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YOGA SURATHA

A Monthly Journal of S-VYASA Yoga University



Pics from Inauguration



20th INCOFYRA successfully concluded

p4»»

S-VYASA family would like to thank all who have made this possible

S-VYASA DDE
1st Convocation
Graduates
with Dignitaries



Yoga Instructors' Course (YIC), 141st Batch, Nov, 2013



तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम्

YOGA SUDHA

Vol.XXX No.1 January, 2014

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Surely, the Laser Show was the greatest hit in our conference during the inauguration on January 2nd night in Prashanti Kutiram for the gathered 1800 persons and Mangala Mandir was never so full.

And again during the valedictory function on 5th evening it was more fascinating in the open Malleshwaram Ground for the big 3500 Bangalore city crowd. The high tech show with 7 laser equipments beaming the laser light too far off skies, periodically spreading the whole area with dynamic animated pictures aptly set to portray the dynamic events as the big applause of delegates of Parliament of Religions in Chicago, the touch of Sri Ramkrishna giving young Naren the experience of Nirguna Samadhi, the ecstatic spells of Sri Ramakrishna, swimming across the shark infested sea to reach the hallowed rock in Kanyakumari where sitting on the last bit of the rock he his upon a plan to bring back the greatness of mother India back to her, etc. The key message of vedanta that "We are all potentially divine and the goal is to manifest that innate divinity by four streams of Yoga" was brought out so effectively. As a mark of that manifestation is to Serve Man as service to God. And all paths of Religions based on the ethics and morality should promote universal brotherhood and give a death knock to bigotry and fanaticism. For India he roared with his famous quote "Arise, Awake and Stop not till the Goal is reached".

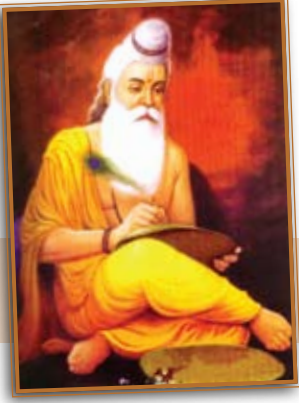
Swami Chidrupanandaji of Arsha Vidya Gurukul, the Chief Guest of the valedictory function emphasized the formula of Swamiji "Be and Make" to all the mothers who had gathered in big numbers for Punar-manana event of Gita Abhiyana of Swarnavalli Math chanting in one voice the 15th chapter of Gita with very nice melody. He told all the parents that we want our children to become good, ethical and successful citizens, but they don't change ourselves! So the first thing has to do is to change. Gita should go to every house, shops and restaurants. More important is that it should not remain only in theory but should practice in life by changing the life style. Continuing this trend

Nagendra said that each should do 5 acts of good service (sharing, self control and compassion) every day to develop the Sattva within us and to do all the activities without getting tensed up or stressed up, the essence of Gita, Karma Yoga as portrayed in the shloka "Yogasthaha kuru karmani".

Dr. Nagarathna said that the basis for SDM. Changing the life style is essential to deal with Diabetes. With the help of IAYT technique thousands of diabetics have got control on DM - Type2 and many of them have got their sugar completely controlled as also come out of medicines including insulin. With this Gita Sandesha brought to action by a life style change we march ahead to make India a DM free nation through this Stop Diabetes Movement throughout the country backed up by available research and future deeper and more exacting researches and with a plea of inviting all to join hands in this vital movement in the country.

The conference brought persons from three streams - Research, Policy Makers and Industry Partners to work in synergy to meet this big challenge of the country. Dr. Mohan from Chennai, the leader in DM Research was the big hit in the conference with his 50 years of work to make free Chennai from Diabetes. In his fantastic key note oration, the revealing statistics of increasing incidents of DM in rural sectors of Tamilnadu from 6% to 16%, chasing the city statistics was shocking to all; he offered to join hands with this SDM and to bring Yoga needed to take SDM further. The international delegates, speakers etc were all inspired by the spread of research in the field of DM and had great updating of their knowledge in the field. We had 110 research paper abstracts in this 20th INCOFYRA which is the largest ever in the history of our INCOFYRAs in Prashanti Kutiram. Finally, all the delegates and speakers resolved to work together to meet this vital challenge in the country by a life-change strategy by AYUSH and main stream medicine.

■ *Dr H R Nagendra*



ब्रह्मसूत्रम् (Brahmasūtram)

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

अक्षरमम्बरान्तधृतेः (ब्रह्मसूत्रम् -१-३-३)

Akṣaramambarāntadhṛteḥ (Brahmasūtram-1-3-3)

Meaning: *The Imperishable (is Brahman) on account of (its) supporting everything up to Akasa (ether).*

The word Vedanta is very much quoted now a days for conveying a message of spiritual science. Science is for probing and proving. Once upon a time many people, without understanding the etymological meaning of the word Vedanta, were quoting it in wrong context. Even now many people that Vedanta is think the doctrine on escapism.

We come across Vedantic personalities like Gargi, Maitreyi, Vishwavara etc. One of the major Upanishads Brihadaranyaka mentions how Gargi could show her questioning capacity in front of the greatest scholars of that age in the august assembly of Janaka. In the third chapter of Brihadaranyaka, when Yajnavalkya was addressing all those queries raised by many scholars, gave special weightage for Gargi's enquiries. She gets a special privilege to ask questions twice. Her main query was about "THAT REALITY" which is the basis for visible and invisible world.

"कस्मिन्नु खल्वाकाश ओतश्च प्रोतश्च स होवाचैतद्वै तदक्षरं गार्गी ब्राह्मणा अभिवदन्त्यस्थूलमनणु इति" For an apparent understanding, it seems that the whole world is rested in the sky because the all permeating element is 'this sky'. "All gross and subtle articles and particles rest in the sky". This is well known to even to children but when the question comes "where is the sky rested?" It is difficult to answer. Gargi puts forth such difficult question and keeps Yajnavalkya in a fix. Because when the space itself is intangible how the pedestal of space is traceable?? So, it is difficult to answer. Positive form

of sentence becomes answer when the subject is worth to be attributed with some qualifying words. In this context Yajnavalkya gives the mantra of AKSHARA न क्षरतीति अक्षरम् which is imperishable and indeclinable that embodies अक्षरम्

In the Vedantic context, space is qualified with birth, death, modifications, decay etc. 'आत्मनः आकाशः सम्भूतः' । Space takes birth from Atman. The SPACE is originated from अक्षरम्, means it must be necessarily Brahman alone. The great Vyasa Maharshi takes this statement for deliberation in this context. 'अम्बरम् means space. It is rested in the Grand theory of unification'. It is nothing but Brahman. In the cause and effect theory also all effects and products will have their roots in the subtle original substance that must be सत्-चित्-आनन्द, and not something inanimate like Prakriti of Sankhya. It has no self regulatory aspects, like controlling, administrating, organising etc. The subsequent aphorism सा च प्रशासनात् - denotes this quality. In the same time, AKSHARAM in this context cannot be something which is qualified and a thing of solid stuff. Yajnavalkya's statement goes this way - तद्वा एतदक्षरं गार्गी अदृष्टं द्रष्टुं अश्रुतं श्रोतुं अमतं मन्तुं अविज्ञातं विज्ञातु इति । This statement which is in the form of paradoxical nihilism directs one to correctly to interpret. Ultimately, 'Theory of everything Brahman' is that all pervading all permeating factor which can see without being seen, knows without being known. That is how Gargi's query was dually addressed by Yajnavalkya.

to be continued...



Yaga Malika



Guruji offered Purnahuti and explained the importance of Yajna



During the Conference, every morning, the performance of Gayatri Homa by Gayatri Parivar people





Gahana Karmano Gatihi

Spiritual Retreat by Guruji in Pre-Conference Workshop



Prashanti Kutiram, Dec 26-31: 'Gahana Karmano Gatihi', a 5 days spiritual retreat was conducted by Dr. HR Nagendra, the Chancellor of the S-VYASA Yoga University, at S-VYASA's residential campus in Jigani.

A full spectrum of intricate path of action was expounded before a group of gathered devotees, staffs and students of the campus. There were two session each day both in the morning and in the evening. During these 10 sessions, which also included a question-answer session, gradually the concept of karma (action) was introduced, developed, and intricate points were elaborated. The lecture series was bases on the *Bhagavad Gita* and the *Ishavasya* Upanishad.

The wheels were set to action by emphatically stressing that to reach the state of non-action (*akarma*), we have to pass through the phase of activity, shunning action is no way the solution. Action, if we must do, then what is the most appropriate way it should be done so that we do not get into the bondage of karma, was systematically elucidated.

The gist can be presented as follows: We all must do action as prescribed by the Vedic injunctions. We must also recognize our current personality constituent, in terms of *sattva*, *rajas*, and *tamas*. After recognizing them, we should consciously strive to progress from *tamas* to *rajas* and *rajas* to *sattva*. We should use *rajas* to shatter *tamas*. In the beginning, we must have *sattva-rajas* while doing action. Then gradually we must develop more and more *sattva* through *Daya*, *Dana*, and *Dama*. For this five acts of good service must be consciously done and recorded by every *sadhaka*. This constitutes the first phase of *sadhana* in the path of Karma Yoga.

In the second phase of the growth, we need to understand the deeper aspects of karma yoga.

They were presented in four secrets. We must recognized what is action (*karma*), non-action (*akarma*), and also the prohibited and special action. Then we must recognize non-action in every action, like the apparent stillness of a spinning top. We should then learn to attune to the state of *akarma* and do all actions outside, for which we need to make two compartments of our mind, one to engage in outside activities and other to be attuned always in that blissful inner awareness. Doing one's action in that way we gradually get attuned to the cosmic order of *Satyam* and *Ritam*. Being in that state of total detachment, no action can bind us and we are not subjected to the vicious circle of birth and death.

Finally, karma *sidhanta* was explained, in which the role of our *samskaras*, environment, and the element of freedom bestowed to human beings were discussed. We must consciously use our inner freedom to elevate to higher levels and overcome the influence of both our *samskaras*, and environment. We must go to the deeper layers of silence to cleanse our *samskaras*.

For a 100 long years life full of happiness and no misery, one must acquire the skill to handle conflicts. Conflicts of various sorts: duty vs duty, duty vs ethics, truth vs non-violence etc. The required knowledge base is obtained by those who perform the karma in the ordained manner, and reach the state of non-action by passing through the phase of intense action, to reach the ultimate state, the *moksha*, a state of infinite knowledge, bliss, power and freedom. ■

HIMALAYA

An International Yoga Olympiad

*Building
the spirit
of National
Integration
on the noble
vision of Yoga*



During Inauguration of Himalaya: An International Yoga Olympiad, Dignitaries on the dais (from left) Dr. Sudheer Deshpande, Sri Kovaichalavan, Sri Ajay Jain, Guruji, Sri Anil Singh

Prashanti Kutiram, Dec 27-29: Himalaya, it's an International Yoga Olympiad. This year also it was a grand success.

The aim is to promote the awareness of Yoga and to build up the network of yoga students, practitioners, teachers and sadhakas at the global level. It is to spread the message of Yoga as a

Science of Holistic Living to be achieved through Jnana Yoga, Raja Yoga, Bhakti Yoga and Karma Yoga as proclaimed by Swami Vivekananda. The Olympiad was projected to help the youth of our country to grow together, expand their vision so that they leave behind the mind rush of cut-throat competition and selfishness and engage in co-operative, harmonious proactive living.

Representation

Responding to our invitation, 427 competitors from 17 States + 5 Independent Organizations [S-VYASA, Govt. Naturopathy College-Chennai, Alva's Naturopathy College-Moodabidiri, SDM Naturopathy College-Ujire, Meditation Winner-Manipur] had taken part. In all, the competitors were grouped according to the age: 8-12, 13-18, 19-27, 28 years and above.



Himalaya Olympiad started by Invoking God



Himalaya Yoga Olympiad participants in Meditation

Inauguration

On Dec 27 the Inauguration of Olympiad was held in Mangala Mandira. Senior President of TVS Sri Kovaichalavan, Sri Ajay Jain of VYASA-Singapore, Mumbai High Court advocate Sri Anil Singh, Guruji & the Registrar Dr. Sudheer Deshpande ji were there on the dais.

Champions

Ultimately, Maharashtra became Champion of Champions and Manipur was the runner up.

Valedictory

The Valedictory held on Dec 29. S-VYASA Pro-Vice-Chancellor Prof. K. Subramanyam, Sri Pardesi Rao from VYASA-Hyderabad, Sri Hanumantha Rao, Sri B.D. Jadav were there on the dais.

The Prashanti Kutiram was totally overwhelmed with the joy because of the young students running throughout the campus with different languages, colors, cultures etc. The National Integration was felt by each one with these happy moments. ■



Equilibrium State at Balanced Positions



Himalaya 2013: Champion of Champions - Maharashtra Group



Under Water Yoga performance,
by Sri L C Acharya Vishwakarma, Bengaluru

Kathak Dance performance
by Roopa Ravindran from Bengaluru

20th INCOFYRA Inauguration

On the second day of Jan, 2014
the Main Conference was inaugurated



Front view of Mangala Mandir

Prashanti Kutiram, Jan 2: As we know, in this universe everything is planned and nothing is accidental. Thus, everything takes place in the nature according to the cosmic order with the Universal spirit, popularly known as God. Year after year, seasonal cycles rotate. Now, the beauty of winter is everywhere. For us, this winter is even more special, as we have witnesses the 20th International Conference on Yoga, INCOFYRA.

The whole campus of Prashanti witnessed the grand inauguration of the 20th International



Inauguration: Lead kindly Light

Conference on Frontiers in Yoga Research and Its Applications. Yoga sadhakas, practitioners and all the yoga lovers gathered in the serene ambience of Prashanti. Thus, a long waiting for the brain storm came to an end.

Inauguration Program

The theme for Conference is Yoga - A Public Health Strategy for Diabetes Prevention and Education. Inaugural function started by lighting a lamp with the invocation of vedic hymns by the students of S-VYASA Yoga University.



Invocation by Vedic hymns



Prashanti Music Team playing Conference Song

Guests & Dignitaries

MC, Smt. Aarti Jagannathan welcomed all the dignitaries to the dais. Dignitaries were from India and abroad. Conference Organizing Chairman Dr. Naveen K V delivered a welcome address & gave an overview of the conference



During the Inauguration, Conference Souvenir released. (from left) Dr. Christoph Garner, Dr. Satbir Khalsa, Dr. Sudheer Deshpande, Prof. K Subrahmanyam, Sri RK Sinha, Swami Divyanandaji Maharaj, Sri Vijay Kumar Gogi, Dr. HR Nagendra, Prof. Ramachandra G Bhat, Swami Amruta Suryananda Maharaj, Sri Pascal, Dr. Naveen KV - can be seen

and briefed about the progressive developments of Stop Diabetes Movement projected by S-VYASA. The dignitaries on the dais were

Chief Guest:

- Swami Divyanandaji Maharaj, *Bharat Sevashram Sangh, Kolkatta*

Guests of Honor:

- Swami Amruta Suryananda Maharaj, *President, Yoga Portuguese Confederation*
- Sri Vijay Kumar Gogi, *Director, Dept. of AYUSH, Govt. of Karnataka*
- Dr. Satbir Khalsa, *Associate Neuroscientist, USA*
- Dr. Christoph Garner, *Medical Director, KWA-KlinikStiftRottal, Germany*
- Sri Pascal, *France*
- Sri R K Sinha, *Chairman, SIS Group*

Dignitaries:

- Dr. H R Nagendra, *Chancellor, S-VYASA*
- Prof. Ramachandra G Bhat, *VC, S-VYASA*
- Prof. K Subrahmanyam, *Pro. Vice-Chancellor, S-VYASA*
- Dr. Sudheer Deshpande, *Registrar, S-VYASA*

And few other well-known personalities in

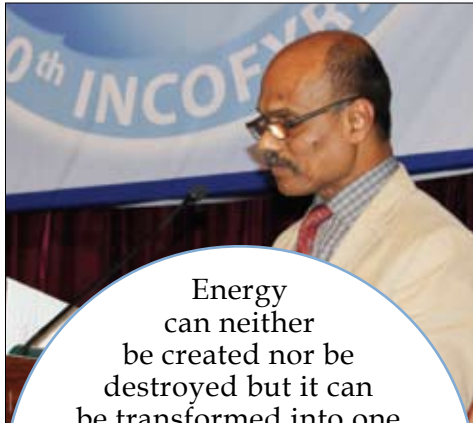
Yoga tradition has come out in the light of epics and puranas and nicely put forth through the story of Hanuman etc... also how Swami Vivekananda has combined the best of the east and the best of the west.

Swami Divyanandaji Maharaj
BSS, Calcutta

the field of Yoga, research & its applications, Dr. Sherlly Telles, Dr. R Nagarathna, Dr. NV Raghuram and Sri Krishnappa ji were also gave their august presence.

Some interesting Nos of Delegates

- Bapu Group - 23
- Ullas Nagar - 23
- MDS University - 25
- Somayya College, Mumbai - 35
- JSS Naturopathy College, Coimbatore - 103
- Gantali Mitra Mandali - 17
- Alvas College, Moodabidri - 11



Energy can neither be created nor be destroyed but it can be transformed into one form to other. In the same lines potential energy can be manifested by yoga practice.

Sri Vijay Kumar Gogi
*Director,
 Dept. of AYUSH,
 GoK*

Delegates

Delegates were present from all over the globe like Research Scientists, Medical doctors, Yoga Therapists, Yoga Practitioners, Ayurveda & naturopathy doctors etc, were among delegates.

Book Release

During the inaugural, the conference Souvenir, Yoga Journal IJOY PPP and the newsletter of Yoga Bharati were released.

Pre-Conference

Before these events, Pre-Conference Workshop was scheduled in between Dec 27 - 31. Our beloved Guruji has lead the workshop. He unravelled the Karma Theory in these five days on the theme 'Gahana Karmano Gatihi' in the light of Ishavasya Upanishad and Bhagavadgita.

India is leading nation. We Portugals are wisely following India. We proud our medical department and I inform you people gathered over here, Diabetes Association in Portugal to implement the practices of Yoga. We want to learn with you and that is what revealed too. We would like to attribute our beloved Guruji Dr. H R Nagendraji as '**International Yoga Grand Master**'.

Swami Amruta Suryananda
*President,
 Yoga Portuguese
 Confederation*

Health is paramount for a smooth conduct of human journey. Because of very much victim of mental impurities and negative thoughts, the mankind is rushing towards the tragic end. Health, Education, Solace, Tranquillity are the needs of the hour. We in dwellers of Prashanti take up Yoga as a life mission in order to eradicate diabetes and all other mental and bodily ailments.

Dr. Ramachandra G Bhat
Vice-Chancellor, S-VYASA

Now, India has become a Diabetic Capital in the world. The main mantra for relief from diabetes is Yoga. Establishment of yoga therapy module through the worldwide Stop Diabetes Movement will be a solution. This 20th INCOFYRA helpful in this regard.

Dr. H R Nagendra
Chancellor, S-VYASA



Guruji has been honored with the title 'International Yoga Grand Master', by Yoga Portuguese Confederation



Release of IJOY-PPP



Himalaya

From Dec 27-29, an International Himalayan Yoga Olympiad was also organised. Participants performed asana, pranayama, mudra, and bandhas in different age groups of different states.

Main Conference

The Main Conference was scheduled in three different tracks. Tracks are AYUSH systems and diabetes research, Professional partnership conclave and Academia-Industry partnership meet. In total 6 key notes and 24 papers were



International Journal Of Yoga Philosophy, Psychology and Parapsychology

- IJOY-PPP is a multidisciplinary semi-annual scientific journal, dedicated to Yoga philosophy, Psychology and parapsychology.
- It's a official publication of S-VYASA Yoga University.
- Published by: Wolters Kluwer Health | Mednow Publications
- Official portal is: www.ijoyppp.org



Felicitations



Swami Divyanandaji Maharaj
Bharat Sevashram Sangh, Kolkatta



Swami Amruta Suryananda Maharaj
President, Yoga Portuguese Confederation



Sri Vijay Kumar Gogi
Director, Dept. of AYUSH, Govt. of Karnataka



Dr. Satbir Khalsa
Associate Neuroscientist, USA



Dr. Christoph Garner
Medical Director, KWA-Klinik Stift Rottal, Germany



Sri R K Sinha
Chairman, SIS Group

presented. Along with that, Arogya Expo, Diabetes Awareness Exhibition and Poster Presentations were also exhibited.

Swasthya Saptakam, a sanskrit song which is composed on the theme of the conference, was sung by yoga students. VC Prof. Ramachandra G. Bhat's song is focussing on worldwide dominating disease called diabetes and its preventive aspects through yoga therapy and also to establish the movement, SDM (Stop Diabetes Movement) which is coined by S-VYASA.

Western Representatives

There were four international representatives & collaborators on the dais who expressed their support for the conference and the campaign- they are: Dr Christopher Garner, Germany; Dr Sat Bir Khalsa, USA; Mr Pascal, France and Swami Amrith Suryanandaji from Portugal

Swami Amrith Suryanandaji, Portugal Yoga Confederation, Conferred '**Yoga Grand Master Award**' to Dr HR Nagendra, Chancellor and Founder of S-VYASA Yoga University.

Prof Ramachandra Bhat, Vice Chancellor of S-VYASA Yoga University felicitated the guests; Dr. NK Manjunath, Joint Director of Research, S-VYASA Yoga University gave a formal vote of thanks. The program ended with the shanthi mantra and the National Anthem. ■



Laser Show: A big hit



Swami Vivekananda in LASER lines

Then, the day was concluded with fascinating Laser Show by Manick Sorcar a renowned laserist from US on Swami Vivekananda's Life & Message. The motions of the laser beams touched the emotions of the hearts.



Sri Manick Sorcar & family felicitated by Prof. Ramachandra G Bhat & Prof. NVC Swamy

Brothers & sisters of America...



*Guruji in
Keynote
Session*

Keynote Addresses: during the Main Conference

Day	Talk Title	Speaker
Jan 3	A public health strategy through yoga for diabetes prevention and control	Dr. HR Nagendra Chancellor, S-VYASA University, Bengaluru
	Integrative diabetology: evidence summary and challenges in implementation	Dr Naveen Visweswaraiah Joint Director of Research, S-VYASA Yoga University & Director, VYASA International, Bengaluru
Jan 4	Diabetes, the nervous system and yoga	Dr Shirley Telles Director, Patanjali Research Foundation, Haridwar
	The journey from ants to analogues and beyond! 'holistic diabetes care – dream or reality?'	Dr KR Narasimha Shetty Director, Karnataka Institute of Diabetes, Bengaluru
Jan 5	Prevention of diabetes through community empowerment	Prof. V Mohan Medical Director, Dr. V. Mohan's Diabetes Research Institute, Chennai
	Prevent India becoming "diabetic capital", join hands for "stop diabetes movement"!	Dr R Nagarathna Medical Director, Arogyadhama Research Health Home, S-VYASA University, Bengaluru



Invited Talks in the Conference

Day	Talk Title	Speaker	Chair
Track A: AYUSH Systems in Diabetes Research Mangala Mandir			
Jan 3	Holistic therapy of neurogenic complications in diabetes mellitus including yoga-therapy	Dr Christoph Garner Director, KWA Klinik Stiff Rottal, Bad Griesbach, Germany	Dr BN Gangadhar Dean, Division of Yoga & Life Sciences, S-VYASA Yoga University, Bengaluru
	Cardiac autonomic function and quality of life in patients with diabetes improves with practice of sudarshan kriya yoga	Dr Viveka P Jyotsna Department of Endocrinology and Metabolism, All India Institute of Medical Sciences, New Delhi	
	Heart rate variability and diabetes	Shri G S Kelkar Research Director and Trustee, Manashakti Trusts, Lonavla, Pune	
Symposium 2A: Relevance of AYUSH Systems as lifestyle intervention in the management of Diabetes Mellitus			
Jan 4	Diabetes prevention and management from the ayurvedic perspective	Dr Ram Manohar Director of Research, AVP, Coimbatore	Dr Babu Joseph Director, NIN, Pune
	Improving fitness of soldiers at high altitude: an applied yogic aspects	Dr M Saha Scientist-E & Domain Expert, Defence Instt. of Physiology and Allied Sciences (DIPAS), DRDO, Delhi	Prof. K. Subramanyam Pro-VC & Dean, Division of Yoga & Humanities, S-VYASA Yoga University
	Add on effect of clinical yoga package in glucose metabolism in impaired glucose tolerance and type 2 diabetes mellitus – a long term study	Prof. Dilip Kumar KV Athreya Ayurveda, Moscow, Kottakkal Ayurveda	
Symposium 3A: Integrative Diabetology: Future Directions			
Jan 5	Yoga and diabetes: a disease-biology appraisal and future research directions	Dr M Bal Subramaniam Dean of Research & Head, Cell and Molecular Biology, Madras Diabetes Research Foundation, Chennai	Dr Ishwar Basavaraddi Director, Morarji Desai National Institute of Yoga, New Delhi
	Yogic breathing as an adjunctive therapy	Dr Sundaravadivel Balasubramanian Professor, Gazes Cardiac Research Institute, Medical University of South Carolina, Charleston, SC USA	Dr Prashanth Shetty Principal & CMO, SDM College of Naturopathy & Yoga Sciences, Ujire
	Integrative diabetology: future directions for developing countries	Dr Thuppil Venkatesh Principal Advisor, Quality Council of India (QCI) & Professor-Emeritus Department of Biochemistry & Biophysics, St. John's Medical College, Bengaluru	



Day	Talk Title	Speaker	Chair
Track B: Professional Partnership Conclave Prarthana Mandir			
Jan 3	Networks of yoga associations in Germany	Dr Hans-Jörg Weber Vice President, BDY-Professional Association of Yoga Teachers, Munich, Germany	Prof. Alex Hankey Distinguished Professor of Yoga and Physical Science, S-VYASA Yoga University, Bengaluru
	Yoga for coronary artery disease	Dr Shantharam Shetty Research Officer, The Yoga Institute, Mumbai	Prof. MK Sridhar Dean, Division of Yoga & Spirituality, S-VYASA Yoga University, Bengaluru
Symposium 2B: Professional Associations & Organizations in Integrative Diabetology			
Jan 4	Yoga for type 2 diabetes: scientific rationale and evidence for prevention	Dr Sat Bir Khalsa Associate Scientist, Sleep Medicine, Brigham Womens Hospital, Harvard Medical School, Boston, MA, USA	Prof. Ramachandra Bhat VC, S-VYASA Yoga University, Bengaluru
	Success elements for public strategy: compliance incentive and funding	Dr Rajan Naryanan Secretary, Council for Yoga Accreditation Intl., [CYAI], Washington DC, USA	Sri NV Raghuram Chairman, Yoga Bharati, Cupertino, CA, USA
	Matrix-rhythm-therapy: utilizing the entrainment effect to optimize body performance and tissue regeneration in diabetes	Dr. Ulrich Randoll Matrix-Center-München, Lortzingstrasse, Munich, Germany	
Symposium 3B: Integrative Diabetology: Future Directions			
Jan 5	'Diabetes begets diabetes'	Dr Lata Venkatraman Co-ordinator, Rangadoore Memorial Hospital, Bengaluru	Sri Dharshan Shankar Vice Chairman, I-AIM & FRLHT, Bengaluru
	Initiatives from public health foundation of India on diabetes prevention and education	Dr Sathyanarayana Institute for Global Health-University College London, United Kingdom & Indian Institute of PublicHealth-Bengaluru	Prof. TM Srinivasan Dean, Division of Yoga & Management Studies, S-VYASA Yoga University, Bengaluru
	Ayurveda based life-style [pathya-apathya] prescription for healthy living, - inferences from prakrti (ayurvedic concept of psycho - physical personality types based on tridosha theory)	Dr BR Ramakrishna, Dean, Sushrutha Ayurvedic Medical college, S-VYASA Yoga University, Bengaluru	



Day	Talk Title	Speaker	Chair
Track C: Academia-Industry Partnership Meet Ahimsa Hall			
Jan 3	Electronic media as a potent vehicle for diabetes education & prevention	Sri Deepak Thimaya TV Anchor & Journalist, Bengaluru	Prof. KB Akhilesh Dean, Division of Yoga & Management Studies, S-VYASA Yoga University, Bengaluru
	Responsible hotel industry in diabetes education and prevention	Sri KN Vasudev Adiga Hotelier & Entrepreneur, Chain of Vasudev Adiga Hotels, Bengaluru	
	Exploring social media in diabetes prevention and education	Dr. Chinmaya P Chigateri, Founder & Principal Consultant, HealthMinds, Bengaluru	Dr Manjunath NK Joint Director [Research & Development], S-VYASA Yoga University, Bengaluru
Symposium 3C: Advertising & Cinema in Diabetes Prevention & Education			
Jan 5	Ayurvedic industry in diabetes prevention and education	Sri JSD Pani President, KIMMA & Ayur Park, Bengaluru	Sri Subodh Tiwari Joint Director-Administration, Kaivalyadhama, Lonavala, Pune
	Role of advertising industry in diabetes prevention and education	Sri Srinivas Kesiraju, Head, The digital and strategic initiative, Innovative Advanced Media Management Pvt. Ltd., Bengaluru	
	Role of news channels in health education specific to diabetes education and prevention	Sri Shashidhara Bhat Senior Journalist & Chief of Samaya News Channel, Bengaluru	Prof. R. Venkatram Hon. Professor & Former Registrar, S-VYASA Yoga University

Few Statistics of Scientific Sessions

1. Key Note sessions: 3
2. Key Note speakers: 3
3. Concurrent tracks: 3
4. Chair persons in 3 tracks: 6+6+4=16
5. Number of symposiums: 3+3+2=8
6. Invited speakers- 9+9+6=24
7. Poster paper session: 1
8. Oral prize paper session: 1
9. Oral prize papers presented: 13
10. Poster paper presentations: 117
11. Judges for oral prize paper session: 2
12. Judges for poster paper session: 4



STOP DIABETES MOVEMENT PAVILION

VYASA Trust and Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) a Yoga University, Bangalore has undertaken an ambitious nationwide program “Stop Diabetes Movement (SDM)” to bring down the prevalence rate of diabetes in India since 2008.

It is a community (Public - Private Partnership) effort to prevent India from becoming the world capital of Diabetes Mellitus using the yogic lifestyle intervention. SDM has three phases. The first phase of SDM had completed in 2013 and launching of



HOW I CAN ORGANISE SDM CAMP IN MY HOMETOWN?
JOIN HANDS TO SPREAD STOP DIABETES MOVEMENT

How to go

- Awareness Diabetes Camp
- VYASA Team to conduct the camps initially.
- VYASA Team will train the yoga therapists in the area.
- Regular classes for Pre-Diabetic and Diabetic Mega awareness programs
- Platforms with local Doctors and Yoga therapist

Overview of SDM camp

Each camp has three main phases

1. Screening
2. Treatment camp
3. Follow up

SCREENING

- Registrations
- Preparing Slides
- Questionnaire assessment
- Case History
- Pre-Camp
- Blood Investigations

TREATMENT CAMP

- Morning and evening batch.
- Timing - 6 to 8 a.m.
- Duration - 10 days
- Training period- 9 days
- Last day sharing experience
- Focus of training- special techniques, advance techniques and educational lectures.
- During last two days of post camp- blood investigations to assess the effect of yoga therapy

MATERIAL REQUIRED

- One desktop (Computer)
- One printer
- LCD projector and Screen
- Mic, speaker, etc electrical arrangement
- Mat in yoga hall
- Required stationary material
- Weighing Machine
- Tables

FOLLOW UP

- Training for local trainers
- Busy one hour practice advised to patients.

REQUIREMENTS

- Food and accommodation for the team
- Travelling (Door AC) from Bangalore, (Tr and bus)
- Hall with accommodation capacity of 100 to 150 people practicing yoga.
- Lab investigations facility (FBS, etc)
- Consultative room for doctors.

FOR MORE DETAILS

Contact Us

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Anil Co-ordinator
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Mobile - 9963907443



On this occasion, SDM team organized ‘SDM Pavilion’ where details of all the accomplishments and achievements in phase 1 of SDM were displayed. This pavilion was used to display aims and objectives of each phase of SDM with strategy to collaborate with NGOs/Trust/Medical physicians/Yoga teachers, etc. There was great response for SDM pavilion from the delegates of the conference and students. Most of them expressed to join hands together and organize the SDM camps in their local place.

Exhibition on Diabetes

S-VYASA staff and students organized video-animation based health education exhibition on Diabetes Mellitus



Yoga Nights



Dance Drama by Jayashree Devi & Team, Bengaluru



Dance by S-VYASA students

Drama: Life of Sri Ramakrishna Paramhansa by S-VYASA students



Bharatanatyam by Dr. Padmaja Suresh, Bengaluru



Other Events:

- ▶ Film Show: History & Origin of Yoga by Deepika Kothari
- ▶ Drama: Four Streams of Yoga by Participants from Mumbai



Arogya Expo for Diabetes

Also, the University organized a Diabetes Expo featuring products related to diabetic products, food supplements, AYUSH products, actual plants and lifestyle products.

Suryathon 2013 Valedictory

Bengaluru, Jan 5: The campaign, Suryathon 2013 was concluded in Basaveshwara Nagara ground.

Rajaji Nagar MLA Sri S. Suresh Kumar inaugurated the program. Corporators Gangabyraiah, Padma Raj, Shivaraj, Samyama Trust Hon President Dr. DS Wodeyar, S-VYASA VC Prof. Ramachandra G. Bhat,



S-VYASA Registrar Dr. Sudheer Deshpande were also present during the program.

1200 participants performed 108 Suryanamaskaras and Souvenir of Suryathon 2013 campaign released. ■

Organizers of Suryathon



Valedictory of 20th INCOFYRA

First the first time in the history of INCOFYRA, the closing ceremony of 20th edition of INCOFYRA was organized in the city of Bengaluru outside its campus in Jigani. This is with the intention to bring the message of STOP DIABETES MOVEMENT. SvarnavalliPrathistana of Sirsi jointly organized this program. The program was at the Malleshwaram Sports Ground and attended by over 3000 people.



Swami Chidrupanand Saraswati addressing at Valedictory of 20th INCOFYRA at Malleshwaram Sports Ground. (from left) Sri Subodh Tiwari, Dr. Satbir Khalsa, Sri MR Hegde, Prof. Ramachandra G Bhat, Dr. HR Nagendra, Dr. R Nagarathna, Dr. Christoph Garner - can be seen

Bengaluru, Jan 5: The Valedictory was organized at Malleshwaram Sports Ground, Bangalore between 4.30pm to 8.00pm. The Chief Guest for the valedictory was Swami Chidrupananda Saraswati, Arsha Vidya Gurukulam, Hubli. Swamiji in his speech explained the importance of Bhagwat Gita in daily life and exhorted that the Gita should be taught to children in all the schools, to re-build India. On the occasion thousands of devotees of Suvarnavalli Matha with over 500 children chanted the 15th Chapter. The atmosphere

vibrated with the spiritual chanting.

Dr. Sudheer Deshpade, Registrar welcomed the Guests and the gathering. Dr. Ramachandra G Bhat, Vice Chancellor, S-VYASA gave an introductory talk. He said that India will conquer its conquerors through Yoga & Spirituality. Valedictory Address was given by Dr. HRNagendra, Chancellor, S-VYASA. During the speech he spoke about the message of Swami Vivekananda. Dr. R Nagarathna, Chief Medical Officer, Arogyadhama, S-VYASA gave the



Gita Punarmanana - Bhagavadgita Chanting

details of the Stop Diabetes Movement under taken by S-VYASA. She invited the people to come together to fight the menace of diabetes and prevent India become the capital. Dr. Naveen, Asst. Director, Research, S-VYASA & Organizing Chairman of INCOFYRA briefed the resolutions of the 20th INCOFYRA. The resolutions laid the road map for the next five years to involve the Researchers, Policy Makers, Professional Bodies, Media and Industry.

On the occasion Sri M R Hegde, former state election commissioner as well legal adviser to Governor, Govt. Of Karnataka represented the Suvarnavalli Pratishtana.

There were Two international representatives & collaborators on the dais who expressed their support for the conference and the campaign- they are: Dr Christophe Garner, Germany and Dr Sat Bir Khalsa, USA.

Sri Subodh Tiwari, Director, Kaivalyadhama, Pune represented Indian yoga institutes and expressed the solidarity with the diabetes campaign. Dr. Iswar Basavaraddi, Director, MD National Institute of Yoga, New Delhi; Dr. Babu Joseph, Director, National Institute of Naturopathy, Pune and Dr. Prashanth Shetty, Principal & CMO of SDM College of Naturopathy & Yogic Sciences were present at the ceremony as special invitees expressing their full cooperation for the movement to prevent diabetes in the country.

On this occasion, Sri Manick Sorcar, a renowned Laserist gave an inspiring Laser Show on the Life and Message of Swami Vivekananda. Thousands of people witnessed the laser show. This show was organized as a part of the 150th Birth Anniversary of Swami Vivekananda. ■



10 Point Agenda from 20th INCOFYRA



1. Diabetes research as a priority area in newly established central facility for yoga research, funded by GoK at S-VYASA Yoga University'
2. Initiate research consortium between S-VYASA yoga university and Dr. Mohan's Diabetes Specialty Center, Chennai
3. Introduce proven yoga therapy from lab to bedside on a large scale through the funding from ICMR-under division of NCDs
4. Create network of Yoga institutes across the world to use yoga as a public health strategy for diabetes prevention and education
5. Establish professional network of diabetologists to introduce yoga as a preventive and management strategy for diabetes care
6. Create a professional network for diabetes prevention & education
7. Professional Advocacy from professionals to policy makers in state & central governments to introduce yoga as public health strategy in diabetes prevention & education
8. For the first time - Involve industry partners in prevention & education initiatives:
 - a. Diabetes food products; AYUSH products & lifestyle products
 - b. Print, digital & electronic media in diabetes prevention & education
 - c. Advertising, Television & Cinema in diabetes prevention & education
9. Train three tier professional as part of capacity building to implement Stop Diabetes Movement
 - a. Yoga educators/instructors
 - b. Yoga therapy specialized in diabetes care
 - c. Yoga & Naturopathy physicians as lifestyle interventionists
10. Organize mega screening & yoga intervention camps in collaboration with NGOs and the respective governments.



SDM Camp in North Canara

Sirsi, Kumta, Yellapur



Inauguration of 1stSDM Camp at Ganesha Netralaya, Sirsi

Nov & Dec: As Krishna states in Bhagavadgeeta, कामक्रोधोद्वेगं - the root cause for stress is induced by the speed of mind. Scientific evidences also show that the root cause for diabetes is stress induced. With the help of awareness of diet, exercises and rest, one can gradually overcome his/her own ailments. So, we know that the Diabetes is not a disease but an imbalance between the blood sugar level and the insulin caused by the imbalance of body and mind.

with the help of local volunteers were concluded with great success. The following table shows the statistics of the camps.

SNo	Places Conducted	Camp duration (10 Days)	No. of Participants
1	Sirsi	Nov 10 - 19 th , 2013	86
2	Yellapur	Nov 21 - 30 th , 2013	91
3	Kumta	Dec 2 - 11 th , 2013	43

As a part of Bhagavadgeeta Abhiyana, Sonda Swarnavalli Pratishthana, Sirsi, Uttara Kannada, for the 1st time in Karnataka, SDMs camps were conducted by VYASA with the collaboration of Sonda Swarnavalli Pratishthana. In all camps we had the Divine presence and blessings of Pujya Sri Sri Gangadharendra Saraswati Swamiji, many associations and



Awareness on Diabetes by Dr. R Nagarathna, CMO, Arogyadhama, S-VYASA



On 10th Nov 2013, the first SDM camp was successfully inaugurated at Sirsi, North canara. It was a grand success due to the presence of Sri Sri Gangadharendra Saraswati, Chancellor Dr. H R Nagendra and Vice Chancellor Dr. Ramachandra G Bhat of S-VYASA. The news was well covered by the local and state media journal.

The concluding ceremony was successfully completed on 19th Nov. 2013 at Sirsi in the holy presence of Sri Sri Gangadharendra Saraswati Swamiji. Sri Anath Kumar Hegde, Member of Parliament (North Canara, Karnataka) mentioned the present scenario of yoga at the global level. Sri Rajesh Acharya from division of Yoga - Spirituality addressed the gathering on behalf of S-VYASA.

Ku. Ambika Hegde has been allotted to look after the follow up work of SDM.

On 21st Nov and 2nd Dec the remaining 2 camps were inaugurated by Pujya Sri Sri Gangadharendra Saraswati Swamiji at Yellpura and Kumta respectively. All the participants were very keen and regular for practice. So that, we could project the proper significant changes in blood sugar levels. There was a demand from all the participants to carry over in a regular basis.

In all three camps, FBS and PPBS samples (OGT) were taken to all participants with the help of lab technicians. Apart from blood samples, Nadi Tarangini, GHQ, Prakruti Questionnaire, Socio demographic sheet and counselling with the help of GDV report etc have been recorded for research data processing. The following is the module implemented in all three camps.

- Prayer – *Sahanavavatu*
- Geeta chanting of Abhiyana (13th Chapter)
- Breathing Practices and loosening
- Suryanamaskara and Asana
- Lecture – One topic each day
- Cyclic Meditation



Registration and Medical Check-up



Action in Relaxation



Lecture Session by Dr. Ramachandra Hegde



Chair Practices

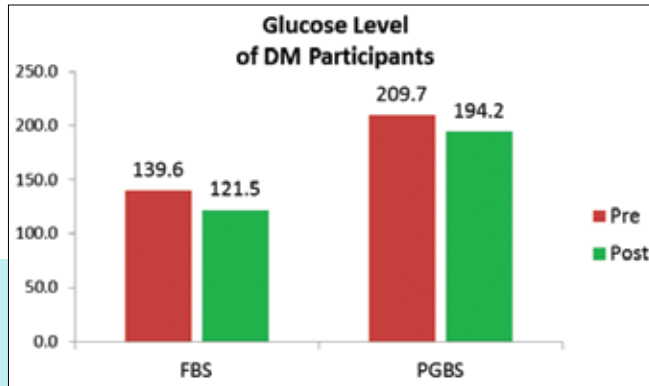
- Pranayama
- Closing Prayer – *Sarve Bhavantu*

All camps went on well with proper planning by the help and cooperation of students of Yoga & Consciousness. Dr. Ramachandra hegade and Sri Rajesha Acharya were coordinated all three camps. ■



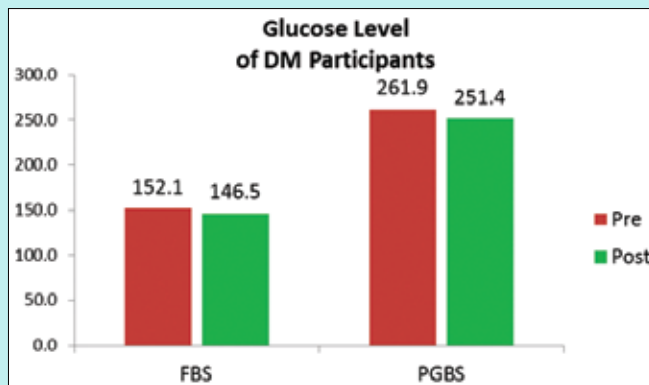
Sirsi SDM Camp

Total registration	86
Female	32
Male	54
Non-Diabetics	32
Diabetics	54
Pre- Post Blood test	68
Pre- Post Blood test of DM	45



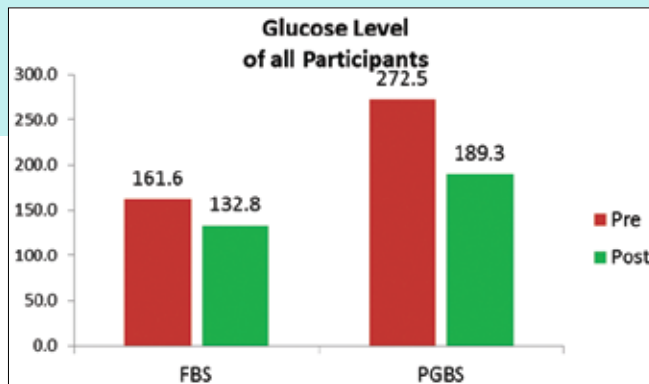
Yallapura SDM Camp

Total registration	90
Female	31
Male	59
Non-Diabetics	28
Diabetics	62
Pre- Post Blood test	67
Pre- Post Blood test of DM	56



Kumata SDM Camp

Total registration	43
Female	18
Male	25
Non-Diabetics	22
Diabetics	21
Pre- Post Blood test	35
Pre- Post Blood test of DM	18



The Graphs showing the significant decrease in blood sugar level



S-VYASA DDE - BSc - Group 1



MAYA, GENETICS AND YOGA: APPARENT TO ACTUAL

■ Prof. T M Srinivasan, Dean, Yoga and Physical Sciences, S-VYASA



Fig 1:
The modern scientific view of evolution

Maya is a word much used and not fully understood one. The lack of understanding gives this word many meanings: apparent, transactional, darkening, impermanent, flux of space and time, primordial ignorance etc. The actual lexical meaning is that which could be measured. If any thing or any event could be measured, then it belongs to the category maya. In the Indian evolutionary theory, Brahman the primordial reality is the static background in whose control the play of Maya transpires; evolution proceeds with humans occupying a central role, both with respect to animals and plants on one hand and devas or the celestials on the other. Our genetic and pregenetic disposition provides a rich tapestry of personalities and possibilities [1].

The entire universe is maya; all is measured in time and space, and eventually the sun and the stars would disappear, if only we have 'time to stand and stare'. Mind is the ultimate repository of the events that take place around us and that mind is also maya. Is there anything beyond this changing flux? The answer to this age old query is an age old answer: yes, there is something that does not change. If we see changes, it is because there is something non-changing that is the background against which all the changes are observed. Human mind cannot comprehend that which has no change. *Indeed all scientific observations and measurements are based on changes*

only. No instrument – either with us now or to be designed based on current scientific paradigm – could 'measure' that which does not change. Hence all meditation techniques teach us to go beyond the apparent through a leap over the mind. When Zarathustra jumps over himself in the famous novel by Nietzsche, he is trying to go beyond himself to savor the unchanging [2].

It is said that Yoga goes against nature! When we breathe as we please, Yoga says control the breath; when we stand, walk and sit as comfort dictates, Yoga says, stand upside down, twist like Sri Matsyendra; nature gave us all the sensory organs to look at the world outside, Yoga says look inside; when the mind wanders Yoga says focus it and then loose all focus! So Yoga is away from nature, it is beyond nature. But then Nature is all changing and full of maya; so if you need to go beyond nature, one should do things that seem to go against nature! But is that enough? Children go against the advice and wish of parents. Is this a correct attitude to be supported and facilitated? Most children would say 'Yes, let us not listen to the parents' – till they become parents! If we want to understand anything, we need to go beyond the level at which the thing is operating; we need to transcend to another level, hopefully to a higher level and work from there. Driving a car and sitting in a traffic jam, we do not know which street could take us out of the mess; a police officer from a helicopter roaming overhead could advice the motorists to take an alternate route to avoid congestion. Thus to transcend any problem, we need to ascend to another, more holistic level.

Going beyond nature should not be construed as an endorsement for destroying nature, thinking that humans are above the laws of nature and we are here to subjugate and conquer it. The present environmental problems are a direct result of such an attitude. *These are not the outpourings of*



Indian philosophy. We respect nature, take care of all its various manifestations, protect nature and try to be one with nature. This is assimilation of the powers of nature through working with it; in Ayurveda, we turn to nature for our cures so when a decoction is taken, there are no jarring disconnect with the body and mind – as it happens in Modern Medicine. But then nature is a trap of comfort and complacency; if we need to achieve the goal of life – which is transcending cyclic nature of life itself – then we need to go beyond natural tendencies and proclivities. Dharma, artha and kama are related to nature's gift if we follow nature's dictate; if we carry out all the duties and commitments in life, then we receive gifts from nature and its extensions. But we should remember these gifts, which may be required for a positive outcome in this life, are all short lived. If we need moksha, then we should start thinking how to transcend the natural tendencies and reach the eternal goal. It is like using a ladder to climb an obstruction; once we reach beyond the obstacle, we do not need the ladder anymore; we can hand over the ladder to someone else and proceed further from the level we have reached. The path of yoga tells us to go beyond nature for attaining eternity. As we note, even the concept of eternity is beyond nature.

Let us switch the subject and talk about maya and how we account for it in Vedanta and modern Physics. Dr. Dobson, a renowned physicist, astronomer and an acharya has the following to say [3, 4]:

“There are some interesting differences between the physicists and the mystics. The mystics take existence for granted, and want to get from here to there. They want to see beyond the apparition. And the physicists are likely to take non-existence for granted, and want to get from there to here. The Big Bang cosmologists want to get the Universe out of nothing. It's like asking us to believe that nothing made everything out of nothing. But that's not what shows in our physics. If behind what we see there were only a zero, then where would gravity come from, and electricity, and inertia? I have to side with the

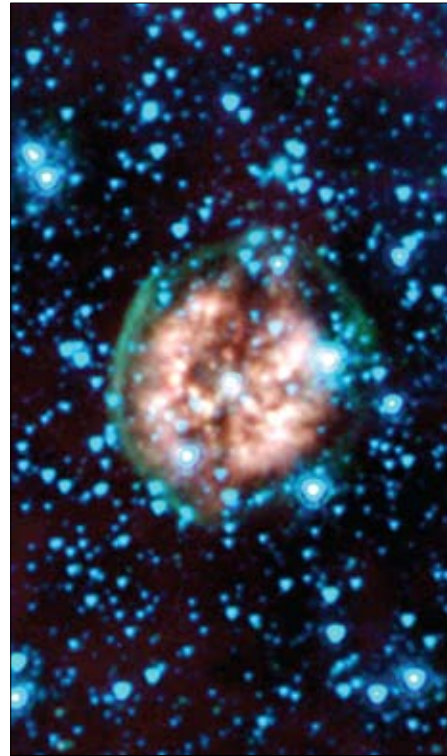


Fig 2: The brain-like orb has been nicknamed the "Exposed Cranium" nebula. This planetary nebula, located roughly 5,000 light-years away, is host to a hot, massive dying star

mystics. On observational grounds I have to take existence for granted”.

In the most popular theory of evolution in Modern Physics, the universe went through a big bang (was there really a bang when there was no one to hear?!) some 13 billion years ago. All particles and solar systems and galaxies came to a minute point due to gravitational collapse and started expanding after the big bang. There was nothing (says the theory) just as the bang was about to take place; after a few milliseconds of big bang, the entire material evolution started. Hence the author says in the above quote that the universe seems to come out of nothing. This is the modern understanding of evolution.

The author continues:

“As you may know, philosophical systems in India are catalogued according to their understanding of causation. The Sankhyans were Parinamavadins. They believed in *parinama*, transformational causation, like making milk into buttermilk. The milk is transformed into buttermilk. The Advaita Vedantins are Vivartavadins. They believe that the first cause is *vivarta*, apparition, like mistaking a rope for a snake. Now these are very different things.



When milk is transformed into buttermilk, it's a change that takes place in time. It's a *happening*, and there's a shelf life on your buttermilk. There's a date on it. But mistaking a rope for a snake is not a happening in that sense. It is not that you mistook the rope for a snake yesterday and now there's a snake in your kitchen and you don't dare open the door. It's a mistake you are making now; it's something you're doing *now*".

Further, we should note that scientists are parinamavadhins; namely, they believe that the seen universe is real and this has come about due to transformation. This is clear from the idea of evolution of primordial substance at the time of big bang to elements and then to the world as we see presently. Mystics, on the other hand speak of the universe being apparitional; in other words, it seems to be so, but reality is different from what we see. Hence mystics are vivartavadins. For the scientist, the goal of human existence is not defined; for a mystic the goal is transcendence. The goal of spiritual practice is to apprehend the real by finding a way out of this transitory and cyclic existence.

"Here let me remind you that physics and philosophy are our maps. They can be judged as true or false according to whether they correspond or do not correspond to fact. But mysticism (or religion) is a journey, and about a journey one does not ask whether it is true or false, but only where it goes. Will it take me to the goal?

"Our problem is to reach the goal. To see beyond the screen. You remember that Swami Vivekananda said that the Universe is the Absolute seen through the screen of time, space, and causation. It's no use asking how the Absolute became the Universe. The Absolute has not become the Universe any more than the rope has become a snake. Our problem is to see it straight. And you remember that Sri Ramakrishna said that maya is nothing but the egotism of the embodied soul. And that is genetic. The prime directives of the genetic programming are to direct a stream of negative entropy [See Reference 5 for an explanation] upon ourselves and to pass on the genetic line.

That is why we feel ourselves to be the doers of action and the enjoyers of its fruits. It is just a genetic mirage. The genes have us persuaded that by following their dictates we'll reach the peace of the changeless, the freedom of the infinite, and the bliss of the undivided. They don't have it to give. We don't get the undivided; we get a family. You must have noticed".

The role of Yoga is to make us ascend to higher levels of physical, psychological, behavioral and self-transcending approach to universal and all accepting level of competency. The purpose of Yoga is to take us beyond genetics or undo what genetics has given us [6]. Genetics is a chain that binds us to a pattern that is not conducive for spiritual growth. Thus, Yoga takes us 'from here to there' as the above quote says.

REFERENCES AND NOTES

- [1] T. M. Srinivasan, "Genetics, Epigenetics and Pre-genetics" Editorial, International Jr. of Yoga, Vol. 4, pp. 47- 48, 2011. A definition of pregenetics is provided in this paper.
- [2] Friedrich Nietzsche's book, "*Thus spoke Zarathustra*" is parody on human endeavor. In the opening pages, Zarathustra is on a high wire in front of a crowd and is jumping over himself in an audacious attempt at something super-natural. While Nietzsche injects myriad ideas into the book, a few recurring themes stand out. The superhuman (*Übermensch*), a self-mastered individual who has achieved his full power, is an omnipresent idea in *Thus Spoke Zarathustra*. Man as a race is merely a bridge between animals and the superhuman. Nietzsche also makes a point that the superhuman is not an end result for a person, but the start of a journey towards self-mastery. Nietzsche, like many other German philosophers of the 18th and 19th Centuries, was influenced by Indian philosophy.
- [3] Dobson is a renowned physicist and an astronomer. He has popularized astronomy by providing telescopes in the streets of San Francisco, California, USA. He also spent several years in the Advita Ashram and has written extensively about the ideas of Swami Vivekananda in books and popular press.
- [4] John Dobson, *Cosmic Beginnings & Human Ends: Where Science & Religion Meet*, Open Court Publishing Co., 1995.
- [5] Entropy is the tendency of nature to proceed from order to disorder. The universe is going towards chaos, more disorder with time. Negative entropy or *negentropy* (a word coined by the famous physicist of last century, Dr. Erwin Schrodinger) is the opposite of entropy; namely, proceeding to higher order against natural tendency. This happens in all systems having the property of 'life'.
- [6] Note added in proof: it is known now - through rigorous research - that the genetic expression undergoes change while one practices yoga! ■



Chapter 1:

INTRODUCTION TO THE POLY VAGAL THEORY■ *Ragavendra Swami*

Despite modern science unraveling the complexities of the human organism to great extent, it still remains a deep mystery as how such intricate human organism had evolved.

With the development of science, scientists started believing the mystery of human complexity can be understood by understanding the human genome. Human genome comprises of various genes, each or group of which are attributed for a specific function. It was when the 'Human Genome Project' was clock set in 1990, a great wave of joy and thrill was felt by the modern scientists. They even thought that "human genetic code" as represented by the sequence of arranged chemicals, once understood through this project shall aid in greater understanding and would give a blue print of how the body is constructed.

Of course with no doubt everyone seem to understand the structure of the entire genetic make-up but not with the clarity expected; in fact there emerged a whole lot of questions about the complex organization of the gene itself.

Since long, at least in India, we had been emphasizing mental well being and positive emotions. We all know from somewhere deep in our brain and heart we need to be at poise mentally.

Yes, someone had been seriously thinking about the relevance of co-ordination between the body and mind. It is none other than Mother Nature herself. We in this series of articles will be understanding the way how we were crafted to be better and the ways to get the best out of it.

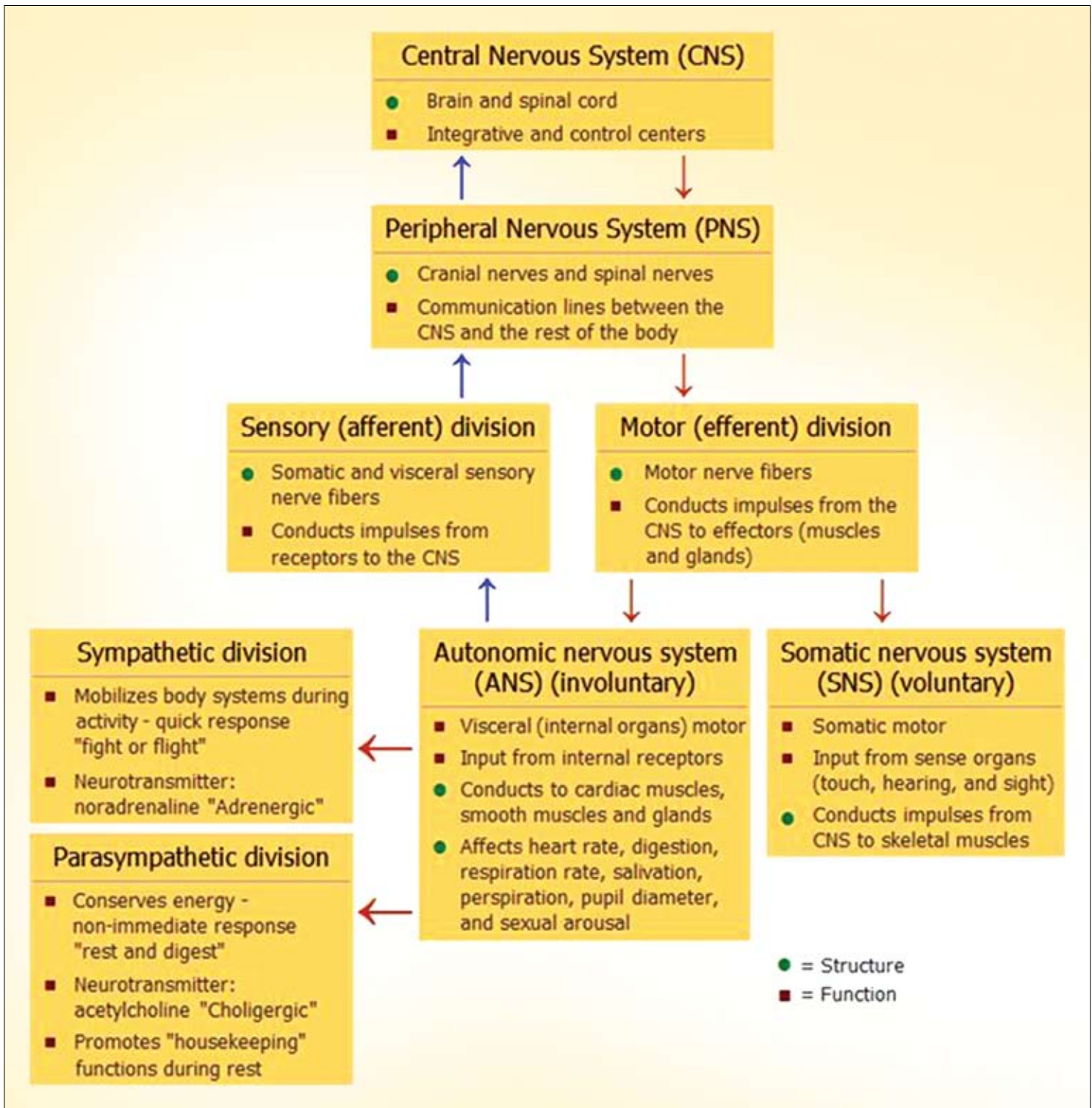
As nature works, it leaves behind some trace to identify how we have evolved so far. This is

also being understood from a series of studies as explained by western science and introspected by ancient Indian scientists fondly called by us as rishis, munis, sadhus, siddhars etc.,

The basis for our understanding starts from the organization of the nervous systems. As we all know, nervous system is a part of the body that co-ordinates the voluntary and involuntary actions and transmits signals between different parts of the body.

The human nervous system consists of two distinct parts: the first being the central nervous system (CNS) which refers to the brain and spinal cord together and the second is the peripheral nervous system (PNS) which refers to the cervical, thoracic, lumbar, and sacral nerve trunks leading away from the spine to the limbs. The Peripheral Nervous system is further divided into the Somatic Nervous System which conducts the impulses to the skeletal muscles based on the information received from the brain and the other branch, Autonomic Nervous System which controls involuntary functions in the body, like perspiration, blood pressure, and heartbeat. This is again divided into sympathetic and parasympathetic nervous systems. The sympathetic and parasympathetic nervous systems have links to important organs and systems in the body. Sympathetic Nervous system corresponds to the fight or flight response describe below. In simple terms, it is aroused in stressful or demanding situations. The parasympathetic nervous system however, is concerned with rest and relaxation.

To understand a little better about how our nervous system works let us take up this example. Imagine that you are in a most frightening



Source: www.my-ms.org

situation, perhaps a masked person standing in front of you with a pistol pointed to your forehead and demanding money. Obviously this is a threatening situation where your emotions of fear and shock are profound. The heart rate increases, fingers go cold and clammy, breathing is very rapid. You might be thinking either to fight with him or run away from the situation. In such a situation, your response depends on

your personality.

Fine; now suddenly he removes his mask and you find it to be a known face, gently smiling and saying, "Ha Ha! there you go, I was kidding!", what would have happened to your body now? The physiological changes that you felt a few seconds ago is no more active now. Perhaps you are slightly angry at your friend but the phenomenon to be observed here is your



brain was able to differentiate your friend from foe, threat from prank. This is how exactly the neural circuitry had evolved itself with the process of evolution from a primate organism to human, with the difference being the appreciation of interpersonal relationships. In another scenario, when the father throws the baby in the air and catches it, the child smiles whereas when a stranger does the same, the child cries. The difference in both the scenarios being in the earlier situation, the child believes father will catch hold of the child; in this case, the actual threat is not perceived as stress at all. In the latter case, the child perceives the same action as threat.

What is its significance, why should nature evolve the brain and body in such a way? It is due to the very fact that, at any given point of time, the damage to the body should be minimized. During the phase of evolution when humans

started to live in colonies, with groups of people; they started identifying every individual with oneself, considering that there will be no harm from the individuals living in one's own colony. As this organization of belief, faith and trust gradually evolved over time, the response elicited by his body to similar situations but under different circumstances started to adapt in a way to minimize the damage caused by stress, whose effects are mediated by emotions.

How does my brain make such a decision based on emotion? This is the question that might be within us now. This is similar to dialing a telephone number, signals are being sent to the telephone exchange and from there a specific number is connected. In a similar way, wherever a specific part of your body wants to correspond to your brain, unlike your phone it not only connects to a specific area in the brain, it also sends information to associated

areas integrating all available information in that particular situation to determine the type of response that it has to produce, which is very specific to the human organism.

It is through the complete association with multiple areas and networks, the human organism is provided with an opportunity to design the living environment, which may explain the expression of one's behavior and health state.

In summary, the nervous system evolved over time and has developed ability to adapt to the environmental challenges in an effective way having the primary objective to minimize the damage in demanding situations.

The following series will help us understand how our nervous system evolved and the mystery behind the systematic coordinated organization between the brain and the body. ■





SMET program for HAL Executives

S-VYASA University

conducts Self Management Of Excessive Tension program



Nov 29 & 30 - HAL executives in SMET program

about a turnaround in the participant's outlook, both official and personal and propels him along the path of progress towards efficiency, physical & mental equipoise. SMET improves the sharpness of the mind which is the decision making machinery, by inculcating techniques that help one to go to deeper and subtler levels of consciousness and gain mastery over the mind.

It helps to provide the much needed - but denied unwittingly - relaxation to the body-mind complex and to break the shackles of baser thoughts besides elevating one to unlimited expansiveness of understanding.

Prashanti Kutiram, Nov 29-30 & Dec 18-19:

The Executives of HAL attended the SMET (Self Management of Excessive Tension) program organized by S-VYASA University, Bangalore for Stress Management. It is a simple and easy technique to practice based on traditional concept of Yoga for improving both internal and external well being of an individual. It is specially suited to the modern day executives, professionals, management experts, housewives and others. SMET is a technique in which Stimulation - Relaxation technique is interspersed and an aspirant finds it easy in comparison with other practices of Yoga.

The methodology has been formulated after years of in-depth study and research into actual case histories by highly qualified doctors and Yoga experts.

The SMET program in a very short span of time helps to acquire the power to perform better, free from stress. The SMET programme ushers in a new era in that, it brings

For further queries, please feel free to write to:
coor.ms@svyasa.org ■



Dec 18 & 19 - HAL executives in SMET program



ENCOUNTER WITH DREAMS

A dialog with Dr. Stanley Krippner

■ Padmavathi Maharana

Dreams are so natural to all human beings. Many times when we see dreams after getting up we say 'how I wish this dream comes true' and sometimes we come across nightmares; we say 'thank God that was only a dream'. Sometimes it also happens our dream comes true and we really wonder how it is possible!

Dreams are combination of images, ideas, emotions, and sensations that occur involuntarily in the mind during certain stages of sleep. The content and purpose of dreams are not fully understood, though they have been a topic of scientific speculation and a subject of philosophical and religious interest throughout the recorded history. The scientific study of dreams is called **Oneirology**. Dreams mainly occur in the rapid-eye movement (REM) stage of sleep –when brain activity is high and resembles that of being awake. REM sleep is revealed by continuous movements of the eyes during sleep. At times, dreams may occur during other stages of sleep also. However, these dreams are less likely to be recalled. Dreams can last for a few seconds, or as long as 20 minutes. People are more likely to remember the dream if they are awakened during the REM phase. The average person has three to five dreams per night, but some may have up to seven dreams in one night. The dreams tend to last longer as the night progresses. During a full eight-hour night sleep, most dreams occur in the typical two hours of REM.

In modern times, dreams are seen as a connection to the unconscious. They range from normal and ordinary to overly bizarre. Dreams can have varying natures, such as frightening, exciting, magical, melancholic, adventurous, or



Fig 1: Dr. Stanley Krippner during his visit to S-VYASA

sexual. The events in dreams are generally outside the control of the dreamer, with the exception of *lucid dreaming*, in which the dreamer knows that he is dreaming. Dreams can at times make a creative thought occur to the person or give a sense of inspiration.

Dr. Stanley Krippner [1] from the Saybrook Institute, California and an authority in dream interpretation and shamanistic work visited S-VYASA on December 3rd, 2013 for a brief stay. Integrating dream research and shamanism, Dr Krippner says 'anybody who dreams partakes in Shamanism'. Shamanism is a practice that perhaps pre-existed Yoga practices and was practiced worldwide. Shamans are socially sanctioned practitioners who voluntarily regulate their attention to access information not ordinarily available, using it to facilitate healthy development and alleviate stress and illness among members of their community. Thus, a shaman is at once a healer, a soothsayer, a guide and a teacher in a society. He might be likened to a priest in the present context. A young aspirant undergoes special and rigorous training with an advanced shaman to acquire special skills and ability to perform shamanistic duties for the society when the old shaman dies. The Native Americans in USA still have shamans working



with the native people leading them in moral and ethical principles, holistic and natural healing methods. Thus, a shaman forms a link between ancient knowledge and its application to society; he/she also provides guiding principles for a health and holistic living in tune with nature, respecting and reaping benefits from nature [2].

Opinions about the meaning of dreams have varied and shifted through time and culture. Dream interpretations date back to 5000 – 4000 BCE. The earliest recorded dreams were acquired from materials dating back approximately 5,000 years, in Mesopotamia, where they were documented on clay tablets. In the Greek and Roman periods, people believed that dreams were direct messages from the gods or from the dead, and that they predicted the future. Some cultures practiced dream incubation with the intention of cultivating dreams that are prophetic.

Sigmund Freud, who developed the discipline of

psychoanalysis, wrote extensively about dream theories and interpretations. He explained dreams as manifestations of our deepest desires and anxieties, often relating to repressed childhood memories or obsessions. In *The Interpretation of Dreams*, Freud developed a psychological technique to interpret dreams and devised a series of guidelines to understand the symbols and motifs that appear in our dreams. Dream interpretation is the process of assigning meaning to dreams. In many ancient societies, such as those of Egypt and Greece, dreaming was considered a supernatural communication or a means of divine intervention, whose message could be unraveled by people with certain powers.

In the context of dreaming, lucid dreaming plays an important role as this could be connected to yoga. Lucid dreaming is dreaming in semi-sleep state or with awareness. So, for the interpretations or encountering with the dreams it is essentially needed to remember the dreams. Regular yoga practice such as meditation practices which enhances one's awareness may immensely help to recall and even direct the contents of the dreams. The presentation by Dr. Krippner was one exciting aspect of research in which he has spent more than 50 years of sustained study.

References and Notes

- [1] Dr Stanley Krippner: "is an American psychologist, and an executive faculty member and Professor of Psychology at Saybrook University in San Francisco" (from wikipedia). He has authored and co-authored more than 30 books on dreams, shamanism Near Death Experiences, altered states of consciousness, parapsychology and related areas.
- [2] Hopi (meaning peace) are Native American people in Arizona who perform many practices similar to upavasa, dhyana and reach siddhi states described in Yoga Sutras; their energy model of the body is very similar to the chakra systems that we are used to (Personal communication from Dr. T. M. Srinivasan). ■



Fig 2: Lonko Kilapan (in picture), reported that the Araucanos ((a Native group in Chile and Argentina) divide dreams into four categories: dreams from the unconscious (e.g., wishes, memories, and symbols), dreams evoked by outside stimuli (e.g., food, alcohol), telepathic and clairvoyant dreams, and precognitive dreams.

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S-VYASA DDE First Convocation



Welcome Speech by S-VYASA VC Prof. Ramachandra G Bhat. (front row from the left) Dr. Sudheer Deshpande, Dr. HR Nagendra, Dr. Satbir Khalsa, Prof. K Subrahmanyam; (back row from the left) Dr. Naveen KV, Sri HR Dayanandaswamy, Dr. NK Manjunath, Dr. Natesh Babu, Dr. Subramanya P - can be seen

Prashanti Kutiram, Jan 1: In first convocation of DDE 13 candidates in person & 8 candidates in absentia successfully obtained the Degree, Master of Science (Yoga) and 6 candidates in person & 3 candidates in absentia successfully completed the Degree, Master of Science (Yoga Education). All the students have contributed to Yoga Research under the guidance of the co-coordinators and faculty.

Declaring the Convocation Open **Dr. H R Nagendra**

Chancellor, S-VYASA Yoga University

Welcome Speech

Prof. Ramachandra G Bhat

Vice Chancellor, S-VYASA Yoga University

Presenting the Candidates

Prof. K Subrahmanyam

Pro-Vice Chancellor, S-VYASA Yoga University

Convocation Address by **Dr. Sat Bir Singh Khalsa**

Associate Neuroscientist, Division of Sleep Medicine, Brigham and Women's Hospital, 221 Longwood Avenue, Boston, MA

For the past 12 years Dr. Sat Bir Singh Khalsa, Ph.D.

has been fully engaged in basic and clinical research on the effectiveness of yoga and meditation practices in improving physical and psychological health. He has also practiced a yoga lifestyle for over 40 years and is a certified Kundalini Yoga instructor. He is the Director of Research for the Kundalini Research Institute and an Assistant Professor of Medicine at Harvard Medical School at Brigham and Women's Hospital.

He has conducted clinical research trials evaluating yoga treatments for insomnia, addiction, back pain, anxiety disorders, post-traumatic stress disorder, and chronic stress and a yoga program in public schools to determine benefits in mental health in adolescents. Dr. Khalsa actively works with the International Association of Yoga Therapists to promote research on yoga therapy and collaborates with yoga researchers internationally. For the past 8 years he has also been teaching an elective course at Harvard Medical School in Mind-Body Medicine and is the author of the Harvard Medical School e-book Your Brain on Yoga.

I would like to make few comments about the significant achievements and its significance in this time in history and what is going on in the world at this time with respect to what you have achieved. This is historically significant time



and is unique in history. What Swami Vivekananda had told in late 1800s that there should be a university to propagate Indian Yoga and there would be graduates receiving academic degrees in Yoga. He would have been so satisfied looking at S-VYASA. And rightly so. And it is not necessary to go back 100 years to see this dramatic change; all we have to do is to go back 15, 20 years. I can relate my own experience. In 1977 I was interviewing graduate supervisors in the department of physiology at the University of Toronto because I wanted to undertake a PhD program. And I interviewed the chairman of the department of physiology. And he asked me what is your ultimate goal and I was very bold and said to him I'm interested in studying the higher states of consciousness in yoga practices. And he said to me simply that if that is the goal I suggest that you should not go for academic degree at all. This was not encouraging. But I was underfed I had to continue on and it was not until year 2000 in the United States, when funding finally became available for studies on Yoga. This is remarkable change in just a matter of few decades. We are in very special time in the history on the planet. We have surveys in USA that the number of people practicing yoga



Dr. Satbir Khalsa felicitated

has gone up from 5.5 % in 2002, 2007 6.1% in 2007 and now the most recent survey in 2012 has said that it is 8.1% This spectacular numbers are unbelievable. And you can see the evidence not only in the statistics but you can see the evidence in the culture. Time square in New York city, every year now has a celebration of "all day yoga". All day long they close down the time square to practice yoga. This is an international icon. In USA right now the Smithsonian institute which is government museum in Washington D C has an exhibit called yoga an art of transformation, where they have many wonderful artifacts and art works from India which have been displayed in this exhibit on yoga practice. And associated with that in early Jan will be all day symposium on medical yoga. Dean Ornish, famous yoga researcher and lobbyist for mind body medicine



MSc Graduates - 1 Batch - from DDE

Convocation Procession

from Saraswati Statue
to Mangala Mandir



responsibility to share this knowledge with the rest of the world. You have to fulfill this need in society, where life style diseases are so rampant. So, we need this to be taught in medical institutions. And we need this taught in schools.

We need yoga as

will be the key note speaker and this is now sold out in auditorium and this is fantastic to be at this time. Of course S-VYASA has been conducting conferences on yoga research for couple of decades. And just over the past few years we in the USA have been conducting symposia on yoga research. Not only that but research in yoga is growing exceptionally. We now see many, many publications coming out, every week there is new publication. There are now half dozen of journals of yoga for academe purposes for research. So, this is a very special time, we are in a turning point in civilization where yoga is starting to become something that is really part of our culture internationally. And it's a good time for this to happen because there is an enormous need in our society for these practices. I heard that the lot of the topics for the Master's theses were on non communicable diseases as diabetes, hypertension depression, anxiety and obesity. The problem in our current modern society is that we don't have instructions to raise our minds and body: how to learn the techniques to stay healthy, happy and holy. Yoga provides this technology. So, we have a great need in our society for these practices. So what you have achieved is not only an honor and a magnificent time in history that something that you should be proud of, it's also a responsibility. You have this knowledge. And it's now your

something to be part of our education system, part of our upbringing, part of the tools that we carry to function optimally in our society. We already have dental hygiene. Everyone learns in school how to brush their teeth, how to take care of their teeth, how to take care of their mouth and so we have good teeth. But we don't have mind body hygiene yoga. We are not taught how to take care of our body, how to take care of our minds. And yoga provides this. So I urge you to respect what you have achieved and to fulfill this responsibility that now you have to share this knowledge with rest of the world. So I congratulate you on this wonderful achievement. I think you should take pride in this achievement because it is a wonderful thing. And I look forward to see the changes in the future that you'll bring as a result of your work.

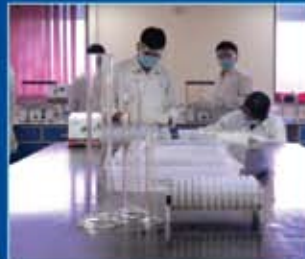
Thank you.

Then, Dr. H R Nagendra ji gave delivered his speech on the topic "Moving from era of Science and tech to era of yoga and spiritually".

Finally, the Registrar of S-VYASA Yoga University, Dr. Sudheer Deshpande gave Vote of Thanks. ■

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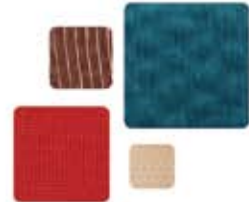
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