

योगा सुद्धा

A Monthly Journal of S-VYASA Yoga University



VYASA launches Vivekananda Yoga at Shanghai



Union Minister Dr. Harsh Vardhan Ji inaugurated Advanced Centre for Alternative Energy at S-VYASA

International Conference on Value based Lifestyle at Bhopal



Join for an Intensive Meditation Retreat

Atma Parishodhana Yoga Sadhana Saptaham

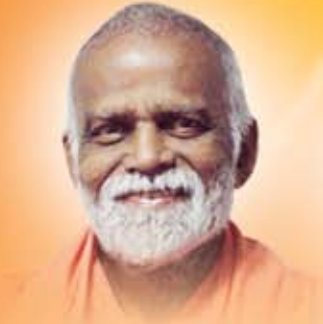
Yoga of Self Enquiry & Research
June 22 - 28, 2015



Bhagavān Ramaṇamarṣī Smāraka Rāja Yoga Pīṭham
Division of Yoga - Spirituality



S-VYASA
University



By

YOGI PROTOPLASM

Parama Pujya Swami Prajnaranyaji Maharaj
Disciple of Ramana Maharishi and Yogi Rama

Intensive Course: For the benefit of the devotees, seriously interested in the Self-realization an intensive seven days (7) residential training course "AtmaParishodhana Yoga Sadhana Saptaham" will be conducted under the guidance and supervision of Poojya Sri Yogi Protoplasm (Swami Pragna Aranyaji, Mayakund-Rishikesh). A disciple of Yogi Rama and Ramana Maharishi.

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

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

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

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

At the serene Yogic premises of
Prashanti Kutiram
(H.Q of S-VYASA Yoga University), Jigani, Bangalore.

NO COURSE FEE CHARGED
Interested devotees may register
before Jun 10th, 2015

CONTACT
Rajasha HK – 94804 78952

CITY OFFICE
'Eknath Bhavan', #19, Gavipuram Circle
Kempegowda Nagar, Bangalore - 560 019
ph: 080-2263 9965
e-mail: spirituality@svyasa.org

NOTE
*You will be Charged for Separate Accommodation.
Preferably Dormitory.
For Single Room - ₹. 3000/-
For Double Bed Room - ₹. 2500 / head*

तं विद्यादुःखसंयोगवियोगं योगसंज्ञितम्
YOGA SUDHA

Vol.XXXI No.5 May, 2015

CONTENTS

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

Editorial

2



Division of Yoga-Spirituality

Brahmasutra - Na Saikhyopasaṅgrahādapi Nānābhāvādatirekācca
- Prof. Ramachandra G Bhat

3

International Day of Yoga - June 21st

4

ಪಾಠಂಜಲ ಯೋಗಶಾಸ್ತ್ರ (12): ಇಚ್ಛಾಶೂನ್ಯತೆ - ವೃತ್ತಿ ನಿರೋಧೋಪಾಯ
- ಶ್ರೀ ರಾಜೇಶ ಎಚ್.ಕೆ.

6



Division of Yoga & Life Sciences

Diabetes Mukta Bharat

8

Schizophrenia Patient or Self-realized Personality?

- Dr. Hemant Bhargav

16



Division of Yoga & Physical Sciences

**Energy cost and oxygen debt during Dynamic Suryanamaskar and
graduated ergocycle maximal intensity test - Krzysztof Stec**

20

Inauguration of Advanced Centre for Alternative Energy

21

Water Memory Phenomenon - Prof. T M Srinivasan

23



Division of Yoga & Management Studies

Align for Synergy - Dr. Prahlada

27



Division of Yoga & Humanities

Field Trip - Project Vision - Savita Joshi

29



VYASA, National

**International Conference on Value based Lifestyle
and A report on Metacognition at Mattur**

31

PDC - Yoga based Holistic way of Personality Development

32

- Datta S. Taware

News from VYASA, Kolkata

34

Memorable Moments with Dignitaries

35



VYASA, International

**Vivekananda Yoga Global Launches its first center in China
21st INCOFYRA**

36

38

S-VYASA Yoga University
'Eknath Bhavan', # 19, Gavipuram Circle,
Kempgowda Nagar, Bengaluru - 560 019
ph: (08110) 3092 2900, (080) 2661 2669
telefax: (080) 2660 8645

Editor: Dr. H R Nagendra
Asst. Editor: Dr. Aarti Jagannathan
Publisher: Subhadra Devi
e-mail: info@yogasudha.com
websites: www.yogasudha.com
www.svyasa.edu.in

EDITORIAL

The International day of Yoga celebrations are being planned by all Yoga Institutions all over the world in a very big way. The 35 minutes Integrated Yoga Module has been crystallised and the logo for the same is also finalised. Special Stamp as also Rs. 10 and Rs. 100 coins with the Logo will be released on June 21st. All persons in big and small groups all over the country are expected to demonstrate this IYM of 35 minutes. In all schools, colleges, hospitals, institutions, yoga studios and also in all houses the same should be practiced and demonstrated. The number of persons who demonstrated or practised along with a photograph

is to be communicated to the Ministry of AYUSH which has set up a special Web Portal. This will give authentic information to be given to Guinness and Limca Book of Records. Already the ministry has made necessary arrangements for the submission of this biggest event of the world.

In VYASA the SDM camps are being planned in 5 Zones and the zonal meetings have started. The south zonal meeting in Prashanti Kutiram has been a good success and nearly 75 persons from all southern states have shown tremendous interest and want to have nearly 600 camps. On April 29 and 30 the north zonal meet in Brindavan with nearly 90 persons also have come out with nearly 400 camps. Each camp will have 50 to 100 participants of Diabetes to pre-diabetes as scanned by IDRS moderate and high risk category. By mid May, the total number of camps, venues, etc will all be finalised.

The research team under the guidance of Dr. Bolten, Dr. D Nagaraja, Dr. Kashinath, Dr. B N Gangadhar, Dr. R



Nagarathna has been planning to make this the best research project to be followed up for an year. Data to be taken before, after 7 days, after 3 months, 6 months and 1 year of all the participants will make it a great publication. The health ministry has come forward to fund the complete assessment costs, etc. NIMHANS Advanced Center of Yoga headed by Dr. B N Gangadhar will also be involved in the effort.

Himalaya Yoga Olympiad is also being planned down to the Taluk level. At this Taluk level the syllabus will be the Integrated Yoga Module of IDY. Each team of 18 members will demonstrate the module and the best team will be selected. At

the next District level we will have IDY module plus YIDM module for team assessment. At State, National and International levels we have our Himalaya syllabus. All these are available on our portal. The Minister for Youth Affairs and Sports has agreed to support this from his Ministry.

The Task-force set up by the Ministry of AYUSH to mainstream AYUSH had its second meeting on 20th April in Prashanti Kutiram which turned out to be highly technical, thanks to Dr. D agaraja, Sri Suresh Jain, Dr. Rajesh Kotecha, Dr. B N Gangadhar etc. All learnt many things from one another. We have started crystallising the thoughts and more concrete plans will emerge.

■ *Dr H R Nagendra*



Indian Yoga Association (IYA) - MEMBERSHIP CAMPAIGN

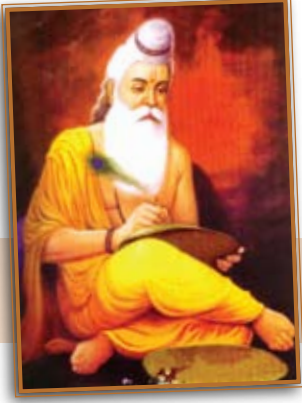


Indian Yoga Association is a self-regulatory body of leading Yoga Institutions in India. IYA is having its Registered Office at New Delhi.

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

For the Membership Form and other details please log on to www.yogaiya.in

Contact +91 98108 00689 | iyayog@gmail.com



ब्रह्मसूत्रम् (Brahmasūtram)

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



न संख्योपसंग्रहादपि नानाभावादतिरेकाच्च (ब्रह्मसूत्रम्-१-४-११)

Na Saṅkhyopasaṅgrahādapi Nānābhāvādatirekācca (Brahmasūtram-1-4-11)

Meaning: Even from the statement of the number (five-fold-five i.e., twenty five categories by shruti it is) not (to be understood that the the shruti refers to pradhana) on account of the differences (in the categories and the excess over the number of sankhyan categories).

यस्मिन्पञ्च पञ्चजना आकाश च प्रतिष्ठितः ।
तमेव मन्य आत्मानं विद्वान्ब्रह्मामृतोऽमृतम् ॥

*Yasminpañca Pañcajanā ākāśa Ca
Pratiṣṭītaḥ । Tameva Manya ātmānaṁ
Vidvānbrahmāmṛtoo'mṛtam ॥*

In this vedic context again sankhya philosopher comes with a new refrance to prove validity of his schools of thought. In the above mentioned himlymn panch word has a numerical significance. When pancha repeted twice, it becomes twenty five which may imply twenty five basic priciples of sankhya philosophy. Thus sankhya tries to restate its validity of its philosophy which is denounced by sutrakaara.

The main reason for denouncing is that in the whole gammut of twenty five basic principles, there is no group of five which has commonality in it's charecteristics. A mere numerical mentioning can not imply any basic philosophy. According to sankhya, there is a group called Prakruti and Vikruti which contain seven aspects. One more group called Vikruti is sixteen in number, not in any groups containing

five each. Therefore, this referance mentioned above, tells something different. That is made clear in subsequent aphorism.

प्राणादयो वाक्यशेषात् ।

Prāṇādayo Vākyaśeṣāt ।

(The panchajanaaha or five people refered to are) the vital force etc., (as is seen) from the complementary passage.

ज्योतिषैकेषाम् असत्यन्ने ।

Jyotiṣaikeṣām Asatyanne ।

in the text of some (the kanva recension) where food is not mentioned (the number five is made up) by 'light' (mentioned in the previous verse).

Thus the main subject area SAMANVAYA is reasserted by this adhikaranam. Words, sentances, chapters, titles etc., in the upanishadic context aim at projecting Brahman in a single voice. This shastric methodology adopted to confirm the intended perport of different statements from the Upanishads are very surprising to the so called epistomologists and etimologists.

to be continued...

2015

INTERNATIONAL DAY OF YOGA

india.gov.in



As we are all aware that, the United Nations has declared June 21st as the “International day of Yoga” with a thumping majority support to the suggestion of our Prime Minister Narendra Modiji with 175 countries out of 193 member countries of the world. Accordingly, the First International Yoga Day shall be celebrated on 21st June 2015, throughout the world.

The history of yoga goes back to thousands of years in India and its benefits are well known. Yoga as a way of life, helps every individual to prevent diseases, effective in dealing with diseases as also promote positive health, work efficiency. As a Science of Holistic Living, Yoga promotes love, harmony and cohesiveness



among all leading to build ideal social orders. Bringing inner silence, balance and equanimity and serene happiness, it promotes peace and harmony across the globe. Working at Physical, mental, emotional and intellectual levels, Yoga offers a total solution to the complex, multi dimensional challenge of stress and its hazards. As Swami Kavalayanandaji declared a century back, Yoga has a message for all.

As a part of celebrating the First International Yoga Day in India, the Government of India has initiated grand celebrations in the Capital city New Delhi and across the country. In order to work out the modalities for the celebration of the International Yoga Day on June 21st, the Govt. of India had many interactions of Yoga Masters in the country with the Ministers and secretaries of the government machinery. To freeze and to finalize the same, the Government of India





through the ministry of AYUSH, has formed a committee comprising of four experts in the field of Yoga under the Chairmanship of Dr. H R Nagendra, the Chancellor of S-VYASA Yoga University. A



half hour Integrated Yoga Module has been developed and a booklet containing details of the same and a film are being prepared. This module will be demonstrated by different sections of the society all over India in bigger as well as in smaller groups in public and also family and individuals to practice the same between 8 to 8.30 am on June 21st in their own houses. In order to facilitate this Yoga module will be broadcasted in all TV channels on June 21st. between 8 to 8.30 am. Training is being provided to Lakhs of people under the guidance of Morarji Desai National Institute of Yoga (MDNIY).

Under the Ministry of AYUSH, A massive demonstration is being planned at Rajpath, in New Delhi and simultaneously all over the country. And a two day International Conference on **Yoga for Total Health** is being planned in Vijnan Bhavan auditorium in Delhi. As suggested by our PM, it is going to be an effort of the Government, Public at large and all Yoga Institutions. Indian Yoga Association (IYA)

under the President-ship of Sri Om Prakash Tiwari, Head of Kaivalyadhama Yoga Institute, Lonavla and Dr. Basavaraddi, the Director of MDNIY is making this event a great success in co-operation with their member organizations to make it the event grand success all over the globe, even the PM of the nation wants it to be the biggest event of the world.

The Doordarshan of India and large number of Channels have come forward to telecast the yoga module between 8 to 8.30 am in each country. The channel will telecast the module with all details in all languages of India probably from the end of April to facilitate learning by one and all. Similarly, there are proposals to share this on social media like YouTube for the benefit of the masses and to meet the objective of celebrating International Yoga Day.

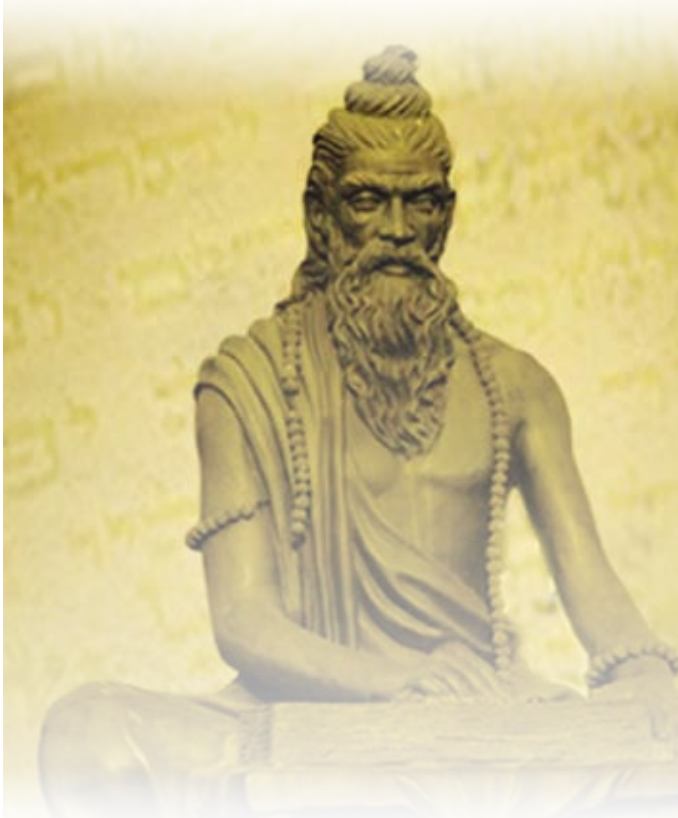


Vivekananda Yoga Anusandhana Samsthana (VYASA) organizes Himalaya, an International Yoga Olympiad once in two years, for which around 450 participants actively take part in the finals demonstrating the excellence achieved in the prescribed in Yoga practices and theory and this year we are planning to celebrate the final at New Delhi on June 19 & 20, 2015 followed by prize distribution on 21st June 2015. ■



Take up one idea. Make that one idea your life-think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success, and this is the way great spiritual giants are produced. Others are mere talking machines





12

ಪಾತಂಜಲ ಯೋಗಶಾಸ್ತ್ರ

ಇಚ್ಛಾಶೂನ್ಯತೆ ವೃತ್ತಿ ನಿರೋಧೋಪಾಯ



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

ದೃಷ್ಟಾನುಶ್ರವಿಕವಿಷಯವಿತ್ಯಷ್ಟಸ್ಯ
ವಶೀಕಾರಸಂಜ್ಞಾ ವೈರಾಗ್ಯಮ್

|| ಪ.ಯೋ.ಸು - 1.15 ||

ಕೈವಲ್ಯವನ್ನು ಉದ್ದೇಶವಾಗಿಟ್ಟುಕೊಂಡು ಯೋಗವನ್ನು ಅಭ್ಯಾಸ ಮಾಡುತ್ತಿರುವ ಸಾಧಕನಿಗೆ ಪ್ರತ್ಯಕ್ಷ ಮತ್ತು ಶಾಸ್ತ್ರಾದಿಗಳಿಂದ ತಿಳಿದುಬರುವ ವಿಷಯವಸ್ತುಗಳಲ್ಲಿ ಅನುಭವಿಸಬೇಕೆಂಬುವ ಇಚ್ಛಾಶೂನ್ಯತೆಯನ್ನು ಹೊಂದುವ ವಶೀಕಾರವನ್ನೇ ವೈರಾಗ್ಯ ಎಂಬ ಶಬ್ದದಿಂದ ನಿರ್ವಚಿಸಲಾಗಿದೆ.

ಮಹರ್ಷಿ ಪತಂಜಲಿಗಳು ಅಭ್ಯಾಸವನ್ನು ಹೇಳಿದ ನಂತರ ವೈರಾಗ್ಯದ ಸ್ವರೂಪವನ್ನು ನಿರ್ವಚಿಸುತ್ತಿದ್ದಾರೆ. ಮೇಲಿನ ಸೂತ್ರದಲ್ಲಿ ದೃಷ್ಟ ಮತ್ತು ಅನುಶ್ರವಿಕ ಎಂಬ ಎರಡು ಶಬ್ದಗಳು ಉಲ್ಲೇಖಿಸಲ್ಪಟ್ಟಿವೆ. ದೃಷ್ಟ ಎಂದರೆ ನಮ್ಮ ಬಾಹ್ಯೇಂದ್ರಿಯಗಳ ಮೂಲಕ ಪ್ರತ್ಯಕ್ಷವಾಗಿ ಅನುಭವಜನ್ಯವಾಗುವ ಪದವಿ, ಪುರಸ್ಕಾರ, ಐಶ್ವರ್ಯ, ಅನ್ನಪಾನಾದಿಗಳು, ಸ್ತ್ರೀ-ಪುರುಷರ ಸಂಬಂಧ ಮುಂತಾದ ವಿಷಯಗಳು ಮತ್ತು ಅವುಗಳ ಮೇಲಿನ ಆಸಕ್ತಿ; ಅನುಶ್ರವಿಕವೆಂದರೆ ವೇದೋಕ್ತ ಹಾಗೂ ಶಾಸ್ತ್ರಾದಿಗಳಲ್ಲಿ ಉಲ್ಲೇಖಿಸಲ್ಪಟ್ಟಿರುವ ಸ್ವರ್ಗ, ವೈದೇಹ್ಯ(ದೇಹಾತೀತನಾಗಿ ಕೇವಲ ಸೂಕ್ಷ್ಮರೂಪದ ಇಂದ್ರಿಯಗಳಡನೆ ಲೀನವಾದ ಅವಸ್ಥೆಯಿಂದ ಬರುವ ಸುಖ) ಮತ್ತು ಪ್ರಕೃತಿಯ (ಪ್ರಕೃತಿಯನ್ನು ಆತ್ಮ ಸ್ವರೂಪವಾಗಿ ಭಾವಿಸಿಕೊಂಡು ಉಪಾಸನೆಯ ಮೂಲಕ ಪ್ರಕೃತಿಯೊಡನೆ ಲೀನವಾಗುವ ಅವಸ್ಥೆ)

ಮುಂತಾದವು. ಈ ದೃಷ್ಟ ಮತ್ತು ಅನುಶ್ರವಿಕ ವಿಷಯಗಳಲ್ಲಿ ತೃಷ್ಟ ಅಥವಾ ಆಸೆಗಳ ಮೇಲಿನ ವಶೀಕಾರಕ್ಕೆ ವೈರಾಗ್ಯವೆಂದು ಹೇಳಲಾಗಿದೆ. (In simple words, a yogi will not crave for enjoying any objects in this world and of the other worlds also like heaven etc).

ಪ್ರಸ್ತುತ ಅವಲೋಕಿಸುವುದಾದರೆ, ಜಾಗತಿಕ ಸ್ತರದಲ್ಲಿ ಕೆಲವು ಮತಗಳು ಮತೀಯ ಅಂಧಾನುಕರಣೆಯಿಂದ ಸ್ವರ್ಗಲೋಕದ ಸುಖದ ಕಲ್ಪನೆಯಿಂದ ಬೇರೆ ಬೇರೆ ರಾಷ್ಟ್ರಗಳ ಮೇಲೆ ಹಾಗೂ ಧರ್ಮಗಳ ಮೇಲೆ ಯಾವ ಸೀಮಿತ ಎಲ್ಲೆಯೂ ಇಲ್ಲದೆ ನಿರಂತರ ದಾಳಿಯ ಮೂಲಕ ಹಿಂಸಾ ಪ್ರವೃತ್ತಿಯನ್ನು ಬೆಳೆಸಿಕೊಂಡಿದ್ದಾರೆ. ಇದು ವಾಸ್ತವ ರೂಪದಲ್ಲಿ ಯೋಗದ ಅಭ್ಯಾಸವಲ್ಲ. ಅಂಧಾನುಕರಣೆ ಮಾತ್ರ. ಅನುಭವವಿಲ್ಲದ ಕೇವಲ ಕಲ್ಪಿತ ಸ್ವರ್ಗಸುಖದಿಂದ ಪ್ರೇರಿತವಾದ ದುಷ್ಟಬುದ್ಧಿ.

ಅನೇಕ ಸಂದರ್ಭಗಳಲ್ಲಿ ನಾವು ವೈರಾಗ್ಯದ ಮನೋಭವನೆಯನ್ನು ಅನುಭವಿಸಿರುತ್ತೇವೆ. ಆದರೆ ಅದು ಕೇವಲ ಅಭಾವ ವೈರಾಗ್ಯವಷ್ಟೆ !!! ವಸ್ತುಗಳ ಅಥವಾ ವಿಷಯಗಳ ಅನುಪಸ್ಥಿತಿಯಲ್ಲಿ ಅನಾಸಕ್ತಿ ಏರ್ಪಡಬಹುದು. ಆದರೆ ವಸ್ತು - ವಿಷಯಗಳು ಸನ್ನಿಹಿತವಾದಾಗ ಸುಪ್ತಾವಸ್ಥೆಯಲ್ಲಿ ಹುದುಗಿರುವ ಅನುಭವಿಸಬೇಕೆಂಬ ಇಚ್ಛೆಗಳು ಕಾರಂಜಿಯಂತೆ ಚಿಮ್ಮಿ ಹೊರಬರುತ್ತವೆ. ಇಲ್ಲಿ ವಶೀಕಾರಸಂಜ್ಞಾ ವೈರಾಗ್ಯವೆಂದರೆ ವಸ್ತು-ವಿಷಯಗಳ ಉಪಸ್ಥಿತಿಯಲ್ಲೂ ಮನಸ್ಸು ಸ್ವಲ್ಪವೂ ಚಂಚಲವಾಗದೇ ತಟಸ್ಥಭಾವದಿಂದಿರುವುದೇ ವೈರಾಗ್ಯವಾಗಿರುತ್ತದೆ.



ವಾಸ್ತವ ಸ್ವರೂಪದಲ್ಲಿ ವೈರಾಗ್ಯವನ್ನು ಅಭ್ಯಾಸ ಮಾಡುವ ಸಾಧಕನು ವಿಷಯ - ವಸ್ತುಗಳ ಗುಣಧರ್ಮವನ್ನು ಮತ್ತು ಅವುಗಳ ಭೋಗದಿಂದ ಉಂಟಾಗುವ ರಾಗ-ದ್ವೇಷಗಳ ಸ್ವಭಾವವನ್ನು ಅರಿಯುವ ಮೂಲಕ ವಿವೇಕವನ್ನು ಬೆಳೆಸಿಕೊಳ್ಳುತ್ತಾನೆ. ಬಾಹ್ಯ ರೂಪದಿಂದ ಇಂದ್ರಿಯಗಳ ವಶಕೊಳ್ಳಗಾದ ವಿಷಯ-ವಸ್ತುಗಳು ಆಕರ್ಷಣೀಯವೆನಿಸಿದರೂ ಆಂತರ್ಯದಲ್ಲಿ / ಸೂಕ್ಷ್ಮ ಸ್ತರದಲ್ಲಿ ಅವುಗಳು ತಾಪತ್ರಯಯುಕ್ತವೆಂಬುದನ್ನೂ ಹಾಗೂ ಅವುಗಳಿಂದುಂಟಾಗುವ ದೋಷಗಳು ದುಃಖಕ್ಕೆ ಕಾರಣವೆಂದು ತಿಳಿಯುವ ಮೂಲಕ ವಿಷಯಾಸಕ್ತಿಗಳ ತ್ಯಜ್ಜೆಯಿಂದ ನಿರ್ಲಿಪ್ತನಾಗಿ ಇಚ್ಛಾಶೂನ್ಯತೆಯನ್ನು ಪಡೆಯುತ್ತಾನೆ.

ವೈರಾಗ್ಯವನ್ನು ಪರ ಮತ್ತು ಅಪರ ಎಂದು ಎರಡು ರೀತಿಯಾಗಿ ವಿಂಗಡಿಸಿದ್ದಾರೆ. ಪ್ರಸ್ತುತ ಸೂತ್ರದಲ್ಲಿ ಅಪರ ವೈರಾಗ್ಯದ ಸ್ವರೂಪವನ್ನು ಹಾಗೂ ಮುಂದಿನ ಸೂತ್ರದಲ್ಲಿ ಪರ ವೈರಾಗ್ಯದ ಬಗ್ಗೆ ವಿಸ್ತಾರವಾಗಿ ಹೇಳಲಾಗಿದೆ.

ವ್ಯಾಸರು ತಮ್ಮ ಭಾಷ್ಯದಲ್ಲಿ ಉಲ್ಲೇಖಿಸಿದಂತೆ ಅಪರವೈರಾಗ್ಯವು ನಾಲ್ಕು ವಿಧವಾಗಿವೆ. ಯತಮಾನ ವೈರಾಗ್ಯ, ವ್ಯತಿರೇಕ ವೈರಾಗ್ಯ, ಏಕೇಂದ್ರಿಯ ವೈರಾಗ್ಯ ಮತ್ತು ವಶೀಕಾರ ವೈರಾಗ್ಯ.

ಮೇಲೆ ಹೇಳಿದ ವಿವಿಧ ವೈರಾಗ್ಯವಸ್ಥೆಗಳು ಪೂರ್ವ ವೈರಾಗ್ಯಗಳಿಗಿಂತ ಮುಂದುಮುಂದಿನವು ಉತ್ಕೃಷ್ಟವಾಗಿರುತ್ತದೆ. ವಶೀಕಾರ ವೈರಾಗ್ಯದ ಅವಸ್ಥೆಯನ್ನು ತಲುಪಲು ಮೊದಲಿನ ಮೂರೂ ಅವಸ್ಥೆಗಳನ್ನು ಅಭ್ಯಾಸ ಮಾಡುತ್ತಿರುವ ಯೋಗಿಗೆ ಸಾಧ್ಯವಾಗುತ್ತದೆ. ಇಂದ್ರಿಯಗಳ ಸಹಜ ಸ್ವಭಾವವೆಂದರೆ ಪ್ರತಿಯೊಂದು ತಮ್ಮ ತಮ್ಮ ವಿಷಯಗಳಲ್ಲಿ ಪ್ರವರ್ತಿಸುತ್ತಿರುತ್ತವೆ. ಹಂತಹಂತಗಳಲ್ಲಿ ಇಂದ್ರಿಯ ನಿಗ್ರಹದ ಅಭ್ಯಾಸವೇ ವಿವಿಧ ಹಂತದ ವೈರಾಗ್ಯಗಳು.

ಯತಮಾನ ವೈರಾಗ್ಯ: ಪ್ರಾರಂಭದ ಹಂತದಲ್ಲಿ ಇಂದ್ರಿಯಗಳು ಬಹಿರ್ಮುಖವಾಗದಂತೆ ಮಾಡುವ ಪ್ರಯತ್ನ. ಈ ಹಂತದಲ್ಲಿ ಸಾಧಕನು ಪರ-ಅಪರಗಳನ್ನು (ವಿಷಯಗಳ ಸಾರ-ಅಸಾರ) ಶಾಸ್ತ್ರ ಮತ್ತು ಗುರುವಾಕ್ಯಗಳನ್ನು ಆಧರಿಸಿ ವಿಷಯ-ವಸ್ತುಗಳು ಉಂಟುಮಾಡುವ ರಾಗ-ದ್ವೇಷಗಳು ಮತ್ತು ಅವುಗಳಿಂದುಂಟಾಗುವ ಫಲಾಫಲಗಳನ್ನು ವಿವೇಚನೆಯ ಮೂಲಕ ಪ್ರತ್ಯಾಹಾರದ ಅಭ್ಯಾಸ ಮಾಡುತ್ತಾನೆ.

ವ್ಯತಿರೇಕವೈರಾಗ್ಯ: ಇಂದ್ರಿಯಗಳ ವಿಷಯಾಭಿಲಾಷೆಗಳ ತೀವ್ರತೆಯನ್ನು ವ್ಯತಿರೇಕಿಸಿ/ಬೇರ್ಪಡಿಸಿ ಅರ್ಥ ಮಾಡಿಕೊಳ್ಳುವ ಉಪಾಯ. ಈ ಹಂತದಲ್ಲಿ ಸಾಧಕನು ಅಭ್ಯಾಸ ಮುಂದುವರಿಸಿದಂತೆ ಸುಪ್ತ ಮನಸ್ಸಿನಲ್ಲಿ ಹುದುಗಿರುವ ಇಚ್ಛೆಗಳ ತೀವ್ರತೆಯನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುತ್ತಾನೆ. ಒಂದು ಹಣ್ಣಿನ ವಿವಿಧ ಹಂತಗಳನ್ನು ಅವಲೋಕನ ಮಾಡುವುದರಿಂದ ಅರ್ಥೈಸಿಕೊಳ್ಳಲು ಸಾಧ್ಯವಿದೆ. ಪಕ್ವಾವಸ್ಥೆಯಲ್ಲಿರುವ ಹಣ್ಣು ತಾನಾಗಿ ಮರದಿಂದ ಉದುರಿಹೋಗುತ್ತದೆ. ಹಾಗೆಯೇ ಕೆಲವು ಇಚ್ಛೆಗಳು ಅಭ್ಯಾಸದ ಕಾರಣದಿಂದ ನಿಷ್ಫಲವಾಗುತ್ತವೆ. ಇನ್ನು ಕೆಲವು

ಹಣ್ಣುಗಳು ಪಕ್ವವಾಗುತ್ತಿರುತ್ತವೆ. ಹಾಗೆಯೇ ಯೋಗಿಗೆ ಕೆಲವು ಇಂದ್ರಿಯಕಾಂಕ್ಷೆಗಳು ಇಚ್ಛಾಶೂನ್ಯತೆಯ ಮಾರ್ಗದಲ್ಲಿರುತ್ತವೆ. ಹಾಗೆಯೇ ಒಂದು ಹಣ್ಣಿನ ಅಪಕ್ವಾವಸ್ಥೆ ಅಂದರೆ ಕಾಯಿಯ ಅವಸ್ಥೆ. ಅಂದರೆ ಕೆಲವು ಇಂದ್ರಿಯಗಳ ವಿಷಯಾಸಕ್ತಿಗಳು ಅನುಭವಶೂನ್ಯವಾಗಿರುವುದಿಲ್ಲ. ಈ ಹಂತದಲ್ಲಿ ಅಪಕ್ವವಾಗಿರುವ ಹಾಗೂ ಇನ್ನೂ ದೋಷಪೂರಿತವಾಗಿರುವ ಇಚ್ಛೆಗಳನ್ನು ಸಾಧಕನು ತನ್ನ ತೀವ್ರವಾದ ಪ್ರಯತ್ನದಿಂದ ಇಂದ್ರಿಯಗಳನ್ನು ಜಯಿಸಿ ವಿಷಯಾತೀತನಾಗಬೇಕು. ಹೀಗೆ ಬೇರೆ ಬೇರೆ ಹಂತಗಳನ್ನು ವಿಭಾಗ ಮಾಡಿ ಅವುಗಳ ತೀವ್ರತೆಯನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವ ಅವಸ್ಥೆಗೆ ವ್ಯತಿರೇಕ ವೈರಾಗ್ಯವೆಂದು ಹೆಸರಿಸಲಾಗಿದೆ.

ಏಕೇಂದ್ರಿಯ ವೈರಾಗ್ಯ: ಈ ಅವಸ್ಥೆಯಲ್ಲಿ ಮನಸ್ಸು ಮಾತ್ರ ಕ್ರಿಯಾಶೀಲವಾಗಿರುತ್ತದೆ. ಕಾರಣವೆಂದರೆ ಸಂಪೂರ್ಣವಾಗಿ ಇಂದ್ರಿಯಗಳು ತಮ್ಮ ಬಾಹ್ಯ ವ್ಯಾಪಾರವನ್ನು ನಿಲ್ಲಿಸಿ ಮೂಲ ಮನಸ್ಸಿನಲ್ಲಿ ಲೀನವಾಗಿರುತ್ತವೆ. ಇಲ್ಲಿ ಮನಸ್ಸು ಮಾತ್ರ ಪ್ರಧಾನವಾದುದರಿಂದ ಏಕೇಂದ್ರಿಯ ವೈರಾಗ್ಯವೆಂದು ಹೇಳಲಾಗಿದೆ.

ಇಂದ್ರಿಯಗಳ ಎಲ್ಲ ಬಾಹ್ಯ ಉತ್ಸಾಹಗಳು ನಿಶ್ಚೇಜವಾಗಿ/ಶೂನ್ಯವಾಗಿ ದಿವ್ಯಾದಿವ್ಯ ವಸ್ತುಗಳು ಸನ್ನಿಹಿತವಾದರೂ ಅವುಗಳ ಬಗ್ಗೆ ಉಪೇಕ್ಷಾ ಬುದ್ಧಿಯನ್ನು ಹೊಂದಿರುವವನಿಗೆ ವಶೀಕಾರವೆಂಬ ಅಪರ ವೈರಾಗ್ಯವು ಸಿದ್ಧಿಸುತ್ತದೆ.

ಆದಿ ಶಂಕರರು ತಮ್ಮ ಪ್ರಕರಣ ಗ್ರಂಥದಲ್ಲಿ ವೈರಾಗ್ಯವನ್ನು ನಿರ್ವಚಿಸುವಾಗ, ಇಹಾಮುತ್ರಫಲಭೋಗವಿರಾಗಃ (ವಿ.ಚೂ 1-18) ಎಂದು ಉಲ್ಲೇಖಿಸಿದ್ದಾರೆ. ಇಹ ಮತ್ತು ಪರಲೋಕಗಳ ವಿರಾಗವೇ ವೈರಾಗ್ಯವೆಂದು ಹೇಳಲಾಗಿದೆ.

ಆದರೆ ಪ್ರಸ್ತುತ ಇಡೀ ಪಶ್ಚಿಮದ ಜಗತ್ತು ಕಾಮವಾಸನೆಯಿಂದ ಪೀಡಿತವಾಗಿದೆ. ಎಲ್ಲ ರಂಗಗಳಲ್ಲೂ ಕಾಮೋತ್ತೇಜನದ ವಿನಃ ಮಾರುಕಟ್ಟೆ ನಿಶ್ಚೇಜ ಎಂದು ಭಾವಿಸಿದೆ. ಇದರ ಪ್ರಭಾವ ಭಾರತದ ಮೇಲೂ ತುಂಬಾ ಪ್ರಭಾವವನ್ನೇ ಬೀರಿದೆ. ಅದರ ನಿಜವಾದ ಆನಂದವನ್ನು ಎಲ್ಲಿಯವರೆಗೆ ಆಂತರ್ಯದಲ್ಲಿ ಕಂಡುಕೊಳ್ಳುವುದಿಲ್ಲವೋ, ಅಲ್ಲಿಯವರೆಗೂ ಇಂದ್ರಿಯಗಳ ಬಹಿರ್ಮುಖತೆಯಿಂದ ಹೊರಬರಲು ಸಾಧ್ಯವಿಲ್ಲ. ಹೀಗಾಗಿ ಯಮ-ನಿಯಮಗಳಿಲ್ಲದ ಯೋಗಾಭ್ಯಾಸ ಎಂದಿಗೂ ನಮ್ಮಲ್ಲಿ ವೈರಾಗ್ಯತೆಯನ್ನು ಮೂಡಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ.

ಅಭ್ಯಾಸ ಮತ್ತು ವೈರಾಗ್ಯಗಳು ಎಲ್ಲ ರೀತಿಯ ವ್ಯಕ್ತಿಗಳನ್ನು ನಿರೋಧಿಸಲು ಸುಲಭೋಪಾಯ ಎಂದು ಸಕಲ ಶಾಸ್ತ್ರಗಳ ಅಭಿಮತ. ಮುಂದಿನ ಸಂಚಿಕೆಯಲ್ಲಿ ವ್ಯಕ್ತಿಗಳ ನಿರೋಧತೆಗೆ ಪರವೈರಾಗ್ಯದ ಪಾತ್ರವನ್ನು ವಿಶ್ಲೇಷಿಸೋಣ.

(ಸಶೇಷ)



The Christian is not to become a Hindu or a Buddhist, nor a Hindu or a Buddhist to become a Christian. But each must assimilate the spirit of the others and yet preserve his individuality and grow according to his own law of growth.



DIABETES MUKTA BHARAT

A Nationwide Stop Diabetes Movement (SDM)
An initiative of VYASA, Bangaluru (Karnataka)
Yoga Saptah - 21st to 27th June, 2015

21st June 2015

1st International Yoga Day:

Indian culture is constantly guiding the world from the days of Vedas and Puranas. Recently United Nations Organization (UNO) has given approval to this fact by declaring 21st June as an International Yoga Day. Thus our Yoga got acceptance in this era of Knowledge & Science. In today's Modern world, health is becoming a very big problem and Yoga has become Mantra for health. It is proven time and again that only yogic lifestyle is the base for good & healthy life. It's a matter of proud that our Hon. Prime Minister appealed at UNO in November 2014 to declare 21st June as Yoga Day. He also added that only Yoga can bring World peace. Out of total 193 member countries of UNO 175 supported this appeal. It for the first time in the history of UNO witnessing such a over whelming support. As a result UNO has completed all the formalities in record time of three months and declared 21st June as an International Yoga Day. 21st June 2015 will be a very special day for every Indian. Government of India is going to celebrate this day in a very special manner to create history. Even many countries are going to join in this celebration.

What is (Diabetes Mukta Bharat - Yoga Saptaha)?

Today whole world is suffering from many diseases due to adverse life style. Among all these Diabetes is at the top of list. India has second



<http://svyasa.edu.in/yoga-digital-library/diabetes-mukta-bharat-yoga-saptaha/>

largest in number of diabetic patients after China. If we don't change the current situation, no one can be able to stop from India becoming diabetic capital of world by 2025. Only our yoga can provide solution to stop this evil.

Diabetes Mukta Bharat - Yoga Saptaha is one of the important missions envisaged and organized by Vivekananda Yoga Anusandhana Samsthana (VYASA) with the support of Rashtriya Svayamsevak Sangha (RSS) and allied organizations to spread awareness about diabetes and preventing diabetes among the Indians across the country for the well-being of the nation, using ancient holistic approach of Yoga.



Dear Alumni,

Greetings from **S-VYASA Yoga University, Prashanti Kutiram, Bangalore.**

At the outset, we are happy that you have been a part of the **Global VYASA Movement** by being an alumni of S-VYASA/ affiliated centre of VYASA/ associated well-wisher/Yoga Centre/ a SDM Yoga Therapist (SDYT)/ YIDM.

I am sure that you are aware that **June 21st** – the longest day of the calendar year has been declared by the **UNO** as '**International Day of Yoga**' (**IDY**), thanks to the efforts and leadership of our **Honourable Prime Minister Sri Narendra Modi**. Of course the collective efforts of all legendary Yoga Institutions of the nation including S-VYASA has been the reason behind this great move!

VYASA's contribution to the world of Yoga has been scientific validation of Yoga and making Yoga Therapy Modules (IAYT) to suit the need of confronting various psychosomatic ailments. As you would be aware, India has the danger of becoming the world capital of Diabetes with the increase in diabetic population. We have been able to establish the efficacy of Yoga practice to mitigate Diabetes and hence VYASA had already launched the **Stop 'Diabetes Movement' (SDM)** in 2008 and so far had trained hundreds of Yoga therapists and doctors and had helped thousands of Diabetics all around the country. This year, VYASA has decided to commemorate the '**International Day of Yoga**' through its mission project of SDM by organising '**Diabetes Muktha Bharat- SDM Yoga Saptaha**' week-long Yoga Therapy camps throughout the nation from **21st June to 27th June 2015**. The details of the Saptaha are attached herewith.

As you had been an active member of our VYASA-SDM Movement we invite you to once again join hands and involve your centre, all your students, friends and well-wishers to help us in our mission of '**Diabetes Muktha Bharat**' through **SDM Yoga Saptaha**.

You can get associated in one or more of the following ways:

- i. If you have done any of the long term courses of S-VYASA or SDM- SDYT or YIDM – you can be the Yoga Instructor in the camp at your local area
- ii. If you have an active Yoga centre at your place, you can be a part of the organising team by involving more Diabetic Patients to enrol, participate and benefit
- iii. If you are Ph.D Scholar / Yoga Researcher, you can join our research wing in your locality
- iv. If you are a Medical Doctor (minimum – MBBS / BAMS / BNYS) or with a specialisation in Diabetology, then you can become part of our local medical team
- v. You can be a volunteer helping our organising team in terms of overall management and logistics
- vi. There are number of other avenues of volunteering like material preparation, data collection and compilation, PR, Media and the like

We request you to fill the online form attached herewith to help us organise your data better.

Our SDM-Yoga Saptaha Central Office Team will get in touch with you soon for further guidance in this regard.

Looking forward your positive response and active collaboration in our mission to make India – '**Diabetes Muktha Bharat**' !

Yours lovingly,
Dr. H R Nagendra
Chancellor, S-VYASA



Aim:

1. To promote yoga therapy for prevention and management of Diabetes throughout the country.

Objectives:

1. To conduct around 1000 SDM camps throughout India.
2. To develop the team of volunteers all over nation dedicated for the cause.
3. To create awareness in society about Yoga and Diabetes.
4. To make “International Yoga Day” as launching pad for taking Yoga Therapy for Diabetes to all corners of India.

Overview of camp:

Each camp will have three main parts -

1. **Screening and registration (20th June)**
Celebration of International yoga day as per government plan along with screening and registration continue (21st June).
2. **Yoga camp (22nd to 27th June)**
3. **Post camp data collection and action plan for follow up - 28th June**

Administrative Structure for All four Phases:

- National Coordinator
1
- Zonal Coordinator (in each Zone)
1
- State Coordinator (in each State)
1
- Districts Coordinator (in each District)
1
- Taluk Coordinator (in each Taluk)

Team required for 7 days of Yoga Camps:

Total 15 persons required at each camp as under.

- Camp Coordinator (1)
- Doctor (1)
- Yoga Instructor (1)
- Chair Yoga Instructor (1)
- Volunteers (6): Facilitators (DVD Player – 1); Electrical Supply and Management (1); Practice Correction and other help (4)
- 5 College Students having knowledge of computer and mobile for data entry through mobile application or lap top with internet facilities.

Planning and Execution:

To formulate the above mentioned administrative structure, five zonal meetings are planned where National, Zonal and respective state coordinators will be invited along with the representatives of Arogya Bharati, Krida Bharati, Vidhya Bharati from each of the region.

zone	place	date
South	Prashanti, Bangalore	25 & 26 April
North	Brindavan	29 & 30 April
West	Bhopal	2 nd & 3 rd May
East	Kolkatta	9 th & 10 th May
North East	Guwahati	12 th & 13 th May

Report of South Zone meeting held at Prashanti Kuteeram, Bangalore:

First zonal meeting for south region including representatives from Kerala, Tamilnadu, Karnataka, Andhra Pradesh, Telangana, Pondicherry, Andaman and Nikobar was held



on 25th and 26th April at Prashanti Kuteeram. Around 60 delegates attended the meeting.

All the strategies were discussed. State level workshops have been planned to orient entire administrative structure till the root level. There was overwhelming response from every representative for Yoga Saptah celebration and everyone committed for the huge celebration of this opportunity.

Total camps in South Zone - 585:

Local teams will be formed soon for the each camp at respective places. Venues of each camp will be finalized before the state level workshops.

Number of camps finalized:

- Kerala - 150 camps
- Tamilnadu - South - 27 camps
- Tamilnadu - North - 100 camps (In Chennai - 65 and in other places - 35 camps)
- Telangana - 20 camps (In Hyderabad - 10 and in other districts - 10 camps)
- Andhra Pradesh - 25 camps
- Karnataka North - 68 camps
- Karnataka South - 200 camps



S-VYASA Yoga University
(Deemed to be University u/S 3, UGC Act 1956)

MSc - Yoga and Consciousness

A course of Science and Spirituality

Placement Opportunities: Yoga Therapy Health Home at Prashanti Kutiram, Yoga Bharati Bangalore, Kendriya Vidyalayas, S-VYASA, Hindu University of America, Jindhal Nature Cure Hospital etc.,

Objectives of the Program: The post-graduation program in Yoga therapy has been designed with following objectives

1. To produce cultural ambassadors and spiritual counsellors for present social challenges
2. To establish Gurukula tradition to show the relevance of Rishiparampara
3. To retain Indian culture in its pure form by adopting tradition methodology
4. To cultivate social outlook and spiritual insight by introducing spiritual science along with modern perspective
5. To introduce ancient Holistic healing systems (Yoga and Yajna) with other systems of medicine to speed up recovery.
6. To put up Indian Education system with modern techniques for all round personality development of the students.

Eligibility:

1. Bachelor's degree in any discipline and YIC.
2. Knowledge of English and Samskritam (Should be able to read and write well)
3. Strong inclination towards Vedantic approach for life and acceptance of Gurukula style of living

S-VYASA, 'Eknath Bhavan', # 19, Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019
ph: 080-2263 9965 / 61 | **e-mail:** spirituality@svyasa.org | **www.svyasa.edu.in**

*Admissions
open for
Aug, 2015*



Initiative by
S-VYASA University
www.svyasa.edu.in

SDM - A Nationwide Movement

www.svyasa.edu.in

AWARENESS AND YOGA THERAPY FOR DIABETES

I. ARE YOU A DIABETIC ?

Join our SDFA - SVYASA Diabetes Mellitus Friends Association

Are you a Diabetic?

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



What do you do ?

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

What will you get ?

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

sdm@svyasa.org



Initiative by: SVYASA University, Bengaluru

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

What do you do ?

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



What will you get ?

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

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

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



What do you do ?

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

www.svyasa.edu.in



Initiative by: SVYASA University, Bengaluru

What will you get ?

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

IV. SDYRG - Diabetes Yoga Researchers Group



Do you want to become a researcher in this project?

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

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

What will you get ?

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

Qualification

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

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

What do you do ?

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



sdm@svyasa.edu.in



Initiative by: SVYASA University, Bengaluru

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

What will you get ?

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

Qualification

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

DATA COLLECTION

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



YOGA THERAPY

STOP

DIABETES

BE

HEALTHY

Register at

SVYASA UNIVERSITY

Ekmath Bhavan, No 19, KG Nagar,

Bengaluru - 560 019

Telephone: 080-2263 9982/ 2263 9966

email: sdm@svyasa.edu.in

website: www.svyasa.com

Initiative by: www.svyasa.edu.in



Schizophrenia Patient or Self-realized Personality?

This article highlights unique case of a young male, who presented to us with some interesting psychological and behavioral symptoms that lead to confusion in diagnosis. It was not clear whether the person is having mental illness or it is an advanced spiritually state. Therefore, clinical investigation was carried out to differentiate. He was interviewed by psychiatrist, psychologists and spiritually advanced individuals and discussions were held. This led to some new insights in developing points to differentiate spiritual advanced people from mentally ill. These points are presented at the end of the article (Table 1; Ref 1).



■ *Dr. Hemant Bhargav*
Asst. Professor, Division of Yoga
and Life Sciences, S-VYASA



X's psychosocial functioning was significantly impaired due to this loss of sense of self. He repeatedly kept asking similar questions: am I also a man? Is this a body? Is this mine? Should I start believing that this body is mine? And that I also have a mind? He was observing a sedentary lifestyle and had increased appetite, and thus, was gaining weight since last 2 years. His father reported that he kept asking these questions repeatedly and was unable to study or work throughout the day. He visited a number of psychiatrists, and was on antipsychotic treatment for initial 2 years. After 2 years, he started having a thought that he had been misdiagnosed by the doctor as schizophrenia with obsessive compulsive disorder, and hence stopped taking medications. He was referred by his psychiatrist for Yoga therapy (Ref 1).

Case Description

A thirty year old unmarried male, Mr X., with 11 years' of formal education from a semi-urban upper-middle socio-economic background, came to psychiatry section of our holistic health center, Arogyadhama, with main problems of lack of sense of self since childhood, repeated thoughts about whether he exists or not, inability to mix with people, low confidence levels and inability to concentrate on work. The symptoms were almost always present in spite of regular intake of antipsychotics. His typical declarations included "I am not this body", "I have no thoughts, no mind", or "I don't do anything, I am nothing, I am a blank space, I don't exist, I am zero". He remained socially withdrawn and socially isolated. His self-care was intact. Mr.

Similarities with Spiritual Experiences

Above mentioned experiences of the case look very similar to what *Ādi Shankarāchārya* declares in *Nirvana Shatkam*, one of the most comprehensive expressions of an advanced, integrated, and self-realized experience, "I am verily the ultimate existence, the source-energy of being, which is equanimous, tranquil, silent, self-existent, self-aware, joyously well, unchanging, unformed, undecaying, healthy, real, beyond-appearances, non-vacillating, pervasive, unspecified, restful, enduring, ever-free, stable, pure, quiescent, unlimited, and free from fear of ageing and death. I am not a mere representation of a body. This is the true insight into self" (Ref 2).



Table 1: Probable Differentiating Points between Self-realized and Mentally Ill personalities

SNo	Differentiating Point	Self-Realised	Mentally Ill
1	Practice or Search for truth	History +	No such history
2	Ego	Effaced	Deranged
3	Base	Does not change.	Base changes with the treatment. With improvement in level of insight can realize that he was mentally ill before.
4	Approach for social convention	No worried about what others think.	More worried about what others think about him.
5	Sleep	Fine, never a problem.	Impaired
6	Conduct and Socialization	Not affected	Affected, can't relate or maintain relationships
7	Feeling in their presence that others get	Mind calms down automatically	Mind gets more irritable or restless
8	Clarity about their role or purpose	Know very well	Always a question mark
9.	Satisfaction with life	Satisfied	Dissatisfied
10	Future plans	Live in present, no guilt of past and no insecurities about future.	Insecure about future. Guilty about the past. Wants to have a future plan. Wants to become something.
11	Compassion	Feels the pain for everyone	So much worried about themselves, don't have time to think about others
12	Hallucinations	May have extra-sensory perceptions. Whatever they perceive and declare, afterwards becomes a reality in future.	Their perceptions or declarations never turn out to be true.
13	Sense of doer ship	Negligible	Very Strong with paranoid tendencies.

Many a times people who are on a spiritual journey explicitly or implicitly experience non-ordinary states of consciousness that are viewed and treated as psychosis, neurological disorders, or dissociative states through suppressive medication and therapies, as the western enterprise of psychiatry and psychology lacks a framework and expertise to comprehend these states.

In several well-documented cases, spiritually advanced saints were considered mentally ill by those around them, and professional help was sought. For example, Swami Rama, the well known Himalayan spiritual master, wrote in his biography that he was awakened again and again in the night by the visions of his spiritual master. This disturbed his parents and they thought it to be a mental health problem. They



consulted many doctors, priests and astrologers but the problem did not resolve with any therapy. It vanished automatically when Swami Rama met his master (Ref 3). Another example is that of Swami Paramhansa Yogananda who describes in his autobiography how, because of his spiritual beliefs and surrendering attitude, he was neglected by teachers and called a “Mad Saint” by his classmates during his higher secondary education (Ref 4). Similarly, Swami Ramakrishna Paramhansa, Guru of Swami Vivekananda, was known as “the mad priest of Dakshineswar” by the people, because he used to speak to the idol of Goddess Kali (Ref 5).



Probable Differentiating Points Between Self Realization and Psychopathology

The way one can tell whether he himself or someone else is enlightened or schizophrenic is by the behavior and words. Is the man full of love and compassion or argumentative and polemic? Is he still and peaceful or vocal and hectic? Does he base his views on the heart and transcendental realizations or is he still based in mind and logic? Both do not have a sense of identity and self but their conduct, surrounding energy and level of peacefulness are in the opposites. In the saint the pure mind is the cause of perception and the imaginative (subconscious) mind is merely a receptor whereas in the patient the cause of distortion is the ego (distortion) (Table 1).

Scriptural References for the Differentiating Points

Though providing references for all the points mentioned in Table 1 may not be feasible here in this article. For some important points references Gospel of Sri Ramakrishna (GSR; Ref 5) are given below:

1. **Practice or search for the Truth:** In Gospel of Sri Ramakrishna (GSR page 129), Sri Ramakrishna Paramhansa says, “I had to practice each religion for a time- Hinduism, Islam, Christianity. Furthermore, I followed the path of Shaktas, Vaishnavas and Vedantins.”

2. **Ego is Effaced in Self Realized:** Sri Ramakrishna says:

“God realization is not possible as long as one has egoism and vanity (GSR, page 111).”

“There is a sign of Perfect Knowledge. Man becomes silent when It is attained. Then the ‘I’, which may be likened to the salt doll, melts in the ocean of Existence-Knowledge-Bliss Absolute and becomes one with it. Not the slightest trace of distinction is left (GSR page 148).”

“All trouble and botheration come to an end when the ‘I’ dies (GSR page 149).”

“You know I am a fool. I know nothing. Then who is it that says all these things? I say to the Divine Mother: ‘O Mother, I am the machine and Thou art the Operator. I am the house and Thou art the indweller. I am the chariot and Thou art the Charioteer. I do as Thou makest me do. I speak as Thou makest me speak; I move as Thou makest me move. It is not I! It is all Thou! It is all Thou!’ Hers is the glory; we are only Her instruments [GSR page 891, 98].”

3. **Conduct and Socialization:**

Sri Ramakrishna said, “A man living in society should make a show of *tamas* to protect himself from evil-minded people. But



he should not harm anybody in anticipation of harm likely to be done to him (GSR; Page 85)."

Krishna kishore (one of the devotees of Sri Ramakrishna) came to pass through God-intoxicated state (Samadhi) when he would repeat only the word 'Om' and shut Himself up alone in his room. His relatives thought he was actually mad, and called a physician. The physician came to see him. Krishnakishore said to the physician, 'Cure me, sir, of my malady, if you please, but not of my Om' (GSR p;118).

4. Approach for social convention:

"In that state of God-intoxication I used to speak out my mind to all. I was no respecter of persons. Even to men of position I was not afraid to speak the Truth (GSR page 118)."

"At one time Rāni Rasmani was staying in the temple garden. She came to the shrine of the Divine Mother, as she frequently did when I worshipped Kāli and asked me to sing a song or two. On this occasion while I was singing, I noticed she was sorting the flowers for worship absent mindedly. At once I slapped her on the cheeks. She became quite embarrassed and sat there with folded hands."

5. Feeling that others get in their presence:

At Ishwarchandra Vidyasagar's home all the gathered people were listening to Sri Ramakrishna's words in "silent amazement". "It seemed that the Goddess of wisdom Herself, seated on Sri Ramakrishna's tongue, was addressing these words not merely to Vidyasagar, but to all humanity for its good (GSR p;109)."

6. Extra-sensory perceptions coming True!

There are many instances in Sri Ramakrishna Paramhansa's life where he saw and spoke to Mother Kali and afterwards reported to people about what mother said. In GSR, we

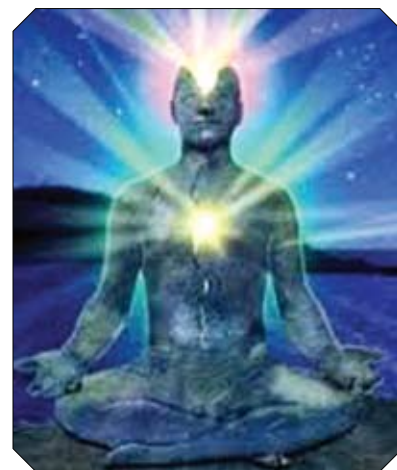
find repeatedly that whatever Mother told Sri Ramakrishna in his visions it actually came true in future! (Ref 5) This will never happen with a patient of psychosis.

Acknowledgement

I am thankful to Dr. T M Srinivasan for his kind guidance.

Conclusion

Our findings suggest that spiritually advanced personalities and those having mental illnesses though at some juncture may start appearing similar but through the reference points given in the study through systematic literature survey and qualitative analysis it is possible to differentiate between the two to a considerable extent. These differentiating points may serve as reference points to the psychiatrists and psychologists and thereby reduce the ambiguity in this area. This could help psychiatrists, psychologists and people in general to understand the difference between the two states in a clearer way.



References

1. Hemant Bhargav, Aarti Jagannathan, Nagarathna Raghuram, Nagendra HR, Srinivasan TM . Schizophrenia Patient or Spiritually Advanced Personality? A Qualitative Case Analysis. *Journal of Religion and Health*. 2014. Manuscript accepted. DOI:10.1007/s10943-014-9994-0.
2. Vimuktananda, S. (1938). *Aparokshanubhuti or Self-Realization of Sri Shankaracharya*. Holistic Health and Medicine. 8ed. Calcutta, India: Advaita Ashram.
3. Rama, S. (1999). *Living with the Himalayan masters*. USA: Himalayan institute press.
4. Yogananda, P. (2009). *Autobiography of a Yogi*. Kolkata, India: Yogoda Satsang Matha.
5. Nikhilananda, S. (1980). *The Gospel of Sri Ramakrishna*. Chennai, India: Sri Ramakrishna Math Publication.



Energy cost and oxygen debt during Dynamic Suryanamaskar and graduated ergocycle maximal intensity test

■ Krzysztof Stec ¹, Wiesław Pilis ^{1,2}, Karol Pilis ¹

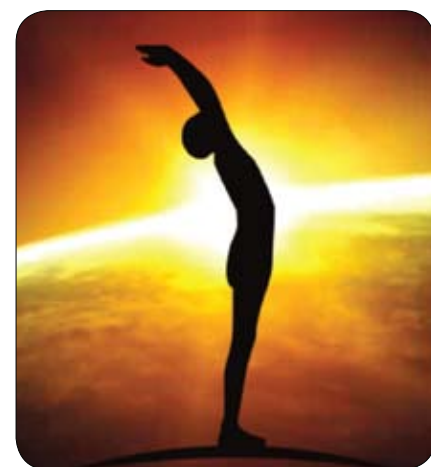
¹ Institute of Physical Education, Tourism and Physiotherapy, Jan Długosz University, Czestochowa, Poland; ² Institute of Physiotherapy, Public Higher Medical Professional School in Opole, Opole, Poland

Dynamic Suryanamaskar (DSN) is a sequence of 12 yogic postures (*asanas*), also known as the Rishikesh series, combined together in a continuous motion and coordinated with the breathing. This style differs from traditional yoga or any other Suryanamaskar style in its much greater strenuousness and intensity. It also includes elements of stretching and strengthening of the musculo-skeletal system, while at the same time stimulating the circulatory and respiratory systems. Such broad effects are not usually achieved at the same time by other classic dynamic exercises. Therefore, the aim of the present study was to compare the magnitude of total energy expenditure and oxygen debt during and immediately after a period of 21 minutes of DSN practice compared to a graduated maximal bicycle exercise test (ET) of the same duration. For this purpose, 5 middle-aged women and 7 middle-aged men completed both stress tests with an interval of 4 hours between the tests. Half the subjects started with the DSN and the other half with the ET. During the DSN and ET exercise and for 5 minutes after their completion, oxygen consumption was measured continuously using the indirect method in an open system. The measurement of oxygen uptake during the tests and for the 5 minutes immediately following the completion of the tests enabled the calculation of total energy expenditure (TEE) and oxygen debt, respectively. After each individual's test, the degree of exercise intensity was assessed subjectively using the Borg scale. The studies

showed that during the 21 minutes of DSN more oxygen was used than during the ET of the same duration. Therefore, total energy expenditure during DSN was significantly higher and amounted to 12.09 ± 2.64 kcal / min while during the ET it was 9.92 ± 1.98 kcal / min. ($p < 0.001$). The size of the DSN oxygen debt was similar to the ET: during DSN it amounted to 3.48 ± 1.15 l and during the ET to 3.01 ± 1.27 l, a difference which is statistically insignificant. Evaluation of the subjectively assessed degree of exercise intensity revealed that after DSN fatigue was significantly lower than after ET ($p < 0.05$).

In summary, it was found that despite higher TEE during DSN than in ET, both having been performed for 21 minutes, the respondents felt less fatigue after DSN. It may be concluded, therefore, that DSN is a form of exercise with potentially universal application, which should find a use not only in the practice of yoga but more widely in games, sports and physical education.

Key words: Energy Cost, Oxygen Debt, Suryanamaskar, Yoga ■





Inauguration of Advanced Centre for Alternative Energy by Dr. Harsh Vardhanji



Inaugural Ceremony: (from left) Dr. R Nagarathna, Dr. H R Nagendra, Union Minister Dr. Harsh Vardhan, Dr. Prahlada, Dr. T C Sitharam, Prof. K B Akhilesh can be seen.

The inauguration of the Advanced Centre for Alternate Energy, the research centre conceptualized by S-VYASA University was inaugurated by the Hon'ble Minister for Science and Technology, Govt. of India Dr. Harsh Vardhan on 3rd April 2015, at University campus, Prashanti Kutiram.

Dr. Harsh Vardhan, the Hon'ble Minister for Science and Technology Govt. of India, the Chief Guest of the function, inaugurated the Advanced Center for Alternate Energy by lighting the lamp. After welcoming all the dignitaries present, he said that he is honored to be the Chief Guest for the inauguration of the Advanced Centre for Alternate Energy, since, S-VYASA the only premier institute for Yoga and holistic living in India is also keen in promoting Science and Technology especially in the field of alternate energy keeping in view the ever growing demand for sustainable low cost energy.

The Hon'ble minister also narrated regarding the various plans and programmes, the Government has initiated in promoting Science and Technology in the country for its all-round development and to emerge as one of the leading nations across the globe. He also applauded the work done by Dr. H R Nagendra in upbringing the institute amid all hardships, he also apprised the entire fraternity of S-VYASA for their support. He concluded his address by appreciating the initiative taken by the Dr. H R Nagendra and his team in starting the Advanced Center for Alternate Energy for the benefit of the society at large, and thus working towards building a strong economy.

Dr. T C Sitharam, Dean Division of Yoga and Physical Sciences, welcomed the august gathering and brought out the importance of research in the area of Energy and the role of S-VYASA in achieving this. Dr. T C Sitharam also stressed on the efforts of the Division of



Physical Sciences, in working towards the objective of the centre.

Dr. H R Nagendra, the Chancellor, S-VYASA University after briefing about the aims and objectives of the Institute and specially the Division of Physical Sciences, introduced the key scientists who will take forward the energy initiative including Dr. T C Sitharam, Dr. K B Akhilesh and Dr. Prahlada, the Director of the energy centre. Dr. Nagendra, pointed out that the research activity is carried out by utilizing the internal resources and existing manpower. The proposals requesting for release of funds from the Government is made and is awaited. Dr. Nagendra, applauded, the gesture of the Hon'ble Minister Dr. Harsh Vardhan for accepting his invitation to inaugurate the center amidst his very busy schedule.

Dr. Prahlada, the center director, brought out the clear picture of how this energy centre has been conceived in a unique way bringing in

the best of scientific knowledge, Industrial and Management experience in carrying out high end Research and Development in this new form of energy harnessing Cold Fusion. Dr. Prahalad also narrated the importance of Science and Technology in all departments of Government of India and requested the Hon'le minister to homogenize and incorporate appropriate Science and Technology in each of the Govt. departments under the guidance of a competent person from the Ministry of Science and Technology, so that no ministry lags in adopting the Science and Technology for its optimum functioning.

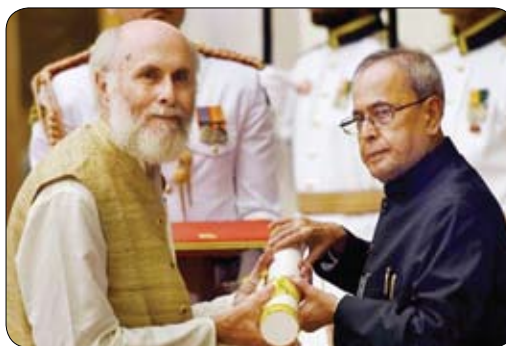
Prof. Akhilesh, Dean Yoga and Management Studies Division, brought out the significance of Management in research projects and human resources.

Prof. K Subramanyam, proposed vote of thanks and thanked the Hon'le minister for his contributions, encouragement and support for the scientific community. ■

We join you in your joyous moment of receiving Highest Civilian Awards by Govt. of India in recognition of your work rendered for the country and welfare of the mankind



Padma Vibhushana to Dr. D Veerendra Heggade Ji, Dharmadhikari, Sri Kshetra Dharmasthala for Social Work



Padma Bhushana to Sri David Frawley (Vamadeva Shastry), USA

Padmasri to Jagat Guru Amrta Suryananda Maha Raja, Portugal



Padmasri to Dr. Prahlada, Bangalore for Science and Engg





WATER MEMORY PHENOMENON

INTRODUCTION

Three decades ago, a paper appeared in *Nature*, a prestigious British journal, claiming that water had memory and it is hence possible to postulate the working of homeopathic dilutions even if not a single molecule of the medicine is present in the dilution [1]. A noted French biologist, Jacques Benveniste was one of the authors of the above mentioned paper and he believed that molecules could communicate and exchange information without being in physical contact. Action at a distance is a strange phenomenon in biology; not in electromagnetics. If action at a distance is not possible, then cell phones will not work and we cannot see our favourite programs in the TV!

In his *Nature* paper, Benveniste proposed water memory as the basic mechanism of homeopathic medicines. He reasoned that the effect of dilution and agitation pointed to transmission of biological information via molecular re-organisation of water. This "memory of water" effect, as it was later known, proved Benveniste's academic undoing. This is against the accepted "lock-and-key" principle, which states that molecules must be in contact and structurally match before information can be exchanged. Such thinking has dominated biological sciences of the 17th-century, back to

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



the French philosopher René Descartes.

Working with international scientists from France, Israel, Italy and Canada, Benveniste had claimed that vigorously shaking water solutions of an antibody could evoke a biological response, even when that antibody was diluted out of existence as it happens in homeopathic dilutions. Non-agitated solutions produced little or no effect.

It is interesting that even after three decades of 'action at a distance' and water memory ideas, no credible data is forthcoming on the mechanisms proposed by Benveniste. Dr Cyril Smith, professor of Electrical Engineering in the U. K. took upon himself to test water memory theory. In his lab in England (where this author has an opportunity to observe the experiments), Dr Smith worked on imprinting water with specific electromagnetic signatures and finding that these 'messages' were intact after several days.

Meanwhile, new research out of Benveniste's Digital Biology Laboratory near Paris was presented to a packed audience of scientists at

Cambridge University's Cavendish Physics Laboratory. Benveniste suggested that the specific immunological signatures of viruses and bacteria can be recorded and digitized using a computer sound-card. These signals can be sent to any other place on the globe through the

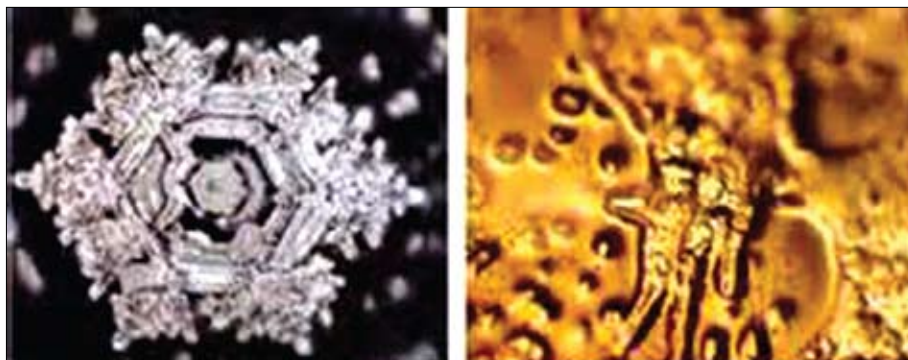


FIG 1: WATER SIGNATURE FOR LOVE AND GRATITUDE (left), AND FOR ANGER (right)



Internet. Biological systems far away from their activating molecules can then - he suggested - be triggered simply by playing back the recordings. This was thought to be an outrageous idea and the scientific community reacted in a very negative way and since that time till his death in the year 2004, Benveniste was branded as highly controversial and a pseudo-scientist. Unfortunately, his work on homeopathy also suffered a negative outcome with England and many other countries negating the positive clinical findings of homeopathy. Thus ended a saga whose outcome could still be very relevant in this world of 'investigative medicine' where MRIs and CT scans rule the patient care scenario.

Is there any other way of testing water memory phenomena? Dr. Masaru Emoto in Japan was able to capture water signatures during what he described as emotional imprints in water. He thought that these *emotional vibrations change the structure of water*. Emoto's experiments consisted of exposing water crystals on a glass plate to different words, pictures or music, and then freezing and examining the resulting water crystals with microscopic photography. Emoto made the claim that water exposed to positive thought vibrations result in visually pleasing crystals being formed when that water was frozen, and that negative intention would yield "ugly" frozen crystal formations [2]. See Fig 1 for an example. Though the scientific validity of these claims are difficult to confirm, there is no doubt that water has a 'memory' aspect that is very important to be replicated in a scientific and reproducible way.

THEORETICAL BASIS OF HOMEOPATHY

Prof. Del Giudice, E. and Preparata, G. made a breakthrough in understanding new possibilities with water as a base wherein electromagnetic signatures could be trapped in the structure of water. This electromagnetic signature could be

a possible explanation for the water - molecular interactions and exchange of information in homeopathy. While it is not possible to go into the theory of Quantum Electrodynamics and Coherent phenomena in biological systems (even the names are complicated!), it may be said that these and related work has thrown light on the extra-ordinary characteristics of water and its interaction with endogenous electromagnetic [EM] fields. These fields are generated within the body; the living state is a complex interacting and dynamic entity with 'life forces' active all the time within the organism. The authors say "However the main element to be taken into account is the property of water in biological organisms to release electrons". This electron donor property of water opens up enormous possibilities with water as a medium for information containment, electron release for anti-oxidant activity and health maintenance, and for general sustenance of life processes themselves [3].

In a macroscopic way, Electromagnetic [EM] frequencies could affect people and we have a class of disorders in people who are particularly sensitive to these external fields. They are known as EM hyper-sensitives. One important result of clinical work was finding that the effects on the hypersensitive patients could be reproduced with frequency imprinted water or homeopathic potencies. Water in flame-sealed glass ampules imprinted with frequencies through the glass, was equally effective while eliminating any possibility of chemical contamination. It was also found that chemicals generally have characteristic frequency patterns resulting from their interaction with traces of hydrogen-bonded water.

From this, it seemed that the basis of homeopathy must be, like all these other clinical effects, found in *frequencies imprinted in water*. Homeopathic potencies begin with a "Mother Tincture" which is in effect, a chemical frequency template for subsequent potentization. When water is imprinted with a frequency and then serially diluted and succussed, the original frequency is



multiplied by the dilution ratio and added to the water. This applies to a mechanical succession only.

THE INDIAN SCENE

Though Homeopathy started in Germany over 250 years ago, [by Hahnemann (1755- 1843)] as medical therapeutics, India has more colleges offering degrees in Homeopathy than any other country in the world. Thus, it becomes important to understand the basic mechanism associated with this modality. A recent paper from researchers from Indian Institute of Technology, Mumbai has opened new doors for investigations in this critical area [4].

The authors state, "No hypothesis which predicts the retention of properties of starting materials has been proposed nor has any physical entity been shown to exist in these high potency medicines. Using market samples of metal-derived medicines from reputable manufacturers, we have demonstrated for the first time by Transmission Electron Microscopy (TEM), electron diffraction and chemical analysis by Inductively Coupled Plasma-Atomic Emission Spectroscopy (ICP-AES), the presence of physical entities in these extreme dilutions, in the form of nanoparticles of the starting metals and their aggregates". We thank the authors for this very effective and scientific validation of a long standing dispute with regards to the most fundamental aspect of homeopathy; it is gratifying that the Indian scientists have achieved this milestone in homeopathy and in the science of subtle phenomena.

CONCLUSION

Scientific research is mostly Western driven and dominated. Most holistic therapies have been relegated to limbo through branding them as unscientific and having no biophysical basis. While these charges are understandable, physics is at its infancy - and biophysics is still at its

neonatal pangs - when it comes to understanding and modelling life processes. Many noted scientists have remarked that this century is going to be the Consciousness Century wherein the nature and role of Consciousness in life, health and healing will be investigated. Indian traditions are strong in providing a backdrop for research and scientific advancement in this area. It is felt the Indian contributions should be stepped up to cater to the investigative character and innovative methods of the modern mind.

REFERENCES AND NOTES

- [1] Davenas, E. ... Benveniste, J (1988), "Human basophil degranulation triggered by very dilute antiserum against IgE", *Nature*, Volume 333, Issue 6176, pp. 816-818.
- [2] Masaru Emoto's web site and Wikipedia notes.
- [3] Del Giudice, E. and Preparata, G. (1988) "A New QED Picture of Water: Understanding a Few Fascinating Phenomenon". In: Sassaroli, E., Srivastava, Y., et al., Eds., *Macroscopic Quantum Phenomenon*, World Scientific, Singapore City, London, New York, pp. 108-129.
- [4] Prashant Satish Chikramane, Akkihebbal K Suresh, Jayesh Ramesh Bellare and Shantaram Govind Kane (2010), "Extreme homeopathic dilutions retain starting materials: A nanoparticulate perspective", *Homeopathy*, Vol.99, pp. 231 - 42. ■



S-VYASA, Bengaluru entered into an Memorandum of Understanding (MoU) with Central Council for Research in Siddha (CCRS), Ministry of AYUSH, Govt. of India, Chennai



S-VYASA University

Swami Vivekananda Yoga Anusandhana Samsthanam

(Declared as Deemed University under Section 3 of the UGC Act, 1956)

Off: Eknath Bhavan, No. 19, Gavipuram Circle, Kempegowda Nagar,
Bengaluru - 560 019 ☎ 080-2263 9968 / 65 ✉ mba@svyasa.edu.in

www.svyasa.edu.in | Ph: 080-2263 9968 | E-mail: mba@svyasa.edu.in

Admissions

Open for August

MBA

(People & Organization Management)
Master of Business Administration

WANT TO

- *BE A NEW GENERATION CHANGE AGENT?*
- *MAKE A DIFFERENCE TO THE COMPANY AS WELL AS THE SOCIETY?*
- *BE A HAPPY INDIVIDUAL IN THE MIDST OF A HARMONIOUS SOCIETY?*



OBJECTIVE

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

KEY FEATURES

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

ELIGIBILITY

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

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

EXPECTED OUTCOME

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

PLACEMENT

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

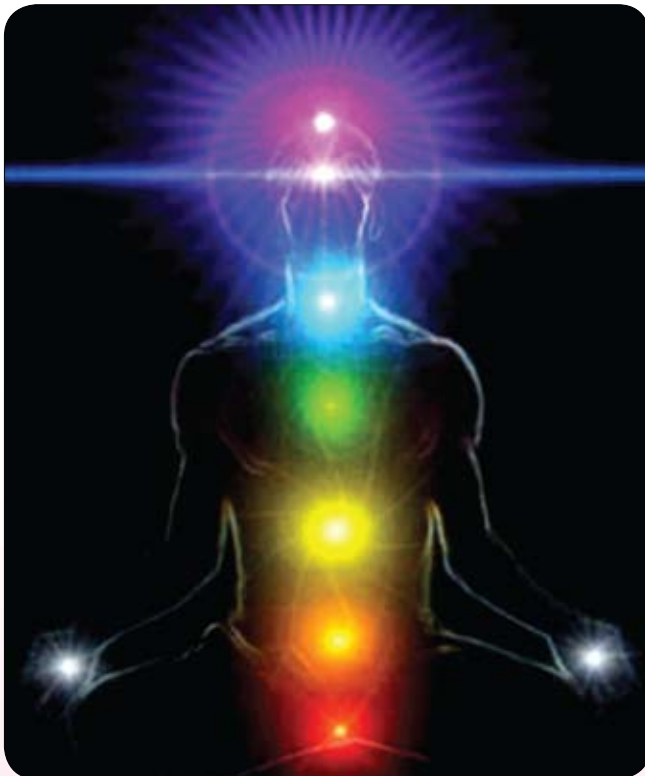




ALIGN FOR SYNERGY

Mind-Body Alignment during Yoga:

It is well understood that if one wants to derive maximum benefit of Yoga, he or she should perform yogic exercises (Asanas, Pranayama, Meditation and breathing, while performing Asanas) with complete focus and concentration. This demands one's mind and attention towards what exactly your body is doing as a part of Yoga. Thus all entities of human body, mind, heart, attention etc are to be aligned for the duration of Yoga and only then, one draws maximum benefit. Healing and health benefits follow in shortest possible time and along with maximum benefits and results. This applies to any activity, be it controlling over diabetes or healing cancer effects or repairing cardiac problem or avoiding parkinson or improving general health and happiness.



■ *Dr. Prahlada*
Advisor, S-VYASA



Alignment and Focus in general:

It is important to note that the same logic is applicable in real life activities like Business, Project Management, Art work, Professional activities or even when one is having food! In this article I stress on this importance of "alignment" in an organization for its growth, performance, credibility, recognition and success.

In a typical organization, be it a laboratory, or an educational institution or an industry or a business house or a hotel etc, it would be headed by a CEO or MD or Director or Vice Chancellor or Chairman etc. There would be many functional departments headed by Heads of the Department like administration, finance, procurement, accounts, logistics, HR, technical units (departments, laboratory, workshop etc,) security, marketing, project management, publication, library, IT setup etc.

Top Down Alignment & Challenges:

The CEO in consultation with the Board or Trust or Governing Body will announce the Goals and objectives of the organization / company, vision and mission, projects and schedules, infrastructure and finally challenges, initiations, duties and responsibilities, commitments and expected results.

Now the challenge starts, though the Head of the organization prescribes and announces the milestones that the organization has to cross the functional units try to work with their own



agenda. For example, Head of a department or a lab will be planning new research or getting new equipment or employing a JRF or filing a patent. The head of other departments say Finance will be planning budget, controlling expenditure, following regulations, automating procedures, issuing SOPs, checking on necessity and proprietary etc, He / She naturally concentrates on the professional achievements, enhancing importance, avoiding audit objection etc. He / She is not generally aligned to the dreams and obligations of a scientist or Head of a lab.

Similarly, Head of Administration will be concentrating on streamlining procedures, ensuring security, bringing in rationalization, establishing norms, managing office staff etc. Again, there is apparently lack of symbiosis and synergy with the scientific or technological activity.

One can look at HR Head. Again, he /she will be concerned about recruitments, promotions, imparting training, addressing grievances, inculcating discipline, providing incentives etc. Aligning, his / her activities with the lab activities? Oh, there is no time let the lab handle their problems.

Necessity for Alignment:

But, here comes the problem, unless all departments are aligned to organizational goals

like what a laboratory or a research centre or a project team is to achieve, the organization will not achieve its objectives in performance or time or quality or cost. It becomes essential that all departments should be aligned to objective of the organization whole heartedly and completely. If the objective is a technical activity, the entire organization should fully support the concerned technical group. If the objective is creating infrastructure, all departments should work synergistically to create the same. If the objective is to conduct a training course or an academic activity, all organs of the organization should work coherently. Why should we stop at departments, in fact, every individual should take the goal of the organization as his / her personal goal.

Coherent Synergy:

This ensures total alignment and coherent synergy. Coming back to Yoga, when one is exercising his lungs, the mind and heart should be totally supporting his / her activity. Whether the organization is a military unit or a hospital or a university or a industry or a research laboratory, goal alignment is key to its success, and every individual member should be conscious that he / she can contribute and make a difference and every department should be responsible to meet objectives of organization in performance and time. ■



Dr. H R Nagendraji receiving a gift of the first Bio-Well + Sputnik from **Dr. Krishna Madappa**, President & Co-Founder, Institute for Science, Spirituality & Sustainability, Taos, NM, USA; to facilitate studies on Homas / Yagyams / Consciousness Studies etc.



Field Trip – Project Vision

Shoreline Park – A report by Savita Joshi 12/6/14

What did we do?

A Two-hour fun and exciting field trip for kids ages 7-14 yrs along with their parents. Trip began in serene setting on a beautiful and lively afternoon at 1 pm. Kids brought their curiosity and smiles to the trip wondering how can Yoga be performed in a park setting. Parents were completely at ease as the kids were totally taken care of by Yoga Bharati teacher volunteers!

It felt like the rain was holding just for us giving us an opportunity for this field trip after 7 days of continuous rain and sun just peaked for few hours!

Connections

Children make connections very fast and easily. Parents are kids joined from Fremont, Cupertino, Sunnyvale and Evergreen area yoga sessions.

Trip details – Yoga Session

Vandana Pathak, yoga teacher and coordinator of Evergreen area yoga classes, conducted one-hour yoga session. She started with the practices that took the kids and parents to the mountains, caves, forests, fields climbing high, crawling in



■ Savita Joshi

Director of Kids Project Vision and
Therapy Services at Yoga Bharati



spaces, running, jumping and jogging. All of these standing at one place.

Anil Surpur, President, Yoga Bharati conducted the second part of the yoga session. Yoga became much more fun and challenging too. He made them practice different types of walks and jumps. Frog jumps, Crow walks were some of them. Children enjoyed these completely while the parents took the opportunity to click and freeze the moments.

Anil also prepared the team with eye-ball strengthening practices which became warming up practices for further vision games. Movement Trataka or movement gazing practices such as Anguli trataka and Nasagra trataka were conducted. Focusing and defocusing were taught.

Yoga should not be boring...

Children focus very well on the chanting based asanas, fast paced dynamic practices. Visualization and imagination works a great deal with them. Walt Disney has conducted a research study which showed how the physiology works with the desirable memories coming back. Children feel that they are reliving the past once again. But they get bored very easily of repetitions, quieter practices, slow pranayams and silent meditation. If you don't agree try a yoga class that focuses



on all these. Yoga Bharati has many classes across bay area. Check out at our website.

Volunteers and Instructors

Volunteer introduction and the group introduction were made. Parents who have similar needs for their kids were introduced to each other. It helped to socialize and form focus groups.

Vision Games

Vision improvement practices should not be very slow and monotonous. There are many practices contributed by many people who follow ancient practices of yoga and natural healing.

1. Ball Game

Savita Joshi conducted the ball game. Every child received a ball. Ball game can be very effective if played properly. Child would just pass it from one hand to the other making a shape of 'U'. Focus has to be on the ball movement and of course mind. Otherwise you would miss the ball. They made pairs and got partners to play passing the ball to each other. Hand eye coordination and eye ball muscle

2. Pirate Vision Game

Conducted by all the teacher volunteers. Children wore sunglasses with lenses removed on one side and the other side has been blocked completely with the black tape so that no light can enter into the eyes. This is supposed to help improve vision. They played all the variation of the above ball game with the glasses on.

3. Watching the waves

Lata Anand conducted watching the waves activity. Children stood in the line as they



watched the moving waves and learned effortless gazing of far objects. We look not to see the details so much but to relax the eye muscles. Moving away from the everyday close-up work to the eyes, this was a great relaxation to the eyes. Kids also performed sunning and skiing practices.

Healthy snacks and time to rest !

Children sat down for snacks and juices, while adults shared their introduction to the group. At 3 pm we dispersed. Shoreline park has many activities such as biking, kite flying, boating and many more. Some kids and parents went to explore the park a little more.

Savita Joshi is a Director of Kids Project Vision and Therapy services at Yoga Bharati with collaboration of Yogaksema, India. Savita is a passionate yoga teacher with more than eight years of teaching experience. She holds a Bachelors degree in Engineering and Masters degree in Business Administration. She has completed training in Diploma in Yoga therapy and has spoken at workshops, retreats and conferences.

Yoga Bharati

7630 Kirwin Lane, Cupertino, CA, 95014 ,

For more details please contact

workshop@yogabharati.org
call 408 341 YOGA (9642)



International Conference on Value based Lifestyle at Bhopal

'Value based Lifestyle' - International conference which was organised by Govt. Madhya Pradesh and Shiksha Samskriti Utthana Nyasa, New Delhi was conducted for three days from 17 - 19 April 2015. This was presided over by Hon'ble Chief Minister Shri Shivraj Singh Chouhan on 17th. Sadguru Jaggi Vasudeva delivered the key note address. On 18th the Chancellor of S-VYASA Dr. H R Nagendra and Prof. Kapil Kapoor, Ex Director of UGC were the main speakers. Dr. H R Nagendra narrated Panchkosha oriented internal journey which helps value based education and life.

Dr. Ramachandra G Bhat, Vice-Chancellor, S-VYASA University spoke elaborately on Yoga-



Yoga oriented lifestyle which is eco-friendly by nature. He also explained the various streams of Yoga such as Ahara Yoga, Vihara Yoga, Vicara Yoga, Vyavahara Yoga and Bhavana Yoga which are key elements to uphold health and value based lifestyle. ■

शास्त्र गोष्ठी (Metacognition) at Mattur – A Samskruta Village A traditional methodology to acknowledge the knowledge



Since the time immemorial, this great Land Bharath maintained the tradition of Shastra Goshti to retain the sacred knowledge of Vedas with its pure form. A group of scholars were organizing the शास्त्र गोष्ठी to enhance and authenticise the the knowledge gained by pupil with his logic provided by deeper understanding of the scriptures. In the modern psychological perspective, it is named as Metacognition.

Metacognition or the ability to control one's cognitive processes (self-regulation) has been linked to intelligence (Borkowski et al., 1987; Brown, 1987; Sternberg, 1984, 1986a, 1986b). These executive processes involve planning, evaluating and monitoring problem-solving activities. Sternberg maintains that the ability to appropriately allocate cognitive resources, such as deciding how and when a given task should be accomplished, is central to intelligence.

Recently, I have witnessed similar program at Mattur, an unique Samskruta village in India. The two scholars from Veda Vijnana Gurukulam have presented their ideas of Brahmasutra and Vyakarana in the presence great scholars. Vidvan Ashvattha Narayana avadhani presided the session. Dr. Ramachandra G Bhat, Vice Chancellor of S-VYASA University and other scholars of the village were present. ■



P D C – Yoga based Holistic way of Personality Development

■ Datta S. Taware



Childhood and adolescence is transitional phase of human life where we learn and shape up our core personalities. Proper guidance at this stage will be crucial for lifetime personality development. Yoga based training programmes are one of the best way to achieve this developmental need. As per Yoga the human body consists of five sheaths or layers. Conscious physical sheath (Annamaya Kosha) Subconscious physical sheath (Pranamaya Kosha), Mental sheath (Manomaya Kosha), Intellectual Sheath (Vigyanmaya Kosha), Blissful sheath (Anandamaya Kosha). The conscious as well as subconscious physical personality can be greatly improved by Yoga postures. The mental personality is greatly affected through Pranayama and concentration.



Essential Qualities for Personality Development from Natural Perspective: Self confidence, Independence, Positive thought, Sacrifice & Service. Just by thinking that "I will think positive" you cannot be positive. It requires practice and fine tuning of body and mind. Unless you have proper foundation of body and mind you

simply cannot build any superior personality infrastructure. We attempt to provide this through our Personality Development Camps (PDC).

Personality Development Camps at S-VYASA are based on model of Holistic Personality Development through yoga. Our PDC camp is residential and full of activity since morning 5.00 am to 10.00 pm. We have Physical Exercise, Asana session, Kriyas, breathing exercise etc. Pranayama and Meditation are helpful for memory improvement and clarity in thinking. They also undergo Bhajans, happy assembly games for their Emotional Intelligence.

There were lectures on Indian culture and heritage as well as self awareness.

Various guests came and guided our children by sharing their life experiences. Guests list includes personalities like Sri Madamdasji Devi - Sahakaryavahak and one of the senior members of Rashtriya Swayamsevak Sangha, Ex. Minister of Govt. of Karnataka Mr. Ramdas, Mr. Jain, former graduate of London School of Economics



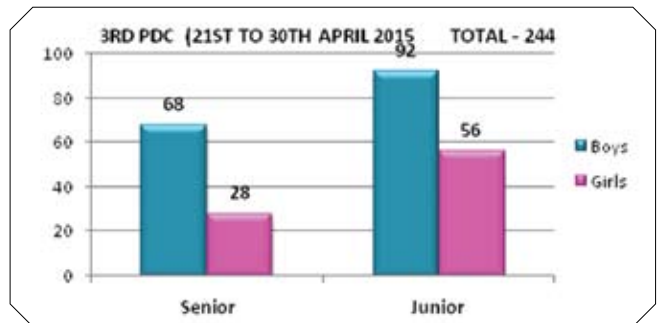
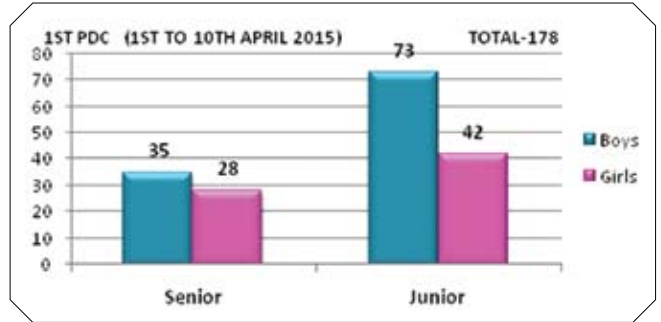


and secretary of Hindu Sayamsevak Sangh in united kingdom, Ramkumar Rathi, from VYASA management.

The four fold holistic yoga way of life comprising Karma Yoga, Bhakti Yoga, Raja Yoga and Jnana yoga are used to provide the necessary inputs.

We had three batches of PDC with enrollment number as 178 for 1st batch, 218 for 2nd batch and 244 for 3rd batch. There were 53 volunteers - 36 from B. Sc., 9 from DDE and rest from other courses. Doctors from Arogyadhama are always available.

Overall experience is very lively with events. Children were happy with natural environments



Representation of the Four Fold Yoga

and away from comforts of home and learning independence away from parents care. April month of 2015 and every year for that matter is filled with so much of joy and liveliness in Prashanti Kutiram by presence of hundreds of innocent children. These young ones are where divinity expresses itself in most visible and vibrant way.



NEWS from VYASA, Kolkata



and its Management through Yoga' for the Yoga Therapy Participants' of Stop Diabetes Movement (SDM). It was jointly organized by Lions Club of North Calcutta (District 322B1) and S-VYASA Yoga University, Bengaluru at Lions Safari Park, Rabindra Sarobar of Kolkata. Programme got over with a tree plantation by Dr. R Nagarathna. Total programme was

On 7th March 2015, a **teacher's meet** held at Hazra (Expressions @ Work) Kolkata. It was presided by the Chairman.

From 15th to 22nd March 2015 a research based special Yoga Therapy Awareness Programme on '**Diabetes Control & Prevention**' was organized by **Lions Club of North Calcutta (District 322B1)** and **S-VYASA Yoga University, Bengaluru** at Lions Safari Park, Rabindra Sarobar of Kolkata. 25 participants were participated the programme. Programme was coordinated by Mr. S.S Rajput & Mr. Sanatan Mahakud. The Yoga sessions were conducted by Yoga Therapist Mr. Kiriti Ghosh. This programme was sponsored by ONKAR Group.

On 17th and 18th March 2015 **Dr. R Nagarathna of S-VYASA University** of Bengaluru had a visit to Kolkata. During her visit on 17th March there was a lecture on '**Life style the Silent Killer**' for the members of **Millennium Mams**, a leading ladies organization of Kolkata. It was organized by its mentor Mr. B K Dhanuka.

On 18th March 2015 there was a talk on '**Diabetes**

well covered by ONKAR TV.

On 19th & 20th March 2015, **Dr. R M Acharya of S-VYASA University** of Bengaluru had a visit to VYASA Kolkata. During his stay he met with some of the well wishers of S-VYASA.

On 28th March 2015, a **teacher's meet** held at VYASA, Kolkata. It was presided by the Chairman.

Along with this regular RYTP group classes, Yoga Therapy and Yoga at Residence programmes are going on by VYASA Kolkata. ■





Recently, a delegation from S-VYASA, comprising Prof. D Nagaraja, Dr. B N Gangadhar and Dr. H R Nagendra, met the Union Minister for Health & Family Welfare Sri Jagat Prakash Naddaji



Jaipur, Apr 24: At MGUMST University, Dr. H R Nagendra delivered an Oration on 'Scientific Basis of Yoga and its place in prevention and management of varied ailments'. The Oration is in the name of – 'Swami Vivekananda Oration'. He was felicitated by Ex. Chairman of UGC Dr. Hari Gautam and Chairperson of MGUMST Dr. M L Swarankar.

And Dr. H R Nagendra had a detailed discussion with Rajasthan Chief Minister Smt. Vasundhara Rajaji on the Social Service Projects of VYASA and S-VYASA



Recently, S-VYASA conducted Self Management of Excessive Tension (SMET) program to the trainee participants and faculty members of Central Bank Officers' Training College, Bhopal



Vivekananda Yoga Global Launches its first center in China



Inaugural Ceremony at at Hotel Pullman Shanghai Skyway, China. (from left) MD of VHC Dr. Manjunath N K, CEO of KOINA Mr. Jai Seong Song, Consulate General of India Sri Naveen Srivastava, Chancellor of S-VYASA Dr. H R Nagendra, Vice President of Shanghai University of Sport Prof. Mao Lijuan, Chairman of VHC Sri Dayananda Swami - *can be seen*

VYASA Health Care (VHC) Pvt. Ltd. is establishing wellness and holistic centers globally with the brand name, Vivekananda Yoga Global (VYG)TM, and a trade name, Vivekananda Yoga (VY)TM. VHC promotes the outreach activities of Vivekananda Yoga Anusandhana Samsthana (VYASA), Bangalore, and as an industry partner

for Swami Vivekananda Yoga Anuasandhana Samsthana (S-VYASA) University.

VYASA Health Care (VHC), is based on traditional knowledge and proven by scientific research. Integrated Approach of Yoga is being the specialty, which is adopted by VYASA and S-VYASA for promoting positive health to manage various health problems including range of non-communicable diseases.

Vivekananda Yoga has gone global by establishing its first center at Shanghai, China. Vivekananda Yoga - China intends to expand in next two years to 40 centers across China.



Lighting the Lamp by Dr. H R Nagendra & Sri Naveen Srivastava

The official Launch

Vivekananda Yoga - China was inaugurated on March 31, 2015 at Shanghai, China. The



MoU between S-VYASA & Shanghai University of Sport. Exchanged by Dr. H R Nagendra & Prof. Mao Lijuan

need for evidence based approach in Yoga based mind body medicine. He also appealed to join hands for celebrate the world yoga day in a big way.

Sri Dayananda Swami and Dr. Vasudha M Sharma felicitated all the guests followed by Vote of thanks by Mr. Avinash Mishra.

Hon. Chancellor of S-VYASA University, Dr. H R Nagendra, was the chief guest, Sri Naveen Srivastava, Consulate General of India, Prof. Mao Lijuan, Hon. Vice President, Shanghai University of Sport, and Mr. Jai Seong Song, CEO, Korea India Association (KOINA) were the Guests of Honor. Sri Dayananda Swami, Chairman-VHC, and Dr. Manjunath N K, Managing Director-VHC, Dr. Vasudha M Sharma, Executive Director-Ayurveda, were also present.

Mr. Tony, the Executive Director for Vivekananda Yoga China delivered the welcome address. Dr. Manjunath N K, gave an overview about the Vivekananda Yoga brand and the services offered under four major categories i.e., VY + (positive health), VY ^T (Therapy programs), VY ^C (Corporate Yoga) and VY ^A (Advanced Yoga). A booklet on Vivekananda Yoga - China was released by Sri Naveen Srivastava,. MoU was signed between the Shanghai University of Sport and S-VYASA University by Prof. Mao Lijuan, and Dr. H R Nagendra. Prof. Mao Lijuan spoke about the areas of research collaborations between the Universities and expressed support for the celebrations of the World Yoga Day on June 21, 2015. Dr. H R Nagendra in his presidential address spoke about the importance of Yoga in Daily life. Also, emphasized on the

The New facility at Shanghai is traditionally designed over 12,000 sq ft. area with all the facilities. Ayurveda has been added as an integrative health care module under Vivekananda Health.

S-VYASA signs an MoU with Korea India Association (KOENA), Korea

An MoU was signed by S-VYASA University and KOENA represented by Dr. H R Nagendra Hon. Chancellor and Mr. Jai Seong Song, CEO, on April 1, 2015 at the Vivekananda Yoga China, Shanghai, China. Both expressed their desire to take Yoga and Ayurveda to Korea and conduct student exchange programs. ■





21st INCOFYRA

21st International Conference on Frontiers in Yoga Research and Its Applications

THEME

Yoga - Basis for
Integrated Health Care System

Nov 15 - 18, 2015

Prashanti Kutiram, International Headquarters of VYASA, Bengaluru

Organised by:

Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru

In technical collaboration with



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

CONFERENCE PROGRAMS @ A GLANCE

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

CALL FOR PAPERS

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

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

- Send your abstracts to incofyra21@svyasa.edu.in

CONFERENCE REGISTRATION

Register earlier before July 1st to gain maximum concession

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

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

FOR MORE DETAILS CONTACT

- Organising Secretary: Dr Hemant Bhargav | cell: +91 87620 19348
- Address: The Manager, 'Eknath Bhavan', #19, Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019
ph: +91-80-2661 2669 | telefax: +91-80-2660 8645 | e-mail: incofyra21@svyasa.edu.in

CONFERENCE OBJECTIVES:

1. Disseminate research findings in the field of Integrative Medicine and give directions to future research
2. Translating the research findings of Integrative medicine into clinical practice
3. Establish working groups comprising universities, health care providers and policy makers to initiate collaborative research programs
4. Delivering cost effect mass health care means to address common ailments at the primary health care



PRASHANTI KUTIRAM

(Abode of tranquility)

The international

headquarters of VYASA

is a spacious campus of 100 acres

with a serene atmosphere and

natural beauty in a rural setting

thirty kilometers south of the

city of Bangalore.



THE SCHOOL OF YOGA AND NATUROPATHIC MEDICINE

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



Admissions open...

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

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

Achievements:

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

Recognitions:

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

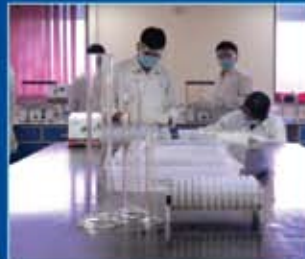
Accomplishments:

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



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.



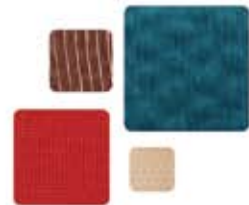
CENTURYPLY Quality that's a class apart!

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



CENTURYPLY®