

योगा सुवर्णा

A Monthly Journal of S-VYASA Yoga University



Dr. Pranav Pandya; Union Minister, Shri Vijay Sampla; Union AYUSH Secretary, Shri Ajit M Sharan; CM Haryana, Shri Manohar Lal Khattar; Governor of Punjab / Haryana, Shri Kaptan Singh Solanki; Prime Minister, Shri Narendra Modi; CM Punjab, Shri Prakash Singh Badal; Union AYUSH Minister, Shri Shripad Yesso Naik; MP Chandigarh, Smt. Kirron Kher; Dr. H R Nagendra; Pujyaa Shivani



Mass Yoga Demonstration by 30,500

PM Modi Ji leads Address & Practice

1st ASIAN YOGA THERAPY CONFERENCE



Organised by Asian Yoga Therapy Association | Co-Sponsored by Vivekananda Yoga China
Vivekananda Yoga Global & Sino - Indo Yoga college, Yunnan Minzu Univeristy
Technical Support by S-VYASA Yoga University, India

15th - 17th JULY 2016 - SHANGHAI - CHINA

Registration details: visit us: www.vhg.co.in

India: +919901483222 | Mail: peo@vhg.co.in

China: +8618701921191 | Mail: info@vivekanandayoga.com.cn



VIVEKANANDAYOGA[®]
GLOBAL

VIVEKANANDAYOGA[®]
CHINA



तं विद्यादुःखसंयोगवियोगं योगसंज्ञितम्

YOGA SUDHA

Vol. XXXII No.7 July, 2016

CONTENTS

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



Editorial 2

Division of Yoga-Spirituality

Brahmasutra - Sarvopetā ca taddarśanāt - Prof. Ramachandra G Bhat 3

ವೃತ್ತಿಕ ಪರಿಪೇಕ್ಷೆಯಲ್ಲಿ ವಾಸ್ತವಿಕ ಯೋಗ - ಶ್ರೀ ರಾಜೇಶ ಎಚ್.ಕೆ. 27



2nd International Day of Yoga

Main Program by GoI at Chandigarh 4

Celebration at Global Level 8

Celebration in India 10

International Conference on Yoga for Body and Beyond 12

Celebration by VYASA Family: Prashanti Kutiram-Bengaluru,

BMS College of Engineering-Bengaluru, VYASA-Guwahati,

VYASA-Kolkata, VYASA-Hyderabad, VYASA-Kalyan,

VYASA-Houston, Washington DC, VYASA Yoga Singapore,

Istanbul Yoga Merkezi, Vasudeva Kriya Yoga, VYASA-LA 14

Celebrations at Prestigious Institutions: NIMHANS, ISRO, HAL,

Symbiosis Internationa College, DRDO, ICMR, IVRI,

CCET Office 20

Celebration at State Level 23

Celebration in Bengaluru 24

Free IDY Camps conducted at different parts of Bengaluru 25

Chandigarh Yoga Festival - 2016 26



Division of Yoga & Physical Sciences

Moving beyond Meditation - Prof. T M Srinivasan 28



Division of Yoga & Management Studies

YIC Batch 169, June, 2016 & SMET participants from HAL 31



Division of Yoga & Humanities

Dumb Distress - Dr. K Subrahmanyam 32

IDY celebration at BLDE University, Vijayapur 33



VYASA, National

National Seminar on Yoga & Rotary Seva Rathna award to Guruji 34

Founders Day and 8th Convocation of SAMC&H 35

Felicitation to Guruji, Ramanath Goenka Award ceremony &

Workshop at Port Blair 36



VYASA, International

Special Yoga Instructors' Course for foreigners 37

AEON - 2016 38

S-VYASA Yoga University
'Eknath Bhavan', # 19, Gavipuram Circle,
Kempgowda Nagar, Bengaluru - 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.edu.in

EDITORIAL

Glimpses of the tremendous responses from all over the world during the International Day of Yoga (IDY) celebrations are depicted in this issue.

The Main Program in Chandigarh attracted 30,500 persons demonstrating the common Yoga protocol for 45 minutes where Hon Prime Minister also practiced with all. All over the town, there were nearly 200 programs attracting nearly 50,000 people in all. Not only the Governments from all over India actively organised IDY celebrations, all Yoga and related organisations also celebrated the same in a big way all over the world. Yoga Olympiad organised by NCERT went down to District Level this time and 2.5 Lakh students participated in the event. Dr. Senapathy the Director of NCERT, told that we will reach all schools even at village level next year. He said that great awareness has been built among the school children.

The Outcomes IDY

1. Yoga has gone into School Education System through NCTE and NCERT
2. Yoga has made the routes in University Education System through UGC and Ministry of HRD
3. Ministry of AYUSH has been brought to main focus all over the world

4. Six Systems of AYUSH have been brought to the fore giving a big boost to Ayurveda Vaidyas in particular
5. Many Conferences all over the country in different universities of India and abroad have highlighted the research done in their respective fields bringing out the benefits of pluralistic medicine, the future of health care delivery system
6. India is becoming the destination for Yoga
7. Great interest all over the country and abroad has started bringing the Social relevance of Yoga to everyone in the society as yoga has a message for all
8. IDY has acclaimed the status of the biggest event of celebrations among all other days of UNO

And finally, the call by our PM to Control Diabetes by all Yoga Institutions in India and prevent India becoming the DM Capital of the World. So, the Ministry of AYUSH will continue its activities throughout the year for the same.

■ *Dr H R Nagendra*



International Day of Yoga at Red Fort, New Delhi.
Chancellor, Dr. H R Nagendra was the Guest of Honour





ब्रह्मसूत्रम् (Brahmasūtram)

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



सर्वोपेता च तद्दर्शनात् (ब्रह्मसूत्रम्-२-१-३०)

Sarvopetā ca taddarśanāt (Brahmasūtram-2-1-30)

Meaning: Brahman is endowed with all (powers), because it is seen (from the scriptures).

This Sutra takes up cosmological thoughts which are so much graded in the second chapter of first Pada. There are many cosmological hints in all the Upanishads also. The common question in all the Upanishads is 'Why is the world the way it is, how has it emerged the way it is expanded (in the sense of incarnations and structural diversity) with so many variable and verities and highly peculiar. As understood in the previous Sutras, the qualities and properties of a cause are carried on to the effect or the product state. The product is the reflection of the cause with little modification. कारणगतगुणाः कार्ये सङ्क्रामन्ति । - qualities of cause continue in the product. This phenomenon is very well presented by Nyaya - Indian school of logics. Clay is made into pot. It is very clear.

Purvapaksha says, human beings are capable and endowed with powers to deliver any kind work because they possess physical body. Brahma, having no physical body is incapable of doing anything. Thus Brahma possesses no powers.

Siddhanta says, the word, 'Sarvopeta' from Vedic verdicts about Brahma should be understood very clearly; 'Brahma has every potentiality to become the root cause for diversified and multifarious world'. The same factor was envisioned by great sages, visionaries who were called 'Rishis'. Rishis realized reality through deep Sadhana. Upanishad statements declared Brahma is root cause of everything and anything. Taittiriya Upanishad says, everything comes, sustains and merges with Brahma.

Next aphorism in this Adhikarana also establishes that how even with no organs and senses Brahma has the potency to create and manage everything in this world. Taking the help of Maya or Avidya, Brahma assumes different forms, permutations and combinations. He catches without hands, sees without eyes, thinks without Manas and does everything without the support of any external sources. Ultimate governing, creating and controlling factor of this world is Brahma only.

to be continued...



Vice Chancellor Prof. Ramachandra G Bhat was the Chief Guest in International Day of Yoga celebration at Sheeghalli, North Canara



2nd International Day of Yoga

Chandigarh witnessed Mass Yoga Demonstration by 30,500,
Prime Minister Modi Ji leads Address and Practice

Chandigarh, Jun 21: The Capitol Complex here witnessed a grand ceremony with Honorable Prime Minister, Shri Narendra Modi Ji, leading the 2nd IDY ceremony in address and practice as well.

Dignitaries: Governor of Punjab / Haryana, Shri Kaptan Singh Solanki; CM Punjab, Shri Prakash Singh Badal; CM Haryana, Shri Manohar Lal Khattar; MoS (IC) Ministry of AYUSH, Shri Shripad Yesso Naik; MP of Chandigarh, Smt. Kirron Kher; MoS Social Justice and Empowerment, Shri Vijay Sampla; Union AYUSH Secretary, Shri Ajit M Sharan; Chancellor of Dev Sanskriti Vishwavidyalaya, Dr. Pranav Pandya; Chancellor, S-VYASA Yoga University, Dr. H R Nagendra; Brahma Kumaris' Sister Pujyaa Shivani.

The Governor of Punjab and Haryana, Shri Kaptan Singh Solanki gave the welcome address highlighting "Yoga's purpose to unite and not divide".

S-VYASA being a Yoga University took active part in the celebration

Chancellor, Dr. H R Nagendra chaired the IDY Experts Committee, and served among the dignitaries on the dais





Why June 21st for Yoga Day?

June 21st marks the northern hemisphere's summer solstice or longest day in a year, and the earth's closest point to the sun. Hence this day was internationally chosen to represent Yoga, as it connects us with this period of extended light and energy.



Statistics:

- 30,500 participants including 150 specially challenged persons selected to perform out of 1.5 lakh applicants
- Participant pool included: defense forces, ITBP personnel, Punjab University students, specially challenged, yoga foundations, school children, and select members from yoga orientation training camps
- 800 coaches conduct training





Honorable PM, Shri Narendra Modi Ji, elaborated Yoga's grandeur emphasizing it as the need of the hour. He concluded his address by saluting the sages for their unique contribution and thanking all those striving toward spreading Yoga's treasure.

Later, the PM led 30 thousand participants in a 45-minute Common Yoga Protocol mass demonstration.

Highlights of Modi Ji's Address

- 2nd International Day of Yoga (IDY) marks a rising tempo for a global movement
- Two awards, at international and national levels, mark Yoga's remarkable achievements
- Quality Council of India's (QCI) recent strides decide norms for Yoga training and trainers
- India's collaboration with WHO forges scientific Yoga Protocol
- Coming year Appeal to Yoga Practitioners and Therapists, to focus on Diabetes Care
- IDY includes physical, as well as mental and social health
- Yoga provides not merely fitness, but wellness and life discipline, Jeevan Anushasana
- Yoga aims for



Boosts Stop Diabetes Movement (SDM) of VYASA, started in 2008

PM's appeal to Yoga practitioners and therapists worldwide to focus on diabetes care for coming year



- detachment, not attainment or attachment
- Like Puja, Yoga serves both heavenly gains, Paraloka Prapti, as well as earthly gains, Ihaloka Prapti, namely physical health, mental wellbeing and social harmony
- Yoga trains in synchronizing one's body, mind, intelligence, and soul
- Yoga tunes a lazy body into activity, a restless mind into stability, ultimately helping one achieve the will of god, Ishwara Sankalpa
- Rather than controversy, Yoga should be engaged toward social welfare
- It behooves us to preserve and disseminate the sages' priceless gift, Yoga, in as pure a form as possible
- Yoga is a zero-cost health assurance without



Gateway for Research in Yoga

India's collaboration with WHO forges scientific Yoga Protocol

- Just as cell phones embed and enmesh our lives, conversely Yoga can embed and even free our lives; but it requires adequately standardized methodology and simplified delivery
- Yoga can instrumentally replenish our lost sense of self-connection and care, despite our appearing technologically "connected"
- Trend arises in cities as gynecologists advise Yoga for pleasant pregnancy and comfortable delivery
- Globally, Yoga has become a lucrative industry in which qualified trainers benefit

Career Opportunities for Yoga Scholars, Graduates

Promising careers through Quality Council of India's (QCI) delineating Yoga training and trainer norms

discriminating between rich or poor, educated or uneducated, theist or atheist

- Yoga as an effective and economical preventive health-care system, can alleviate the health-care budget

Hon Prime Minister in interaction with Specially Challenged Persons



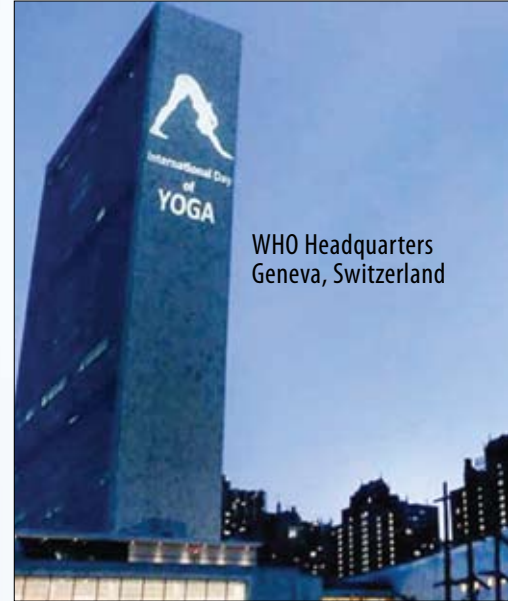


International Day of Yoga

Special Coverage



Yoga Performance on
World's Largest Glass and Titanium Saucer Shape Sighting Platform
Beijing, China



WHO Headquarters
Geneva, Switzerland



Sydney Opera House, Australia



Dubai



Shiyang Lake, Hunan, China



North Beach, Durban



Pujya Jaggi Vasudev at UNO Headquarters, USA



London Tower Bridge



Pujya Sri Sri Ravishankar at European Parliament



Khatmandu, Nepal



Times Square, USA



Indian Navy aircraft carrier INS Viraat
Mumbai



Baba Ramdev leads the session
at Raj Path, New Delhi



Srinagar, Kashmir



Mumbai





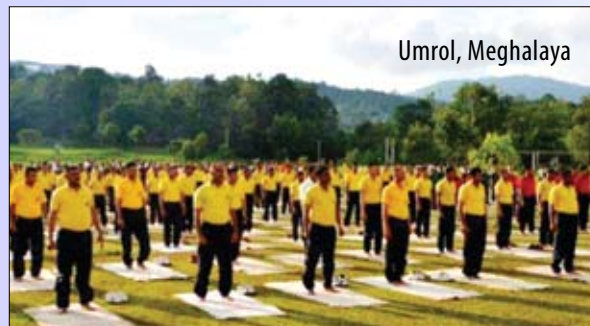
Siachen Icy Heights



Kargil



Rann of Kutch, Gujarat



Umrol, Meghalaya



Ahmedabad, Gujarat



Demonstration
by 4001 School Children
Chennai



Backward Class Commission members
perform Jal Yoga, Madhya Pradesh



Lodhi Garden, New Delhi

International Conference on Yoga for Body and Beyond

Ministry of AYUSH, Govt. of India

June 22-23, Vijan Bhavan, New Delhi



June 22: Inaugural session

As part of the celebrations of second International Day of Yoga, Ministry of AYUSH organized a two-day International Conference titled 'Yoga for Body and Beyond'. Vice President Shri Hamid Ansari, Inaugurated the Conference. MoS (I/C) for AYUSH, Shri Shripad Yesso Naik was the 'Guest of Honour'. Swami Ramdev, Dr. Pranav Pandya, Swami Amrita Suryananda, Swami Chidanand Muni and Dr. H R Nagendra

graced the occasion. Delivering the Inaugural Address, Vice President Shri Hamid Ansari said that Yoga is a science which helps in reducing the stress and has numerous benefits which keeps one fit and useful in maintaining overall health profile.

June 23: Valedictory session

The International Conference was held to deliberate upon the benefits of yoga to the individual, community, the society and the world at large. It was attended by Yoga experts from India and more than 80 international delegates from 35 countries.

Speaking at the valedictory session today, the Hon Lok Sabha Speaker, Smt. Sumitra Mahajan said that India has always believed in conquering the hearts of people, not by invasion, but by its culture and traditions. India has won the hearts of the world by giving it something extraordinary like Yoga, she explained. Smt Sumitra Mahajan said that its a great achievement that by celebrating the International Day of



Inauguration by Shri Hamid Ansari and Shri Shripad Yesso Naik



Yoga, the people have decided to create a healthy world. She said that the whole theory of Yoga is to go beyond the mind. Smt. Mahajan said that Yoga has several aspects, while some people look it as a part of medical science others consider it as a form of meditation and for yet others, it's a source of peace and joy.



Inaugural Address by Hon'ble Vice President Shri Hamid Ansari Ji

The Lok Sabha Speaker said that today the humanity is faced with several challenges like terrorism, extremism, consumerism and climate change. These challenges can be met if we adopt Yoga in our lives since Yoga teaches us to live in harmony with nature and to lead a balanced life. It is our great achievement that with the Declaration of International Day of Yoga by the United Nations, we have been successful in popularising yoga all over the world, the usefulness of yoga is universal and the whole world has accepted it eagerly, she added.

Addressing the valedictory session, the MoS for AYUSH (I/C), Shri Shripad Yesso Naik expressed his happiness that the level of participation in the International Conference has remarkably increased from India and abroad this year. "The way the world is accepting Yoga, I am sure in the days to come the world will further recognize Yoga as a vital contribution of India to rid the mankind of disease and promote peace and tranquillity amongst the various nationalities and a healthy world" the Minister said.

Shri Shripad Naik explained that the focus of yoga is basically to change the lifestyle so that the lifestyle related disorders are easily prevented and managed. Yoga is a suitable way

to overcome the problem of non communicable diseases which is becoming more problematic than epidemic outbursts of earlier times, Shri Shripad Naik said.

The AYUSH Minister explained that several efforts have been made by the Government to promote Yoga including efforts to include Yoga training in the Military and Para-Military forces and developing a separate central sector scheme for Yoga Training for Police personnel. He further elaborated that the new recruits of Civil Services will now do Yoga as a part of their training programme. The primary theme of 2nd International Day of Yoga is to connect with the Youth and to inculcate the habit of Yoga at a young age. So, NCERT has prepared syllabi on Yoga for the class sixth to eighth and ninth to tenth standards and circulated to all the State Governments and School Boards, the AYUSH Minister added.

Shri Shripad ji highlighted some of the other major steps taken by the Government. "One of the commendable steps in this direction is that Ministry of AYUSH has set up an effective mechanism in place by launching the Schemes for Certification and Accreditation of Yoga Professionals and Yoga Schools with the help of Quality Council of India (QCI). It's more



Keynote Address by Dr. H R Nagendra, Chairman, International Day of Yoga (IDY) Experts Committee

heartening to know that the Schemes are getting international recognition.”

In his welcome address, Secretary, AYUSH, Shri Ajit Sharan said that Yoga has great value for preventive and promotive healthcare. The scientific developments in the field of Yoga must be encouraged and its should be cultivated as a resource for developing individual and community health, he added.

Chairman, Quality Council of India, Shri Adil Zainul Bhai and famous Yoga experts Smt. Hansa ji Jayadevi and Shri O P Tiwari also addressed the valedictory session.

During the valedictory session, Smt. Sumitra Mahajan also presented Certificates to representatives of the First Certified Yoga School in India, First Personnel Certification Body and certified Yoga Professionals from Japan under the Scheme launched by Ministry of AYUSH and managed by Quality Council of India for Yoga Professionals and Yoga Schools.

A film ‘Yoga at Antarctica’ produced by DRDO was also screened at the valedictory session.

There were 8 technical sessions on Yoga and Physical Wellbeing, three sessions on Insights from Yoga Scholars, Integration of Yoga in Healthcare Delivery System, Yoga for Mental Health, Yoga for Body and Beyond and a Panel Discussion on the subject. There was also a session on open-ended experience sharing by foreign delegates.

The countries that participated in the Conference included Iraq, Afghanistan, Algeria, Malaysia, Spain, Russia, Portugal, Australia, Belgium, China, Egypt, Iceland, Japan, Kuwait, Korea, Kenya, Slovenia, Uzbekistan, UAE among others. ■



Address by Dr. R Nagarathna



Prashanti Kutiram, Bengaluru

The 2 IDY celebrated at the headquarters of S-VYASA Yoga University. The session started with the Address by Pro-Chancellor Prof. K Subrahmanyam Ji and then the Common Yoga Protocol was performed.



BMS College of Engineering, Bengaluru

The second International Day of Yoga celebration was organized by S-VYASA in collaboration with BMS College of Engineering and Rotary Club at the indoor stadium in Basavanagudi. More than 300 participants took part in the common protocol practice which was followed by advanced asana demonstrations and formations by both S-VYASA and BMSCE students.



Next was a stage program which was presided by Shri Ananth Kumar, Hon Minister for Chemicals and Fertilizers, GoI, Shri U T Khader, Hon Minister for Health and Family Welfare, GoK, Prof. Ramachandra G Bhat, VC, S-VYASA, Dr. Shekar, Vice Principal BMSCE, Dr. Shivarama Reddy, Director Physical Education, BMSCE, our beloved Dr. R Nagarathna Didi, Dr. Venkatram ji and Dr.

Sudheer Deshpande ji. A book written by Dr. Sudheer Deshpande on Asanas was also released on this occasion.

Followed by this stage program, SMET session was conducted by Dr. R Nagarathna. Other activities like free health check-up, GDV scan and book exhibition was held to promote healthy yogic life style.





VYASA - Guwahati

Vyasa Guwahati has celebrated International Yoga Day at Sanatan Dharm Sabha. 59 Participants attended the function. In the program Sri Ajit Jana Ji, Jt. Convener of VYASA - Guwahati and others participated. VYASA Guwahati has given technical support for IDY program to following institutes like Assam Engineering Institute, Chandamari, North-Eastern Hill University (NEHU), Tura, Meghalaya, Telecom Department, Guwahati, Assam and D S Research Institute, Guwahati, Assam.



Sanatan Dharma Sabha, Guwahati

VYASA Guwahati and Friends of Tribal Society, North East jointly organizes one month Yoga Class, from May 21 - June 21 at 93 places of Assam, Manipur and Tripura. All together around 15 thousand participants benefited by these yoga classes. VYASA - Guwahati also helped to conduct



Teok, Jorhat, Assam



Chahajre, Senapati District, Manipur

the International Day of Yoga in Assam, Manipur and Tripura. The IDY program was conducted in more than 4000 villages and towns. More than 6 lakh participants benefited by this yoga day program.

VYASA - Kolkata

At Kolkata, Sri Sanatan Mahakud conducted IDY yoga program from June 7 -13 at VYASA for



the officers of Foreigner Regional Registration Offices (FRRO). IDY was also celebrated at VYASA, Tollygunge. Free Yoga Camps on Common Yoga Protocols of IDY was offered to new comers. Apart from that, IDY was observed at Horticulture Garden, Ekal Bhawan of S P Mukherjee Road, The Heritage Group of Institutions, Kolkata with ISHA Yoga

Foundation, National Institute for Orthopedically Handicapped (NIOH), Sahitya Akademi, Lions Club of North Kolkata, Department of Physical Education of Jadavpur University, Birla High School for Boys, Pragyan Pyramid Meditation Centre, CSIR-Indian Institute of Chemical Biology, Departments of AYUSH, Sports and Youth Affairs of Govt. of West Bengal.



Officers of Foreigner Regional Registration Office (FRRO)



The Heritage Group of Institutions, Kolkata



VYASA - Hyderabad

National Minerals Development Corporation Ltd., Hyderabad, conducted IDY programs over 5 different places and round 900 people participated with great enthusiasm.



VYASA - Kalyan, Maharashtra



Yoga & Philosophy students of Birla College, Kalyan



Talwalkar Gym Kalyan

VYASA - Houston, USA

VYASA, Houston observed IDY celebrations at Discovery Green Park in Down Town, Houston where 500 people participated. Consul General of India Mr. Anupam Ray was the Chief Guest.



Washington DC, USA





VYASA Yoga Singapore



IDY was celebrated jointly by VYASA Yoga Singapore and Civil Service Club with high commissioner Ms. Vijay Thakur Singh as Chief Guest. More than 200 people participated in this event at civil service club, Tessensohn. Among others, CSC GM Mr. Charlie, VYASA Yoga Singapore founder Mr. Vashudev Khialani and VYASA Yoga Singapore MD Mr. Manoj Thakur had participated. There was also an incredible advance yoga posture demonstration by Dr. Kuldeep from S-VYASA, Bengaluru and later Ms. Yvonne led the laughter

session. Ms. Ealla led 'Jai Ho' demonstration of derived yoga postures followed by that Ms. Archana led kids' yoga demonstration.

Istanbul Yoga Merkezi, Turkey

Istanbul Yoga Center, the exclusive representative of S-VYASA Yoga University in Turkey, organized the official joint-event of Consulate General India and Kadikoy Municipality in Istanbul. Despite being Ramadan and the hour restriction of "iftar" / breaking the fast, more than 500 guests had participated earnestly. Mr. Sanjay Jain, the Consul General of India, Mr. Aykurt Nuhoglu, Mayor of Kadikoy Municipality had also participated. For the first time, a Governmental Head in Turkey participated in such an international event. A book, the second volume of Yoga Vasistha, was also released. The common yoga protocol was led by 50 volunteers of YIC students from the yoga center.





Vasudeva Kriya Yoga, Melbourne, Australia

Vasudeva Kriya Yoga (VKY) organized two events, out of that one was conducted in the premises of Parliament. 350 people performed 108 Surya Namaskars. Kids from 3-10 years actively participated in Yoga Sessions. Local MPs and Shadow Ministers were also there.



VYASA - Los Angeles, USA





NIMHANS, Bengaluru

NIMHANS, the premier institute for mental health, at its Integrated Centre for Yoga (NICY), conducted various yoga programs including the common yoga protocol. Also for patients and caregivers special session was organized in the hospital premises with around 100 participants.



ISRO, Bengaluru



At the Indian Space Research Organization (ISRO), Bengaluru, IDY was celebrated in which which Dr. Sharvari Rao, Ms. Arundhati Goley and Mr. Lakshmikanth were the resource persons from S-VYASA.

HAL, Bengaluru

Dr. Padmini Tekur conducted IDY program at Hindustan Aeronautics Ltd. (HAL), Bengaluru



Symbiosis International College, Pune



Dr. Meenakshi from S-VYSA had participated in the IDY celebration at Symbiosis International College. Around 400 staffs and students had participated.





DRDO, Bengaluru

At Aeronautical Development Establishment (ADE), DRDO, Bengaluru, IDY was observed where Dr. Judu Ilavarasu from S-VYASA gave a talk on 'Applying Yoga Philosophy in Daily Life' and followed by that a demonstration session by Mr. Nirbhay Singh.



ICMR, Bengaluru



Indian Council of Medical Research (ICMR), Bengaluru organized IDY program in which Dr. Sharvari Rao from S-VYASA gave a talk on Stress Management, following which there was Yoga Session (Common Protocol). Instructions for Yoga was given by Ms. Arundhati Goley and was demonstrated by Mr. Lakshmikanth.

IVRI, Bengaluru

At the Indian Veterinary Research Institute, Hebbal, Bengaluru, IDY was celebrated in which 60 people attended, and from S-VYASA Dr. Ashween Bilagi, Mr. Rammurthy, and Mr. Yuvakishore participated as resource persons.



CCET Office, Bengaluru

At the Central Commissioner for Excise & Tax Office, Govt of India, Bengaluru, IDY was observed along with 70 officials including Joint Commissioner Mrs. Samriti Goel. Simple office based yoga practices were demonstrated.





Indira Gandhi International Airport (IGIA), New Delhi



At the IGIA Delhi, IDY was celebrated in a grand manner. Dr. Manjunath Sharma, Dr. Ragavendrasamy, Dr. Raghavendra Bhat from S-VYASA participated as Guests of Honour. 20 sessions from 7 am - 5.30 pm were conducted by Dr. Vikas Ravat, Dr. Hemant Bhargav, Dr. Purnandu Sharma, Shiva Aditya & Yoganandu. Around 360

Passengers participated in the event. Also 2 sessions for DIAL Staff (50 staffs) were conducted by Dr. Purnandu Sharma & Dr. Hemant Bhargav. And another two sessions in Udaan Nhavan (Corporate Office) for 40 staffs were conducted by Shiva Aditya & Chirag Hakked.

Singareni, Telangana



IDY-2016 was organized by the Govt. Company, Singareni Collieries Co. Ltd, in Telangana in a grand way with the support and encouragement by the C&MD, Sri Sridhar, IAS, with the collaboration of S-VYASA/VYASA. The coal mines are spread in 4 districts and yoga activities have been taken up for the last 16 years to give benefits to the workmen, staff, officers from time to time by then C&MDs with the faculty support from S-VYASA. For this IDY 2016, more than 300 centers were identified at various mines, depts, clubs, parks, grounds and with the help of around 400 local yoga teachers in the company areas, with the coordination of all officers from top to bottom, all workers' unions, S-VYASA / VYASA arranged training for 6 days with 11 teachers / 3 supervisors / 2 coordinators covering the whole Singareni area and on the final festival day of yoga, there were 61,140 persons, including Hyderabad office (officially announced by C&MD) practiced yoga in the whole Singareni in two different groups, morning and evening.



Calicut, Kerala

IDY event was organized on June 20 & 21 by Yoga Poornima, Yoga Research Centre. Dr. Praveen Angadi from S-VYASA gave a talk on Yoga for Diabetes as a part of the conference that was attended by around 400 people.



Madhapur, Hyderabad

Dr. T Indira Rao (Alumni of S-VYASA) conducted yoga program for senior citizens in Madhapur, Hyderabad as part of IDY celebration.



Devi Academy, Valasai, Chennai

Children performed yoga in the presence of Dr. T M Srinivasan, a professor of S-VYASA.

KIIT & KIIS, Bhubaneswar

At the KIIT & KIIS, Bhubaneswar, IDY was celebrated along with students and faculties of the University.





Basaveshwar Nagar, Bengaluru

Samyama Yoga Mahavidyalaya in association with International Yoga Day committee, S-VYASA Yoga University and other Yoga organizations organized IDY. Dr. Dhanvanthari S Wodeyar, Hon President Samyama Trust and Yoga Mahavidyalaya, Sri P R Krishnamurthy, Organising Secretary, Samskrita Bharathi, Dr. B V Rajaram, Member IDY Committee Prof. Seetharam, Dean S-VYASA Yoga University, and about 500 Govt. and Private School children and more than 100 Samyama Yoga Sadhaks had participated despite rain.



Vidhana Soudha, Bengaluru



At Vidhana Soudha grand IDY program was conducted in which more than 200 people participated.

Kanthirava Stadium, Bengaluru



Under the guidance of Dr. Karuna Nagarajan, as a part of IDY, Immediate Effect of Yoga on Concentration and Attention of School Children was assessed using Group Cognitive Tests at the Kanthirava Stadium.

Marathon Yoga Day, Bengaluru

A Marathon Yoga Day celebrated in Jayanagar Stadium, NMKRV Degree & PUC College, Oracle at Krishna Magnum and PPD Prestige Park at Marathhalli.



Bosch and Samsonite, Bengaluru

IDY was celebrated in Bosch and Samsonite companies where Dr. Swathi and Ms. Pallavi, from S-VYASA had participated.





Free IDY Camps conducted at different parts of Bengaluru

Central Council for Research in Yoga and Naturopathy (CCRYN)

S-VYASA Yoga University

1	Parivartana Yoga KJA, Crescent Road	39	Ganapati Temple, Jambusavaari Dinne
2	Shri Chaitanya Yoga Academy, Guttahalli	40	Classic Orchards, BG Road
3	Dhanvantri Holistic Health Center, Kengeri Satellite Town	41	SMP Appartment, Nobo Nagar
4	VYASA, Srinagar	42	Deeksha High School, Sakalvara
5	Shri Chaitanya Yoga Academy, Girinagar	43	NMKRV College, Jayanagar
6	Samyama Yoga Mahavidyalaya Institute of Yogic Sciences and Research, Basaveshwara Nagar	44	Oracle, Jayanagar
7	Shree Yoga Vijnana Kendra, Yelahanka New Town	45	Ajantha Cultural & Educational Society, Devaiah Park
8	SYVK, Yelahanka New Town	46	Patanjali Yoga Kendra, RR Nagar
9	Rail Wheel Factory, Yelahanka New Town	47	Sri Rajarajeshwari Yoga Shiksha Kendra, RR Nagar
10	Shankar Nag Park, Yelahanka New Town	48	Acharya Yoga Coaching Centre, RR Nagar
11	Kogilu Centre, Yelahanka New Town	49	Bharathiya Vidya Bhavana School, Chamrajpet
12	BSF, Yelahanka New Town	50	Sri Krishna Yoga Kendra
13	Parivartana Yoga SVM 1, Malleshwaram	51	Maya Yoga Centre, Yelachenahalli
14	Parivartana Yoga SVM 2, Malleshwaram	52	Global Yoga Academy, Bilekalli
15	Patanjali Yoga Kendra, Mahalakshmi Layout	53	Shiradi Sai Yoga Centre, Prashanth Nagar
16	Kairalikethan, Indira Nagar	54	Rama Ranganath Yoga Centre, Moodalpalya Circle
17	HBP Indian School, Shivaji Nagar	55	Jnana Nidhi Yoga Kendra, NR Colony
18	Parivartana Yoga Bhuvanagiri, B Chennasandra	56	Om Seva Kendra, Vishwaneedam
19	SFS Collage, Electronic City	57	Sri Balaji Yoga Kendra, Basaveshwara Nagar
20	Sudarshan Yoga, BSK 2 nd Stage	58	DRDO Yoga Centre, CV Raman Nagar
21	Karnataka State Yoga Academy, BSK 2 nd Stage	59	Active Yoga Centre, Kagadaspura
22	Manasa Yoga Kendra, New TimberYard Layout	60	Alpha Active Centre, Sai Layout
23	Pranava Yoga Dhama, Jayanagar 2 nd Block	61	Sri Sai Bharghav Power Yoga, Seegehalli
24	Advaita Power Yoga and Fitness Center, Padmanabha Nagar	62	Maruthi Yoga Centre, Ramurthy Nagar
25	Salamba Yoga, BSK 2 nd Stage	63	Patanjali Naturopathy Yoga Centre, Ramurthy Nagar
26	Namaste Seva Yoga Trust, Vidyaranyapura	64	Yogic Science Centre, Ramurthy Nagar
27	Ayurdhama Yoga Centre, Jayanagar 4 th Block	65	Sri Basaveshwara Yoga Kendra, Ramurthy Nagar
28	Sumana Art Centre, Jayanagar 9 th Block	66	Mother Thersa Yoga School, T C Palya
29	Yoga Arogya Centre, KR Puram	67	Sri Vivekananda Yoga Shikshana Samithi, Hoskote
30	Ayush Yoga Centre, Hampi Nagar	68	Sri Vivekananda Yoga Shikshana Samithi, T G Badavane
31	Shri Yoga Centre, Basaveshwara Nagar	69	Sri Vivekananda Yoga Shikshana Samithi, Mugabala
32	Jss Yoga Centre, BSK 2 nd Stage	70	Sri Vivekananda Yoga Shikshana Samithi, Tavarekere
33	Transness Health, Kumara Swamy Layout	71	Sri Vivekananda Yoga Shikshana Samithi, Kannamangala
34	ISRO Layout		
35	Nobel Residency, Begur Road		
36	Chandra Layout		
37	Atmalaya, Sheshadripuram		
38	Royal Shelters, Devarachikkanahalli		



72	Sri Vivekananda Yoga Shikshana Samithi, Nakka halli	93	Yoganiketana Trust, Basavanagudi
73	Sri Vivekananda Yoga Shikshana Samithi, Kandra Halli	94	Nightingales, Malleshwaram
74	Sri Vivekananda Yoga Shikshana Samithi, KR Pura	95	New Horizon Public School, Indira Nagar
75	Sai Ram Yoga Centre, Horamavu Agara	96	Don Bosco, Chamrajpet
76	Shivananda Yoga Centre, Kalyan Nagar	97	DPS Play School, Kunmdulu Halli
77	Sri Sai Yoga Centre, Vidyaranyapura	98	Prajwala Vidya Nikethan School, Agrahara
78	Asha Yoga Centre, Vidyaranyapura	99	Giggles Day Care & Activity Center, Agrahara
79	Sharada Yoga Prapancha, BSK 2 nd Stage	100	New Pratham Public School, KR Puram
80	Banashankari Yoga Centre, BSK 3 rd Stage	101	Revathi Yoga Center
81	Chaitanya Mahavidyalaya, Malleshwaram	102	Arunachala Arogya Mandira, Saraswathi Nagar
82	Navachethana Yoga Kendra, Malleshwaram	103	Amruthanandamaya Yoga Kendra, Vasanth Nagar
83	Yoga Kutumba, Anand Nagar	104	Kasturi Nagar Branch, Kasturi Nagar
84	Maruthi Yoga Kendra, DB Pura	105	Sumangali Seva Ashrama, RT Nagar
85	M V M School, DB Pura	106	Christ The King English School, Jeevanahalli
86	Sri Hombegowda PU College, Mariyappanpalya	107	Bhoruka Charitable Trust, Indira Nagar
87	SVVP Yoga Foundation, Devaiah Park	108	My School, RMR Extension
88	MVM School, DB Pura	109	Chrysalis High, Kudugodi
89	Royal English School, Rajaji Nagar	110	Devagiri Yoga Center, Banashankar Complex
90	SVVP Yoga Foundation, LG Halli	111	Devagiri Ladies & Senior Citizens Yoga, Banashankar BDA Complex
91	SBI (admin office), Padmanabha Nagar	112	Devagiri Yoga Kendra, BSK 2 nd Stage
92	Parivartana Yoga Bnes, Mahalakshmi Layout	113	Nemmadi Yoga Center, Mahalakshmiapuram
		114	Nemmadi Yoga Center - 2, Rajajinagar

Chandigarh Yoga Festival - 2016

Chandigarh, June 9-12: Chandigarh Administration in collaboration with Mumbai University, Panjab University and Annals of Neuroscience organized 'Chandigarh Yoga Festival' as a prelude to International Yoga Day Celebration held on June 21st. The Festival

celebrated invaluable gifts of tradition and ancient wisdom of Yoga which embodies the unity of mind & body, of thought & action, of man & Nature.

The Festival comprised of an academic conclave named 'Yoga for Good Life', an exhibition named 'Yoga & Healthy Lifestyle Exhibition' of products & services that promote a healthy lifestyle, street plays named 'Yoga Charcha' across various locations in the city and gala nights where eminent personalities like Sri Sri Ravi Shankar, Baba Ramdev, Prof. Kaptan Singh Solanki, Dr. H R Nagendra graced the occasion with their presence for deliberation on convergence of science, spirituality and yoga for meaningful application for social good and harmony. ■





ವೈಶ್ವಿಕ ಪರಿಪೇಶ್ವಯಲ್ಲಿ ವಾಸ್ತವಿಕ ಯೋಗ

ಯೋಗ ಶಬ್ದವು 'ಯುಜಿರ್' ಎಂಬ ಧಾತುವಿನಿಂದ ಸಮಾಧ್ಯರ್ಥದಲ್ಲಿ ಯೋಗ ಭಾಷ್ಯಕಾರರಾದ ವ್ಯಾಸರು ಅರ್ಥೈಸಿದ್ದಾರೆ. ಯುಜಿರ್ ಧಾತುವಿಗೆ ಯೋಗ (ಸಂಯೋಗ) ಎಂಬ ಅರ್ಥವೂ ಇದೆ. ಪ್ರಸ್ತುತ ಜಾಗತಿಕ ಸ್ತರದಲ್ಲಿ ಯೋಗವನ್ನು ಬಹುತೇಕ ಆಸನಗಳನ್ನಾಧರಿಸಿ ವಿಭಿನ್ನ ರೀತಿಯಲ್ಲಿ ಪ್ರಕಟೀಕರಣಗೊಳಿಸುತ್ತಿದ್ದಾರೆಯೇ ವಿನಃ ಇದೊಂದು ಶುದ್ಧ ಯೋಗ ವಿಜ್ಞಾನ (Pure Yogic Science) ಮತ್ತು ಆನುಭವಿಕ ಸತ್ಯ ಎಂಬ ವಾಸ್ತವತೆಯಿಂದ ಬಹುದೂರ ಸಾಗಿ ಬಂದಿದ್ದಾರೆ. ನಮ್ಮ ಪ್ರಾಚೀನ ಶಾಸ್ತ್ರಗ್ರಂಥಗಳು ಯೋಗವನ್ನು ಒಂದು ಯಜ್ಞವೆಂದು ಪರಿಗಣಿಸುತ್ತವೆ. ಶ್ರೀಕೃಷ್ಣಪರಮಾತ್ಮನು ಭಗವದ್ಗೀತೆಯಲ್ಲಿ ಉಲ್ಲೇಖಿಸಿರುವಂತೆ 5 ಯಜ್ಞಗಳಲ್ಲಿ ಯೋಗವು ಒಂದು.

**ದ್ರವ್ಯಯಜ್ಞಾಸ್ತಪೋಯಜ್ಞಾ ಯೋಗಯಜ್ಞಾಸ್ವಧಾಪರೇ |
ಸ್ವಾಧ್ಯಾಯಜ್ಞಾನಯಜ್ಞಾಶ್ಚ ಯತಯಃಸಂಶಿತವ್ರತಾಃ ||**

ಭಗವದ್ಗೀತಾ - 4.28

ಪ್ರಧಾನವಾಗಿ ಯಜ್ಞವು ಮೂರು ಭಾಗಗಳನ್ನು ಒಳಗೊಂಡಿದ್ದು (ದೇವಪೂಜಾ, ಸಂಗತಿಕರಣ ಮತ್ತು ದಾನ) ವ್ಯಕ್ತಿಯ ಮನೋಧರ್ಮ, ಸ್ವಭಾವ ಮತ್ತು ಪರಿಸ್ಥಿತಿಗನುಗುಣವಾಗಿ ಆಚರಿಸಲ್ಪಡುತ್ತದೆ.

ದ್ರವ್ಯಯಜ್ಞ - ನಾಲ್ಕು ಅವಸ್ಥೆಗಳಲ್ಲಿ (ಬ್ರಹ್ಮಚರ್ಯ, ಗೃಹಸ್ಥ, ವಾನಪ್ರಸ್ಥ, ಸನ್ಯಾಸ ಧರ್ಮವನ್ನು ಹೊರತು ಪಡಿಸಿ) ಬೇರೆ ಬೇರೆ ವಿಧಾನಗಳಲ್ಲಿ ಅನುಸಂಧಾನ ಮಾಡಲ್ಪಡುತ್ತದೆ.

ತಪೋಯಜ್ಞ - ಕಾಯಿಕ ತಪಸ್ಸು, ವಾಚಿಕ ತಪಸ್ಸು ಮತ್ತು ಮಾನಸಿಕ ತಪಸ್ಸು ಎಂಬುದಾಗಿ ಮೂರು ರೀತಿಯಲ್ಲಿ ಗುಣಗಳಿಗನುಸಾರವಾಗಿ (ಸತ್ತ್ವ, ರಜಸ್ಸು ಮತ್ತು ತಮಸ್ಸು) ಆಚರಿಸಲ್ಪಡುತ್ತದೆ.

ಸ್ವಾಧ್ಯಾಯ ಮತ್ತು ಜ್ಞಾನಯಜ್ಞಗಳು ವಿಶೇಷವಾಗಿ ವೇದ ಮತ್ತು ವೇದಾಂತಗಳ ಅಧ್ಯಯನ - ಅನುಷ್ಠಾನಗಳ ಮೂಲಕ

■ ಶ್ರೀ ರಾಜೇಶ ಎಚ್.ಕೆ.
ಸಂಯೋಜಕರು ಹಾಗೂ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು
ಯೋಗ - ಅಧ್ಯಾತ್ಮ ವಿಭಾಗ
ಎಸ್-ವ್ಯಾಸ ಯೋಗ ವಿಶ್ವವಿದ್ಯಾಲಯ



ಉಪಾಸಿಸಲ್ಪಡುತ್ತದೆ.

ಯೋಗಯಜ್ಞವು, ವಿಶೇಷವಾಗಿ ಕೈವಲ್ಯವನ್ನು ಪಡೆಯಲು ಇಚ್ಛಿಸುವವನು ವ್ಯಕ್ತಿಗತ ಜೀವನದಲ್ಲಿ ಅಷ್ಟಾಂಗ ಯೋಗ ಮಾರ್ಗವನ್ನು ಅನುಸರಿಸುತ್ತಾನೆ. ಅನೇಕ ಶಾಸ್ತ್ರಗ್ರಂಥಗಳ ಹಿನ್ನೆಲೆಯಿಂದ ಯೋಗ ಶಬ್ದವನ್ನು ವಿಶ್ಲೇಷಣೆ ಮಾಡಿದರೆ ಇದು ಕೇವಲ ಆಸನ, ಪ್ರಾಣಾಯಾಮಗಳಿಗೆ ಸೀಮಿತವಾಗದೆ ಬದಲಾಗಿ ಇದೊಂದು ಜೀವನಶೈಲಿ ಎಂಬುದು ನಿಸ್ಸಂಶಯ. ಭಗವದ್ಗೀತೆಯ ಆರನೇ ಅಧ್ಯಾಯದಲ್ಲಿ ಉಲ್ಲೇಖಿಸಿರುವಂತೆ ಯುಕ್ತ ಜೀವನ ಶೈಲಿಯೇ ದುಃಖಗಳಿಂದ ನಿವೃತ್ತಿ ಪಡೆಯುವ ಮಾರ್ಗವಾಗಿದ್ದು, ಅದುವೇ ಯೋಗವೆಂದು ಭಗವಂತನ ವಾಣಿ. ಆಹಾರ, ವಿಹಾರ, ಕರ್ಮಗಳು ಮತ್ತು ಎಚ್ಚರ ನಿದ್ರೆಗಳಲ್ಲಿ ಯುಕ್ತತೆಯಿದ್ದರೆ ಅದುವೇ ನಿಜವಾದ ಯೋಗ.

**ಯುಕ್ತಾಹಾರವಿಹಾರಸ್ಯ ಯುಕ್ತಚೇಷ್ಟಸ್ಯ ಕರ್ಮಸು |
ಯುಕ್ತಸ್ವಪ್ನಾವಬೋಧಸ್ಯ ಯೋಗೋ ಭವತಿ ದುಃಖಹಾ ||**
ಭಗವದ್ಗೀತಾ-6.17

ಮೇಲಿನ ಶ್ಲೋಕವನ್ನು ವಿಶ್ಲೇಷಿಸಿದಲ್ಲಿ, ಬದಲಾಗುತ್ತಿರುವ ಜಾಗತೀಕರಣದ ಪ್ರಭಾವದಿಂದ ನಮ್ಮ ಜೀವನಶೈಲಿ ಅತಿಯಾಗಿ ಅವ್ಯವಸ್ಥಿತವಾಗಿದೆಯೆಂಬುದನ್ನು ಗಮನಿಸಬಹುದು. ಪಶು-ಪಕ್ಷಿಗಳಲ್ಲಿರುವ ಪ್ರಕೃತಿಸ್ನೇಹಿ ಜೀವನ ಪದ್ಧತಿಯನ್ನು ಅನುಸರಿಸಲು ಮಾನವನು ಅಸಹಾಯಕನಾಗಿದ್ದಾನೆ. ಆಹಾರದಲ್ಲಿ ಅಯುಕ್ತತೆ (Immoderate food system), ದೈನಂದಿನ ವ್ಯವಹಾರಗಳಲ್ಲಿ ಮತ್ತು ಕ್ರಿಯಾಕಲಾಪಗಳಲ್ಲಿ ಒತ್ತಡ, ಎಚ್ಚರ ಹಾಗೂ ನಿದ್ರೆಗಳಲ್ಲಿ ಅಯುಕ್ತತೆಗಳು ನಮ್ಮ ಶಾರೀರಿಕ ಮತ್ತು ಮಾನಸಿಕ ಸ್ತರದಲ್ಲಿ ಏರಿಳಿತ ಉಂಟುಮಾಡಿ, ಅನೇಕ ರೋಗಗಳನ್ನು ತಂದೊಡ್ಡಿವೆ. ಯಾವ ಜೀವನಶೈಲಿ ನಮ್ಮನ್ನು ಎಲ್ಲ ತಾಪಗಳಿಂದ ದೂರವಿಡಬೇಕೆತ್ತೋ ಆ ಸಂಗತಿಗಳೇ ರೋಗ-ರುಜಿನಗಳಿಂದ ಬಳಲುವಂತೆ ಮಾಡಿವೆ.

ಈ ಹಿನ್ನೆಲೆಯಿಂದ ಗಮನಿಸಿದಾಗ ಯೋಗದ ವಾಸ್ತವತೆಯನ್ನು ಅರ್ಥೈಸಿಕೊಂಡು ನಿತ್ಯ ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಳ್ಳುವ ಅನಿವಾರ್ಯತೆ ಇದೆ. ■



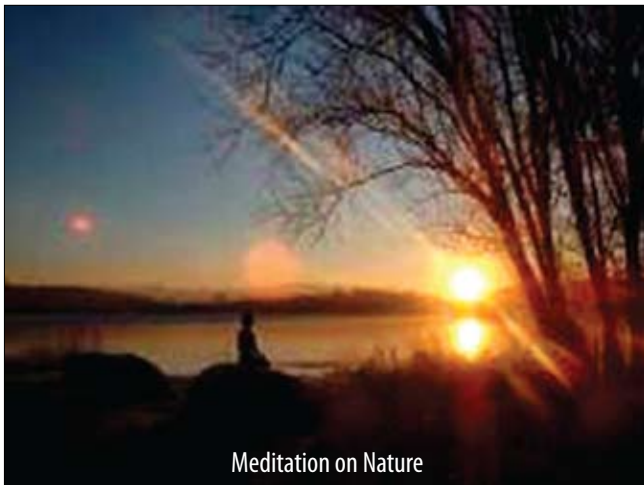
MOVING BEYOND MEDITATION

INTRODUCTION

Meditation practices centre on thought processes, either observing a thought (through another thought, of course) or observing an event with focussed awareness. Dhyana is going beyond these processes. Dhyana ultimately goes beyond all thought, to that thoughtless space and timeless moment. First, let us look what thoughts are and how to bring them under control. It is said that thinking makes or breaks a person; it can take a person to an eternal existence or bring him again and again into this samsara, this world of limited means and impermanent existence.

BUDDHI VRITTI NIRODHA

The idea of aswatha tree and its existence in the phenomenal world is presented in Bhagavad Gita. The inverted tree has Vedas as its roots – which are above – and the branches and leaves indicate the world as we know, being connected to the earth below. In Uddhava Gita (which follows Bhagavad Gita by many years), another image is provided by Sri Krishna. “The tree of samsara is ancient and activity is its nature” says Sri Krishna [Ud. Gita 7:21]. Sri Krishna continues that this tree has two seeds, the seeds of virtue



Meditation on Nature

■ *Prof. T M Srinivasan*
Professor, Division of Yoga and
Physical Sciences, S-VYASA



and vice. It has innumerable desires which are the roots of the tree, sustaining it in samsara. The tree has also three trunks, represented by the gunas of satva, rajas and tamas. There are eleven branches consisting of ten organs and manas. The fruits of happiness and misery are offered by the tree. Nests of two birds are seen in the tree, one for Jivathma and the second for Paramathma. The greedy taste the relative existence while the swans (liberated ones) taste the eternal fruits of the tree [1].

Thus, here we have a picture that is presented in Upanisads and in the two Krishna Gitas themselves. Ultimately, with steadfast and intense bhakti towards Guru, sharpen the axe of knowledge and cut the tree of samsara, says the Guru of all Gurus.

In describing thoughts, their origin and gunas, Sri Krishna says to Uddhava: “The gunas belong to buddhi (intellect), not to the Self. Subdue both rajas and tamas through satva; and ultimately, subdue the satva by satva alone” [Ud. Gita 8:1]. Then, Sri Krishna goes on to explain to His devotee Uddhava the means to transcend buddhi by controlling the gunas. He says one should follow only those scriptures that pave the way for nivritti marga or the path of ultimate merger with Brahman [2] and not those that give us pleasant but impermanent stay in worlds that are themselves not enduring. One should use only sanctified and holy water for worship; not water tainted with perfume. One should move with satvik people and not with those who are eternally enmeshed in worldly affairs. One should live in a solitary place without attractions



and distractions. Dhyana should be on Sri Krishna Himself, not on any object or event. Mantras such as AUM should be preferred; these purify the mind of the practitioner [Ud. Gita 8:6].

MEDITATION

It is important to understand the term meditation. In Yoga Aphorisms of Sage Patanjali, many words are used precisely to indicate various stages of dhyana and the stages associated with kaivalya or transcendence. In English, words such as meditation, freedom, consciousness, self, awareness etc, are used in very general terms. Meditation (as used in English) is a generic term, having many connotations. It may mean sitting quietly observing a scene, repeating a few words or phrases, closing eyes and listening to music, breathing in a patterned way, and many more. Even closing one's eyes and repeating a word such as 'three' goes by the name meditation! Thus, it becomes important to define what meditation is and use the right terms (using Sanskrit ones when English words are not adequate) in a consistent manner.

REQUIREMENTS FOR DHYANA

What normally passes as meditation in English language is really concentration or focused awareness [3]. Focused awareness should be termed dharana. Dhyana - usually translated as meditation in English - has very specific meaning in Sanskrit. Dhyana is a word used to define a method to reach an internal state of the mind wherein the mind is made to seek its origin within us. In contrast, focused awareness is applying the mind to a task that could be in our external environment. For example, in focused awareness, a person might be solving a mathematical task or read a book intently or listen to music deeply. In dhyana, on the other hand, the mind seeks its source within the body

or actually within the 'heart' (i.e., center of being). In terms of Raja Yoga, this state may be approached only after intense practice of the stages earlier to this step.



Mandala Meditation

Those who desire liberation have already practiced the initial stages of yama, niyama, asana, pranayama and pratyahara and have achieved proficiency in these areas (as overseen by a competent guru). Several points should be noted at this stage. First, the practitioner should ideally go through all the above stages to start an inward journey. Proficiency at each stage is a prerequisite for progress to the next stage. We should note that at every stage, there is an allusion to the eternal principle, namely Purusha; the overall model of Prakruti and Purusha should be kept in mind with a focus on the goal to be achieved.

If we want to control samskaras (results of our previous karmas), we should know the states or levels that they could take. Purification of the mind in the real sense is indeed purifying the samskaras alone. There are many methods suggested for this purification. Tapas is one method. Another method for purification is to perform good deeds such as giving alms or supporting people who are on the path to realization, students and others. Another way recommended in the Yoga Sutras is the attitude of pratipaksa bhava. This is an attitude to be cultivated which oppose our attraction to material things and desire to possess them. This is a difficult method for most of us; often we know we need to curb the feelings that are inappropriate but cultivating an opposing attitude *at that time* is not easy.

The commentators to the Yoga Sutras have



explained the methods presented above for restraining and ultimately transcending all desires. When we rise above our desires, we have reached purity of thought and action, known as smṛti parisuddhi. In dhyana, we require a strong resolve to maintain the state of dhyana. When we get up from dhyana, we say I was in dhyana. In samadhi however, resolve is not involved; it is a natural state to which a trained mind precipitates. In samadhi, the meditator, meditation and the object of meditation all merge into one single entity. All relative concepts disappear and only one activity of the mind persists. This is called samprajnata samadhi, a state in which the mind is still immersed in an object of dhyana. The next higher state of samadhi is asamprajnata samadhi wherein the mind is totally still and Purusha is established in its own pure and unsullied state.

CONCLUSION

Thus it is necessary to distinguish dhyana from meditation; *meditation is dharana, a stage earlier to dhyana*. Once we are proficient in meditation, we can proceed to dhyana through a competent guru and with faith in Purusha who is beyond buddhi and who is eternal. A practical application of these principles is brought out powerfully and beautifully in the last issue of this magazine. This is a report by Dr. Nagarathna who has provided a method of bhakti visualization to a patient with motor neuron disease. As many of our seers have said, there is nothing impossible for the mind to achieve. Total dedication to God, surrender along with a firm resolve to overcome

the problem is required. Once we surrender, apply the correct technique and enter into dhyana, the result is not far away. Going deeper into dhyana, we achieve the highest levels of consciousness and reach kaivalya, as the Yoga Sutras say.

REFERENCES AND NOTES

1. Swami Madhavananda, "Uddhava Gita or the Last Message of Sri Krishna", Advaita Ashram, Calcutta, 1987.
2. "This Nivritti is the fundamental basis of all morality and all religion, and the very perfection of it is entire self-abnegation, readiness to sacrifice mind and body and everything for another being. When a man has reached that state, he has attained to the perfection of Karma-Yoga. This is the highest result of good works" says Swami Vivekananda.
3. Fred Travis and Jonathan Shear, "Focused attention, open monitoring and automatic self-transcending, Categorizes meditations from Vedic, Buddhist and Chinese Traditions", *Consciousness and Cognition*, 19, pp. 1110-1118, 2010. Each meditation type has unique associated cognitive process. Only the last category, Self-transcending – related to Transcendental Meditation – is dhyana as discussed in Yoga Sutras and other Indian literature. See comment below.
4. Dr. Alex Hankey, distinguished professor, SVYASA compares three categories of meditation, namely, Open Monitoring, Focused Attention, and Self-Transcending (as taught in Transcendental Meditation); he says: "Only the third class, 'Self-Transcending', conforms to Patanjali's prescription of introducing a focus that inherently guides the mind into Samadhi, the universally recognized state of peace. Specific instructions in open monitoring and focused attention may prevent this happening, as in the mistakenly named 'relaxation response'. Such techniques do not lead to Samadhi, and do not conform to Patanjali's concept of dhyana". This quote is from Samatvam, A Quarterly Newsletter of NIMHANS Integrated Centre for Yoga, Jan 2016, p. 3. ■



Good News for Yoga Practitioners

- Madhya Pradesh Govt. has declared to appoint Yoga Teachers in all the schools
- Baba Ram Dev, Sadguru Vasudev Jaggi Maharaj and Sri Sri Ravishankar will take part in the initiative
- For Sanskrit Education the aid has been increased from ₹ 75 lakhs to ₹ 3.75 crores



Puttaparti, June 16: Prof. Alex Hankey and Shri Rajesh H K were invited by Sri Satya Sai Institute of Higher Learning Centre to inaugurate the sessions of 2nd International Day of Yoga



Yoga Instructors' Course (YIC) Batch 169, June, 2016



Self Management of Excessive Tension (SMET) program participants from HAL, Bengaluru



Dumb Distress

Stress is due to various reasons. Prolonged distress, pointed distress or repeated distress may cause stress. Sometimes the distress is violent and powerful as well. Sometimes, it may be soft and prolonged. When it is not very intense and poignant, it can be called dumb distress. Very often people in distress may not have the strength or courage to express their sorrow and grief. They may not have right and sympathetic people to listen to their grievances. Even if they are present no body may be in a position to help them or console them. Very often verbal consolation serves no purpose. Therefore the distress remains dumb for a long time damaging the nervous system slowly and steadily. It may ultimately result in hypertension, diabetes and such other non-communicable diseases.

Johnson is a friend of mine. He is a normal person with a wife and two children. He is well settled with a comfortable job and handsome salary. I moved with him for a long time. One day, when there was a medical checkup it was detected that he had high levels of sugar and Blood Pressure. I was surprised. I never expected him to have these two ailments because he was a calm and methodical man. He would wake up about forty five minutes before sun rise; perform his morning exercises; offer his prayers; attend to the domestic duties like going to the market, bringing the milk and vegetables etc.

In the office too, he would keep nothing

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



pending. He would do all the work very systematically. He was able to be in the good books of the boss, colleagues and subordinates. Everybody liked him. There was nothing deficient in him.

Now and then, I found him making remarks. One day, I travelled with him and on the way he found a happy couple in the train. After observing them, he commented on them "blessed ones; they are lucky". On another occasion, we met a friend whose sons are well settled in U.S. and one of them, sent a substantial amount to the father for buying a car. And my friend Johnson once again commented "blessed person; a lucky man". On many occasions, whenever my friend sees people who are happy with wives, children, jobs, homes etc. he is accustomed saying "lucky person"; or "fortunate people".

Beyond that he would not say a word. I am very happy with his comments because, he is a positive person admiring the society. But now, I am able





to see his boiling heart of envy within. Repeated comparison with others who are better placed perhaps is a sign of jealousy. It is Duryodhana's envy which is persistently working in him. Othello's jealousy is hidden in him. It is his psychic weakness that he is unable to be content with what he has. After all, he is not deprived of good and comfortable life. There is nothing specifically lacking in him, monetarily or otherwise. There are thousands of people worse placed in life. He is certainly much better placed in life than many, many people. Instead of comparing with the people who are less placed and be content with his own position, he compares himself with the people who are better placed and feels jealous of them. But he would not express that jealousy. Concealing his envy, he would make a positive remark of admiration. This hidden envy and assumed admiration were the cause of his distress which was always dumb.

As there will be dust accumulated in a house locked for a few months, there is dumb distress accumulated in his narrow heart/ mind. He is

unable to be happy in the happiness of others. Every time he compares himself with others, he feels sorry for his position. Also, there is the slow poisoning of the cancerous envy eating away his mind. Jealousy hangs heavily on his heart. Duryodhana in Mahabharatha or Othello in Shakespeare is never happy and peaceful. Similarly in society many people unconsciously submit themselves to the onslaught of envy. Over the years, this jealousy gets accumulated and becomes heavy and unbearable. Then, it causes stress making people gloomy and miserable. The only remedy is Yoga - generous Yoga, positive Yoga admiring Yoga and loving Yoga. If only Duryodhana was able to love Pandavas, there would not have been a personal or public disaster in the Kurukhetra war. Similarly Othello too would have lived happily with his wife Desdemona if there was no jealousy. Envy is a silent and a slow poison.

Prashati Kutir has evolved a wholesome Yoga to overcome every type of stress and thereby keep everyone peaceful and joyful. ■

IDY celebration at BLDE University, Vijayapur



Dignitaries of the Institution for the auspicious event. It was a well received talk on the awareness of Yoga by the students of the BLDE Institutions. Post noon they have organized an intellectual session on the progress of research going in Yoga. The session was well organized and participants were the research team and medical doctors. The session went through with more focused and insightful discussions in the arena of research and Yoga. ■

On the eve of second IDY, **Dr. Subramanya Pailoor** from S-VYASA was invited to give a talk on "Yoga" by BLDE Deemed University and Medical College, Vijayapur. The program was inaugurated by President BLDE Group of Institutions **Shri M B Patil**, Hon Minister of Irrigation, GoK. The dais was shared by the President and other





New Delhi, June 18: Chancellor Dr. H R Nagendra participated in National Seminar on Yoga where Union Minister for Human Resource Development, Smt. Smriti Zubin Irani was the Chief Guest



Prashanti Kutiram, June 12: Rotary International District 3190 and IFYPR honoured Dr. H R Nagendra with Rotary Seva Rathna award for the service in the field of yoga. PDG Rtn. Panduranga Shetty graced the event



Founders Day and 8th Convocation of SAMC&H



June 13: Founders Day and 8th Convocation of Sushrutha Ayurvedic Medical College and Hospital (SAMC&H) was held in Prashanti Kutiram.

Dignitaries: Vaidya Vedaprakash Tyagi, President CCIM; Padmabhushana Vaidya

Devendra Triguna; Dr. Prasanna N Rao, Principal, SDM Ayurveda College, Hassan; Dr. Sarasvati, Joint Director Department of AYUSH, GoK and Dr. H R Nagendra, Chancellor, S-VYASA Yoga University

50 students were awarded with BAMS degree. ■



Puna, Jun 18:

Dr. R Nagarathna participated in the inaugural ceremony of 'Dept. of Research in Yogic Science' at ACE Hospital and Research Centre



Bengaluru: Chancellor, Dr. H R Nagendra was felicitated by Ajit Kumar Memorial Yoga Research Centre for being honoured with Padma Shri award



Bengaluru, June 12: Dr. Prahlada, Director, Center for Energy Research, was the Chief Guest in Ramanath Goenka Award ceremony. The event was organized by Prashant Goenka Group of publications in association with Sahitya Sangam

Workshop on “Orientation of Doctors / Yoga Instructors in Public health on Yoga”

Port Blair, June 9: On the note of International Day of Yoga celebrations, Directorate of Health Services and National AYUSH Mission in Andaman & Nicobar Administration have

invited S-VYASA to conduct a workshop on “Orientation of Doctors / Yoga Instructors in Public health on Yoga”. **Dr. Subramanya Pailoor** and **Dr. Raghavendra Bhat** from S-VYASA have organized the one day workshop. It was a well organized and participants were the Medical fraternity of Andaman & Nicobar associated with AYUSH and the health aspirants. It was well received by the participants and shared their happiness in organizing such workshops to bring awareness on Yoga and its benefits to the common people and also shared their interest to organize such awareness programs conducted on Yoga in the future. ■





Special Yoga Instructors' Course for foreigners under Indian Technical and Economic Co-operation Program by Ministry of External Affairs, Govt. of India



YIC participants of 9 Countries with Dignitaries

Prashanti Kutiram, Bengaluru: Continuing with the Vision of the Hon PM Shri Narendra Modi ji, the Ministry of External Affairs under the prestigious Indian Technical and Economic Co-operation program selected S-VYASA University to train about 32 participants from various countries to undergo the special Yoga Instructors' Course training between May 16 - June 12.

YIC has been a flagship course of S-VYASA

since more than 3 decades and has completed 169 batches.

This was the first time a dedicated batch consisting only International Participants was organized. The batch consisted participants from Syria, Srilanka, Iraq, Mali, Madagascar, Russia, Mongolia, South Africa, Senegal.

During the program a two day study & cultural tour to Mysore and Srirangapattana was organized on June 7 & 8. The participants thoroughly enjoyed and took back memories for a lifetime.

With the guidance of Guruji Dr. H R Nagendra, the one month-long program was very well conceived and co-ordinated by Dr. Gayathri, Dr. Meenakshi, Shri Chirag Hakked, Shri M S Surendra, YIC team.

The Valedictory Event of the same was held on June 12 at Mangala Mandira auditorium. Chief Guest of the ceremony Shri Dinkar Asthana, Joint Secretary, Ministry of External Affairs, addressed the participants eloquently. The event was presided over by Guruji. ■



Felicitation to Shri Dinkar Asthana, Joint Secretary, Ministry of External Affairs, Gol



AEON 2016

...Come
...Connect
...Create

AEON the Novel Horizon

The idea of conducting Fest for creating a common platform for the union of blooming Naturopaths has taken its shape in the name of Aeon 2016. Aeon is an eternal golden Natureon, suggesting the era of nature, amalgamating the systems of Yoga and Naturopathy for BNYS students.

Vision and mission of the fest

A journey in the Pursuit of knowledge...

Aeon is destined to avidly explore the world of science, embracing the traditional wisdom with the new dimensions. It aims at the endorsement in the perception of knowledge by divulging the radiance of talent, intellect and creativity. The forum intends to unite all the BNYS colleges together through the medium of fun learning and enjoyment. This event promotes the system of Yoga and Naturopathy medicine not as a measure of profession or livelihood but as the aspiration and the mission for every BNYS student. It creates platform for combing best of the east with that of the west, emerging the science in spiritual temperament.

Aeon 2016 is been planned to be conducted between 8th to 13th July 2016. The fest encompasses four mega events like sports, cultural, academics (innovation & research) and yoga bestowing the wonderful opportunity to unite the students from all BNYS colleges (15) across INDIA.

Aeon 2016 is exclusively organized by the students of TSYNM under the guidance of Director - Dr. N K Manjunath and Deputy Director- Dr. Kavitha V. The elections among the students of BNYS were conducted on 2nd of March 2016 for selecting the office bearers and organizers for the fest. With bountiful blessings from Guruji and Prof. Ramachandra Bhat ji, the spirit of each and every student of BNYS community would stay enlightened to serve the purpose of this mega event.

AEON 2016
...Come...Connect...Create

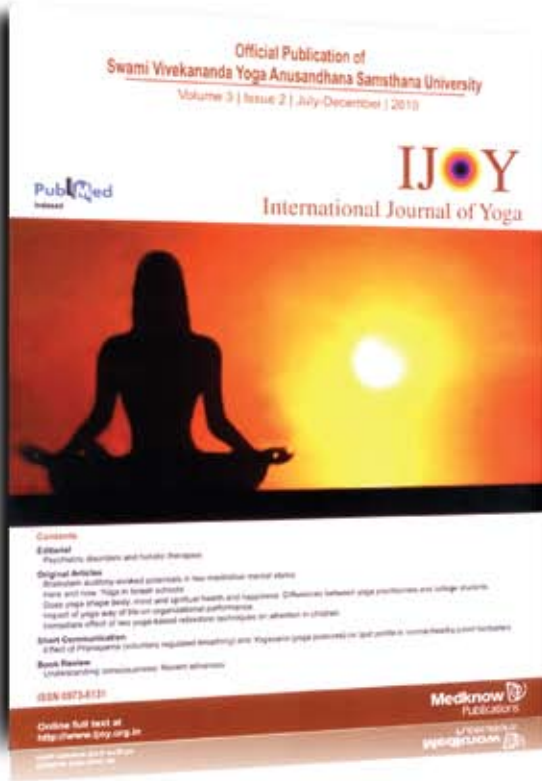
"ON-TRACK" all set for the new carnival revolution...
creating a platform for union of BLOOMING NATUROPATHS

**RESCHEDULED TO
08TH -13TH JULY**

**OZMOSIS
DEFIANZE
YOGRAZE
COGNIZANCE**

Organised by
The School of Yoga and Naturopathic Medicine, SVYASA University
Prashanti Kutiram Vivekanand Road, Kallabalu post, Jigani Hobli,
Anekal Taluk, Bengaluru- 560105

Contact details
7022024777 , 080-22639914/81
Website- www.aeon2016.com
mail id- aeonbnys2016@gmail.com



- ▶ 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 **Triannual** Scientific Yoga journal, dedicated to Yoga Research and Applications.
- ▶ Indexed in PubMed, PubMed Central, DOAJ, Index Copernicus, Indian Science Abstracts, CNKI, EBSCO Publishing's Electronic Databases, Google Scholar, National Science Library, OpenJGate

Subscription Rates:

- ▶ Print ₹1700/- in India(INR) for personal and Institutional.
\$170 for personal and \$220 for Institutional.
- ▶ Online ₹1603/- for personal and Institutional.
\$171.75 for personal and \$ 229 for Institutional.
- ▶ Print + Online ₹2158/- for personal and Institutional.
\$204.35 for personal and \$265.80 for Institutional
- ▶ Single Issue ₹1063/- for personal and Institutional.
\$106 for personal and \$138 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

Editorial Team

Editor In Chief
Prof. Nagendra H R
Chancellor, S-VYASA

Editor
Dr. Manjunath N K
Professor, S-VYASA

Executive Editor
Dr. Srinivasan T M
Professor, S-VYASA

Sub - Editor
Dr. Raghavendra Bhat
Assistant Professor, S-VYASA

E-mail: editor@ijoy.org.in
Editorial Office: +91-080-2263 9906

School of Integrative Medicine

Foundation Stone Unveiled on Jan 3, 2016
by **Hon'ble Prime Minister Shri Narendra Modi**

Lakshmi Amma Hospital for Integrative Medicine (1500 beds)



Become a Partner in the Growth of VYASA Movement

Platinum Donor – ₹ 5 Crores
Diamond Donor – ₹ 4 Crores
Gold Donor – ₹ 3 Crores
Silver Donor – ₹ 2 Crores
Chair – ₹ 4 Crores
Associate Donor – ₹ 5 Lakhs

Cottage Sponsorship – ₹ 25 Lakhs
Super Deluxe Room Sponsorship – ₹ 15 Lakhs
Deluxe Room Sponsorship – ₹ 10 Lakhs
Double Room Sponsorship – ₹ 7.5 Lakhs
Single Room Sponsorship – ₹ 5 Lakhs
Annual Donors – ₹ 10 Thousand / Year

Donations can be used to avail Tax Exemption under the Section 35(1)(ii)

For more details please Contact

Dr. Rabindra Acharya – +91-87503 16280 | Sri Raghu Bengaluru – +91-98440 68250
Dr. Natesh Babu – +91-93428 25813

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



A home is just a house till you live in it, till you fill it with little joys. You need to create an environment in which these joys can multiply. That's the reason why, we, at CenturyPly, look at the world a little differently. We don't see a dining table; we see a place where conversations come alive. We don't see a sofa; we see an audience laughing their guts out watching stand-up comedy. Every piece of furniture is like a stage where the drama called life unfolds. Together these pieces make a *Khushiyon Ka Rangmanch*. No matter what the genre is - comedy, romance, family drama; the stage is always set, so that the show does go on. And we try our best to give you products and services which help you make this stage strong and beautiful.


OUR HAPPINESS LIES IN CREATING PLATFORMS OF JOY.


CENTURYPLY

 **CENTURYPLY** |  **CENTURYLAMINATES** |  **CENTURYVENEERS**

 **CENTURYDOORS** |  **CENTURYMDF** |  **CENTURYPRELAM**

For any queries, SMS 'PLY' to 54646 or call us on 1800-2000-440 or give a missed call on 080-1000-5555

E-mail: kolkata@centuryply.com |  [CenturyPlyOfficial](#) |  [CenturyPlyIndia](#) |  [Centuryply1986](#) | Visit us: www.centuryply.com