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YOGA SUDHA

A Monthly Journal of Swami Vivekananda Yoga Prakashana



Health for all

International Conference on Yoga, Naturopathy and Arogya Expo-2012

THEME: YOGA AND NATUROPATHY FOR HOLISTIC HEALTH

February 9-13, 2012 | Bengaluru, Karnataka, INDIA

Date
February 9 -13, 2012

Yoga and Naturopathy



Inauguration Programme
in the august Presence of Dignitaries
Feb 10, 2012 | Palace Grounds, Bengaluru



Please intimate the Change of Postal Address



International Conference on Yoga, Naturopathy and Arogya Expo-2012

THEME: YOGA AND NATUROPATHY FOR HOLISTIC HEALTH

Felicitations to ORGANISERS



Rajarshi Padma Bhushan Dr. D. Veerendra Heggade of Sri Dharmasthala Manjunatesheshwara College of Yoga and Naturopathy; Prof. S.A.R. Prasanna Venkatachariar Chaturvedi Swamiji of SRMT; Dr. H. Sreenivasaiah of KPPCP; Dr. H.R. Nagendra of S-VYASA; Sri Jai Prakash Agarwal of INO; Sri J.S.D. Pani of KIMMA; Sri Devaraj of SVYRHHT

तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् योगसुधा

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EDITORIAL

The biggest ever international conference on Yoga and naturopathy under the banner of Dept of AYUSH, Govt of Karnataka ICYN and Arogya EXPO 2012 in Gayatri Vihar, Palace grounds was huge success. Largest number (about 500) of pre-conference workshops spread over three months ever in the history of any international conference in the world worth an addition in Guinness book of records !! An effort to bring most of the Yoga schools, colleges and university and naturopathy colleges on a common platform to share their expertise and showcase the usefulness of Yoga and naturopathy as non-pharmacological interventions. Nearly 300 research papers as posters, oral and advocacy sessions presentations.

The key note on Feb 10th addressed the central question whether naturopathy has any roots in Indian lore. It was shown in the presentation that it is prakrti and purusha combination at the base of all this creation, prakrti made of pancha mahabhutas – Akasha (space) ,Vayu (wind) , Agni (f ire), apah (water) and Prthivi (physical matter), by the process of panchikarana to make our bodies and the physical world at large. Imbalances in these elements are the

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cause for accumulation of toxins in the body leading to diseases. Naturopathy was knit in our day to day routine in India for centuries which were meant to cleanse these toxins and bring balance in all the elements. Modern naturopathy uses mud therapy, Hydrotherapy, Steam bath, sona, sunbath, etc to restore Agni balance, exposure to fresh air, fasting, exposure to sky for the same. The development of gadgets for the purpose and basic Scientific research on naturopathy are surely a contribution of the western world. It is time that we in India start in-depth research in naturopathy as has been done in Yoga Therapy. This conference has inspired lots of naturopaths to take up research in this direction.

AROGYA EXPO 2012 through its nearly 200 stalls next to conference hall brought wellness products of Yoga and Naturopathy to the forefront. Acupressure, naturopathy products as hip bath, massage tables, yoga dresses, etc attracted lots of visitors to not only get exposed to them but also to buy them. There were unprecedented sales in many of these sales. Nearly 2 lakh people visited the same in 5 days.

Prashanti kuitram witnessed a new dimension of the use of Yoga in a disaster management workshop organized by SIS security firm. It is of utmost importance to have a cool mind with all its cognitive capacities during such fire-fighting exercises. SMET program was introduced liked by all the delegates of the week-long workshop.

This issue of Yoga sudha brings out the glimpses of these significant events through colourful photographs.

Dr. H.R. Nagendra



Sri Samprada Singh, CMD of ALKEM Laboratories Ltd., felicitated in Prashanti Kutiram on Feb 22, 2012. Sri G N Srikantaiah, Director of Ayush, Karnataka Govt was also felicitated for successful conduct of ICYN, 2012



Ladies Block
Vidya building
Bhoomi Pooja

Dr. H.R. Nagendra of
S-VYASA, Sri Samprada
Singh of ALKEM,
Sri S.K. Sinha of SIS are there





Sudarshana and Navagraha Shanti Homa

A Maha Sudharshana and Navagraha Shanti homa was performed at Prashanti Kutiram for the welfare of all. Sri Samprada Singh ji, the Chairman of



Alkem Labs from Mumbai, a well-wisher did the sankalpa. Mananiya Sri Yeddiyurappa, former CM, Karnataka, Sri Shankaramurthy, Hon.Speaker of Karnataka State Assembly, Sri Srikantaiah, Director, AYUSH, Sri Pani, President ,KIMMA, Sri RK Sinha,CMD, SIS, Sri Kailash Bagaria, Bagaria group of Companies and many other well wishers participated in the homas.

Mahashivarathri & Sri Ramakrishna Jayanthi Celebrations

Mahashivarathri was celebrated as usual at Prashanti Kutiram on 20th feb with Rudrabhishekam, puja, arati, bhajan and mantra japam at the Yogishwara Shiva sannidhi and Yoga Vinayaka Mandira. Subbu Bhaiya spoke on the significance of Shivarathri, Shiva and the connection and relevance with Yoga. Shiva as Dakshinamurthi, Adinatha, Nataraja and Tyagaraja manifests the streams of Yoga Jnana Yoga, Raja Yoga, Bakthi Yoga and Karma Yoga respectively. He is the profounder of all these paths of yoga and hence is called "Yogishwara". Prof Swamy spoke on the devotion Sri Ramakrishna



and Swami Vivekananda had towards Shiva. Swami Narayanananda Saraswathi led the sankirtana and the chantings. Tiny tots of Prashanti Nithya, Rittu and Jyothi chanted Shiva stotras.

Sri Ramakrishna Janathi was celebrated on 23rd Feb, evening with bhajan and satsangh led by Prof NVC Swamy and puja and arati by Subbu Bhaiya. A film on the life of Sri Ramakrishna was shown after dinner for all campus residents.



SHARDDHANJALI

S-VYASA pays its sharddhanjali to **Sri VS Acharya**, Minster for Higher Education, Govt of Karnataka who left his mortal coil.



HONORARY DSC WAS AWARDED

Dr. R. Nagarathna, MD, FRCP

Dean, Division of Yoga & Life Sciences, S-VYASA
from Kuvempu University, Karnataka on Feb 8, 2012





AROGYADHAMA D

No. of Participants (n) =	15		20		18		20	
	Neurological disorders/ Oncology		Pulmonology/ Cardiology		Psychiatry		Rheumatology	
Parameters	BY	AY	BY	AY	BY	AY	BY	AY
Respiratory Rate	22.27	21.07	19.29	14.68	20.33	17.78	18.15	15.55
Pulse Rate	79.40	71.13	79.33	72.50	79.11	76.67	81.75	77.95
Systolic BP	135.14	134.29	124.00	118.21	118.00	115.89	128.30	122.50
Diastolic BP	81.33	79.93	76.50	74.25	76.00	77.89	77.80	75.80
Weight	67.09	65.59	68.80	67.61	72.29	72.00	70.24	68.84
Bhramari Time	10.33	13.93	12.69	17.54	12.00	17.67	13.65	17.70
Medication Score	2.93	2.53	1.75	1.65	2.58	2.47	1.45	0.90
Symptom Score	5.33	1.93	3.33	0.52	4.33	2.44	8.70	3.85

Total Number of



DATA (January 2012)

14		31		22		17		9	
Spinal Disorders		Metabolic Disorders		Gastroenterology		Endocrinal Disorders		Promotion of Positive Health	
BY	AY	BY	AY	BY	AY	BY	AY	BY	AY
19.21	16.35	20.23	18.42	18.46	18.82	19.00	15.65	20.56	16.89
77.50	74.78	80.45	73.29	73.00	72.77	78.71	76.76	83.56	76.67
120.57	120.86	130.71	123.71	121.09	123.18	123.76	123.18	122.44	116.22
79.14	77.29	79.55	75.87	81.27	82.68	79.06	79.41	83.11	79.33
72.23	70.98	67.67	66.32	66.09	73.00	65.80	64.43	81.82	79.63
11.29	14.86	12.19	14.19	12.96	15.96	9.24	14.24	8.44	13.44
0.00	0.00	3.95	3.66	0.64	0.59	0.65	0.59	0.44	0.00
9.64	3.58	4.81	1.85	4.14	1.14	2.00	0.65	2.11	1.00

Participants: 166

AY: After Yoga



ICMR Training 2012

The ICMR Center for Advanced Research in Yoga and Neurophysiology has three objectives - Research, Training and Dissemination. As part of the second objective - Training, the center successfully conducted its fifth annual training program in "Basic Understanding of Yoga Techniques and Training in Neurophysiological Techniques Relevant to Yoga Research" from January 16 to February 15, 2012 at SVYASA, Bengaluru. The program was inaugurated on January 16, 2011. Mr. R.K. Sinha, Founder Director of SIS Private Limited was the chief guest of the inaugural program.

About the participants: The program was completely residential and hosted 22 (15 males and 7 females) participants from across the country. It was a comprehensive group of health care professionals constituting medical practitioners, ayurvedic practitioners, yoga therapists, psychologists and naturopaths.

About the resource persons: The training covered basics of neurophysiology, yoga and related research techniques. Experts from respective fields were invited to deliver talks during the program. We had around 13 external resource persons and around 14 in house faculties to deliver talks at the program.

Participants were trained in writing project proposals and research papers. All the trainees made individual project presentations which they would be carrying out at their institutes. Best three presentations were awarded and it was shared by 3 participants.

Outcome of the program: All 22 participants were empowered in writing and executing projects in yoga. Each participant presented an individual project to be carried out at their mother institutes. It is expected that these participants go back and carry on these projects on yoga. Any further intellectual and technical support required by the trainees to plan and executive these projects will be provided by the Center.

The training program was a great success and was very much appreciated by all the participants.



ICMR Training 2012 Group



Yoga Therapy Foundation Course For China Troup





Health for all

International Conference on Yoga, Naturopathy and Arogya Expo-2012

THEME: YOGA AND NATUROPATHY FOR HOLISTIC HEALTH

February 9-13, 2012 | Bengaluru, Karnataka, INDIA



ORGANISERS

Dept. of AYUSH, Government of Karnataka



S-VYASA



Bengaluru



Pre-Conference Workshops

Nov, 2011 to Feb, 2012

Department of Ayush-Govt of Karnataka, with leading Yoga and Naturopathy organization of the country has conducted the **international Yoga and Naturopathy conference on 9th to 13 February at GaytriVihar palace grounds ,Bengaluru.** This conference has explored detailed knowledge about Yoga and Naturopathy to the world. All though the aim was to explore globally this becomes impossible. for everyone to attend at the destination.to overcome this lacuna pre conferences were held at different parts of the world.



Inauguration of Pre-Conference Workshops

The pre conferences were conducted to educate the general public Yoga, Naturopathy and related Indian healing systems. Education, information and communication through demonstrations, presentations and conducting workshops were the events to reach the public.

Anywhere in the world, an International Conference would have one Pre-Conference and/or/Post-Conference Workshop. The uniqueness of this ICYN was that it had nearly 400 Pre-Conference Workshops all over the world from Nov, 2011 to Feb,2012 cateuns to nearly 1 lakh of persons.

We have done pre conferences not only in villages of India but also

across the world in 19 plat forms USA, South Korea, Germany,&Singapore which is hub of pre conferences .The subject discussed multi-dimensional apart of Yoga Therapy& Naturopathy and specially





related to known and unknown ancient Indian healing system! The direct beneficiaries of this conference crossed 1 lakh directly and others not documented.

The Moto of our pre conference was to create awareness, and to initiate research of the great ancient Indian healing systems. These workshops centered to population from SEVA BASTI (slum) UNIVERSAL STUDIO! Jail inmates, Gramena yoga Abhiyana, and Holistic health for school children, women empowerment, and yoga for Trans gender, HIV infected sex workers etc....

On the other side special workshop were designed to document and promote hidden, unknown, and popular therapies which are up to know less known to the society. like Vaasi yoga, dance therapy, music therapy, jeevanathatva therapy, fingertip revolution, etc

The highlight of our pre conference is conducting workshops in prestigious institutions like Jayadeva instate of cardiology, Shree dharmastalamanjunathaeswara college of naturopathy and yoga,ujire, SVYSA Bangalore, central instate like CFTRI,DFRL, Corporates like CIMAP etc.....the objective of such type of workshop is not only to popularize the Holistic health but show the scientific world the proven efficacy of traditional healing system.

Features:

- Souvenir/ brochure is a unique, comprehensive collection and documentation of the unknown ancient hidden traditional healing systems of india and will be a data base of all resource persons, organizations and will become a directory.
- Track is a platform for all the pre-conference organizers and resource persons to exchange their knowledge among each other.
- Pavilion is a display of all the pre conferences conducted, showcase of therapy and case results with photography
- Newspaper ad before the main conference, to bring it to the attention the general public and record the event.
- CTD is a space selected for consultation, training and demonstrations by the pre-conference organizers and resource persons will be active on all 5 days of the conference 9th- 13th feb.2012.



Yoga for Everyone



Yoga for the Legislators



Inauguration of Yoga
Camp for the
Legislators by Hon'ble
Chief Minister
Sri D.V. Sadananda
Gowda Ji

S-VYASA Vice Chancel-
lor Dr. H.R. Nagendra,
Medical Education Min-
ister Sri S.A. Ramdas,
Ayush Director Sri G.N.
Srikantaiah & many
more can be seen



Om...
Om... Om...
Om... Om... Om...



Inauguration of AROGYA EXPO 2012



Bangalore, Feb 9: Arogya Expo 2012 inaugurated by Union Health and Family Welfare Minister of State Sri Gandhi Selvan and Sri S A Ramadass, Minister for Medical Education, Government of Karnataka.

Radha Bharathi (Rishikesh); Llama Jamyang (Dehradun) and Kailash Muniji and several leading practitioners of Yoga and Naturopathy visiting the Expo.

"The conclave deliberated extensively about the initiatives to be taken to promote AYUSH in the country. The conclave emphasized the need to allocate 10 per cent of the Health sector budget to AYUSH. Sri Rama Jois will soon take a delegation to the prime minister, finance minister

Glimpses of Arogya Expo • 2012



Dept of AYUSH, Govt of Karnataka pavilion brought out glimpses of Yoga from Vedic Period to the Modern Era of Science and Technology







KARNATAKA
AYUSH INDUSTRIES
WELCOMES YOU ALL TO AROGYA EXPO - 2012

Dignitaries
and
Visitors
flooded
Expo
Exhibition
stalls



and the Planning Commission," said Mr. G.N. Sreekantaiah, Director, Department of AYUSH, Government of Karnataka.

The participants of the conclave felt the government should promote AYUSH extensively so that the benefits of the ISM reached the masses, including the villagers. The conclave also felt that AYUSH was the best form of therapy that can provide holistic care to the masses





because it emphasizes on prevention rather than cure of diseases.

The conclave also passed resolutions to ensure proper documentation and recording of data relating to AYUSH discoveries, therapies and treatment methods.

In addition, the conclave stressed upon the need to promote research and development into AYUSH therapies to standardize treatment techniques.

"In all, we are extremely satisfied with the outcome of the conclave. The resolutions passed at the conclave will be submitted in the form of a memorandum to both Centre and the State," Mr. Sreekantaiah added.

On the third of ICYN, the star attraction was the demonstration of



Ex Minister Sri B.L. Shankar Ji visited Arogya Expo

various Yogasanas by students of the internationally renowned Yoga guru BKS Iyengar. Leading scholars of Yoga and Naturopathy also presented their research papers to the ICYN



Dr. D. Veerendra Heggade Ji in Arogya Expo



Justice Dr. Rama Jois Ji in Arogya Expo

participants.

International Conference on Yoga, Naturopathy (ICYN) & Arogya Expo-2012

An initiative of the Department of AYUSH, Government of Karnataka, in association with various international organizations, the aim of ICYN-2012 is to create a global platform for Yoga, Naturopathy, Ayurveda & other traditional practices for the benefit of society on scientifically proven research & development methodologies. ICYN -2012 will create a benchmark for showcasing and creating awareness about traditional practices.



Karnataka announces AYUSH-based outpatient services in taluka hospitals

5-day International Conference on Yoga, Naturopathy & Arogya Expo (2012) starts; international Yoga gurus and practitioners descend on Bangalore

Bangalore, Feb 10: With Yoga and Naturopathy emerging as the proven alternative to prevent and cure a variety of ailments, including lifestyle diseases, the Government of Karnataka plans to open AYUSH-based (Ayurveda, Yoga, Unani, Siddha and Homeopathy) outpatient units in all taluka hospitals in a phased manner in association with various organizations, which are involved in promoting Indian



Inauguration of ICYN 2012. From left - Ayush Director Sri G.N. Srikantaiah, Medical Education Minister Sri S.A. Ramdas, Dharmasthala Dharmadhikari Dr. D. Venkatesh Murthy, Yogacharya Sri B.K.S. Iyengar Ji, Chief Minister Sri D.V. Sadananda Gowda Ji, ICYN Committee Chairman Dr. H.R. Nagendra Ji can be seen.

Systems of Medicine (ISM).

Mr. D.V. Sadananda Gowda, Chief Minister, Government of Karnataka, announced this new initiative here on Friday after inaugurating the first ever International



Chief Minister Sri D.V. Sadananda Gowda Ji

Conference on Yoga, Naturopathy (ICYN) & Arogya Expo 2012 at Gayathri Vihar, Palace Grounds.

“Our government has duly recognized the importance of Yoga in daily life and has given priority for the empowerment of this sector. The Department of AYUSH, in collaboration with the Shantivana Trust of Dharmasthala has already opened outpatient units in 10 taluka-level hospitals in the state on public-private partnership model. These units have proved to be very useful in extending natural health services to the public. We intend to extend this concept to all the districts of Karnataka in a phased manner,”



ICYN Committee
Chairman
Dr. H.R. Nagendra

Mr. Gowda said in his inaugural address to ICYN-2012.

In an effort to promote Yoga and Naturopathy through educational initiatives, the government plans to set up a number of



Glimpses of Inauguration



schools and colleges. *"We have already established a full-fledged Yoga & Naturopathy college in Mysore. This institute is offering several useful courses. Yoga and Naturopathy are safe and effective combination of drugless therapy. They need to be promoted in the interest of society,"* the chief minister pointed out.



Medical Education Minister
Sri S.A. Ramdas Ji

According to him, the altered lifestyle, food habits, stressful life, overuse of medicine and pollution have made health to be measured by percentage of diseases. *"World over, people are looking for a safe, effective and multidimensional healthcare system based on Yoga, which advocates that healing and happiness come from within. The government will continue to provide support to Yoga and Naturopathy in order to extend the benefits to society,"* he said.

Dharmasthala Dharmadhikari
Dr. D. Veerendra Heggade Ji



Mr. S.A. Ramadass, Minister for Medical Education, Government of Karnataka, in his presidential address to the ICYN 2012, said the government was determined to extend Yoga and Naturopathy to the rural masses in order to improve their health.

"The government has already issued an order to adopt 10 Gram Panchayats as Yoga & Naturopathy Panchayats to promote AYUSH among the residents of those villages. Each such panchayat will



Jagat Guru Amrta Suryananda
Maha Raja from Portugal

in the country. *"The World Health Organization (WHO) projections are scary. India is set to become the diabetes capital of the world. We also have the second highest number of HIV+ people. Even kids are not spared. We intend to open a rehabilitation centre for HIV+ persons,"* the minister observed.

Mr.V.S. Gaur, Joint Secretary,
Department of AYUSH,



Tri Yoga Founder
Yogini Kali Ji

be entitled to a grant of Rs 1 crore in order to provide comprehensive health care-based on AYUSH. Yoga and Naturopathy institutes are welcome to partner with the government to implement this initiative," he added.

Mr. Ramadass said that the government was concerned with the growing incidences of diabetes and HIV+ cases



Yogacharya Sri B.K.S. Iyengar Ji
honoured

Government of India, as the guest of honour of ICYN 2012, said the government was committed to promote AYUSH at all levels of health services. *"The 12th five year plan (2012-2017) will lay special emphasis on AYUSH. There is a proposal to set up a Yoga & Naturopathy Hospital in every district of the country. In addition, the government is setting*



Ayush Director
Sri G.N. Srikantaiah

up the All India Institute of Ayurveda in New Delhi. We are also in the process of streamlining AYUSH-related education," he added.

Padma Bhushana Yogacharya B.K.S. Iyengar, who graced the occasion, pointed out that Yoga had gained immense popularity all over the world as healthy way of living. *"Yoga provides holistic healing for a variety of physical and psychosomatic diseases. It should be practiced by each and everybody, who wants to lead a healthy life,"* he said.

The highlight of the inaugural ceremony were the speeches by international Yoga gurus, such as, Yogini Kalki Lakshmi Deviji, Founder, TriYoga, Malibu, USA; Swami Amrit Suryananda Maharaj, President, Portugal Yoga Federation, Portugal, and others.

Mr. Oscar Fernandes, Member of Parliament; Mr.K.G. Bopaiah, Legislative Assembly, Karnataka; Dr. D. Veerendra Heggade, Dharmadhikari, Sri Kshetra Dharmasthala; Dr. S.A.R.P.V. Chaturvedi Swamiji, Sri Ramanuja Mission Trust, Chennai, and Dr. H. Nagendra, Vice-Chancellor, S-VYASA University, also addressed the inaugural session of the ICYN 2012.

The ICYN will be on till February 13. More than 5,000 delegates from 30 countries are participating in the conference. Approximately,



Minister for Primary &
Secondary Education
Sri Vishweshwar Hegde Kageri Ji



International Conference on Yoga, Naturopathy and Arogya Expo-2012

Theme: Yoga and Naturopathy for Holistic Health



300 research papers on Yoga, Naturopathy and Ayurveda will be presented at the conference. Arogya Expo 2012, which is part of ICYN 2012, has more than 260 stalls displaying products relating to Ayurveda, Yoga, and Naturopathy. Pharmaceutical firms manufacturing ISM products have also put up stalls. More than 5 lakh visitors are expected at the expo.

Glimpses of Conference





Guru Vandana - Salutations to Yoga Gurus

MP's Meet -
Sadhus &
Yoga Masters



Karnataka to set up Yoga & Naturopathy Council; allocate 10% of state health budget for AYUSH *8 initiatives by government to extend AYUSH-related therapy to rural masses*

Bangalore, Feb 12: In an effort to promote AYUSH (Ayurveda, Yoga, Unani, Siddha & Homeopathy), the Government of Karnataka will set up a state level Council for Yoga & Naturopathy apart from allocating 10 per cent of the state Health budget towards the development of Indian Systems of Medicine (ISM).

Mr. S.A. Ramadass, Minister for Medical Education, Government of Karnataka, announced 8 important initiatives to ensure that AYUSH reached all sections of society, including the rural masses considering



ICYN 2012 Valedictory Program



International Conference on Yoga, Naturopathy and Arogya Expo-2012

Theme: Yoga and Naturopathy for Holistic Health

ICYN 2012 Inaug



Chief Minister Sri D.V. Sadananda
Minister Sri C.P. Yogeshwar, ICYN Committee Chairman
Minister Sri S.A. Ramdas Ji, Dharmasthala Dharmadhikari Dr. D.

Ignition Program



Gowda Ji addressing the gathering.

Dr. H.R. Nagendra Ji, Yogacharya Sri B.K.S. Iyengar Ji,

D. Veerendra Heggade Ji, Speaker Sri K.G. Bopayya can be seen.



Poojya Sri Datta Vijayananda Swamiji
of Avadhoota Datta Peetham

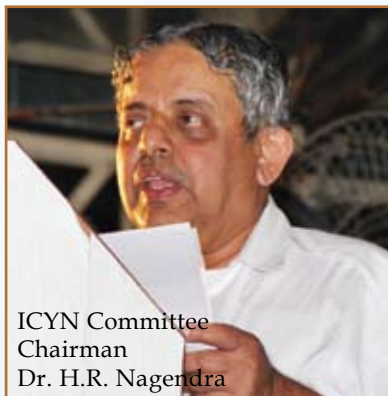
that ISM was highly affordable when compared to other forms of therapy.

He was speaking at the valedictory of the five-day event - International Conference on Yoga & Naturopathy (ICYN) and Arogya Expo 2012 - organized by the Department of AYUSH, Government of Karnataka, in association with various institutes promoting Yoga and Naturopathy.

“Yoga and Naturopathy are two important therapies that can prevent and cure several physical and psychosomatic ailments. We are worried about the increasing cases of diabetes and HIV+ in the country. We hope AYUSH will address all these issues in the long term,” he added.

The other initiatives of the Government include the following:

- » Establish a Directorate of AYUSH at the Rajiv Gandhi University of Health Sciences and commence paramedical diploma and certificate courses in Yoga & Naturopathy.
- » Implement the AYUSH gram project.
- » Establish AYUSH Rehabilitation Unit for HIV care with special emphasis to



ICYN Committee
Chairman
Dr. H.R. Nagendra

Yoga & Naturopathy.

- ▶ Establish an exclusive state-of-the-art research and training facility for AYUSH.
- ▶ Declare October 2-the day of Gandhi Jayanthi, as Naturopathy Day
- ▶ Establish an International Working Group for Yoga & Naturopathy under the Department of AYUSH.



All the 8 initiatives were adopted as 'joint declaration' at the ICYN 2012 valedictory ceremony.

Visitors to the Arogya Expo, held as part of the ICYN 2012, were given free medical check-up to address their health issues. More than 1,100 visitors underwent free health check-up at the Arogya Expo expressing their satisfaction over the results. People, who needed immediate medical attention, were referred to the top AYUSH hospitals.

Of the 5,000 delegates to the ICYN, there were 360 international delegates from more than 25 countries. *"It gives me immense satisfaction to note that more than 300 research papers on AYUSH were presented during the five-day event by both Indian and international research scholars,"* the minister said.

Medical Education Minister
Sri S.A. Ramdas Ji





International Conference on Yoga, Naturopathy and Arogya Expo-2012

Theme: Yoga and Naturopathy for Holistic Health

The Arogya Expo 2012, being held at Palace Grounds, will conclude on February 13. Visitors can undergo free health check-up by various AYUSH institutes at the expo.

International Conference on Yoga, Naturopathy (ICYN) &Arogya Expo-2012

An initiative of the Department of AYUSH, Government of Karnataka, in association with various international organizations, the aim of ICYN-2012 is to create a global platform for Yoga, Naturopathy, Ayurveda & other traditional practices for the benefit of society on scientifically proven research & development methodologies. ICYN -2012 will create a benchmark for showcasing and creating awareness about traditional practices.



Glimpses of Valedictory





SOUVENIR



It was during the great event, International Conference on Yoga & Naturopathy; which bridged the Naturopaths & Yoga personnel of various cadres from all over the world. There were 21 international and 136 national speakers, conducting various sessions held under 5 tracks. The conference had attracted more than 5000 delegates of which were 300 international delegates, representing 32 countries from around the world.

The Souvenir of the conference released comprised of the abstracts of all the speakers, 207 shortlisted abstracts for poster presentation and 10 for oral presentation and the abstracts of the public advocacy sessions. The conference was a successful event educating the public and enriching the knowledge of the practitioners paving way for further development of the field.



During Inauguration Souvenir released by the Dignitaries

International Yoga practitioners, scholars for more meaningful interaction with Indian exponents

*US, French, South African delegates impressed
with Yoga's healing capabilities*

Bangalore, Feb 12: International Yoga and Naturopathy experts, practitioners and research scholars from more than 25 countries on Sunday emphasized the need for more meaningful interactions, dialogues and joint research initiatives with Indian exponents in order to promote the ancient practices all over the world for a healthy way of living.

They were in Bangalore to participate in the 5-day International

Press Meet





Conference on Yoga & Naturopathy (ICYN) & Arogya Expo 2012, organized by the Department of AYUSH, Government of Karnataka.

"This event is an eye-opener for us. There is a lot that we have still not learnt from this ancient Indian practices. Yoga and Naturopathy are now practiced all over the world as natural therapies for various ailments. If we have to take these two practices to every person in foreign countries, meaningful discussions and interactions with Indian practitioners is necessary," observed Dr. Ann DeBaldo, Professor & Associate Dean, College of Public Health, University of South Florida, Tampa, FL, USA.

Yoga has become extremely popular in the USA. Various community groups and even ethnics are practicing Yoga in the western world. Even the Armed Forces in the USA are promoting Yoga to ensure discipline.

"The ICYN has been a fantastic platform for us to understand the two practices at a very close range. We are not as purists as you in practicing Yoga. We feel that there is a strong need for exchange of ideas in order to promote Yoga," opined Col Richard Petri, Director, Integrative Medicine & Pain Management, Washington DC. USA.

Another expert from the USA pointed out that Yoga and Naturopathy were capable of healing several diseases at the very early staged itself. *"We need to carry out more focused research to understand Naturopathy considering the fact the benefit is innumerable,"* pointed out Dr. Michael Cronin, President, American Association of Naturopathic Physicians, USA.

Swami AmritSuryananda Maharaja, President, Portugal Yoga



International Work Group

Federation, Portugal, was of the opinion that India needed to promote Yoga aggressively. *“This country’s contributions to the world are immense. India is considered the soul of the world in the western world. It has aptly proven by Yoga and Naturopathy,”* he added.

Representatives of more than 25 countries presented research papers at the 5-day

International Conference on Yoga, Naturopathy (ICYN) & Arogya Expo-2012

An initiative of the Department of AYUSH, Government of Karnataka, in association with various international organizations, the aim of ICYN-2012 is to create a global platform for Yoga, Naturopathy, Ayurveda & other traditional practices for the benefit of society on scientifically proven research & development methodologies. ICYN -2012 will create a benchmark for showcasing and creating awareness about traditional practices.

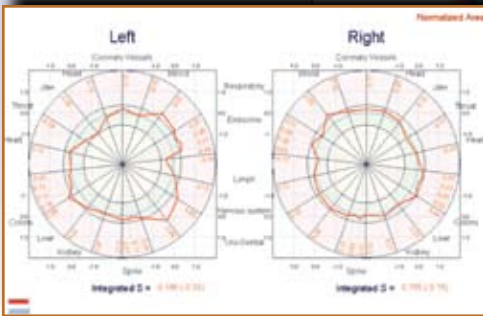
Disaster Management Workshop

From Jan 22 to 26, 2012
Organised by SIS





Gas Discharge Visualisation (GDV)



Human
Bio Field
Measurement

AcuGraph Measuring Prana *For Energy Level Measurement*

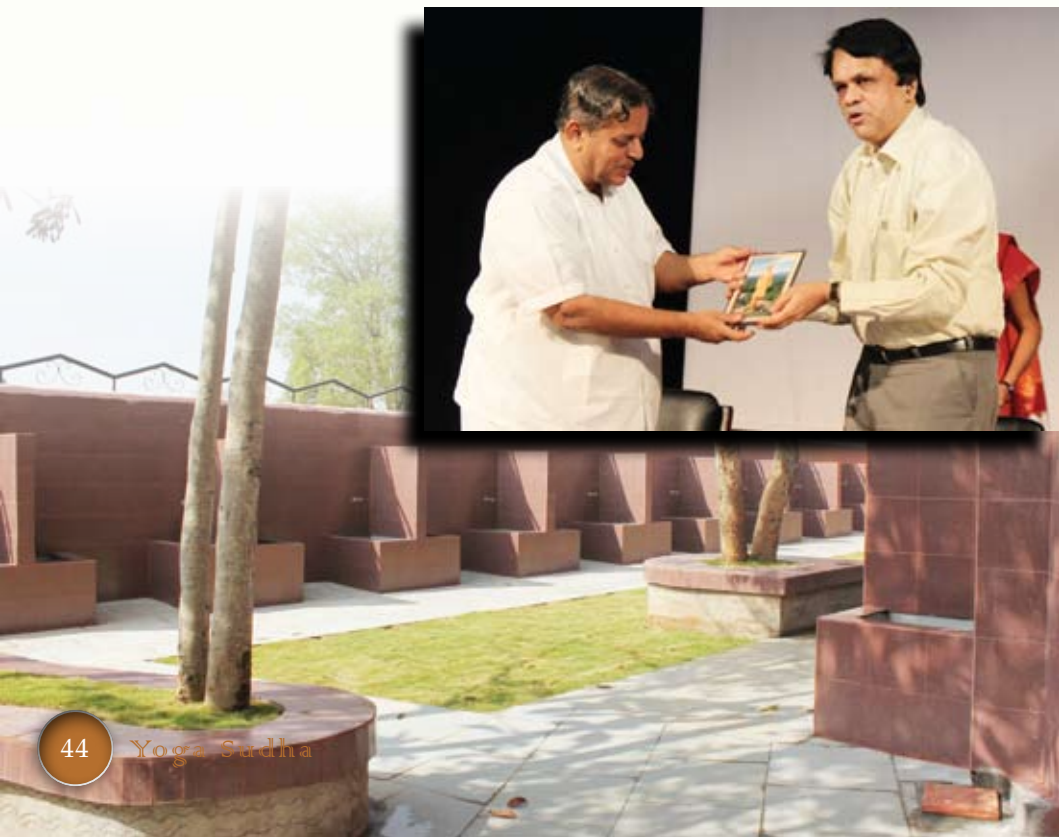




Kriya Block Inauguration



Inauguration of
Kriya Block by
Dr Satishchandra,
Director and
Vice Chancellor of
NIMHANS



Self Management of Excessive Tension (SMET) Program
For ONGC Group, From Jan 30 to Feb 3, 2012





International Conference on Yoga, Naturopathy and Arogya Expo-2012

Theme: Yoga and Naturopathy for Holistic Health

Media Support

Diploma in Yoga, Naturopathy planned

BANGALORE, DHNS: The State government will soon start diploma and certificate courses in Yoga and Naturopathy.

Speaking at the inaugural function of Arogya Expo-2012 here on Thursday, Medical Education Minister S A Ramdas said the government will promote Ayush (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy) in the State and focus on research to find a treatment for AIDS and non-communicable diseases.

He said support from the Union government will be sought to launch the proposed courses.

S Gandhiseelan, Union Minister of State for Health and Family Welfare, in his speech, emphasised on setting up Ayush clinics at primary and community health centres across the country. He said healing through yoga and naturopathy is the natural way of curing any disease with no side effects. Ayush clinics at the

grassroots level provide access to the treatment to all sections of society.

Yoga exponent Yogacharya Dr B K S Iyengar will present some asanas at the event on Friday. The expo is being held at the Palace Grounds.

More than 250 stalls displaying Ayurvedic and organic products have been set up at the venue. The stall set up by Vivekananda Yoga Anusandhana Samsthana showcased various yoga postures.

Feb 10, 2012 - Deccan Herald

Taluk hospitals to have AYUSH outpatient units

'Empowering this sector is a priority'

Staff Reporter

BANGALORE: To promote yoga and naturopathy, the State Government is planning to set up AYUSH based (Ayurveda, Yoga, Unani, Siddha and Homoeopathy) outpatient units in taluk hospitals in a phased manner. These units will be set up in consultation with organisations involved in promoting Indian Systems of Medicine (ISM), Chief Minister S V Srinivasrao said here on Friday.



Medical Education Minister S.A. Ramdas (left) flanked by Government Health Minister S.V. Srinivasrao (right) and Union Minister of State for Health and Family Welfare S. Gandhiseelan (center) during the inauguration of the International Yoga and Naturopathy Expo-2012 in Bangalore on Friday. - PHOTO: G. GOPALAKRISHNA

He was speaking after inaugurating the annual fair at a session of the State Health Conference on Yoga, Naturopathy and Ayurveda Expo-2012 at the Grand Palladium Hotel on the Palace Grounds, Bangalore. He said that the State Government had recognised the importance of yoga in day-to-day life, the Chief Minister said.

The inauguration of AYUSH in collaboration with the Government of Karnataka will be held in 2012. The Government has entered into a public-private partnership with the Government of Karnataka to set up AYUSH outpatient units in taluk hospitals in the State on a public-private partnership basis. These units, he said, will be set up in a phased manner. He said that the Government will be providing financial support to the taluk hospitals in a phased manner. He said that the Government will be providing financial support to the taluk hospitals in a phased manner.

Energy drinks, magic powders and pills

Staff Reporter

BANGALORE: Unlike to the Ayurveda, Yoga and Naturopathy based (AYUSH) medicines, the Government has issued a warning against the sale of energy drinks, magic powders and pills on the internet. The Government has issued a warning against the sale of energy drinks, magic powders and pills on the internet.

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ಯೋಗದ ಸಾಮಾಜಿಕ ಅರಿವು ಅಗತ್ಯ



ಯೋಗದ ಸಾಮಾಜಿಕ ಅರಿವು ಅಗತ್ಯ. ಯೋಗದ ಸಾಮಾಜಿಕ ಅರಿವು ಅಗತ್ಯ. ಯೋಗದ ಸಾಮಾಜಿಕ ಅರಿವು ಅಗತ್ಯ.

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Feb 10, 2012 - Hosadiganta

Feb 10, 2012 - The Hindu

'Yoga is India's Gift to the World'

Express News Service

Bangalore: Inaugurating the Arogya Expo 2012, Chief Minister D V Sahananda Gowda mentioned that India's gift to the world is the ancient Yogic science of healing and healthcare. However, he also stressed on how Indians need to start practicing this art form as a daily routine to keep healthy and fit.

In co-ordination with the Department of Ayush, Government of India, seven Yoga and Naturopathy institutes came together at the five day international conference on Yoga and Naturopathy. Policy makers, clinical practitioners, academicians of Yoga and Naturopathy and researchers from across the globe came together at the expo to discuss and explore new treatment methodologies, manage the modern



Visitors take a look at a stall in Yoga-Naturopathy Arogya Expo in Bangalore on Friday | Suresh Hampoothiri

challenges of health care systems and also to prove that Yoga and Naturopathy are strong evidence based medicines.

"The system of Yoga is a gift of India to the world. Both naturopathy and Yoga are very safe and effective

combinations of drugless therapy and it needs to be promoted in the interest of the society. There has been a great resurgence in the study of traditional systems of medicine around the world. The altered lifestyle, faulty food habits, stressful life,

overuse of chemical medicine, pollution of all kinds have made health to be measured by percentage of diseases," the CM noted.

"Our government has duly recognized the importance of Yoga in daily life and has given priority for the empowerment of the sector. We have established a full-fledged Yoga and Naturopathy college in Mysore that offers several useful courses. The department of Ayush with the Shantivana trust of Dharmasthala has opened out patient units in ten taluka level hospitals in the state on public private partnership model," Gowda said.

All the speakers threw light on the increasing international importance that the ancient wisdom of Yogic practice has received. "Yoga should be taught at schools

and each district in the state should have one yoga and naturopathy stall. This is an important step in the field of Yoga and is sure to bring with it a better understanding and knowledge of this ancient art that is as old as the civilization itself," noted yogacharya BKS Iyengar.

Dr D Veerendra Hegge, Swami Chidananda Saraswathi, Legislative Assembly Speaker KG Bopaiah, Leader of opposition in the Legislative Assembly Siddaramaiah were present at the event.

Attended by over 3,000 enthusiasts, students, NGOs and medical practitioners from across the globe, the five-day conference will showcase various speakers from different fields of healing sciences sharing their wisdom and emphasizing on the need for Yoga and naturopathy in the current scene.

Feb 11, 2012 - Indian Express

ಶಾಲೆಗಳಲ್ಲಿ ಯೋಗ ಕಡ್ಡಾಯ

• ವಿಶ್ವ ಸುದ್ದಿ ದೊರೆತ ಲೇಖಕರು
ಶಾಲೆಗಳಲ್ಲಿ ಯೋಗ ಕಡ್ಡಾಯಕ್ಕೆ ಸರ್ಕಾರ ಚಿಂತನೆ ನಡೆಸಿದೆ ಎಂದು ಮುಖ್ಯ ಮಂತ್ರಿ ಸದಾನಂದಗೌಡ ಹೇಳಿದರು.

ಆಯುಷ್ ಇಲಾಖೆಯು ನಗರದ ಆರಮನೆ ಮೈದಾನದಲ್ಲಿ ಶುಕ್ರವಾರ ಅಂದೇಜಿಸಿದ್ದ ಅಂಕಾರಾಷ್ಟ್ರಿಯ ಯೋಗ ಮತ್ತು ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ ಸಮ್ಮೇಳನ ಉದ್ಘಾಟನೆ ಮಾಡಲಾಯಿತು. ಯೋಗ ಮತ್ತು ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆಯೇ ಪರಿಣಾಮಕಾರಿಯಾದ ಮಧ್ಯ ಉಕ್ತಮ ಆರೋಗ್ಯ ಪಡೆಯ ಬೇಕಾದರೆ ಮಕ್ಕಳು ಚಿಕ್ಕಂದಿನಿಂದಲೇ ಯೋಗಾಭ್ಯಾಸ ಮಾಡಬೇಕಿದೆ ಎಂದರು.

ಮೈಸೂರಿನಲ್ಲಿ ಯೋಗ ಮತ್ತು ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ ಶಾಲೆಗಳು ಸ್ಥಾಪಿಸಲಾಗಿದೆ. ಭಾರತೀಯ ಸಂಸತ್ತಿನ ಯೋಗ ಪದ್ಧತಿಯು ಜನರು ವಿಶ್ವಮಾನ್ಯವಾಗಿದ್ದು ಎಲ್ಲೆಡೆ ಸ್ವೀಕೃತವಾಗಿದೆ. ಯೋಗ ಪದ್ಧತಿಗೆ ಸರ್ಕಾರ ಅಧಿಕೃತ ಮಾನ್ಯತೆ ನೀಡಲು ಸಿದ್ಧವಿದೆ ಎಂದರು.



ನಗರದಲ್ಲಿ ನಡೆದ ಯೋಗ ಸಮ್ಮೇಳನವನ್ನು ಸದಾನಂದಗೌಡ ಉದ್ಘಾಟಿಸಿದರು. ಡಾ. ವೀರೇಂದ್ರ ಹೆಗ್ಗಡೆ, ರಾಮಬಾಬ್, ಬಿ.ಕೆ.ಎಸ್. ಅಯ್ಯಂಗಾರ್ ಹಾಜರಿರಿದ್ದರು.

ಶ್ರೀಕೃತ್ಯ ಧರ್ಮಸ್ಥಳದ ಧರ್ಮಾಧಿಕಾರಿ ಡಾ. ವೀರೇಂದ್ರ ಹೆಗ್ಗಡೆ ಮಾತನಾಡಿ, ಜನಾರ್ದಮ್ ಪಿ.ಕೆ.ಎಸ್.ಅಯ್ಯಂಗಾರ್, ಯೋಗ ಮತ್ತು ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆಯು ಅನೇಕ ರೋಗಗಳಿಂದ ಮುಕ್ತಿ ಕೊಡಬಲ್ಲವುಗಳಾಗಿವೆ ಎಂದು ಹೇಳಿದರು.

ವಿಧಾನಸಭಾಧ್ಯಕ್ಷ ಕೆ.ಜಿ.ಬೋಪಯ್ಯ,

ಪುನೆಯ ರಮಾನುಜ ಅಯ್ಯಂಗಾರ್ ಸ್ವಾಕೃತ ಯೋಗ ಸಂಸ್ಥೆಯ ಯೋಗಾಚಾರ್ಯ ಪಿ.ಕೆ.ಎಸ್.ಅಯ್ಯಂಗಾರ್, ಚಿನ್ನಸ್ವರಂ ರಾಮಾನುಜ ಮುಹೂರ್ತಿ ಟ್ರಸ್ಟ್ ಡಾ. ಚತುರ್ವೇದಿ ಸ್ವಾಮೀಜಿ, ಶಾಸಕ ಸಿ.ಟಿ.ರವಿ ಮುಕ್ತಿಕರರು ಉಪಸ್ಥಿತರಿದ್ದರು.

Feb 11, 2012 - Vijaya Karnataka



Cultural Program





Hindu Spiritual & Service Fair, Chennai:

S-VYASA Yoga University actively participated this year at the 4th Hindu Spiritual & Service Fair, DG Vaishnava College, Chennai from 25 to 29th January 2012. The fair was visited by more than 3 lakhs people from a wider cross section of population including a lot of students and professionals. Many seniors Swamijis from different organizations and other dignitaries including Dr Subramanian Swamy attended the fair. S-VYASA had an exhibition of all its activities, research contributions and Yoga publications. Also data for various research projects were also collected in the fair. Sri Subbu Bhैया conducted a workshop on “Yoga for Stress Management & Holistic Health” in the auditorium and it was well received by the participants. Many had shown keen interests in joining courses and arogyadhama. As a follow up of this great event, we are setting up our centre at Chennai to continue our activities there.

Swami Vivekananda jayanthi - National Youth Day celebrations at various institutions:

As the celebrations of the 150th birth anniversary of Swami Vivekananda have already commenced throughout the world, many educational institutions had organised a series of programs in Bangalore too. Senior faculty members of S-VYASA were invited to inspire youth at many institutions.

- » on 6th January, 2012, Prof NVC Swamy, Professor Emirittus, S-VYASA was the chief guest and delivered a talk about Swamiji’s contribution to the educational and scientific developments of the country at “City group of Institutions” at



Jaynagar. Sri Subramanian also took part in the function.

- » On 10th of January, Sri NV Raghuramji, International Faculty of S-VYASA & Sri Subramanian addressed the Youth with inspiring messages from Swamiji's life and teachings at the National youth Day Celebrations at Maharani Ammani Lakshmi women's College at Malleswaram, Bangalore organized by Disha organization for Youth.
- » Sri A Subramanian was the Chief Guest for NYD Celebrations at Seshadripuram Academy of Business Studies, Kengeri on 12th and Vivekananda College at Rajaji Nagar on 14th January 2012 and motivated the students with a soul stirring speech on Swamiji and his guidance to the youth of the nation. Subbu Bhaiya also distributed prizes for all winners in various competitions and sports.

National Youth Day at Educational Institutions in Anekal Taluk & Jigani Hobli:

National Youth Day was celebrated in a grand manner at various educational institutions in and around Anekal, Chandapura and Jigani. National Co-ordinator Sri RM Acharya, Subbu bhaiya, Swami Narayanananda Saraswathi and Sri Karibasappa were Chief Guests and delivered talks about life and message of Swami Vivekananda and its relevance to modern youth.

All other branch centres, affiliated centres including Anantapur Vivekananda Yoga Kendra, Hindupur, Kolkatta, Mumbai, VASK Yoga centre also celebrated the occasion in a grand way.



Conferences & Seminars attended by the Faculty of S-VYASA:

- ▶ Sri Subramanian. A, spoke on the theme “The Present & The Presence” in the National Seminar on Sri Ramana Maharshi on the 23rd January 2012 at the Ramana Maharshi Centre for Learning, Bangalore.
- ▶ Sri NV Raghuramji, & Sri Subramanian conducted a stress Management workshop at “Parivathanam” Conference on 5th feb, organized by Rotary Club of Bellary which was well attended and appreciated by more than 1000 Rotarians.
- ▶ The Tamil Nadu Physical Education & Sports University (TNPESU), Chennai and National Association for Physical Education and Sports Sciences (NAPESS) had organized an International Yoga Conference between 16 and 18th February at WUS Centre Chennai. Sri Subramanian. A, spoke on the theme “Better Life, better world through Yoga”.

Workshop on Yoga for Total Personality Development at SSIHE, Whitefield:

Sri Subramanian. A conducted a workshop on “Yoga for Total Personality Development” for the students of Sri Sathya Sai Institute of higher Learning, Brindavan campus at Whitefield under the prestigious Sathya Sai Deemed University on the 23rd February 2012. The students participated with active enthusiasm and interacted with Subbu Bhaiya. Rajendra Gochikar and Gangadhar, BSc(Yoga) Students, did advanced Yoga demonstrations which wonderstruck the participants.



Republic Day Celebrations

Jan 26, 2012

Prashanti Kutiram



Flag hoisting by Poojya Sri Paramananda Maharaj & Sri S.K. Sinha of SIS. SVYASA Vice Chancellor Dr. H.R. Nagendra also can be seen

Meeting with Jharkhand Chief Minister Sri Arjun Munda Ji

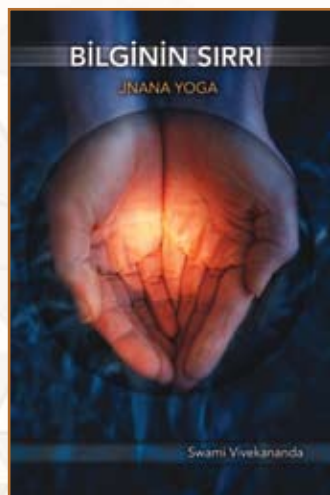




A Yoga community growing in Istanbul, Turkey

Ayça Gürelman, who launched and co-ordinated SVYASA programs in Turkey since 2003, started her own yoga center – Istanbul Yoga Merkezi in 2010. The yoga center holds the exclusive Turkey representation rights of SVYASA.

Located in Bagdat Avenue, which recently ranked as the 4th “best shopping street in the world” in a global consumer survey, the yoga center draws the attention of consumers to yoga classes for positive health and yoga therapies. Yoga students are benefiting from the integrated approach of yoga according to SVYASA via Yogasana classes, OM meditation classes, Pranayama Classes, Trataka, Pranic Energisation Technique, special techniques of yoga therapies and yoga philosophy sessions.



Istanbul Yoga Center is differentiated from other yoga centers through the resourceful and working yoga therapy techniques, quality of service and its approachable pricing policy. It is also appreciated by the yoga philosophy aspirants, whom get ideas for their own spiritual journeys from Swami Vivekananda and scriptures like Bhagavat Gita every week in organized meetings.

Istanbul Yoga Center is also hosting SVYASA Yoga Instructors' Certificate (YIC) Program in Turkey and having more than 200 yoga instructor graduates already, it is one of the most popular yoga teacher programs in Turkey. Empowered by Yoga Alliance (the leading yoga community standard of USA) approved content, the latest YIC started in November 2011 for the first time as a weekend program, specially designed for working people and the program will be finalized in June 2012.



A new milestone is set in October 2011 for Istanbul Yoga Center; the publishing wing of the center, Purnam Publishing is established to spread the authentic yoga ideas of India. The publishing house already launched two books of Swami Vivekananda, Secret of Knowledge - Jnana Yoga and Secret of Action - Karma Yoga. The collaboration of SVYASA and Istanbul Yoga Center gave birth to a Turkish yoga book also; Yoga at Home - According to Vivekananda Yoga University is launched with the co-authorship of Dr. HR Nagendra, Dr. Nagarathna and Ayça Gürelman. The book contains more than 400 illustrations with step by step explanations on how to practice yoga safely at home and it is ranked as the #1 selling yoga book in two weeks after the launch in Turkey.

Istanbul Yoga Center web site: www.yogamerkezi.com

Purnam publishing web site: www.purnamyayinlari.com



Yoga therapy volunteer work in Kiev, Ukraine - August 2011



Yoga therapy volunteer work in Fukushima, Japan on March 2011



Raja Yoga training for Japanese Yoga therapists in Tibet, Mt. Kailas on Jun 2010



News from VYASA, Kolkata

VYASA, Tollygunge (Eknath Bhawan)

*Report of Yoga Participants in JANUARY 2012**

Daily Bhajans at 6.00-6.30 PM and weekly Kriya classes are going on every Saturday at 6.30-7.30AM.

Apart from Kolkata **five** participants from **Switzerland (1), U.S.A (2), Germany (1) & Ireland (1)** took part in the Yoga classes of VYASA.



On 1st January on the eve of New Year (1st January 2012) Annual “**Vishnu Sahasranam Archana**” programme was conducted by Swami Chaitnyananda the resident acharya of Chinmaya Mission, Kolkata. Above 315 devotees were participated in this programme. Mrs. & Mr. S K Rungta were the jajmans of the function.

On 2nd January Third batch of “*Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)*” was started.

On 12th January **150th Birth anniversary** was celebrated with special Bhajan programme by Team VYASA.

On 14th January 2012 at 1.00 PM a **teacher’s meet** held at Eknath Bhawan for the teachers of VYASA Tollygunge & VYASA Salt Lake. It was presided by the Chairman of VYASA, Kolkata.

On 14th January 2012 at 6.00 PM, the annual cultural and prize



distribution day of Vivekananda Adarsha Milan Mandir (VAMM) was organized at Mukhtangan Manchalaya. At this function a Odia book titled “**Yoga Katha**” of Sri Sanatan Mahakud was released by Param Pujuua Parivrajeeka Maheshprana Mataji of Ramakrishana Sarada Mission, Matru Bhawan Kolkata.

On 24th January 2012, a *Special Yoga Programme for General Wellbeing (YPGW)* was held for the under privileged children of Vivekananda Adarsh Milan Mandir (VAMM), Kolkata. It was conducted by Mr. Sanatan Mahakud.

On 26th January 2012, 63rd Republic Day was celebrated by Team VYASA. On this occasion Mr. V Krishnamurthy was hoisted the national Flag.

On 29th January 2012, Saraswati Puja was celebrated by Team VYASA.

On 31st January Third batch of “*Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)*” was concluded.

FUTURE PLAN:

1. Fourth batch of “*Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)*” is going to start from 1st February 2012.
2. In the month of February 2012, SVDYWC South 24 Parganas and Nirmala Arogya Kendra, Tollygunge will conduct four **Yoga Awareness Programmes (YAP)** at Baghajatin and Golf Green.

VYASA, Salt Lake (Lakshmi Kripa):

On 26th January 2012, 63rd Republic Day of India was celebrated by Team VYASA. On this occasion Mrs. Puspa Gadia was hoisted the national Flag.

Along with this regular **out door group classes**** are going on in the different parts of the city.

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SMET Program in Kolkata

On February 18, 2012 at Aayojan Banquet Hall, Salt Lake City, Kolkata, from 8.30 am to 5.00 pm, Self Management of Excessive Tension (SMET) A stress reduction programme for total health was conducted by Dr H R Nagendra & Dr R Nagarathna of Swami Vivekananda Yoga Anusandhana Samsthana University, Bengaluru. Total 210 participants took parts with great interest.



News from VYTRI Bhubaneswar, Odisha

The Vivekananda Yoga Therapy Research Institute (VYTRI), Bhubaneswar had organized a 2 days (22nd & 23rd January, 2012) seminar on “**Yoga in Education**” at Bharatiya Vidya Bhawan. It was attended by illustrious saints and personalities in the domain. In its inauguration Srimad Swami Sudarshananda Maharaja of Ramakrishana Math deliberated on Yoga as a Social Necessity & Relevance of Yoga in Present Educational System. The Chief Speaker **Prof. Dr. K Subramanian, Pro-Vice Chancellor of SVYASA Deemed Yoga University, Bengaluru** exhorted the student participants to inculcate the virtues like self confidence, tolerance etc.

Other eminent participants were Pfor. Dr. Fakir Mohan Sahu, Dr Prasanna kumar Acharya, Er. Prafulla Kumar Rath, Dr Raghunath Panda along with Secretary Sri S.K Palit and Coordinator Sri A.C Rana of VYTRI.

Prof. Dr. K Subramanian also delivered the Lectures on Ethical Value at Balasore and +2 Science College of ITER Bhubaneswar.



Mumbai VYASA: Republic Day Celebrations

Vision 2020 - Smart India Republic day parade was indeed a heart warming experience for Vyasa Mumbai.

This was the very first of its kind our center participated and experienced. Participation in display of Floats proved to be a very helpful in the advertisement of the Centre.

Floats gathered at "Shivaji Technical School" and then paraded to "Dr. Keshav Baliram Hedgewar Uydan"- Ghatkopar East.VYASA Mumbai, float displayed various banners,posters etc. which indeed made an impact on the people as the float formation proceeded to the demarked area.

Besides floats, there were as many as 50 schools, and more than 1000 children from all around Mumbai, gathered to celebrate Republic day with pomp and gaiety.

Dr. P.S
Pasricha (IPS)
-Ex- Director
General police
was the Chief
Guest, and
Lt. General
D.B Shekatkar
(Retd) Indian
Army- Guest of
Honor . It was





a rare opportunity for the citizen of Mumbai to have a peek in the military “Weapon Display” specially organized for this republic day.



Please find herewith attached photographs of VISION 2020

SMART INDIA REPUBLIC DAY PARADE organized at Ghatkopar (East) Mumbai, where VYASA Yoga center, Mumbai actively participated.

Please find herewith attached photographs of VISION 2020 SMART INDIA REPUBLIC DAY PARADE organised at Ghatkopar (East) Mumbai, where VYASA Yoga center participated.





ಅನೌಪಚಾರಿಕ ಸಂಸ್ಕೃತ ಸಂಧ್ಯಾ ಕೇಂದ್ರದ ಸಮಾರೋಪ ಸಮಾರಂಭ

ಬೆಂಗಳೂರು, ಫೆ.4 - ಸ್ವಾಮೀ
 ವಿವೇಕಾನಂದ ಯೋಗ
 ಅನುಸಂಧಾನ ಸಂಸ್ಥಾನ
 ಬೆಂಗಳೂರು ಮತ್ತು ರಾಷ್ಟ್ರೀಯ
 ಸಂಸ್ಕೃತ ಸಂಸ್ಥಾನ ನವದೆಹಲಿ
 ಇವರ ಸಹಯೋಗದಲ್ಲಿ
 ಅನೌಪಚಾರಿಕ ಸಂಸ್ಕೃತ
 ಸಂಧ್ಯಾ ಕೇಂದ್ರದ
 ಸಮಾರೋಪವು ದಿನಾಂಕ



4/02/2012ರಂದು ಬೆಂಗಳೂರಿನ ಕೆ.ಜಿ.ನಗರದ ಗವೀಪುರಂ ಸರ್ಕಲ್‌ನಲ್ಲಿರುವ ಏಕನಾಥ ಭವನದಲ್ಲಿ ನಡೆಯಿತು. ಸಂಸ್ಕೃತ ಭಾರತಿಯ ಶ್ರೀ ವೀರಭದ್ರ ಅವರು ಮಾತನಾಡಿ ಸಂಸ್ಕೃತ ಭಾಷೆಯನ್ನು ಮಾತನಾಡಲು ಸಂಸ್ಕೃತಭಾರತಿಯು ಆರಂಭದಲ್ಲಿ ಬೆಂಗಳೂರಿನಲ್ಲಿ ಮಾಡಿದ ಕೆಲಸವನ್ನು ಉಲ್ಲೇಖಿಸಿ ರಾಷ್ಟ್ರೀಯ ಸಂಸ್ಕೃತ ಸಂಸ್ಥಾನ ನವದೆಹಲಿ ಇವರು ಪ್ರಥಮಾ ದೀಕ್ಷಾ ಕಲಿಕೆಯನ್ನು ಆರಂಭಿಸಿರುವುದರ ಮಹತ್ವವನ್ನು ತಿಳಿಸಿದರು. ಜೊತೆಗೆ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯಲ್ಲಿ ಸಂಸ್ಕೃತವು ಹಾಸುಹೊಕ್ಕಾಗಿರುವುದನ್ನು ವಿವರಿಸಿದರು.

ಶ್ರೀ ಅನಿಲ್ ಕುಮಾರ್ ಅವರು ಮಾತನಾಡಿ ಸಂಸ್ಕೃತಭಾಷೆಯಲ್ಲಿ ಯೋಗ ಸಹಿತ ಹಲವಾರು ವಿಚಾರಗಳು ಸೂತ್ರರೂಪದಲ್ಲಿದ್ದು, ಅವುಗಳನ್ನು ಕಲಿಯಲು, ಅಧ್ಯಯನ ಮಾಡಲು ನಾವು ಸಂಸ್ಕೃತ ಭಾಷೆಯನ್ನು ಕಲಿಯುವ ಅಗತ್ಯವಿದೆ ಎಂದರು. ಕಾರ್ಯಕ್ರಮವು ವಿದ್ಯಾರ್ಥಿ ಶ್ರೀ ಗುರುರಾಜ ರಾವ್ ಇವರ ವೇದಘೋಷದೊಂದಿಗೆ ಆರಂಭವಾಯಿತು. ಸಂಸ್ಕೃತ ಶಿಕ್ಷಕರಾದ ಡಾ. ಈಶ್ವರ ಪ್ರಸಾದ ಎ ಇವರು ಕಾರ್ಯಕ್ರಮ ನಿರೂಪಿಸಿದರು.



S-VYASA

Deemed to be University, Established under section 3 of the UGC Act, 1956

REVISED FEE STRUCTURE FOR COURSES FOR INDIAN CANDIDATES

I Short Term Course:

Stars Aug 1, 2012

- » YIC - one month program - Total fee Rs 12,000/-
- » YTOT - two and half months program - Total Fees Rs 20,000/-
- » AN TTC - Ayurveda and Naturopathy Therapist Course - one year program (six months course + six months field work) - Total Fees Rs 15,000/-

II Long Term Courses:

1. Regular fees

Course	Duration of Course	Regi- stration (one time)	Course fee per year	Hostel Fee per year	Total Fees (including Course fee and Hostel fee)
BNYS	5 ½ years	3,000	60,000	33,600	4,57,800
BSc (Y&C)*	3 years	500 (every year)	-----	-----	1500
BSc (Y&M)*	3 years	1,000	45,000	27,600	2,18,800
BSc (Yoga)*	3 years	1,000	20,000	27,600	1,43,800
MD (Y & R)	3 years	2,000	40,000	33,600	2,22,800
MSc (Y&C)	2 years	500 (every year)	-----	-----	1000
MSc (Y&M)	2 years	2,000	80,000	33,600	2,29,200
MSc (Yoga)	2 years	2,000	25,000	33,600	1,19,200
PhD	Normally 3 years	3,000	20,000**	33,600	1,63,800
PGDYT	15 months (12 months course + 3 months field work)	1,000	30,000	33,600 (Including the field work period)	64,600
PGDYTD	1 year	1,000	35,000	33,600	69,600

* Dormitory Accommodation

** Extra tuition fees of Rs 24000/- is payable for the additional 28 core credits for the non MSc (Yoga) candidates

2. Refundable Deposits

Caution Deposit: Rs 5,000/- | Library Deposit: Rs 1,000/-



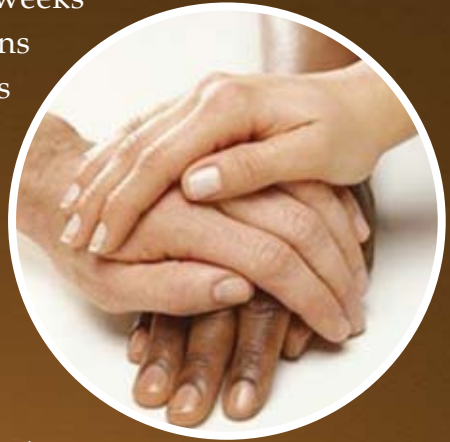
For all details of the Scheme visit us at
www.vyasa.org - click Arogyadhama

VYASA Calling for Seva Vratīs

- ▶ Are you retired but not tired?
- ▶ Want to offer free Services full time?
- ▶ Healthy and Fit to offer

Join our Arogyadhama “Serve the Sick” Project

- ▶ You will be trained for 6 to 8 weeks
- ▶ To serve in one of the 9 sections of Arogyadhama of VYASA as Yoga Therapists
- ▶ You are Welcome to contribute towards your B&L of Rs. 3000 per month
- ▶ Both Husband and Wife are Welcome
- ▶ We take care of your Health – preventing diseases and promoting positive health



Write us to at

The Co-ordinator, Project Seva Vratī, VYASA, ‘Eknath Bhavan’, #19
Gavipuram Circle, Kempegowda Nagar, Bengaluru – 560019

Tel: 080-2661 2669, 2263 9963 | **Telefax:** 080-2660 8645

Mail: sj6474@gmail.com



YIC (Yoga Instructors' Course)

122nd Batch (Feb, 2012)