

# YOGA SUDHA

A Monthly Journal of Swami Vivekananda Yoga Prakashana



A new feather added to the crown of Prashanti Kutiram **Sushruta Ayurveda Medical College & Hospital**



VYASA associates receive **CNN-IBN India Positive Award**

**Jaya Durge!  
Jaya Durge!**



Yoga Conferences taking VYASA across the Globe





## Sri H R Shah

*the father figure of the foundation days of Prashanti passed away*

It was in the Eighties of past century that Dr Nagarathna first stepped in the continent of Africa beginning her visit to Nairobi at the invitation of Sri H R Shah to propagate the message of yoga for health as he himself got tremendous

benefit during his first visit to Prashanti when facilities were very simple. He was especially impressed with the research done here and would enthusiastically tell the prospective donors this special activity of our institution. He, along with Sri Mohanbhai Shah and Sri Manubhai Dhanani, could impress the donors to contribute for various buildings in Prashanti like Mangal Mandir, the auditorium and few others that included a room donated by him in Aswini and a Well on behalf of his wife Smt Sushiben. He inspired his sister-in-law Nimuben to learn yoga at Prashanti and teach in Nairobi which she continues to this day regularly.

As his name suggests, Sri Harkha Bhai was full of innocent humour that would endear him to many Seva Vrttis like Geetaji when he used to visit here often with a big group comprising members of his immediate family. He could grasp the subtle points of philosophy as put forth by the Late Prof ASN Shastri who used to admire his innocence and eagerness to put it into practice.

To Prashanti, he was a father figure and used to always inspire others to help it grow in its days of infancy. Naturally, Lakshmi Auntie grew very fond of him. He is survived by his wife Sushiben and two sons, Sri Pulin and Sri Nilesh.

At a ripe age of 82 years Sri Harkhubhai breathed his last on the evening of 30<sup>th</sup> September soon after a friendly chat with the members of his extended family. And this is how great souls bid adieu to this world. Prashanti Kutiram pays its homage to the departed soul.

हरेक सुंदर इमारत के निर्माण में नींव के पत्थर की अहम (प्रमुख) भूमिका, इसी क्रम में प्रशांती कुटीरम् के आधार में अनेकों लोगों का योगदान, उन्हीं में एक हमारे हरखू अंकल । जैसा नाम वैसी ही उनकी छवि । मेरे केन्या प्रवास से पूर्व मैंने सिर्फ उनके बारे में सुना था कि वे कितने सहज, सरल, करुणा से युक्त, हंसमुख, हर क्षण को खुशी के साथ जीने वाले, जिंदादिल । मेरी उनसे मुलाकात केन्या में हुई और पहली मुलाकात में ही मुझे उनके अपनेपन ने आकर्षित किया, ऐसा लगा ही नहीं कि मैं किसी अजनबी से मिली हूँ । वो पूरा दिन उन्होंने मेरे और मेरे पति के साथ बिताया और हम ने पाया कि हर छोटे-बड़े के लिए उनके मन में इतना प्यार-अपनापन, समानभाव कि अनायास ही सभी का उनसे रिश्ता जुड़ जाये । शाम को जब उनकी फैक्ट्री से वापिस हम घर लौटे तो वे हमें बहुत से लोगों से मिलाने ले गये । हम दोनो पूर्णतः थके हुये थे किंतु अंकल अपनी उसी सदाबहार मुस्कान के साथ सब से मिल रहे थे, थकान की एक भी लकीर उनके माथे पर नहीं । जब मैंने उनसे पूछा 'अंकल आप थक गये होंगे?' जोर का उहाका लगाते हुए बोले 'अरे वंदना में कभी थकता नहीं, कोई वांदो नी समझी' । सहज ही बात करते हुए कहने लगे 'शत्रुघ्न मालूम है मैं तुम्हें क्यों इन लोगों से मिला रहा हूँ, ताकि कल में ना भी रहूँ तो भी प्रशांति परिवार के लिए दरवाजे खुले रहें ।' और एक गहरा मौन जिसमें वे बहुत कुछ कह गये । उस वक्त में इसे समझी ही नहीं । आज कुछ महीनों बाद जब उस दैवत्व शरीर के ईश्वर से लीनता के समाचार सुने तब उनके मौन का गहरा अर्थ समझा । मेरी स्मृति पटल पर अंकल की वो हर्ष से युक्त छवि जीवन पर्यंत बनी रहेगी – इसी के साथ पूरे प्रशांति परिवार की ओर से उन्हें श्रद्धापूर्ण प्रणाम ।

– वंदना

तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम्

# YOGA SUDHA

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# EDITORIAL

## NEW HORIZON IN HEALTH CARE Consciousness-Based Holistic Treatment System

Adding new dimensions to Prashanti Kutiram, Sushrutha Ayurveda College and Hospital is shifted from Bangalore city to our campus. With nearly 230 students, the to be number of students in the campus will be around 700. With this quantum jump of students, nearly 1000 students, staff and patients, nay, Yoga therapy participants are taking food in our Annapurna, Sadapurna, Nityapurna, Sampurna and Yoga Darshini dining halls.

The combined Holistic treatment modality of Yoga Therapy, Ayurveda, Naturopathy, Physiotherapy and Acupuncture have started working wonders bringing much faster relief and improvements in the disease status than ever before. The power of Holistic system is proving its metal; Especially with neurological disorders like stroke cases, paralysis, epilepsy, etc. Many of them come on wheel chairs if not on stretchers and go back walking if not running. The case studies illustrated every month must have given a glimpse into these miracles for the readers. How does it work ?

As we all know by now that the Holistic system of treatment is based on the Pancha Kosha model of Taittiriya Upanishat and the Psycho-patho-physio-etiology derived by the concept of Adhi-Vyadhi of Yoga Vasishtha. The root cause of all these Non Communicable

Diseases are in Manomaya Kosha as emotions take over and direct our actions rather than our right knowledge-base provided by the Vijnanamaya Kosha. As Ayurveda puts it, it is the Prajnaparadha which is responsible for this Aadhi.

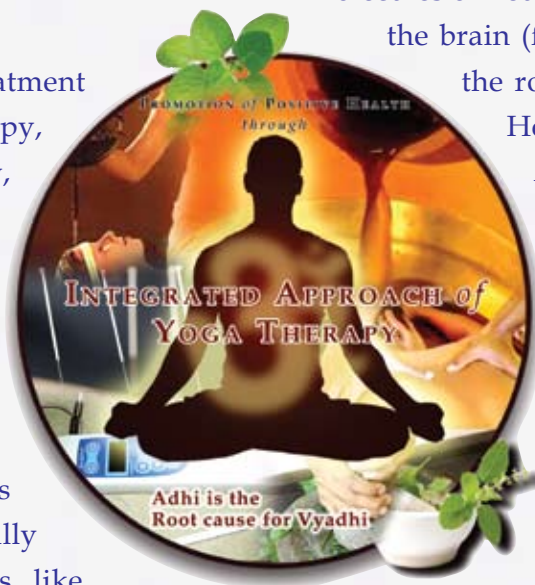
While modern Pharmacological and surgical interventions treat at best the DNA, RNA molecules or neuro-transmitters released from the brain (from drugs as beta blockers), the root cause Adhi is untouched.

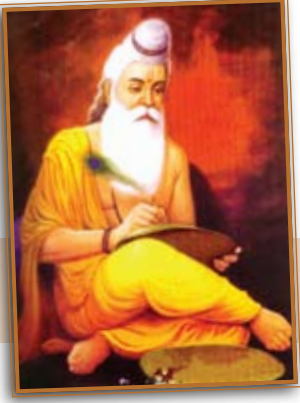
Hence the Consciousness-Based Approach contained in the Pedagogy of Panchakosha and Integrated Approach of Therapy processes deal with human beings at all levels to deal with adhi and vyadhis. It is the set of imbalances at these 5 levels that cause the disease. Hence bringing balance is the key essence of treatment.

That also releases tremendous amount of energy inherently available in Vijnananamaya and Anandamaya Koshas. The surging in of the prana shakti would strengthen our immune defence and set the system to normalcy.

We continue to show these by increasingly rigorous research protocols, single case studies, etc and by publishing papers in leading medical journals.

*Dr H R Nagendra*





# ब्रह्मसूत्राणि (Brahmasūtra)

- Dr. Ramachandra Bhat

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

अन्तस्तद्धर्मोपदेशात् ॥ १११२०

Antastaddharmopadeśāt ॥ 11120

**Meaning:** The being within (the Sun and the eye) is *Brahman*, because His attributes are taught therein.

*Brahman*, the theory of everything is manifested through many functions and effects. In the human life *Brahman* is expressed through various outer manifestation. सत् चित् आनन्द are the three kinds of manifestations. Referring to the 6th Chapter of छान्दोग्य उपनिषत्, ब्रह्मसूत्र establishes the existence of Brahman. There it is सत्, which plays the role of a *Mantra*. In the subsequent *adhikaraṇa*, it is आनन्द— Bliss which is the core part of *Paramātmān*. Even the material things like pots, slates, bats, hats etc. have their existence. But their existence never always lead to आनन्द. According to *Vedantin*, if even these ordinary gadgets make you blissful it is that *Brahman* which is manifested through these ordinary things. Only सत् cannot make someone blissful. चित् is that ingredient which brings in the life energy to all material things. चित् is that life content which bridges both सत् and आनन्द.

य एषोऽन्तरादित्ये य एषोऽन्तरक्षिणालल these statements indicate some non-material inherent permeating factor at individual level and cosmic level. For example, some car will be moving on the proper path. Car is nothing but a combination of many mechanical parts. Due to its internal mechanism it moves further, but if there is no 'Driver' its movement will be haphazard. Behind its movement there must be 'Consciousness' guiding the whole function. Consciousness illuminates the brain. The well guided brain activates many sensory organs like eye, ear, hands, legs, etc. With all these instruments working properly the Driver drives the car and reaches the Destination. Based on this principle all type of Individual and Cosmic activities run.

This is called चिह्नलीला, miracles of चिच्छक्ति. This vital energy makes every artical and partical to vibrate. We come across many illuminating energy centers like; the Sun god, the human eye, where ordinary man also feels manifestation of चित्. While analyzing all these, worldly manifestations of *Brahman*, *Vedantins* arrive at a conclusion – अस्ति भाति प्रियं रूपं नाम चेत्यंशपञ्चकम् । आद्यत्रयं ब्रह्मरूपं जगद्रूपं ततो द्वयम् ॥. Names and forms are manifestation of eternal मायाशक्ति. Men of ordinary understanding are happy with these two aspects of the world. They see some form and gain some name and gain something out of it. This is called मायाविलास, but ब्रह्मलीला is different from this. सच्चिदानन्द is the key theory of everything, which is manifested in various worldly affairs, while understanding, enjoying the bliss and proving the existence.

In the present context, Brahman got two major domains; the human eye and Sun god, where sadhaka contemplates his mind and realizes the existence of Brahman.

to be continued...



# YOGA OF DIVINE DANCE

- Prof T M Srinivasan

**INTRODUCTION:** Indian iconography is challenging both to us and to those from outside who want to share and understand the inner meaning of these figures of gods and goddesses. Is this all real, or is it only a figment of imagination? Our gurus have delved deeply into the mystery of the icons and clarified many interesting and profound meanings in the icons. One such guru is Sri Ranga Guru – as he was fondly called – who through intense tapas clarified the significance of iconic representation of the dancing Siva, namely Sri Natarāja [1].

Divine dance is carried out by the Divine Dancer, Lord Natarāja. All of us have glanced at the figure of the Dancing Lord without thinking about the significance of the dance or the Dancer. The cosmic dance of the universe, the ever changing pattern of the worlds, the solar system and the Milky Way are merely local phenomena reflecting divine destiny. To move from the changing to the Changeless is the goal of all knowledge and of all Yogas. If we understand

the changing, it is likely we understand and glimpse the Changeless. The symbolism of the Dancing Shiva is the sign post for leading the practitioner to the Changeless. We present a brief summery of the symbolism of Sri Natarāja and His dance as depicted by many icons of the Dancing Lord.

**ICONOLOGY:** Iconography is the science of image representation of the Changeless. The Vedas state the unknown is known by many names and forms. Iconography is the study the identification, description, and the interpretation of the content of images. The word *iconography* comes from the Greek word icon for image and graphy is to write or represent. The word is often used for understanding and interpreting religious images in all traditions. While icons in most traditions other than the Hindu are literal representation of what is seen with the physical eyes, the Indian tradition deviates distinctly from such representation. Who has seen anyone with three eyes and matted hair sitting in a



burial ground? Or lying on a snake of infinite magnitude on a sea of milk? These icons should be interpreted by opening one's inner eyes. As Swami Chaturvedi says in one of his lectures, the world looks at the outer whereas a Yogi looks at the inner with his/her eyes turned inwards.

There is another, less used word, *iconology*. Logos means word; hence, iconology comprehends the inner meaning and the intrinsic idea of the iconic representation [2]. Indian representations of gods and goddesses are sometimes simple, sometimes complicated and even grotesque. Sri Ranga Guru was a great exponent of Yoga and Vedanta; he turned his inner vision to understand the complex meaning of the representations of Siva as Natarāja.

**THE COSMIC DANCER:** The most famous icon of the Lord of Cosmic Dance is at the temple at Chidambaram, in Tamil Nadu. Here the Lord is depicted with His left foot raised and left hand across his right side with the fingers pointing to the raised foot, to draw our attention to the power of knowledge that could come to us at His feet. Figure 1 shows a particular icon of the Lord as He stands on a humanoid and executes His cosmic t̄andava. We shall briefly look into the details and its significance in this paper.

The image of Siva that we are presenting is in the form of Ānanda T̄andava, the dance of bliss which may be seen in many temples of South India. Lord Natarāja stands on one leg (usually the right one) with the left leg raised across the right one. His right foot is covering the entire back of a small figure at His foot, a 'demon' called Apasmāra, who with his raised head, is trying to look at the Lord who is standing on his back. Apasmāra (meaning loss of memory, heedlessness or epilepsy) stands for our primordial ignorance, our unique ability to forget the essential and remember only the profane (worldly). This is a powerful persuasion for us to rise above the ignorance regarding our true nature at the feet of the Lord.

The right knee is bent slightly and the left

leg goes across the right leg in a graceful and flowing movement. If we look at the image quickly, it looks like the Lord just moved His left leg across the right one just in time for us to capture the movement! He is standing with tribhanga or three discontinuities - one at the knee, the second at the hip and the third at the neck. This is a classical pose adopted to this day in Bharatha Nāṭyam. The amount of bhanga or the angle at each joint is specified precisely so the dancer who depicts Lord Natarāja has a daunting task of maintaining the exact angular deviations. The left leg of the Lord with the toes pointing to the ground is called kuñchitapāda - the slightly raised foot that blesses the devotee.

The upper body is both slender and graceful; The Lord has four arms, two in front and two more at the rear of each front arm. The left front arm - in gajahasta (hand imitating the trunk of an elephant) form - goes across the chest and is pointing to the left foot that is raised, as if to tell the devotee to seek refuge at that foot. The front right arm has the palm in the abhaya mudhra, conferring fearlessness once we seek His feet. The left rear arm holds fire and the right rear arm holds a small drum, the drum that creates the primordial sound of creation. The entire emphasis of the icon is to the right side, with three arms and both the legs positioned to the right side. The fire of knowledge on the left arm seems to balance the entire right side; with the fire of knowledge we get all our needs fulfilled, namely karma, bhakti and ānandā.

Further, sound is associated with ākasa which is the first elemental in creation. Ākasa is the most subtle elemental that pervades the entire universe. The fire is also the fire of destruction, the end of the material universe at the end of each kalpa. Thus, the two hands and the material they hold give us the manifestation and dissolution of the universe and Siva is also the sustainer in the interim.

The serenity of the face is in stark contrast to the flowing limbs in dance. While destruction



and re-creation of the universe is going on all the time, the Master is not moved since He is not involved in this process. The third eye (in the forehead) is closed while the two eyes are open looking intently at the world of humans. It reminds one of Sāmbahvī Mudhrā - in which the eyes are open but without focus as they are tuned to an inward vision. This is the very same mudhrā that Sri Ranga Guru adopted to understand the inner significance of Sri Natarāja. There is a perceptible smile in the face, a smile encapsulating understanding of the Māyā, the indescribable play that entangles us in this world.

The icon also represents a consummation of the two great forces of prāna and apāna. The effect of the upward movement of apāna is indicated by the left leg that is raised, since apāna is said to be the master impulse of the left side. To make this more effective, mūlabandha is required and that is what the Dancer is going through at this juncture. The flowing hand represents the energy at the manipūraka chakra; this further keeps the apāna flowing upwards to anāhata chakra. Here prāna and apāna maintain the Dancer in the final state of Yogic meditation. Yoga is defined in some texts as the unification of prāna and apāna. This merging of the two forces results in the emergence of final knowledge resulting in the unification with the Supreme. Further, the union of prāna and apāna results in the inner nāda; it is also said that the merging of the two forces brings Pranava into manifestation. Thus we see a complete presentation of the Yogic principles in the icon. Many other features and details are dealt with in the iconology of Sri Natarāja; for us this introduction is sufficient to appreciate the intricate representation that only a devotee of Yoga, Nāda and subtle physiology could discern.

A ring of flame surrounds the Lord of Dance and signifies progression of the universe as directed by the Divine Dancer. Nature's dance radiates from the fire that surrounds the Dancer. It also



signifies the emanation of the holy syllable OM, consisting of three letters A, U and M followed by half a matra of silence. The three letters represent respectively, the waking, dreaming and deep sleep consciousnesses, all merging into the totality of Brahman, a deep silence beyond which is the unspoken Reality. Siva the cosmic Dancer thus enfolds within Himself, the five aspects of creation, protection, destruction, concealment and finally, favor or anugraha offered to the devotee who comes to His feet [3]. The icon now contains all these five aspects as depicted by the hands and the feet. The three upper hands signify creation, maintenance and destruction while the planted right foot is concealment and the lifted left foot gives assurance or anugraha. The gajahasta, the left hand signifies a link between the first three and the last two. The figure is a complex iconology of the Saiva philosophy and is represented in this beautiful figure of the Cosmic Dancer.

**CONCLUSION:** When we see the Dancer there is no dance; and when we see the dance there is no Dancer! This is the mystery of the merging and inseparability of the Dancer and the dance. A beautiful figure of a god or goddess leads one's mind from the mundane to the transcendental, from jadākāsa to cidākāsa. The culmination of any Yogic Meditation is also in the same direction.

Cidambaram is the center of Sri Natarāja



worship; the name itself indicates cit ākāsa; ambaram (in Tamil) is ākāsa. There is another name, an ancient one, for Cidambaram, namely Pundarikapuram. Pundarika is lotus and hence this name points to the city of lotuses. In Yogic literature, the human body is referred to as the city of lotuses. Each chakra in the body has a specific number of lotus petals associated with it and the one with a thousand petals is located at the sahasrāra, at the top of the head [4]. In the intricate enmeshing of the yogic knowledge with the dance posture of Lord Siva, we have a presentation of the Infinite in the finite; the intermingling of the art of yoga, nāda and nritya that leads one to the Supreme.

A two meter statue of the Divine Dancer was presented by the Government of India to the organization CERN, the European Center for Research in Particle Physics in Geneva, Switzerland. The significance of the symbolism of this image of creation and destruction is encapsulated in a plaque next to the image which quotes the famous author, Fritjof Capra and reads as follows: "Hundreds of years ago, Indian artists created visual images of Dancing Siva in a beautiful series of bronzes. In our times, physicists have used the most advanced technologies to portray the patterns of the cosmic dance. The metaphor of cosmic dance thus unifies ancient mythology, religious art and modern physics". While many statements above could be questioned, the overall view

that the Cosmic Dance perhaps is a reflection of the dancing particles that we see around us is indeed of interest. However, in the fascination of the dance, we have forgotten the Dancer, as it were; then we visit Chidambaram and suddenly we see the Dancer, the activator of the dancing particles! The particles have a God who activates and energies the entire universe; there is no God particle that has consciousness to create and uncreate the universe.

### REFERENCES AND NOTES:

1. S. V. Chamu, "The Divine Dancer", Astanga Yoga Vijnana Mandiram, 957, Seshadri Iyer Road, Lakshmipuram, Mysore 570 004, Second Ed, 2003. Here is beautiful book on Sri Natarāja and the Yoga and Tantra associated with the icon.
2. In early Greek, the word logos meant 'word'; however, later use accepted the extended concepts of reason, principle and thought. It also implies logic and reason. It has a subsidiary use as a divine force.
3. Heinrich Zimmer, "Myths and Symbols in Indian Art and Civilization", Harper Torch Books, N. Y., 1962. This book is perhaps the first one in the West to understand and depict the complex iconography and iconology of Indian sacred art.
4. John Woodroffe, "The Serpent Power being the Satchakra Nirūapaṇa", Ganesh & Co., Madras, 1986.



Dr Usha Arunachalam of SFCO & Vidwan Shyamrao Kulkarni presented Theory - Demonstration on 'Shyamrao Gharana' of Hindustani Classical Music on Oct 16, at Prashanti Kutiram

# Galaxy of Divine Deities being worshipped during Navarathri



**Jaya Durge!  
Jaya Durge!**

Navarathri-Dasara  
Durga Puja  
Celebrations  
at Prashanti Kutiram  
Oct 20-24, 2012





Splendid dance performance  
by Smt. Prajna Mishra & Team, Bangalore



### Jaya Jaya He Mahishasuramardhini

Yakshagana performed on Oct 23  
by Vd. Gopalakrishna Bhat & team,  
Karkala, Udupi





Jago Jago Maa, Jago Jago Maa Janani!

Maa!  
Abar Yesho!  
Mother,  
come again  
next year!





Poojya Sri Hariprasad Swamiji & Sri Tyagavallabh Swamiji of Swaminarayan Tradition stayed at Prashanti Kutiram from Oct 12-15



## Why We Shout In Anger?

A Hindu saint who was visiting river Ganges to take bath found a group of family members on the banks, shouting in anger at each other. He turned to his disciples and asked.

'Why do people shout in anger at each other?'

Disciples thought for a while, one of them said, 'Because we lose our calm, we shout.'

'But, why should you shout when the other person is just next to you? You can as well tell him what you have to say in a soft manner,' asked the saint

Disciples gave some other answers but none satisfied the other disciples.

Finally the saint explained, .

'When two people are angry at each other, their hearts distance a lot. To cover that distance they must shout to be able to hear each other. The angrier they are,



the stronger they will have to shout to hear each other to cover that great distance.

What happens when two people fall in love? They don't shout at each other but talk softly, Because their hearts are very close. The distance between them is either nonexistent or very small...'

The saint continued, 'When they love each other even more, what happens? They do not speak, only whisper and they get even closer to each other in their love. Finally they even need not whisper, they only look at each other and that's all. That is how close two people are when they love each other.'

He looked at his disciples and said.

'So when you argue do not let your hearts get distant, Do not say words that distance each other more, Or else there will come a day when the distance is so great that you will not find the path to return.'

*Courtesy :* <http://storylinkzone.blogspot.in/>



## YOGA FOR CHRONIC MUSCULOSKELETAL PAIN

- Dr Tikhe Sham Ganpat, Dr Nagendra HR



Chronic Musculoskeletal Pain (CMP) is associated with common work positions.<sup>[1]</sup> Considering the increasing proportion of elderly population in the world population and the burden of CMP among the elderly people<sup>[2]</sup>, efforts must be made to maintain the functional capacity for as long as possible through optimal primary and secondary health care. Stress has been shown to be one of the factors leading to CMP and Yoga which uses stretching and improves strength<sup>[3]</sup> can reduce stress and relieve muscular tension or pain.<sup>[4]</sup>

Based on an evaluation of the scientific studies on Yoga for CMP at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) University, Integrated Approach of Yoga Therapy (IAYT) module<sup>[5], [6]</sup> that may be beneficial for CMP includes (but is not limited to):<sup>[7], [8], [9]</sup>

**Kriya** (cleansing technique): Jala Neti (practice of sinus irrigation);

**Sukshma Vyayama** (loosening and stretching exercises): folded leg lumbar stretch, crossed

leg lumbar stretch, Pavanamuktasana (wind-relieving pose) lumbar stretch, Setubandhasana (bridge pose) lumbar stretch, dorsal stretch;

**Asana** (postures): Ardhakati Chakrasana (half waist rotation pose), Viparitarani Asana (legs up the wall pose), Matsyasana (fish pose with keeping legs straight on the floor);

**Pranayama** (breathing techniques): Vibhagiya Shwasana (sectional breathing), Nadi Shodhana (alternate nostril breathing)

**Pratyahara** (withdrawal of the senses): Deep Relaxation Technique

**Dhyana** (meditation technique): Avartana Dhyana (cyclic meditation). Although well-





designed studies are needed before a strong recommendation can be made, we suggest that IAYT may be included in the routine clinical practice of CMP as an adjunctive therapy to achieve positive and faster results while reducing the use of pharmacotherapy.

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Yoga Instructors' Course (YIC) - 129<sup>th</sup> Batch | October, 2012



**AROGYADHAMA DATA (Sept, 2012)**

No of Participants (No)	A		B		B		C		D		E		F		G		H		PPH					
	Neurological Disorders/ Oncology	BY	AY	Cardiology	BY	AY	Pulmonology	BY	AY	Rheumatology	BY	AY	Spinal Disorders	BY	AY	Gastroenterology	BY	AY	Endocrinal Disorders	BY	AY	Promotion of Positive Health	BY	AY
<b>Respiratory Rate</b>	19.70	16.6	19.60	15.50	16.80	15.90	17.30	17.40	16.70	12.38	15.83	18.23	16.54	18.37	15.21	19.07	15.42	17.00	14.00					
<b>Pulse Rate</b>	78.5	72.50	78.25	74.25	83.20	77.70	81.13	75.93	76.70	75.15	124.25	121.98	76.36	73.00	72.73	82.79	73.79	78.71	72.06					
<b>Systolic BP</b>	128.2	124.8	138.80	130.38	116.00	112.60	123.06	116.67	125.30	120.50	79.15	78.43	128.84	123.28	123.69	129.14	126.00	122.94	118.59					
<b>Diastolic BP</b>	85.6	81	84.00	81.50	79.80	74.00	84.27	78.93	78.20	75.70	16.93	17.60	78.49	75.84	81.48	79.58	89.58	82.35	76.12					
<b>Weight</b>	72.37	71.54	75.73	73.87	65.92	65.35	72.63	72.10	70.78	69.26	4.25	1.55	69.55	68.25	64.84	63.94	98.90	94.59	71.25	69.91				
<b>Bhramari Time</b>	10.9	12.60	11.38	16.12	7.70	14.90	9.53	16.20	11.05	15.05	67.95	67.24	12.81	15.37	13.42	17.69	10.07	14.71	12.18	16.41				
<b>Medication Store</b>	6	6	3.79	3.37	5.90	1.55	3.50	3.40	2.95	2.15	2.69	2.69	5.70	1.97	1.10	0.69	11.00	0.00	3.50	2.00				
<b>Symptom Score</b>	6.63	2.81	5.62	1.19	3.00	2.40	5.26	2.06	14.35	7.42	4.25	1.43	4.03	3.83	2.94	0.37	16.16	14.83	4.90	1.60				
<b>BY - BEFORE YOGA   AY- AFTER YOGA</b>																								
<b>Total No of Persons - 213</b>																								



## 'IT WAS NOTHING LESS THAN A MIRACLE!'

Testimonial from an Arogyadhama Participant

*Dear Dr. Amit,*

I write this mail to you to thank you and the entire team at S-VYASA for the care and treatment provided to me during my stay at S-VYASA in the month of April 2012. I had been suffering from allergic rhinitis for the last 6 years and numerous visits to hospitals and specialists had not helped me with the complete treatment or relief. I came to Arogyadhama with a very bad case of rhinitis and saw my condition improve within the first three days (without antibiotics which I had been taking on a regular basis). It was indeed nothing less than a miracle that since then (it has been more than 5 months now) that I have been free of rhinitis, and the headache and facial pain that accompanied the infection.

During my stay there, I had mentioned to you about my inability to fly due to severe vertigo and motion sickness (air sickness) and you had taught me the technique of brahmari to be practiced. I had been unable to fly for the last 5 years due to this condition and I am now happy

to inform you that this problem too has been addressed. I not only am able to fly without sickness but have endured severe cold and high altitude without any problem at Ladakh during my recent visit there in the month of July 2012. I have to sincerely thank S-VYASA-Arogyadhama for bringing my life back to normalcy which was disturbed due to my inability to fly.

I have been practicing yoga without fail every day ever since I returned from Arogyadhama. I have lost considerable weight, live a healthy life style and find more peace within me now.

I request you to kindly pass on my sincere gratitude and regards to all at S-VYASA. I do hope that I will come back there soon to learn more from the highly learned staff. I thank each one of you at S-VYASA for all that you have been doing for thousands of people like me who have benefitted from yoga.

*Thanks once again, Warm regards,  
Smitha Naidu, Bangalore*



### **S-VYASA offers Shraddhanjali to Dr Chaya Purushottam**

Dr Chaya, a senior faculty member and an active researcher at S-VYASA left her mortal coil on 6-10-2012. Basically a Diet and Nutritionist, Dr chaya Purrushottam was one amongst the first batch of PhD scholars from S-VYASA with its affiliation to Bangalore University and had been actively involved in S-VYASA research projects, particularly in collaborative works with St John's Medical College, Bangalore. Her dynamic role in organisation of International Conferences and various abroad activities are remembered by all associates of S-VYASA. Prashanti family offers its shraddhanjali to the departed soul and conveys its heartfelt condolence to her family who are missing the presence of such a great soul.





## सुश्रुतन्नति - SUSHRUTONNATI

Sushrutha Ayurveda Medical College and Hospital moves to Prashanti Kutiram campus

Newly built Academic Complex of S-VYASA hosting Sushrutha Ayurveda Medical College



Invoking the 'Cosmic Doctor' - *Dhanvantri* through homa



Marking the beginning of the new dimension at Prashanti - Sushrutha Ayurveda Medical College

Guruji's vision of having an Ayurveda Medical College in the campus of Prashanti Kutiram got fulfilled with blessings of Lord Dhanvantari and Lord Patanjali. 21<sup>st</sup> October 2012, auspicious day of Saraswati Pooja, witnessed the inauguration of Sushrutha Ayurveda Medical College and Hospital at Prashanti Kutiram- the International HQrs. Of S-VYASA Yoga University.

Surabhi - Ayurvedic treatment wing was started a couple of years back at Prashanti Kutiram-and the research wing of S-VYASA had recently added research in Ayurveda along with its hard core research in Yoga. The shifting of the Sushrutha Ayurvedic Medical College and Hospital from its Bangalore premises to Prashanti has added a new dimension to the initiatives we had taken towards Ayurvedic treatment and research. The Inaugural Ceremony of the new campus was very aptly named as "SUSHRUTONATI".

Dhanvantari Homa was performed at the new academic block to mark the new beginning which was followed by the inaugural program at mangala mandira. The Inaugural speech was delivered by Dr.Ved Prakash Tyagi, President, CCIM. who was the inspiration behind establishment and development of the college.



## Svagatam te mahabhagaha

He was also instrumental in developing the curriculum for Ayurveda with modern medical research and diagnosis. He expressed confidence that the coming together of S-VYASA (Yoga) and Sushruta Ayurvedic Medical College and Hospital will take Ayurveda and Yoga to their pristine glory.

Dr.H.R.Nagendra (Guruji) expressed his joy on the occasion of the coming of the Ayurveda College to our Karma Bhoomi and Tapo Bhoomi - Prashanti Kutiram. In his speech Guruji said that integration of Yoga and Ayurveda can only be the solution for the modern day challenge of Non-Communicable Diseases. He told the gathering that our experiences show that Yoga plus Ayurveda are giving exhilarated results for the treatment of the modern life style diseases. He also added that Yoga and Ayurveda can only change the matter based approach of modern science to consciousness based.





## 150<sup>th</sup> Birth Anniversary of Swami Vivekananda (2012-2013) & Decennial Celebrations of S-VYASA University



### OPENING OF SWAMI VIVEKANANDA MARG AND FREE HEALTH CHECK UP CAMP @ VADER MANCHENAHALLI

10<sup>th</sup> October 2012 was a red letter day for the people of all villages around Prashanti Kutiram, University Campus of S-VYASA.

Sri B S Yeddyurappa, Former Chief Minister, Karnataka dedicated **SWAMI VIVEKANANDA MARG** to the people living here. This double road with bright lights, starts near Manchenahalli cross to the gate of Prashanti Kutiram.

The program started right from 9 am with a **free health camp** where doctors and Yoga

therapists of Arogyadhama, S-VYASA University examined near about 1000 villagers of all ages. Various yoga practices were explained as a part of treatment.

Along with Health check up camp, Ganapathi Pooja was performed with Vedic chanting. The Bhajan team rendered devotional and patriotic songs. The whole audience sang with the group in tune.

Sri Yeddyurappaji inaugurated 'Swami Vivekananda Marg- the new road with unveiling the ceremonial garland amidst thunderous applause.

Dr HR Nagendra in his address mentioned about



चरैवेति, चरैवेति ॥  
move ahead! march ahead!

on the **NEW ROAD**





### Gratitude to the Great Man

the close cooperation of Karnataka Government and particularly Sri Yeddyurappaji. Sanction and construction of this road is one amongst them. He also acknowledged the contribution of villagers in development of the Prashanti Kutiiram.

The students gave a spell bound demonstration of various Yoga asanas and special pyramidal formations.

Various local leaders and important personalities of the surrounding villages addressed the gathering. Some of the main speakers were Sri Krishnappa, MLA Bangalore South & also Vice President of BMTC, Sri Pillappa, Chairman Kallabalu Gram Panchayat and Sri Ramesh, member Taluk Panchayat. All of them appreciated the contributions of Sri Yeddyurappaji and

the path breaking service done by S-VYASA University and wanted every one to make best use of this **abode of excellence**.



Sri BS Yeddyurappa ji, in his address recalled the vision of 'Man Making' of Swami Vivekananda. The all round growth of human personality-physical, mental and intellectual was the dream of Swami ji. He mentioned that State of Karnataka is proud of having a world class university like S-VYASA which is an unique one.

Anna Dana was offered to all villagers who had gathered.



Your BP is high.  
Do Yoga to calm down!



## 2012 International Conference @ Singapore Theme: "Therapeutic Application of Yoga" (Sep 28 to 30, 2012)

- *Manoj Takur*, Singapore



Amritasuryanandaji inaugurating the conference

2012 is a special year for Vyasa Yoga Singapore (A representative entity of s-VYASA, INDIA) to organize an international conference with the theme of "Therapeutic Application of Yoga" from Sep 28 to Sep 30, 2012 at Goldkist Beach Resort, east coast of Singapore.

309 attendees participated in the conference from more than 10 nations across the globe like US, Portugal, Australia, New Zealand, Indonesia, Malaysia, Hong Kong, India and many of them from home country Singapore itself.

Key Speakers in the conference were Dr. H.R.Nagendra, Dr. R.Nagarathna, Dr. Lorenzo Cohen (MD Anderson Cancer Hospital, USA), H. H. Jagat Guru Amrta Súrýánanda Mahá Rája (Portuguese Yoga Federation, Portugal), Dr.

Poornima (India), Dr. Renu Mahtani (India), Dr. Siva (Malaysia).

Main-conference day began with inauguration by all key speakers and distinguished guests along with inaugural speech by Dr. Nagendra. This day brought attendees an intense package of insightful lectures by Dr. Nagarathna on "Integrated Approach of Yoga Therapy (IAYT)", Dr. Lorenzo Cohen on "Role of Integrative Medicine in Prevention & Management of Cancer", H. H. Jagat Guru Amrta Súrýánanda Mahá Rája on "Yoga, Health Promotion and Yoga Therapy" along with practical sessions for many non-communicable diseases (NCDs) including Bronchial Asthma, sinusitis, Diabetes Mellitus & digestive disorder, Back Pain, Cervical Spondylitis & Arthritis. Day evidenced a wonderful musical yoga demonstration by Portuguese Yoga Federation, Portugal (group of 10 talented individuals) which mesmerized everybody in the conference hall.

Post-conference day was equally valuable and insightful for attendees to learn about application of yoga in managing and preventing serious diseases like cancer alongwith other dimensions of nutrition, supplements and herbs & Ayurveda. The delegates were all impressed with depth and width of sessions from experts across the globe, good mix of theory and practical, logistic arrangement at the venue. Many of them got chance to personally interact with key speakers and were delighted to talk in



Welcoming the Speakers & Delegates to the Conference

person with them. There were nearly 30 volunteers who put their sincere efforts, day and night, to make this conference successful. Their selfless contribution to this conference is invaluable.

Overall, success of this conference proves more and more interest being generated across the globe in learning Yoga and its applications in managing and preventing modern life problems. We look forward to hold more such conferences on even bigger scale to let more and more people take benefit of research being done by s-VYASA in the field of Yoga.



Stretch



Relax



## 5<sup>th</sup> Annual Yoga Conference at Melbourne, Oct 5-6, 2012

- *Rajendra Yenkanamoole*, Melbourne



Two INDRA's - Rajendra & Dr Nagendra

The 5<sup>th</sup> annual Yoga Conference at Melbourne, Australia organized by Vasudeva Kriya Yoga was a great success. This time it became more special with the participation of Dr. H. R. Nagendra, Vice Chancellor of S-VYASA. The conference was well attended. Dr. Nagendra gave a key note speech on both days about yoga's role in containing the non communicable diseases. His talk was backed up with some

of the experimental facts and success stories. He expressed his desire to work closely with universities and hospitals in Australia to contain the epidemics such as depression and diabetes.

The founder of Vasudeva Kriya Yoga Shri Rajendra facilitated the program and he talked about the importance of Yama and Niyama in our daily life to lead a peaceful and contented life which in turn contains the non communicable diseases.

Other speakers who impressed the audience include Dr. Marc Cohen (Professor, RMIT), Dr. Philip Stevens (Faculty, Monash University), Dr. Ghnashyam Thakur (Scientist, Kaivalyadhama), Dr. Arunothayaraj (Cardiologist), Dr. Ranjit Rao



(Urologist), Dr. Sanjay Raghav (Neurologist), Dr. Sudhakar Vasudevan (G.P.), Dr. Santosh Yadav (Ayurveda Doctor), Mrs Julie Girgins (Therapist).

All participants enjoyed the event and are looking forward for the next one.



## Dr LATHA VENKATRAM receives CNN-IBN India Positive Award

To recognize the inspirational stories of everyday Indians, who are doing their bit to bring about a positive change, CNN-IBN, in partnership with Jaypee Group, announced 14 winners of the inaugural edition of India Positive Awards in a glittering ceremony held at The Taj Palace Hotel, New Delhi.

India Positive Awards delves into India's hidden resource that cradles the wounded, makes peace among communities and improves

lives of others with their selfless acts. These awards bring to light stories that celebrate the basic goodness in every Indian.

Dr. Latha Venkatram, Dr. Prabha Ramakrishna and Aakash Sinha who are members of the S-VYASA family were amongst the ten inspirational Indians who were felicitated at the awards ceremony.

S-VYASA takes pleasure in congratulating all three of them for getting such a noble award.



### Dr. Latha Venkatram & Dr. Prabha Ramakrishna

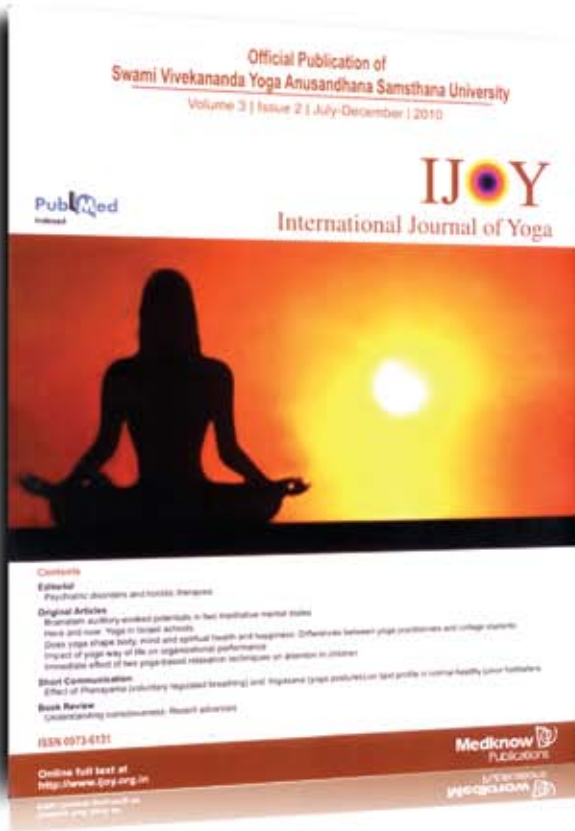
India has the highest number of obstetricians and strangely also ranks among the highest in maternal mortality, death of mothers soon after childbirth that is mostly preventable. Dr. Latha Venkatram, a member of academic and research team of S-VYASA, her colleague Dr. Prabha Ramakrishna and their team of 15 specialists from Rangadurai Hospital, Bangalore, decided to set an example for the doctors as well as hospitals by adopting Corporation Hospitals and giving special maternity care there. In six months, the doctors plan to have enough support for 24x7 operation facilities and the Bangalore Mahanagara Palike is

looking out for more private-public partnerships to revive its 93 hospitals. In a country where healthcare is out of reach to the poor, doctors like Latha Venkataram and Prabha Ramakrishna are creating wonders.

**Aakash Sinha:** An enterprising young engineer, Aakash Sinha who is also closely associated with S-VYASA, is making possible a world where robots can give one company, serve water and guard skies. Aakash, founder of Omnipresent Robot Technologies, makes robots for the Indian armed forces. He has made a model for the DRDO, which he says could be useful in situations like the 26/11 Mumbai attacks. After a gold medal from the Department of Science and Technology this year, Aakash is aiming even higher.



Sri A Subramanian along with Smt Uma Maheshwari & team of VYASA, Chennai presenting Yoga demonstrations at 'Celebrating Age' workshop on Oct 6 & 7 at Mother Teresa Complex, Chennai.



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### ABOUT S-VYASA

The objective of S-VYASA has been to make Yoga a socially relevant science with the tool of modern scientific research. Over the last 25 years, several beneficial applications of yoga in Health, Education, Management and other fields have been established through scientific research: published 195 research papers in leading peer reviewed national and international journals making this institution a premier in Yoga research in the country.

“The goal of life is to manifest the Divinity within” is the proclamation of Swami Vivekananda. The approach of S-VYASA has been to promote this great wisdom of Yoga and Spiritual lore not only for alleviating human suffering but also for individual growth and universal peace, harmony and brotherhood. With vast experience of conducting several short-term and long-term programs as an affiliated institution to Bangalore, Mysore, Mangalore and Rajiv Gandhi University of Health Sciences, Bangalore, S-VYASA acquired the status of Deemed University by UGC in 2002.



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- Study materials in SLM (Self Learning Material) Format
- Video and Audio contents developed by subject experts
- Moodle Server hosted from our headquarters
- **Onlineyogacourses.com** - programs offered through DDE
- **Libraryofyoga.com** - knowledge base of S-VYASA
- Lecture notes hosted on servers
- 24 x 7 support available
- Faculty available for one-on-one and group counseling

#### EVALUATION

- Standardized, first-ever distance examination system for Yoga including Asana, Pranayama, Meditation, Kriyas, Mudras, Bandhas etc.,
- Term-end & continuous assessments ; Assignments on applications of Yoga ; Total Personality development

**Two Intakes in a year - January and July! Register Anytime, Anywhere! Nov 2012 27**



S-VYASA launches a new online Research Journal  
on Philosophy, Psychology & Para-psychology

## Call for Papers

### International Journal of Yoga - Philosophy, Psychology and Para-Psychology [IJOY - PPP]

*Dear Sir/Madam, Greetings,*

International Journal of Yoga - Philosophy, Psychology, Para-Psychology (IJOY - PPP), is a novel biannual scientific Yoga journal, to be launched on January 12, 2013, dedicated to Yoga Philosophy, concepts and applications in Psychology and Para-Psychology. The journal is an official publication of Swami Vivekananda Yoga Anusandhana Samsthana (a Deemed University) recognized by the Ministry of Human Resource Development through UGC, Government of India, New Delhi, India and a sister journal of I-JOY, a peer reviewed Pubmed indexed open access journal published by Medknow publications [part of Wolters Kluwer Health] Mumbai, India.

You are welcome to submit articles related to Yoga Philosophy, Psychology and Para-Psychology, its concepts and applications.

We publish articles related to:

**Yoga - Philosophy, Psychology and Para-Psychology:**

- » Original Article
- » Review Article
- » Short Communication
- » Letter to the Editor

You can submit your article at [editor.ijoy.ppp@gmail.com](mailto:editor.ijoy.ppp@gmail.com)

For Instructions to the author: <http://www.ijoy.org.in/contributors.asp#Dwnld>

*All articles will undergo a peer review process and  
you will be informed about the status of the manuscript within 5 weeks.*

## Yoga Conferences at a Glance

1. International Conference on Yoga and Education in collaboration with Tumkur University - Nov 27 & 28 in Tumkur University Campus
  - YTTC and Yoga & Consciousness - Workshop, Nov 29 to Dec 5 in Prashanti Kutiram
2. World Ayurveda Congress (WAC) - Dec 7 to 10 in Bhopal
3. 1<sup>st</sup> World Parliament of Spirituality - Dec 17 to 21, Hyderabad
4. Yoga Institute Foundation Day - Dec 25 to 27 at Santa Cruz, Mumbai
5. 7<sup>th</sup> International Conference on Yoga for Youth - Dec 27 to 30 at Kaivalyadhama, Lonavala
6. 2<sup>nd</sup> International Conference on Yoga for Health & Social Transformation - Jan 7 to 10, 2013 at Patanjali Yoga Peeth, Haridwar
7. AYUSH and Diabetes - Jan 11 to 14, 2013 in Prashanti Kutiram
  - Post Conference Workshops - Jan 15 to 21, 2013



## HRD Practice: A Manifestation of Yoga Concept

- *Basant Kumar*

*Chief Engineer (Elect), Oil and Natural Gas Corporation Ltd, Mumbai*

Now a days all efforts are being made to optimize the performance, various concept starting with Taylor's scientific management, Elton Mayo's and Mary Follett's participative management Japanese concept of Muri, Mura and Muda, Kaizen, Kanban, JIT, Group Technology etc all suggest various modalities for better results with improved abilities of the individual and the team. All the management philosophy attempts for better result through various techniques dealing with behavioural approach of human beings and better and better production and management control.

Now a days HRD concept is in vogue in all the organizations. It has become a fashion to boost the HRD image of an organisation. The effect is such that P&A departments have been rechristened as HRD department. However in Indian conditions we simply cannot forget Yoga, which has got eternal value and mass followings. Even an ordinary man can visualise what can be achieved by practicing Yoga. Yoga is way of life and it is simply not useful for an individual but is equally effective for a group, for an organization

and for a nation. Managerial principles covering interpersonal and organisation behaviour can be easily interpreted in the light of Yoga thoughts.

In all the management philosophy, it is assumed that a man is honest, sincere, and hardworking and more over is a strong nationalist. Their approach starts beyond these values and they succeed too as these are basic gradients for success.

However, this is not true in Indian context. Here every man cannot be assumed to be truthful, honest, sincere, and hardworking and although he may be a patriotic, he may not be a nationalist. In fact, these virtues

cannot be assumed to be present in all citizen of every country. This is the reason - despite all huge trained manpower and natural resources, we are lagging much behind small countries of Europe and America. Our approach has to start from zero. We should not talk of CRINE (Cost Reduction Initiatives in the New Era) when we cannot control wasteful expenditure in our normal operation and maintenance. We should not talk of CMMS (Computerised Maintenance Management System) -when we cannot maintain log books of equipments.





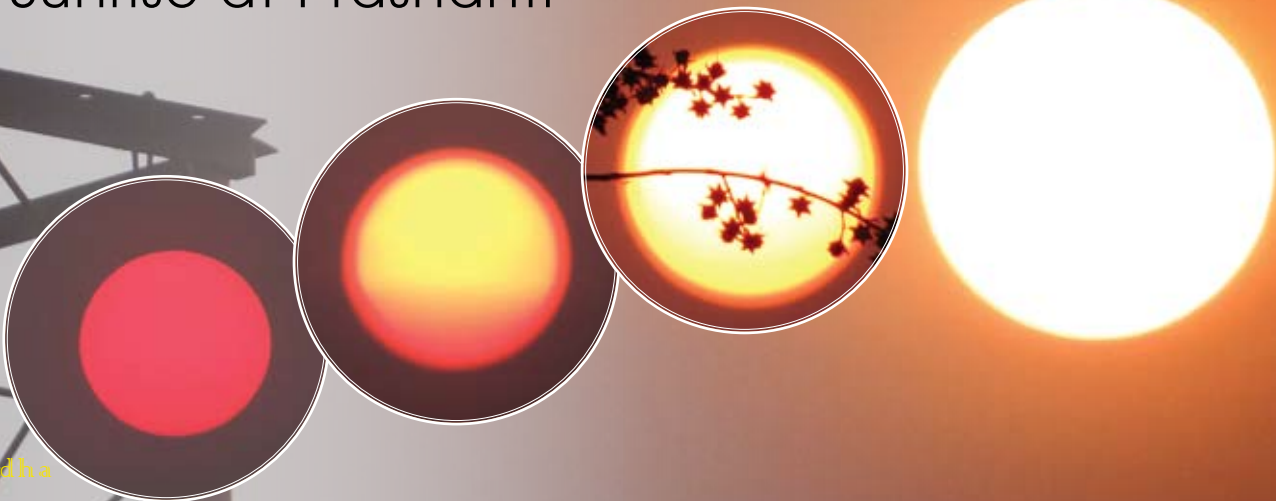
Truthfulness and nationalistic approach are two basic ingredients for success of any organization, forget HRD techniques.

The core concept of HRD like personal integration, work ethics and quality of life, leadership and team work can be well paralleled rather improvised with the concept and practice of Yoga. Yoga's approach emphasizes not only in action but perfection in action which is akin to Japanese concept of management of Kaizen which is for continuous improvement. Thus the eternal concept of Yoga is needed to be seen in modern context, environment, human and organisational needs- albeit the philosophy of HRD is a product of modern managerial and social science of west. Thus it can be well suggested that Yoga is a pre requisite for successful HRD practice and it can be great technique for better performance and engineering management in Indian context.

The difference is in terminology, uses of words, approach and more pertinently, generally we link HRD for economical betterment and Yoga for spiritual betterment, but basically these two try to increase the competence and happiness of individuals for overall benefit of the society, organisation and the nation. But truly, Yoga encompasses many thoughts , practices to make a man complete .Yoga is a very effective tool and practice in aptitude changing, determination, concentration, relaxations, positive thinking and it motivates people to sacrifice, work for others .

Today is the era of competition for best optimum result and this has created visible and invisible causes of stress which not only effect individual in their professional life but private life, mental peace and family relationship too have come under strain. For optimum result, HRD tries to eliminate the causes of stress but these have become part of nowadays life modern medical science, although has developed tremendously with time but its role and effectiveness is somewhat limited as it is not simply the external cause/ physiological disorder, conscious mind but subconscious mind has great effect on human being. And what all the approaches, methodology known to mankind, it is the Yoga concept which not only takes care of external causes , physiological disorder but talks of great role of subconscious mind in making a man healthy , relaxed , free from stress, pure in thoughts and actions.

### Sunrise at Prashanti





## Yoga in Education

Presentation at the Goa Education Department, Parvari

A discussion meet was organized by the Department of Education, Government of Goa to understand the role of Yoga in improving the quality of education, life of students and identify ways to integrate Yoga in the regular curriculum at various levels of teaching and also in health care delivery systems with time. This program was a pre-conference event connected to the forth coming 'International Conference - Yoga in Education'.

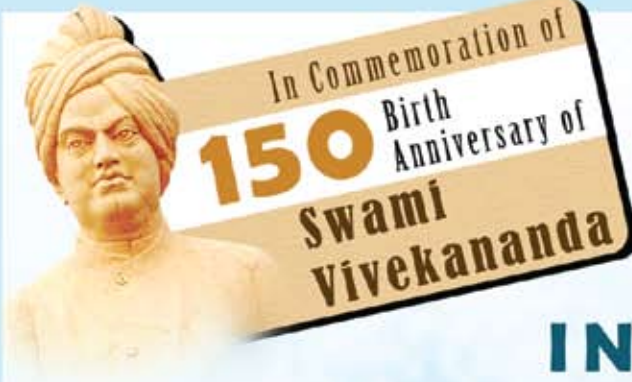
The Program was inaugurated by the Chief Minister of Goa Sri Manohar Parikkar who analyzed the present day problems faced by the children and the schools in multiple dimensions and brought out the need to derive new protocols to improvise the standards of education.

Also, the Director of State Council of Education Research and Training [SCERT] Sri Nagaraj Honnekken, the Chairman of the Board of Secondary & Higher Secondary Education, Prof. Rebello, the Chairman of Goa Education Development Corporation Sri Kanta Patnekar, the Director of Education Sri Dwivedi D S, the deputy Directors of Education, Sri Anil Pawar, Sri GajananaBhat, Sri Sailesh Zingde, and Sri Dilip Bhagat, Assistant Director Mrs. Bale, Mr. K K Nandkarni and the Assistant Directors of Education of 11 Taluks, were all present in the meeting.



A presentation on Pancha Kosha Viveka and its understanding and significance in culturing the mind of the children was presented by Sri Kuntal Ghosh, PhD Scholar at S-VYASA University in which he gave an in-depth explanation of the five layers of existence of an individual in relation and relevance to modern lifestyle, thinking, perception and behavioral disciplines. Followed by the first session, Dr. Ragavendrasamy gave a presentation on the Role of S-VYASA Yoga University's paradigm shift in thinking and its contribution to research, understanding and application of Yoga practices in everyday life and in the field of rehabilitation. He had also explained in detail the modes of simple applications of yoga practices in class to improve performance of the students. Sri. Anil Kumar Gajjala, Nodal Officer and Smt. Lalitha from S-VYASA also were present in the discussions.

The program was followed by a brief discussion session where there were interesting discussions over implementing Yoga for managing behavioral disorders and addiction in children. The government officials are very much interested in implementing the Yoga practices in everyday education, thereby making Goa as a model state towards educational excellence.



# Welcome

## INTERNATIONAL CONFERENCE

# 2012

Theme: **YOGA IN EDUCATION**

November 27-28, 2012 | Tumkur University, Tumkur

**Post Conference Workshop**

Nov 29 - Dec 5, 2012 | Prashanti Kutiram, Bengaluru



Jointly Organized by  
**TUMKUR UNIVERSITY**  
Tumkur

**S-VYASA YOGA UNIVERSITY**  
Bengaluru



Inauguration  
**H H Dalai Lama**



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website

<http://tumkuruniversity.in/index.php/icye2012>

[www.svyasa.org](http://www.svyasa.org)



# YOGA IN EDUCATION

International Conference organised jointly by

**S-VYASA and Tumkur University**



Yoga in Education - A need of the hour

## POST CONFERENCE WORKSHOP

(29<sup>th</sup> November to 5th December 2012 at S-VYASA

Prashanti Kutiram Campus, Bangalore)

### Objectives:

- To build awareness among faculty about the role of Yoga in Higher education
- To outline the Educational Philosophy
- To impart basic and advanced Yoga training
- To impart training in Indian ethos in Education
- To develop skills for appropriate Instructional Design and Delivery
- To review/ monitor and evaluate the intended outcome
- To promote Research temperament

### Intended Outcome:

- Enhanced effectiveness in the Teaching - Learning process
- Better empowerment of students for personal, national and societal growth
- Build a team of highly motivated, dedicated and empowered faculty

### Indicative Contents:

- Yoga Philosophy
- Yoga practices, Advanced Yoga techniques
- Total personality development - Memory development, Emotion culture, Yoga games etc.
- Yoga education in traditional Gurukula education
- Teaching, Learning and evaluation methods
- Yoga and Education research

Post  
Conference  
Workshop fee:  
Rs 5000/-  
(International  
amount: \$ 350)

**Contact Details:** S-VYASA ICYE Office, Sri Anil Kumar Gajjala,

# 19, Eknath Bhavan, Gavipuram Circle, K G Nagar, Bengaluru - 560 019

Mobile: +91 94834 67443 | Ph: +91 80 2263 9960/03/75 | Telefax: +91 80 2263 9905

Email: [icye@svyasa.org](mailto:icye@svyasa.org) | Website: <http://www.svyasa.org/event/2012/icye.asp>

# Peace! Peace! Peace!

- Prof K Subrahmanyam



After the day's labour, we seek to sleep peacefully. After the sleep, we wish to wake up peacefully and during the day while at work, we hope to be peaceful. But unfortunately at no point of time and in no place we are able to be peaceful. The worries and tensions of the day's work make us sleepless in the night, and even if we try to sleep through some medication, it is both disturbed sleep and damaging sleep resulting in both physical ill-health and psychic sickness. Freshness of a flower is always utopian in the morning hours, despite the fresh air and environment. Should we lead a life of tensions and anxieties, worries and problems without ever meeting the peaceful horizon?

In search of peace, we change places. Seeking peace, we approach doctors and search for peace everywhere. It is like a person searching for the lost jewel on the road, while it was actually misplaced within the house. The only justification is that there is light outside and darkness inside. Here comes to our rescue the great beacon light of Yoga. It makes the inner self bright diving away the dark depression within.

Peace cannot be found anywhere outside. It is enough if we turn within and focus our attention on the inner self. It is not mere word jugglery; it is really a workable, practical solution. This is of three ways:

1. Practice of asanas
2. Pranayama
3. Pranava japa

The first technique is the performance of certain 'Asanas'. Depending upon the



psychic and physical condition of the seekers, the Yoga experts would only be happy to suggest the specific asanas and their systematic practice every day. Yoga no doubt is a wonderful medicine for all ailments.

Similarly is 'Pranayama' a simple and effective technique to breathe in as slowly as possible and breathe out as steadily as possible. This can be practiced by all at any time and in any place. One is sure to enjoy peacefulness all through the day and night, if only pranayama is practised methodically three times a day.

It is enough if a person can chant 'Pranava' - feel its vibrations all over the body. 'Om' can be silently said or loudly recited. It can be chanted anytime, anywhere. Without any specific external conditions, it is sure to silence our emotions and provide peace to the agitated mind. Before commencing the work and after completing the work, before sunrise and after sun set, before we go to the bed and after waking up from bed, if only we can chant pranava(Om), it will have remarkable results and we remain peaceful always.

S-VYASA has been able to prove and proclaim to the entire world on the basis of scientific research that the efficacy of asanas, pranayama and pranava is unparalleled. A visit to S-VYASA's campus at Prashanti Kutiram is sure to make anybody peaceful.



## OBITUARY



Staff and students of S-VYASA offers shraddhanjali to **Dr Soumya**, M.D student and her husband **Sandeep** who met unexpected death on Oct 16.

VYASA offers its homage to **Smt Sanmathi**, aunt of Dr H.R Nagendra and Dr R Nagarathna who left her body.

**Smt Goda Tathachar**, w/o Vidwan

Lakshmi Tathachar, Former Director of Sanskrit Academy, Melkote and member of S-VYASA's Academic Council, attained the feet of Lord on Oct 17. S-VYASA offers its shraddanjali to her departed soul.

VYASA offers homage to the departed soul of **Sri Dinkar Vasudeo Bhohe**, Goa, who expired on Sept 26.

VYASA conveys its condolence to Sri Chennachari, driver at Prashanti Kutiram and his family on the loss of his father **Sri Tagadachari** on Oct 12.





## ಉರಿಸಲು ತಂದ ಕಟ್ಟಿಗೆ ಜಿಗುರಿದಾಗ

- ವಸಂತ ಶಾಸ್ತ್ರಿ



ಬೆಂಕಿ ಧಗಧಗನೆ ಉರಿಯುತ್ತಿತ್ತು. ಆಗ ತಾನೆ ಬೆಟ್ಟದಿಂದ ಇಳಿಸಿದ್ದ ಹೆಣ. ಜ್ವಾಲೆಗಳ ಬಾಯಿಗೆ ಆಹುತಿಯಾಗಿತ್ತು. ಚಟ್ ಚಟ್ ಎಂಬ ಕಟ್ಟಿಗೆಯ ಶಬ್ದವೊಂದೇ ಆ ಸ್ಮಶಾನದ ನೀರವ ಮೌನವನ್ನು ಭೇದಿಸಿ ತೇಲಿ ಹೋಗುತ್ತಿತ್ತು. ಇಡೀ ಸ್ಮಶಾನ ನಿರ್ಮಾನುಷ್ಠವಾಗಿತ್ತು. ಅಲ್ಲೊಂದು ಇಲ್ಲೊಂದು ಗೂಬೆಗಳು 'ಗೂಂ' ಎನ್ನುತ್ತಲಿದ್ದವು. ಮಧ್ಯರಾತ್ರಿ ಗಂಟೆ 12 ಆಗಿದೆ ಎಂಬ ಸೂಚನೆ ಕೊಡುತ್ತಿದ್ದವೇನೋ?

ದಿಠೀರನೆ ಆ ಸ್ಮಶಾನದ ಬಾಗಿಲಲ್ಲಿ ಒಬ್ಬ ಹದಿನಾಲ್ಕರ ಹೆಣ್ಣುಮಗಳು ಪ್ರತ್ಯಕ್ಷಳಾದಳು. ಆ ನಡುರಾತ್ರಿಯಲ್ಲಿ ಭೀಕರ ಸ್ಮಶಾನದಲ್ಲಿನ ಹೆಣಗಳ ನಡುವೆ ಒಬ್ಬಳೇ ಹೆಣ್ಣು. ಧೈರ್ಯವಾಗಿ ಆಕೆ ಅಲ್ಲಿದ್ದ ಚಿತೆಗಳ ಸನಿಹ ಬಂದಳು. ಒಡೆದ ತಲೆಬುರುಡೆಗಳು, ಎಲುಬುಗಳನ್ನು ದಾಟಿಕೊಂಡೇ ಏನನ್ನೋ ಹುಡುಕತೊಡಗಿದಳು. ಹೌದು! ಆಕೆಗೆ ಸಿಗಬೇಕಾದದ್ದು ಸಿಕ್ಕಿತ್ತು.

ಸತ್ತ ಶವದೊಂದಿಗೆ ಒಂದಿಷ್ಟು ಅಕ್ಕಿಕಾಳುಗಳನ್ನಿಡುವುದು ಕೆಲವರ ಸಂಪ್ರದಾಯವಲ್ಲವೇ?

ಹಾಗೆ ಸ್ಮಶಾನದಲ್ಲೆಲ್ಲ ಚೆಲ್ಲಿದ್ದ ಅಕ್ಕಿಕಾಳುಗಳನ್ನು ಗುಡಿಸಿ, ಹೆಕ್ಕಿಕೊಂಡಳು. ತನ್ನ ಜೋಳಿಗೆ ಕಾಲುಭಾಗ ತುಂಬಿತೆನ್ನುವಾಗ ಇನ್ನು ಸಾಕು ಎಂದು ಎದ್ದಳು. ಏಕೆಂದರೆ ಜೋಳಿಗೆಯನ್ನು ತುಂಬಿಸಿಕೊಳ್ಳಲಿಕ್ಕೂ ಆಗದು. ಅದು ಅರ್ಧ ಹರಿದ ಜೋಳಿಗೆ. ಇನ್ನೇನು ಹೊರಡಬೇಕೆನ್ನುವಾಗ ತಟಕ್ಕನೆ ಯಾರೋ ಆಕೆಯ ಲಂಗವನ್ನು ಹಿಡಿದೆಳೆಂತಾಯ್ತು. ಅಧೀರಳಾದ ಆ ಬಾಲೆ ಹಿಂತಿರುಗಿ ನೋಡಿದಳು. ಲಂಗಕ್ಕೆ ಸಿಕ್ಕಿಕೊಂಡಿದ್ದ ಕಟ್ಟಿಗೆಯ ಚೂರನ್ನು ಸಡಿಲಿಸಿದಳು. ನೋಡುತ್ತಾಳೆ! ಉರಿಸಲಿಕ್ಕಂದೇ ತಂದಿದ್ದ ಆ ಕಟ್ಟಿಗೆಯ ಒಡಲಾಳದಿಂದ ಪುಟ್ಟ ಪುಟ್ಟ ಎಲೆಗಳು ಹೊರಗೆ ಇಣುಕುತ್ತಿದ್ದವು. ಸ್ಮಶಾನದ ಬೂದಿಯ ನಟ್ಟನಡುವೆ ಜೀವನದ ಸೆಲೆಯನ್ನು ಮೈದುಂಬಿಕೊಂಡು ನಗುತ್ತ ನಿಂತಿತ್ತು ಚಿಗುರೆಲೆ. ಹುಡುಗಿಯ ಕಣ್ಣುಗಳಲ್ಲಿ ಮಿಂಚು ಮಿಂಚಿತು. ಜೀವನದ ಗಹನ ಸತ್ಯವನ್ನು ತಿಳಿದ ಆ ಹುಡುಗಿ ಧೈರ್ಯವಾಗಿ ಅದೇ ಸ್ಮಶಾನದ ಬೆಂಕಿಯಲ್ಲಿ ಅಕ್ಕಿಯನ್ನು ಬೇಯಿಸಿ ಗಂಜಿ ಮಾಡಿದಳು. ಅದನ್ನೇ ಊಟ ಮಾಡಿ ಹೊಟ್ಟೆ ತುಂಬಿಕೊಂಡಳು. ಸತತ ಮೂರ್ನಾಲ್ಕು ವರ್ಷಗಳವರೆಗೆ ಹೀಗೆಯೇ ಹೊಟ್ಟೆ ತುಂಬಿಕೊಂಡ ಆ ಬಡ ಹುಡುಗಿ ಶಾಲಾ ಶಿಕ್ಷಣವನ್ನು ಪೂರೈಸಿದಳು. ಛಲ ಬಿಡದೇ ಡಿಗ್ರಿಯನ್ನೂ ಗಿಟ್ಟಿಸಿಕೊಂಡಳು. ಬಡತನಕ್ಕೆ ಹೆದರದೇ ಧೈರ್ಯವಾಗಿ ಜೀವನವನ್ನೆದುರಿಸಿದ ಆ ಬಾಲೆಯೇ ಇಂದು ಮುಂಬೈಯಲ್ಲಿ ಅಧ್ಯಾಪಕಿ.



ಈಸಬೇಕು.  
ಈಸಿ ಜಯಸಬೇಕು  
ಎಂಬ ಛಲವಾದಗಳಿಗೆ  
ಒಂದು ನಮನ



The World Ayurveda Foundation (WAF) is one of the major outcomes of the 4<sup>th</sup> World Ayurveda Congress. Initiated and mooted by Vijnana Bharati, the Foundation has the backing and blessings of the dignitaries and Ayurveda practitioners, from both within the country and overseas. This umbrella organization will focus on furthering the cause of Ayurveda, and popularizing it across the world.

As the first step WAF is organizing the fifth edition of the World Ayurveda Congress and AROGYA Expo with its theme as 'Enriching Public Health through the Ayurveda'. Scheduled to be convened in Bhopal (Lal Parade Ground), Madhya Pradesh, from 7 to 10 December 2012, the Foundation looks forward to consolidating the momentum of this forum and providing a robust boost to the global popularity of Ayurveda and associated fields. With nearly half a million visitors and about 5000 delegates expected to attend this year, the Congress is reinforcing its identity as a global summit that brings together diverse stakeholders of Ayurveda on to a common, meaningful, and popular platform.

In the associated expo, Arogya 2012, the spotlight this year will be on traditional and tribal knowledge in health-care systems from India's rural and tribal communities, especially from Madhya Pradesh and the north-eastern states.

The Government of Madhya Pradesh and WAF invite all interested delegates to the academic and business sessions and to all associate events of the 5<sup>th</sup> WAC.

Organizers



Partner State



Focal theme

**'Enriching Public Health Through Ayurveda'**

7-10 December 2012, Bhopal, Madhya Pradesh, India

Partners



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Log on [www.ayurworld.org](http://www.ayurworld.org) for...

Regional Coordinators details | 5<sup>th</sup> WAC Main and Associate Events

Details of the Call for Papers | Details of the Registration of Delegates

WAC Secretariat, World Ayurveda Foundation

107/1, Margosa Road, Between 13<sup>th</sup> & 14<sup>th</sup> Cross, Malleswaram, Bengaluru - 560 003  
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# 1st WORLD PARLIAMENT ON SPIRITUALITY

17 - 21 Dec 2012 @ Hyderabad, INDIA



Earth is One, Truth is One, We are One



DR Kaarthikeyan



Grand Mother  
Pa'Ris'Ha



Brahmarshi  
Patriji



Swami  
Chidanand  
Saraswati



Jennifer Hough



Mooji



Leonard Orr



Sunyogi  
Umasankar



Janet Attwood



Dr Yugandhar GR



Jacqueline Maria



Zhi Gang Sha



Shibendu Lahiri



Brandon Bays



Harrison Klein



Dr.Hans TenDam



Jose Miguel Ruiz



Swami  
Brahmddev



Macaco  
Tamerice



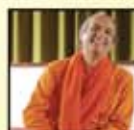
Dr.Ashoke  
Kumar



Andre Riehl



Sadhvi Bhagwati



Amadio Bianchi



Dr BM Hegde



Dr Vijay Bhatkar



Yogiraj  
Siddhanath



Sooryaji



Dr. Sue Morter



Dr HR Nagendra



Marci Shimoff



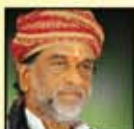
Debra Poneman



Smt. Hansaji



Dr Deepak  
Ranade



Avathar  
Atmaguru



Hasyayoga  
Jiten Kohi



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## News from VYASA, Tollygunge, Kolkata

From 1<sup>st</sup> September 2012 at 6.15 am, 11<sup>th</sup> Batch of *Foundation Course in Yoga Science for Wellness (FCYScW)* was started.

On 1<sup>st</sup> September 2012 at 5 pm, Mr. Sanatan Mahakud was invited to a Press Meet organized by *The Samaja* (a Premier Odia Daily) at Utkal Bhawan of Kolkata. In this he had a presentation of first annual progress report of *Swami Vivekananda District Yoga Wellness Centre (SVDYWC)*, South 24 Parganas, West Bengal.

On 7<sup>th</sup> September the **Executive Body Meeting (EBM)** of VYASA Kolkata held a 6, Lyons Range .It was attended by Mr. B K Dhanuka, Mr. B L Chandak, Mr. Sunil Kr Rungta, Mr. Suresh Kejriwal & seven teachers of VYASA.

On 15<sup>th</sup> September 2012, three teachers from VYASA were participated in the Exhibition & Conference "**Chikitsa 2012**". It was organized by Indian Chamber of Commerce (ICC) Kolkata to showcase the best of Health, Ayurveda, Beauty & Fitness Industry. Dignitaries were invited from administrative and ministries of West Bengal, Nagaland, Mizoram & Odisha. On this occasion Mr. Sudip Bandyopadhyay , Hon'ble Minister of State, Ministry of Health and Family Welfare, Govt. of India was the chief guest of the inaugural programme of Conference and Health Exhibition was inaugurated by Ms Chandrima Bhattacharya, Hon'ble Minister of State, Ministry of Health and Family Welfare, Govt. of West Bengal .

On 17<sup>th</sup> September 2012 *Viswakarma Puja* celebrated at VYASA Kolkata.

On 19<sup>th</sup> September 2012 *Sri Ganesh Puja* was celebrated by Team VYASA. On this occasion there was a special Bhajan programme.

On 22<sup>nd</sup> September 2012 to create Yoga awareness there was a **Yogasana Competition** among the class VI & VII students of Sri Sarada Ashram Girl's School, New Alipore. In which 52 students took part with great interest. Mrs. Tapasi Dey, (YIC student of VYASA) was invited as the judge for the same.

On 29<sup>th</sup> September 2012, 11<sup>th</sup> Batch of *Foundation Course in Yoga Science for Wellness (FCYScW)* was concluded.

### FUTURE PLAN:

On 1<sup>st</sup> November 2012, Tweleveth batch of "*Foundation Course in Yoga Science for Wellness (FCYScW)*" would be started.

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## NEWS FROM TURKEY

### Bhagavad Gita - Yoga of Existence is on bestseller list in Turkey!



While the world has not yet forgotten the ban at Russia for 'Bagawtha Gita' book, We are delighted to

announce that at Turkey, on the first week of its sale date, our latest release Bhagavad Gita ranked as the #2 most selling book in yoga category. The positive response of the readers is encouraging, as the market is crowded with novels. Our next book release will be Yogini by Shambhavi Chopra.

### We were invited to TV Station of Beykent University

On October 4, 2012 Ayça Gürelman, founder of Istanbul Yoga Center and Purnam Publishing, was invited once again to the TV talk show program in BEA TV, Beykent University TV. The

program was 1 hr long and being the only guest in the program, she could talk about the new book release Bhagavad Gita, the programs of Istanbul Yoga, the real and authentic purpose of yoga as well as the academic programs of S-VYASA.

### Our book release got recognition in monthly magazines

Bhagavad Gita is getting attention of book editors in various magazines in Turkey. We have coverage in women magazines like Elele, Form Sante, Istanbul Life magazine ... Also the internet web sites are showing interest to the book as well -<http://vipmag.com.tr/n/yazi-6379-varolusun-yogasi>



Guruji presiding over the Vidwat Goshthi as a part of the annual Mysore Dasara celebrations



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