

# YOGA SUDHA

A Monthly Journal of S-VYASA Yoga University



**Padma Shri Awardees with Hon'ble President, Hon'ble Vice President, Hon'ble Prime Minister and Hon'ble Union Home Minister**



**Rashtrapati Bhavan, New Delhi, April 12:**  
Chancellor **Dr. H R Nagendra Ji** was honored with **Padma Shri**, the Fourth Highest Civilian Award in India, for his contribution in the field of Yoga and Research



**Rashtrapati Bhavan, New Delhi, Apr 12:** During the Padma Award Ceremony Senior Members and Wellwishers of VYASA and S-VYASA family are with Guruji



**Bengaluru:** Recently, Chancellor Dr. H R Nagendra was felicitated by Sree Ramaseva Mandali for being honoured with Padma Shri award. Hon'ble Justice Kumar and Renowned Violinist Shri L Subramaniam were present.

# तं विद्यादुःखसंयोगवियोगं योगसंज्ञितम्

# YOGA SUDHA

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## CONTENTS

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Editorial

2

### Division of Yoga-Spirituality

Brahmasutra - *Upasanihāradarśanānneti cerna kṣiravaddhi*  
- Prof. Ramachandra G Bhat

3

Installation of Chair for Jnana Yoga - 2016

4

ಪಾಠಂಜಲ ಯೋಗಶಾಸ್ತ್ರ (22): ಸರ್ವಜ್ಞತ್ವ - ಬೀಜದಲ್ಲಿ ಹುದುಗಿರುವ ಹೂವು  
- ಶ್ರೀ ರಾಜೇಶ ಎಚ್.ಕೆ.

8

New Dean for Division of Yoga - Spirituality

9

ಪುಸ್ತಕ ಪರಿಚಯ: ಸಾಯಿಪಾದಾನಂದ ಶ್ರೀ ರಾಧಾಕೃಷ್ಣಸ್ವಾಮೀಜಿ - ಒಂದು ದರ್ಶನ  
Shraddhanjali to Shri Shanmukhappaji

10

11



### Division of Yoga & Life Sciences

Arogyadhama Data - Feb-Mar, 2016

12

Arogyadhama Success Story

13

SDM Central Office Bangalore: Mar-Apr, 2016

15



### Division of Yoga & Physical Sciences

Immunity and Neurology: Role of Yoga - Prof. T M Srinivasan

16



### Division of Yoga & Management Studies

SMET participants - S-VYASA & VYASA staff

19

Effect of Cyclic Meditation on Job Stress Levels

20

of Indian IT Professionals - Dr. Pammi Sessa Srinivas



### Division of Yoga & Humanities

Speed is Stress - Dr. K Subrahmanyam

24

Yoga Education gains entry into Higher Education in India

25

Effect of Integrated Yoga Module (IYM) on Personality, Emotions,  
Stress, Verbal Aggression ... - Dr. Amaranath B

26

News from Kolkata

30



### VYASA, National

Personality Development Camp (PDC)

31

AEON - 2016

33

Yoga Awareness Program for Engineering College Students

34



### VYASA, International

S-VYASA takes Yoga to Antarctica

35

MoU with Mr. Keisen Kimura

36

Tucson 2016 Science of Consciousness Conference

- S-VYASA makes Three Presentations

and VYASA goes to Korea

37

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# EDITORIAL

The process of integration of modern medical system with AYUSH should start at rural levels. In India even today, the health care at primary health care is essentially governed by local health traditions including Ayurveda, herbal medicine and life style adjustments in providing suitable food, rest, counselling, etc. As mentioned in the last editorial, simple kits to support these life style changes can be provided using inexpensive kits of Homoeopathy, Ayurveda, Siddha, Unani, etc. depending on the regional and faith preferences. While these systems are in vogue for several thousands of years and is continuing in village and tribal areas, we need to streamline, accredit local health tradition providers so that the effectiveness will increase, The AYUSH experts have started working on development of these basic kits to deal with simple common ailments under the guidance of the Task Force set up by the ministry of AYUSH.

It is highly appreciable that the modern medical experts have opened up their minds in India for inclusion of Yoga Therapy, Non-pharmacological treatment modalities of Ayurveda by setting up centres of integrative medicine in even Tertiary care multi speciality hospitals. Yoga and Ayurveda as a first step is being adopted as adjuncts to the main stream treatments which has enough evidence base. The readers will be happy to know that we have signed an **MoU with AIIMS** for setting up an integrative system. The director Dr. Mishra had detailed meetings with his colleagues and all of them are ready to integrate Yoga Therapy. It was laudable on the part of the Director to take

steps to concretise this by allotting about 3000 sft of space in Convergence Tower of AIIMS for the purpose. And soon we will start the operations. Similarly a spacious hall has been identified in Trauma Centre. Even a separate centre for integrative medicine is being planned in the new trauma centre coming up.

One of the aspects is to provide services to the patients who come to the hospitals, mainly with NCDs on one hand and to start high-end research to mainstream AYUSH, multi centric trials with rigours of research will soon start. The objective is to establish the efficacy of the combined treatment modalities as also to understand the mechanisms involved in the same by modern tools of measurements. Anvesana in Prashanti Kutiram will also collaborate with top labs in AIIMS, NIMHANS, IISc, etc for the purpose.

The Project in Prashanti will sure set up a role model of such an Integrative Hospital with all modern faculties at the earliest. Thanks to our Prime Minister who unveiled the foundation stone has appreciated the move and under his blessings the project will take shape soon.

**We call on all our philanthropic supporters and those corporate who find this as a unique venture to associate with us for fructifying the same.**

■ *Dr H R Nagendra*





## ब्रह्मसूत्रम् (Brahmasūtram)

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



### उपसंहारदर्शनान्नेति चेन्न क्षीरवद्धि (ब्रह्मसूत्रम्-२-१-२४)

Upasamhāradarśanānneti cenna kṣīravaddhi (Brahmasūtram-2-1-24)

**Meaning:** *If you object that Brahman without instruments cannot be the cause of the universe, because an agent is seen to collect materials for any construction, (we say) no, because (it is) like milk (turning into curds).*

This pada is dedicate to remove all those obstructing logics presented by the people who are Smruti oriented, Smruti is the literature which has the intervention of human intellect, not beyond intellectual. Only Vedas are apaurusheya (non human origin). In both Smruti and Tarka (logics), human understanding is the guiding principal. Whatever countering arguments that are contradicting Samanvaya (harmony) which is already achieved in the first chapter, will be taken for discussion here. Opposition is regarding Veda based ecology called Chetanakaranavada or Brahmakaranavada (Brahma to be the cause of the world). 'Theory of everything'; 'Brahman is the main root cause for this world'; this particular argument is very well presented in the many previous Adhikaranas. Even then, with logics and Smriti, some argument is being presented to oppose Chetanakaranavada.

Purvapakshi says that Upasamhara (collection of materials) is observed in every creation, for instance a pot maker collects clay, water, staffs, wheels etc before creation of pot. Likewise a weaver procures threads, a machine, ropes etc for waving cloths. Similarly any creation involves collection of required materials. A scholar needs Vyasa Peetha to deliberate Purana, a singer requires instrument like Tabala, piano etc. But, on the contrary, when one says Brahman is the creator, there was nothing earlier. No support, no Sahakari Karanas (respective support articles) are available. Vedas also claim there was nothing before creation. How can Brahma create this world without supportive factors?

Siddhanta is very clear; there no problem in the

case of Brahma creating the world. Sahakari Karana is not required in every case; as Milk has internal potentiality to become curd. Nothing extra is needed. Curd cannot be obtained from water even when all supporting factors are available. Only milk has inherent quality to become curd.

Here Bhashyakara Shankara takes up many popular examples like Balaka (a bird having offspring without semen) to abandon the idea of Sahakari Karana for creation. One may observe many types of cause and effect relationship in the wonderful creation. The spider creates web from its own specially gifted chemicals inbuilt in its body. Spider doesn't require the thread and fix to create the web. Many such examples are available in the world. Devas (deities), Rishis (Spiritual Scientists), Pitrus (ancestors), Mahaprabhavaha (people with extraordinary abilities) are gifted people and they create out of their own capacity. Likewise, without any external instruments, Brahma starts creating with its Sat-Sankalpa (pious intention). Conventional cause and effect theory cannot have applicability in this creation of world. Whatever rules and regulations that one comes across in the popular creation is not applicable here. Itihasas and Puranas present such examples; Rishya Shrunaga was created by his father Vibhandaka and similarly, Dronacharya was created by his father and many such extraordinary creations. Brahma, Omnipotent with infinitely abundant of capacity, can do any miracle. Only one thing we should remember that whatever cause and effect relationship we see in the world is applicable only here not in the case of Brahma's creation.

*to be continued...*



# Installation of Chair for Jnana Yoga - 2016

S-VYASA celebrates that Swamini Samananda Saraswati Ji of Gujarat, under the guidance of Pujya Swami Divyananda Saraswati, took to intense Sadhana in Rishikesh, accepted to become chairperson of Jnana Yoga Peetham, Div Yoga-Spirituality, SVYASA Yoga University. Her humility, maturity, love and compassion attracted all sections of the society and started transforming many of her devotees to take up full time dedication to practical Vedanta as Pujya Swami Dayananda Ji has done.

On an auspicious day of Phalguna Krishna Dwadashi (4 April 2016, Monday) under the heading of Yoga-Spirituality, University observed serial programs as part of chair installation; Saraswati Homa by 6 - 7.30 am, Purnakumbha Swagata with procession along with Vedic chanting by 8 etc brought glory for the entire ceremony. The formal installation program was held at Mangal Mandir with an introduction of Jnana Yoga Peetha by Dr. H R Nagendra, Chancellor, followed by the talk on Anusthana Vedanta by





Vastra Samarpana by the Vice Chancellor



Phala Samarpana by Guruji

Vice Chancellor Prof. Ramachandra G Bhat. Swamini Samananda Ji's blessings made everybody stand still with true Vedantic knowledge and insightful talk to all the students and faculty who were gathered in Mangal Mandir. ■



Purna Kumbha Swagatam



Pada Puja

Inauguration  
Lighting the Lamp





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# Atma Parishodhana Yoga Sadhana Saptaham

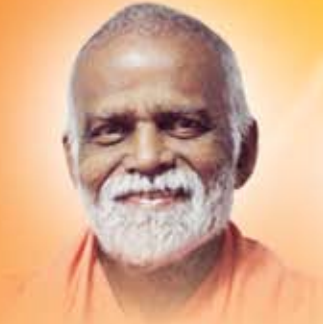
Yoga of Self Enquiry & Research  
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Bhagavān Ramaṇamarṣī Smāraka Rāja Yoga Pīṭham  
Division of Yoga - Spirituality



S-VYASA  
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By

**YOGI PROTOPLASM**

**Parama Puja Swami Prajnaranyaji Maharaj**  
Disciple of Ramana Maharishi and Yogi Rama

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**Rishi Marga:** A combination of Jnana Yoga & Ashtanga Yoga techniques as per the teachings of Upanishadic Rishis and Yogis will be taught. A definite target achievement oriented, actual experience, Sadhana based Program. Asana-Siddhi-Sahaja Kumbhaka Siddhi - Nischala Manas - Pragna Veeckshana Siddhi etc. are some targets.

**Vaijnanika Vedanta:** Vedantic truth discovered by the Upanishadic Rishis and Yogis are being fully vindicated by discoveries in various fields of science. Modern scientists, who may be described as "extroverted yogis" brought to light the hidden astonishing subtle facts and powerful forces operating and manipulating the grosser phenomenon of the nature. Various scientific discoveries in Astronomy, Subatomic Physic, Cell-Biology, Molecular Biology, Micro-Biology, Genetics, Biotechnology, Modern Information Technology and Computers etc., have convincingly proved and helped to understand vividly the vedantic concepts such as "Drik Drishya Vivekam", "Mahavakyas", "Ekamanekam", "Brahma Sathyam Jagath Midhya", "Pancakoshas" and others. Vaijnanika Vedanta includes comparative insights of the above along with some experimental demonstrations.

**Universal Acceptable:** It is so universal and science based that followers of any Guru Sampradaya can participate and benefit by the useful knowledge and experience provided in this training program.

**Qualification and Application:** Worldly achievements and qualifications such as wealth, social status, high or low education or no education, being male and female, young and old, etc., have no relevance in relation to this goal of Realizing the "SELF VIVEKA and VAIRAGYA" **an ardent desire for the desire less state of Self-Realization are the only qualifications necessary for joining this training course.**

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डॉ. एच.आर. नागेन्द्र

मैं, भारत का राष्ट्रपति,  
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लिए आपके सम्मानार्थ, पद्म श्री  
प्रदान करता हूँ।

नई दिल्ली  
दिनांक 12 अप्रैल, 2016

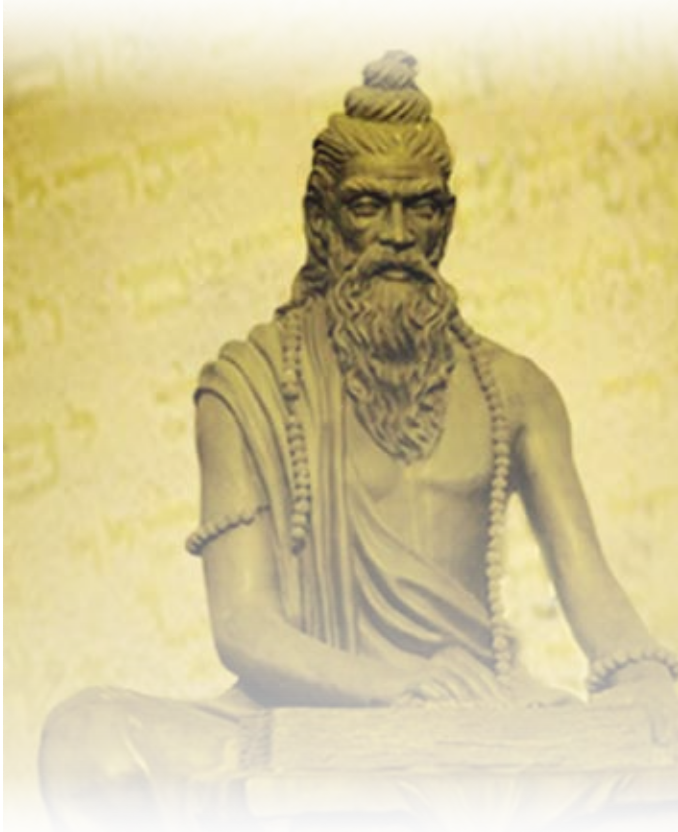
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राष्ट्रपति





# ಪಾತಂಜಲ ಯೋಗಶಾಸ್ತ್ರ

## ಸರ್ವಜ್ಞತ್ವ - ಬೀಜದಲ್ಲ ಹುದುಗಿರುವ ಹೂವು



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

### ತತ್ರ ನಿರತಿಶಯಂ ಸರ್ವಜ್ಞಭೀಜಮ್

|| ಪ.ಯೋ.ಸು - 1.25 ||

ಈಶ್ವರನ ಸರ್ವಜ್ಞತ್ವವು ನೈಜ, ಪರಿಪೂರ್ಣ ವಿಕಾಸದ ಪರಮೋಚ್ಚ, ಪ್ರಸ್ಫುಟಿತ ಜ್ಞಾನದ ಭಗವದವಸ್ಥೆ

ಈ ಹಿಂದಿನ ಸೂತ್ರದಲ್ಲಿ ಈಶ್ವರನ ಸ್ವರೂಪವನ್ನು ವಿವರಿಸಿದ ಮಹರ್ಷಿಗಳು, ಪ್ರಸ್ತುತ ಸೂತ್ರದ ಮೂಲಕ ಈಶ್ವರನು ಸರ್ವಜ್ಞ ಹಾಗೂ ಜ್ಞಾನದ ಪರಿಪೂರ್ಣ ವಿಕಸಿತ ಅವಸ್ಥೆ ಎಂಬುದನ್ನು ನಿರ್ವಚಿಸುತ್ತಿದ್ದಾರೆ. ಪ್ರತಿಯೊಬ್ಬನ ವ್ಯಕ್ತಿತ್ವವು ತ್ರಿಗುಣಗಳಿಂದ ಕೂಡಿದೆ ಎಂಬುದು ಸರ್ವವಿದಿತ. ಯೋಗಿಗಳು ಮತ್ತು ಸಾಧಕರು ತಮ್ಮ ತಮ್ಮ ಸಾಧನೆಗೆ ತಕ್ಕಂತೆ ಜ್ಞಾನಪ್ರಕಾಶಕ್ಕೆ ಆವರಣಗಳಾಗಿರುವ ತಮಸ್ಸು ಮತ್ತು ರಜೋಗುಣಗಳನ್ನು ಬೇಧಿಸಿ ಇಂದ್ರಿಯಾತೀತವಾದ ಮತ್ತು ಕಾಲಸಂಬಂಧಿಯಾದ ಜ್ಞಾನವನ್ನು ಪಡೆಯುತ್ತಾರೆ. ಆದರೆ ಈ ಜ್ಞಾನದ ಸ್ವರವು ಎಲ್ಲರಲ್ಲೂ ಭಿನ್ನವಾಗಿದ್ದು ಕೆಲವರಲ್ಲಿ ಕಡಿಮೆ ಸ್ವರದಲ್ಲಿದ್ದರೆ, ಮತ್ತು ಕೆಲವರಲ್ಲಿ ಹೆಚ್ಚಾಗಿ ಪ್ರಕಾಶಿಸುತ್ತದೆ. ಕಾರಣ ಅವರವರ ಸಂಸ್ಕಾರ, ಸಾಧನೆಯ ತೀವ್ರತೆಯನ್ನು ಅವಲಂಬಿಸಿರುತ್ತದೆ. ಈ ರೀತಿಯ ಭಿನ್ನತೆ ಹಾಗೂ ತಾರತಮ್ಯತೆ ಎಂದು ಕೊನೆಗೊಳ್ಳುವುದೋ ಅದೇ ಸರ್ವಜ್ಞತ್ವದ ಪೂರ್ಣ ವಿಕಾಸ ಹಾಗೂ ಈಶ್ವರತ್ವ ಯಾರಲ್ಲಿ ಹಂತಹಂತವಾಗಿ ಸರ್ವಜ್ಞತ್ವ ಪ್ರಕಾಶಿಸುವುದೋ ಮತ್ತು ಎಲ್ಲರಿಗಿಂತ ಸಮರ್ಥನೂ, ಇನ್ನಾರು

ಜ್ಞಾನದಲ್ಲಿ ಸರಿಸಾಟಿಯಿಲ್ಲವೋ ಅವನೇ ಪುರುಷ ವಿಶೇಷನು ಮತ್ತು ಈಶ್ವರನು ಎಂಬುದು ಮಹರ್ಷಿಗಳ ನಿರ್ಣಯ.

ಯಾವುದೇ ಒಂದು ವಸ್ತುವನ್ನು ಅವಲೋಕಿಸಿದಾಗ ಚಿಕ್ಕದ್ದಕ್ಕಿಂತ ದೊಡ್ಡದು ಬೃಹತ್ತಾಗಿ ಗೋಚರವಾಗುತ್ತದೆ. ಉದಾಹರಣೆಗೆ ಆಮಲಕವನ್ನು (ನೆಲ್ಲಿಕಾಯಿ) ಒಂದು ಬಂಡೆಗೆ ಹೋಲಿಸಿದಲ್ಲಿ ಗಾತ್ರದಿಂದ ಬೃಹತ್ತಾಗಿರುತ್ತದೆ. ಅಂತಿಮವಾಗಿ ಗಾತ್ರವು ಅನಂತ ಆಕಾಶದಲ್ಲಿ ಪರ್ಯಾವಸಾನವಾಗುತ್ತದೆ. ಹೀಗೆಯೇ ಸರ್ವಜ್ಞತ್ವದ ವಿಷಯದಲ್ಲಿ ಭಾವಿಸಬೇಕು. ತಮಸ್ಸಿನಿಂದ ರಜಸ್ಸು, ರಜಸ್ಸಿನಿಂದ ಸಾತ್ವಿಕದಡೆಗೆ ಕ್ರಮವಾಗಿ ವಿಕಾಸವಾಗುವ ಈ ಪ್ರಕ್ರಿಯೆ ಸಾಮಾನ್ಯರಿಂದ ಆರಂಭವಾಗಿ ಮಹಾಮಾನವನಾಗಿ, ಮಾಧವನಾಗಿ ರೂಪಾಂತರವಾಗುವವರೆಗೂ ಮುಂದುವರಿಯುತ್ತದೆ. ಹಲವು ಮಹಾಪುರುಷರ ಜೀವನಚರಿತ್ರೆಯನ್ನು ಗಮನಿಸಿದಾಗ ತಿಳಿಯುವುದೇನೆಂದರೆ, ಸರ್ವಜ್ಞತ್ವದ ಪ್ರಕಾಶತ್ವವನ್ನು ಅನುಮಾನ ಪ್ರಮಾಣದಿಂದ ತಿಳಿಯಬೇಕೇ ಹೊರತು ವಿಶೇಷವಾಗಿ ತಿಳಿಯಬರದು. ಬುದ್ಧ, ಬಸವ, ಕಪಿಲ, ಶಂಕರ, ಮಧ್ವ, ರಾಮಾನುಜ ಕಬೀರ ಎಲ್ಲರಲ್ಲೂ ಸರ್ವಜ್ಞತ್ವದ ಪ್ರಕಾಶ ವಚನದ ಮೂಲಕ ಹೊರಹೊಮ್ಮಿದರೂ ಅದು ಕೇವಲ ಆಗಮಗಳ ಅಭಾಸವೇ ಹೊರತು ಅದುವೇ ಆಗಮವಾಗಲು ಸಾಧ್ಯವಿಲ್ಲ. ಈಶ್ವರನ ಸರ್ವಜ್ಞತ್ವವಾದರೋ ಸರ್ವಪ್ರಮಾಣಗಳಿಗಿಂತಲೂ ಅಬಾಧಿತವಾಗಿ ಪ್ರಕಾಶವಾಗುತ್ತದೆ. ಆಗಮಗಳಿಂದ ಅಭ್ಯುದಯ ಮತ್ತು ನಿಶ್ಚೇಯಸ್ವರಕ್ಕೆ ಉಪಾಯಗಳು ಬುದ್ಧಿಗೆ ಹೊಳೆಯಬಹುದೇ ವಿನಃ, ಬುದ್ಧಿಗೋಚರವಾದದ್ದು ಆಗಮಗಳಿಂದ ತಿಳಿಯಲ್ಪಟ್ಟ



ಸರ್ವಜ್ಞತ್ವದ ಈಶ್ವರಾವಸ್ಥೆಯೆಂಬ ಸಾಧ್ಯವಿಲ್ಲ. (ಆಗಚ್ಛಂತಿ ಬುದ್ಧಿಮಾರೋಹಂತಿ ಅಸ್ಮಾತ್ ಅಭ್ಯುದಯನಿಶ್ಚೇಯಸೋಪಾಯಾ ಇತಿ ಆಗಮಃ) ಎಲ್ಲ ಶಾಸ್ತ್ರಗಳಲ್ಲೂ ಈಶ್ವರನ ನಿರತಿಶಯ ಸರ್ವಜ್ಞತ್ವದ ಗುಣಗಳನ್ನು ಕೇವಲ ಈಶ್ವರಿನಿಗಲ್ಲದೆ ಮತ್ತಾರಿಗೂ ಅನ್ವಯಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ.

ಅಸ್ತಿತ್ವದ ಪೂರ್ಣತೆ ಯಾವುದನ್ನು ಅವಲಂಬಿಸುವುದಿಲ್ಲ. ಯಮ-ನಿಯಮಗಳನ್ನು ಮೀರಿದ, ಆಸನಾದಿ ಹಠಕ್ರಿಯಗಳ ವಿಧಾನಗಳೂ ಸಹ ಅವಾಸ್ತವವಾಗುತ್ತವೆ.

ಕೇವಲ ಸಂಪೂರ್ಣ ಸಮರ್ಪಣೆಯ ಅಗತ್ಯವಿದೆ. ಸಮರ್ಪಣೆ ಅಂತಿಮ ಚರಣ. ಅದರಾಚೆಗೆ ಪ್ರಯತ್ನವೇ ಶೂನ್ಯ. ಪ್ರಯತ್ನಶೂನ್ಯತೆಯೇ ಭಗವತ್ಪ್ರಾಪ್ತಿ. ಜ್ಞಾನ, ವೈರಾಗ್ಯ, ಐಶ್ವರ್ಯ, ತಪಸ್ಸು, ಸತ್ಯ, ಕ್ಷಮೆ, ಧೃತಿ, ಸೃಷ್ಟಿಕರ್ತೃತ್ವ, ಆತ್ಮಜ್ಞಾನ ಮತ್ತು ಅದಿಷ್ಟಾತ್ಮತ್ವ ಈ ಹತ್ತು ಅವ್ಯಯ ಗುಣಗಳನ್ನು ವಾಯುಪುರಾಣವು ಸರ್ವಜ್ಞನಾದ ಈಶ್ವರನಿಗೆ / ಶಂಕರನ ನಿತ್ಯತ್ವವೆಂದು ಉಲ್ಲೇಖಿಸುತ್ತದೆ.

ಜ್ಞಾನವೈರಾಗ್ಯಮೈಶ್ವರ್ಯಂ ತಪಸ್ಸತ್ಯಂ ಕ್ಷಮಾ ಧೃತಿಃ |

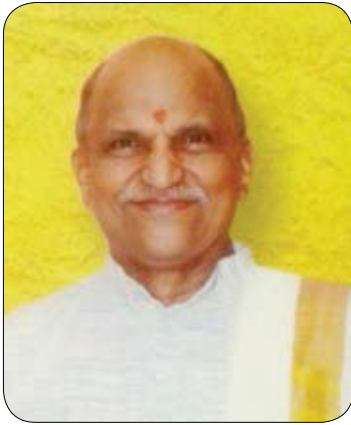
ಸೃಷ್ಟಿತ್ವಮಾತ್ಮಸಂಬೋಧೋ ಹೃದಿಷ್ಠಾತ್ಮತ್ವಮೇವ ಚ |

ಅವ್ಯಯಾನಿ ದಶೈತಾನಿ ನಿತ್ಯಂ ತಿಷ್ಠಂತಿ ಶಂಕರೇ || 10.66 ||

ಸುಪ್ತಾವಸ್ಥೆಯಲ್ಲಿರುವ ಬೀಜವು ಪರಿಪೂರ್ಣ ವಿಕಾಸವಾಗುವ ಎಲ್ಲ ಸಂಭವನೀಯತೆಯಿದೆ. ಕೇವಲ ಪೂರಕ ವಾತಾವರಣ ನಿರ್ಮಾಣಮಾಡಬೇಕಷ್ಟೆ. ಪರಮಾತ್ಮ / ಈಶ್ವರ ವಾಸ್ತವ ಆದರೆ ಬೀಜವು ಪೂರ್ಣ ವಿಕಾಸವಾಗುವ ಸಂಭವತೆ. ಬೀಜದಲ್ಲಿಯೇ ಪೂರ್ಣತ್ವ ಅಡಗಿದೆ. ಆದರೆ ನಮ್ಮ ದೃಷ್ಟಿ ಯಾವಾಗಲೂ ಭವಿಷ್ಯದಲ್ಲಿ ನೆಟ್ಟಿರುತ್ತದೆ. ಹಾಗಾಗಿ ವರ್ತಮಾನ ಎಂದಿಗೂ ವಾಸ್ತವತೆಯನ್ನು ನಮ್ಮಲ್ಲಿ ಉಂಟುಮಾಡುವುದಿಲ್ಲ. ಪರಿಣಾಮ ಯಾವಾಗಲೂ ಭವಿಷ್ಯದಲ್ಲಿಯೇ ಘಟಿಸುವುದು. ಹಾಗಾಗಿ ವಾಸ್ತವತೆ, ವರ್ತಮಾನದಲ್ಲಿ ಪ್ರತಿಕ್ಷಣವು ಈಶ್ವರನ ಸರ್ವಜ್ಞತ್ವದ ಮೂಲಕ ಸ್ಫುಟವಾಗಿ ಗೋಚರವಾಗುತ್ತದೆ. ಪೂರ್ಣ ವಿಕಸಿತ ಹೂವು ಸೌರಭ ಬೀರಿವಂತೆ. ಹಾಗಾಗಿಯೇ ವೇದ ಉಲ್ಲೇಖಿಸುವಂತೆ ಈಶ್ವರ / ಮಹೇಶ್ವರರ ವಾಸ್ತವತೆ 'ಸುಗಂಧಿಂ ಪುಷ್ಪಿವರ್ಧನಮ್'

ಪೂರ್ಣ ವಿಕಸಿತ ಹೂವಿನ ಸೌರಭ ಎಲ್ಲೆಡೆಯು ಪಸರಿಸಲಿ. ನಮ್ಮಲ್ಲೇ ಸುಪ್ತವಾಗಿ ಹುದುಗಿರುವ ಬೀಜ ಪೂರ್ಣ ವಿಕಾಸವಾಗಲಿ. ಸರ್ವಜ್ಞತ್ವದ ಪ್ರಕಣೀಕರಣ ಇಂದಿನ ಶಿಕ್ಷಣದ ಗುರಿಯಾಗಲಿ.

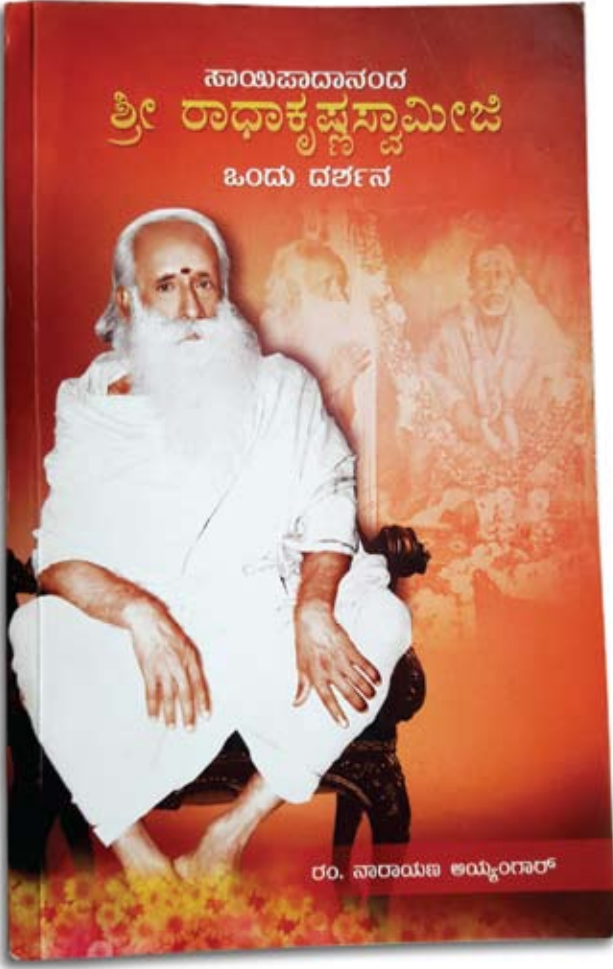
(ಸಶೇಷ)



## Dr. Gopalakrishna Narasimha Bhat New Dean for Division of Yoga-Spirituality

The Yoga-Spirituality division has been the premier department to enrich the spiritual lore from its incitation guided by Prof. S N Shastri who was spiritual guide for growth of the University. Prof. Ramachandra G Bhat was the first Dean for the division, taking inspiration from Swami Dayananda Saraswati and other spiritual masters of the time. Dr. M K Shridhar became the successive dean following the same tradition. Now, Prof. Gopalakrishna Narasimha Bhat took the charge to be the dean and wants to glorify rich Vedic knowledge base with his competency in teaching and researching in Veda and Vedangas. Prof. Gopalakrishna N Bhat was HoD and Principal of Canara College,

Mangalore. He guided more than 12 PhD candidates in his 40 years of academic tenure. Hailing from an interior village of North Canara, he incorporates ancient roots combining with modern inquisitive scientific approach, is an inspiration for all young scholars. He heads Centre for Sanskrit Studies and Research, made presentations in more than 18 national and international journals and has published various research articles, monographs allied with Veda, Vedanga with special interest of multidisciplinary studies. Professor has bagged state and national awards for his contribution to the field of Samskrta for education and its promotion along with NSS program. Practical Spirituality being his passion and force of his life, Prof. Gopalakarishna N Bhat is bridging the gap by materializing the vision of ancient seers.



## ಪುಸ್ತಕ ಪರಿಚಯ

■ ಡಾ. ಸುಶ್ರುತ ಎಸ್, ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು, ಎಸ್-ವ್ಯಾಸ

ಶತಮಾನೋತ್ಸವದ ಅಂಗವಾಗಿ ಇದೇ ಪುಸ್ತಕದ ಆಂಗ್ಲವರ್ತನ ಬಿಡುಗಡೆಯಾಗಿದ್ದರೂ ಕನ್ನಡಿಗರ ಸೌಕರ್ಯಕ್ಕಾಗಿ ಹೊರ ತರಲಾಗಿದೆ. ಉನ್ನತದತ್ತ ಹೊರಳಿರುವ ಯುವಪೀಳಿಗೆಯನ್ನು ಉನ್ನತಗುರಿಯೆಡೆಗೆ ಕೊಂಡೊಯ್ಯುವ ಈ ಪುಸ್ತಕರೂಪದಲ್ಲಿರುವ ಸ್ವಾಮೀಜಿಯ ಜೀವನಚೈತ್ರ ಪ್ರೇರಣಾದಾಯಕವೇ ಸರಿ.

ಅಯ್ಯರ್ ಕುಟುಂಬಕ್ಕೆ ಸೇರಿದ ತಮಿಳುನಾಡಿನ ಪೊಯ್ಯಾಮಣಿ ಗ್ರಾಮದಲ್ಲಿ 1906ರ ಏಪ್ರಿಲ್ 15ರಂದು ಜನ್ಮ ತಾಳಿದ ರಾಧಾಕೃಷ್ಣ ಸ್ವಾಮೀಜಿಯು ಜೀವನದುದ್ದಕ್ಕೂ ಭಕ್ತಿಸಾಯನವನ್ನು ತನ್ನೆಡೆಗೆ ಬಂವರಿಗೆಲ್ಲಾ ಉಣಬಡಿಸಿದ್ದಾರೆ. ವೇಷದಲ್ಲಷ್ಟೇ ಸರಳರಾಗಿರದೇ, ಜೀವನದ ನಡೆಯುದ್ದಕ್ಕೂ ಸಾರಳ್ಯದ ಪಾಠಕ್ಕೆ ಮಾರ್ಗದರ್ಶಕರಾಗಿದ್ದರು. ದೇವತಾರಾಧನೆಯ ಒಳರಹಸ್ಯವನ್ನು ಕೆಲ ಶಬ್ದಗಳಲ್ಲಿ ವಿವರಿಸಿದ್ದಾರೆ 'ವಿಷ್ಣುವು ಸಾತ್ವಿಕ, ದೇವಿಯ ಆರಾಧನೆ ಅಂತಶೌಚವನ್ನು ಬೇಡುತ್ತದೆ'. ಶ್ರದ್ಧೆ ಮತ್ತು ಸತ್ಸಂಗಕ್ಕಿರುವ ಮಹತ್ವ ಎಲ್ಲಕ್ಕಿಂತ ಮಿಗಿಲು. ದೇವಾಲಯಗಳಲ್ಲಿ ನಡೆಯುವ ಧಾರ್ಮಿಕವಿಧಿಗಳನ್ನು ಮನಃಪೂರಕವಾಗಿ ಹರಸಿ ಪ್ರೇರೇಪಿಸುವ ಸ್ವಾಮೀಜಿಯವರ ಗುಣ ಹಿಂದಿಗಿಂತಲೂ ಇಂದಿಗೆ ಅತಿ ಪ್ರಸ್ತುತ. ನಿತ್ಯಾನಿತ್ಯವಸ್ತುವಿವೇಕವನ್ನು ವೇದಾಂತಮಾರ್ಗದಲ್ಲಿ ಅವಿಭಾಜ್ಯ ಅಂಗವಾಗಿ ಜೋಡಿಸಿದುದರ ಪ್ರಾತ್ಯಕ್ಷಿಕೆಯನ್ನು ಸ್ವಾಮೀಜಿಯವರ ವಚನಾರವಿಂದಗಳಲ್ಲಿ ಸಾಮಾನ್ಯವಾಗಿ ಕೇಳುತ್ತಿದ್ದುದು ಲೇಖಕರ ನೈಜ ಅಭಿಪ್ರಾಯ. ಸ್ವಾಮೀಜಿಯವರ ಪ್ರತಿಯೊಂದು ಪ್ರವಾಸದಲ್ಲೂ ಶೈಕ್ಷಣಿಕ, ಸಾಮಾಜಿಕ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಕಳಕಳಿ ಅವರೊಂದಿಗೆ ಸಹವಾಸದಲ್ಲಿದ್ದ ಎಲ್ಲರೂ ಬಹು ಸಾಮೀಪ್ಯದಿಂದ ಅನುಭವಿಸಿದ್ದಾರೆ. ಸಮಾಜಸೇವೆ ಎಂಬ ಅಧ್ಯಾಯದಲ್ಲಿ ತಿಳಿಸಿರುವ ಸಂದೇಶ ಸದಾ ಸ್ಮರಣೀಯ - ಪ್ರಪಂಚವನ್ನೆಲ್ಲಾ ಸರಿಯಾದ ದಾರಿಗೆ ತರುತ್ತೇವೆ ಎಂಬುದು ಭ್ರಮೆ ಮಾತ್ರ. ಅವರವರ ಪಾಲಿಗೆ ಬಂದದ್ದನ್ನು ಕರ್ತವ್ಯದೃಷ್ಟಿಯಿಂದ ನಿರ್ವಹಿಸಿ, ಉಳಿದವರಿಗೆ ಒಳ್ಳೆಯದಾಗಲಿ ಎಂದು ಹರಸುವುದು ಮಾತ್ರ ಸಾಧ್ಯ. ನಿಜವಾದ ಆಸ್ತಿ ಮನುಷ್ಯನಿಗೆ ಯಾವುದೆಂದು ಬಹಳರಿಗೆ ತಿಳಿದಿಲ್ಲ. ಯಾವುದರಿಂದ ಸಂತೋಷಗಳು ದೊರೆಯುತ್ತದೋ ಅದೇ ಆಸ್ತಿ. ಕೆಲವರ ಮನಸ್ಸಿನಲ್ಲಿ ಕೇವಲ ಹಣ ಮಾತ್ರ ಆಸ್ತಿ ಎಂಬ ಶಬ್ದದಲ್ಲಿ ಬಳಸಲಾಗುತ್ತದೆ. ಹಣವನ್ನೇ ಆಸ್ತಿ ಎಂದು ಬದುಕುವರಿಗೆ ಸುಖ ಕ್ಷಣಿಕ ಮತ್ತು ಅತಿಲಘು.

ಸ್ವಾಮೀಜಿಯ ನಿತ್ಯ ದಿನಚರಿ ವಿಷ್ಣುವಿನ ನಾಮಸ್ಮರಣೆಯಿಂದಲೇ. ಭಗವದ್ಗೀತೆ, ವಿಷ್ಣುಸಹಸ್ರನಾಮ ಮತ್ತು ಸತ್ಸಂಗಗಳು ಅವರ ಜೀವನದ ಅವಿಭಾಜ್ಯ ಅಂಗಗಳಾಗಿದ್ದವು. ಲೇಖಕರ ಮಾತುಗಳಲ್ಲಿ, ಸ್ವಾಮೀಜಿಯವರ ದೇಹ, ಮನ, ಕರ್ಮ, ಕರ್ಮಫಲಗಳ ಸಮರ್ಪಣಾ ಮನೋಭಾವ ದೇವರಲ್ಲಿ ಅವರನ್ನು ನಿಜವಾದ ಅಕುಟಲ ಭಕ್ತಮಹಾಶಯರನ್ನಾಗಿಸಿತ್ತು. ಎಲ್ಲವನ್ನೂ ವಿಷ್ಣುವಿನ ಪದತಳದಲ್ಲಿ ಎರೆಯುತ್ತಿದ್ದರು. ಸತತವಾದ ಅಭ್ಯಾಸ ಮತ್ತು ಸಾಯಿಬಾಬರಂತಹ ಗುರುವಿನ ಕೃಪಾಶೀರ್ವಾದ ಜಗತ್ತಿನಲ್ಲಿ ಏನಾದರೂ ಮಾಡುವ ಸಾಮರ್ಥ್ಯವನ್ನೊದಗಿಸುತ್ತದೆ.

'ಸಾಯಿಪಾದಾನಂದ ಶ್ರೀ ರಾಧಾಕೃಷ್ಣಸ್ವಾಮೀಜಿ - ಒಂದು ದರ್ಶನ' ಶೀರೋನಾಮೆಯ ಹೊತ್ತಿಗೆ ಆಧ್ಯಾತ್ಮಿಕ ಪಥಿಕರ ಪಾಠೇಯ. ಇದನ್ನು ಜೀವನ ಚಿತ್ರಣ ಮಾತ್ರವೆಂದು ಗ್ರಹಿಸಿದರೆ ಅಲ್ಪಮೇಧ ಸ್ವಲ್ಪಬುದ್ಧಿಯ ಮನಸ್ಸೆಂಬುದು ಸ್ಪಷ್ಟ. 2007ರಲ್ಲಿ ರಾಧಾಕೃಷ್ಣಸ್ವಾಮಿಯವರ ಸಾಧಕರೊಬ್ಬರ ಸಾಧನೆಯ ಒಳ ಹಂದರಗಳನ್ನು ಪದರಪದರವಾಗಿ ಬಿಚ್ಚಿಟ್ಟಿದ್ದಾರೆ ಲೇಖಕರಾದ ಡಾ|| ರಂ ನಾರಾಯಣ ಅಯ್ಯಂಗಾರರು. ರಾಮಕೃಷ್ಣಾಶ್ರಮದ ಸ್ವಾಮಿ ಹರ್ಷಾನಂದರ ಈ ಪುಸ್ತಕದಲ್ಲಿನ ಮುನ್ನುಡಿ ವಚನಗಳು ಮಾನವರಾಗಿ ಹುಟ್ಟಿದ ಸಾಧಕರನೇಕರ ಜೀವನಾರ್ಥವನ್ನು ಅನುಸರಿಸುವ ಅನಿವಾರ್ಯತೆಯನ್ನು ತೋರಿಸುತ್ತದೆ. ಜಿಗಣಿಯ ವ್ಯಾಸ ಸಂಸ್ಥೆಯ ಪ್ರಮುಖರಾದ ಡಾ|| ಎಚ್ ಆರ್ ನಾಗೇಂದ್ರವರಿಂದ ಸ್ವಾಮಿ ರಾಧಾಕೃಷ್ಣ ಸ್ವಾಮೀಜಿಯವರ ಪರಿಚಯವಾಗಿ ಮುಂದುವರಿದ ಸ್ವಾಮಿ-ಭಕ್ತನ ಸಂಬಂಧ ಚಿರಂತನವಾಗಿ ಮುಂದುವರಿದಿದೆ. ಲೇಖಕರಾದ ಶ್ರೀ ನಾರಾಯಣ ಅಯ್ಯಂಗಾರರು ಕೇವಲ ವಿಜ್ಞಾನಿ ಮಾತ್ರವಲ್ಲ ಭಕ್ತ, ಸಮಾಜಚಿಂತಕ ಹಾಗೂ ಪರಹಿತ ಬಯಸುವ ಸಹೃದಯ ಬಂಧುವೆಂಬುದು ಇಡೀ ಪುಸ್ತಕದಲ್ಲಿ ಬಿಂಬಿತವಾಗಿದೆ. ಪುಸ್ತಕದಲ್ಲಿನ ಬಾಹುಳ್ಯ ಲೇಖಕರ ದಿನಚರಿಯ ವಾಕ್ಯಗಳಾದರೂ ಅವು ಸ್ವಾಮೀಜಿಯ ಆಂತರ್ಯದ ಯಥಾವತರಣವೆಂಬುದು ಅವರ ಮಾತಿನಿಂದಲೇ ತಿಳಿಯುತ್ತದೆ. 2007ರಲ್ಲಿ ಸ್ವಾಮೀಜಿಯ



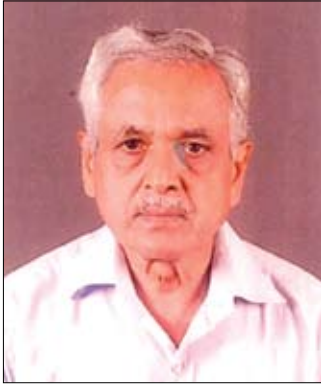
ನಾವು ಪಕ್ಕಗೊಳಿಸುವ ಆಹಾರ ಶುದ್ಧವಾಗಿರಬೇಕು. ಅಡುಗೆಯನ್ನು ತಯಾರಿಸುವಾಗ, ನೈವೇದ್ಯ ಮಾಡುವಾಗ ಮತ್ತು ಅದನ್ನು ವೈಶ್ವಾನರಾಗ್ನಿಗೆ ಸಮರ್ಪಿಸುವಾಗ ಭಗವಂತನನ್ನೇ ನೆನೆದರೆ ಶುದ್ಧವಾಗುವುದು ಖಚಿತ. ಇಂತಹ ಶುದ್ಧ ಆಹಾರವನ್ನು ಸ್ವೀಕರಿಸಿದ ಪಿಂಡಕ್ಕೆ ಎಲ್ಲ ರೀತಿಯ ಸುಖಸೌಭಾಗ್ಯ ಸಹಜ. ಸ್ವಾಮೀಜಿಯು ಶಾಂತರಸಚಿತ್ರಗಳೇ ಪ್ರಧಾನವಾಗಿರುವ ಚಿತ್ರಗಳನ್ನು ಚಿತ್ರಿಸುತ್ತಿದ್ದುದು ಅನೇಕರಿಗೆ ತಿಳಿಯದ ವಿಷಯ. 'ಮೋಕ್ಷಸಾಧನಸಾಮಗ್ರ್ಯಂ ಭಕ್ತಿರೇವ ಗರೀಯಸಿ' ಎಂಬ ಶಂಕರರ ವಿಧ್ವಂಸಕ್ಕೆ ಸ್ವಾಮೀಜಿಯವರ ಜೀವನವೇ ಸಾಕ್ಷಿಯಾಗಿದೆ.

ಯಸ್ಮಾನ್ನೋ ದ್ವಿಜತೇ ಲೋಕಃ ಲೋಕಾನ್ನೋ ದ್ವಿಜತೇ ಯಃ| ಹರ್ಷಾಮರ್ಷಭಯೋದ್ವೇಗೈಃ ಮುಕ್ತೋ ಯಃ ಸ ಚ ಮೇ ಪ್ರಿಯಃ|| ಭ.ಗೀ.12.15||

ಭಗವಂತನ ಈ ಭಕ್ತವ್ಯಾಖ್ಯಾನಕ್ಕೆ ಸ್ವಾಮೀಜಿಯವರ ಪ್ರತಿಯೊಂದು ನಡೆ-ನುಡಿ ಉದಾಹರಣೆಯಾಗಿ ನಮ್ಮ ಕಣ್ಮಂದಿದೆ. ಭಕ್ತರ ಪರಿಪೂರ್ಣ ಗುಣಗಣಗಳನ್ನು ಇವರಲ್ಲಿ ಕಾಣಬಹುದು. ನವವಿಧಭಕ್ತಿಗಳಲ್ಲಿ ಆತ್ಮನಿವೇದನ ಭಕ್ತಿಯೇ ಇವರ ಜೀವನದಲ್ಲಿ ಎದ್ದುಕಾಣುತ್ತದೆ. ಶ್ರೀ ಅಯ್ಯಂಗಾರರ ಜೀವನದಲ್ಲಿ ಸ್ವಾಮೀಜಿಯ

ಪರಿಣಾಮ ಎಷ್ಟಾಗಿದೆಯೆಂಬುದಕ್ಕೆ ಅವರ ಈ ಜೀವನ ಚಿತ್ರಣ ನಿರೂಪಣೆಯೇ ಸಾಕ್ಷಿಯಾಗಿದೆ. ಸ್ವಾಮೀಜಿಯವರನ್ನು ಸಾಕ್ಷಾತ್ಕಾರಿ ಕಂಡ ಭಕ್ತರನೇಕರು ಅವರ ಜೀವನದಲ್ಲಿ ಒಂದಾಗಿ, ಕುಟುಂಬದ ಸದಸ್ಯರಾಗಿಯೇ ಚಿರರಾಗಿ ಉಳಿದುಬಿಟ್ಟಿದ್ದಾರೆ. ಅವರ ಸಾಮೀಪ್ಯ ಎಂತಹ ಆರ್ತನಿಗಾದರೂ ಸಮಾಧಾನ ತರುವ ಮಾರ್ಗೋಪಾಯ. ದುಃಖದಿಂದ ಬಂದವರಿಗೆ ಸ್ವಾಮೀಜಿಯ ವಚನಗಳಾಗಲೀ, ಅವರ ಆಶೀರ್ವಾದ ನುಡಿಗಳಾಗಲೀ ನಿಶ್ಚಿತವಾಗಿ ದೇವರ ಅನುಗ್ರಹ ಸಮವಾಗಿಯೇ ಇದ್ದು, ಅನೇಕರಿಗೆ ಅವರು ದೇವರಾಗಿಯೇ ಇದ್ದಾರೆ. ಅನೇಕರು ನಡೆದಾಡುವ ದೇವರೆಂದೇ ಭಾವಿಸಿ ಪೂಜಿಸುವವರಿದ್ದಾರೆ. 1980 ರ 14, ಜನವರಿಯಲ್ಲಿ ಸಾಯಿಪಾದರು ವಿಷ್ಣುಪದವನ್ನು ಸೇರಿದರು.

ಇವರ ಜೀವನ ರಸದೌತಣವನ್ನು ಕನ್ನಡಿಗರ ಮನ ಮುಟ್ಟುವ ಹಾಗೆ ಡಾ|| ನಾರಾಯಣ ಅಯ್ಯಂಗಾರರು ಬರವಣಿಗೆಯ ಮೂಲಕ ಪ್ರಸ್ತುತಪಡಿಸಿದ್ದಾರೆ. ಅಯ್ಯಂಗಾರರ ವಿಷಯಪ್ರಭುತ್ವ ಒಂದರಲ್ಲಲ್ಲ. ಅವರು ಸ್ವತಃ ವಿಜ್ಞಾನಿಗಳಾಗಿದ್ದರೂ, ಮನೋವೈಶಾಲ್ಯ ಮತ್ತು ಭಕ್ತಿಯ ಪಾರಮ್ಯ ಇಂತಹ ಪುಸ್ತಕಗಳಿಂದಲೇ ತಿಳಿಯುತ್ತದೆ. ದಿನಚರಿಯ ರೂಪದಲ್ಲಿರುವ ಈ ಪುಸ್ತಕ ಶ್ರದ್ಧಾಕೇಂದ್ರರಿಗೆ ಭಕ್ತಿಯ ವಿವಿಧ ಮಜಲುಗಳ ಪರಿಚಯವಾಗುವುದು ದಿಟ. ■



## Shraddhanjali to Shri Shanmukhappaji

Shri Shanmukhappa, one of the senior most Seva Vrttis of Prashanti Kutiram demised in the early

hours of sacred Hanuman Jayanti Day (Purnima), April 22, 2016.

His sons Jagannath and Manjunath are part of Prashanti Family.

Many souls come on this planet earth and pass on after a feverish life but some leave their mark in the form of fond memories in the hearts of people. Shri Shanmukhappa, an engineer by profession, is one such soul!

All dedicated workers of VYASA, remember his generous nature in offering food and ice-cream etc on various occasions of outings!

He joined us decades ago when Prashanti was

a small ashram charged with spiritual power of our founder Lakshmi Amma.

Shri Shanmukhappaji lived in a small room in Vasishtha, the first cottage of the campus, from where he began his seva as Telephone Operator. Gradually over a period of time served as the Head of Sale and Publishing wing. He also rendered his services as a Treasurer of VYASA.

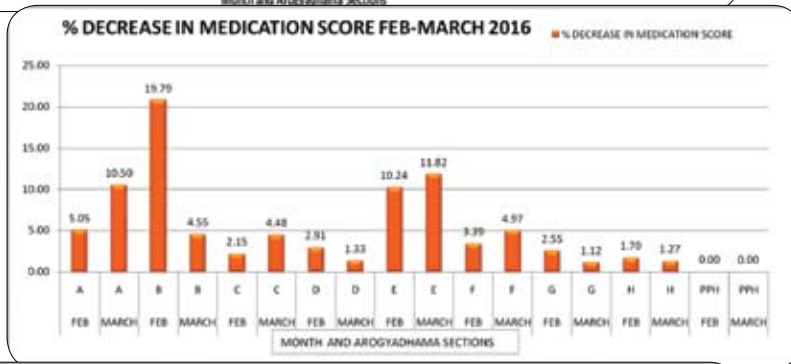
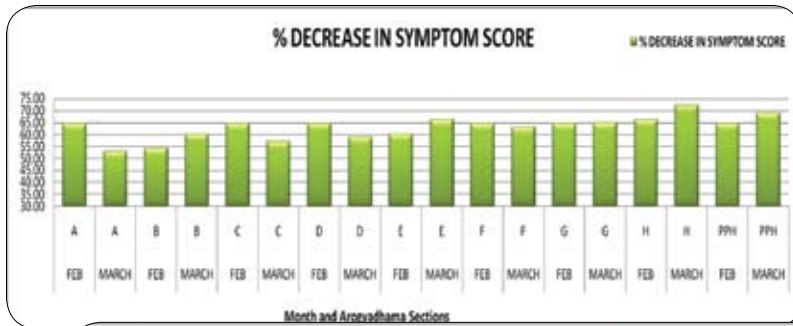
A fatal fall few years ago forced him to retire to his home in Bangalore but his heart was always in Prashanti.

S-VYASA Family world always remembers his selfless service which he rendered with utmost humility as a Karma Yogi.

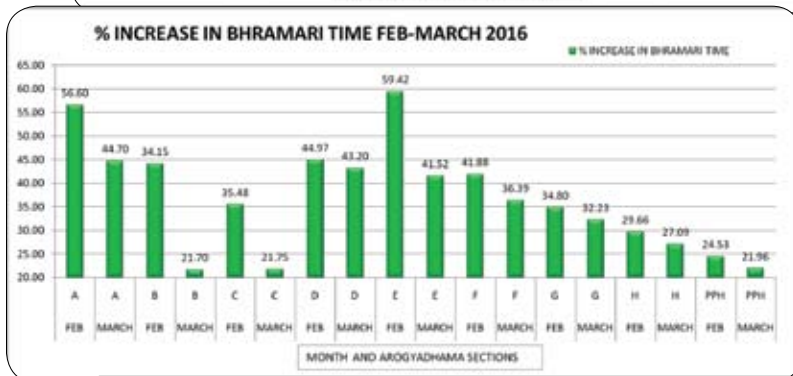
Our Shraddhanjali to Shri Shanmukhappaji! May his work and life inspire new generations ahead! ■



# AROGYADHAMA DATA - Feb-Mar, 2016

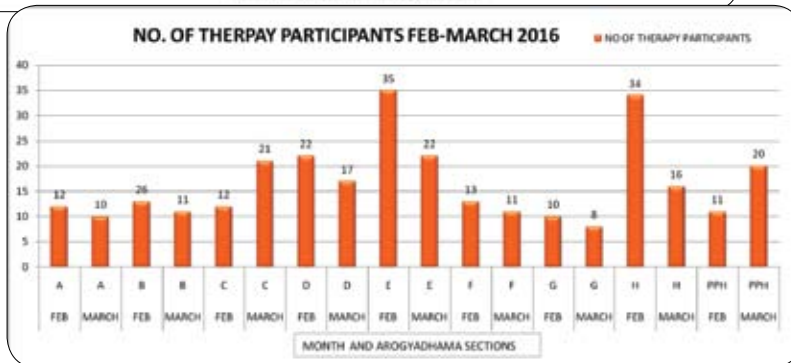


**Symptom Scores:**  
 0 - no symptoms,  
 1 - mild,  
 2-moderate,  
 3-severe



**Medication Score:**  
 Score 1 for each medicine.

**Bhramari Time:**  
 Number of seconds taken to exhale during a single breath while chanting Bhramari.



## AILMENTS TREATED IN AROGYADHAMA (SECTION WISE)

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



# Arogyadhama Success Story

## Yoga for Back Pain - a touching case report

■ Dr. Pooja More & Mr. Kishor

Mr. Satish Kumar (name changed) was an extraordinary participant / patient at our Arogyadhama, a persistent person, unwilling to give up, who stayed with us for 12 weeks and finally emerged victorious after battling his grim fight against severe health issues and a mind block, groping in a blind alley for a way out of his turmoil.

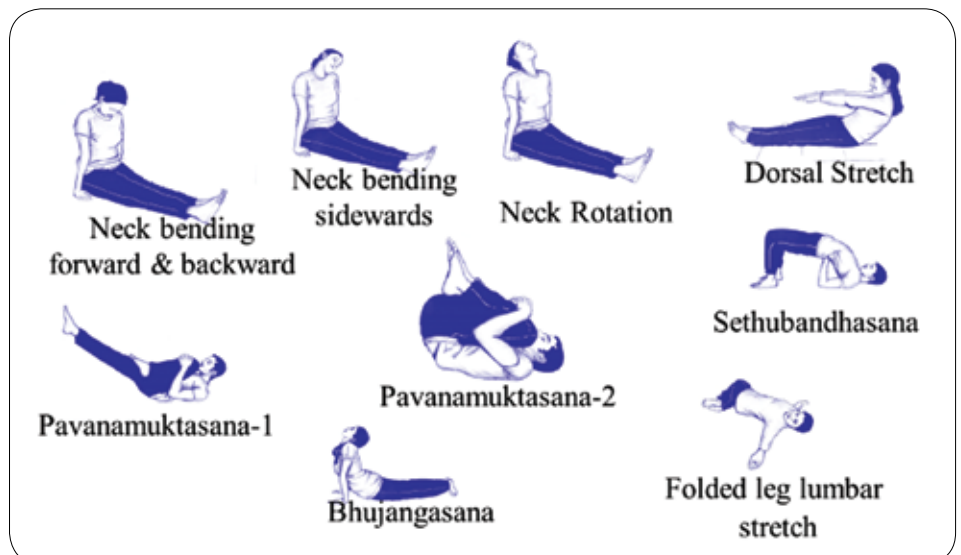
Mr. Satish Kumar had come to Arogyadhama with complaints of generalised body pain and intermittent pain in tail bone area of the back (coccyx area) since 3 years and had difficulty sitting on soft chair but could sit on hard base chair. He also complained of increased sense of generalised body ache and fatigability since 6 months associated with disturbed sleep due to pain. For the above complaint (pain in tail bone) he also underwent nerve block with local steroid in coccyx area in the past but the pain relief was for a short period of time later his symptoms relapsed. He was also anxious by nature, and of nervous temperament.

He had a history of fissure in anus for which he underwent Ayurvedic Kshara sutra treatment 3 years ago. He also underwent fibrous tissue removal in old fissure area involving internal sphincter of his anal canal one year ago. Due to which his holding capacity of bowels was disturbed and he was

unable to hold back loose stools due to removal of internal sphincter. Bowel habits were 3 to 4 times a day.

**Diagnosis:** Fibromyalgia along with coccydynia (Coccyx).

During his 4-week stay at Arogyadhama he underwent Yoga Practices based on Integrated Approach of Yoga Therapy, a well-researched yoga module prepared by us for Back-pain and neck-pain. He was also given Viparitakarini with Ashwini Mudra daily which helped him to build up the strength of his perineum muscles thus helping him to overcome his disturbed bowel habits. Along with this he was given treatments in Ayurveda and naturopathy. There were counselling sessions to sublimate his emotions and stress levels. He was treated with biweekly cleansing procedures, called Yogic kriyas, to cleanse his system completely. His schedule used to start at 5:30 am with pranayama and meditation and used to continue till 7:30 pm.





His daily schedule included special techniques designed for his ailment. The techniques included asanas, loosening exercises, relaxation techniques, pranayama, cyclic meditation, trataka, mind sound resonance technique (MSRT) and pranic energisation technic (PET). He was provided with sattvic diet which was easy to digest with lot of nutritional value. His parameters like blood pressure (BP), respiratory rate, pulse rate, etc were monitored on a daily basis for improvements and are given in the below table.

Since he had many problems of different nature he was moved from Section E (which was for meant forback ache and spondylitis) to section D(for arthritis and joint pain)and then later to Section PPH (Promotion of Positive Health), so that all his issues get answered and he get relieved off all his stress (Adhi) which we consider as a main reason for disease formation (Vyadhi).

**Vital Parameters as on date of arrival (DOA) and date of Discharge (DOD)**

General Parameters	DOA	DOD	Specific Parameters	DOA	DOD
Pulse Beats/min	78	78	Bowel movement	Irregular	Regular
BP in mm haemoglobin	110/75	122/84	Medication Score	8	4
Respiratory Cycles/min	10	8	Symptom Score	2	0
Brahmari Time (Sec)	25	27	Straight Leg Raising: Right	45/40	70/70
Weight in Kg	74	74			

**Symptoms as on Date of Admission (DOA) and Date of Discharge (DOD)**

Symptoms	1 <sup>st</sup> week	2 <sup>nd</sup> week	1 <sup>st</sup> Month
Low back pain	Mild improvement	Pain ↓ by 50%	Pain ↓ by 100%
	Straight leg raising better by 80%	Improvement by 80% ↑	Improvement 100%
Disturbed Sleep	Sleep better by about 20 %	No further improvement	Improvement by about 50%
Bowel Habits	A little better	30% better	Improvement by 80%

**Living ‘in a condition worse than coma’**

“When I came to Prashanti (Arogyadhama), I was almost dead, he wrote to us later after he returned home. “I was just existing, not living, a state slightly better (or worse, from my perspective) than being in a coma,” was his heart rending declaration to us. But what exactly was wrong with him? Widespread body pains coupled with anxiety which turned into “a vicious cycle of anxiety leading to pains, and the pains in turn increasing his anxiety,” were his exact words to describe his health condition. He had taken leave from his work and the fear of losing his job added to his anxiety. No day would pass without suicidal thoughts. He often lay in bed the whole day and cried inconsolably. He visited almost all leading hospitals in Delhi, but medical science had failed to offer any solution.

Then someone suggested he try out Arogyadhama.

But it took him all of 6 months to muster the courage to move out of his house and come to us at Prashanti Kutiram. It was here that his life transformed. “Within just one month, my recovery process started,” Mr. Satish wrote to us in a letter.

“Dr. Nagarathna Didi told me it is not the situation but our response to it that causes anxiety”, he recounted. That lesson went home. After that his response to situations, including his pain, changed significantly. He ceased to panic. As a result, no situation now bothered him.

“Each day is a celebration. This is a miracle,” he ecstatically concluded after expressing his gratitude to Guruji, Dr. H R Nagendra, and to Dr. Nagarathna Didi for their guidance in his transformational journey from pain and despondency to the joy of living. ■



# SDM Central Office Bangalore

## March, 2016

New SDM Centers were opened at:  
1. Cochin (Kerala), 2. Noida (UP).

15 MSc / PGDYT students attended the YIDM classes during the month of March 2016.

An appeal has been forwarded to S-VYASA Aluminiies to join SDM for conducting SDM Camp's as well as SDM Centers.

YADM program for 2 Days for Yoga Teachers conducted by the following persons at Chickballapura: Sri Basavaraja DM, Sri Devaraja, Dr. Deepti, Dr. Spurana and Sri Darshan.

Sri Sanjay C V along with Sri Dharam Vir Jain of SDM Central Office visited Ramakrishna Ashram at Shivanahalli (Bangalore) to meet Swamy Sri Vishnu Mayananda Ji in connection with conducting house to house search for Health Survey in the nearby villages.

Sri Shrinivas MurtiJi, National Co-ordinator, covered North India tour, conducted 39 meetings / camps with 470 participants during the period Feb 1 - Mar 20.

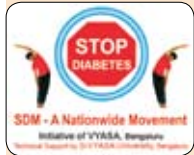
## April, 2016

Four more SDM Centers were opened in the following States / UT: 1. Tirupathi (AP), 2. Nanded (Maharashtra), 3. Delhi-East (Delhi-UT), 4. Bengaluru Urban (Bengaluru-Karnataka).

SDM Camp Will be Organized in Ujjain (MP) During Maha-Kumbamela From April 23rd, 2016 to May 3rd,, 2016 in which approximately 500 Participants are expected to participate. The following are the SDM team members who will conduct the camps, Along with Dr. Amit Rathi, National Co-ordinator, Shivaditya Purohith, Mukul Joshi, Jagdeep Sharma, Dr. Namratha, Chaitra J U, Meenakshi Lather.

Dr. Amit Rathi conducted YADM Program in Pune (Maharashtra) along with Ms. Sunanda Rati in which 25 participants participated.

Sri Sanjay C V along with Shrinivas Murthy ji conducted PDC Camp in Chickballapur (Karnataka) in which 95 students of different schools participated. ■



## Start SDM Centers - An Appeal to all Alumni of VYASA & S-VYASA



*We are happy to invite all the Aluminiies of S-VYASA to join and strengthen our hand in fulfilling the ambitious plan for achieving the Vision and Mission of Stop Diabetes Movement (SDM), by conducting SDM camps in your vicinity.*

*We trust that you will be responding to our request and help, VYASA in achieving its objective.*

*For full details please visit [www.svyasa.edu.in](http://www.svyasa.edu.in)*

**Dharam Vir Jain**

SDM Central Office, VYASA, 'Prashanti Kutiram', Jigani, Bengaluru, INDIA  
*e-mail: [vyasajainsdm@gmail.com](mailto:vyasajainsdm@gmail.com) | cell: +91-99016 01066*



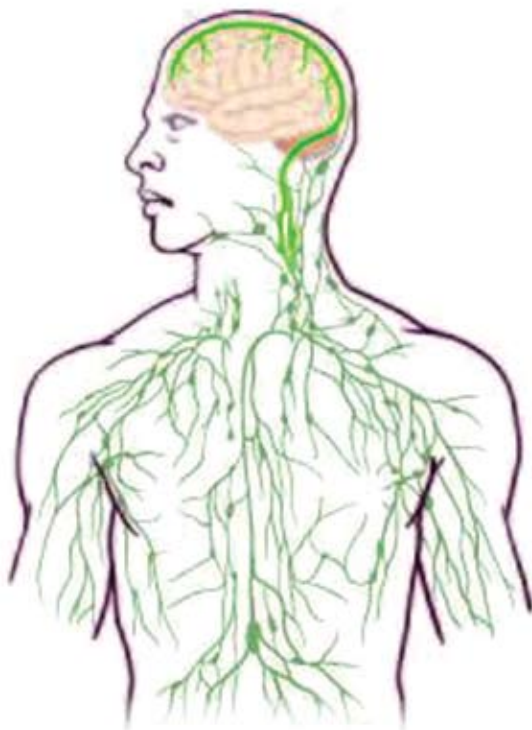
# IMMUNITY AND NEUROLOGY

## ROLE OF YOGA

### INTRODUCTION

Connection between neurological function and immunity was neglected area of search. It was the official view that there is no connection between the two in spite of the fact that many neurological disorders have shown to be immune mediated also. For example, it is well known that multiple sclerosis patients have immune mediated injury to myelin sheath (covering of nerve fibers). Lack or compromised immunity is also seen in many other brain related problems from autism to Alzheimer's disease. Though this clinical picture has been observed over many years, the brain-immune connection was found only very recently.

Recent work at the University Of Virginia Health System has opened the door for this



**Fig 1:** The Newly Found Lymphatic System  
(Dark Green Vessels above Neck)

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



physiological connection between brain and the immune system. See figure 1 for a representation of the brain-immune network. The dark green lymphatic vessels above the neck going up the cortex is found recently (in the last one year) which seems to envelop the entire brain! How such an extensive network of vessels went unnoticed for a long time is a mystery in itself. Anyway, with this newly discovered anatomy, it is now possible to go back to the drawing board to see the problems that a compromised immune system could affect brain functioning [1]. "These structures express all of the molecular hallmarks of lymphatic endothelial cells, are able to carry both fluid and immune cells from the cerebrospinal fluid, and are connected to the deep cervical lymph nodes... The discovery of the central nervous system lymphatic system may call for a reassessment of basic assumptions in neuroimmunology and sheds new light on the aetiology of neuroinflammatory and neurodegenerative diseases associated with immune system dysfunction" [1].

### LYMPHATIC SYSTEM AND IMMUNE RESPONSE

Lymphatic system consists of lymph vessels, lymph nodes, and related organs. Fig 2 shows the major organs associated with lymphatic flow. Lymphatic system absorbs fluid that is filtered from the vasculature and returns them to the venous system. It also absorbs fat from food and transports it to the liver.



The loss of lymphatic fluid is associated with decrease in immunoglobulins (antibodies), loss of clotting factors leading to bleeding, and hypoalbuminemia resulting in generalized edema. There are conditions in which lymph collects in pleural cavity termed chylothorax or in the abdomen termed chylous ascites due to defects in the development of lymphatics. The lymph vessels are similar to veins, with valves to maintain flow in one direction. Contraction of skeletal muscles aids in the movement of lymph fluid and hence muscle activity is vital for this fluid flow. Bone marrow, spleen, thymus and lymph nodes form the important function of protecting the body from invading organisms. The lymph organs produce lymphocytes (both B- and T-cells), monocytes, leukocytes – all of which are important in providing immune response in a person. The spleen is a reservoir of blood and filters and purifies both the blood and the lymphatic fluid that flows through it.

All the organs of lymphatic system as well as the vessels of this system should be intact for proper immune response. For example, after a radiation therapy for cancer, if the radiation is close to groin or axilla (under arm), it is likely the lymph nodes at those locations will be damaged, losing ability to move lymph fluids beyond the point of damage. As a consequence, the distal parts (legs or arms) retain the fluids and the size of the limb increases. This condition is called lymphedema and is unfortunately, very common in many post-treatment conditions. Thus the causes for lymphedema include: blockage of lymph nodes and vessels by cancer growth itself; surgical removal of lymph nodes to avoid spread of cancer; radiation therapy used in cancer treatment of organs close lymph nodes etc.

There are many ways to counter the condition and facilitate lymphatic flow. Some methods are: mild exercise, wrapping arm or leg with a compress, special lymphatic massage procedure, pneumatic compression, compression garments,

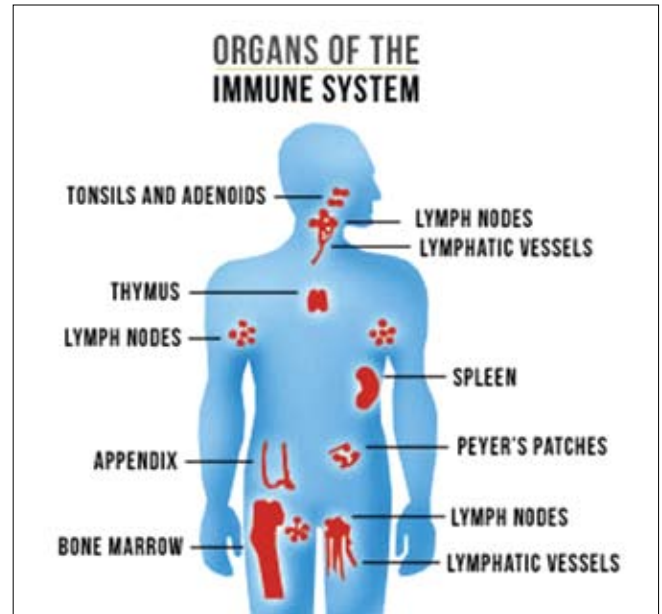


Fig 2: The Immune System of the Body

and last not the least, vascular surgery to facilitate collateral flow. Bacterial (filariasis) or fungal infection not related to cancer which involves lymphatic system could also cause lymphedema.

## ROLE OF YOGA IN LYMPHATIC FLOW

As mentioned earlier, exercise wherein movements of various skeletal muscles are activated is a good facilitator of lymphatic flow. Thus proper asanas targeting muscles around the lymph node that is blocked could bring relief to the patient. Pranayama is known to aid in the control of venous pressure. This in its turn, could aid in lymphatic drainage. "Lymph drains into the venous system when intra-thoracic pressure decreases in inspiration, whereas expiration allows flow of lymph from extremities. We used yoga to replace central Manual Lymphatic Drainage (MLD) during the treatment of lower extremity lymphedema"[2]. This is an excellent method reported by the authors and could be of great use by patients with this condition.

Two types of pressure waves are measured in the pulsatile flow of lymphatic fluid. Low amplitude (3 mm Hg) pressure waves related to respiration



and high amplitude (6 mm Hg) waves going through the system. Any breathing practice in synchrony with the flow could also facilitate lymphatic flow. Further, deep inhalation which produces negative pressure in the thorax could as mentioned earlier, increase lymphatic flow. Thus, careful breathing pattern could enhance the venous return and also lymphatic flow.

Most inverted asanas could facilitate drainage of lymphatic fluid. Further, compressing abdomen as in pavanamuktasana could also help this process. If pavanamuktasana is carried out dynamically (holding and pulling the folded legs towards the torso as one lies on the back) and in synchrony with breathing, then this could augment the lymph flow also.

### ENHANCING BRAIN IMMUNITY THROUGH YOGA PRACTICES

Immunity is intimately connected to lymphatic flow. Actually, lymphatic system in the entire body is intended to take immune components for active defense purposes. Blood flow and lymphatic flow are interconnected; thus, any activity that enhances blood flow could also enhance lymphatic flow and hence improve immunity. All the above practices of asanas and breathing exercises are thought to be of importance and research should be carried out to make sure these ideas are relevant in lymphatic drainage. In summery, then, inverted

asanas, abdominal pressure with synchronized breathing, deep inhalation, moving the neck in the vertical place (touching the chest with the chin and lifting the head to look at the ceiling) could all help in lymph flow to and from the cranium. Free flow of lymph fluids improves immunity, especially needed in the management of immune deficiency associated with neurological problems.

### REFERENCES AND NOTES

1. Antoine Louveuet. al., "Structural and functional features of central nervous system lymphatic vessels", *Nature*, 523, pp. 337 - 341, July 2015.
2. Narahari SR, Ryan TJ, Aggithaya MG (2013) How Does Yoga Work in Lymphedema? *J Yoga PhysTher* 3:135; a very interesting paper discussing possible role of asanas and pranayama in reducing lymphedema.
3. MadhurGuruprasadAggithaya, Saravu R Narahari, Terence J Ryan. "Yoga for correction of lymphedema's impairment of gait as an adjunct to lymphatic drainage: A pilot observational study", *Int J of Yoga*, 8: 2015, pp. 22 - 32. Here is an excellent paper guiding use of Yoga for a very difficult condition affecting around 25 million people worldwide.
4. <https://www.innerbody.com/image/lympov.html#full-description>; downloaded: April 3, 2016. This is an excellent resource giving an overview of lymphatics and its connection to immune function.
5. Mayo clinic of USA guidelines are available in the internet and it is important to apply these procedures carefully - in consultation with a specialist medical professional - so that this difficult condition is well taken care of.
6. My heartfelt thanks to the medical professional who makes sure the physiological aspects are correctly written in all the manuscripts I have been writing.



New Delhi, Apr 10: Guruji graced the Annual Teachers Conference held here in Siri Fort Auditorium. Organized by Bharatiya Dharohar.



Stress Management of Excessive Tension (SMET) program organized for VYASA & S-VYASA members



**Devendra B K**, Seva Vrati of VYASA family, participated in **16<sup>th</sup> Senior National Para Athletic Championship, 2016**, held in Chandigarh & won **Gold in Javelin throw & Bronze in Shot-put**. Chancellor Dr. H R Nagendra Ji appreciated his achievement.



## Effect of Cyclic Meditation on Job Stress Levels of Indian IT Professionals

### Introduction

Over the last two decades, Information Technology (IT) based industry in India has transitioned from million dollar industry to billion dollar industry. This industry grew from USD 100 million in the financial year 1992 to USD 108 billion in the year 2013 as per NASSCOM 2013 annual report. Over 100 million English speaking population, computer awareness to students in early college times, favorable government policies and low cost geographical advantage, are some of the reasons for this growth. Majority of revenues for Indian economy in private sector are driven by IT sector as per NASSCOM 2014 annual report. As most of Indian IT professionals work for IT based global service providers, they need to tune to the customer demands in meeting aggressive targets as well as to adjust to the customer country time zones. One cannot ignore “short-term contract” nature of IT job, causing Job Anxiety for Indian IT professionals. Due to the characteristics of job performed by IT professionals, they are often getting victims of Job stress conditions. Job Anxiety is a major component in driving the Job stress for Indian IT professionals. This has taken a huge toll on the physical and mental health levels of IT professionals. Acid peptic diseases, excessive alcoholism, asthma, diabetes, tension



■ Dr. Pammi Sesha Srinivas  
Abstract of PhD Thesis



head-ache and hypertension are some of the diseases experienced by IT professionals. In a cross-sectional study performed on 1071 professionals on IT and ITES professionals working in Bangalore, alarming facts were found:

31% of IT/ITES professionals are hypertensive with approximately 5% having malignant levels of hypertension (Giridhara babu et. al, 2013). This study further suggests that hypertension in IT/ITES professionals occurs a decade earlier compared to the rest of India and two decades earlier compared to developed countries. World Health Organisation along with International Labor Organisation in a 2000 year report, also warned that the stress originating from work conditions is going to be 21<sup>st</sup> century health epidemic for working professionals and stressed the need to work on measures to improve the mental health conditions for working professionals. Research interest on emotional intelligence at workplace is slowly increasing as it may influence the coping techniques adopted by working individuals when stressful conditions were encountered. Though studies performed on Job conditions impact on Indian IT professionals, are slowly increasing in the field of research, there are little studies performed on Job Anxiety and Emotional quotient of Indian IT professionals. Yoga is the ancient Indian science, which can bring positive health levels to individuals by increasing self-awareness and mindfulness (HR Nagendra, 2007). One may

improve emotional intelligence with increased self-awareness and mindfulness



(Hasmukh Adia et al., 2010). In the current experimental study, effect of Cyclic meditation (a yoga based practice), on Job anxiety, emotional intelligence and perceived stress of Indian IT professionals

was measured using appropriate standardized questionnaires. The target of the study is to measure the effect of cyclic meditation on Job stress levels of Indian IT professionals. Current study also targets to measure the correlation between Job Anxiety, Emotional Intelligence and perceived stress among Indian IT professionals.

### **An understanding about stress from the ancient Indian Literature Stand point**

Western thought process was built up on matter based paradigm, whereas ancient Indian thought process was built up on consciousness based paradigm ( Nagendra, 2003). Ancient Indian literature consisting of Upanishads, srimad Bhagavad-Gita, Patanjali Yoga sutra etc., provided holistic understanding about personality and health of human beings. Tattiriya Upanishad provides holistic understanding about existence of five layer body for each life force and also mentions that *Monomaya kosha* ( the mental body) hosts emotions, likes and dislikes for the life force. Patanjali Yoga sutra provides understanding about five fold modifications of the mind which can return pain or pleasure. Srimad Bhagavad-Gita, details

on the consequences of attached thinking to any object which eventually leads to destruction and health loss. Patanjali Yoga sutras provide understanding about how yoga can help to still the modifications of the mind. Modifications of the mind if not controlled would lead to imbalance to the mental body. As per Yoga philosophy, stress is defined as 'imbalance' in any layer of the body. Mandukya Upanishad in one of its verses provides methods on how to reach equilibrium state of the mind which can make the mind free from imbalances i.e stress and thereby helping the man-kind to reach perfect

state of 'mental-health'. Cyclic Meditation, a yoga based practice was developed by Swami Vivekanda Yoga Anusandhana Samstahana on the principles of Mandukya Upanishad.

### **Scientific Literature Survey**

Step wise survey was performed on the relevant modern scientific literature about Job stress and its consequences. As a first step, early literature available on stress and job stress was reviewed including General Adaptation Syndrome defined by Seyle(1976). Popular models like Demand- control model, Person - Environment model and high effort -low reward model were reviewed to understand the causes of mental strain due to job stress. Literature on various factors like personality, organisation and Job anxiety were reviewed to understand their effect on perceived job stress for an individual. Outcomes and consequences of Job stress from early research were also reviewed. Relevant Literature on coping and emotional intelligence was also reviewed. Literature review on emotional intelligence was also performed to understand the significance of managing own/other's emotions at workplace for working professionals. This is followed by extensive review of available literature on Indian IT professionals' job stress conditions. In a study performed on professional stress, depression and alcohol use among Indian software professionals, it was observed that the software employees are professionally stressed due to job conditions and are at 10 times higher risk for developing depression and also there is a significant increase in the incidence

of psychiatric disorders ( Darshan et al., 2013). Relevant literature review on the effect of yoga based life style was carried out which helped to understand that yoga based life style results in, reduction in systolic and diastolic Blood Pressure. It was also understood that cyclic meditation a yoga based practice helps to ignite dominance of parasympathetic activity and there-by helping to reach homeostasis conditions after encountered stressful situations. Based on



the literature review done, a theoretical model was developed to understand that effect of cyclic meditation practice on job stress levels of Indian IT professionals

### Aim

The aim was to study the effect of cyclic meditation on Job stress levels of Indian IT professionals.

### Objectives

- To evaluate the effect of cyclic meditation on emotional quotient of IT professionals.
- To evaluate the effect of cyclic meditation on Job Anxiety levels of IT professionals.
- To evaluate the effect of cyclic meditation on Perceived stress (Job stress) of IT professionals.
- To evaluate the relationship between emotional quotient, job anxiety and perceived stress for professionals working in Indian Information Technology Industry

### Materials and Methods

**Participants:** Participants are IT professionals working in Bengaluru, India office of, one of the Multi National Company. Company Name is Infineon India Technologies India Pvt Ltd, having its office in EPIP Zone Phase-II, white field, Bangalore. This company has headquarters in Munich, Germany and has research and development centers in Austria, U.K,

Singapore, Germany and India. The study is performed on two groups namely control group and Intervention group ( i.e yoga group). Yoga group consists of 48 participants and Control group consists of 48 participants. Participants have age range between 24 years to 49 years with an average of 31 years in intervention group and 32 years in control group.

**Research Design:** - This is a pre-post study design. Quantitative approach was adopted for obtaining the data during pre-post stages of the design. Voluntary written feedback shared by

few participants of Yoga group at the end of study period was also used to check the converge of the results obtained from yoga group using quantitative measures.

**Intervention:** - Cyclic Meditation Practice is used as the intervention for the yoga group. Cyclic (CM) meditation is a unique practice which incorporates mind and body movements with awareness. Cyclic meditation is a technique which combines "stimulating" and "relaxing" practices, based on a statement in ancient yoga texts ( Mandukya Upanishad), suggesting that such a combination may be especially helpful to reach a state of mental equilibrium. Intervention is of 35 minute duration for each session. Yoga group was supplied with a session of cyclic meditation practice on a working day. Current study was carried

between 15<sup>th</sup> septemeber2014 to 28<sup>th</sup> November 2014, making effective study period is of 8 weeks duration. Control group was requested to practice physical exercises like walking of equal duration for the duration of the study period.

**Assessment Tools:** Below three assessment tools were used.

- Emotional quotient questionnaire (EQ test) developed by Dr. N.K. Chada and Dr Dalip Singh measuring psychological dimensions such as Emotional Sensitivity, Emotional Maturity, Emotional competence and Emotional Quotient, was used.
- The Perceived Stress Scale (PSS) developed by Cohen et al. (1988) was used to measure the perceived stress. It is a measure of the degree to which situations in one's life are appraised as stressful.
- Job Anxiety Scale (JAS) questionnaire developed by A.K.Srivatsava was used to measure the Job Anxiety for this study.

### Data Extraction and Analysis

All statistical analyses were performed using the Statistical Package for Social Sciences, SPSS (version 16.0). To see the significance of the change within the group wilconson signed rank



test used where as to check the significance between the groups, Man-whitney test was used. Pearson correlation test was used to observe possible correlations between Emotional Quotient, Job anxiety score and perceived stress scores on baseline data of both yoga and control groups together. For Qualitative approach of collecting participant experiences due to intervention, interested participants were requested to document their experiences voluntarily.

### Results and Discussion

It was observed that after 8 work week intervention of cyclic meditation,

- Mean value of Emotional sensitivity in yoga group increased by 14.78%, were as Emotional Maturity witnessed an increase of 12.88 %. Aggregate Emotional Quotient of intervention(i.e yoga) group increased by 15.03%. It was also observed that Perceived stress levels also decreased significantly in the intervention group. Changes in all components of Emotional quotient and Perceived stress were significant. (  $p < 0.01$ ).
- Mean value of Job anxiety levels as a whole recorded reduction in intervention group (19.51%). Mean value of Job security component recorded a reduction of 21.61% where as Self-esteem concerns recorded a reduction of 24.11%. Changes in all sub-areas of job anxiety in yoga group were significant. (  $p < 0.01$ ).
- Based on correlation study results, it was observed that among Professionals working in Indian Information Technology Industry, there exists a relationship between Emotional Quotient, Job Anxiety and Perceived stress. It also indicated that Job Anxiety is negatively correlated with Emotional quotient and is positively correlated with perceived job stress.
- In the Qualitative approach of collecting participants experiences due to intervention, it was observed that participants from yoga group felt less- tensed and stressed at work compared to before the intervention period.

Participants were able to handle the work related meeting efficiently and are able to make constructive arguments with team mates. Some participants also experienced improvement in problem solving skills.

### Limitations

Limitations of current study were elaborated which could be used as reference for future scope of similar studies on application of Yoga based practices on IT professionals.

### Conclusion

The current study contributes to literature in several ways. Till date, there was no study performed on alleviating Job stress levels of Indian IT professionals using yoga based practices. Results obtained are encouraging and indicate that Cyclic Meditation helps to increases the emotional quotient, decreases Job Anxiety, thereby helping to alleviate Job stress levels for IT professionals. Current study, by providing initial insights into usefulness of yoga based practices for Indian IT professionals helps to open gates for future research on the application of yoga to Indian IT professionals.

### Suggestions for Future Studies

It was suggested that, future studies on the use of Yoga based practices on Job performance and Job satisfaction could be carried out. It was also suggested that current study could be performed with mix of professionals from different sectors of IT industry to deliver more generalized results to IT industry on the effect of Yoga practices in altering perceived Job stress. As part of this current study, an integrated model on understanding impact of Job stress was advised. It was suggested that this integrated model to be validated under different industry set-ups using yoga based practices as mind nurturing practices. ■



# SPEED IS STRESS

My train is to arrive at Bangalore city railway station in the morning at about 7 am. Already, it was delayed. By 7.15 am it reached the Cantonment station. I was happy because I would be there in the City Station within 15 minutes. I called my driver to be present in the station to receive me at 6.45 am which was the right time of arrival. The driver was already in the station and he was making call after call to know the correct time of my arrival. My mind had already gone to the City Station but the train was still at the Cantonment. There was now a clash between my speeding mind and the slow train. When the train left Cantonment, I was a little relieved of my tension and my mind was now full with the hope that I would be in the City very soon. My mind began to fly again. But unfortunately, a few minutes after leaving the Cantonment station, the train stopped for want of a green signal. My speeding mind was given a sudden application of brakes. The tension was doubly strong and unbearable. I was becoming restless. I was cursing the Railway authorities

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



and all the connected Officials. My anger and anguish were of no avail. Only, my tension was becoming more and more severe. Meanwhile, there was again a call from my driver to know where I was. I was very much tension ridden. Nothing could be done. The train did not move and my mind which was already at great speed was pulled back and now it was in turmoil. After a long wait for 10 or 15 minutes which looked like 5 or 6 hours, the train started and I had a sigh of relief. This time, I was sure that I would reach the station within 5 or 10 minutes. My mind took a flight to the platform. When I was getting ready with the luggage to move towards the door to alight, the train came to a screeching halt a few yards ahead of the platform. Now the mind, which was already in the car with the driver, suddenly, was pulled down to a great fall breaking the brain. There was now a great damage to the nerves, mind and all the body. My eyes became red, head became heavy and body became nervous. And the mobile gave a ring from the driver to learn about the time of arrival. Visibly, my whole system was shivering. I am sure; there was B.P. on the rise. After another 25 minutes of long wait with curses, the train moved and at long last it arrived on the platform number six. To my utter dismay and disappointment, I did not find the driver on the platform to receive me and my luggage. Having waited for me a long time with disappointing timings, he had gone to a shop for a cup of coffee. Literally cursing myself and the railway machinery, somehow I pulled my luggage out and stood on the platform making frantic





efforts to know where the driver was. Another 15 minutes, I had a hectic tension because, the mobile screen was not visible and the voice was not audible on account of the heavy sounds and light on the platform. Everything had contributed heavily for the rise of my B.P. By God's grace the driver himself was able to spot me out. With him there was my son who was a Doctor. He was going to the hospital with his stethoscope and the B.P. apparatus. Looking at my frenzied face, he studied my B.P. with his apparatus and found it to be 100 - 220. It was all because of my speeding mind and the slow train. Had I been able to slow down my mind in proportion to the slowing train, I would have not only enjoyed my journey but could have prevented the rising B.P.

The ailments such as Diabetes and B.P. are more because of the stress caused by the speeding mind. If only we learnt to breathe slowly and move the mind gently on the track of the slow moving events, there will be fewer ailments.

Very often, we see people in the aircraft rushing out from the seats as soon as it comes to a halt after landing. All these passengers are found in a hurry to rush to the aisle to move forward and alight. But it would take at least another 7-10 minutes for the door to be opened and the travellers to be permitted to leave. But those 7-10 minutes are very long hours for the people in a hurry causing stress. Their minds have already gone to the out gate and are ready to board the cars to reach their respective destinations.

If people are to experience this tension for a few minutes on two or three occasions in a day, there will be at least one hundred moments of stress in a month causing damage to the general health of the body. The only remedy is to slow down the mind. For that, one has to learn Yoga. It is Yoga when we slow down the speed of not only the breathing but the movement of the mind as well.

Slow down the mind and enjoy the sweetness of serenity. ■



## Yoga Education gains entry into Higher Education in India

**New Delhi, Apr 19:** Dr. H R Nagendra, Chancellor, submitted the report of the Committee on Yoga Education in Universities to the Hon'ble Union Minister of HRD, Smt. Smriti Zubin Irani ji.

On Jan 15, Dr. H R Nagendra ji was invited to form a Committee by the Union Ministry of Human Resource Development

and within 100 days of the formation the Committee the report was submitted. ■



# Effect of Integrated Yoga Module (IYM) on Personality, Emotions, Stress, Verbal Aggression and Satisfaction with life of Home Guards in Bangalore - A Wait List Randomized Control Trial

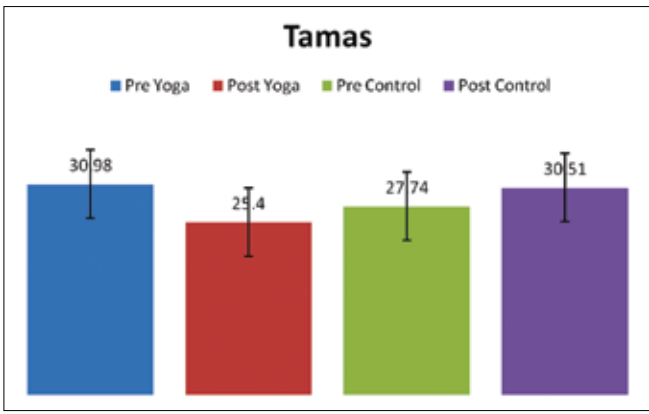
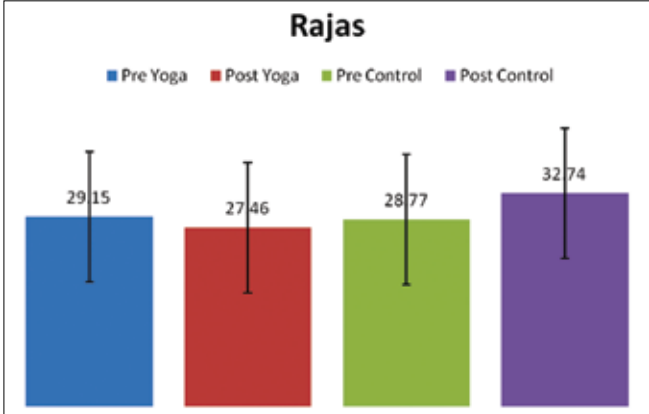
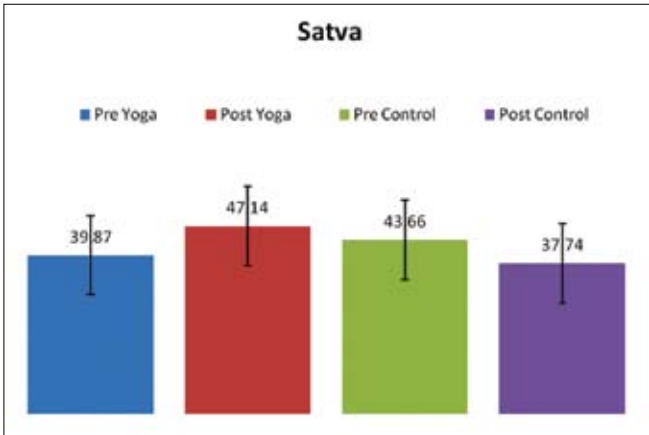

Home Guards Organization (HGO) shares the duty with security and police personnel. HGO is an independent disciplined and uniformed body of personnel constituted under Karnataka HGs Act 1962 under the Karnataka Home Department. HGs.

Normally HGs work in stressful situations hence facing the realities of life is tough for them. All categories of field working HGs, experience varied emotions and have to cope up with various tough situations in their day to day duties and life. Yoga practices may be helpful to master such emotions, stress and should lead to improvement in personality. Hence, this research was undertaken to study the effect of *Yoga* in reducing the stress and to increase the coping up skills of HGs.

**The aim and objective** of the study was to assess the effect of *Yoga* on verbal aggression, personality, positive and negative effects on emotions, stress and satisfaction with life of HGs.

**METHODOLOY:** 500 field working HGs from Bangalore Rural District attended the motivational lectures. Out of which 148 HGs volunteered to join the study. They were randomly divided into YG (75) and CG (73) using a Random number calculator. The Informed consent was taken from all subjects before enrolling them in the study. The age group was between 20 and 50 years. The educational qualification was up to PUC. The two groups had 36 and 31 females and 39 and 42 males respectively. During selection, persons suffering from any ailment, consuming alcohol and habit of smoking and persons who were already

■ **Dr. Amaranath B**  
Abstract of PhD Thesis





practicing *Yoga* were not considered and the age group was restricted between 20-45 years.

**STUDY DESIGN:** This was a prospective, randomized, single-blind, control study to measure and compare the personality (*Gunās*), *panas* (emotion), perceived stress, verbal aggression and satisfaction with life of the HGs. *Yoga* group were asked to IYM for 1 hour daily, 6 days a week for 8 weeks along with their routing work. The CG did only their routine work. YG were taught by experienced *Yoga* teachers and CG were given an option to join *Yoga* classed after completion of the study.

Personality was assessed using the Self-administered *Vedic* Personality Inventory (VPI), The VPI was devised to assess the validity of Vedic Concept Of the three Gunas, Satva, Rajas and Tamas.

Positive Affect Negative Affect Scale (PANAS) was assessed using a modified version of PANAS. This is a standard scale used in various studies to evaluate mood which is in the form of self reported emotion. It has been used in various studies to measure positive effect and negative effect. (Watson D, Clark L, Tellegen SA, 1988)

Perceived Stress was assessed using the self-administered Perceived Stress Scale. The Perceived Stress Scale (PSS) is one of the most widely used psychological instruments for measuring the perception of stress.

*Satisfaction with Life* was assessed using the self-administered *Satisfaction with life scale*. The *Satisfaction with Life Scale* (SWLS) is a short, 5-item instrument designed to measure the global judgment of life satisfaction, which is theoretically predicted to depend on a comparison of life circumstances to one's standards

Verbal Aggression was assessed using the Verbal Aggression Scale. The VAS is an interpersonal model and measure was developed by Infante DA, Wigley CJ. in the year 1986 contains 20 items scored on a 5-point linear rating format with reverse scoring on ten out of 20 items (questions- 1,3,5,8,10,12,14,15,17,20).

All this scale was assessed before and after 8 weeks.

Study was conducted at Gruha Rakshaka Bhavan for 2 months and the data was collected on day 1 and day 60. The tests were administered by examiners before and after eight weeks of IYM. The Response Sheets were evaluated by a person who not belonging to any group.

The IYM had complete mix of *Yoga* practices like *Kriyas*, *Asanas*, *Pranayama*, *Meditation* and healthy *Yogic* diet. Life style change was given emphasis for controlling emotions and to cope up with the Stressful situations. Apart from this, the YG participants continued to perform their daily routine duties.

The control group were not given any *yoga* practice. However they were performing weekly parade on a prescribed date which is mandatory requirement for Home Guards. Control group subjects can opt for *yoga* classes as part of the study after study duration

**DATA ANALYSIS:** Data was analyzed using R-Studio statistical software. Data at baseline was assessed for normal distribution using Shapiro-Wilk's test for both the groups. Independent sample t -tests were performed to assess significance of differences between the groups and paired samples t-tests for within group changes.

## RESULTS

**VPI:** Baseline scores for all domains for both groups did not differ significantly ( $p > 0.05$ , Shapiro-Wilk's test). *Sattva* in YG significantly increased from  $39.87 \pm 2.02$  to  $47.14 \pm 7.22$  whereas it



decreased significantly from 43.66±4.39 to 37.74±10.26 in CG. *Rajas* in YG significantly decreased from 29.15±0.98 to 27.46±4.38 whereas it increased significantly from 28.60±3.55 to 32.74±5.37 in CG. *Tamas* in YG significantly decreased from (30.98±1.04 to 25.40±5.11) whereas it significantly increased from 27.74±4.43 to 30.51±5.50 in CG.

SIN	Guna	Yoga Group				Controlled Group				Between Group	
		Pre	Post	t	p value	Pre	Post	t	p value	t	p value
1	<i>Sattva</i>	39.87±2.02	47.14±7.22	8.8	0.001***	43.66±4.39	37.74±10.26	-5.1	0.001***	6.4	0.001***
2	<i>Rajas</i>	29.15±0.98	27.46±4.38	-3.2	0.001***	28.60±3.55	32.74±5.37	4.4	0.001***	5.3	0.001***
3	<i>Tamas</i>	30.98±1.04	25.40±5.11	-9.8	0.001***	27.74±4.43	30.51±5.50	4.2	0.001***	5.8	0.001***

Significant level, \* $p < 0.05$  and \*\* $p < 0.01$  \*\*\* $p < 0.001$

**PANAS:** Positive Affect in YG had significantly increased ( $p < 0.05$ ) whereas it had decreased significantly ( $p < 0.05$ ) in CG. Other Positive Effect in YG had significantly increased ( $p < 0.001$ ) whereas it had decreased significantly ( $p < 0.001$ ) in CG. Negative Affect in YG had significantly decreased ( $p < 0.001$ ) whereas it had significantly increased ( $p < 0.001$ ) in CG. Other Negative Affect in YG had significantly decreased ( $p < 0.001$ ) whereas it had significantly increased ( $p < 0.01$ ) in CG.

Variables	Yoga Group				Control Group			
	Mean±SD		Pre-Post p value	% changes in YG	Mean±SD		Pre-Post p value	% changes in CG
	Pre-yoga	Post Yoga			Pre	Post		
PANAS Positive	19.92±3.89	21.02±3.76	0.016**	+5.53%	19.79±3.88	18.24±6.38	0.0443*	-7.83%
Other Positive	8.44±2.42	10.37±2.86	0.0001***	+22.86%	9.97±2.48	8.17±3.27	0.0001***	-18.50%
PANAS Negative	16.76±7.71	13.03±6.63	0.0001***	-22.23%	17.86±5.29	22.01±7.53	0.0001***	+23.23%
Other Negative	10.07±3.85	7.56±3.95	0.0001***	-24.92%	10.84±2.82	12.11±3.76	0.0150**	+11.71%

Significant level, \* $p < 0.05$  and \*\* $p < 0.01$  \*\*\* $p < 0.001$

**PSS:** stress level in *Yoga* group has significantly ( $p \leq 0.05$ ) decreased from 20.52±4.57 to 19.87±4.73 whereas it has increased significantly ( $p \leq 0.05$ ) from 19.87±4.73 to 21.45±5.37 in control group. Between the group is also significant ( $p \leq 0.05$ ).

PSS	Yoga Group			Controlled Group			Between Group	
	Pre	Post	p value	Pre	Post	p value	t	P value
	20.52±4.57	17.04±5.04	0.001***	19.87±4.73	21.45±5.37	0.044	5.14	0.001***

Significant level, \* $p < 0.05$  and \*\* $p < 0.01$  \*\*\* $p < 0.001$

**Change in Stress Level:**

Scores		Yoga Group		Control Group	
		Before	After	Before	After
<13	Average	5	23	10	2
14to19	Moderately	24	28	24	27
>20	High	46	24	39	44

**VAS:** Verbal Aggression in *Yoga* group has significantly ( $p \leq 0.05$ ) decreased from 58.89±8.05 to



55.73±7.87 whereas it has increased significantly ( $p \leq 0.05$ ) from 58.87±6.83 to 62.31±6.93 in control group. Between the group is also significant ( $p \leq 0.05$ ).

**Verbal Aggression:**

	Yoga Group			Controlled Group			Between Group	
	Pre	Post	p value	Pre	Post	p value	t	P value
VAS	58.89±8.05	55.73±7.87	0.01**	58.87±6.83	62.31±6.93	0.004	5.39	0.001***

Significant level, \* $p < 0.05$  and \*\* $p < 0.01$  \*\*\* $p < 0.001$

**Change in Verbal Aggression Level:**

Scores		Yoga Group		Control Group	
		Before	After	Before	After
20-46	Low Verbal Aggression	5	14	3	1
47-73	Moderately Verbal Aggression	68	61	69	66
74-100	High Verbal Aggression	2	0	1	6

**SWL:** Satisfaction in life in *Yoga* group has significantly ( $p \leq 0.05$ ) increased from 25.34±4.79 to 27.57±3.49 whereas it has decreased significantly ( $p \leq 0.05$ ) from 25.01±5.03 to 19.80±6.88 in control group. Between the group is also significant ( $p \leq 0.05$ ).

	Yoga Group			Controlled Group			Between Group	
	Pre	Post	p value	Pre	Post	p value	t	P value
SWL	25.34±4.79	27.57±3.49	0.001***	25.01±5.03	19.80±6.88	0.0001	-8.61	0.001***

Significant level, \* $p < 0.05$  and \*\* $p < 0.01$  \*\*\* $p < 0.001$

**DISCUSSION**

**VPI:** There were significant decreases in *Rajas* and *Tamas* in YG and increases in CG. When data analysis was subdivided by gender, educational qualification and age all categories showed similar trends as expected according to the *Yogic* literature. There was an increase in *Sattva* in *Yoga* group whereas it had decreased in controlled group. *Rajas* and *Tamas* significantly decreased in *Yoga* group whereas it had increased in controlled group.

**PANAS:** The descriptive of negative emotions, 'Distressed' and 'Disappointed' showed 37.40% and 38.01% reduction respectively in *Yoga* group. Since the Home Guards are volunteers and they don't have job security, they were in a mood of distress and disappointment. The beneficial effect of the integrated *Yoga* module in unwinding the distress and disappointed feeling in HG's that too within a short period of time may be considered as an important contribution of this study. The results suggested that integrated *Yoga* module (IYM) can be useful for Home Guards to improve the positive affect and to decrease negative affect score. Moreover, IYM is cost effective and helps HGs

**VAS:** This study has showed that 8 week intervention of an IYM decreased verbal aggressiveness in the *yoga* group and found to be at the same level in the control group. In this study has shown the efficacy of *Yoga* in decreasing verbal aggressiveness. Hence, *Yoga* may be recommended to Security forces to deal with the problem of violence among themselves and with others, which is still a live issue in all parts of the world.



**PSS/SWL:** This study has showed that 8 week intervention of an IYM decreased Perceived Stress Level in the yoga group and increased in the control group. Also Satisfaction with Life level increased in Yoga group and decreased in control group.

**Conclusions:** All the results have shown that IYM has increased the positive affect in Home Guards and reduced the negative affect, increased satva and reduced rajas and tamas, reduced the stress, improved the satisfaction in life and reduced the verbal aggression. Further *Yoga* is very cost effective and recommended to home guards.

Hence, this study is a solution to train HGs to calm their mind and help them to increase their positive thinking and decrease negative mind set. By this their service to public will improve and in turn the image of the Department will also go up.

**STRENGTH:** This is the first systematic yoga interventional study in Home Guards. As HGs work in stressful conditions, it is essential for them to manage their Gunas, emotions, stress, etc. The main aim was to train them through IYM how to cope up with any situation by calming their mind. How to increase the Satvik personality and reduce Rajasik personality.

**LIMITATIONS:** We have taken only subjective parameter such as questionnaire, objective parameter such as blood pressure and electro cardiogram would have given the concrete result.

**SUGGESTIONS FOR FUTURE STUDY:** The other positive affect and negative affect which was taken from Lakshmi et.al. variable can be validated.

#### **PUBLICATIONS FROM THIS DOCTORAL WORK**

- Amaranath, B., Nagendra, H.R., Deshpande Sudheer. Effect of Integrated Yoga Module (IYM) on positive and negative emotions in Home Guards in Bangalore- A Wait List Randomized Control Trial. *International Journal of Yoga*. (Published).
- Amaranath, B., Nagendra, H.R., Deshpande Sudheer. Effect of Integrated Yoga Module (IYM) on Personality of Home Guards in Bangalore- A Wait List Randomized Control Trial. *Journal of Ayurveda and Integrative Medicine*. ( Accepted , in process for publication).
- Amaranath, B., Nagendra, H.R., Deshpande Sudheer. Effect of Integrated Yoga Module on Perceived Stress and Satisfaction with Life of Home Guards in Bangalore - A Wait List Randomized Control Trial. *Journal of Ayurveda and Holistic Medicine* (Published). ■

## **News from VYASA - Kolkata**

On February 29<sup>th</sup>, a **Yoga Awareness Programme (YAP) on Yoga for Hypertension** has started at VYASA Kolkata.

From March 1<sup>st</sup> - 10<sup>th</sup>, Special yoga sessions on **Pranayama** was organized for the well wishers and RYTP participants of VYASA Kolkata. On this occasion **Mrs. Sasmita Dash** from SVYASA was invited to hold the Pranayama sessions. During her visit she has inaugurated a new group Yoga class for the Ladies at Alipore (Library Avenue).

On March 5<sup>th</sup>, **Executive Committee Meeting** of

VYASA Kolkata was organized at 6 Lyans Range Kolkata. It was attended by Chairman Mr. B K Dhanuka, Vice Chairmans Mr. Sajjan Bhajanka, Mr. Sunil K R Rungta, two invites and four yoga teachers of VYASA.

On March 28<sup>th</sup>, **Yoga Awareness Programme (YAP) on Yoga for Hypertension** got over.

Along with this Regular Yoga Training Programme (RYTP) & Yoga Therapy (YT) classes at VYASA and Yoga Awareness Programmes (YAP) in the different schools, community halls and Corporate Houses are going on. ■



# Personality Development Camp (PDC)

## April, 2016 | Prashanti Kutiram



**Prashanti Kutiram:** The 90<sup>th</sup> batch of Personality Development Camp was held in between April 1-10. The theme of the camp was Memory Development in children of 10-12 years and 13-15 years age group.

This program has been designed to enhance all round Personality Development through Yoga for Memory Development. Around 197 children had come to attend the PDC program, among them senior boys - 28, senior girls - 40, junior boys - 87 and junior girls - 42. For giving each child personal attention juniors were divided into 8 groups and seniors were divided into 5 convenient groups.

Children got expose and learnt Asanas, Pranayamas, Yogic Games, Creativity specially designed to enhancing memory. 8<sup>th</sup> evening at Vivekananda statue there was Bhajan session followed by Satsang by our Guruji and Prof. Subrahmanyam ji and in serene

atmosphere children experienced the touch of silence being with the Pranava - Om Dhayana.

All children successfully completed the program and exhibited their talents for traditional dance and drama, Asana Pyramid on 10<sup>th</sup> morning in valedictory function. Thanks to our Guruji, Prof. Subrahmanyam ji, Prof. Ramchandra Bhat ji who guided the children and also the other faculty members and co-ordinators. ■





**Total Personality  
Development**  
Yoga, Bodh, Bhakti,  
Bhav, Krida, Bhog



Entertainment Program by Organizers & Co-ordinators of the camp



# 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 11<sup>th</sup> to 16<sup>th</sup> 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 2<sup>nd</sup> 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

From  
**July 11-16**

**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

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mail id- [aeonbnys2016@gmail.com](mailto:aeonbnys2016@gmail.com)



# Yoga Awareness Program for Engineering College Students



**Mysore Palace, Apr 10:** Vidyavardhaka Engineering College has organized the Yoga Awareness program on the occasion of their College Fest. There were more than 300 registered delegates for the Yoga session from

different engineering colleges of Mysore and it was open for public as well.

A team of S-VYASA, BSc Yoga students headed by the co-ordinator Mr. Rajesha H K and Mr. Narendra were successfully conducted the program. A module was made practice to one and all of regular need. ■



Recently, Sri Satyanarayana Puja, Rathotsava Sewa and Tulabhara of Guruji held in Sri Venkateshwara Temple of Nisarga Layout, Jigani, Bengaluru



# S-VYASA takes Yoga to Antarctica

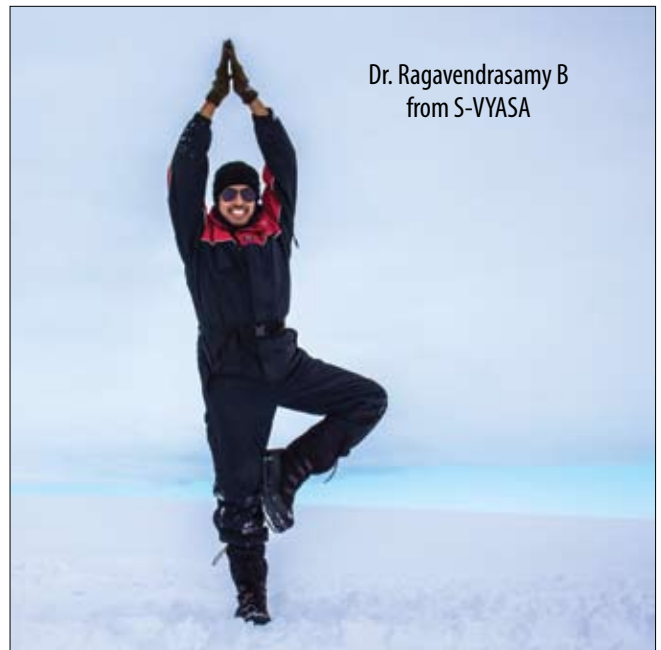


Group Yoga on Ice Shelf. Practice lead by Dr. Ragavendrasamy B from S-VYASA

Antarctica the coldest, windiest, highest and driest continent on Earth. It is the last continent to be spotted in 1920. Antarctica is the fifth largest continent in the world, with its size varying with seasons almost doubling in the winter. It consists of around 2% of the land mass visible outside. So all we get to see there is nothing other than ice. The ice of Antarctica is not a smooth sheet but a continuously changing expanse. Crevasse fields with cracks of hundreds of feet deep covered with a thin layer of snow making it risky to work on ice shelves. Antarctica is a place of vast expansiveness and serenity holding with it answers for several questions regarding our planet. This continent does not have any inhabitants of itself. Lots of scientists stay there for months but it is so cold that no one lives here full time.

Scientific studies and observations conducted earlier on humans traveling to Antarctica has revealed several changes in human physiology during stay and also after returning back from Antarctica. These changes range from behavioral abnormalities like aggression, mood swings to psychiatric problems like depression. However, the most common perceived challenges by the members include insomnia, indigestion, constipation, and fatigue. Also, scientific studies have shown decreased immune responsiveness accompanied with an increase in circulating insulin, thyroid hormones, testosterone, cortisol

and pro-inflammatory cytokines. These pro-inflammatory cytokines act like general alerting systems alerting various systems in the body. Presence of these pro-inflammatory cytokines for longer periods in blood circulation is associated with incidence of several metabolic disorders. The reason for these changes are still investigated and solution to these health problems in Antarctica are being studied. Several recommendations are being made by the National Centre for Antarctic and Oceanic Research (NCAOR, Goa) to ensure good health and safe travel for all members participating in



Dr. Ragavendrasamy B  
from S-VYASA



Voyage Team, 35<sup>th</sup> Indian Scientific Expedition to Antarctica

the Indian expedition.

Yoga, an ancient Indian way of life has been practiced in this country and world not as a religion but as a way of life. Yoga has been scientifically proven to be beneficial not only in treating diseases but also to preserve and promote the health states. Yoga is understood to bring about an equilibrium when practiced has been the observation since the time it was documented first by Pathanjali until the present era of objective observations. Earlier studies have shown that Yoga practices are beneficial irrespective of an individual being obese, diabetic, hypertensive, auto-immune disorders and in immune compromised patients. Findings with yoga on human physiology and psychology are

promising that some day in the near future yoga can be used as a cost effective mass health care measure for the society.

In this context, the Defence Institute of Physiology and Allied Sciences (DIPAS, Delhi) and Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA, Bengaluru) joined hands together in developing a specific yoga module that can cater to the needs at Antarctica and also during the voyage at sea. Scientists from S-VYASA and DIPAS were sent to the Indian Antarctic research base 'Bharathi', through NCAOR to study the feasibility of application and effectiveness of Yoga practices in alleviating the complications and facilitate adaptation to extreme climatic conditions at Antarctica. ■



VYASA signs a new MoU with Mr. Keisen Kimura who has been co-ordinating our courses in Japan with us for nearly two decades to promote Yoga Therapy and Yoga in a bigger way in Japan.



# Tucson 2016 Science of Consciousness Conference

## S-VYASA makes Three Presentations

The value of S-VYASA research and understanding in the field of consciousness studies is exemplified in 3 presentations made at the 2016 Tucson Science of Consciousness Conference, hosted by the University of Arizona, Tucson, from 25<sup>th</sup> to 30<sup>th</sup> April.

On 26<sup>th</sup> April, Professor Alex Hankey gave a four lecture Preconference Seminar entitled, 'Complexity and Consciousness', in which he presented the new information theory emerging from complexity biology. On 27<sup>th</sup> April, his oral presentation showed how a genuine theory of free will and freedom of choice can be built on the new approach, and on 29<sup>th</sup> April, PhD student Rashmi Shetkar's Poster on the Effortlessness of Meditation according to Complexity, was presented in the evening Poster Presentation period.

The conference received over 500 abstracts vying for space to present, so the selection of two abstracts from S-VYASA in addition to the much sought after invitation for a Preconference Seminar speaks of the high regard for research work on consciousness originating in S-VYASA. This work has been described in several previous issues of Yoga Sudha since 2009. It has developed over the past seven years since a first poster presentation at the 2008 Tucson Conference, and describes a new approach to understanding the origins of our internal senses of 'self' and 'time passing' based on the Upanishads and Bhagavad Gita.

The Mundaka Upanishad likens human awareness to two birds in a tree, where one pecks the fruit, while the second looks on; in other words awareness is made up of two components, one that holds the information of experience, while the second acts as a witness, *sakshi*. The role of the witness, on the one hand, is to give the sense of being able to reason

about events, and so to plan future actions, and on the other to give a pure sense of self, that experiences the passing of time as an internal phenomenological experience. It is this that can be equated with the *Atman*, or Self, so clearly and extensively described by Lord Krishna in Bhagavad Gita. The nature of Atman is, "to know Itself, by Itself, through Itself".

This feature of Self is clearly depicted in the new theory, which proposes a form of information found in biological control systems, and which has not previously been identified. This new kind of information has two components, one like the first bird, containing information in experience, and the other like the second bird, looking on. The second part consists of a pure information loop – in a state of pure self-knowing, for which the 'self', like the Atman has no qualities, and is 'beyond the three Gunas', as Lord Krishna emphasizes in Bhagavad Gita.

The poster presentation showed how the automatic nature of the process of *dhyana*, meditation, emerges from the theory, because the state of pure consciousness in which the Self, *Atman*, knows itself, is a dynamic attractor of the system, to which awareness naturally gravitates. No effort and no concentration are needed, because these processes activate the little ego, *Ahamkara*, and prevent the process of *dhyana* from occurring.

This breakthrough new theory can also explain how healing takes place and has led to publications in the fields of both physical health and mental health. It may form the basis for future collaborations with other institutions in India to build a world leading collaboration in the field of consciousness studies based on India's ancient wisdom and traditional knowledge, which gave her ancient *Rishis* acknowledged leadership in the whole field. ■



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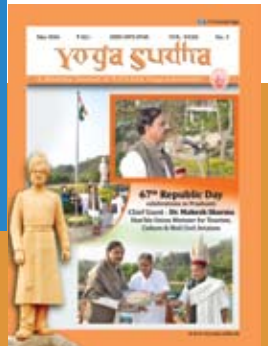
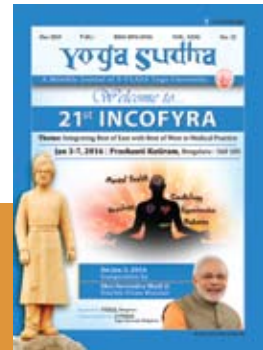
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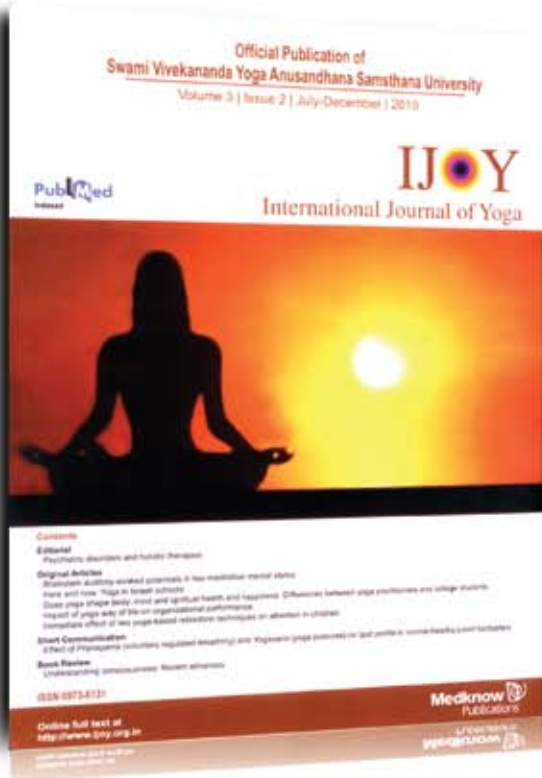
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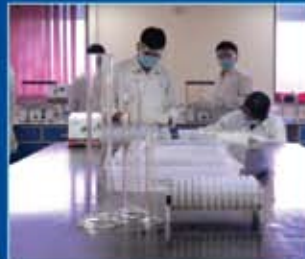
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
  
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