

# YOGA SUDHA

A Monthly Journal of S-VYASA Yoga University



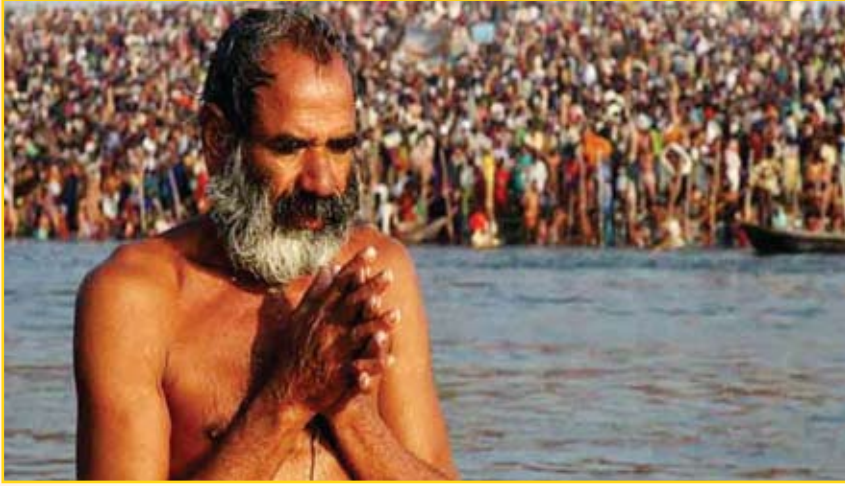
**Inauguration of Centre for Value Education  
by The Hon'ble Governor of Karnataka Sri Vajubai Valaji**



**Foundation stone laid  
for Yoga Bhawan,  
Annex to Eknath Bhavan  
by the Union Minister  
Shri Anantha Kumarji**



# International Conference on VALUE BASED LIFESTYLE - April 17-19, 2015, Bhopal Simhastha Kumbh Mela Celebrations in Ujjain



The celebration of Kumbh Mela takes place at the four sacred places as per the position of Sun and Jupiter in different zodiac signs. Poorna Kumbh is held at Ujjain once in every 12 years when the zodiac sign Scorpio (Vrishchik Rashi) indicates the presence of Jupiter and Sun.

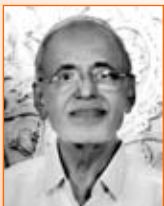
The commemoration of Mela at Ujjain is known as Simhastha Kumbh Mela in which the unique combination of divinity and purity is experienced

when the crowd of ash-dubbed sages, priests, devotees gets fused together with the roaring of elephants and camels. People who witness the spiritual fest feel good fortune by their side and sense positive aroma purifying their souls and thoughts. Major attraction of this festival is Shahi Snan (royal bath) which takes place on predetermined dates varying every year. It is believed that those who take royal bath in holy Shipra River on the occasion of Kumbh Mela wash their sins of all previous births. The devotees consider it as an opportunity to get them revived from the never ending birth cycle.

In the history of India, it was the tradition to restructure the disciplines and values according to the societal need during the Kumbha Mela Celebration. In this connection, **Samskruti Vibhag, Govt. of Madhya Pradesh** and **Shiksha Samskruti Utthana Nyasa, New Delhi** jointly organised an International conference on "VALUE BASED LIFE STYLE" - मूल्य आधारित जीवन - scheduled between 17 to 19 April, 2015 at Bhopal, Madhya Pradesh to formulate the life values to keep the entire nation in harmony.

In this esteemed conference, our beloved Guruji **Dr. H R Nagendra, Chancellor, S-VYASA University** and **Vidvan Prof. Ramachandra G Bhat**, Vice chancellor are contributing their valuable life experiences by delivering their talk on -

1. **The Relevance of Yoga for Value Based Lifestyle** (मूल्याधारित जीवन के संदर्भ में योग)
2. **Values in Genaral Higher Education** (सामान्य उच्च शिक्षा में मूल्य निष्ठता)



## Shraddhanjali to Sri S Indira Rajan

Sri S Indira Rajan, the proprietor of Venkateshwara Enterprises, Coimbatore recently left his body. Being a Kitchen Equipment Manufacturer, he and his team has been in service of S-VYASA from last 10-15 years. May he attain the Lord's feet is our prayers. We express our deep condolences to his family and friends.

तं विद्यादुःखसंयोगवियोगं योगसंज्ञितम्  
**YOGA SUDHA**

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# EDITORIAL

The response for the International Day of Yoga (IDY on June 21<sup>st</sup>) has been overwhelming. Prime Minister Sri Narendra Modi Ji is pushing it from different levels. Most TV channels from India will telecast the Integrated Yoga Module (IYM) of half an hour developed by the top Yoga Masters of India which can be witnessed and practiced everywhere. In Delhi, there will be a big mass demonstration of this module in Rajpath at 8 am on June 21<sup>st</sup>. After the same, there will be a 2 Days International Conference in Vijnan Bhavan. All countries are urged to demonstrate, practice Yoga for half an hour from 8 to 8.30 am in smaller or bigger groups or as families in their own houses.

In all the state capitals there will be mass demonstration of the IYModule in between 8 to 8.30 am. It is our ambition that it should go to all sections of the society down to the village level. Before and after the program, the organisers can plan their own programs, Suryanamaskar, Conferences, Workshops, Youth Conclaves, Women Conclaves, etc. It can be a full day or partial day programs. It can be even week long programs.

## Apart from this in S-VYASA we plan to have...

- Himalaya Yoga Olympiad, starting from April 7<sup>th</sup>, probably in collaboration with Sports Ministry to start with village level, taluk, district and state levels. Finally it will be at national and international levels in Delhi from June 15<sup>th</sup> to 20<sup>th</sup>. Prizes will be distributed on June 21<sup>st</sup>.
- SDM camps from June 21<sup>st</sup> to 27<sup>th</sup> in all the Five Zones, about 120 camps in each zone, totally to 883 camps if not more. We want to take data in all these camps. As most readers are aware, our

goal is to prevent India becoming the Diabetic Capital of the world.

- Wherever feasible, there will be Youth Conclaves and Women Forums connected to SDM.

We are setting up a national Committee for the purpose comprising of Ministers of Health, Sports, Tourism, Education, etc and top Researchers in the field of Diabetes, Yoga Masters, Educationalists, Management Experts, Banking Sectors, NGOs, Public Sector Undertakings, etc. Efforts are made to make it international as well.

Soon we are launching our campaign to make members for 8 different teams of SDM; Diabetics, Doctors, Researchers, Therapists, IT Professionals, Managers, Media and Selfless Volunteers and we seek the co-operation of all to make this the most successful event.

We will continue the effort of follow up and give the second Phase from Nov 14<sup>th</sup>, the World Diabetes Day, till May 20, 2016, the day of conclusion of Maha Kumbh in Ujjain. Our 21<sup>st</sup> INCOFYRA, International Conference this year is from Nov 15<sup>th</sup> to 18<sup>th</sup> on "Basis of Integrative Medicine in Prashanti Kutiram". Please see the details in the inner pages of the issue and register early and get maximum concessions.

For more details log on to [www.svyasa.edu.in](http://www.svyasa.edu.in)

■ Dr H R Nagendra



## Indian Yoga Association (IYA) - MEMBERSHIP CAMPAIGN



Indian Yoga Association is a self-regulatory body of leading Yoga Institutions in India. IYA is having its Registered Office at New Delhi.

To bring up all the Yoga Masters and Teachers under single umbrella has started Membership Campaign.

For the Membership Form and other details please log on to [www.yogaiya.in](http://www.yogaiya.in)

Contact +91 98108 00689 | [iyayog@gmail.com](mailto:iyayog@gmail.com)



## ब्रह्मसूत्रम् (Brahmasūtram)

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



### चमसवदविशेषात् (ब्रह्मसूत्रम्-१-४-८)

Camasavadaviśeṣāt (Brahmasūtram-1-4-8)

**Meaning:** The AJA of Svetasvatara Upanishad does not mean Pradhana (because no special characteristic is stated) as in the case of the cup.

In this adhikarana (Subject domains), Veda Vyasa the composer of Brahma sutra takes up some master key words for analysis. Aja is one among such word which is used in a हयमन अजामेकाम् (श्वे४५). The followers of different schools of philosophy caught hold of some words which are favorable for their way of arguments. According to Sanskrit etymology, *nogate iti 'Aja'*, that which has no beginning, something which is beginningless called Aja.

This Aja is described to be having red, white and black colors and creating equally shaped progeny. An Aja, immortal, apt for adopting it and another immortal consciousness never goes for rejoicing it and rejects out rightly. This very way of projection, the sankhya school of philosophy interprets as *Prakriti, Purusha* and so on. In this context Aja becomes an indicator of *Prakriti* formula which is an independent phenomenon for constructing and organizing the whole worldly affairs.

Shankaracharya in his Bhashya takes up this statement and examines in terms of its contextual references, examples and analogies with special reference to Purva Mimamsa. According to him this statement does not imply any special meaning. This is compared to a word *Chamasa* (the spoon which is used in the sacrificial context). While performing a *Yajna* naturally a specially designed

wooden spoon is used for offering to the sacrificial fire. That is described as अर्वाग्बिलश्चमस ऊर्ध्वबुध्नः (बृ २ २ ३). This statement is taken from the vedic source, describing about ordinary spoon used in the *Yajnas*. Here we cannot add more special meanings, likewise Aja word is an indicator of mortal or material world. Ordinary goat becomes the real meaning of this word. Goats may be having many multi colored offsprings, likewise the mother nature also got multi colored, shaped, structured offsprings originated from three elements, earth (black in color), water (white in color), the fire (red in color).

In this context, we can conclude that, Aja word only denotes a dependant of Brahman, a nature which works under *Ishwarccha* (intention of the Lord)

दैवी ह्येषा गुणमयी मम माया दुरत्यया ।, this statement from the Bhagavad Gita clearly tells that, in the whole worldly affairs Paramatman got his super power. Mother nature inanimate by its nature cannot function as an independent entity. So, Sankhya's *Prakriti* phenomenon has no Vedic sanction. Sankhya's assertion for duality on the basis of concept of *Prakriti* and *Purusha* does not have any vedic sanction or validity.

to be continued...



# Inauguration of Centre for Value Education by Hon'ble Governor of Karnataka Sri Vajubai Vala

The inauguration of the Centre for Value Education, the new school of thought conceptualized by S-VYASA University was inaugurated by the Hon'ble Governor of Karnataka Sri Vajubai Vala on 7<sup>th</sup> March 2015, at University campus, Prashanti Kutira. The Hon'ble Governor of Karnataka was the Chief Guest and Dr. Hari Goutam, Former Chairman of the UGC and Dr. Vanitha Murali Kumar, President CCIM, were the guest of Honor for the function.



Enlightened by his strong values by lighting the lamp  
by Hon'ble Governor of Karnataka

Sri Vajubhai Vala, the Hon'ble Governor of Karnataka, the Chief Guest of the function, inaugurated the Center for Value Education by lighting the lamp. The Second Edition of IJYPPP, S-VYASA report was released. After welcoming all the dignitaries

present, he said that he is thrilled to be the Chief Guest for the inauguration for the Center for Value Education, as, S-VYASA is the first institute to move a step ahead in this direction. He also expressed that value education is very



Confident steps towards building the moral values



Releasing the Prospectus of Value education to realize the values

essential in every once life, as it plays a vital role in nation building, apart from all-round development of an individual.

He also narrated that the various systems of education prevailing in the current scenario across the country and globe. These systems are oriented in providing knowledge in various fields which has resulted in achieving technological advantage, wealth in all spheres of life except the very essence of **samskar**. The knowledge without **samskar** is like dust which has no value. He also recalled the achievements and the contribution that Swami Vivekananda has given to the society in a very short span of 39 years of his life, which is remembered by one and all across the globe. Further, he also cited that most of the youth in the west are a burden to the society instead being useful, as they are not taught of Values in Life. In India, we respect and honor those who have Samskara, Guna, and Values in life, in contrast to western attitude, where wealth plays a major role in indentifying the persons. He also narrated the incidences from Vedas and puranas, regarding great saints performing Havanas for the welfare of the human beings.

He applauded the work done by Dr. H R Nagendra in upbringing the institute amid all hardships, he also apprised the entire fraternity of S-VYASA for their support. He concluded his address by appreciating the move taken by the Dr. H R Nagendra in starting the Center for Value Education for the benefit of the society at large, and thus help in building a strong and healthy nation. He also pointed out that Value Education shall make every one strong all round and thus enabling to be true human beings.

The Guest of Honour, Dr. Hari Gautam, Former UGC Chairman, and Dr. Vantiha Murali Kumar,



Addressing the youth by master of Values  
Hon'ble Governor



Felicitation to Hon'ble Governor - by Dr. H R Nagendraji

Humanities, welcomed the august gathering and cited the advantages of inculcating Value Education with main stream of education for the benefit of the mankind. Dr. H R Nagendra, the Chancellor, S-VYASA University after briefing about the aims and objectives of the Institute, He highlighted the intuitions for establishing exclusive Center for Value Education in the Institute.

Director CCIM were felicitated by Dr. H R Nagendara, Chancellor, S-VYASA University and Dr. Nagarathna, Medical Director, Arogyadhama.

Dr. Ramachandra G Bhat, Vice Chancellor, after narrating the various slokas, pertaining to the importance value education for one and all in building a strong and healthy society, he extended the vote of thanks. ■

Prof. KSubramanyam, Dean Division of Yoga and



Felicitation to Dr. Hari Goutam



Felicitation to Dr. Vanita Murali Kumar



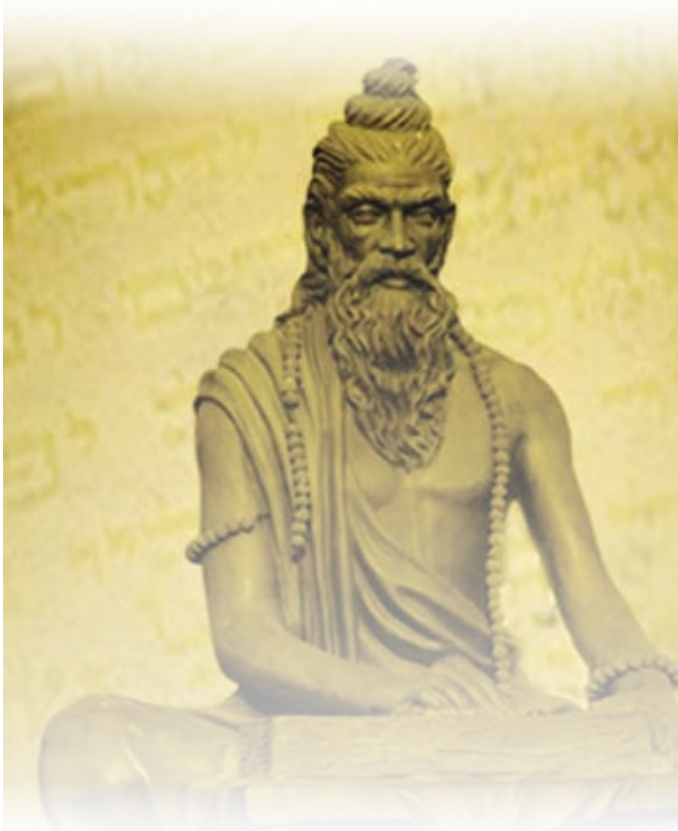
A master salute to a master



Releasing the second issue of IJOY-PPP journal

Well established research lab is being introduced to Governor by The Director of Anvesana Research Laboratories





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# ಪಾತಂಜಲ ಯೋಗಶಾಸ್ತ್ರ

## ಅಭ್ಯಾಸ-ವೈರಾಗ್ಯ ವೃತ್ತಿಗಳ ನಿರೋಧೋಪಾಯ



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

**ಸ ತು ದೀರ್ಘಕಾಲ  
ನೈರಂತರ್ಯಸತ್ಯಾರಾಸೇವಿತೋ ದೃಢಭೂಮಿಃ**

|| ಪ.ಯೋ.ಸು - 1.14 ||

ನಮಗೆಲ್ಲಾ ತಿಳಿದಿರುವಂತೆ ಯೋಗಾಭ್ಯಾಸದ ಮೂಲ ಉದ್ದೇಶ ಚಿತ್ತದಲ್ಲಿ ಉಂಟಾಗುವ ವೃತ್ತಿಗಳನ್ನು ನಿರೋಧಿಸುವುದು. ನಿರೋಧೋಪಾಯಕ್ಕೆ ಎರಡು ಪ್ರಧಾನವಾದ ಮಾರ್ಗಗಳನ್ನು ಬಹುತೇಕ ಎಲ್ಲ ಶಾಸ್ತ್ರಗ್ರಂಥಗಳು ವಿಧಿಸಿವೆ. ಅವುಗಳನ್ನು ಅಭ್ಯಾಸ ಮತ್ತು ವೈರಾಗ್ಯ ಎಂದು ಈಗಾಗಲೇ ಹಿಂದಿನ ಸಂಚಿಕೆಯಲ್ಲಿ ತಿಳಿದಿದ್ದೇವೆ. ಪ್ರಸ್ತುತ ಸೂತ್ರದಲ್ಲಿ ಮಹರ್ಷಿ ಪತಂಜಲಿಗಳು ಅಭ್ಯಾಸದ ಸ್ವರೂಪವನ್ನು ವಿವರಿಸಿದ್ದಾರೆ.

ನಮಗೆಲ್ಲ ಅನುಭವವಿರುವಂತೆ ಯಾವುದೇ ಒಂದು ಸ್ವಭಾವ ಅಥವಾ ಸಂಸ್ಕಾರ ದೃಢವಾಗಲು ನಿರಂತರ ಅಭ್ಯಾಸ ಅತ್ಯಗತ್ಯ. ಉತ್ತಮ ಸಂಗೀತ, ಬರವಣಿಗೆ, ಈಜು, ಓಟ, ನೃತ್ಯ, ಮಂತ್ರಪಠನ, ವಾಹನ ಚಾಲನೆ ಇತ್ಯಾದಿ. ಪ್ರಾರಂಭದ ಹಂತದಲ್ಲಿ ಅನೇಕ ರೀತಿಯ ಅಡಚಣೆಗಳು ಅಭ್ಯಾಸವನ್ನು ದುರ್ಬಲಗೊಳಿಸುತ್ತವೆ. ಈ ಕಾರಣಕ್ಕಾಗಿಯೇ ಯಾವುದೇ ಒಬ್ಬ ಸಾಧಕನ ಅಥವಾ ಯೋಗಿಯ ಯಶಸ್ಸು ಅಭ್ಯಾಸದ ತೀವ್ರತೆಯ ಹಾಗೂ ಆತನಿಗಿರುವ ಶ್ರದ್ಧೆಯ ಮೇಲೆ ನಿರ್ಭರವಾಗುತ್ತದೆ.

ಸಾಮಾನ್ಯ ಉದಾಹರಣೆ ಕೊಡುವುದಾದರೆ ಒಂದು ಸಾಂಸ್ಥಿಕ ಚೌಕಟ್ಟಿನಲ್ಲಿ ಸಾಮೂಹಿಕ ಪ್ರಾರ್ಥನೆ ಒಂದು ನಿತ್ಯ ಕಾರ್ಯ. ಒಂದು ವೇಳೆ ಸಾಮೂಹಿಕ ಭಾಗವಹಿಸುವಿಕೆಯಲ್ಲಿ ಶ್ರದ್ಧೆಯಿಲ್ಲದಿದ್ದಲ್ಲಿ ಎಷ್ಟೇ ದೀರ್ಘಸಮಯ ಅಭ್ಯಾಸದಲ್ಲಿ ಪಾಲ್ಗೊಂಡರೂ ಉದ್ದೇಶಿತ ಫಲ ಸಫಲವಾಗಲು ಸಾಧ್ಯವಿಲ್ಲ. ಹೀಗಾಗಿ ಎಲ್ಲ ಸಾಧಕರು ನಿರಂತರ ಅಭ್ಯಾಸಕ್ಕೆ ಮಹತ್ವ ಕೊಟ್ಟಿದ್ದಾರೆ. ಯೋಗಸಿದ್ಧಿಯಾದರೋ ಕೇವಲ ಕೆಲವು ದಿನಗಳಲ್ಲಿ ಅಥವಾ ಮಾಸಗಳಲ್ಲಿ ಸಿದ್ಧಿಯಾಗುವ ವಿದ್ಯೆಯಲ್ಲ. ಬದಲಾಗಿ ಭಗವಾನ್ ಕೃಷ್ಣನು ಗೀತೆಯಲ್ಲಿ ಉಪದೇಶಿಸಿರುವಂತೆ.

**ಪ್ರಯತ್ನಾದ್ಯತಮಾನಸ್ತು ಯೋಗೀಸಂಶುದ್ಧ ಕಿಲ್ಬಿಷಃ |**

**ಅನೇಕಜನ್ಮಸಂಸಿದ್ಧಸ್ತತೋ ಯಾತಿ ಪರಾಂ ಗತಿಮ್ || 6.45 ||**

ಪ್ರಯತ್ನಪೂರ್ವಕ ಅಭ್ಯಾಸ ಮಾಡುವ ಯೋಗಿಯಾದರೋ ಹಿಂದಿನ ಅನೇಕ ಜನ್ಮಗಳ ಸಂಸ್ಕಾರ ಬಲದಿಂದ ಇದೇ ಜನ್ಮದಲ್ಲಿ ಸಿದ್ಧನಾಗಿ ಎಲ್ಲ ಪಾಪಗಳಿಂದ ಮುಕ್ತನಾಗಿ ತತ್ಕಾಲದಲ್ಲಿ ಪರಮಗತಿಯನ್ನು ಪಡೆಯುತ್ತಾನೆ.

ಕೆಲವು ಬಾರಿ ನಿರಂತರ ಅಭ್ಯಾಸವು ಸಹ ಪೂರ್ವಸಂಸ್ಕಾರದ ವಾಸನಾ ಬಲದಿಂದ ವಿಫಲವಾಗುವ ಸಾಧ್ಯತೆಗಳು ಇವೆ. ಉದಾಹರಣೆ ಒಬ್ಬ ಧೂಮಪಾನ ಅಥವಾ ಮದ್ಯಪಾನ ವ್ಯಸನಿ ಯಾವುದೋ ಹಂತದಲ್ಲಿ ವ್ಯಸನ ಮುಕ್ತನಾಗಲು ಬಹಳ ಕಾಲ ಅಭ್ಯಾಸ ಮಾಡಿದರೂ ಪೂರ್ವಸಂಸ್ಕಾರ ವಾಸನೆಯ ಪ್ರಭಾವದಿಂದ ಮತ್ತೊಮ್ಮೆ ಅದೇ ವ್ಯಸನದಿಂದ ಬಳಲುವ ಸಾಧ್ಯತೆಯಿದೆ. ಹೀಗಾಗಿ ಅಭ್ಯಾಸವು ನಿರಂತರ ಹಾಗೂ ಅವಿಚ್ಛಿನ್ನವಾಗಿ ನಡೆಯಬೇಕು.



ಅಭ್ಯಾಸವು ಕೇವಲ ನಿರಂತರವಾಗಿದ್ದರಷ್ಟೆ ಸಾಲದು ಬದಲಾಗಿ ಸತ್ಕಾರದಿಂದ / ಆದರದಿಂದ ಕೂಡಿರಬೇಕು. ನಿರಂತರ ಸತ್ಕಾರಪೂರ್ವಕ ಅಭ್ಯಾಸಗಳು ದೃಢವಾಗಬೇಕಾದಲ್ಲಿ **ತಪಸ್ಸು, ಬ್ರಹ್ಮಚರ್ಯೆ, ವಿದ್ಯೆ ಹಾಗೂ ಶ್ರದ್ಧೆ**ಗಳಿಂದ ಸಂಪಾದಿತವಾಗಿರಬೇಕು. ಹಾಗಲ್ಲದೆ ಅನಾದರ ಅಭ್ಯಾಸವಾದರೆ **ಲಯ, ವಿಕ್ಷೇಪ, ಕಷಾಯ, ರಸಾಸ್ವಾದ** ಎಂಬ ನಾಲ್ಕು ರೀತಿಯ ವಿಘ್ನಗಳು ಅಭ್ಯಾಸವನ್ನು ಬಾಧಿಸುತ್ತವೆ ಎಂದು ಶಾಸ್ತ್ರ ಮತ್ತು ಸಾಧಕರ ನಿಶ್ಚಿತ ಮತ. ಅಥವಾ ಈ ರೀತಿಯ ವಿಘ್ನಗಳು ಒದಗಿದಾಗ ಸಾಧಕನು ಪ್ರಯತ್ನಿಸದಿರುವುದೇ ಅನಾದರವಾಗುತ್ತದೆ.

ಪ್ರಾರಂಭದ ಅಭ್ಯಾಸಾವಸ್ಥೆಯಲ್ಲಿ ಧ್ಯಾತೃವು ಧ್ಯೇಯದ ಮೇಲೆ ಸಂಸ್ಕಾರಗಳ ಶೇಷಗಳಿದ್ದರೂ ಅಂದರೆ ಸಬೀಜ ಸಮಾಧಿಯಲ್ಲಿ ಸ್ಥಿತವಾಗಲು ಸಾಧ್ಯ. ಆದರೆ ನಿರ್ಬೀಜ ಸಮಾಧಿಯನ್ನು ಅಭ್ಯಸಿಸುವವನಿಗೆ ಮೇಲೆ ಹೇಳಿದ ಚತುರ್ವಿಧ ವಿಘ್ನಗಳು ಬಾಧಿಸುತ್ತವೆ.

**ಲಯ:** ಧ್ಯೇಯವಸ್ತುವನ್ನು ಅವಲಂಬಿಸಲು ಅಶಕ್ತವಾದ ಚಿತ್ತವು ತಮಸ್ಸಿಗೆ ಅಧೀನವಾಗಿ ನಿರ್ದಾಲಂಬಿತವಾಗುವ ಅವಸ್ಥೆಯೇ ಲಯ.

**ವಿಕ್ಷೇಪ:** ನಿರ್ದಾವಸ್ಥೆಯಿದ್ದರೂ ಚಿತ್ತವು ಧ್ಯೇಯವಸ್ತುವಿನ ಬದಲಾಗಿ ಬೇರೊಂದು ವಸ್ತುವನ್ನು ಅವಲಂಬಿಸಿದಲ್ಲಿ ಆ ಅವಸ್ಥೆಯು ವಿಕ್ಷೇಪವೆನಿಸುವುದು.

**ಕಷಾಯ:** ಕೆಲವೊಮ್ಮೆ ಲಯ - ವಿಕ್ಷೇಪಗಳಿಲ್ಲದಿದ್ದರೂ ರಾಗ-ದ್ವೇಷಗಳ ವಾಸನೆಗಳಿಂದ ಚಿತ್ತವು ಸ್ವಲ್ಪವಾಗಿ ಧ್ಯೇಯವಸ್ತುವನ್ನು

ಅವಲಂಬಿಸಲು ವಿಫಲವಾಗುವ ಅವಸ್ಥೆಯನ್ನು ಕಷಾಯವೆಂದು ನಿರ್ವಚಿಸಲಾಗಿದೆ.

**ರಸಾಸ್ವಾದ:** ಚಿತ್ತವು ಸವಿಕಲ್ಪ ಸಮಾಧಿಯ ಆನಂದದಲ್ಲಿ ರತವಾದರೆ ಅದು ರಸಾಸ್ವಾದವೆನಿಸುತ್ತದೆ.

ಈ ರೀತಿ ಅಭ್ಯಾಸವು ದೀರ್ಘಕಾಲ, ನಿರಂತರ ಹಾಗೂ ಸತ್ಕಾರಪೂರ್ವಕವಾಗಿದ್ದರೆ ದೃಢವಾಗುತ್ತದೆ. ಈ ಅಭ್ಯಾಸದಿಂದ ಉಂಟಾದ ಸಿದ್ಧಿ ಹಾಗೂ ಸಮಾಧಿಯ ವಿವಿಧ ಅವಸ್ಥೆಗಳು ಬಾಹ್ಯ ವಿಷಯ ವಾಸನೆಗಳ ರಾಗಾದಿಗಳಿಂದ ಬಾಧಿತವಾಗುವುದಿಲ್ಲ.

ಗೀತೆಯ ಆರನೇ ಅಧ್ಯಾಯದ 22 ನೇ ಶ್ಲೋಕವು ಮೇಲಿನ ಅಭ್ಯಾಸವನ್ನು ಮತ್ತಷ್ಟು ದೃಢೀಕರಿಸುತ್ತದೆ.

**ಯಂ ಲಬ್ಧ್ವಾ ಚಾಪರಂ ಲಾಭಂ ಮನ್ಯತೇ ನಾಧಿಕಂ ತತಃ |  
ಯಸ್ಮಿನ್‌ಂಸ್ಥಿತೋ ನ ದುಃಖೇನ ಗುರುಣಾಖಪಿ ವಿಚಾಲ್ಯತೆ ||**

ಪರಮಾಪ್ತ ಪ್ರಾಪ್ತಿಯ ಲಾಭವನ್ನು ಪಡೆದ ಯೋಗಿಯು ಅದಕ್ಕಿಂತ ಅಧಿಕವಾದ ಯಾವ ಲಾಭವನ್ನು ಮನ್ನಿಸುವುದಿಲ್ಲ ಹಾಗೂ ಪರಮಾತ್ಮನ ಸ್ಥಿತಿಯಲ್ಲಿ ಸ್ಥಿತನಾದ ಯೋಗಿಯು ಯಾವ ರೀತಿಯ ದುಃಖದಿಂದಲೂ ವಿಚಲಿತನಾಗುವುದಿಲ್ಲ.

ಬಾಹ್ಯ ವಿಷಯವಾಸನೆಗಳು ಯೋಗ ಮಾರ್ಗದಲ್ಲಿ ನಮ್ಮನ್ನು ವಿಚಲಿತಗೊಳಿಸದಂತೆ ಪರಮಾತ್ಮ ನಮ್ಮೆಲ್ಲರನ್ನು ಅನುಗ್ರಹಿಸಲಿ. ಅಭ್ಯಾಸದಿಂದ ಯೋಗಮಾರ್ಗದ ಸತ್ಪಥಿಕರಾಗೋಣ !!!

(ಸಶೇಷ)

## Atma Parishodhana Yoga Sadhana Saptaha by Swami Prajna Aranyaji Maharaj



The Division of Yoga - Spirituality had organized a week long spiritual retreat program 'Atma Parishodhana Yoga Sadhana Saptaha' during March 22 - 28 (for 7 days) of 2015. It was conducted by **Swami Prajna Aranyaji Maharaj**, disciple of Bhagavan Ramana Maharshi, who is chairing the **Dhyana Yoga Peetham** of S-VYASA University. More than 40 aspirants from various parts of the country and even from abroad took part in the intensive meditation program.

**Next Camp will be from June 22 - 28, 2015. At Prashanti Kutiram, Jigani, Bengaluru. Register before June 10, 2015. For Details and Registration contact - 094804 78952 / 080-2263 9965 Write a mail to - spirituality@svyasa.org**



# Jyothi

## (The True Light)

■ *Ambatipudi Sastry*

Diwali is a festival of lights (it should correctly be called *deepavali*, row or group of lights). The lights are symbolic of not only celebrations but means of removing darkness – with light and darkness representing knowledge and ignorance respectively. It is the light that allows us to see things and interpret them. In this context, it is appropriate to remind ourselves of the true Light that enables our perceptions. Sri Adi Sankaracharya, in his famous verse called *Eka Sloki* (One Verse), highlights this.

किं ज्योतिस्तव भानुमानहनि मे रात्रौ प्रदीपादिकं  
स्यादेवं रविदीपदर्शनविधौ किं ज्योतिराख्या हि मे ।  
चक्षुस्तस्य निमीलनादिसमये किं धीर्धियो दशनि  
किं तत्राहमतो भवान् परमकं ज्योतिस्तदस्मि प्रभो ॥

*kinī jyotistava bhānumānahani  
me rātrau pradīpādikam  
syādevam ravīdīpadarśanavidhau  
kinī jyotirākhyā hi me ।  
cakṣustasya nimīlanādisamaye  
kinī dhīrdhiyo darśane  
kinī tatrāhamato bhavān  
paramakam jyotistadasmī prabho ॥*

(eka śloka, by Adi Sankaracharya)

The shloka takes the form of questions by the teacher (in italics below) and answers by a student to give the student a glimpse of the true nature of perceptions by all creatures enabled

by the universal Light. It goes like this - “By what light do you see?” “Sun in the day and a lamp in the night” “Let it be. By what light do you see the sun and lamp?” “Eyes” “When you close your eyes (as in sleep), what is the light?” “My intellect” “What light helps the intellect to see?” “I (Atma, Self).” “So, you are the ultimate source of light (self-luminous universal Self)” “Yes, I now understand so, my Lord”.

The verse makes the point that it is the Self that is the ultimate entity behind all our perceptions (though the verse takes eye sight as an example, it applies to other sensors as well). The external sensory organs and the mind are merely transporters of information. Adi Sankara elaborates further on this in his work, *dr̥kdr̥śya vivekaḥ*. He analyzes *dr̥k* (who sees) and *dr̥śya* (object being seen). As we see an object, say a table, the eye transports it to mind, which categorizes it, and the Self is the enabler of the mind. It is also interesting that the information flows only in one direction – table cannot see the eye, eye cannot see the mind, and mind cannot see the Self!

It is this Self that is the source of light in all beings, a Universal presence. We are all driven by the different things we see around us and interpret them. All of us are like identical computers with the same operating system but gathering different data based on circumstances and environment in which we were born and



raised. These databases together with the six (enemies, (षट्छत्रुः *ṣaṭchatruḥ* – काम *kāma*, क्रोध *krodha*, लोभ *lobha*, मोह *moha*, मद *mada*, मात्सर्य *mātsarya*) desire, anger, miserliness, attachment, arrogance, and jealousy respectively, play on our mind and make us interpret the gathered data in our own way creating all the different viewpoints even though we are in the same environment. This process makes us feel as though we are different from each other and gives us an egotistical existence. The ego in us makes us feel we are different from all the others and drives us through all our *perceived* needs; need to be loved and admired, need to feel important over others, pursuit of endless desires, etc. It looks ridiculous if a water bubble in ocean thinks it is different from the rest of the ocean. In the same way, we are all bubbles in this ocean of life and creation, though our egos make us act as though we are different!

It is our ego that makes us ignore the universality underlying all objects and beings. The ego drives us to acquire and keep things around us just to prop up our perceived uniqueness. It is only through the complete cessation of ego that we will be able to see the Oneness among us leading us to universal love (भूतदय, *bhūtaḍaya*). The cessation of ego takes us beyond the daily afflictions of life, which is the gateway to true Happiness (आनन्द, *ānanda*). Thus, let us remember the Universality of that Light that is guiding all of us as we go about in our daily lives. To continually work towards reducing our ego, we need to think of everything we do each day in the name of the Lord, instead of thinking about us. Adi Sankaracharya describes this approach eloquently in the following verse:

आत्मा त्वं गिरिजा मतिः सहचराः प्राणाः शरीरं गृहं  
पूजा ते विषयोपभोगरचना निद्रा समाधिस्थितिः ।  
सञ्चारः पदयोः प्रदक्षिणविधिस्तोत्राणि सर्वा गिरो  
यद्यत्कर्म करोमि तत्तदखिलं शम्भो तवाराधनम् ॥

*ātmanā tvam girijā matih  
sahacarāḥ prāṇāḥ śarīraṇi gṛhaṇi  
pūjā te viṣayopabhogaracanā  
nidrā samādhisthitih ।*

*sañcāraḥ padayoḥ  
pradakṣiṇavidhistotrāṇi sarvā giro  
yadyatkarma karomi tattadakhilani  
śambho tavārāadhanam ॥*

(śiva mānasa pūjā, by Adi Sankaracharya)

(my) Self is You, Parvathi is my intellect, my five life-forces are Your attendants, my body is Your abode, all my sensory perceptions are Your worship, my sleep is deep meditation on You, all my walk is walking around You, whatever I speak is in praise of You, O Giver of divine joy, whatever I do is in devotion to you!

अन्तर्ज्योतिर्बाहिर्ज्योतिः

प्रत्यक्ज्योतिः परात्परः ।

ज्योतिर्ज्योतिः स्वयं ज्योतिः

आत्मज्योतिः शिवोऽम्यहम् ॥

*antarjyotirbahirjyotih  
pratyakjyotih parātparaḥ ।*

*jyotirjyotih svayaṇi jyotih  
ātmaḥjyotih śivo' myaham ॥*

(ब्रह्मजानावली माला, brahmajānāvalī mālā,  
Adi Shankaracharya, verse 21)

I am the Auspicious Siva, the inner light, the outer light, the light in all directions, superior to all, the light of all lights, self-luminous, and the light that is the Self.

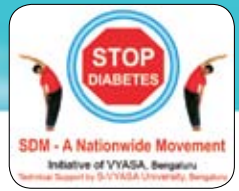
ॐ तमसो मा ज्योतिर्गमय

*Om tamaso mā jyotirgamaya*  
From darkness, lead me to Light.

ॐ तत् सत्

*Om tat sat*

Om, that Everlasting Truth



# Madhumeh Mukh Bharat Saptah

Madhumeha Mukh Bharat is one of the important mission envisaged and organized by Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) to spread awareness about diabetes and preventing diabetes among the Indians across the country for the well being of the nation, using ancient holistic approach by way of Yoga. Since, this being a saptah the movement is spread over 7 days starting from International Yoga day i.e June 21<sup>st</sup> - 27<sup>th</sup>, 2015.

The Madhumeh Mukh Bhart Saptah is patronized by Sri Jagat Prakash Nadda, Sri Ananth Kumar and Sri Shripad Yasso Naik, the hon'ble ministers of Govt. of India along with the leading International Scientist Community from various fields of research including Dr. H R Nagendra, Chancellor S-VYASA , Dr. Ramachandra G Bhat, Vice Chancellor S-VYASA and eminent personalities like Sri Veerendra Heggde Ji, Smt. Sudha Murthy, Smt. Ramkumar Rathi, Dr. R Nagarathna and Dr. Dhvani Sharma.

## The charter of events for Madhumeh Mukh Bharat Saptah are:

- 21<sup>st</sup> June 2015 **Celebration of International Yoga Day & SDM camp**
- 22<sup>nd</sup> June 2015 **Stop Diabetes Movement (SDM) camp**
- 23<sup>rd</sup> June 2015 **Youth Conclave (Age Group 18-35 yrs)**
- 24<sup>th</sup> June 2015 **Doctors Conclave**
- 25<sup>th</sup> June 2015 **Diabetic Kid's Conclave**
- 26<sup>th</sup> June 2015 **Women's Conclave**
- 27<sup>th</sup> June 2015 **Sankalp Sabha**

Vivekananda Yoga Anusandhana Samsthana (VYASA) with over 30 years of continued research has evolved specific yoga therapy modules for chronic diseases that integrate the knowledge base from traditional texts of yoga and modern physiology. VYASA through its Arogyadhama (250 bedded residential integrative health center) has treated large number of patients



with Type 2 Diabetes Miletus.

VYASA has adopted Integrated Approach of Yoga Therapy modules (IAYT) designed for specific diseases based on the concept of the disease as described in ancient texts of Yoga and Ayurveda. Holistic understating of the human physiology including the five aspects of an individual i.e Annamaya Kosha, Pranamaya Kosha, Manomaya Kosha, Vignanamaya Kosha and Anandamaya Kosha. The disease model clearly shows that all life style diseases begin in mind. The therapy helps to reach the inner state of freedom by using intense mindfulness practices and the practices include Assana, Kriyas, Yogic Diet, Meditation etc.

Once the objectives of the Saptah is achieved, the roads will be set-in for reaching all the corners of the country and thus succeeding in making Bharat free from Madhumeh and thus directly help in reducing the expenditure on health care and in building strong healthy nation with healthy mind and body.

For the latest updates  
please log on to [www.svyasa.edu.in](http://www.svyasa.edu.in)  
and fb page [svyasayoga](https://www.facebook.com/svyasayoga)



# Self-management of Pre-diabetes through Yoga based Lifestyle!!!



Myself Mr. SP, my age is 35 years. I am a businessman by occupation. In 2012, due to my unregulated lifestyle, which was sedentary and stressful with irregular eating habits, I was detected with pre-diabetes.

I have a family history of diabetes. My father was Diabetic since 1990 and at the age of 50 years, he died due to Diabetic Nephropathy. My Paternal uncle (father's brother) & all his 8 sons have diabetes. All of them live in a village, are hard working and have no obesity problem. But in spite of this fact some of them were diagnosed with diabetes at early ages (age - 28 years). This shows that I have a genetic predisposition to diabetes.

Being in construction business, i had a stressful lifestyle due to lots of court matters.

My health parameters in the year June, 2012 were as follows:

Weight: 98 cm, Hba1c: 6.2%, FBS: 105 mg %, PPBS 170 mg%, Waist circumference: 42cms.

Due to this, inspired by yoga philosophy, I decided to make drastic lifestyle changes.

Following were the changes in my diet and physical activity:

Diet changes: Brought down fat intake to almost

nil, protein intake moderate, carbohydrate very nominal, fiber & anti-oxidants intake was increased considerably, started day with 500ml Luke warm water early morning.

Exercise: 10kms brisk walking daily morning.

Breakfast: Handful of nuts + one seasonal fruit + 1cup of skimmed milk or soya milk.

Lunch: 2 chapattis mix grain (Barly+soyabean+Bengal gram+little wheat) sufficient quantity of vegetables+salad+1cup dal.

Evening: 45 minutes of Integrated Yoga which included: Breathing exercises, Surya Namaskar, Nadi Sudhi, Deep Relaxation daily under the guidance of Dr Amit Mishra at VYASA-KALYAN Center)

After 1 to 2 hours, a cup of green tea with no dairy and no sugar.

Dinner: Usually skipped dinner and had only a cup of vegetable or tomato soup and or salad or sometimes steamed sprouts (1cup).

My parameters after following above mentioned lifestyle change for one year i.e. in June 2013 were:

Weight: 57kgs, HbA1C: 4.9%, FBS:70 mg%, PPBS:95 mg%, Waist:-32cms.

I am thankful to the ancient traditional knowledge for showing me the way to prevent diabetes. ■





Initiative by  
S-VYASA University  
[www.svyasa.edu.in](http://www.svyasa.edu.in)

**SDM - A Nationwide Movement**

[www.svyasa.edu.in](http://www.svyasa.edu.in)

## AWARENESS AND YOGA THERAPY FOR DIABETES

### I. ARE YOU A DIABETIC ?

Join our SDFA - SVYASA Diabetes Mellitus Friends Association

#### Are you a Diabetic?

Become a member of SDMFA by paying a membership fee of Rs 150 per year



#### What do you do ?

1. Meet your doctors/consultant and go for regular check up as per the advise of your doctor/consultant
2. Attend 15 days every day - 5 days a week in the designated centers chosen by you Attend 3 days a week and practice the rest of the days in house based on the DVDs and audio VCDs given to you. However, you are welcome to the center for practice daily by pay the prescribed fees every month

#### What will you get ?

1. Total care of Diabetes by your consultant, S-VYASA team of certified Yoga Instructors, organizers, researchers and doctors for preventing secondary complications of DM, move towards normalcy from disease state and promote positive health.
2. Book on Diabetes of your choice (Languages Eng, Hindi, Kan) DVD and VCDs on DM; DM Yoga chart.
3. Email information on DM & Yoga will be sent to you by the co-ordinator of SDM project of S-VYASA and other brochures.
4. Regular correction of Yoga practices for continuing the benefits and to avoid stagnation by introducing training through graded Yoga modules depending on the progress you have made towards normalcy.

[sdm@svyasa.org](mailto:sdm@svyasa.org)



Initiative by: SVYASA University, Bengaluru

## II ARE YOU A DOCTOR WILLING TO SERVE YOUR DIABETIC PATIENTS?

### What do you do ?

1. Become a member of SDYMC of S-VYASA (by paying Membership: fee of Rs 1000 per year)
2. Send patients to Yoga classes run by authentic Diabetic Yoga Instructors certified by S-VYASA and to Prashanti Kutiram for In-patient Yoga Therapy treatment if found necessary
3. Give usual consultations to them and guide them for check up as usual. Collect the data and send the same to S-VYASA.



### What will you get ?

1. Pride of being in a national team of doctors trying to reverse the trend of DM increase in the country
2. One orientation program by Dr Nagarathna MD, FRCP, the Chief consultant of S-VYASA and other experts associated with S-VYASA
3. One day CME on diabetes from experts on DM once a year
4. Referrals of patients from S-VYASA team to you
5. Support from S-VYASA team of researchers, consultants and organisers
6. Email update of Yoga Research.
7. On line International Journal of Yoga
8. On line Yoga Sudha monthly Names in Yoga Sudha
9. Online yoga conference details

## III. ARE YOU TRAINED YOGA TEACHER OR WILLING TO TEACH DM PATIENTS ? AGE NO BAR

Join our SDYIT - S-VYASA Diabetes Yoga Instructors Team by paying a membership of Rs. 2000 per year and get initial training and updating as a teacher from S-VYASA. Take regular classes for them one hour per day, six days a week (2 batches). Get your remuneration from S-VYASA if needed to cover your travel and time. You will get all material published by S-VYASA.



### What do you do ?

1. Become a member of SDYIT of S-VYASA (by paying a Membership fee)
2. Get trained as a certified Yoga therapy instructor for SDM project
3. Take classes 1.5 hours per day 6 days a week
4. Collect the prescribed the fees collected from patients Pay 5% to S-VYASA.

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**What will you get ?**

1. 15 days training (2.5 hours per day) by S-VYASA team and a certification as a Yoga therapy instructor for SDM project
2. Remuneration to cover travel and time.
3. Secure place for 5 to 10 years.
4. Meetings with coordinator of S-VYASA and Support from doctors Council SDDC
5. Book/s on DM, DVD on DM and VCD; DM Yoga chart
6. Periodic updates and training provided by S-VYASA
7. Online – Yoga Sudha International Journal of Yoga - IJOY

#### **IV. SDYRG - Diabetes Yoga Researchers Group**



**Do you want to become a researcher in this project?**

Join our SDYR Diabetes Yoga Researchers group by paying a membership Rs.1000 per year and get trained as a certified Yoga Researcher of SDM; you have to collect data on DM patients enrolled in SDFA and also inspire patients and doctors for SDFA and SDDC you will be paid an honorarium to cover your travel and time if you need.

**Qualification:** Graduates; retired but not tired to work full or part time with good communication skills.

**What will you get ?**

- 1 15 days training (2.5 hours per day) by S-VYASA team and a certification as Yoga researcher for SDM project of S-VYASA
- 2 Suitable monthly remuneration, if needed.
- 3 You can use the data for your dissertation or thesis after taking permission from S-VYASA.
- 4 Book/s on Research methodology Research contributions of S-VYASA
- 5 Periodic updates and training provided by S-VYASA
- 6 Online – Yoga Sudha International Journal of Yoga - IJOY
- 7 Meetings with coordinator and other researchers of S-VYASA
- 8 Support in the form of data collection from the doctors of SDMDC

**Qualification**

Graduation BSc, BCom, BE, MBBS or equivalent, S-VYASA any one or more of the long term courses

#### **V. Do you want to be a part of our SDYO - Diabetes Yoga Organizers Wing**

**What do you do ?**

- 1 Become a member of SDYO of S-VYASA (Membership fee)
- 2 Get trained as a certified Yoga Organiser for SDM project of S-VYASA



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- 3 Organise and facilitate regular conduct of classes by talking to the patients and doctor / consultants of SDDC
- 4 Contact and collect DM patients for enrollment for the project
- 5 Inspire patients to go to Prashanti Kutiram for intensive training in Yoga

**What will you get ?**

- 1 15 days training (2.5 hours per day) by S-VYASA team and a certification as Yoga Organiser for SDM project of S-VYASA
- 2 Suitable monthly honorarium, if needed
- 3 You can use the data for your dissertation or thesis after taking permission from SVYASA
- 4 Book on Organisers Manual
- 5 Periodic updates and training provided by SVYASA
- 6 Online - Yoga Sudha International Journal of Yoga - IJOY
- 7 Meetings with coordinator and other organisers of S-VYASA
- 8 Support from the doctors of SDDC

**Qualification**

Graduation BSW, BBA, BE, MBBS or equivalent, S-VYASA any one or more of the long term courses. Experience in Organisation in social service projects.

**DATA COLLECTION**

- Clinical Case sheet
- No of working hrs list
- Biochemical tests – (LB)
- Diet data collection
- Psychological - GHQ, Guna Questionnaire, Dosha Questionnaire, DM-WHOQOL
- STRESS – HSS, PANAS
- Collection of Research data from Doctors, Yoga Researchers
- Checking the quality of data by Research Co-ordinator of SVYASA in Prashanti Kutiram



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# Effects of Yoga on CCINV and Its Correlation to the Concept of Agni in Ayurveda

## Background

Chemotherapy results in severe nausea and vomiting (CCINV) along with accompanying symptoms and can cause severe distress amongst cancer patients. These cluster of symptoms have not been given due importance due to their subtle and subjective nature of presentation. CCINV needs to be addressed in a holistic approach because there is a disparity in the treating and the practicing guidelines for efficient management and complete control of nausea and vomiting. Traditional systems of healing like yoga and Ayurveda, prescribe specific practices for GI disturbances based on the concept of Jatharagni which is defined as,

‘the collective subtle energy that encompasses the entire process of digestion’. According to Ayurveda system of medicine, CCINV is a manifestation of Impaired Jatharagni. In the present study, we have attempted to develop and standardize a checklist for cancer patients undergoing chemotherapy that relies on



■ *Dr. P K Lalitha Nandini*  
Abstract of PhD Thesis



gastrointestinal (GI) symptoms as stated in traditional texts of Ayurveda, to assess Jatharagni impairment and use it as a tool to assess the effect of yoga therapy for CCINV. Also, a Yoga based intervention was used as complimentary to conventional treatment, to address these GI disturbances.

## Aims and Objectives

To study the effect of yoga intervention on Jatharagni impairment in CCINV subjects with solid malignancies and lymphomas receiving, highly or moderately emetogenic chemotherapy

### Objectives:

To understand the concept of JATHARAGNI with special reference to CCINV, to develop and standardize Checklist for assessing Jatharagni Impairment in CCINV subjects with solid malignancies and lymphomas and to Conduct a RCT to evaluate effect of yoga intervention on Jatharagni impairment in subjects during CCINV

## Design

prospective three armed randomized control study on cancer patients undergoing chemotherapy.

## Methods

**Subjects:** One hundred and twenty patients planned for chemotherapy for cancer in subjects with solid malignancies and lymphomas



receiving, highly or moderately emetogenic chemotherapy who satisfied the selection criteria and gave written consent to participate were randomized to receive Yoga or Jacobson's relaxation or serve as waitlist controls for first 3 cycles of chemotherapy.

**Assessments:** Jatharagni check list, functional living index, emesis & nausea diary, spectral analysis of HRV (Low frequency and high frequency bands) for autonomic status and electrogastrogram (EGG) for gastric motility were carried out at baseline (before the first cycle), six days after the 1st, 2nd and 3rd cycles of chemotherapy. Assessments for mood states such as anxiety and depression using HADS, and perceived stress were carried out at baseline and after the 3rd cycle of chemotherapy.

**Interventions:** All 3 groups had conventional antiemetic therapy as per the hospital protocol. Experimental group practiced a module of add-on integrated yoga; the relaxation group practiced the standard Jacobson's progressive relaxation technique and wait list control group had no add-on therapy. Both interventions were for duration of 25 minutes and imparted using video CDs and training them in person initially. Subjects were required to practice at home twice daily after the initial training.

Data were analyzed using repeated measures ANOVA with post hoc Bonferroni tests.

## Results

The mean age of study sample was  $49.3 \pm 11.3$  years. The distribution of sex, religious class, cancer type, grade, prior surgery and co-morbid illness was not significantly different between groups on chi square test of proportions.

Quantity of meal assessed as an ordinal response variable showed no significant change in quantity of meal between Yoga, Jacobson's and Waitlist control group at baseline, day 5-6 of

1st cycle and 2nd cycle of chemotherapy. There

was a significant improvement in quantity of meal taken by 4th cycle of chemotherapy in yoga group compared to Jacobson's group and controls indicating decrease in Agni impairment in yoga group ( $r=0.23$ ,  $p=0.02$ ). In all the 3 groups between subjects effect was not significant for changes in total Agni score following 3 consecutive chemotherapy cycles  $F(2,97)=1.19$ ,  $p=0.31$ . However within subjects effects was significant for time  $F(3, 97) = 23.2$ ,  $P < 0.001$  only. There was no significant group by time interaction effects.

Within yoga group there was a significant increase in Agni impairment score between baseline and day 5-6 of first cycle ( $p < 0.001$ ) and decrease between D5-6 and second chemotherapy cycle ( $p=0.001$ ). In Jacobson's group there was a significant increase between baseline and day 5-6 of first cycle ( $p=0.001$ ) and 4th chemotherapy cycle ( $p=0.004$ ). There was a significant increase in Agni scores between baseline and D5-6 of first cycle ( $p < 0.001$ ) in waitlist control group. Though there was a trend for decreases in Agni impairment scores

in yoga group it was not significant between groups.

There was a significant decrease in acute and delayed nausea severity in Yoga compared to control group ( $p=0.001$ ) and Jacobson's group ( $p=0.004$ ) after the 1st cycle of chemotherapy. (Repeated measures ANOVA)

There was a significant decrease in HADS depression score and HADS Anxiety in yoga and Jacobson's compared to control group following intervention. There was a significant decrease in self-reported anxiety and depression in Yoga ( $p=0.03$ ) and Jacobson's relaxation ( $p=0.004$ ) compared to control group following 3rd cycle of chemotherapy.

The power in the LF and HF bands of spectral analysis of HRV showed better decrease in LF/HF ratio ( $p=0.06$ , between groups) in Yoga



## Effects of the yoga practice of Dynamic Suryanamaskar on the physiological, psychological, physical fitness and anthropometric characteristics of Indian students



*Summary of doctoral dissertation of **Krzysztof Zbigniew Stec**.*

*He is a PhD scholar from Józef Piłsudski University of Physical Education in Warsaw, Poland, which is one of the oldest Universities in Europe started as early as 1929 just after 16 years of establishing India's oldest College of Physical Education – HVPM in Amravati, Maharashtra. Its primary purpose was similar to HVPM, meaning to prepare physically soldiers for the Polish army. That university has many accomplishments in Olympic sports, including tens of gold medal winners in all kinds of international sports events.*

The hypothesis was that yoga training can lead to identifiable and statistically significant improvements in physical and mental health. The objective of the study was to determine the effects of one yogic practice, Dynamic Suryanamaskar, on the physiological, psychological, physical fitness and anthropometric characteristics of a group of Indian high school students. In the literature and statements of some organizations (ACSM - American College of Sports Medicine) appears a viewpoint of the inefficiency of yoga to maintain health related fitness. Based on the author's own observations and his knowledge of numerous studies in the literature originating from different cultural backgrounds, it is hypothesized that at least one of the yogic practices – the dynamic version of Suryanamaskar (the Sun Salutations, DSN) changes in a statistically significant manner psychological, physiological, physical fitness and anthropometric characteristics of people practicing it.

The testing of the hypothesis was conducted on the basis of training a randomly chosen group of male students ( $n = 105$ ), aged  $17,15 \pm 1,42$  years, from an Indian high school located in Maharashtra, and comparing the results against those of a similarly chosen but untrained control group from the same school.

In order to reduce the effect of confounding



variables, the Solomon Four Group Design was used for this study. Dynamic Suryanamaskar was considered the independent variable and 42 parameters were considered the dependent variables.

### **The following were the tests used and parameters measured**

Physiological variables: Positive Breath Holding Capacity, Negative Breath Holding Capacity, Vital Capacity, Resting Respiratory Rate, Resting Blood Pressure, Resting Heart Rate, Hemoglobin Level, RBC (Red Blood Cells) Count, MCH - Mean Corpuscular Hemoglobin, MCHC - Mean Corpuscular Hemoglobin Concentration, WBC (White Blood Cells) Count, Platelets Count,



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Campus: S-VYASA, 'Prashanti Kutiram'

Giddinahalli, Jigani Hobli, Anekal Taluk  
Bengaluru - 560 105

MCV - Mean Corpuscular Volume, Packed Cell Volume (HCT - Hematocrit), TC - Total Cholesterol, TG - Triglycerides Level, VLDL - (Very Low Density Lipoprotein) Level, LDL (Low Density Lipoprotein) Level, HDL (High Density Lipoprotein) Level .

Psychological variables: Stress Level (2 tests; PSS and STAI-Y1), Anxiety Level (STAIY2), Emotional Well-Being Level (EQ).

Physical fitness variables: Strength, Strength Endurance, Sit & Reach Test, Bridge-Up Test (2 tests), Cardiovascular Endurance, Anaerobic Power.

Anthropometric variables: Body Height, Body Weight, Lean Body Weight, Total Body Fat Percentage, Body Mass Index (BMI), In-breath Chest Circumference, Out-breath Chest Circumference, Differential Chest Circumference.

Statistical analysis of the dependent variables was carried out by: one-way analysis of variance (One -Way ANOVA), analysis of covariance (ANCOVA) and t-Test ( $p < 0.05$ ).

Application of the 12-week DSN training resulted in after-training effects in which 41 out of the 42 tested variables indicated a beneficial effect, with statistical significance being at least at the .05 level ( $p < .05$ ). Only in the case of one parameter, WBC count, was no significant change shown.

Statistically significant results: increase in body height, reductions in body weight, lean body

mass and BMI. Increase in the deepness of respiration and expansion of the chest, longer duration of apnea, increased vital capacity and a decrease in resting breathing frequency. Increased motor skills. Increased strength and flexibility of the 'corset' muscles in the trunk. The occurrence of hypotension and bradycardia in their non-symptomatic forms. Improved aerobic capacity of the blood. No changes in the white blood cell count, but a reduction in the number of platelets and an increase in mean corpuscular volume. A reduction in cholesterol and the so-called 'bad lipoproteins' and an increase in the concentration of HDL lipoprotein fractions. Reduction in stress level and anxiety level. Increase in the level of emotional intelligence.

The use of DSN training showed a statistically significant positive effect on both physical fitness and mental health. The results indicated potential benefits for weight reduction and control, respiratory system efficiency, posture, human motor skills performance, back pain, prevention of cardiovascular disease, endurance training, immune system functioning, adaptation to difficult life situations, and for creative activity and problem solving. This allows one to call into question the notion formulated by ACSM (American College of Sports Medicine) about the ineffectiveness of yoga to maintain health related fitness.

**Keywords:** Yoga, Suryanamaskar, physiological characteristics, psychological characteristics, physical fitness, anthropometric characteristics ■

**MSc**  
Yoga  
Therapy

**Placement Opportunities:** Narayana Hrudayalaya, NIMHANS, Yoga Therapy Health Home at Prashanti Kutiram, Yoga Bharati Bangalore, Kendriya Vidyalyas, Delhi Public Schools, Central Universities, S-VYASA, Hindu University of America, Jindhal Nature Cure Hospital, Taj Hotels, etc.

**Objectives of the Program:**

1. To produce the therapists of high caliber who could work efficiently as a Yoga therapist in the hospitals, spa, wellness center, start their Yoga center and join the Yoga department of the Universities as an Assistant professor.
2. To train students in Yoga therapy

**Eligibility**  
Degree, YIC,  
English reading  
& writing

**Duration**  
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**Apply Online**



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- *BE A HAPPY INDIVIDUAL IN THE MIDST OF A HARMONIOUS SOCIETY?*



#### OBJECTIVE

- To develop human resource well grounded in 'Holistic Management System' based on personal, social and universal wellbeing.
- To develop leaders of tomorrow who can create wealthy organizations and healthy society through innovative, inclusive and non invasive principles.
- To create a network of empowered individuals and institutions to herald a new paradigm in management.

#### KEY FEATURES

- 'Outcome based' methods of teaching learning process to make every student productive
- Excellent campus vibrant with human values and robust research environment (subjective and objective).
- Top quality intellectual capital and pleasant learning ambience.
- Emphasis on self growth along with domain expertise.

#### ELIGIBILITY

- Bachelor's degree in any discipline with minimum 50% aggregate marks (SC/ST/Gp I - 40%)
- Strong urge for self development and concern for society.
- Intense desire to learn, innovate and make a change.
- MBA entrance test is scheduled to be held on 12th July, 2015 (Sunday) at 10am at Jigani Campus.
- Candidates with valid MAT/CAT score are exempted from the entrance test. Such candidates are required to enclose the proof of the score.
- The result of the entrance test will also be displayed on the website.
- Admission in the programmes will be given on securing minimum qualifying marks in the entrance test.

Note: Learners are instructed to visit University's website for latest and detailed information regarding entrance test.

#### EXPECTED OUTCOME

- Highly empowered new generation graduate attributes.
- Self evolved individual committed to social change.
- The 'Leader within' nurtured and featured.

#### PLACEMENT

- Creating a new bench mark for companies to recruit graduates who can make the organization WEALTHY and the society HEALTHY.
- Companies visiting our campus are ONGC, HAL, Ilantus Technologies, RBI, Alchem Laboratories, Canara Bank, etc.





# Effect of Integrated Yoga Module on Leadership Development of Managers

Leaders are born or made is the debate since centuries. Leadership development is multibillion dollar expenses in both the west as well as in the east. There are many leadership development programs but yet there is no search for the solution. Does leadership development program really work? Can yoga be a solution to this? Here we are adding the evidence in the support of leaders can be made in a preliminary study conducted in an International Yoga University called SVYASA in a residential campus named Prashanti Kuteeram. The study aims at 1. To examine the qualities of leaders mentioned in ancient texts of yoga and spiritual lore, 2. To investigate the transformation in leadership qualities in the managers assessed by Multi-factor leadership questionnaire (MLQ) and 3. To examine the changes in Vedic Personality Inventory, General Health, and Emotional Intelligence. The objectives of the study are to observe outcomes in all the variables such as Vedic Personality Inventory, General health, and Emotional Intelligence. The subjects for the study were Eighty four leaders (mean age 52.01±sd 5.73) underwent Self-Management of Excessive Tension (SMET) a short term Five days intensive yoga program which is a Integrated Yoga Module (IYM) on ONGC (Oil & Natural Gasses Corporation) managers including all the top level managers. The data was taken on the first and sixth day of the program. The data analysis showed pre and post comparison of the intervention using paired sample's test suggested that Idealized Influence-Attributed ( $p < 0.05$ ), Intellectual Stimulation ( $p < 0.001$ ) and Individualized Consideration ( $p < 0.05$ ) components of MLQ were higher

■ Dr. Padmavathi Maharana  
Abstract of PhD Thesis



following the intervention model of five days. It was also noticed that there was no change in the other components of MLQ following the same and total score was found to be higher ( $p < 0.05$ ) which is statistically significant. There was significant change ( $p < 0.001$ ) in all the components of EI, viz., Perception of emotions, Managing own emotions, Managing others Emotions, Utilization of Emotions. All the domains of GHQ were higher viz., Somatic Symptoms, Anxiety and Insomnia, Social Dysfunction and Severe Depression and the total GHQ change was found to be significant at  $p < 0.001$ . Similarly, the trend in other clinical variables such as SBP ( $p < 0.001$ ), PR ( $p < 0.001$ ), RR ( $p < 0.001$ ) and weight ( $p < 0.05$ ) were lower whereas DBP ( $p > 0.05$ ) was higher, suggestive of better health. Similarly, there was significant change in all the components of personality traits such as Sattva, Rajas and Tamas ( $p < 0.001$ ). Sattva (balanced trait) score was higher whereas Rajas (Dynamic traits) and Tamas (Lethargy traits) score were significantly lower. The current study concludes that Yoga as a promising field appears to be an alternative and may open a new paradigm in the field of management especially in the area of leadership studies and development.

## Papers published from the Thesis

1. Padmavati Maharana, Sanjib Patra, T. M. Srinivasan, & Nagendra, H. R. (2014). General health of mid-career leaders: An objective and subjective observation through yoga. *International Journal of Education & Management*, 4(3): 236-239.
2. Padmavati Maharana, Sanjib Patra, T. M. Srinivasan, & Nagendra, H. R. (2014). Role of yoga based stress management program towards leadership development in managers. *Journal of Business and Management*, 16(5):1-5.
3. Padmavati Maharana, T. M. Srinivasan, Nagendra, H. R. (2014). Spiritual leadership: a new insight for the corporate world. *International Journal of Science and Research*, 3(7): 992-1001. ■





# YOGA IS OF VALUE

A thing is of value, if it is of use. A person is of value, if he or she is of use. An event, episode or experience is of value, if it is of use.

A fan or car is of value, because it is of use. But sometimes, fan may not be of use, when the weather is chill or when there is no electricity. Similarly, any object or thing may remain useless. Sometimes it may not be either useful or even useless. On the other hand it may be a nuisance, when the fan produces a creaking sound while giving the wind, it is simply a piece of nuisance though it is useful to some extent, sound is more than wind. If the repair cost and travel inconvenience are more, the vehicle is more of a nuisance value. Sometimes the objects may prove to be dangerous and fatal as well. When it is switched on, if the fan falls on the head of the person sitting under it, it is highly dangerous.

Thus there are four categories.

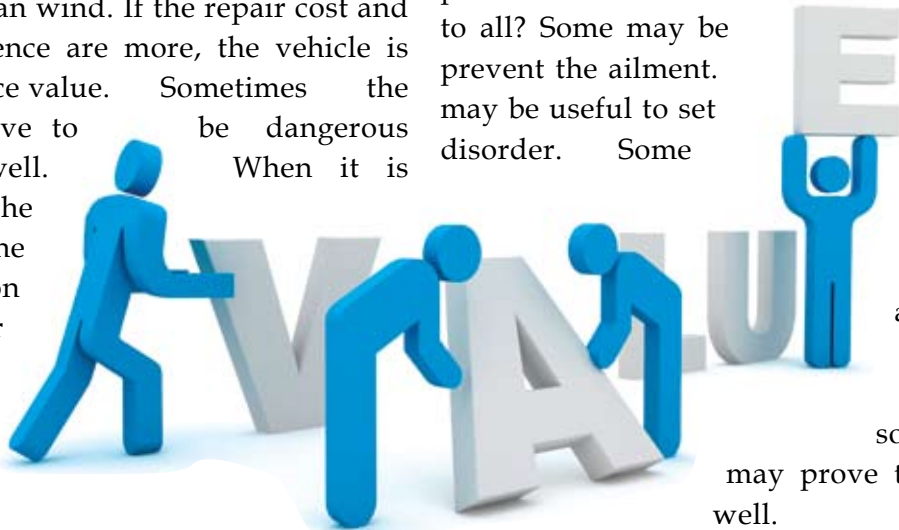
The classification can be under four heads: useful, useless, nuisance and dangerous. Ideal things would be useful always, under all circumstances. They are useful to all people of all categories all over the globe always. And they should be useful at all levels. Any object, event or person has to stand the utilitarian test of universality, permanence and comprehensiveness while including all levels of human requirements.

In the fields of education and medicine are we able to find any medicine or system of education in the present day world to be useful to all, at

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



all times and at every level? Does the modern system of education ensure employment? Moral uprightness? Ethical excellence? Social harmony? It is often useless and most often a mere nuisance. On certain rare occasions it has proved to be dangerous as well. Similarly, in the medical world, can we say that any particular medicine is useful to all? Some may be used to prevent the ailment. Some may be useful to set right the disorder. Some medicines are of nuisance value on account of certain side effects. And some others may prove to be fatal as well.



Both the system of present day education and the medicines available now cannot be considered to be useful to all, at all times and levels of human needs.

Medicines and education coupled with yoga will be useful. Yoga is inclusive of both medicines and education for the whole some health of all at all times. The society which takes to the path of yoga will be healthy and harmonious. Individuals, societies and nations will only be peaceful and useful to all, always at all levels if only we practice yoga. Yoga is of overall value. ■



# Yoga for Working Memory in Adolescents

## INTRODUCTION

The current education system's focus has been on logical and scientific thinking right from the primary level. During this process, the vital part of education: detachment is ignored. Concentration and detachment are the key processes of education for the comprehensive development of personality in the teenagers as per Swami Vivekananda. Yoga, an ancient science, in its original form consists of diverse practices, such as physical postures (āsanas), regulated breathing (prāṇāyāma), meditation, understanding the spiritual basis of life and ethical practices. Recent studies have shown Yoga based add on programs in Modern education, enhance psychological well being.

## LITERARY REVIEW

In this chapter of literary research, attempts were made to understand prajñā (awareness), from ancient Indian scriptures. This chapter further elucidates the role of prajñā in development of mind and its different aspects (antaḥkaraṇa), and removal of impurities (smāntimala) leading to a state of mastery over the mind (sthitha prajñā sthithi). Relevant slokas are presented text-wise, and a coherent discussion is provided for the same. Finally, with the theoretical model which depicts the whole concept to understand the process of cognitive refinement is summarized.

## REVIEW OF SCIENTIFIC LITERATURE

Review of scientific literature enumerates contributions and findings from various studies done in the domains of yoga, mindfulness, memory and psychological well-being of children. A growing number of studies presented the need of the stable cognitive

■ *Dr. Natesh Babu*  
Asst. Director, DDE - S-VYASA  
Abstract of PhD Thesis



process for emotional, social, academic and interpersonal relationship with the adolescents. A summary table is provided for the effect of yoga on cognitive processes in adolescents.

## AIMS

The main aim was to explore the efficacy of yoga on working memory among adolescents.

## OBJECTIVES

1. To establish normative data for working memory task in Indian adolescences.
2. To explore the relationship between yoga related psychological states and working memory in healthy adolescents.
3. To evaluate the effect of intense yoga based personality development program on psychological domains and working memory in healthy adolescents.
4. To examine the immediate effect of cyclic meditation on working memory and psychological states in healthy adolescents.





## **METHODS SUBJECTS**

All the studies the sources of subjects were from Yoga based Personality Development

Camps (YPDC) held at S-VYASA Yoga University and age range from 12 to 16.

## **DESIGN**

The research design was innovative in incorporating different research methods such as Correlational, Pre-Post and Self as Control experimental designs.

## **INTERVENTION**

Yoga based Personality development camp (YPDC) consisted of training in different yoga based techniques for approximately eight hours a day, for 10 days. It included specialized yoga module for overall personality development such as Yogāsanas, breathing practices, eye-cleansing techniques, meditation, emotional culturing sessions, Vedic chanting, and yogic games. Further, the training also included guided relaxation and Cyclic Meditation (CM).

Cyclic (CM) meditation is a unique practice which incorporates mind and body movements, along with awareness. An effective practice especially for novices, has been scientifically evaluated to a greater extent. Cyclic meditation is a technique which combines "stimulating" and "calming" practices, based on a statement in ancient yoga texts suggesting that such a combination may be especially helpful to reach a state of mental equilibrium.

## **ASSESSMENT TOOLS**

Multidimensional assessments of working memory, all domains verbal, spatial and non-verbal measures were administered to understand the memory. Various tools like Visual memory Task, Spatial Memory Task, Corsi Block Tapping Test, State Anxiety Inventory, State Anxiety Inventory-Short Form, Child and Adolescent Mindfulness Measure,

and State Mindful Attention Awareness Scale were used.

## **DATA EXTRACION AND ANALYSIS**

The data were collected using self-reported questionnaire and computers based assessment. All statistical analyses were performed using the Statistical Package for Social Sciences, SPSS (version 16.0). Correlation, Independent-sample t-tests and Paired sample t-tests, procedures were used for statistical analyses.

## **RESULTS**

1. The correlation between mindfulness and working memory was positive and significant. Further state anxiety has shown a significant negative relationship between working memory.
2. Immediately after Cyclic Meditation session, participants have shown a significant enhancement in spatial memory test scores. While verbal memory test scores have remained the same in Cyclic Meditation and Supine Rest. Further, subgroup analysis shown spatial memory test scores increased in both experimental and control session in boys. Further recall in spatial memory scores has been increased immediately following CM in girls.
3. A significant enhancement in nonverbal working memory and mindfulness after intense 10 day yoga program. Further state anxiety has reduced significantly following yoga based intervention.
4. Immediately after Cyclic Meditation session, participants have shown a significant reduction in state anxiety. There was non-significant change in state anxiety scores following Supine Rest. Further, subgroup analysis shown girls state anxiety reduces significantly following experimental and control session.



## CONCLUSIONS

This study offered initial information on the possible interaction between mindfulness and state anxiety in working memory. Further, results show promising immediate effects of yoga based relaxation technique on spatial and non-verbal working memory. Furthermore, results confirmed the effect of yoga on enhancing working memory and enhancement of mindfulness. Although the current study provides initial insight into the role of yoga in working memory further research is necessary

to explore the applications.

## Papers published from the Thesis

1. Natesh Babu., Balaram, P., Nagendra, H.R. (2014). A Comparative study on two yogic relaxation techniques on anxiety in school children. *International Journal of Yoga - Philosophy, Psychology and Parapsychology*.
2. Natesh Babu., Balaram, P., Nagendra, H.R. (2014). Immediate effect of yoga based relaxation Techniques on memory task performance in Teenagers. *International Journal of Multidisciplinary Educational Research*.
3. Natesh Babu., Rajesh S.K., Nagendra, H.R. (2014). Relationship between state mindfulness and working memory in Children. *Indian Journal of Positive Psychology* ■

◀ p19

## Effects of Yoga on CCINV and Its Correlation to the Concept of Agni in Ayurveda

group compared to control group after 3rd cycle of chemotherapy.

EKG showed a significant decrease in bradycardia ( $p=0.002$ ) and tachycardia percentage ( $p=0.03$ ) in Yoga group compared to Jacobson's and control group becoming more evident after 3rd cycle of chemotherapy.

### Conclusion

Yoga helps to normalize impaired Agni, gastric motility and enhances cardiac and gastric parasympathetic activity in subjects undergoing chemotherapy. Both Yoga and Jacobson's intervention conferred beneficial effects in reducing chemotherapy induced nausea and vomiting.

### Papers published from the Thesis

1. Lalitha Nandini P.K., Raghavendra Rao M., Amritanshu, R., Nagarathna, R., Radheshyam Naik., and Shubha V Hegde. (2014). Ayurveda perspective of management of cancer chemotherapy induced nausea and vomiting. *Online International Interdisciplinary Research Journal, (Bi-Monthly), ISSN2249-9598, Volume-IV*.
2. Malur R Usharani., Lalitha Nandini P.K., Raghavendra Rao M., Mahesh Kavya., S Aishvarrya., Shekhar G Patil., Diwakar B Ravi., H P Shashidhara., C T Satheesh., Naik Radheshyam., Basavalinga S Ajaikumar., Gopinath KS., and Ramesh B.S. (2014). Comparison of Yoga vs. Relaxation on Chemotherapy Induced Nausea and Vomiting Outcomes: A Randomized Controlled Trial. *J Integr Oncol ISSN: 2329-6771 JIO, Volume 3 Issue 1-116*.
3. Lalitha Nandini P.K., Raghavendra Rao M., Malur R Usharani Naik Radheshyam, Nagarathna R., Shubha H., Mariyamma Philip, Shekhar G Patil, Diwakar B Ravi, H.P. Shashidhara, C.T. Satheesh, and Basavalinga S Ajaikumar. (2014). Development and standardization of jataragni impairment checklist (JIC). *International Journal of Multidisciplinary Educational Research, ISSN: 2277-7881; Impact Factor-2.735; IC Value 5.16 Volume3, Issue8 (4)*.
4. Lalitha Nandini P.K., Raghavendra Rao M, Malur R Usharani, Radheshyam Naik, Nagarathna R., Shubha.V.Hegde, Shekhar G Patil, Diwakar B Ravi, and Basavalinga S Ajaikumar. (2014). Role of yoga intervention and its effect on jataragni in ayurveda and CCINV-A RCT. *International Journal of Multidisciplinary Educational Research, ISSN: 2277-7881; Impact Factor -2.972; 2.972; IC Value 5.16 Volume 3, Issue 11(1)*. ■



# Overview of the Preparation for Celebrating June 21<sup>st</sup> as International Yoga Day

The first meeting of the Inter-Ministerial Committee under the Chairmanship of **Shri Shripad Nayak, Hon'ble Minsiter of State (Independent Charge), AYUSH** was held on 12<sup>th</sup> February 2015 to draw a clear action plan for the **Celebration of International Yoga Day on 21<sup>st</sup> June 2015**. After formal inauguration and brief introduction for the committee members present, the Hon'ble Minister requested Joint Secretary to carry out the proceedings.

The Joint Secretary explained the association of Yoga as a part of life with the Indians. Today it's practiced across the globe owing to non-invasive nature and drugless character and it has gained International Patronage based on the recommendations of the Hon'ble Prime Minister of India.

**United National has declared June 21<sup>st</sup> as International Yoga Day.** As directed by the Hon'ble Prime Minister, the Ministry of AYUSH has prepared an action plan for the celebration of International Yoga Day on 21<sup>st</sup> June 2015.

As a part of the International Yoga Day celebration the Ministry (AYUSH) has proposed M/s Morarji Desai National Institute of Yoga (MDNIY) to conceptualize and develop three films emphasizing on the tutorial part classified as Yoga for beginners, middle aged and elders. Apart from the above the ministry shall produce a film on yoga for the masses. The Ministry of External Affairs shall also develop documentary films on Yoga for international audience and for display and distribution across the globe. It was proposed to have a common emblem to mark the International Yoga day celebrations across

the globe. To commemorate the occasion it was proposed to release postal stamp / coins in consultation with the Ministry of Finance and Telecommunications. Arrangements shall be made for the celebrations of International Yoga Day across all the 185 Embassies / High Commissions / Consulate Offices at a common notified time.



Tentatively it's proposed to perform mass yoga demonstrations at Rajpath between 8 & 8:30 am on 21<sup>st</sup> June 2015, Hon'ble PM is requested to chair the event. The Ministry has planned to organize two day Symposium on Yoga at Vigyan Bhavan, New Delhi starting from 21<sup>st</sup> June 2015, to be inaugurated by the Hon'ble President and concluded by Hon'ble Prime Minister or Hon'ble Vice President.

M/s Helen Acharya, Secretary Sangeet Natak Academy has been entrusted with bringing out a booklet connecting performing arts with Yoga and this shall be done in consultation with the Ministry of Culture. Action shall be initiated for undertaking massive advertisement using all forms of media, which was agreed by all the members.

The Committee proposed to issue circular to Schools / Colleges / Other educational institutions across the country for celebrating



## 175 nations co-sponsor the United Nations resolution to declare International Day of Yoga on 21st June, every year.

### NORTH AMERICA (23)



### EUROPE (42)



### SOUTH AMERICA (11)



### ASIA (40)



### AFRICA (46)



### OCEANIA (12)



International Yoga Day, action shall also be initiated for providing brochures / CD's related to yoga along with specific asana to be performed (In consultation with Dr. H R Nagendra) which could be practiced as a daily routine. A separate dedicated portal shall be developed for promulgating Yoga. The participation of NCC cadets, Select NGO's across the country and facilities for training them in yoga was assured.

Morarji Desai National Institute of Yoga (MDNIY) in consultation with the leading yoga institutes / experts shall prepare cost effective IEC material in the form of CD's / Booklets and shall be made available before the International Yoga Day.

Dr. H R Nagendra, the Chancellor S-VYASA narrated the committee as to the discussions had with the Hon'ble Prime Minister Sri Narendra Modi regarding celebrating International Yoga Day by one and all across the country and also associating other yoga gurus including Baba Ram Dev, Sri Sri Ravishankar for the event and also of the 'Himalaya Yoga Olympiad' organized by VYASA.

Joint Secretary, Ministry of External Affairs informed that Hon'ble Prime Minister of the country desires that International Yoga day is celebrated in all the 193 Countries of the world and arrangements be made to provide services of the Yoga Instructors from various organizations involved with Yoga.

Ms Alka Narang, Asst. Country Director UNDP, New Delhi congratulated the Ministry of AYUSH for all the efforts made towards in celebrating International Yoga Day at such a large scale and assured their co-operation both at National and International level to make this event a great success.

The Hon'ble Minister of State (IC), AYUSH concluded the meeting, instructing all the members present to contribute in the best possible way for showcasing Yoga as India's cultural heritage to the world and to best utilize this opportunity to bring to the notice of the entire global fraternity the 'Preventive and Curative Strength of Yoga'. ■



# Highlights of the Minutes of the meeting of The Committee of Secretaries chaired by Cabinet Secretary

New Delhi

Meeting held on Feb 26, 2015

## Preamble:

The 69<sup>th</sup> Session of United Nations General Assembly adopted the draft resolution A/69/L.17 with 117 countries co-sponsoring it on 11<sup>th</sup> Dec 2014. The resolution establishes for observance of June 21<sup>st</sup> as International Day of Yoga. The reason for declaration is based on proposal made by Hon'ble Prime Minister Sri Narendra Modi Ji during his maiden address at UNGA on 27<sup>th</sup> Sept 2014. Government of India has decided to give practical effect to the resolution. To plan and oversee the arrangements for successful celebration of the International Yoga Day a committee is constituted under the chairmanship of Hon'ble Minister of State AYUSH. The first meeting of the committee was held on 12<sup>th</sup> Feb 2015. The committee has drawn the road map for celebrating International Yoga Day regarding the time, place, list of invitees for various events, adopting of emblem, release of special coins, stamps, audios and videos', training NCC cadets, etc.

## Gist of the Proceeds of the Meeting:

Yoga is a holistic and integral science of life dealing with Physical, Mental, Emotional and Spiritual Health of an Individual and Society. Yogic principles of life style help to strengthen and develop positive health. Yoga Sadhna is understood by masses.



Naturopathic system is integrated in the lifestyle of the Indians which continues to grow and evolve incorporating advance knowledge and mechanism of natural healing and therapeutics. Naturopathy is drugless non-invasive healing system with no side effects.

Since, currently as there is no central legislation for regulation of education and practice of these two systems it is very much essential to enact a comprehensive legislation. The Government of India is discussing with the stakeholders to bring up regulation of Yoga and naturopathy education and practice. After having series of meetings with such institutes which conducts various courses on these to streams has established a National Board under the Chairmanship of AYUSH Ministry. The activities of National Board for promoting and developing Yoga and naturopathy will be fully funded by GoI ministry of AYUSH.

The Aims and Objectives of the Board are to enhance quality of education, training, research etc. pertaining to Yoga and Naturopathy. To develop human resource, providing financial assistance to institutes and organization engaged in Yoga and Naturopathy education, training, research etc. Promoting Yoga and Naturopathy at international level etc. ■



# Laying foundation stone for Yoga Bhawan by Shri Anantha KumarJi

**Bengaluru, Mar 22:** Hon'ble Union Minister for Chemicals and Fertilizers Shri Anantha KumarJi laid foundation stone for 'Yoga Bhawan' Annex to Eknath Bhavan, S-VYASA Office Gavipuram Circle, Kempegowda Nagara, Bengaluru. Basavanagudi MLA Shri Ravi Subramanya, Chancellor Dr. H R Nagendraji and Vice-Chancellor Dr. Ramachandra G Bhat were present during the occasion.

While addressing the gathering the Union Minister expressed that he is very happy to inform

that United Nations has declared to celebrate



Bhumi Pooja for laying foundation stone for Yoga Bhawan



Pouring the Milk for Prosperity



Released the plan & sketch of proposed Yoga Bhawan



Felicitation to Sri Ananth KumarJi

June 21<sup>st</sup> of every year as International Yoga Day. Prime Minister Shri Narendra ModiJi took up this matter with UN General Council and 175 countries out of 193 member countries voted for this. He also expressed that the **Yoga Bhawan** will be ready by next Ugadi and the University will make best use of it for spreading the Yoga culture. He also pointed out that, modern day life style and lack of spirituality are the cause of all diseases, by adopting Yoga in our day to life, one can transform himself into a better person and be free from stress and strain. Further, it was also informed that India is the only country which can spread the culture of Yoga and Spirituality to make a better world.

He contributed ` 25 lakhs from MP Fund and Shri Ravi Subramanyam ` 15 lakhs from MLA Fund towards construction of **Yoga Bhawan.** ■



# International Yoga Festival Rishikesh, Uttarakhand



Welcome...

Known widely as the 'Birth Place of Yoga', Rishikesh has over the years witnessed millions of yoga followers and practitioners through its saintly landscape. While meandering through the town lanes, you will stumble across hundreds of Yoga Ashrams and meditation centers that cater to the needs of Yoga lovers.

More than 1,000 participants from the country and abroad were present at Rishikesh for the week-long International Yoga Festival from 01-March-2015 to 07-March-2015. Parmarth Niketan

ashram hosted its 16<sup>th</sup> annual Yoga Festival while Uttarakhand Tourism Development Board (UTDB) & Garhwal Mandal Vikas Nigam (GMVN) jointly organized their yoga festival at Ganga Resort, Rishikesh and Uttarakhand. Union tourism minister Shri Mahesh Sharma and Uttarakhand chief minister Shri Harish Rawat along with many other prestigious guests including Dr. H R Nagendra from S-VYASA, Bangalore inaugurated the festival on the banks of Ganges, at the feet of the Himalayas. Dr. Nagendra gave talks on yoga therapy in both the festivals. Along with Dr. Nagendra a team of four members including Dr. Amritanshu Ram, Dr. Nidhi Choudhary, Dr. Vikas Rawat and Aishwarya Chaitanya participated in the festival and conducted morning yoga sessions. Many students got inspired and inquired about our online courses. In the month of April S-VYASA would be conducting Yoga Instructor Course (YIC) in Parmarth Niketan, Rishikesh, admissions for which is still open. ■





# First Pune International Yoga Festival A Big Success



'Yoga Tapaswini' award conferred to the eminent personalities including Dr. R Nagarathna

**Pune, Mar 6-8:** First International Yoga Festival was held in Pune. The three day festival was organized by Laxmi Vyankatesh Charitable and Educational Trust – Institute of Yoga and Multiversity. Padmabhushan Dr. Vijay Bhatkar, H H Swamy Govind Dev Giri ji, Padmashree Dr. Sharad Hardikar, Dr. Shirley Telles, Dr. Ishwar Basavareddi, Dr. D R Kaartikeyan, Bahamashree Patriji, Dr. G S Kelkar, Vice Chancellor Dr. Uma Vaidya, Dr. Hansaji Jaydev, Dr. Vishwas Mandlik, Dr. Milind Modak, Dr. Jeanne Pere and from S-VYASA, Chancellor Dr. H R Nagendra Ji graced the occasion.

During the event Dr. Jene Pere, Smt. Hansaji Jaidev and Dr. R Nagarathna were felicitated with 'Yog Tapaswini' award. On the behalf of Dr. R Nagarathna, Dr. H R Nagendra Ji received the award.

By having the support of S-VYASA, Vivekanand Kendra Pune, Manashakti and Geeta Parivar, the festival achieved a big success. ■



Dr. H R Nagendraji and other dignitaries on the dias.



# समाजस्वास्थ्याय यज्ञस्य योगदानम् The Relevance of Yajna for a Healthy Society



Awarding Adhwareendra Puraskara to Veda Brahmarshi Yajnapati Bhat



Shrauta Yaha - Nakshatreshhti

Health is the main mantra for developing society. Sages of yore experimented many things for human excellence and sustainable development. Yajna is one among many boons bestowed upon modern society. The Vedas and Vedic literature give an exhaustive explanation to the meaning, types and procedure of Yajna.

The word Yajna is derived from the root Yaj Devapujaa (worshiping the powers of nature) -

Sangatikarana (unification) - daaneshu (giving). Therefore all the activities by which the powers of nature are pleased and by which one knows one's real nature is Yajna.

The growth of industries, cities and motor vehicles is adding wastes to the environment, and it results in air, water and land being polluted at an alarming rate. Polluted air, water and land are polluting the human mind too. Negativity,



Welcome address by Dr. Mahabaleshvara S Bhat, Principal, VVG



## NEWS from VYASA, Kolkata



On 15<sup>th</sup> February 2015, a **teacher's meet** held at VYASA Kolkata. It was presided by Mr. B K Dhanuka.

From 16<sup>th</sup> - 22<sup>nd</sup> February 2015 a research based special Yoga Therapy Awareness Programme on '*Diabetes Control & Prevention*' was organized by **Lions Club of North Calcutta (District 322B1)** and **S-VYASA Yoga University, Bengaluru** at Lions Safari Park, Rabindra Sarobar of Kolkata. 25 participants were participated the programme.

Programme was monitored by Mr. S S Rajput. The Yoga sessions were conducted by Trained Yoga Therapists Mr. Kuntal Ghosh, Mr. Nayan Mondal. This programme was sponsored by the ONKAR Group.

On 17<sup>th</sup> February 2015, **Mahasivaratri** was celebrated by VYASA with 108 rounds of Mahamrityunjay mantras and special Bhajans of Lord Shiva.

On 21<sup>st</sup> February 2015, a **teacher's meet** held at VYASA Kolkata. It was presided by Mr. B K Dhanuka.

On 28<sup>th</sup> February 2015, on behalf of VYASA Mr. Sanatan Mahakud was invited as Chief Guest to the **28<sup>th</sup> Annual Cultural and Prize distribution day** of Vivekananda Adarsh Milan Mandir, Haridevpur. Programme was held at Muktangan Rangalaya, Kolkata. On this occasion their annual souvenir *Jagaran 2014-15* was released. ■

hate, greed, anger, violence etc are increasing in society. Yajna, the way of life can provide a long lasting solution to these problems. The direct and proven impact of Yajna is seen on ecology and on the human being. Scientific researchers from many decades have proven Yajna to be an effective method to maintain ecological balance.

Yajna is a unique method bestowed by the ancestors to purify body, mind and environment. It can be an alternative method to gain holistic health. Veda Vijnana Shodha Samsthana recently doing research in this field is trying to build a comprehensive Yajna therapy module to combat the problems that the modern world is facing today.

To speed up the research activities with new dimensions, Veda Vijnana Shodha Samsthanam was organized a three-day international



Hounour to Sri Vazhubhai Rudhabhai Vala, Governer, Karnataka

conference on the subject - '**The Relevance of Yajna for a Healthy Society**' in collaboration with **S-VYASA Yoga University, Karnataka Sanskrit University** and **Mythic Society**.

28 Invited Speakers made their presentations and from 5 Countries delegation was there. ■



# The Council for Yoga Accreditation International (CYAI)



CYAI council members during the recent meet at Kaivalyadhama, Lonavala

The Meeting of Council of Yoga Accreditation International (CYAI) was held on 14<sup>th</sup> and 15<sup>th</sup> of March 2015 at Kailvalyadhama, Lonavala and the meeting was attended by Ms. Divya Naithani on behalf of Mrs. Hansa Yogendra, Dr. Stoma Stephen Parker on behalf of Swami Veda Bharati, Dr. Ananda Balayogi Bhavnani, Swami Amrta Suryananda, Shri OP Tiwari, Dr. H R Nagendra, Dr. Rajan Narayanan, Pandit Radhey Shyam Mishra, Shri Subodh Tiwari, Prof. R S Bhogal, Shri Hiten Ghia (representing Bhavan's Yoga).

The meeting began with the invocation by Shri OP Towari and at the outcome following Nine Resolutions were passed by the committee:

- The patterns of exams for Instructors, Teachers and Therapists.
- The Core Exam team furnishing the intent, topics & reference material for the exam.
- Setting up CYAI administrative unit at Kaivalyadhama, Lonavala.
- Finding synergy between Indian Yoga

Association (IYA) and CYAI.

- Modification to the current logo and to include the whole world.
- Gifting of the registered trademark of the Logo to the Govt. India & to use it for International Yoga Day (21<sup>st</sup> June 2015)
- Using a common Logo worldwide for celebrating International Yoga Day including UN.
- Dr. Alex Hankey of S-VYASA is appointed to document accomplishments of those at level of Fellow / Masters, every institute shall indentify a liaison to interact with Dr. Alex Hankey for the said work.
- The proposal for the Board to meet once in a year was approved.

Time slot was provided to all the participants to express their opinion / views concerning the resolutions passed. The core team suggested considering any input from Dr. Nagarathana as suggested by Dr. H R Nagendra regarding the therapy exam to include lifestyle modification



questions while deliberating on topics and reference material pertaining to exam pattern. Shri Subodh Tiwari and Dr. Nagendra shall take the lead to contact TCS (Tata Consultancy Services) to explore the possibility of implementing the exams online in the same manner as the Common Admission Test of the Indian Institutes of Management. Dr. Narayanan and Dr. Parker shall also make inquiries in the USA with Prometrics and Educational Testing Services. The contract of administering the exam shall be decided by the Board at a later date. **Swami Amrta Suryananda** congratulated the work of CYAI. He expressed his happiness on meetings on yoga. He also pointed out that publication of Portuguese Yoga Confederation

to be in multiple languages, English, Hindi, Cantonese, Spanish, Portuguese, Arabic, French and Russian. **Shri O P Tiwari, Shri Subodh Tiwari and Dr. Rajan Narayanan** did not have much to say beyond what they had already noted during the proceedings and thanked everyone for their participation. **Prof. Bhogal** felt blessed to have so many people working on a common cause. **Mr. Hiten Ghia** from Bhavan's Yoga (Bharatiya Vidya Bhavan), expressed that he was happy to be there in the meeting and he insisted that fee structure of teachers / instructors be, posted on the web. Shri Tiwari ji extended the Vote of thanks and the session concluded honoring all attendees. ■

## The Minutes of the meeting of Expert Group on Yoga Education held on 16<sup>th</sup> March 2015 at Conference Hall, NCTE New Delhi

### The following members attended the meeting:

1. Prof. Santosh Panda, Chairperson NCTE
2. Prof. BS Dagar, Co-Ordinator, Former Head, Dept. of Education, MD University, Rohtak.
3. Dr. Ishwar V Basavaraddi, Director, MDNIY
4. Dr. H R Nagendra, Chancellor, S-VYASA University
5. Shri. O P Tiwari, representing Secretary, Kaivalyadhama, Pune
6. Prof. G D Sharma, Dept of Yoga, Patanjali Yogpeeth, Haridwar
7. Prof. SL Barnwal, representing Dr. Chimnaya Pandya, Dev Sanskrit Vidyalaya
8. Dr. Swami Manglatirtham, Bihar School of Yoga Darshan

### The main agenda for the meeting are:

- a) To Prepare and finalize the unit wise course contents relating to Yoga Education of DPSE, DEIED, DPED, Bed, Med, BPEd & MPED.

- b) To identify course writers for preparing SLMs on Yoga Education.
- c) To identify editors for wetting the course contents prepared.

Prof. Santhosh Panda briefed the members present regarding the agenda placed before the committee along with the objectives of the project and its need, relevance and urgency. After detailed deliberations on the subjects the outcome / decisions are as follows:

A programme wise comprehensive list of course writers, tentative list of course editors / wetter's were finalized. With a view to complete the project as scheduled it was decided to organize a meeting of the course writers on 19<sup>th</sup> March 2015 with a view to orient to the style format etc, to be prepared. The Co-coordinators shall mobilize more resources. M/s NCTE shall develop its own Graphics / Photos as required.

The meeting ended with vote of thanks to the chair. ■



# 21<sup>st</sup> INCOFYRA

## 21<sup>st</sup> International Conference on Frontiers in Yoga Research and Its Applications

### THEME

Yoga the basis for  
Integrative Medical System

Nov 15 – 18, 2015

Prashanti Kutiram, International Headquarters of VYASA, Bengaluru

Organised by:

Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru

In technical collaboration with



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

## CONFERENCE PROGRAMS @ A GLANCE

DATE	PROGRAM
Mar 1 - Jun 21, 2015	Himalaya Yoga Olympiad
Nov 8 - 14, 2015	Pre-Conference Workshop
Nov 15 - 18, 2015	Main Conference
Nov 19, 2015 to May 20, 2016	SDM Yatra in Five Zones

## CALL FOR PAPERS

Scientific research papers and review papers on the theme and related topics in yoga are invited for oral / poster presentations.

Last date for submission of Abstracts	July 1, 2015
The Papers will be peer reviewed and acceptance or otherwise will be intimated before	Aug 15, 2015
Last date of submission of Full Papers	Oct 20, 2015

- Send your abstracts to [incofyra21@svyasa.edu.in](mailto:incofyra21@svyasa.edu.in)

## CONFERENCE REGISTRATION

Register earlier before July 1<sup>st</sup> to gain maximum concession

Individual Programs	Dates	SAARC Centers	
		Before July 1 in ₹	After July 1 in ₹
Pre-Conference Workshop	Nov 8-14, 2015	8,000	9,500
Main Conference	Nov 15-18, 2015	3,500	4,500
All Programs	Nov 8-18, 2015	9,500	11,000

- Includes Boarding and Lodging in shared accommodation and special event.
- Students can get 50% Reduction.
- SDM members can avail 10% Concession.
- A/C Name: Vivekananda Yoga Anusandhana Samsthana; A/C No: 31004780111; Bank & Branch: SBI, Jigani; IFS Code: SBIN0011355
- Payment by Cash or DD payable to 'Vivekananda Yoga Anusandhana Samsthana' (VYASA)

## FOR MORE DETAILS CONTACT

- *Chairman, Scientific Committee:* Dr. Ramesh M N, Associate Professor, S-VYASA University | *ph:* +91 80 2263 9973
- *Organising Secretary:* The Registrar, S-VYASA University | *ph:* +91 80 2263 9915
- *Address:* The Manager, 'Eknath Bhavan', #19, Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019  
*ph:* +91-80-2661 2669 | *telefax:* +91-80-2660 8645 | *e-mail:* [incofyra21@svyasa.edu.in](mailto:incofyra21@svyasa.edu.in)

## CONFERENCE OBJECTIVES:

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



### PRASHANTI KUTIRAM

(Abode of tranquility)

The international

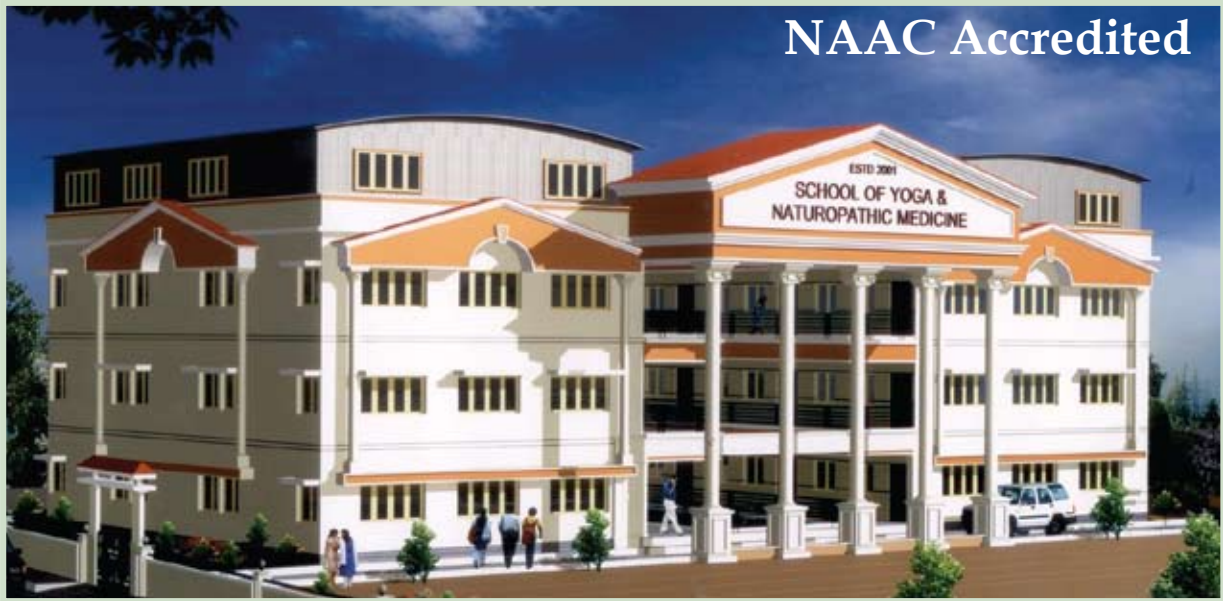
headquarters of VYASA

is a spacious campus of 100 acres with a serene atmosphere and natural beauty in a rural setting thirty kilometers south of the city of Bangalore.



# THE SCHOOL OF YOGA AND NATUROPATHIC MEDICINE

Swami Vivekananda Yoga Anusandhana Samsthana [S-VYASA]  
(Deemed University, established under Section 3 of the UGC Act, 1956)



## Admissions open...

- ▶ BNYS a 5<sup>1/2</sup> Years Medical Degree
- ▶ An EVIDENCE- BASED MEDICINE
- ▶ Holistic approach with non-invasive treatments
- ▶ State-of-the-art infrastructure including laboratories
- ▶ Discover the self in you and experience the yoga way of life
- ▶ Become a specialist in Mind-Body Medicine
- ▶ Learn and experience nature

*The Director,*  
**The School of Yoga and  
Naturopathic Medicine**  
'Eknath Bhavan', #19, Gavipuram Circle  
Kempegowda Nagar, Bengaluru - 560 019  
telefax: +91-80-2263 9981  
mob: +91-94496 67671  
e-mail: bnys@svyasa.edu.in  
[www.svyasa.edu.in](http://www.svyasa.edu.in)

## Achievements:

- MoUs with about 43 Universities and Research Centers around the world.
- Trained nearly 50,000 Yoga Teachers in India and Abroad.
- VYASA has spread in 56 cities in India and 36 Countries across the Globe.
- Major Research collaboration with 10 Organizations.
- Major Research International collaborations with 16 Organizations.
- Approval of 12B Status by UGC on 2014

## Recognitions:

- Cognitive Science Initiative Research, Dept. Science of Technology, Govt. of India (DST-CSI)
- 'Center for Advanced Research in Yoga and Neurophysiology' (ICMR CAR Y&N) recognized by the Indian Council of Medical Research, New Delhi for the period 2007-2012.
- 'Deemed to be University', as declared by the Ministry of Human Resource Development, Government of India, New Delhi, through the University Grants Commission (No. F. 9-45/2001. U.3).
- 'DST-FIST' sponsored department i.e., Dept. of Science and Technology, Govt. of India Fund for Improvement of Science and Technology Infrastructure in Universities and Higher Educational Institutions (No. SR/FST/LSI-142/2000)
- One of the four premier Yoga Institutes in the country as recognized by the University Grants Commission (DD NO. F.B-1/1993)
- 'Center of Excellence' recognized by the Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi.
- 'Scientific and Industrial Research Organization (SIRO), as certified by the Department of Scientific and Industrial Research, Ministry of Science and Technology, Govt. of India, New Delhi (No. 14/43/1988-TU-V).

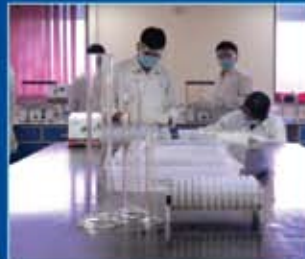
## Accomplishments:

- Scientific Journal of S-VYASA - International Journal of Yoga (IJOY) - the first yoga journal indexed in PubMed.
- More than 300 Research Publications in National and International peer reviewed indexed Scientific Journals.
- 29 candidates have completed PhD.
- Conducted 20 International Conferences on Yoga Research and its Applications.
- Received Research Developmental Grant from Department of AYUSH, Govt. of Karnataka, India



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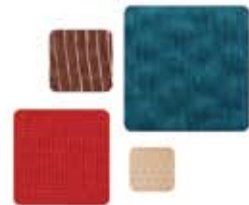


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