

150th Birth Anniversary Celebrations
of Swami Vivekananda

S-VYASA University
presents

राम कथा



Ram Katha

Highlights of Valmiki Ramayana

Sept 14-20, 2013 | Prashanti Kutiram, Bengaluru

Pujya Prema
Pandurang ji

www.svyasa.org

Yoga Instructors' Course (YIC), 137th Batch, July, 2013



YICG - 2013 Batch, Houston - USA



तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम्

YOGA SUDHA

Vol.XXIX No.9 September, 2013

SUBSCRIPTION RATES

- ▶ Annual (New)
₹ 500/- \$ 50/-
- ▶ Three Years
₹ 1400/- \$ 150/-
- ▶ Ten Years (Life)
₹ 4000/- \$ 500/-

Subscription in favour
of 'Yoga Sudha',
Bangalore by
DD/Cheque/MO only

ADVERTISEMENT

TARIFF: Complete Color

- Front Inner - ₹ 1,20,000/-
- Back Outer - ₹ 1,50,000/-
- Back Inner - ₹ 1,20,000/-
- Front First Inner Page -
₹ 1,20,000/-
- Back Last Inner Page -
₹ 1,20,000/-
- Full Page - ₹ 60,000/-
- Half Page - ₹ 30,000/-
- Page Sponsor - ₹ 1,000/-

Printed at:

Sharadh Enterprises,
Car Street, Halasuru,
Bangalore - 560 008

ph: (080) 2555 6015

e-mail: sharadhenterprises@
gmail.com

CONTENTS

Editorial	2
 Division of Yoga-Spirituality	
Brahmasutra - <i>Guhāni Praviṣṭāvātmanāu Hi Taddarśanāt</i>	3
Śrāvaṇa Māsa - <i>Prof. Ranachandra G. Bhat</i>	4
Philosophy in Ayurveda - <i>Dr Manjunath G</i>	7
 Division of Yoga & Life Sciences	
Arogyadhama Data - July, 2013	9
A Report on SDM Camp @ Rajasthan	10
When it comes to food, think of nutrients and not calories - <i>Gauri Rokkam</i>	12
 Division of Yoga & Physical Sciences	
Cybertherapy and Psychotherapy - <i>Prof. T M Srinivasan</i>	13
 Division of Yoga & Management Studies	
SMET Camps - August, 2013	16
 Division of Yoga & Humanities	
Krishna Thy Name is Purity - <i>Dr. K. Subrahmanyam</i>	17
A Song on Pujya Lakshmi Amma - <i>Ramamurthy</i>	18
 VYASA, National	
Dr Alex Hankey at the Annual Day of Gujarat Ayurveda University's Institute of Post-Graduate Training and Research in Ayurveda	19
67 th Independence Day & 39 th Prashanthi Day Celebrations	21
Prashanti NEWS Room	25
Lakshmi Amma Ladies hostel block Inauguration	27
 VYASA, International	
Fourth Commencement Ceremony of HUA - <i>Subramanian A</i>	28
20 th INCOFYRA details	31

Swami Vivekananda Yoga Prakashana
'Eknath Bhavan', # 19, Gavipuram Circle,
Kempgowda Nagar, BANGALORE - 560 019
ph: (08110) 3092 2900, (080) 2661 2669
telefax: (080) 2660 8645

Editor: Dr H R Nagendra
Publisher: Subhadra Devi
e-mail: info@yogasudha.com
websites: www.yogasudha.com
www.svyasa.org

EDITORIAL

Two friends from an unknown land were travelling in a train. A Banana Vendor made them buy two Bananas luring them to the taste of his plantains. While they were wondering as to how to eat them, he educated them to peel the same and eat the inner soft pulp. One of those friends told the other "let us be careful, I will first eat and see how it goes; then you will take your turn" so saying with suspicion in his mind, he carefully peeled the same and started chewing the banana tasting its sweetness and enjoyed swallowing it. By that time, the train entered into a tunnel and the whole train became dark. The person who gulped the pulp cried to his next friend "Eh, don't eat. I have become blind and just vomited what all he had eaten. As it took a few minutes to do it, the train came out of the short tunnel and the light dawned. And the person was convinced that eating Bananas will turn one blind! This is called Kakataliya Nyaya which is taken as the truth. Often we do it in our ignorance, but such things can be easily remembered. The double blind studies, RCTs etc were evolved to eliminate such errors.

But what of a person involving in corruption and working it out carefully not to get caught. Does he not know that he is doing is wrong? All of us, the, intelligent ones know what is right and what is wrong. the ethics and the transparency. But why do we go the wrong way? This is the Duryodhana character i dominant in us. As Duryodhana says "Jaanami Dharmam na ca me pravrttih, janaami adharmam na ca me nivrttih- I know what is right, but I don't do right things; I know what is wrong and I am drawn to do wrong things". What draws us? The powerful emotions of greed and hate take over our actions. Craving for sense objects becomes powerful and knowingly we commit to do and do wrong things. Prajnaparadha, as Ayurveda puts it, is the root

cause of all problems in the society as also of the modern NCDs of our high tech era. In the name of economic progress and sense pleasures we have consciously amplified these emotions. In our understanding that happiness is in sense pleasures, we have resorted to sense pleasures.

Acquisition of money is connected to the same. If not by transparent ways, we resort to unethical ways. Bringing disaster in the society - the unseen Adhi and seen NCDs.

The way out? Slow down the speed of thoughts- reduce the greed and hate; convert these wrong negative emotions to softer good and right emotions. That is what Bhakti Yoga offers. Convert all Asuri sampat to Daivi Sampat. Consciously doing acts for good service to our fellow beings. With a purifying heart of real love and universal brotherhood. This training of emotions is the key to growth in building ideal social orders which we had done and shown. We need to bring back the same to the forefront. Using the tool of modern scientific research. Recent studies have shown that Leptin the hormone of craving is controlled by the practice of Yoga techniques. PANAS, yet an effective Psychological instrument has shown significant improvements in Yoga group compared to the control.

The essence for OBESITY CONTROL PROGRAM (OBCOP) is to work the subtle way by reducing stress through relaxation techniques on one hand, Surya Anuloma Viloma Pranayama on the other hand, Suryanamaskar and Shavasan for Adolescent obesity and CM with SAV for the adults - this means for OBCOP. And we march ahead with these tools removing the root cause of Obesity.

■ *Dr H R Nagendra*



ब्रह्मसूत्राणि (Brahmasūtra)

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

गुहां प्रविष्टावात्मनौ हि तद्दर्शनात् (ब्रह्मसूत्रम् -१-२-११)

Guhām Praviṣṭāvātmānau Hi Taddarśanāt (Brahmasūtram-1-2-11)

Meaning: The dwellers in the cave of the heart are the individual soul and Brahman.

Kaṭhōpaniṣat got its own unique place for YOGA SADHAKAS among ten major Upanishads. Kaṭhōpaniṣat is in the form of a dialogue between the most powerful and spiritual master Yamadharmā and young seeker Naciketa, as it is well known to integral Yoga Sadhakas. Yoga practice without spiritual insight takes to Annamaya oriented and distorted Yoga. Katha is the name given to a sage who wanted to project Yoga Vidhi, the real methodical practice of Yoga. The last verse in Kaṭhōpaniṣat is

मृत्युप्रोक्तां नाचिकेतोऽथ लब्ध्वा विद्यामेताम् योगविधिं च कृत्स्नम्

While answering the queries of Naciketa, whatever thought process the spiritual master conveyed, comes under the heading YOGA VIDHI. Two of three major questions asked by Naciketa, are related to Atman. The first one is related to individual soul, the second one is addressed to the realization of Paramātman. Among many mantras, the following mantra gives very powerful insight about the 'Theory of everything'.

ऋतं पिबन्तौ सुकृतस्य लोके गुहां प्रविष्टौ परमे परार्धे ।
अयातपौ ब्रह्मविदो वदन्ति पञ्चाग्नयो ये च त्रिणाचिकेताः ॥

- कठ. उप - १. ३. १ ॥

There are two, who enjoy the fruits of duties performed by a beginning less commuter i.e... Jīva. Life path is that, where mankind consumes the result of its performances covering unaccountable previous births. Atman is considered as a Performer and Consumer by many philosophers. Here our spiritual master, Great sage Veda Vyāsa takes this statement for discursions in Brahma sūtra. In this mantra, quoted above duality is indicated by Sanskrit Grammar - DVI VACHANA.

1. Who are these two consumers?
2. Who are these two cave dwellers?
3. Who are these two compared to shade and sunray?

In order to address this query, the great sage Veda Vyāsa gives the following guidelines. According to counter arguer, here one is intelligence and another one individual soul. Because Paramātman is Pure by nature, he cannot go for consumption of previous performances. Intelligence can help in consumption. Though intelligence cannot work independently, it can work supported by individual soul. This argument is countered by the above said aphorism.

Here Veda Vyāsa tells that, two refers to individual and Universal soul only. By its very nature inanimate intelligence cannot be equated with the individual soul, which has very close similarity with Paramātman. Here the two are cave dwellers. In this context cave means human body; this accommodates individual soul which is nothing but Universal soul. Thus, the real consumer is compared to one, and another consumer is there to witness it. One is the performer, another one is a motivator. One is realistic like the sunshine another one is like Non-existent shadow which merely appears. This guidance of Sage Veda Vyāsa paves the way for better understanding of Kaṭhōpaniṣat. This YOGA is proposed by Kaṭhōpaniṣat takes us to Anandamaya level, where Brahman alone remains discarding all dualities of the apparent world. As long as there is subject-object duality or seer-seen duality, the Yoga practitioner is away from the main stream of 'Mantra Yoga' propounded by ancient seers.

Kaṭhōpaniṣat is the work book for 'Mantra Yoga' projected by ancient Rishis in the whole Vedic literature. Mantra means physical and mental Strength combined. Vedic hymns are called Mantras in this sense. In this background, Kaṭhōpaniṣat otherwise called YOGA VIDHI takes us to the realistic understanding of Yoga in the modern context.

to be continued...

Śrāvaṇa Māsa

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

Introduction

Indian tradition has been adoring two cosmic bodies, namely solar and lunar. Sūrya and Chandra are not the names given to mere celestial bodies in the sky. The visible celestial bodies of the sun and the moon merely represent that cosmic governing rays, which structures and formulates the seven layered Brahmāṇḍa. For earth dwellers these two are two children playing in the playground as it is projected in the Vedas. The movements of these two visible bodies govern our time frames starting from milliseconds, seconds, minutes, hours, days, months and years etc. Time is infinite in its reality, but it is segmented into many fractions for the convenience of performance and management in our day to day transactions. Every fraction of a second is connected to some governing celestial bodies like Indra, Varuṇa, Rudra and so on. The

duration of 24 hours is divided into many more small units like Ghaṭika and Pala etc... which is connected to particular God such as Brahma, Viṣṇu, Indra and Rudra etc; corresponding to this, purity and impurity of that span of time is judged. For example, the morning time is considered to be much sanctified time before sun rise, because that duration is connected to Brahma, the deity for enlightenment and Viṣṇu for sustainability and management.

Likewise, there is an arrangement of a particular deity being fixed to different segment of time such as days, weeks, fortnights, months and years.

Śrāvaṇa for Śrāvaṇa

It is well known to us that this whole cosmos is governed by 27 groups of stars starting from Kṛttikā to Bharaṇī. All these 27 names are generally known as different names given to different stars; really speaking they indicate a group of stars. All 27 Nakṣatras (stars) again are divided into 12 Rāśīs (Zodiac signs). According to Nakṣatras the governing 9 Grahas are also fixed, For example, Śrāvaṇa is the star which is the symbol of Lord Vishnu becomes the central permeating cosmic ray which dominates the activities of this particular span of time - Śrāvaṇa month. On the full-moon day of this month, 20 Aug 2013, Śrāvaṇa Nakṣatra sanctifies that day. In that context this month is called Śrāvaṇamāsa.

Human connectivity with divine personalities

As much as we human beings infuse our personality with divine personalities, our life journey will



जीव यंत्र, माया तंत्र, भक्ति मंत्र

Jīva Yantr, Māyā Tantr, Bhakti Mantr

- भारत

पूर्वसूर्य की रश्मी धरती पर पधारती है ।

pūrvāsūrya kī raśmī dhartīpar padhārtī hai ।

श्रावण के आंगन में खिलते हैं बहुत सारे सितारे ।

śrāvaṇ ke āṅgan me khilte hain bahut sāre sitāre ।

त्योहार पुकारते हैं... ओ पाहि मुरारे ।

tyohār pukārtē hain... o pāhi murāre ।

गरजते बादल घनगंभीर होते हैं ।

garajte bādāl ghaṅgambhīr hote hain ।

चटपटी बूँदें चुलबुली होती हैं ।

chaṭpaṭī būṅdein chulbulī hotī hain ।

सरसरी हवा सरसीली बनती है ।

sarsarī havā sarsīlī bantī hai ।

रंगभरी रंगोली आंगन में खेलती है ।

raṅgharī raṅgolī āṅgan mein kheltī hai ।

मोगर का मास मन में बैठ जाता है ।

mogar kā māsa man mein baiṭh jātā hai ।

मौसम इतने सुंदर बनने पर हम क्यों चुप बैठें !

mausam itne sundar banne par hum kyon chup baiṭhein ।

तन से गावो, मन से भजो, हृदय से जपो, प्रेम से संवारो ।

tan se gāvo, man se bhajo, hṛday se japo, prem se sanivāro ।

हे परमात्मन, तुम्हारी कृपा अपरंपार है ।

he paramātman, tumhārī kṛpā aparānpār hai ।

दीप देदीप्य होते हैं, आरती अतीत पहुंचती है ।

dīp dedīpy hote hain, āratī atīt pahūnchtī hai ।

सुकर्म परिक्रम का उपक्रम उपाकर्म से होता है ।

sukarma parikram kā upakram upākarm se hota hai ।

तू ही दाता... तू ही निभाता... सिर्फ यही एक गूँज तनमन में भरी है ।

tū hī dātā... tū hī nibhātā... sirf yahī ek gūñj tanman me bhārī hai

be free from ailments, calamities resulting in alarming psychosomatic problems of the modern age. We, in the rat race of so called modern age, have forgotten to connect ourselves to those divine personalities like Brahma, Viṣṇu, Maheśvara, Indra, Varuṇa etc. prescribed to different celestial bodies around us. Often a word SHISHTACHARA is used by our ancestors to guide their own sons and grandsons and daughters in our family traditions. They are nothing but our systems and customs which connect us to divine personalities in order to smoothen our life journey.

In this Śrāvaṇa Māsa the following festivities are conducted in our family domains - Nāga Pañcamī, Varamahālakṣmī, Upākarma and Rakṣābandhana, Pūrṇimā, Saṅkaṣṭa Hara Caturthī, Śrāvaṇa somavāra and Śrāvaṇa Śanivāra, Kṛṣṇajanmāṣṭamī etc...



MEANING

Jiva's Yatra, Maya's Tantra , countered by Bhakti Mantra - Bharata

Sun arising unwittingly, bestowing energy and knowledge | In Sravana field, many stars glitter, what are they? | Festivals are they, as we call upon God to protect us | The majestic clouds float by in Sravana | Heavy rain drops slowly turning into gentle droplets | With Rangoli taking forms in our hearts and homes | With beauty of Jasmine lingering softly | Nature resplendent, our minds satiated and quietness attained | Body and mind in unison we sing, Love extending | He Paramesvara, your kindness is endless | Light becomes a divine glow; Ārthi becomes intense | Karma pious becomes Upākarma | You are the sole giver and provider... all that remains is this, Longing and Love



Every Saturday in this month is sanctified by the deity to DYU-LOKA solar region. The Gita says - आदित्यानाम् अहं विष्णुः - according to this Viṣṇu is that deity which is prominent among the governing solar bodies. Likewise every Monday is sanctified by Rudra, a deity which dominates lunar atmospheric region of the cosmos. Rudra is predominantly full of Soma content facilitating timely rains cloud formations and when these two Hari and Hara conjointly work together eco balance will be maintained. Śrāvaṇa month should



be utilised for adoring cosmic rays every Monday and Saturday.

Nāga Pañcamī is a very holy day for worshipping Lord Shiva who controls all those negative cosmic rays called Ahi or Sarpa and Yātudhānās according to the Vedas. The famous

Rudrādhyāya tells - “जम्भयन् सर्वश्च यातुधान्यः”. This statement implies that as we invoke more Śivatattva, there will be less ultraviolet effects at atmospheric levels.

Saṅkaṣṭa Hara is devoted to Lord Gaṇeśa. He sanctifies our intellectual powers resulting in all round development. Varamahālakṣmī is famous for remembering goddess of wealth. Our sisters and mothers rejoice in this divine celebration visiting many temples and distributing Prasādas to brothers and elders covering the cross section of the society.



Kṛṣṇa Janmāṣṭamī is the day for worshipping Lord Vishnu. Vishnu is that solar cosmic ray which is all pervading healthy solar entity. The more we meditate on all these divine personalities, our life become Yoga oriented resulting in health and development which is main Mantra of modern time.

Thus all these celebrations help us to align us to divine personalities who lift us from the daily trivial haunting and bless us with a smooth passage in our human journey. ■



PHILOSOPHY IN AYURVEDA

■ Dr Manjunath G, Assistant Professor (Senior), S-VYASA



नमामि धन्वन्तरिमादिदेवं सुरासुरैर्वन्दितपादपद्मम् ।
लोके जरारुग्भयमृत्युनाशं दातारमीशं विविधौषधीनाम् ॥

*Namāmi dhanvantarimādidevaṁ
surāsuroanditapādapadmam ।
Loke jarārughbhayanṛtyunāśaṁ
dātāramīśaṁ vividhauśadhīnām ॥*

AYURVEDA: Necessity of philosophical ideas in health Science

It is not rather difficult to answer a natural query as to why Āyurveda being chiefly a medical science, amalgamates so much in philosophy leaving an impression that philosophy forms as much an important part of Āyurveda as health and longevity are. An insight into the circumstances under which the early treatise came into being provided answer to this question.

Proficiency in Art and Science of Health

Āyurvedic Physician is known as Vaidya. The

word Vaidya is derived from Sanskrit verb root विद् ज्ञाने meaning a person of profound knowledge.

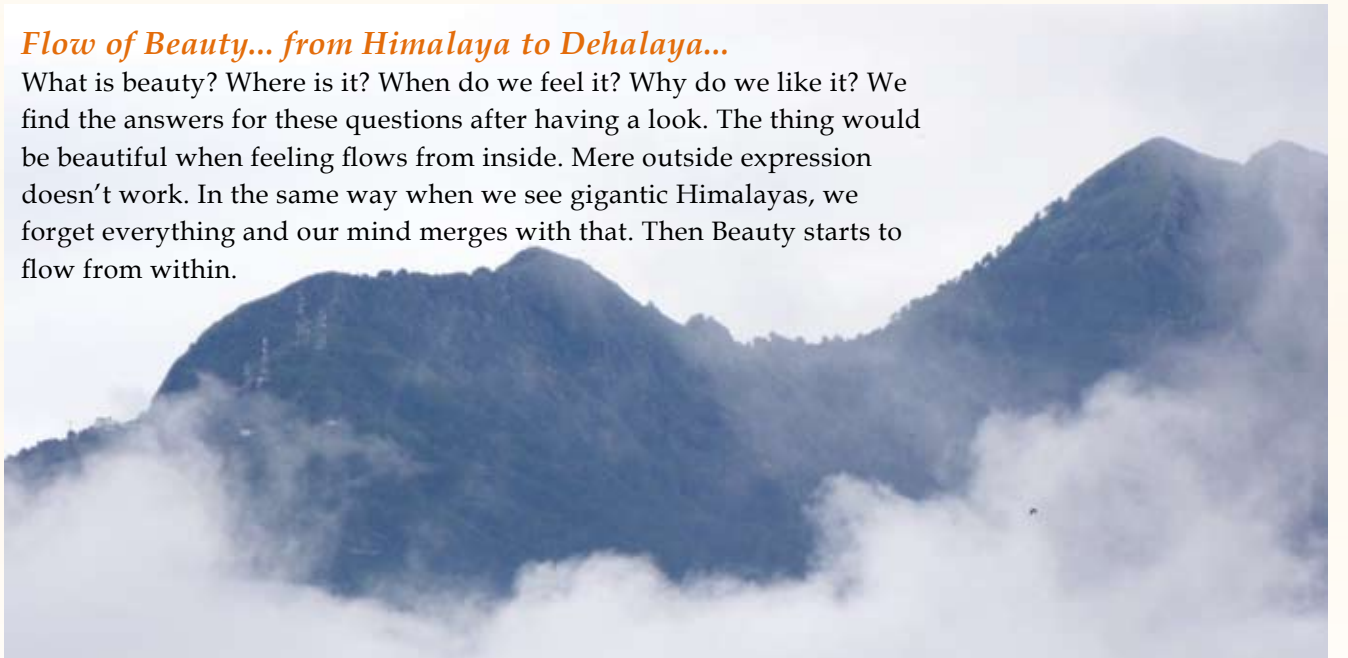
Ancient tradition demanded a physician to be truly a friend, philosopher and guide both in the spiritual and material life of a person approaching him.

Therefore he was expected to possess a thorough knowledge of various aspects of both spiritual and material life. Although spiritual self-emancipation is the goal ultimate, Āyurveda holds that this is not possible without a pre-existent healthy, whole some and contented material life. The latter forms an essential stepping stone for the former.

The Āchāryas believed that Āyurveda serves as the bond of coalescence between spiritual life on the one hand and the material life on the other. This made it crucial for the physician to have a thorough knowledge of both spiritual and material aspects of life.

Flow of Beauty... from Himalaya to Dehalaya...

What is beauty? Where is it? When do we feel it? Why do we like it? We find the answers for these questions after having a look. The thing would be beautiful when feeling flows from inside. Mere outside expression doesn't work. In the same way when we see gigantic Himalayas, we forget everything and our mind merges with that. Then Beauty starts to flow from within.





एकं शास्त्रमधीयानो न विद्यात् शास्त्रनिश्चयम् ।
तस्मात् बहुश्रुतः शास्त्रं विजानीयात् चिकित्सकः ॥

- चरकः

Ekam śāstramadhīyāno na vidyāt śāstraniścayam ।

Tasmāt bahusrutaḥ śāstram vijānīyāt cikitsakaḥ ॥

- Charakaḥ

A physician should be well-versed in all aspects of life including the metaphysical aspect which makes him really a true physician. He cannot remain isolated in the world of drugs and books, if he really wishes to attain the fruits of his knowledge. This needs educating the people about health and health problems which in turn demands, a wise communicative skill that can only be mastered by involving oneself in an exclusive study of everything that is required to be known and participating in professional discussions, debates, as well as mastering the art of elocution apart from proficiency in theory and practical training.

All the fore-going factors pertaining to knowledge were mandatory for a qualified physician to preach and practice Āyurveda. Only such physicians were considered able and eligible to treat the royal families. A physician devoid of such profound knowledge was forbidden to practice Āyurveda and was subjected to ridicule.

Under the circumstances cited above, in order to maintain a high professional standard, the then prevalent philosophical thoughts used to discuss spiritualism or to negate it were conveniently adopted in Āyurveda not only to discuss spiritualism but material life events as well. Early codification of Āyurveda commenced in an area where philosophy was the order or talk of the day.

Let us discuss some of the qualities of royal physician in the upcoming episode.

to be continued ...

HOME REMEDIES

Jaundice

Blood circulation in the liver is called as portal circulation. Gall bladder is the organ where bile is collected and stored. Inflammation of liver tissue is called as hepatitis. When obstruction to flow of bile happens due to various pathological factors, it is called as Jaundice. The main symptoms are yellowish urine, eyes and skin. Medical attention is immediately necessary otherwise it may prove fatal.



1. By drinking Sugarcane juice 1 liter per day approximately 150-170ml every 4 hours will relieve a person from Jaundice.



2. Butter milk mixed with Lime juice & juice of Ginger should be consumed 1 liter per day in divided dosage will help in getting rid of Jaundice.



3. By intake of juice Bhṛngarāja (Botanical Name - *Eclipta Alba*) leaves 50ml twice daily will relieve a person from Jaundice.



4. By intake of juice of Bilva (Botanical Name - *Aegle Marmelos*) fruit, Orange juice, Mosambi juice and Jambu fruit mixed together will surely relieve from Jaundice.



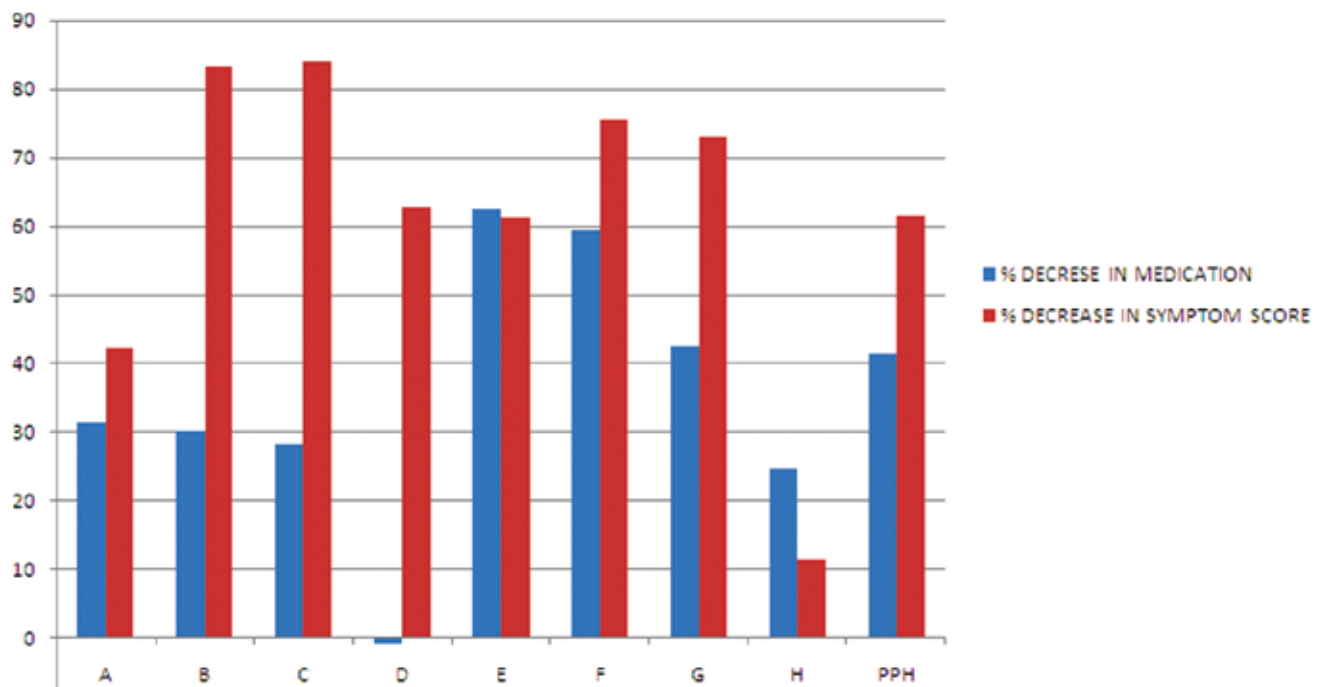
- coming up home remedies for

Diarrhea & Dysentery

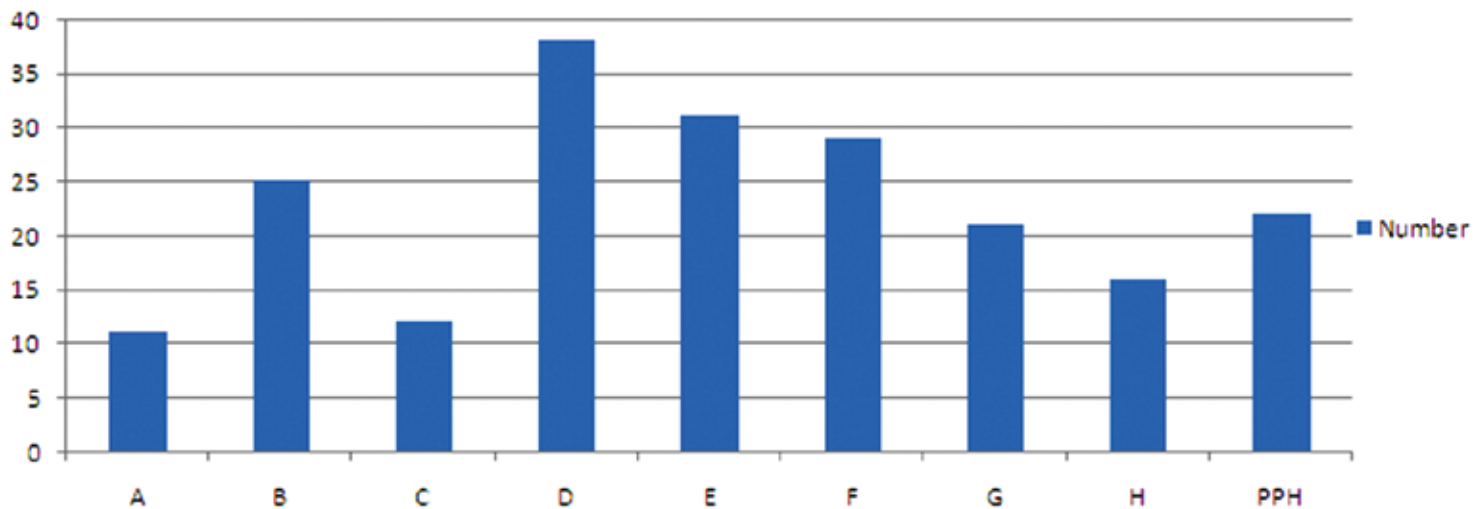


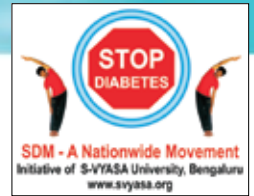
AROGYADHAMA DATA - July, 2013

Graph depicting % decrease in SymptomScore and Medication Score in July 2013



Graph depicting the number of therapy participants sectionwise in July 2013





A Report on SDM Camp @ Udaipur & Chittorgarh, RAJASTHAN



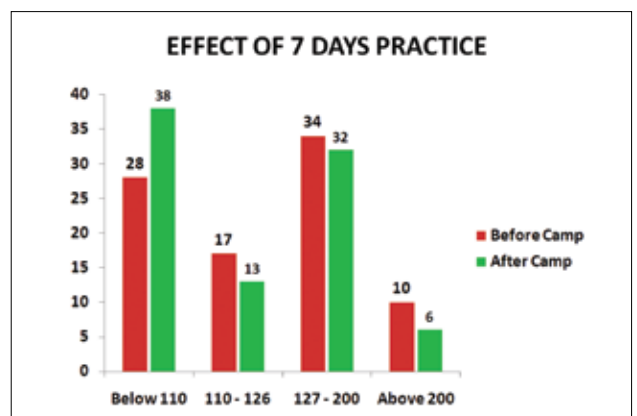
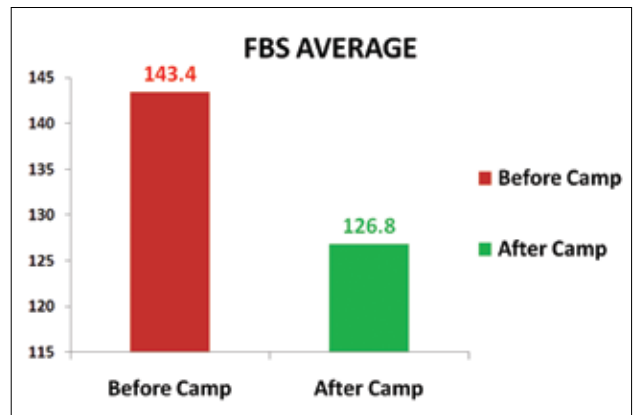
UDAIPUR CAMP - 2nd-11th July, 2013
CHITTORGARH CAMP - 13th-22nd July, 2013

OVERVIEW OF BOTH CAMPS

TOTAL REGISTRATIONS	432
MORNING BATCH	214
EVENING BATCH	218
TOTAL ATTENDED COMPLETELY	312
AVAILABLE PRE-POST FBS	200
AVAILABLE PRE-POST LIPID PROFILE	53

EFFECT ON FASTING BLOOD SUGAR

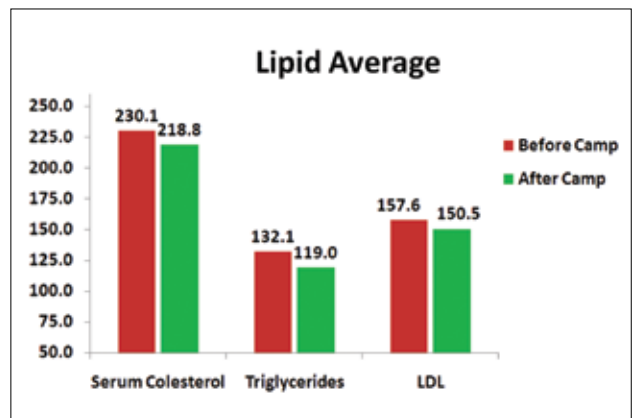
	PRE CAMP	POST CAMP
AVERAGE FBS	143.4	126.8





SHIFT TO NORMAL FBS

FBS GROUP	PRE CAMP	POST CAMP
Below 110	28	38
110 - 126	17	13
127 - 199	34	32
200 and above	10	6



FEW GLIMPSES

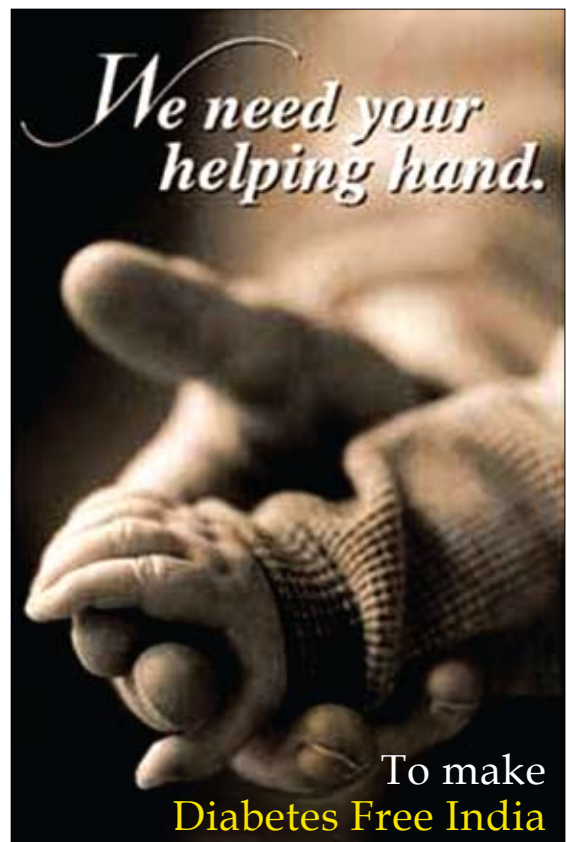
NAME	PRE-FBS	POST-FBS
RUKMAN BAI GOSWAMI	173	94
S L BAPNA	174	89
BHAWARLAL JAIN	197	89
RAM NIWAS MUNDRA	222	113
SHANKARLAL SUWLKAL	243	131
RAJKUMAR PATAK	300	122

AVERAGE LIPID PROFILE

	Serum Cholesterol	Triglycerides	LDL
Before Camp	230.1	132.1	157.6
After Camp	218.8	119.0	150.5

NEXT CAMP

PONDICHERRY - From 29th September, 2013





When it comes to food, think of nutrients and not calories

■ Gauri Rokkam, Holistic Nutritionist

If a food is packed with nutrients, do not worry about its calorie content. In the process of cutting down on calories, we have come up with a way of consuming too many calories without getting any nutrients.

Example 1: Mangoes.

Some fruits like mangoes, chikoo, custard apple, pine apple & jack fruit are high in calories but are full of nutrients and fibre. So, do not worry. Go ahead and eat your favourite fruit. If you are a diabetic, do consume smaller portions say, half a mango.



Example 2: Do not eat coconut chutney with dosa or idly is the usual advice.



Why not: Coconut is rich in medium chain triglycerides, which are readily burned as energy and not stored as fat. They help effect digestion and improve metabolism. It adds fat

and fibre to carbohydrate rich idly or dosa, thereby actually lowering its glycemic index and increasing your blood sugar gradually and slowly. Enjoy your coconut chutney!!!

Example 3: Opting low fat, high protein/fibre snacks/biscuits instead of roasted peanuts or nuts (as they are high in calories & fat) is a healthy snacking habit.



No: Nuts not only comes with good fats which protect our heart but also are rich in protein, vitamin B, folic acid, fibre, essential amino acids, and antioxidants along with energy. While low fat/fibre and protein enriched snacks give you nothing other than trans fats, saturated fats, emulsifiers, colours, preservatives, salts, sugars, and fortified artificial nutrients.

Example 4: Feels good to eat pizza/burgers/sandwich with low fat cheese or butter thinking you have done a great favour to yourself instead of your traditional alu parathas?



Absolutely no: Considering calories, both may be same, but whole wheat alu parathas are rich in nutrients, fibre, antioxidants, some minerals and vitamins not your maida based pizzas and burgers loaded with cheese and butter.

So, Make sure that the food you eat is not "empty and processed" (even if it is low in calories), but is "natural and full of goodness". (even if it is a little high in calories)



CYBERTHERAPY and PSYCHOTHERAPY

■ Prof. T M Srinivasan, Dean, Division of Yoga & Physical Sciences, S-VYASA

INTRODUCTION

A new area of research and clinical implementation is emerging in the jungle of medical therapeutics, known as CyberTherapy (CT). While the name is new, its antecedents are biofeedback and visualization. Let us briefly recapitulate what these two terms mean [1]. Biofeedback is a procedure by which physiological information is given to a person and he/she manages to bring any abnormal activity (say, coldness and numbness of extremities due to poor blood flow) to proper functioning. Visualization is an additional component which is added to biofeedback to bring body and mind in unison so the therapy could be faster and more effective. Further, when a control of a physiological variable is learned (which is a *physiologically based procedure*), the instrument for biofeedback is not necessary; through visualization alone the person could change the autonomic parameters whenever necessary. For example, when one has trained to control blood flow to the peripheral blood vessels in the forehead area, then when an aura of migraine head ache is felt, one could invoke the successful visualization learned earlier and avoid the incidence of migraine.



VIRTUAL REALITY (VR)

Virtual Reality (VR) is a term used for creating – in a computer – an experience of one's own self going through motions of games, sports and even for psychotherapy rehabilitation. VR is an active environment simulated by a computer and related hardware and software. In an actual VR scenario, several sensors are placed on the person experiencing VR. The subject wears gloves, a set of sensors in arms and feet, and in other places on the body as required for the display. His movements are calculated and projected on the computer screen which is an exact replication of the activities the subject goes through. For example, if the subject is undergoing a training session in tennis to serve, then his serving motion could be projected on the computer screen in 3D as he is executing the motion. Sounds and haptic (touch) information could also be integrated to give an actual feeling of hitting a ball in the above example. Hence, this projected picture constitutes the virtual reality for the person playing the game. For



Fig-1: VR Edutainment Solutions



the trainee, this is visual information in the virtual environment. A trainer (even in a remote location) could look into the motions and advice the player for improving performance. VR has undergone many innovative changes with head mounted displays, 3D visual contents, advanced software and graphics. However, some concepts in VR are now identified: simulation, interaction, artificiality, immersion, telepresence, full-body immersion, and network communication [2]. All these make VR an exciting presence in gaming, medicine and in training high risk jobs such as in defense and in police forces. With head mounted 3D displays and sound effects, the experience is real and the person could experience or re-live the scenes that could happen or had come to pass in his life. With precision and control, one could thus create a near real scenario for most situations one encounters in life! A feeling of *presence and immersion (actively involved)* are important benefits of the use of VR. This technology allows for interaction, instantaneous feedback and immerses the user's senses. This VR is qualitatively different from other technologies such as television or books. People report as being 'present' in an immersive VR and further report being within and witnessing a scene actively. Their actions are reactions are portrayed in real time on the screen and a participatory effect is created; this is both a blessing and could also increase trauma. Hence the presence and control of a competent therapist is important to adjust the visuals for appropriate reaction by the involved person.

VR THERAPEUTIC APPLICATIONS

1. Experiential psychotherapies

There are several categories in experiential therapies [3]. They are somatic based, attention related and exposure based. In the first one, used for physiological distress, a control over physiological activity is achieved through somatic approach; simply touching a person or giving a hug to a child could relieve the child of distress. Inattention related situation, we proceed

with a cognitive based processing of trauma. In the third method of exposure based control of emotions, we tend to extinguish the arousal and re-associate with positive affect. The method to follow will depend on the trauma and the ability of the person to adapt one of the methods effectively to reduce the impact of trauma. In PTSD (Post Traumatic Stress Disorder, seen in millions of US soldiers returning after war from all over the world), VR is found to be very useful through exposure of the situation artificially stimulated by the VR displays and interactive graphics. These exposures are not dependent on the person's ability (or lack of it) for imagery or recall of his/her emergence of trauma. The interaction and oversight of a therapist is important at this stage since sudden exposure to a scene whereby the actual trauma had arisen could augment the trauma. In these cases, instead of flooding type of exposure, a graded exposure could be useful for trauma reduction. Thus a trained therapist's active oversight and control of the VR are very necessary.

2. Motor Learning in Stroke Recovery and Neuro-rehabilitation

This is an exciting area of rehabilitation after a stroke; experiments have shown that feedback of the arm/leg movements to the patient is essential for retraining and fast recovery. Through VR, an augmented feedback could be provided wherein feedback of salient aspects are selectively enhanced for better understanding and control by the patient. A virtual teacher is provided to give the patient an ideal movement and compare it to actual performance. A score is given to the movement to encourage the patient to achieve higher scores as training proceeds.

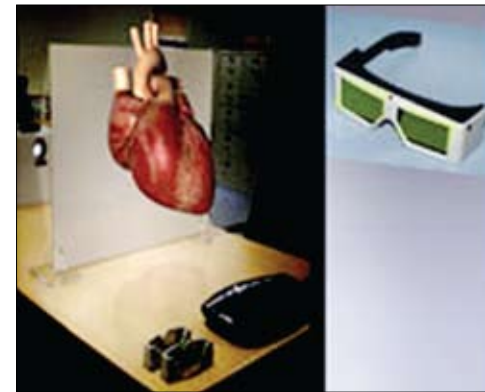


Fig-2: Virtual 3D Anatomy



A cyberglove could provide real time feedback and range of motion values. Further, angle at any joint and, even strength of muscle involved could be provided to the patient for an effective rehabilitation.

3. Medical Education and training

Many surgical and therapeutic procedures are taught through VR set up. Micro-surgery with haptic feedback, training of family physicians, interactive sessions with experts in the field are some of the applications of VR technology in Medical diagnostics and therapy. Apart from the above, teaching physical diagnostic skills, adult burn pain alleviation, body image disturbance in obesity, eating disorders, fear of flying and various phobias have come under scrutiny for VR applications.

4. Pilot training, special vehicles training

All types of training in civilian use including pilots, ocean liners, special earth moving equipment etc have come under applications of VR.

5. On-sight simulated training in defense, police forces etc.

The defense training is both expensive and time consuming, especially when it comes to front line duties; presently, it is only a narration and some picture showing for troop preparedness. In a VR environment, many finer activities and situations could be presented for virtual experience and for self defense activities. Similarly, special duty forces such as deployed for bomb defusing, raiding certain critical places etc could be taught through VR.

CONCLUSION

The term *artificial reality* was coined by Myron Krueger and has been in use since the 1970s. The concept of Virtual Reality arose from these gaming situations to real life problem solving, education, medical diagnostics and therapy, trauma and pain reduction and training [4].

Some of these approaches bring somatic or affective sensation to the foreground in order to break cognitive-affective links conditioned by the traumatic event and re-associate a neutral or comforting sensation when considering the traumatic event. VR could be integrated with other therapeutic modalities such as dissociative trance state in hypnosis, relaxation in imagery, eye movements in EMDR [5].

“Although the field of ‘cybertherapy’ is in its infancy, researchers in this field have great passion and vision, and findings thus far are more than encouraging for an array of applications, including pain treatment” says Dr. David A. Thomas, Program Officer Division of Basic Neuroscience and Behavioral Research National Institute on Drug Abuse National Institutes of Health, USA.

REFERENCES AND NOTES

- [1] For a detailed introduction to biofeedback, refer to Yoga Sudha, Jan 2013 issue, pp. 23-27.
- [2] Michael R. Heim, “The Metaphysics of Virtual Reality”, Oxford University Press, 1993.
- [3] Wiederhold & Wiederhold, “Virtual Reality Therapy for Anxiety Disorders: Advances in Evaluation and Treatment”, Amer. Psychological Assn, NY, 2008.
- [4] There are numerous web sites dealing with this technology.
- [5] Eye movement desensitization and reprocessing (EMDR) is psychotherapy towards alleviating symptoms of PTSD and other disturbing memories that constitute major portions of psychopathology. During intense and uncontrolled traumatic experience, normal cognitive and neurological coping mechanisms fail. In EMDR, the patient is asked to recall the traumatic experience while receiving bilateral sensory inputs along with side by side movements of the eyes. Hence the name. ■



KRISHNA *Thy Name is Purity*

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

The milk man rang the bell at the door in the morning. I opened the door and took the milk from him in my container. Straight, I went to the kitchen and placed the vessel containing the fresh milk on the stove. Within a few minutes, I found to my dismay, the entire milk totally spoiled. It was unfit for use. I cursed the milk man for giving me impure milk. May be, the milk was of the previous day. I was terribly annoyed with the supplier for giving me rotten milk. In my building all the people of all the flats were buying milk from the same fellow. Therefore I wanted to know if others also got the same spoilt milk. I asked everyone and to my surprise everybody was happy with the milk man because in no house the milk was spoiled on any day. But in my case very often the milk was spoiled. The reason was very simple. My container was not clean. It was impure. Impurity

of the vessel makes the milk impure and useless. Similarly, any practice should be sincere without any impurity at any level - physical, mental, intellectual and spiritual. Else, all the efforts will be futile. Sometimes they may produce evil effects as well. Yoga is no exception. Sri Krishna, therefore insists upon Chitta Shuddhi - purity of mind as a precondition to any righteous pursuit.

Sri Krishna was a small baby of just six days and the demoness Putana came to kill him. Putana denotes impurity. Unhygienic physical conditions are 'Putana'. Ill feelings of the mind are 'Putana'. Illogical and irrational thinking is 'Putana'. All germs, evils and sins are but 'Putana'. Jnana, Tapas and Puta are advocated by Krishna in the Gita. Puta is purity, Tapas is austerity, Jnana is knowledge through discrimination. Putana is impurity to contaminate our austerities





with desires, and our knowledge with blurred vision.

Unless the container is clean, the contents cannot be kept pure. Cleanliness at the body level is the first requirement. And that can be obtained and sustained by Ganga and Asanas, the killer of all the infections and germs. Mind is the next container spoiling even the best of the feelings with selfishness and possessiveness, lust and greed, conceit and cunningness, pride and envy. Unless minds are cleansed, there cannot be any righteous progress. The way is Govinda nama smarana and Pranayama. Intellect is often unable to shine with knowledge because of blurred vision or distorted vision born of egoism. The purifying antidote is Gita and contemplation. If only one can be free from the foul and poisonous selfishness, one can progress towards divinity.

Sri Krishna is divine, since he is basically pure. He is free from all impurities and that is indicated symbolically by his killing Putana (impurity).

Ego pollutes charity. Vanity vitiates divinity. Even the best of thoughts is adulterated by selfishness. Yoga is a pathway to perfection. It is the sure staircase to take us to the top of excellence. It makes us divine. But it should always be on the firm foundation of overall purity. Its progress should be through purity.

Sri Krishna is Yogeshwara and so is divine. He is ever free from all impurities at every level. To be a devotee of Sri Krishna, one has to be free from impurities such as selfishness all through. To be free from all impurities one has to worship Krishna. Only a heart of purity blossoms in divinity. ■

Pujya Lakshmi Amma

■ Ramamurthy

प्रशान्तिकुटिरस्थापिनी । सदासुमुखमन्दहासिनी ।

praśāntikuṭīrasthāpinī | sadāsūmukhamandahāsīnī |

सर्वदा वेद-वेदान्ततत्त्वार्थपोषिणी ।

sarvadā veda-vedāntatattvārthapoṣiṇī |

समस्तप्रशान्तिवासिनाम् अभ्युदयाकाङ्क्षिणीम् ।

samastapraśāntivāsināam abhyudayākāṅkṣiṇīm |

धर्मार्थमोक्षपोषिणीम् । रोगिणां मार्गदर्शिनीम् ।

dharmārthamokṣapoṣiṇīm | rogiṇāṃ mārgadarśiṇīm |

भक्ति-ज्ञान-कर्म-ध्यानयोगपरिपोषिणीम् ।

bhakti-jñāna-karma-dhyānayogaparipoṣiṇīm |

सदा रामनामतारकमन्त्रोपासिनीम् ।

sadā rāmanāmatārakamantropāsinīm |

प्रशान्तिकुटिरागतानाम् हितमितभाषिणीम् ।

praśāntikuṭīrāgatānām hitamitabhāṣiṇīm |

सदासङ्गीतपोषिणीम् ।

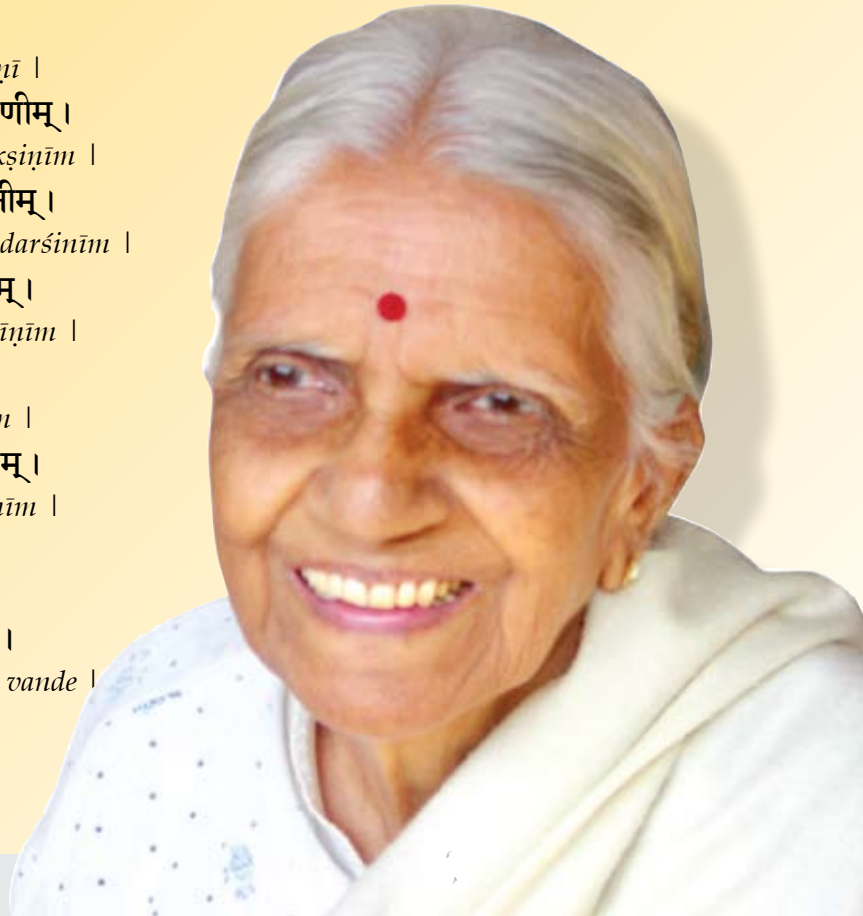
sadāsāṅgītapoṣiṇīm |

लक्ष्मीं मातरं वन्दे लक्ष्मीं मातरं वन्दे ।

lakṣmīṃ mātaraṃ vande lakṣmīṃ mātaraṃ vande |

सर्वदा सर्वकालेषु वन्दे ।

sarvadā sarvakāleṣu vande |





Dr Alex Hankey at the Annual Day of Gujarat Ayurveda University's Institute of Post-Graduate Training and Research in Ayurveda



On the weekend of 20th and 21st July, SVYASA Senior Faculty member, Professor Alex Hankey was invited to address the Founder's Day celebrations of the Institute of Post-Graduate Training and Research in Ayurveda (IPGT&RA) at India's foremost institution of Ayurveda education, Gujarat Ayurveda University (GAU) in Jamnagar, Gujarat. Guest of Honour was University of Pune's Professor Bhushan Patwardhan, Dr Hankey's close friend and former colleague at the Institute of Ayurveda and Integrative Medicine in Yelahanka, where they were respectively Director and Dean for Foreign Students. Even before the main celebration began, the two were invited to answer graduate students' questions in a session lasting two hours on the afternoon of 19th July. Professor

Patwardhan spoke particularly of the need to reassess the ways that Vaidyas and scientists set out to assess Ayurveda, particularly to make sure that it is not merely a scientific interpretation of the field that is being investigated, and that the research is true to Ayurveda's holistic approach to physiology and etiology, a theme he has strongly emphasized in a recent editorial in the *Journal of Ayurveda and Integrative Medicine* (JAIM), and which was also the principle theme of his talk the following day, and of his recent JAIM editorial.

The celebrations included a conference on the Saturday afternoon and Sunday morning concerning the writing of scientific papers on Ayurveda, and all the precautions and caveats that may be needed, such as avoiding the solicitations of journals on Beall's List of Predatory Publishers, since publishing in them will not only cost unnecessary money, but may also harm authors' reputations, particularly if their review process is inadequate, as seems to be the case, for example, with India's group of IOSR Journals, which solicits constantly.

Dr Hankey's main address was entitled, "Writing Scientific Papers from the Gestalt Perspective", an elaboration of his lecture on writing scientific papers, which he has been teaching to students of Yoga and Ayurveda since the World Ayurveda Congress in Pune in November 2006, where Professor Patwardhan was Secretary and chief organizer. The prime emphasis is on maximizing



clarity of communication, and that to do so requires use of the mode by which the human mind naturally cognizes new ideas. Unlike digital information processing which starts with bits, which are at most parts of the whole, the mind starts with whole entities and then cognizes their parts. This was how Wolfgang Amadeus Mozart, one of the most gifted musicians in European history, described the way he wrote his beautiful symphonies – the creation would come to him as a whole, and he would then unwind it like a ball of string. This indeed is the common experience of all of us with speech, the idea of what to say next comes to us as a whole, and we then translate it from that level, know in the Vedic sciences as '*Pashyanti*' to the level of thought that precedes speech, '*Madhyama*'. The same principle must be adopted in every section of a scientific paper, from the organization of the whole paper, wherein the title encapsulates the whole, and the Abstract expands on it, setting the context (the wider whole) in its first sentences, and stating conclusions at the end, a point well illustrated by the famous Journal, Nature, in its Instructions to Authors.

Adopting this procedure also accelerates an author's construction of the paper. Starting from the outline of principle sections, Introduction, Methods and Materials, Results, Discussion, and Conclusions, each section conceived as a *whole*, made up of Bullet Points expressing its ideas. At this point, it is easier to manipulate the order of presentation by changing the outline than when the paper is approaching its final form with each idea expressed in one or more paragraphs. The bullet points can then be developed into single sentences, which are further elaborated into paragraphs, finally presenting the whole as a smoothly connected form.

The following afternoon, Dr Hankey participated

in a panel discussion of how to improve modern Ayurveda practice. Dr Manoj Nesari, Joint Director of the Department of AYUSH in the Ministry of Health emphasized the need to publish more evidence for the value of Ayurveda to Public Health. IGPT&RA Director M.S. Baghel emphasized the need to publish case studies and case series from Ayurveda practice, acknowledging that Dr Hankey had previously drawn his attention to this need. Dr Hankey asked members of the audience to raise their hands if they had had cases where a patient taking modern drugs had been able to reduce their dosage after starting Ayurveda, and had also experienced improvements in quality of life (QoL) and sense of well-being. All raised their hands. This, he said, all Vaidyas take for granted, but, being news to the biomedical community is worthy of publication – particularly if changes in QoL can be substantiated by questionnaires.

On the Monday, Dr Hankey was asked to meet with students twice; in the morning to offer advice on research projects by individual students, when he met with some 8 to 10 students, and at 4pm when he gave a two hour lecture covering the first three of his eight stages of '*Decoding Ayurveda*' – a research program relating theoretical Ayurveda concepts such as *Tridosha* and its imbalances to modern science in the most general and insightful manner. The lecture was well received and he was asked to give a full series of lectures on the topic during the next academic year.

Finally, on his last morning, Dr Hankey demonstrated the essential effortlessness of achieving a quiet or even silent mind to four instructors and lecturers from GAU's Department of Yoga, three of whom expressed interest in joining SVYASA's Distance Education program in order to complete their PhD's. ■

67th Independence Day & 39th Prashanthi Day Celebrations



Prashanti Kutiram: 15th August is a day that is always awaited at S-VYASA University to celebrate the occasions of Independence Day and Prashanthi Day. S-VYASA University celebrated India's 67th Independence Day with great joy, enthusiasm and patriotic fervour to express the feeling of Unity.

The festivities began with the hoisting of the Indian National flag and singing the National Anthem. This was followed by "Dhwaja Pranam" and singing of "Vande Mataram". The entire atmosphere of S-VYASA University was filled with students singing patriotic songs which set the audience in a spirited and patriotic mood. The ceremony was followed by speeches from

the Chief Guests Shri N Harihara Subramaniam, CEO, Mayura Group of Companies & Shri Rohit Tandon, Partner, M&A Tax and Regulatory, KPMG India, Dr. H.R. Nagendra, Chancellor, S-VYASA University and Prof. Vidwan Dr. Ramachandra G Bhat, Vice- Chancellor, S-VYASA University on matters of National importance. At the end everyone raised the slogan 'Bharat Mata Ki Jai' which energizes us to serve the motherland.

Every year S-VYASA University celebrates the Prashanthi Day on 15th August as Laxmi Amma was the Founder of Prashanti Kuteeram. On this occasion the Karyakartas and Donors are felicitated for their dedication and commitment.





The 39th Prashanthi Day programme began with a Prayer Song by Shri Shusrutha and Shri Tyagaraj followed by lighting of lamp by the honorable dignitaries. Prof. Vidwan Dr. Ramachandra G Bhat, Vice- Chancellor, S-VYASA University delivered the Welcome Address. Dr. R. Nagarathna, Chief Medical Officer, S-VYASA University spoke about the significance of Prashanthi Day. Speech by the Guest of Honors, Sri Gopal B Hosur, IPS, IGP, Additional Commandant HG, Sri K.S. Nagendra, Rotary District Governor, Sri D.H. Shankarmurthy, Hon. Chairman, Karnataka Legislative Council and Shri M.L. Sarogi enlightened the audience with enormous knowledge and wisdom by

sharing their experience and inspiring words. Our distinguished guests spoke about the significance of Yoga in modern times, praised the activities at S-VYASA & expressed their wholehearted support.

The Chief Guest, Shri Ramkumar Rathi, Partner, Beharay- Rathi Group delivered an inspiring speech stressing the importance of Yoga and on the point that strong will power and commitment can overcome any kind of impediment.

In the concluding ceremony, many well-wishers working for S-VYASA University like Shri Amarnath B, Shri A.C. Raju, Shri Basavaraj S, Shri Chandrashekar, Ms. Ayca from Turkey, Shri Rangan R & Prof. Bhaskar Harinath were felicitated to honour their contributions.

A book "Yoga for common ailments" by Dr. H.R. Nagendra, Dr. R. Nagarathna, and was released. Prizes, Medals and awards were presented to students of S-VYASA University for their achievements in Sports. ■





FELICITATION





Independence Day Sports Competition



Champions





Homa in Academic Complex

Prashanti Kutiram, Aug 15: The new venue for BNYS students to conduct class was inaugurated in the first floor of Sushruta Ayurvedic College block. All BNYS students invoked Goddess Saraswati with Saraswati Mantra in Saraswati Homa.

Manya Krishnappaji gave an idea of an ideal doctor; the one who does not have a single patient in 3 km radius. He suggested two important values Tyaga and Seva to deep root in students' life for divinizing rest of the life.



Rakshabandhan Celebrations



Rakshabandhan Celebrations

Prashanti

Kutiram, Aug 20

In the series of festivals in the month of Shravana Masa, on 20th of Aug, we had an Upakarma Homa to adapt new thread to start and enhance our study of Scriptures. In the same day our Vice Chancellor gave the message of **National Integrity** and the protection of **Women Hood** to the students community. The program was held in Mangal Manir where all the sisters tied the Rakhi to all brothers and took the guarantee to protect Dharma on the spiritual base.



Bond of Love... Band of Brotherhood

RAKSHABANDHAN



LAKSHMI AMMA Ladies hostel block Inauguration





The fourth Commencement (Convocation) Ceremony of Hindu University of America (HUA) was conducted at its extension centre at VYASA, Prashanti Kutiram campus, Bangalore on 24th July 2013. HUA was started at Orlando, Florida, USA with a vision to establish a world class institution of learning and research in Hindu wisdom, values and traditions allowing unfolding of spiritual dimensions of human beings. The first extension centre of HUA was established at Prashanti Kutiram and a good number of students had completed Masters and Doctoral Degree programs through the centre. Currently Prof N.V Raghuramji is the President of HUA.

Sri Braham Aggarwalji, the Chairman of HUA presided over the commencement ceremony and awarded the certificates. During his presidential talk, he emphasized that Hindu concepts are very

scientific and logical by explaining the symbology of Hindu Deities and mythological characters. Guruji Dr Hr.Nagendraji gave the convocation address bringing out the importance of spiritual education and the need for an academic body for Hindu wisdom especially at USA where Swami Vivekananda gave his message for the entire world on the need for universal brotherhood. Sri Subramanian. A, Faculty and Co-ordinator, HUA Courses, welcomed the gathering and introduced the dignitaries on behalf of the President, Prof Raghuramji who is currently at the HUA campus. Dr Sudheer Deshpande, Registrar S-VYASA and Doctoral Committee Member, HUA presented the candidates. Four candidates – Sri Y. Chitharanjan Rao, PN. Ganesh Kumar, Vijayakrishna Padukone and DS Wodeyar who had completed their course and thesis works were awarded the degree of “Doctorate in Yoga Philosophy and Meditation”. Chitharanjan Rao



had done his research “Efficacy of Yoga & Naturopathy on Asthma Patient”, PN Ganesh Kumar on “Influence of Integrated Yoga Module on Health and Personality in Women”, Vijayakrishna Padukone on “Effect of Yoga & Naturopathy on Obesity Patients” and DS Wodeyar on “A Comparative Study of Wellness Index of Yoga

& Non Yoga Practitioners”. Dr Ramachandra G Bhat, Vice Chancellor of S-VYASA and Director, HUA Extension Centre gave the Acharya Upadesha from Taitriya Upanishad –Shiksha Valli and ashirvachana. Dr Christoph Garner, Director, KWA Klinik, Munich, Germany was the Guest of Honour. Earlier the candidates participated in the Saraswathi Homa performed as a part of the commencement ceremony at Yoga Vinayaka Mandira and took sankalpa. Hundreds of well wishers and students participated in the event. ■





With Best Compliments from

THE HUTTI GOLD MINES COMPANY LIMITED

(A Government of Karnataka Enterprise)



Regd. Office :

3rd Floor, KHB Shopping Complex
National Games Village, Koramangala
BANGALORE - 560 047

Phone : 080-25705723 / 25705725 Fax : 080-25718365

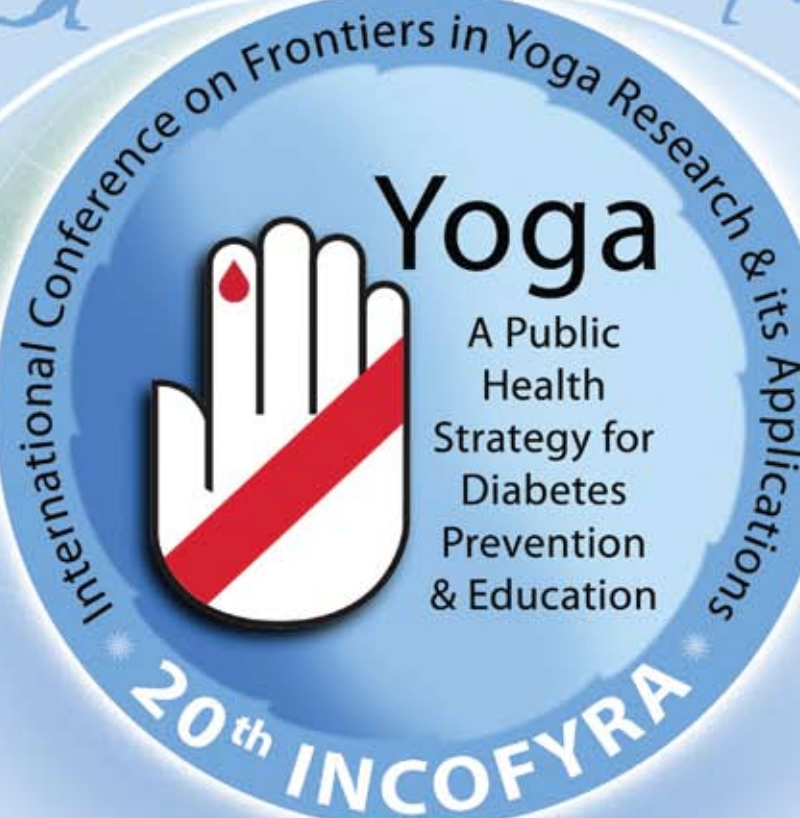
e-mail : hgml@vsnl.com Website : www.huttigold.co.in

Gold Mines at :

1. Hutti - 584115, Raichur District
2. Chitradurga - 577501

INDIA'S LEADING PRODUCER OF GOLD

In Commemoration of 150th Birth Anniversary of Swami Vivekananda



International Conference on Frontiers in Yoga Research & its Applications

Yoga

A Public Health Strategy for Diabetes Prevention & Education

20th INCOFYRA

20th International Conference on Frontiers in Yoga Research and Its Applications

THEME

YOGA: A Public Health Strategy for Diabetes - Prevention and Education

Jan 2 - 5, 2014

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

www.vyasa.org

www.svyasa.org

My dear brothers and sisters...

We are heading for our 20th INFOFYRA programs this year with the main conference from January 2 to 5th, 2014. The theme of the conference is “Yoga: A Public Health Strategy for Diabetes – Prevention and Education”.

For a nation like ours with its vast cultural heritage to have the distinction of being named the Diabetic Capital of the world, is an alarming predicament. It is high time for us to resort to our own treasure house, Yoga, and utilize its extensive resources to fulfill the mass health care needs that have manifested along with our changing life-style. Yoga’s benefits, time tested over millennia, have now been scientifically studied. Evaluation over the past four decades has vindicated their ancient status. Now is the time to advocate their systematic use in Public Health programs throughout India

VYASA from 1986 and S-VYASA University from 2002, with its worldwide reputation for scientific research on Yoga, has committed itself to elucidating the basis for Yoga’s benefits for Diabetes. Possible mechanisms ranging from psycho-physiological to molecular are being extensively explored. Findings from over 70 published studies suggest that Yoga practices provide health benefits improving quality of life, well-being, and memory, and may even prevent premature cellular aging. Diabetes has been shown to be benefitted even in individual having other additional diseases.

Most diabetes is a lifestyle illness. The diabetic population of India is projected to reach 70 million by 2050. Refining our scientific understanding of Yoga’s benefits for diabetes is the need of the hour. Its clinical safety is established. We now need to understand the underlying mechanisms which make its practice so effective. Once



this is achieved, Yoga can be widely used to prevent, manage, and in some cases even reverse, the pathology.

At this time our aim is to engage the collective wisdom of researchers from all areas: physicians, professionals, policy makers, industry partners, and form a partnership, which will integrate Yoga into mainstream health care delivery systems to address the problem of diabetes.

The Nation-wide “Stop Diabetes Movement” (SDM) originated at S-VYASA University. It aims to prevent the spread of diabetes, improve diabetes health care, and reduce the demands (and thus costs), which it places on India’s health care resources. Yoga adds not just life to years, but ‘health’ to years of life for the diabetic population. SDM has been implemented in over 50 cities treating 15,000 or more people. It presents a successful model of health care delivery for the whole population. The 20th INCOFYRA will establish a national platform for us all to fight the diabetes epidemic.

With Love
Dr H R Nagendra
President, VYASA and
Chancellor, S-VYASA University



CONFERENCE PROGRAMS AT A GLANCE

Date	Program	Time	Location
PRE CONFERENCE			
June 21, 2013	<i>World Yoga Day:</i> Conference Curtain Raiser	9:00 ^{am} - 5:00 ^{pm}	
Sept 11, 2013	<i>150th birth year of Swami Vivekananda & Universal Brotherhood Day:</i> Diabetes Screening Camps	9:00 ^{am} - 5:00 ^{pm}	VYASA Affiliates, Associates and Branches all over India and Abroad
Nov 14, 2013	<i>World Diabetes Day:</i> Diabetes Education Workshops	9:00 ^{am} - 5:00 ^{pm}	
Dec 26-30, 2013	Spiritual Retreat by Swami Dayananda Saraswati ji	7:00 ^{am} - 9:00 ^{pm}	Prashanti Kutiram
Dec 27-29, 2013	Himalaya Yoga Olympiad	5:00 ^{am} - 5:00 ^{pm}	Prashanti Kutiram
Dec 27-31, 2013	Pre Conference Workshop	9:00 ^{am} - 5:00 ^{pm}	Prashanti Kutiram
MAIN CONFERENCE			
Jan 2-5, 2014	Arogya-Expo: Health Exhibition		Prashanti Kutiram
	Inauguration	Jan 2 @ 4.00 ^{pm}	Prashanti Kutiram
	Morning Sessions	Jan 3, 4, 5 @ 5.00 ^{am} - 6.30 ^{am}	
	Pre breakfast Common Sessions	Jan 3, 4, 5 @ 7.00 ^{am} - 8.00 ^{am}	
	Pre-lunch Common Sessions	Jan 3, 4, 5 @ 9.00 ^{am} - 10.30 ^{am}	
	Post-lunch Common Sessions	Jan 3, 4 @ 1.30 ^{pm} - 2.50 ^{pm} Jan 5 @ 1.30 ^{pm}	
	Multi Track Special Sessions	Jan 3, 4 @ 11.00 ^{am} - 1:00 ^{pm} & 3:00 ^{pm} - 5:00 ^{pm} Jan 5 @ 11.00 ^{am} - 1:00 ^{pm} & 2:30 ^{pm} - 3:30 ^{pm}	
	Paranormal Phenomena and Special Yajnas for DM	Jan 3, 4 @ 6.00 ^{pm} - 7.30 ^{pm}	
	Yoga Nights	Jan 3, 4 @ 8.30 ^{pm} - 10.00 ^{pm}	
Jan 5, 2014	Valedictory Function	3:30 ^{pm} - 5:30 ^{pm}	Kanteerava Indoor Stadium, Bengaluru
	Special Yoga based Cultural Evening	6:30 ^{pm} - 8:30 ^{pm}	



POST CONFERENCE WORKSHOPS

Jan 6- 10, 2014	CME for Yoga Therapists	5.00 ^{am} - 7.20 ^{am} ; 10.30 ^{am} - 1.00 ^{pm} ; 3.00 ^{pm} - 5.30 ^{pm} & 8.30 ^{pm} - 10.00 ^{pm}	Prashanti Kutiram
	CME for AYUSH Researchers		
	Professional Meetings: IYA Meetings, S-VYASA Alumni meet, CYA Meet, Meetings of VYASA India & VYASA International		

In MAIN CONFERENCE

CHOICE OF MORNING SESSIONS:

January 3, 4, 5; 2014 (5.00^{am} - 6.30^{am})

- 1 General Yoga Classes
- 2 Advanced Ásanas
- 3 Yoga therapy (8 Tracks including diabetes)
- 4 Advanced Techniques (5 Tracks: ÁVARTAN, PET, MSRT, VISÁK and AÁNAMS) for Diabetes
- 5 Naturopathy treatments
- 6 Ayurveda for rejuvenation
- 7 Gopuja and Agnihotra in Goshala
- 8 Special Yajnas tailor made for DM control in Yoga Vinayaka temple

COMMON MORNING SESSION: 7.15^{am} - 8.00^{am}

Jan 3, 4, 5; 2014 - Maitri Milan in Mangal Mandir Auditorium

COMMON EVENING SESSIONS: 6.00^{pm} - 10.00^{pm}

- 1 Jan 2, 3, 4; 2014 - Satsangas: 6.30^{pm} - 7.30^{pm}
- 2 Jan 3, 4; 2014 - Paranormal/Magic Shows: 6.00^{pm} - 7.30^{pm}
- 3 Jan 3, 4; 2014 - Yajnas (Resonating with Cosmic Forces): 6.00^{pm} - 7.30^{pm}
- 4 Jan 2, 4; 2014 - Yoga Nights: 8.00^{pm} - 10.00^{pm}



CONFERENCE VENUE

Prashanti Kutiram (*Abode of tranquility*) The international headquarters of VYASA is the spacious, 100 acre, campus of S-VYASA (the Yoga University), with its serene atmosphere and natural beauty in a rural setting some thirty kilometers south of the city of Bengaluru. Under VYASA there are six major activities:

- a **Arogyadhama** - a 250 bed holistic health home and research center
- b **Anvesana** - a world class yoga research facility
- c **S-VYASA** - Yoga University
- d **SVYP** - an exclusive yoga publication house
- e **VYASA India** - the national network of VYASA centers &
- f **VYASA International** - the growing network of VYASA centers around the world

In addition, VYASA campus houses an ayurvedic medical college (Sushruta Ayurvedic Medical College and Hospital) with emphasis on high quality practice of Ayurvedic medicine and research.





CONFERENCE OBJECTIVES

1. Disseminate research findings in the field of Yoga for Diabetes Mellitus and give directions to future research
2. Provide the evidence required to integrate Yoga therapy with conventional care for Diabetes Mellitus
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 diabetes care products with yoga based lifestyle
5. Thus, evolve and engage in a nation-wide Stop Diabetes Movement (SDM) for diabetes prevention and education to unseat India from its deplorable position as the 'Global Capital of Diabetes'



WHO SHOULD PARTICIPATE ?

- a Yoga researchers, Yoga & Naturopathy physicians, Yoga & Rehabilitation consultants, Diabetologists, Endocrinologists, Yoga therapists, Health psychologists, Public health professionals, Health educationists and Nutritionists
- b Professional Associations; Centers of Excellences; Specialty Diabetes Centers; Government Institutes; Policy Makers; Representatives of Industry; and Diagnostic laboratories
- c Vendors of lifestyle products; Herbs and organic foods and diabetic food & supplements and such other professionals
- d Patients with diabetes and people at large



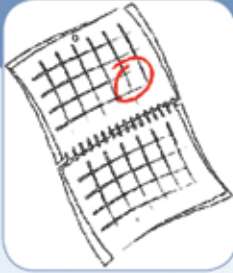
BENGALURU

Bangalore, renamed Bengaluru, the tech Capital of India, has been the Capital City of Karnataka State since 1830. A fast growing metropolitan area of over 8 million people on southern India's Deccan Plateau, the city is the 3rd largest in India and 27th in the world. It is home to large numbers of IT industries from round the globe. As the 'Silicon Valley of India'; it contributes one third of India's IT exports. In 2009, the Globalization and World Cities Study Group and Network ranked Bengaluru "Beta World City". It is also a 'Garden City', noted for its green beauty, and for having beautifully maintained its rich cultural heritage alongside its new technical and industrial status.

Situated about 1000 meters above sea level, Bengaluru enjoys moderate weather throughout the year: summer temperatures up to 36 °C and winter temperatures only down to 7 °C. It enjoys a mix of cultures including both Carnatic and Hindustani traditions - 62% of the city's population are from other parts of India, with different religions and diverse cuisine.

Welcome home to experience Bengaluru!





DATES TO REMEMBER

Registration to avail early bird offer	<i>before & up to Sept 10, 2013</i>
Last date for Abstract submission	Sept 30, 2013
The Papers will be peer reviewed and acceptance or otherwise will be intimated by	Oct 15, 2013
Last date for submission of Full Papers	Dec 1, 2013



PRE CONFERENCE

PRE-CONFERENCE WORKSHOPS

Dec 27-31, 2013 at Prashanti Kutiram,
The International headquarters of VYASA

Theme - Diabetes Prevention and Education



The workshop calls on all those responsible for diabetes care to understand diabetes and take control. For people with diabetes, this workshop aims at empowerment through education. For healthcare professionals, it is meant to improve knowledge so that evidence-based recommendations are put into practice. For the general public, it is a call to understand the serious impact of diabetes and know, where possible, how to avoid or delay diabetes and its' complications.

Learning objectives:

- ✓ To understand the importance of education and an evidence-base for the prevention and management of diabetes and its complications
- ✓ To recognize warning signs of diabetes and promote action to encourage early diagnosis
- ✓ To understand dimensions of primary prevention for pre-diabetes, secondary prevention for mild and moderate diabetes and tertiary prevention for severe diabetes with complications respectively
- ✓ To raise awareness of and promote action to reduce the main modifiable risk factors of type 2 diabetes, and to prevent or delay its complications
- ✓ To use evidence-based yoga therapy to prevent, manage, and reverse type 2 diabetes mellitus



SPIRITUAL RETREAT *by Swami Dayananda Saraswati ji*

Dec 26-30, 2013

Swami Dayananda Saraswati is a contemporary teacher of Vedanta and a scholar in Sanskrit in the tradition of Sankara. Swamiji has been teaching Vedanta in India for more than five decades and around the world since 1976. His deep scholarship and assimilation of Vedanta combined with a subtle appreciation of contemporary problems make him that rare teacher who can reach both traditional and modern students. Swami Dayananda Saraswati is *peethadhipati* for *jnyanayoga peetham* at S-VYASA University. Swamiji will be conducting a five day comprehensive spiritual retreat from 26th to 30th Dec, 2013, which involves lectures and meditation sessions by Swamiji. Delegates registering for the pre-conference will get a free entry to cherish the retreat.



HIMALAYA YOGA OLYMPIAD

Dec 27-29, 2013 at Prashanti Kutiram



[*Himalaya will be held at the Conference venue from December 27-31, 2013. For more details see our website: www.svyasa.org]*

The objectives of HIMÁLAYA (A Yoga Olympiad) is to promote the awareness of yoga and build up a network of yoga students, practitioners, teachers and sadhakas at the national and international levels. We hope to spread the message of yoga as a science of Holistic living to be achieved through Jnána Yoga, Rája Yoga, Bhakti Yoga and/or Karma Yoga, as proclaimed by Swami Vivekananda. The syllabus, therefore, cannot end with physical demonstration of yogasanas only. It also assesses knowledge

and grasp of concept and definition of yoga and its various techniques, for total growth of the individual, including physical, mental, emotional and intellectual development and their spiritual basis. HIMÁLAYA thus aims at helping the youth of our country grow together, and expand their vision, so they leave behind the mad rush of cut-throat competition and selfishness and engage in co-operative, harmonious pro-active living.



AROGYA EXPO: HEALTH EXHIBITION

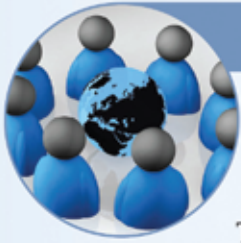
Jan 2-10, 2014 at Prashanti Kutiram



AROGYA Expo will bring consumers into close contact with Physicians, Industry and knowledge resources concerning best options for health care through Yoga and Holistic living. Arogya Expo is an initiative promoted actively by the Department of AYUSH, Government of India. It aims to support professionals, institutes and industry in Indian Medicine (AYUSH) to showcase their products and services and thereby make people aware that AYUSH systems form safe, effective modes of health care which constitute first choice for large sections of India. For several years, Arogya Expo is being organized by Karnataka Indian Medicine

Manufacturers Association (KIMMA), this time in collaboration with the Department of AYUSH, Government of Karnataka and S-VYASA University.








MAIN CONFERENCE: 20th INCOFYRA

Jan 2-5, 2014

Theme - 'Yoga: A Public Health Strategy for Diabetes – Prevention and Education'

The theme addresses the urgent need for collaborative actions involving health professionals from physicians of conventional medicine and traditional medicine, policy makers, government organizations and Industries to the protection of the health of our future generations. Particular focus is placed on highlighting the importance of education - for health professionals and diabetes patients alike as well as those at risk for diabetes. Thus aim at reducing the impact of diabetes throughout the world and to articulate the role of yoga as a safe and effective public health strategy in the prevention and management of diabetes and its complications.

ABOUT THE THREE TRACKS AT THE MAIN CONFERENCE

Track	Track Name	About the track
1	 YOGA AND DIABETES RESEARCH	<p>Therapeutic Applications of Yoga:</p> <ul style="list-style-type: none"> » Evolution of disease specific yoga therapy modules for diabetes » Research evidences for the safety and clinical efficacy of yoga for diabetes » Application of yoga in the management & prevention of diabetes <p>Mechanism of Action:</p> <ul style="list-style-type: none"> » Evidences unraveling mechanisms for reported clinical benefits for yoga therapy in diabetes from psycho-physiological to molecular level <p>Future Trends in Research:</p> <ul style="list-style-type: none"> » Leads fro future research in the field of yoga for diabetes mellitus in view of emergence of Integrative Diabetology
2	 COLLABORATIVE CHANNEL-OF PROFESSIONAL BODIES AND POLICY MAKERS	<ul style="list-style-type: none"> » Formulating a National and International Working Group comprising Universities, Health care providers and policy makers to initiate Collaborative Research activities, to improve patient care in diabetes and applicability of yoga therapy » Professional bodies and centers of excellences include: MV Mohan Diabetes Center, Karnataka Diabetes Institute, Diabetes Technology Society, Nutrition Society of India and professional bodies for Endocrinologists, Diabetologists, YOGA & Naturopathic physicians, physicians from AYUSH systems and Nutritionists » The policy makers to be involved are - Regional Center - World Health Organization (WHO), NCCAM of National Institutes of Health (NIH), U.S.A.; International Diabetes Federation; Indian Council of Medical Research (ICMR), Govt. of India; Department of Science and Technology (DST), Govt. of India; Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India
3	 PARTNERSHIP MEET WITH - INDUSTRY AND BUSINESS HOUSES	<ul style="list-style-type: none"> » Focuses on enhancement of Industry partnership and development programs that integrates products and services with yoga based lifestyle » Industry partners may include Karnataka Indian Medicine Manufacturers Association (KIMMA); Quality control for organic food; Vendors of Self-monitoring tools, Nutritional suppliments, Medicinal herbs and Diabetes specific lifestyle products; Diagnostics Laboratories



PROGRAMS IN BENGALURU CITY: JAN 5, 2014

Date	Program	Time	Location
Jan 5, 2014	Suryathon	6:00 ^{am} - 9:00 ^{am}	Bangaluru city venue: Kanteerava Indoor Stadium
	Breakfast	9:00 ^{am} - 10:00 ^{am}	
	Cultural Programs: 5 events; ½ hour each	10:00 ^{am} - 1:30 ^{pm}	
	Bhajans	2:30 ^{pm} - 3.30 ^{pm}	
	Valedictory Function	3:30 ^{pm} - 5:30 ^{pm}	
	Music and Dance Ballet on Swami Vivekananda	6:00 ^{pm} - 7:30 ^{pm}	



POST CONFERENCE WORKSHOPS: Jan 6-10, 2014

Evidence based Yoga Therapy for Type 2 Diabetes Mellitus

1 For Patients with Diabetes Mellitus:

To offer integrated therapy including Integrated Approach of Yoga Therapy (IAYT); Naturopathy & Ayurveda under the expert guidance of Dr R Nagarathna MD, FRCP. (5.00^{am} to 7.20^{am}; 10.30^{am} to 1.00^{pm}; 3.00^{pm} to 5.30^{pm} and 8.30^{pm} - 10.00^{pm}). Specific yoga modules for primary prevention of pre-diabetes, secondary prevention of mild and moderate diabetes and tertiary prevention of severe diabetes with complications respectively will be advised.

Venue: Árogyadháma complex. The session will focus on address the following three issues concerning diabetes:

- **Diabetes Prevention:** On the role of lifestyle modification in preventing diabetes, by reducing risk factors.
- **Management of Diabetes:** Diabetes with its multifactorial causation is comprehensively addressed by a multi-faceted approach of integrated yoga therapy at physical, mental, social and spiritual levels along with conventional approaches.
- **Rehabilitation for Diabetic Complications:** Retarding the progression of illness through

integrating yogic lifestyle modification strategies with conventional approaches and technological tools to prevent development of diabetes related complications such as neuropathy, nephropathy, retinopathy, coronary atherosclerosis, stroke etc.

- 2 **CME for Yoga Therapists:** This is a Continued Education for Yoga Therapists with evidence based yoga therapy training for diabetes mellitus.
- 3 **CME for AYUSH Researchers:** This is specially intended for researchers to explore the safety; efficacy and cost effectiveness of AYUSH systems in the prevention & management of diabetes mellitus.
- 4 **Indian Yoga Association [IYA] meetings:** India's first umbrella organization of the entire yoga community established to evolve standards for education; teaching; practice and therapy.
- 5 **Special Meetings:** Council for Yoga Accreditation (CYA) Meetings; Meetings for VYASA India, VYASA International and S-VYASA Information Centers



CONFERENCE REGISTRATION

Register earlier before Sept 10th to gain maximum concession

Individual Programs	Dates	SAARC Centers		International	
		Before Sept 10 in ₹	After Sept 10 in ₹	Before Sept 10 in \$	After Sept 10 in \$
Pre-Conference	Dec 27-31, 2013	7,000	9,000	350	450
Main Conference	Jan 2-5, 2014	3,500	4,500	250	350
Post Conference	Jan 6-10, 2014	7,000	9,000	350	450
All 3 Programs	Dec 27, 2013 & Jan 10, 2014	12,500	15,000	800	1,100
Day Rate for Conference		1,100	1,500	90	115
Special Event	Jan 5, 2014	500	700	50	70

- Includes Board and Lodging in shared accommodation and entry for special events
- Students can get 50% Reduction
- *Organising Secretary:* Dr Hemant Bhargav
cell: +91-87620 19348 | *e-mail:* incofyra20@gmail.com ; incofyra@svyasa.org
- Payment by Cash or DD payable to **VYASA** 'Vivekananda Yoga Anusandhana Samsthana'
- **Online transfer details for Indian Nationals:** A/C Name: Vivekananda Yoga Anusandhana Samsthana; A/C No: 31004780111; Bank & Branch: SBI, Jigani; IFS Code: SBIN0011355
- **Online transfer details for Internationals:** A/C Name: Vivekananda Yoga Anusandhana Samsthana; A/C No: 0405101028355; Bank & Branch Name: Canara Bank, Chamarajpet; IFS Code: CNRB0000405; MICR Code: 560015010

note: After online payment, please mail a copy of payment receipt to **incofyra20@gmail.com** for registration procedure



CALL FOR PAPERS

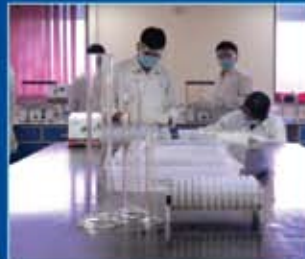
Scientific research papers and review papers on the theme and related topics in yoga are invited for oral and poster presentations

Last date for submission of Abstracts	Sept 30, 2013
The Papers will be peer reviewed and acceptance or otherwise will be intimated by	Oct 15, 2013
Last date of submission of Full Papers	Dec 1, 2013

- Send your abstracts to...
incofyra20@gmail.com

Value Driven Leadership through

- Quality that is Infinite
- Service that Cares
- Hardwork that Endures



**Making a Positive Difference
to lives across the globe**

Alkem Laboratories Ltd.

Alkem House, Senapati Bapat Marg, Lower Parel, Mumbai - 400 013, Tel: 022 39829999

FOR INTERIORS THAT EVOKE ADMIRATION

For over two decades, Centuryply has been effortlessly redefining interiors into designer spaces with the most stunning range of products that reflect the very best of style, innovation and functionality.



CENTURYPLY Quality that's a class apart!

Fortifying interiors with innovations like the first flexible ply, a 7 year termite-proof, pay back guarantee and many more...



CENTURYVENEERS Exotic designs in wood! Beautifying Interiors with an exclusive and wide range of Decorative veneers (only BWR available in India) & Senzura Styles, handpicked from around the world...



CENTURLAMINATES Style that stands out! Trendsetting interiors with the widest range of laminates having myriad textures, stunning patterns and exquisite designs...



Also available:
CENTURYMDF
CENTURYPRELAM