all these unnecessary impressions to manifest one's original potential will be very limited, as, usually most of the times it happens late in life. So, the same cycle continues, once the person leaves the body. Hence each & every time when we take birth, our health deteriorates without our consciousness, because of already existing unfinished accounts (which determines the nature of subtle body & hence the physical body). For total health somewhere this vicious cycle should be cut off to start a new cycle in the right direction.

Implications for healing:

Life is like a double edged sword for the ignorant. Because it is the same actions (karmas) & memories, which binds us in the name of bondage & hence sorrow and also it's the same actions & memories (karmas) which are the source of happiness.

The key to remain Healthy & Happy forever is "without knowing who you are, don't play the drama". Understand the life drama (which includes your relation in family, society etc..) totally and then play your roles. This helps us to be aware of all the recordings/memories we put in ourselves and this conscious awareness is the key to remove or recall any of these memories as and when needed. Living with this conscious awareness makes our karma a source of bliss rather than a bondage & worries. Slowly we can learn to live a detached but loving life.

Remember there is "No best tonic like Happiness and No worst disease like Worries" (Kushi jaisa khurakh nahi chinta jaisa rog nahi)



This book is by a well known yoga teacher, researcher and a socially committed medical doctor. This book is a compilation and expansion of all the research conducted by Dr. Ananda Balayogi and Dr. Madan Mohan, Head of department of Physiology at JIPMER, Pondicherry. The book has eight sections and 31 chapters which include most problems of body and mind that one sees in clinics around the world today. Thus the book is a handy compendium of Yoga Therapy and its applications to many disorders.

The book opens with a section on general principles of Yoga Therapy without losing sight of the higher echelons of Yoga, if one wants to ascend to Moksha. This is important since many Yoga teachers lose sight of the grand design of Yoga Sastra, or Yoga Science which is to transcend the human condition

YOGA CHIKITSA

Application of Yoga as a therapy

By Dr. Ananda Balayogi Bhavanani

Published by Dhivyananda Creations,

Puducherry-13; 2013. www.rishiculture.org

Pages 323+39

itself. In the opening chapter by Smt. Meenakshi Devi Bhavanani, this is succinctly brought out when she says: "Yoga is the ancient science of India which shows man not only how to claim his birthright of health and happiness, but also to obtain the goal of life - *moksha*" [p.3]. She further says that breaking the eternal law of dharma brings all the suffering we see around us. Yoga vidya and Yoga vidhi - Yogic knowledge and Yogic technology - are the two wings that guide us in this quest for health and for transcendence.

It is important that we work with a model that is at once self consistent and testable. Such a model is provided for the origin of diseases from a Yogic perspective [p. 54]. The Yogic concept of diseases is well brought out and discussed along with statements from Tirukkural (ancient Tamil treatise), Yoga Vashista and Shivaswarodhaya. Knowing the source and cause of disease, it is then easy to provide a therapy appropriate to the condition; Yoga Chikitsa provides a broad base for such an approach. In a chapter on Yoga Chikitsa, Dr. Swami Gitananda Giri has written about various yogic therapy methods along with an exhaustive account of all possible Yogic related techniques including Bhakti yoga, astrological medicine, bone setting, Yoga glandular therapy etc. The grand summery of this is that "there is only one disease, duality. Its cure is a return to Universal Oneness" [p. 88].

In Section II, the book takes up the important



aspects of cardiovascular conditions, which are termed life style disorders. Introduction of spanda - nispana is important which is a tension-relaxation exercise for an effective relaxation of the musculoskeletal system. This is followed by the practice of pranayama and some 'contemplative practices' such as prana dharana, mindfulness and ajapa japa.

Section III deals with metabolic disorders including obesity and diabetes mellitus. Section IV deals with respiratory disorders, starting with a presentation of the nasal cycle. Traditional views on Swara Yoga is initially presented followed by chapters on specific pranayama and kriya techniques that are found useful for many breathing disorders. Section V is on musculoskeletal conditions including back pain, spondylosis and problems related to aging and mobility. These are all very important aspects of rehabilitation since many physiotherapy techniques border on Yoga like techniques, while Yoga asanas and pranayama could target both local and global problems related to musculoskeletal complications. Specific yoga asanas, pranayama and kriyas are suggested and are of great help especially as one grows old and suddenly finds oneself at the receiving end of annamaya and manomaya problems.

Section VI deals with psychiatric and psychological aspects; Yoga Sutras of Patanjali is an ideal base for understanding, controlling and ultimately overcoming problems of the mind. Areas of interpersonal relationships, stress, depression, geriatric psychiatric disorders are all introduced and holistic approach in each area is presented. Section VII deals with 'special target groups' such as children, differently-abled groups, pregnancy, patients with Multiple Sclerosis and senior citizens. All these groups need special attention to specific problems such as learning difficulties, attention deficit, hyperactivity, hypo-activity etc. It is possible to tailor Yoga modules for each section of the population; some need easy flowing asanas and

some need pronounced activity. The presentation is useful in catering to specific needs of these unique categories.

In the final section, the author presents the true message of Yoga and aspect of Yoga Chikitsa. The latter is not simply applying (or prescribing) some asanas and breathing for a particular problem. The author says: "The strength of Yoga Cikitsa depends on the therapist's personal Sadhana and conscious Yogic living and how clearly this 'Spirit of Yoga' is passed on to his or her client" [p. 320]. Similarly, he argues that researchers should get into the spirit of Yoga through personal practice and experience. Otherwise, the Yoga activity itself becomes life-less and prana-less and simply an exercise in intellectuality. Thus, we need to elevate Yogopathy (author's term) to Yoga Cikitsa by integrating every minute of our existence into a Yoga based activity both in body, mind and in our spiritual pursuit.

The book is a veritable knowledge base for many aspects of Yoga, its psycho-physical base and as a Cikitsa modality. Every section contains copious references, though some important ones are not included. Each section also contains possible physiological mechanism in the theme of the section. This is important for researchers who seek to understand and clarify some fundamental pathways of activity. Many possible mechanisms are needed at various levels and this book contains some of the important ones that are required for further research. In summary, we can voice with Dr. Swami Gitananda Giri Maharaj [p. 89]: "Health and happiness are your birth right - claim them. Moksha is your goal - attain it!"

Reviewed by:

Prof. T.M. Srinivasan

Dean, Yoga and Physical Sciences



SMET Programme Inauguration at S-VYASA

The programme was inaugurated by Dr. H.R. Nagendra, Chancellor, S-VYASA University along with Dr. Ajeet Saxena, Chief Traffic Manager, Southern Railways, Mr. Binod Singh, President and CEO of Ilantus, Mr. Joshua Forman, Ilantus, USA.

Self Management of Excessive Tension (SMET) programme was conducted at S-VYASA University for T D Power Systems on 16th and 17th November 2013. The two day SMET programme consisted of Theory and Practical sessions. There were more than 25 participants who benefitted from the SMET programme on Stress Management. Stress is a



multidimensional phenomenon which is focused on dynamic relationship between the individual and the environment. They understood that the methods of coping with stress are in the method of response to it, which would be more important than the nature of stress itself.



For more details on SMET programme, please mail to coor.ms@svyasa.org

I am the thread that runs through all these pearls," and each pearl is a religion or even a sect thereof. Such are the different pearls, and God is the thread that runs through all of them; most people, however, are entirely unconscious of it.

SWAMI VIVEKANANDA



Yogic Module for Developing Balanced Personality Traits in Managers

■ *Dr. Tikhe Sham Ganpat and Dr. H R Nagendra*

Background: Managers' lives have become a never-ending race against time, technology, and targets. This modern lifestyle intensifies the stress leading to excessive tension and consequent deterioration in executive efficiency. The managers with balanced personality trait can demonstrate executive efficiency for organizational culture. Can yoga develop balanced personality in managers?

Objective: The present study was designed to assess Guna (personality traits) in managers undergoing yoga based Self Management of Excessive Tension (SMET) module.

Materials and Methods: Seventy-two managers with 48.75 ± 3.86 years of mean age from Oil and Natural Gas Corporation Limited had participated in this study. It was a single group pre-post study. The Personality Inventory (PI) data was collected before and after 5 days of SMET module.

Statistical Analysis: Means, standard deviations, Kolmogorov-Smirnov test, and Wilcoxon signed rank test were used to analyze the data using SPSS 16.

Results: The data analysis of PI showed 81.95% decrease ($P < 0.001$) in Tamas Guna (dull and uncontrolled personality trait), 80.92% decrease ($P < 0.001$) in Rajas Guna (violent and uncontrolled personality trait) and 139.71% increase ($P < 0.001$) in Sattva Guna (balanced, gentle and controlled personality trait) scores. The participants expressed their wish to continue yoga in their daily routine.

Conclusion: The findings from the present study suggest that participation in the SMET module was associated with increase in Sattva Guna (balanced, gentle and controlled personality trait) and may have implications for executive efficiency. This indicates that SMET module could potentially play a vital role in stress management of managers by enhancing their balanced personality trait. Additional well-designed studies are needed before a strong recommendation can be made.

Keywords: Self Management of Excessive Tension, managers, personality trait, executive efficiency ■





Be Young Always

■ *Dr. K. Subrahmanyam, Dean, Division of Yoga & Humanities, S-VYASA*

The other day, I was in Cubbon Park, Bangalore, enjoying the scenic beauty. Plants and trees, flowers and fruits, green leaves and fresh buds are all beaming with youthful charm and beauty. Everywhere, in the entire park, I see young boys and girls spirited with youthful dynamism walking, jumping and playing to their heart's content. Birds fly about elegantly, squirrels and pet animals move about beautifully. Everything is bright, everyone is dynamic. Whole garden seems to be youthful. Nature there is ever young.

Suddenly there, my eyes fell on a young man pleading with an old man. The former was active, strong and smart. The latter was feeble, dull and drowsy. The young person was requesting "Please come with me. This is not the time to wither away. Be up and doing. I shall take you to a doctor. Please eat well, practise Yoga. You will be young and agile once again." The old man was reluctant to leave the park. He was smoking. His hair was largely gray. Face was full of wrinkles. He appeared to be in his fifties. Contrary to his appearance was the young man in jeans and t-shirt with thick, black hair. The persuasive youth and the lethargic old man drew my attention. In spite of the repeated requests made by the youth, the old person was lying on the bench smoking drowsily. I slowly directed my feet to their presence. I was really very happy to find the youthful son's respect and concern for the sickly old father. I was surprised to find the young man requesting the old man to take good food and practice yoga. What son in the modern age would take so much interest in the parents' welfare? I wanted to help the young man in persuading the old man to visit the hospital and get proper treatment.



Therefore I said "Sir, your son is very kind and concerned about you. You are really very lucky to have such an affectionate son. Instead of leaving you in the park, considering you to be a botheration to him at home, he came all the way searching for you and he wants you to go with him to a doctor for treatment. Normally, young boys smoke and old people like you should refrain from vices. Please excuse me for interfering with your private affairs. Please follow your young son of good nature and take proper treatment. You will be alright soon."

After listening to my advice, both of them simultaneously responded to me. While the young man said "Sir, he is not my father. He is my son. He has to go to the college", the old man said "Sir, he is not my son, he is my father who is about to retire." Father is young because of Yoga. Son is old because of laziness and vices.

Yoga is to keep us young ■



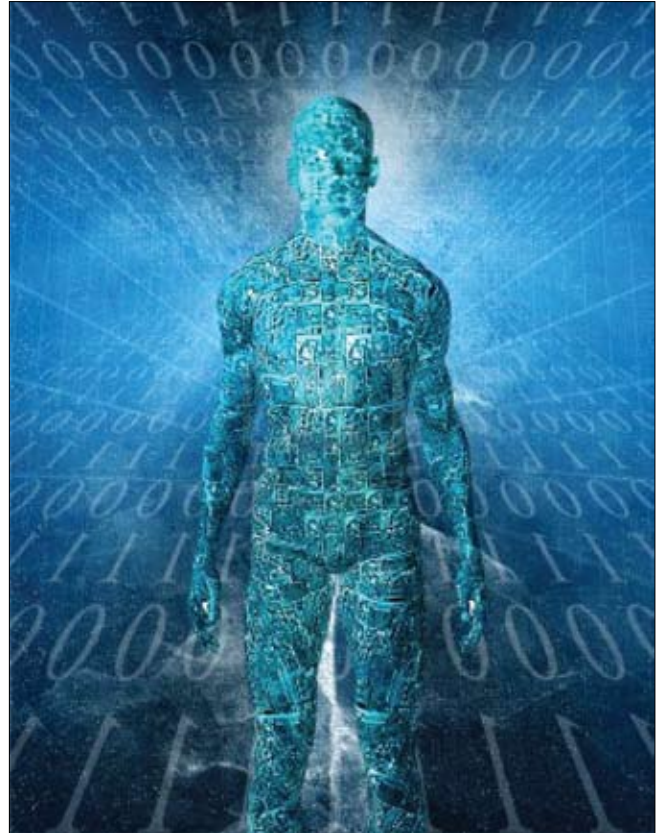
The Restless Robot

■ Vasudeva Rao

I invented a bio-robot, with the latest technology available and with the help of few of my own discoveries. It was a hybrid of machine and living organism. It could do almost everything that a human being can do and much more. It could even eat food and digest it for its primary energy supply. And it also had a secondary electrical power supply from battery. The battery gets charged from the exothermic chemical reactions of the digestion process. The battery was placed a few millimeters left of the center of its chest.

The robot had a Femto-processor (Femto = 10^{-15}) which worked at the level of electrons based on quantum processes discovered by me. The processor was as tiny as a nano-particle and was situated just a few millimeters towards the right of the center of its chest. This processor was my greatest invention and there is no other processor of this kind available anywhere else. Because of its infinitesimal size, it is unaffected by physical forces. It cannot be cut, cannot be wet by water and it cannot be burnt by fire. It works at quantum level and is virtually indestructible. This processor manages a secondary micro-processing system (SMPS) which was situated inside its head region. And subsequently the SMPS controls all the other activities of the robot.

I didn't want this robot to be like the amateur robots of today, which simply do whatever you command them to do. Then you will have to keep ordering them every now and then and you have to be continuously monitoring. That would be so dumb. So, I thought I will program a purpose for it and implant that in its Femto-processor. Then, this in-built purpose would drive all the activities of the robot, either directly or indirectly.



I was thinking what that purpose could be. It should not be straightforward, because otherwise the robot will soon find it and then wait for me to provide the next instruction. Then I would again have to give it another purpose. So, I wondered what purpose would be best. Earning a billion dollars? Going to the moon? Becoming the president of the country? No, nothing looked satisfying. The robot is essentially a super-human and given its abilities it can achieve all this very easily within few years, if not months.

And then it flashed! Extremes have similar symptoms! Difficulty and Utter simplicity – both are very often hard to solve; the former due to the complexity of the methodology and the latter due to the negligence of simple



things. So, I thought of the most simple thing as the purpose of the robot – finding a Femto-processor! As I said, there is no other processor of that kind anywhere except the robot's processor itself. Thus, in effect, the purpose of the robot is to know that it IS what it is trying to find. I was thrilled by the idea. It will be so funny! The robot will go on searching everywhere and would never even think that it is itself that!

The purpose was implanted and the robot came online. The first test I did on it was to ask "Who are you?". It placed its finger on the right of its chest (where the Femto-processor was embedded) and said "I Am". Then I left it on its own. Now the primary purpose of the robot was to find the Femto-processor i.e. itself (but it doesn't know that). And keeping this as the backdrop, the robot began performing calculations in its SMPS situated inside its head and came up with several decisions and priorities. I then saw it commit a series of blunders but I simply watched the fun of it.

It scanned through the entire scientific database and found that currently only micro-processors are available. So it decided that the search or the invention would take several years or even decades. So, firstly the robot decided that in order to carry out the search, it will have to protect its body. Because it thought that without the body the search cannot be performed. So, it calculated the amount of money required to protect the body with all necessities for several years to come and feel secure. It listed the requirements as – a house, all the basic household equipments, sufficient storage of food and a good amount of money as backup. It referred to the statistics of population distribution and felt that its goal is most likely to be fulfilled in a big city. Because it rationalized that if many people are opting to go to the cities then it means that city has many things to offer. Also, cities can expose the latest scientific developments. So, the robot believed that a city would be a better place to start. So, it went to a big city and to earn money, it started

working in a company. It also engaged itself in various other ways of earning and multiplying money. The SMPS was ever working to earn money.

In the meantime, it also scanned through its own body and understood how it is working. But how could the Femto-processor scan itself? It scanned every single part of the robot's body except itself. It concluded that all its processing is taking place from the SMPS in the head. Similarly it noted down the importance of different parts of its body. And then as a consequence the Femto-processor concluded that 'I am this body'. And I said "Wow!". The witness (Femto-processor) started saying that the witnessed body (SMPS and all other parts) is the cause of its existence. "If the body is not, I am not. I am because of the body" it said.

Then, something strange happened. When the robot ate some food items, which released certain specific chemicals, the SMPS went into a momentary arrest (for one billionth of a second) and there was a blankness in the system. On such occasions of momentary blankness, the Femto-processor didn't have anything to witness apart from itself. So, in effect it *realized* itself for one billionth of a second and hence felt the purpose (of finding a Femto-processor) fulfilled during these moments. But it was so short-lived and involuntary that it could not hold on to it. So it ate that food item again and again and again in an effort to make the feeling permanent. The feeling of contentment always remained only for a moment. Nevertheless, it started calling these moments as 'Happy'. Apart from taste, it also felt this momentary arrest when seeing some particular scenes (due to a certain specific light signature entering its lenses), smelling certain fragrances (due to certain specific chemicals), listening to certain sounds (due to certain sound signature) and touching certain textures (due to a specific electrical signal generated).

Now, the robot's entire focus fell on these objects causing it 'Happiness'. It decided that this is



the only way to fulfill its purpose - if it can somehow increase this 'Happiness' and make it continuous. It looked so logical and right! No one could make the robot believe otherwise. It began miserably chasing happiness in the sense objects. But then it faced several problems. Overeating began affecting its internal system. Similarly it witnessed happiness because of the chemicals in smoking, alcohol etc and consumed them repeatedly. Because of several addictions like this, many of its body parts were damaged severely. And within a few months, the robot had damaged its body so much that one day the body was no more repairable.

I discarded that body of the robot, created another new body for it and placed the Femto-processor in its chest. But the same old story repeated. Same as before, it identified itself with the new body and said it is that body. It did the same things that it had done before and began chasing sense pleasures. Several body's were damaged and discarded in a matter of few years.

Since it was failing repeatedly to get permanent fulfillment with sense pleasures, it had already begun considering alternatives. Somebody told it that Spirituality brings about ultimate bliss and it got to hear the term 'Self-Realization'.

It read several books on philosophy and the question 'Who Am I' stuck in its SMPS.

It engaged the SMPS to repeatedly enquire about the SMPS's source and find out from where the SMPS is being monitored. Because of this, gradually and automatically, all other activities of the SMPS stopped. Only one single transaction prevailed between the SMPS and the Femto-processor i.e. the enquiry of the source from the SMPS and the reply signal from the Femto. So, now the Femto had only one thing available to witness i.e. the source signal from itself. And one day, like a flash of the lightning, like an explosion of the supernova, the Femto had the revelation of that simple truth. It exclaimed "*Oh... I AM THAT, I was already that. I am already perfect by myself. But what a stupidity, I associated myself with something temporary and cried*".

The purpose was finally fulfilled. And then everything was fun. It didn't matter whether it won or lost, whether the body was well or not, whether there was money or not. Everything became fun, blissful. Because it knew "No matter what, I am always. My existence cannot be nullified by anything anytime". The dream was finally over.

<http://explorersforum.blogspot.in/> ■



Yoga Instructors' Course (YIC), 140th Batch, Oct, 2013



58ನೇ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ



ಎಸ್-ವ್ಯಾನ್
ಯೋಗಿ ವಿಶ್ವವಿದ್ಯಾಲಯ
Bortk1.ac.in

Nov 1: 58th Kannada Rajyotsava celebrations in Prashanti Kutiram



Jaya Bharata
Jananiya
Tanujate
Jaya Hey
Karnataka
Mate...

Anna
Daana





Mangal Mandir, Nov 11: Welcome to Cultural Evening



Nov 11: Prof. Swami addressing the audience. S-VYASA Registrar Dr. Sudheer Deshpande ji, VC Prof. Ramachandra G Bhat ji, Chancellor Dr. H R Nagendra ji *can be seen*



Hacchevu
Kannada Deepa
Karunada Deepa
Sirimudiya Deepa
Olavetti toruva Deepa...



Nov 11: 58th Kannada Rajyotsava celebrations in Prashanti Kutiram





Guruji's address
in MMA, Chennai



Guruji addressed to SMET participants, VYASA Chennai center





New Delhi:
Recently, S-VYASA VC Prof. Ramachandra G. Bhat ji
took part in Rashtriya Kulapati Sammelan,
organised by UGC

Official Publication of
Swami Vivekananda Yoga Anusandhana Samsthana University

IJOY-PPP Vol. 1 | Issue 1 | January-June, 2013

International Journal Of Yoga
Philosophy, Psychology and Parapsychology

ISSN: 0000-0000

Book your Copy

Wolters Kluwer Health | Medknow Publications

- ▶ Official Publication of Swami Vivekananda Yoga Anusandhana Samsthana University, Bengaluru
- ▶ Published by: Wolters Kluwer Health
Medknow Publications
www.medknow.com
- ▶ IJOY-PPP is a Multidisciplinary Semiannual Scientific Yoga journal, dedicated to Yoga Philosophy, Psychology & Parapsychology



Correspondence address

Medknow Publications and Media Pvt. Ltd. B-9,
Kanara Business Centre, Off Link Road,
Ghatkopar (E), Mumbai - 400075, INDIA
Ph: 91 22 66491818 | Fax: 91 22 66491817
All India Toll free number: 1800 209 6649
For any assistance or claim please use
e-mail: subscriptions@medknow.com

www.ijoyppp.org



WORLD DIABETES DAY

Celebrations all over the World



Bangalore, Nov 14: In view of World Diabetes Day, a Walkathan was arranged. The Walkathan started at 10 am from Eknath Bhavan and covered Gandhi Bazaar, DVG Road, N.R. Colony, Bull Temple Road and back to Eknath Bhavan. More than 400 students participated. The purpose of Walkathan was to develop awareness about Stop Diabetes Movement. The Walkathan was arranged in association with Bharatiya Yuva Jana Sene.

Afternoon a Workshop on Stop Diabetes awareness programme for teachers was arranged at Eknath Bhavan. More than 50 people participated Prof. G Ramachandra G Bhat inagurated the workshop and spoke about “ancient roots and modern fruits”. Dr. Nagarathna spoke about diabetes and its management. She distributed the certificates to the eligible students.



Program in Eknath Bhavan

Kolkata, Nov 13-15: In association with Research Society for the Study of Diabetes in India (RSSDI), West Bengal Chapter and Diabetes Society of India (DAI)-West Bengal, World Diabetes Day was celebrated by Vivekananda Yoga Anusandhana Samsthana (VYASA) Kolkata at Netaji Indoor Stadium, Kolkata. It was inaugurated by Smt Chandrima Bhattacharya, Honorable minister of State for Health & Family Welfare and Judicial Affairs. On November 14th there was a walkathon from Victoria Memorial Hall to Netaji Indoor stadium it was flagged off by Dr. Shaukat Sadikot, President Elect of the International Diabetes





Federation (IDF). For the above three days M P Birla planetarium was illuminate with blue lights (Monument) to mark the World Diabetes Day. It was illuminated by Sri Madan Mitra, Honorable Minister in charge of Sports and Transport. In these three days program for the benefit of the mass total six Yoga sessions were conducted by the Team VYASA. Along with a series of lectures on Diabetes, its complications, Management, Diet etc. by the experts from medical field, Photography competition and Quiz on Diabetes were also conducted among the school children.



Mancherial, Adilabad, Nov 14: World Diabetes Day celebrated at SPANDHANA CLUB, NTPC, RAMAGUNDAM, DIST: KARIMNAGAR, AP. 45 Executives and Staff of NTPC and many guests participated. 19 Diabetics and Pre-diabetics participated in the workshop at Mythri Yoga & Naturopathy Cure Center (MY&NCC). Dr. Sukumar and Dr. Sameera are dedicated to Yoga & Naturopathy organized the workshop. Sri Kishan, Yoga Instructor gave demonstrations. SVDYWC is managed by MY&NCC supported by MDNIY, New Delhi.

Tirupati, Nov 14: SVDYWC, Tirupati (Chittoor District Yoga Association) has organized an Awareness Campaign – Yoga for Diabetes on 14th November 2013 on the occasion of the “WORLD DIABETES DAY”. Sri Keshav Prasad, Deputy General Manager, Andhra Bank was the Chief Guest. Dr.Sudha Rani, Ophthalmologist, Dr.Krishna Prashanti, Diabetes Expert, Dr.Pashupathi also spoke on the occasion. A procession was organized from Muncipal Corporation which passed through the Gandhi Road to reach Srinivasa Sports Complex.

More 170 Yoga Sadhakas went around the town carrying placards and shouting slogans. The subject for the campaign was “YOGA FOR DIABETES”. The program was widely covered by the local news papers and appreciated by the authorities.





VYASA Singapore, Nov 14: As you know the S-VYASA University has taken an initiative in the field of Yoga and its research to reach the door step of a common man and have started a movement that is Stop Diabetes Movement (SDM) all over the India and abroad successfully organized and being heard by people over the country and abroad. On behalf of the Swami Vivekananda's 150th birth anniversary a program was conducted by Latha (PhD scholar of SVYASA, Bangalore) Program was jointly sponsored by Gayatri Restorant & Orchid



Inauguration by Guruji

Country Club, Singapore and supported by many other Yoga Studios in Singapore like Sadhana Sanctuary, Yoga connection, Omshiva Yoga, Ayur Yoga, Ayush Ayurveda Centre, Infology, Casa Sentosa, Wellness space, Vanda Yoga, Yoga for health & healing, Mothers restaurant, Basic essence, Jii Yoga etc.



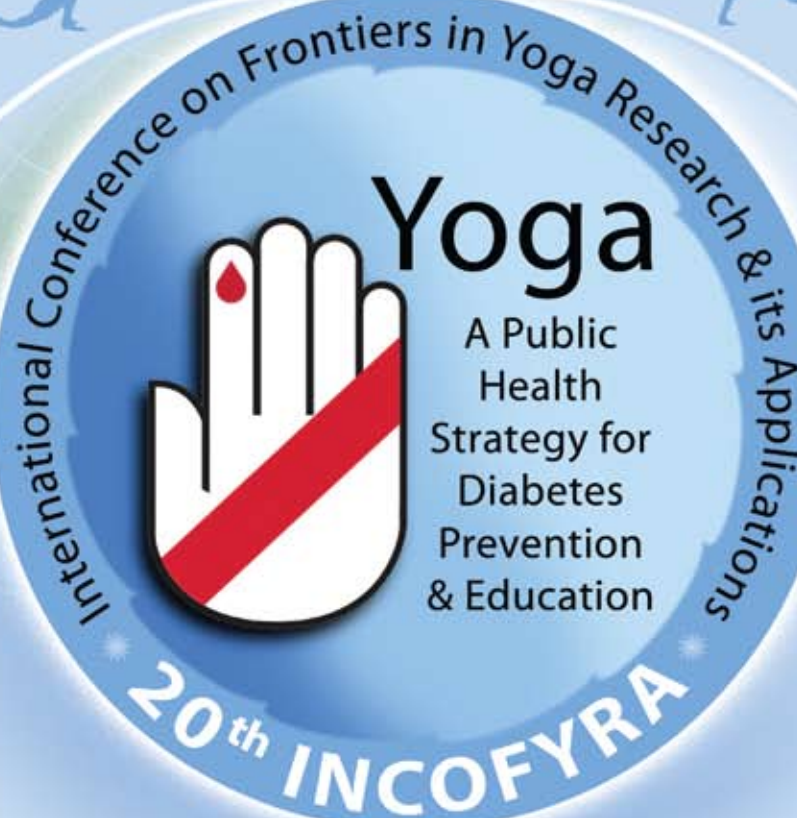
Guruji has inaugurated a camp and he talked about the Stop Diabetes Movement and its purpose etc 'Yoga for common

ailments' book has been released in the camp. There were 143 participants participated and benefited by this camp.

Dr Nair and Dr Shyamala spoke about Diabetes & Diet & on Ayurveda on Diabetes respectively and guided the participants. Yoga for Diabetes practice conducted by Dr Mridula (PGDYTD students of SVYASA, Bangalore). Interesting thing is 6 years old kid 'Lakshna' gave a Yoga demonstration a daughter of Puspa (famous Yoga instructor in Singapore and awarded for best yoga instructor in community centre).



In Commemoration of 150th Birth Anniversary of Swami Vivekananda



Yoga
A Public Health Strategy for Diabetes Prevention & Education

International Conference on Frontiers in Yoga Research & its Applications

20th INCOFYRA

20th International Conference on Frontiers in Yoga Research and Its Applications

THEME

YOGA: A Public Health Strategy for Diabetes - Prevention and Education

Jan 2 - 5, 2014

Prashanti Kutiram, International Headquarters of VYASA, Bengaluru

Organised by:

Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru

In technical collaboration with



S-VYASA Yoga University
Swami Vivekananda Yoga Anusandhana Samsthana
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)
Bengaluru

www.vyasa.org

www.svyasa.org
December 2013 29





CONFERENCE PROGRAMS AT A GLANCE

Date	Program	Time	Location
PRE CONFERENCE			
Dec 26-30, 2013	Spiritual Retreat by Swami Dayananda Saraswati ji	7:00 ^{am} - 9:00 ^{pm}	Prashanti Kutiram
Dec 27-29, 2013	Himalaya Yoga Olympiad	5:00 ^{am} - 5:00 ^{pm}	Prashanti Kutiram
Dec 27-31, 2013	Pre Conference Workshop	9:00 ^{am} - 5:00 ^{pm}	Prashanti Kutiram
MAIN CONFERENCE			
Jan 2-5, 2014	Arogya-Expo: Health Exhibition		Prashanti Kutiram
	Inauguration	Jan 2 @ 4.00 ^{pm}	
	Morning Sessions	Jan 3, 4, 5 @ 5.00 ^{am} - 6.30 ^{am}	
	Pre breakfast Common Sessions	Jan 3, 4, 5 @ 7.00 ^{am} - 8.00 ^{am}	
	Pre-lunch Common Sessions	Jan 3, 4, 5 @ 9.00 ^{am} - 10.30 ^{am}	
	Post-lunch Common Sessions	Jan 3, 4 @ 1.30 ^{pm} - 2:50 ^{pm} Jan 5 @ 1.30 ^{pm}	Prashanti Kutiram
	Multi Track Special Sessions	Jan 3, 4 @ 11.00 ^{am} - 1:00 ^{pm} & 3:00 ^{pm} - 5:00 ^{pm} Jan 5 @ 11.00 ^{am} - 1:00 ^{pm} & 2:30 ^{pm} - 3:30 ^{pm}	
	Paranormal Phenomena and Special Yajnas for DM	Jan 3, 4 @ 6.00 ^{pm} - 7.30 ^{pm}	
Jan 5, 2014	Valedictory Function	3:30 ^{pm} - 5:30 ^{pm}	Kanteerava Indoor Stadium, Bengaluru
	Special Yoga based Cultural Evening	6:30 ^{pm} - 8:30 ^{pm}	
YOGA NIGHTS			
Jan 2, 2014	Life & Message of Sri Ramakrishna & Swami Vivekanada	@ 8.30 ^{pm} - 10.00 ^{pm}	Prashanti Kutiram
Jan 4, 2014	Film on Swami Vivekananda		



In MAIN CONFERENCE

CHOICE OF MORNING SESSIONS:

January 3, 4, 5; 2014 (5.00^{am} - 6.30^{am})

- 1 General Yoga Classes
- 2 Advanced Ásanas
- 3 Yoga therapy (8 Tracks including diabetes)
- 4 Advanced Techniques (5 Tracks: ÁVARTAN, PET, MSRT, VISÁK and AÁNAMS) for Diabetes
- 5 Naturopathy treatments
- 6 Ayurveda for rejuvenation
- 7 Gopuja and Agnihotra in Goshala
- 8 Special Yajnas tailor made for DM control in Yoga Vinayaka temple

COMMON MORNING SESSION: 7.15^{am} - 8.00^{am}

Jan 3, 4, 5; 2014 - Maitri Milan in Mangal Mandir Auditorium

COMMON EVENING SESSIONS: 6.00^{pm} - 10.00^{pm}

- 1 Jan 2, 3, 4; 2014 - Satsangas: 6.30^{pm} - 7.30^{pm}
- 2 Jan 3, 4; 2014 - Paranormal/Magic Shows: 6.00^{pm} - 7.30^{pm}
- 3 Jan 3, 4; 2014 - Yajnas (Resonating with Cosmic Forces): 6.00^{pm} - 7.30^{pm}
- 4 Jan 2, 4; 2014 - Yoga Nights: 8.00^{pm} - 10.00^{pm}



CONFERENCE VENUE

Prashanti Kutiram (*Abode of tranquility*) The international headquarters of VYASA is the spacious, 100 acre, campus of S-VYASA (the Yoga University), with its serene atmosphere and natural beauty in a rural setting some thirty kilometers south of the city of Bengaluru. Under VYASA there are six major activities:

- a **Arogyadhama** - a 250 bed holistic health home and research center
- b **Anvesana** - a world class yoga research facility
- c **S-VYASA** - Yoga University
- d **SVYP** - an exclusive yoga publication house
- e **VYASA India** - the national network of VYASA centers &
- f **VYASA International** - the growing network of VYASA centers around the world

In addition, VYASA campus houses an ayurvedic medical college (Sushruta Ayurvedic Medical College and Hospital) with emphasis on high quality practice of Ayurvedic medicine and research.





CONFERENCE OBJECTIVES

1. Disseminate research findings in the field of Yoga for Diabetes Mellitus and give directions to future research
2. Provide the evidence required to integrate Yoga therapy with conventional care for Diabetes Mellitus
3. Establish national and international working groups comprising Universities, health care providers and policy makers to initiate collaborative research programs
4. Enhance health care provider - industry partnerships to develop programs integrating diabetes care products with yoga based lifestyle
5. Thus, evolve and engage in a nation-wide Stop Diabetes Movement (SDM) for diabetes prevention and education to unseat India from its deplorable position as the 'Global Capital of Diabetes'



WHO SHOULD PARTICIPATE ?

- a Yoga researchers, Yoga & Naturopathy physicians, Yoga & Rehabilitation consultants, Diabetologists, Endocrinologists, Yoga therapists, Health psychologists, Public health professionals, Health educationists and Nutritionists
- b Professional Associations; Centers of Excellences; Specialty Diabetes Centers; Government Institutes; Policy Makers; Representatives of Industry; and Diagnostic laboratories
- c Vendors of lifestyle products; Herbs and organic foods and diabetic food & supplements and such other professionals
- d Patients with diabetes and people at large



PRE CONFERENCE

PRE-CONFERENCE WORKSHOPS

Dec 27-31, 2013 at Prashanti Kutiram,
The International headquarters of VYASA

Theme - **Diabetes Prevention and Education**

The workshop calls on all those responsible for diabetes care to understand diabetes and take control. For people with diabetes, this workshop aims at empowerment through education. For healthcare professionals, it is meant to improve knowledge so that evidence-based recommendations are put into practice. For the general public, it is a call to understand the serious impact of diabetes and know, where possible, how to avoid or delay diabetes and its' complications.

Learning objectives:

- ✓ To understand the importance of education and an evidence-base for the prevention and management of diabetes and its complications
- ✓ To recognize warning signs of diabetes and promote action to encourage early diagnosis
- ✓ To understand dimensions of primary prevention for pre-diabetes, secondary prevention for mild and moderate diabetes and tertiary prevention for severe diabetes with complications respectively
- ✓ To raise awareness of and promote action to reduce the main modifiable risk factors of type 2 diabetes, and to prevent or delay its complications
- ✓ To use evidence-based yoga therapy to prevent, manage, and reverse type 2 diabetes mellitus



AROGYA EXPO: HEALTH EXHIBITION

Jan 2-10, 2014 at Prashanti Kutiram

AROGYA Expo will bring consumers into close contact with Physicians, Industry and knowledge resources concerning best options for health care through Yoga and Holistic living. Arogya Expo is an initiative promoted actively by the Department of AYUSH, Government of India. It aims to support professionals, institutes and industry in Indian Medicine (AYUSH) to showcase their products and services and thereby make people aware that AYUSH systems form safe, effective modes of health care which constitute first choice for large sections of India. For several years, Arogya Expo is being organized by Karnataka Indian Medicine



Manufacturers Association (KIMMA), this time in collaboration with the Department of AYUSH, Government of Karnataka and S-VYASA University.



MAIN CONFERENCE: 20th INCOFYRA



Jan 2-5, 2014

Theme - **'Yoga: A Public Health Strategy for Diabetes - Prevention and Education'**

The theme addresses the urgent need for collaborative actions involving health professionals from physicians of conventional medicine and traditional medicine, policy makers, government organizations and Industries to the protection of the health of our future generations. Particular focus is placed on highlighting the importance of education - for health professionals and diabetes patients alike as well as those at risk for diabetes. Thus aim at reducing the impact of diabetes throughout the world and to articulate the role of yoga as a safe and effective public health strategy in the prevention and management of diabetes and its complications.



ABOUT THE THREE TRACKS AT THE MAIN CONFERENCE

Track	Track Name	About the track
1	 <p>YOGA AND DIABETES RESEARCH</p>	<p>Therapeutic Applications of Yoga:</p> <ul style="list-style-type: none"> » Evolution of disease specific yoga therapy modules for diabetes » Research evidences for the safety and clinical efficacy of yoga for diabetes » Application of yoga in the management & prevention of diabetes <p>Mechanism of Action:</p> <ul style="list-style-type: none"> » Evidences unraveling mechanisms for reported clinical benefits for yoga therapy in diabetes from psycho-physiological to molecular level <p>Future Trends in Research:</p> <ul style="list-style-type: none"> » Leads fro future research in the field of yoga for diabetes mellitus in view of emergence of Integrative Diabetology
2	 <p>COLLABORATIVE CHANNEL-OF PROFESSIONAL BODIES AND POLICY MAKERS</p>	<ul style="list-style-type: none"> » Formulating a National and International Working Group comprising Universities, Health care providers and policy makers to initiate Collaborative Research activities, to improve patient care in diabetes and applicability of yoga therapy » Professional bodies and centers of excellences include: MVMohan Diabetes Center, Karnataka Diabetes Institute, Diabetes Technology Society, Nutrition Society of India and professional bodies for Endocrinologists, Diabetologists, YOGA & Naturopathic physicians, physicians from AYUSH systems and Nutritionists » The policy makers to be involved are - Regional Center - World Health Organization (WHO), NCCAM of National Institutes of Health (NIH), U.S.A.; International Diabetes Federation; Indian Council of Medical Research (ICMR), Govt. of India; Department of Science and Technology (DST), Govt. of India; Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India
3	 <p>PARTNERSHIP MEET WITH - INDUSTRY AND BUSINESS HOUSES</p>	<ul style="list-style-type: none"> » Focuses on enhancement of Industry partnership and development programs that integrates products and services with yoga based lifestyle » Industry partners may include Karnataka Indian Medicine Manufacturers Association (KIMMA); Quality control for organic food; Vendors of Self-monitoring tools, Nutritional suppliments, Medicinal herbs and Diabetes specific lifestyle products; Diagnostics Laboratories

PROGRAMS IN BENGALURU CITY: JAN 5, 2014

Date	Program	Time	Location
Jan 5, 2014	Suryathon	6:00 ^{am} - 9:00 ^{am}	Bangaluru city venue: Kanteerava Indoor Stadium
	Breakfast	9:00 ^{am} - 10:00 ^{am}	
	Cultural Programs: 5 events; ½ hour each	10:00 ^{am} - 1:30 ^{pm}	
	Bhajans	2:30 ^{pm} - 3.30 ^{pm}	
	Valedictory Function	3:30 ^{pm} - 5:30 ^{pm}	
	Music and Dance Ballet on Swami Vivekananda	6:00 ^{pm} - 7:30 ^{pm}	



POST CONFERENCE WORKSHOPS: Jan 6-10, 2014



Evidence based Yoga Therapy for Type 2 Diabetes Mellitus

1 For Patients with Diabetes Mellitus:

To offer integrated therapy including Integrated Approach of Yoga Therapy (IAYT); Naturopathy & Ayurveda under the expert guidance of Dr R Nagarathna MD, FRCP. (5.00^{am} to 7.20^{am}; 10.30^{am} to 1.00^{pm}; 3.00^{pm} to 5.30^{pm} and 8.30^{pm} - 10.00^{pm}). Specific yoga modules for primary prevention of pre-diabetes, secondary prevention of mild and moderate diabetes and tertiary prevention of severe diabetes with complications respectively will be advised.

Venue: Árogyadháma complex. The session will focus on address the following three issues concerning diabetes:

- **Diabetes Prevention:** On the role of lifestyle modification in preventing diabetes, by reducing risk factors.
- **Management of Diabetes:** Diabetes with its multifactorial causation is comprehensively addressed by a multi-faceted approach of integrated yoga therapy at physical, mental, social and spiritual levels along with conventional approaches.

- **Rehabilitation for Diabetic Complications:** Retarding the progression of illness through integrating yogic lifestyle modification strategies with conventional approaches and technological tools to prevent development of diabetes related complications such as neuropathy, nephropathy, retinopathy, coronary atherosclerosis, stroke etc.

- 2 **CME for Yoga Therapists:** This is a Continued Education for Yoga Therapists with evidence based yoga therapy training for diabetes mellitus.

- 3 **CME for AYUSH Researchers:** This is specially intended for researchers to explore the safety; efficacy and cost effectiveness of AYUSH systems in the prevention & management of diabetes mellitus.

- 4 **Indian Yoga Association [IYA] meetings:** India's first umbrella organization of the entire yoga community established to evolve standards for education; teaching; practice and therapy.

- 5 **Special Meetings:** Council for Yoga Accreditation (CYA) Meetings; Meetings for VYASA India, VYASA International and S-VYASA Information Centers



CONFERENCE REGISTRATION

Individual Programs	Dates	SAARC Centers in ₹	International in \$
Pre-Conference	Dec 27-31, 2013	9,000	450
Main Conference	Jan 2-5, 2014	4,500	350
Post Conference	Jan 6-10, 2014	9,000	450
All 3 Programs	Dec 27, 2013 & Jan 10, 2014	15,000	1,100
Day Rate for Conference		1,500	115
Special Event	Jan 5, 2014	700	70



- Includes Board and Lodging in shared accommodation and entry for special events
- Students can get 50% Reduction
- *Organising Secretary:* Dr Hemant Bhargav
cell: +91-87620 19348 | *e-mail:* incofyra20@gmail.com ; incofyra@svyasa.org
- Payment by Cash or DD payable to **VYASA** 'Vivekananda Yoga Anusandhana Samsthana'
- **Online transfer details for Indian Nationals:** A/C Name: Vivekananda Yoga Anusandhana Samsthana; A/C No: 31004780111; Bank & Branch: SBI, Jigani; IFS Code: SBIN0011355
- **Online transfer details for Internationals:** A/C Name: Vivekananda Yoga Anusandhana Samsthana; A/C No: 0405101028355; Bank & Branch Name: Canara Bank, Chamarajpet; IFS Code: CNRB0000405; MICR Code: 560015010

note: After online payment, please mail a copy of payment receipt to **incofyra20@gmail.com** for registration procedure

EXPECTED SPEAKERS

1. Dr. Madhavan Pillai, Oncologist, Jefferson Hospital, Philidelphia
2. Dr. Ulrich Randoll , Matrix-Center-München
3. Dr. ThuppiVenkatesh, Prof. Emeritus, Department of Bio-Chemistry and Bio-Physics St. Johns Medical College, Bangalore
4. Dr. Cristoph Garner, KWA, Germany
5. Dr. Ram Manohar, Director of Research of AVP, Coimbatore
6. Dr. Sat Bir Khalsa, Assistant Professor of Medicine, Harvard Medical School, USA
7. Dr. S Selvan, Immunotherapy, USA
8. Dr. Bhushan Patwardhan, IAIM
9. Dr. Rajan Narayanan, CYA Secretary, DC (Panelist)
10. Dr. Balasubramanian, Chennai
11. Dr. Giorgio Noera, Cardiac Surgeon
12. Prof. V Mohan, Chennai
13. Dr. Kelkar, DM HRV
14. Dr. Madan Mohan, JIPMER
15. Dr. Robert Curl & Dr. Roger S Mazze: Chief Academic Officer at the International Diabetes Center, and Director of its WHO Collaborating Center for Diabetes Translation
16. Dr. Tyagi, Chairman, CCIM
17. Prof. Ved Prakash, Chairman, UGC
18. Dr. Madan Gopal, Health Secretary, Karnataka Govt
19. Dr. Rangesh Paramesh, Director, Himalaya Drug Company
20. Dr. Sen Phatak, MD Anderson Cancer Center, Houston, USA
21. Dr. Newberg A, TJFU, USA
22. Dr. Monti D, TJFU, USA
23. Dr. Jyoti, Coimbatore
24. Dr. R Nagarathna, Chief Medical Officer, Arogyadhama, Bengaluru
25. Dr. Shirley Telles, Head, ICMR Center for Advanced Research in Yoga & Neurophysiology, S-VYASA, Bengaluru
26. Dr. Dean Radin, Senior Scientist, Institute of Noetic Sciences (IONS) & Adjunct Faculty, Dept. of Psychology, Sonoma State University, USA
27. Dr. Sannyal, Secretary, AYUSH
28. Dr. Vijay Kumar, Director, AYUSH
29. Dr. Josephson, Germany
30. Dr. Om P Ganda, Senior Physician, Joslin Diabetes Center & Associate Clinical Professor of Medicine, Harvard Medical School, USA
31. Dr. Gina Alexander, Texas Christian University, Harris College of Nursing and Health Sciences, Fort Worth, TX
32. Dr. Viveka P Jyotsna, Department of Endocrinology and Metabolism, All India Institute of Medical Sciences, New Delhi, India
33. Dr. Nidhi, Endocrinologist, Narayana Hrudayalaya, Bengaluru
34. Dr. Hans Weber, YTT, Germany
35. Dr. Bijlani R L, Integral Health Clinic, Aurbindo Ashram
36. Dr. Aanand Balayogi, JIPMER Program Coordinator, ACYTER, JIPMER
37. Dr. Katoch, DHR, ICMR
38. Dr. Rao Rapaka, NIDA, NIH, USA



FOR MORE DETAILS CONTACT

Address: The Manager, 'Eknath Bhavan', #19 Gavipuram Circle, Kempegowda Nagar
Bengaluru - 560 019, INDIA | **ph:** +91-80-2661 2669 | **telefax:** +91-80-2660 8645
e-mail: svyasa@svyasa.org ; svyasablr@yahoo.com
www.svyasa.org



International Yoga Conference
Theme: **YOGA AND MENTAL HEALTH**
Nov 16 & 17, Sydney, Australia

Guruji's address



Guruji with Dignitaries



Prof. B N Gangadhar
NIMHANS, Bangalore



Guruji's session



6th Annual International Yoga Conference
Theme: **YOGA AND MENTAL HEALTH**
Nov 23 & 23, Melbourne, Australia



Inauguration

Melbourne, Nov 23 & 24: With the technical collaboration of S-VYASA, Vasudeva Kriya Yoga successfully concluded its Decennial Celebrations along with 6th Annual International Yoga Conference. The theme for this year was Yoga and Mental Health.

Pujya Swami Shridharanadaji, President of Vedanta Society inaugurated the function by lighting the lamp. Dr. H R Nagendra, Chancellor of S-VYASA Yoga University, delivered the Key Note Speech and guided the audience on Cyclic Meditation.

The Founder of Vasudeva Kriya Yoga spoke about Vasudeva Kriya breathing. He also spoke about Bhagawat Gita and Mental Health and guided the asana and pranayama sessions.



Souvenir release

Other speakers including Leigh Blashki, President of Yoga Australia, Prof. Jayashri Kulkarni, Dr. Vicki Kotsirilos, Dr. Sanjaya Raghav, Dr. Arun Dhir, Dr. Sanjeev Sharma, Prof. B N Gangadhar, Prof. Marc Cohen and Prof. Alex Henkly enlightened the audience with the wealth of knowledge.

Shri Diptiman Yadav anchored the program. Many volunteers like Sumana, Amrut, Suresha Rao, Sankaran, Anil Babu, Kiran Tatpalliway,



Arvind Joshi, Rani, Bala Paalendra, Ramki, Shripriya, Lakshmi and other made sure that the conference proceeded smoothly.

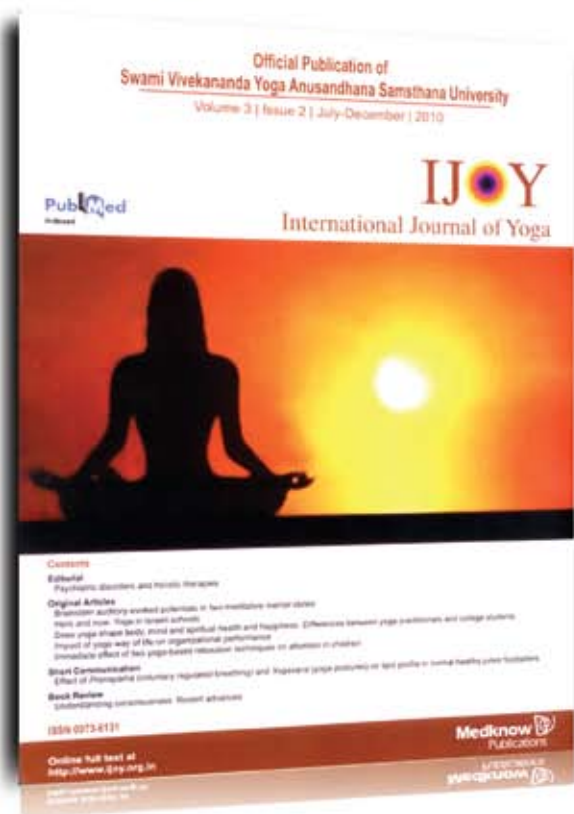
The hall was full on both days. All the participants enjoyed the choice of speakers, presentations, practice, food and venue. Vasudeva Kriya Yoga would like to thank Bharateesha and S-VYASA staff for preparing the nice Souvenir and Banner.



Prof. Alex Hankey



Nagendra & Rajendra



▶ Official Publication of
Swami Vivekananda Yoga Anusandhana Samsthana University, Bengaluru

▶ ISSN: 0973-6131

▶ **Published by:**
Wolters Kluwer Health
Medknow Publications
www.medknow.com

▶ IJOY is a Multidisciplinary Semiannual Scientific Yoga journal, dedicated to Yoga Research and Applications.

▶ Indexed in Pubmed



Subscription Rates:

- ▶ Print ₹1500/ in India(INR) for personal and Institutional. \$150 for personal and \$200 for Institutional.
- ▶ Online ₹1200/- for personal and Institutional. \$125 for personal and \$ 150 for Institutional.
- ▶ Print + Online ₹1900/- for personal and Institutional. \$200 for personal and \$250 for Institutional

Cheque should favour

“Medknow Publications and Media Pvt. Ltd.”
or **Pay online at** www.medknow.com/subscribeonline.asp

Correspondence address

Medknow Publications and Media Pvt. Ltd. B-9, Kanara Business Centre, Off Link Road, Ghatkopar (E), Mumbai - 400075, INDIA | **Ph:** 91 22 66491818 | **Fax:** 91 22 66491817
All India Toll free number: 1800 209 6649. For any assistance or claim please use
e-mail: subscriptions@medknow.com

www.ijoy.org.in

Value Driven Leadership through

- Quality that is Infinite
- Service that Cares
- Hardwork that Endures



**Making a Positive Difference
to lives across the globe**

Alkem Laboratories Ltd.

Alkem House, Senapati Bapat Marg, Lower Parel, Mumbai - 400 013, Tel: 022 39829999

FOR INTERIORS THAT EVOKE ADMIRATION

For over two decades, Centuryply has been effortlessly redefining interiors into designer spaces with the most stunning range of products that reflect the very best of style, innovation and functionality.



CENTURYPLY Quality that's a class apart!

Fortifying interiors with innovations like the first flexible ply, a 7 year termite-proof, pay back guarantee and many more...



CENTURYVENEERS Exotic designs in wood! Beautifying Interiors with an exclusive and wide range of Decorative veneers (only BWR available in India) & Senzura Styles, handpicked from around the world...



CENTURLAMINATES Style that stands out! Trendsetting interiors with the widest range of laminates having myriad textures, stunning patterns and exquisite designs...



Also available:
CENTURYMDF
CENTURYPRELAM