

# योग इपत्थ

A Monthly Journal of S-VYASA Yoga University



## Celebration of International Day of Yoga all over the Globe



### Celebration at Raj Path, New Delhi:

Smt Hansaji Jayadeva Yogendra, Sri Baba Ramdev,  
Union Minister Sri Shripad Yesso Naik, Hon'ble Prime Minister Sri Narendra Modi,  
Dr. H R Nagendra, Swami Atmapriyananda and Sri Nilanjan Sanyal on the dias

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# EDITORIAL

June 21<sup>st</sup> was a great day for India and beginning of a new world order. The common IDY protocol consisting of a prayer, 5 minutes of loosening practices, 15 minutes of Asanas, 5 minutes each of Pranayama and Meditation followed by a Resolve and closing prayer was demonstrated in Rajpath New Delhi, creating two Guinness world records by Ministry of AYUSH, for the largest number of persons practicing yoga on a single venue, on the first International day of Yoga and 82 countries participating in the event. There was lot of enthusiasm all over the country and the protocol was demonstrated in big numbers, small numbers, in schools, colleges, hospitals and various places. Large number of people practiced in their own houses watching TV. It is estimated that around 30 Crore people practiced and demonstrated on that day in India. 177 out of 193 UN member countries supported the suggestion of our Prime Minister to declare June 21<sup>st</sup> as the International day. The 1<sup>st</sup> celebration became the biggest event in the world with about 240 countries celebrating the same compared to any other 165 international days such as mother's day, Fathers days, World diabetic day, etc. It is a great honour that I was made the Chairman of this IDY experts committee by Ministry of AYUSH, Govt of India.

**What next in India?** Yoga will be part of the education system. NCTE brought out 3 books at Primary, secondary, BEd and MEd levels. NCERT has brought out two books for class 6 to 10 which will be taught in schools all over the country. The number of Yoga teachers in the country being too small. The Ministry of AYUSH and QCI jointly processing and certifying Yoga teachers in big numbers all over the country based on competency model, Chaired by Sri Sri Ravishankar, to formulate the syllabus and the modalities for the same. Being the Chairman of the expert committee along with members drawn from QCI and Expert committee, the process has been formalised to assess the skills and knowledge of the yoga teachers. The model brought QCI in this regard shall help in examining the yoga skills on one hand and teaching capabilities on the other

hand. Certificate to 12 persons of the first batch were issued at valedictory function of the International Conference on 21<sup>st</sup> June at Vijnana Bhavan. The team of Examiners, evaluators and certifiers is set up by QCI.

NCERT in collaboration with S-VYASA University is planning to host HIMALAYA YOGA OLYMPIAD starting from July 1<sup>st</sup>, 2015 and concluding on 14 November, the world Diabetic day. Dr. Jaydeep Arya representing Swami Ramdev will be the secretary and Dr. Rabindra Mohana Acharya will be the Adviser. With these initiatives, Yoga is entering in a big way in our country.

*"These put on us greater responsibility to work as a synergetic whole to bring the real dimensions of Yoga and to deepen the same" said Sadguru Jaggi Vasudev. "We have already started", he added. Swami Maheshwaranandaji from Vienna told that if Rajpath became Yoga path on June 21<sup>st</sup>, the whole world has become "Yoga mayam jagat" has happened and pledged himself to work with all of us to bring greater synergy. many compared this event similar to the Parliament of Religions in Chicago on Sep 11, 1893 where Swami Vivekananda heralded the grandeur of Indian wisdom base of yoga and brought forth the concept of Universal brotherhood.*

**The two days international conference on Yoga** for Holistic health in Vijnana Bhavan was inaugurated by PM Narendra Modi. As the Chairperson of the IDY and the conference, I placed on record the incessant work of the whole AYUSH team for 24/7 including Joint secretaries, Secretary under the guidance of the AYUSH Minister Sripad Naik, PM congratulated AYUSH ministry and prised for its achievements. S-VYASA got a big boost all over the world by this event. We welcome all our alumni to join hands with us to take things forward.

■ *Dr H R Nagendra*





## ब्रह्मसूत्रम् (Brahmasūtram)

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



### जगद्वचित्वात् (ब्रह्मसूत्रम्-१-४-१६)

Jagadvācitvāt (Brahmasūtram-1-4-16)

**Meaning:** (He, whose work is this, is Brahman) because (the 'work') denotes the world.

When *Ajaata Shatru* teaches the about braman to “O Balaki! He who is the maker of those persons whom you mentioned and whose work is the visible universe – is alone to be known”.

In this context the deliberation starts. *Bhrama te bravaani* ‘what is that to be known’ is the question? There are meny things to be known, starting from Bhrama to Truna, ‘*Aabhrama stamba*’ that is what normally used in our Shastras. But, ‘what is that to be known?’. There are many theories for knowing anything. Even for understanding Ghata or Pata (common material), in all small things also we apply our Indriyas and our mind then we know something partially. Thus, it’s thumb rule that all sensory perception is partial in it’s inception, very much lopsided.

It is evident that comprehensive knowledge is not possible through the sense organs and cognative process (mind controlled intellectual guided system) have got inherent limitations. Whatever we understand by applying this mechanism, then understanding becomes lopsided.

There is an ambiguity of trio in this context (Trikotika Samshaya) to what is to be known, whether *Prana*, (because praana is also mentioned insubsequent sentence), or *Jiva* or *Brahma*.

So, reffring to that *Purva Pakshi* argues in favor of *Prana* and other in favor of *Jiva*. That is how, the whole Adhikarana is devoloped to subsiquent sutra is - जीवमुख्यप्राणलिङ्गान्येति चेत् तद्व्याख्यातम्।

This sutra again helps for arriving the conclusion. जगद्वचित्वात् is the main supporting logic, because here the main supporting thing is *Jagat*. By knowing one thing, everything can be known. एकविज्ञानेन सर्वं विज्ञानम् - all such statements are there in the upanishads. Some passages refer to the individual soul as the object of knowledge. But, this sutra refuces all these orguments

ब्रह्म ते ब्रवाणि is प्रतिज्ञा वाक्य ॥ Already he told that the very word ‘brahman’ is not in limited sense. Only in some special cases or limited contexts, the word Brahma has limited meaning. Otherwise, in general, it indicates unlimited all pervading truth which is ‘Brahma’, theory of everything. It cannot deal with any other subject or some other meaning which is already presented by Balaki, starting from the son God he mentioned. But, the listener here, *Jijnaasu*, is *Ajata Shatru*, he wants that answer which is very much holistical complete brahman not something demi-God, that’s why he tells ‘whatever you told so far, I don’t agree. Please project the complete form of brahman which is all pervasive, omnipresent and omniscient to me which clarifies everything. Thus is the clarity in seeker, *Ajata Shatru* and the real preceptor *Guru* is *Balaki*. Therefore, here *Balaki* tells about Brahman which is “*Satyam, Jnaanam Anantam Brahma*”. Brahman is the only intended meaning here. That is what this sutra जगद्वचित्वात् proves ultimately.

Having overcome all these evils, he obtains pre eminence among all beings, sovernty and supremacy. He who knows this, thus the initial and concluding causes here also refered to Brahman. *Jaimini* argues otherwise. According to him, it refers to individual souls. But, individual soul got its own limited sphere.

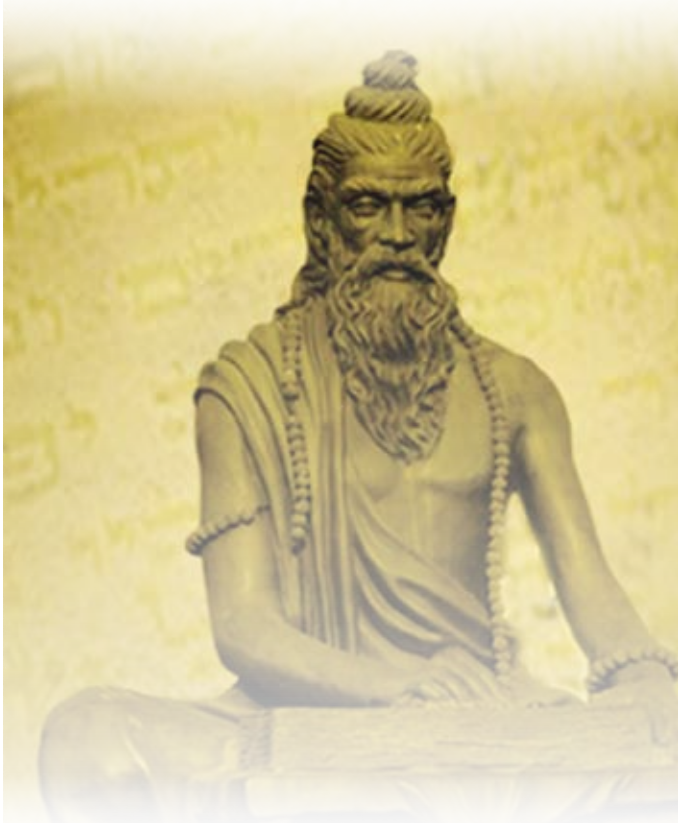
Considering all these factors neither *Jiva* nor *Prana* will be taken as main object. Main subject area of this whole chapter is from *Kaushitaki*. This conversation occurs in the *Brihadaraanyaka Upanishat*, it clearly refers to the individual soul by means of the term, the person consisting of cognition, *Vijnanamaya* and distinguishing from other factors. The reply to the above question declares that the person consisting of cognition lies in the either within the heart. So, ultimately concludes that this is theory of Everything.

to be continued...



# ಪಾತಂಜಲ ಯೋಗಶಾಸ್ತ್ರ

## ಸಮಾಧಿ ಅಮನೀಭಾವ



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

**ವಿತರ್ಕವಿಚಾರಾನಂದಾಸ್ಥಿತಾರೂಪಾನುಗಮಾತ್ ಸಂಪ್ರಜ್ಞಾತಃ**  
|| ಪ.ಯೋ.ಸು - 1.17 ||

ವಿತರ್ಕ, ವಿಚಾರ, ಆನಂದ, ಅಸ್ಥಿತಾ ಈ ನಾಲ್ಕು ವಿವಿಧ ಸ್ಥರಗಳು ಸಂಪ್ರಜ್ಞಾತ ಸಮಾಧಿಯ ಸ್ವರೂಪವಾಗಿವೆ.

ಈ ಸೂತ್ರದಿಂದ ನಮಗೆ ತಿಳಿದುಬರುವುದೇನೆಂದರೆ ಅಭ್ಯಾಸ ಮತ್ತು ವೈರಾಗ್ಯಗಳೆಂಬ ಉಪಾಯದಿಂದ, ಸಾಧಕನು ತಾಮಸ ಮತ್ತು ರಾಜಸ ವೃತ್ತಿಗಳನ್ನು ಸಂಪೂರ್ಣ ನಿರೋಧಿಸಿ, ಏಕಾಗ್ರತಾ ಸ್ಥಿತಿಯಲ್ಲಿರುವ ಪುರುಷನಿಗೆ ಸಬೀಜ ಅಥವಾ ಸಂಪ್ರಜ್ಞಾತ ಸಮಾಧಿಯ ವಿವಿಧ ಸ್ವರೂಪಗಳನ್ನು ನಿರ್ವಚಿಸಲಾಗಿದೆ.

ಸತ್ಯವು ಏಕ ಮತ್ತು ಅದ್ವಿತೀಯ. ಅವಿಭಾಜ್ಯವಾದುದು. ಅದು ಎಂದೂ ವಿಭಾಗಿಸಲ್ಪಡುವುದಿಲ್ಲ. ಆದರೆ ಈ ಸ್ಥಿತಿಯು ಸಂಪೂರ್ಣವಾಗಿ ಎಲ್ಲ ವೃತ್ತಿಗಳನ್ನು ನಿರೋಧಿಸಿ ಅಸಂಪ್ರಜ್ಞಾತ ಸಮಾಧಿಯ ಸ್ವರೂಪವನ್ನು ಅನುಭವಿಸುವವನಿಗೆ ಮಾತ್ರ, ಆದರೆ ಇನ್ನೂ ಸಾತ್ವಿಕ ಚಿತ್ತವೃತ್ತಿಯಲ್ಲಿರುವವನಿಗೆ, ಇನ್ನೂ ಮನಸ್ಸು ಅಸ್ಥಿತ್ವದಲ್ಲಿರುವ ಸಾಧಕನಿಗೆ, ಆರಂಭದ ಸ್ಥರದಲ್ಲಿ ಉಂಟಾಗುವ ವಿಭಿನ್ನ ಅನುಭವಗಳು ಮೇಲೆ ನಿರ್ವಚಿಸಿರುವಂತೆ ವಿತರ್ಕ, ವಿಚಾರ, ಆನಂದ, ಅಸ್ಥಿತಾ ಸ್ವರೂಪದಿಂದ ಕೂಡಿರುತ್ತದೆ. ಇಲ್ಲಿ ಮನಸ್ಸು ಶುದ್ಧ ಸ್ವರೂಪದಲ್ಲಿ ಧೈಯವಸ್ತುವಿನಲ್ಲಿ ನಿರಂತರ ತಾದಾತ್ಮ್ಯವಾಗಿರುತ್ತದೆ.

ಮನಸ್ಸಿನ ಸ್ವಾಭಾವವು ಚಂಚಲವಾದರೂ ಯಾವಾಗಲೂ ಅದು ಪೂರ್ಣತೆಯನ್ನು ಬಯಸುತ್ತದೆ. ಅಪೂರ್ಣವಾದಲ್ಲಿ ಅದು ಮತ್ತೆ ಮತ್ತೆ ಪೂರ್ವ ಸ್ಥಿತಿಗೆ ಎಳೆಯುತ್ತಿರುತ್ತದೆ. ಒಬ್ಬ ಕೃಷಿಕ, ಒಂದು ಮಗು, ಒಬ್ಬ ಚಿತ್ರಕಾರ, ಒಬ್ಬ ಕವಿ - ಕಾದಂಬರಿಕಾರ, ಒಬ್ಬ ಸಂಗೀತಗಾರ ಎಲ್ಲರು ಯಾವುದನ್ನು ಬಯಸುತ್ತಾರೋ ಅದು ಪೂರ್ಣವಾಗುವವರೆಗೆ ಪ್ರಯತ್ನವನ್ನು ಎಂದು ನಿಲ್ಲಿಸುವುದಿಲ್ಲ.

ಹೀಗಾಗಿ ಕೈವಲ್ಯದ ಗುರಿ ಇರುವವನಿಗೆ, ಅಂತಿಮ ಸ್ಥಿತಿ ತಲುಪುವವರೆಗೆ ಎಲ್ಲವೂ ಅಪೂರ್ಣವೆ. ಒಂದು ವೇಳೆ ಲೌಕಿಕ ಮಾರ್ಗವಾದರೆ ಅದು ಸಂಸಾರ ಬಂಧನಕ್ಕೊಳಪಡುತ್ತದೆ. ಇಲ್ಲವಾದಲ್ಲಿ ಮೋಕ್ಷಕ್ಕೂ ಕಾರಣವಾಗುತ್ತದೆ. “ಮನ ಏವ ಮನುಷ್ಯಾಣಾಂ ಕಾರಣಂ ಬಂಧಮೋಕ್ಷಯೋಃ”

ಮಹರ್ಷಿಗಳ ಪ್ರಕಾರ ಸಮಾಧಿಯೋಗವು ಸಂಪ್ರಜ್ಞಾತ ಮತ್ತು ಅಸಂಪ್ರಜ್ಞಾತ ಎಂದು ಎರಡು ವಿಧವಾಗಿದೆ. ಸ್ಥೂಲಸ್ಥರದಲ್ಲಿ ಮನಸ್ಸು ಯಾವಾಗಲೂ ಬಹಿರ್ಮುಖವಾಗಿರುತ್ತದೆ. ಕಾರಣ ಮನಸ್ಸು ಸಹ ಒಂದು ಇಂದ್ರಿಯವೇ. (ಮನಃ ಷಷ್ಠಾನೀಂದ್ರಿಯಾಣಿ... ಭ.ಗೀತಾ 15.7) ಇಂದ್ರಿಯಗಳ ಸಹಜ ಸ್ವಭಾವ ಬಾಹ್ಯ ವಿಷಯಗಳನ್ನು ಅನುಸರಿಸುವುದು. ಹೀಗೆ ಬಹಿರ್ಮುಖವಾಗಿರುವ ಮನಸ್ಸನ್ನು ಮತ್ತೆ ಮತ್ತೆ ಧೈಯವಸ್ತುವಿನಡೆಗೆ ಹರಿಸುವ ಮೂಲಕ ಈಶ್ವರನ ಸ್ವರೂಪವು ಯಾವುದೇ ಸಂಶಯ ಮತ್ತು ಮಿಥ್ಯಾಜ್ಞಾನಗಳಿಲ್ಲದೇ ಅರಿಯಲ್ಪಡುತ್ತದೆ. ಈ ರೀತಿಯ ಸಮಾಧಿಯನ್ನು ಸಂಪ್ರಜ್ಞಾತ ಸಮಾಧಿಯೆಂದು ಹೆಸರಿಸಲಾಗಿದೆ. ಈ ಅರಿಯುವ ಪ್ರಕ್ರಿಯೆಯಲ್ಲಿ ಉಂಟಾಗುವ ಭೇದಗಳು ನಾಲ್ಕು ರೀತಿಯದ್ದಾಗಿರುತ್ತವೆ ಎಂದು



ಸೂತ್ರದಿಂದ ತಿಳಿದುಬರುತ್ತದೆ. ಈ ಭೇದಗಳೇ ಸಂಪ್ರಜ್ಞಾತ ಸಮಾಧಿಯ ವಿವಿಧ ಸ್ತರಗಳು.

ಈ ಭೇದಗಳಿಗೆ ಕಾರಣ ಮನಸ್ಸಿನ ಅಸ್ತಿತ್ವ ಎಲ್ಲಿಯವರೆಗೆ ಮನಸ್ಸಿನ ಅಸ್ತಿತ್ವವಿರುತ್ತದೋ ಅಲ್ಲಿಯವರೆಗೂ ಈ ವಿಭಿನ್ನ ಅನುಭವವನ್ನು ಮೀರಿ ಮುಂದಿನ ಸ್ಥಿತಿಯನ್ನು ತಲುಪಲು ಅಸಾಧ್ಯ. ಹಠಯೋಗದಲ್ಲಿ ಸ್ವಾತ್ತಾರಾಮರು ಹೇಳುವಂತೆ ಅಮನೀಭಾವ (ಅಂದರೆ ಮನಸ್ಸು ಅ-ಮನವಾಗುವುದು) ಉಂಟಾಗುವವರೆಗೆ ನಿರ್ಬೀಜ ಅಥವಾ ಅಸಂಪ್ರಜ್ಞಾತ ಸಮಾಧಿಯು ಕಷ್ಟಸಾಧ್ಯ. ಮೇಲಿನ ನಾಲ್ಕೂ ರೀತಿಯ ಸಮಾಧಿ ಭೇದಗಳಿಗೆ ಕಾರಣ ಮನಸ್ಸಿನ ಅಸ್ತಿತ್ವ ಹಾಗಾಗಿ ಸಬೀಜ ಸಮಾಧಿಯು ಸವಿತರ್ಕ, ಸವಿಚಾರ, ಸಾನಂದ ಮತ್ತು ಸಾಸ್ಮಿತಾ ಎಂಬ ವಿಭಿನ್ನ ಸ್ವರೂಪದಿಂದ ಕೂಡಿದೆ.

ಇದನ್ನೇ ಭೋಜರಾಜನು ತನ್ನ ಯೋಗಸೂತ್ರ ವೃತ್ತಿಯಲ್ಲಿ ಕೆಳಗಿನಂತೆ ನಿರ್ವಚಿಸಿದ್ದಾನೆ.

**ಸಮ್ಯಕ್ ಸಂಶಯವಿಪರ್ಯಯರಹಿತತ್ವೇನ ಪ್ರಜ್ಞಾಯತೇ  
ಪ್ರಕರ್ಷೇಣ ಜ್ಞಾಯತೇ ಭಾವ್ಯಸ್ಯ ಸ್ವರೂಪಂ  
ಯೇನ ಸ ಸಂಪ್ರಜ್ಞಾತಃ ಸಮಾಧಿಭಾವನಾವಿಶೇಷಃ ||**

ಮನಸ್ಸು ಯಾವುದನ್ನೂ ಇದ್ದ ಹಾಗೆ ಸ್ವೀಕರಿಸುವುದಿಲ್ಲ. ವಿಚಾರ ತರ್ಕಗಳಿಲ್ಲದೆ ಅಂತಿಮ ಸ್ವೀಕಾರ ಅಸಾಧ್ಯ. ಆದರೆ ಒಮ್ಮೆ ವಿಚಾರದ ಮೂಲಕವಾಗಲಿ ಅಥವಾ ತರ್ಕದ ಮೂಲಕವಾಗಲಿ ಪೂರ್ಣಸ್ವೀಕಾರವಾದ ನಂತರ ಮತ್ತೆ ಮತ್ತೆ ಹಳೆಯ ವಾಸನೆಗಳಿಗೆ ಅಂಟಿಕೊಳ್ಳದೆ ತನ್ನ ಅಸ್ತಿತ್ವವನ್ನು ಪೂರ್ಣ ಕಳಚಿಕೊಂಡು ಮುಂದಿನ ಸ್ಥಿತಿಯನ್ನು ಅವಚಿಕೊಳ್ಳುತ್ತದೆ. ಸ್ವಾಮಿ ವಿವೇಕಾನಂದರ ಅಥವಾ ಯಾವುದೇ ಮಹಾಪುರುಷರ ಜ್ಞಾನಾನುಭವದ ಪೂರ್ವ ಸ್ಥಿತಿಯನ್ನು ಅವಲೋಕನ ಮಾಡಿದಾಗ ಈ ರೀತಿಯ ವಿತರ್ಕ, ವಿಚಾರಗಳ ಮೆಟ್ಟಿಲುಗಳನ್ನು ಹತ್ತಿಯೇ ಮೇಲುಮೇಲಿನ ಮೆಟ್ಟಿಲುಗಳನ್ನು ಏರಿ ಎಲ್ಲ ಮೇರೆಗಳನ್ನು ಮೀರಿ ಮಹದಾನಂದದಲ್ಲಿ ಒಂದಾಗಿದ್ದಾರೆ. ಈ ರೀತಿಯಲ್ಲಿ ಪತಂಜಲಿಗಳು, ಪ್ರತಿಯೊಬ್ಬ ಸಾಧಕನನ್ನು ಕೆಳಸ್ತರದಿಂದ ಉನ್ನತ ಸ್ತರಕ್ಕೆ ಕೊಂಡೊಯ್ಯಲು ವೈಚಾರಿಕತೆಯ ನೆಲೆಗಟ್ಟಿನಲ್ಲಿ ತರ್ಕವನ್ನು ಬಳಸಿ ಆನಂದ ಮತ್ತು ಅಸ್ತಿತ್ವಗಳ ಅನುಭವವನ್ನು ಪಡೆಯಲು ಅತ್ಯಂತ ವೈಜ್ಞಾನಿಕ ಮಾರ್ಗವನ್ನು ಅನುಸರಿಸಿದ್ದಾರೆ.

ನಾವು ಹಠಯೋಗ ಮತ್ತು ಪಾತಂಜಲ ಯೋಗಮಾರ್ಗಗಳನ್ನು ಅವಲೋಕನ ಮಾಡಿದಲ್ಲಿ ಸ್ಪಷ್ಟವಾಗಿ ತಿಳಿಯುವುದೇನೆಂದರೆ ಆರಂಭ ಸಾಧಕರಿಗೆ ಯಮನಿಯಮಾದಿಗಳನ್ನು ಪೂರ್ಣ ಅಭ್ಯಸಿಸಲು ಕಷ್ಟಸಾಧ್ಯ. ಹೀಗಾಗಿಯೇ ಹಠಯೋಗ ಮಾರ್ಗ ಸಾಮಾನ್ಯರಲ್ಲಿ ಸಾಮಾನ್ಯನು ಅಭ್ಯಾಸಮಾಡಲು ಅನುವಾಗುಂತೆ ಸ್ವಾತ್ತಾರಾಮಾದಿ ಹಠ ಸಾಧಕರು ರೂಪಿಸಿದ್ದಾರೆ. ಶರೀರ ಶುದ್ಧಿ, ವಿವಿಧ ಆಸನಗಳು, ಪ್ರಾಣಾಯಾಮ, ಬಂಧ-ಮುದ್ರೆಗಳು ಮತ್ತು ನಾದದ ಅನುಸಂಧಾನ ಇತ್ಯಾದಿ. ಈ ರೀತಿಯಲ್ಲೇ ಸಂಪ್ರಜ್ಞಾತ ಸಮಾಧಿಯು ಪತಂಜಲಿಗಳಿಂದ ನಿರ್ವಚಿಸಲ್ಪಟ್ಟಿದೆ. ಸಾಮಾನ್ಯ ಸಾಧಕರಿಗೆ ಪ್ರಾರಂಭದಲ್ಲಿ ಚಿತ್ತವನ್ನು ಧೈಯವಸ್ತುವಿನಲ್ಲಿ ಅಥವಾ ಈಶ್ವರನಲ್ಲಿ ಕೇಂದ್ರೀಕರಿಸುವುದು ಅಸಾಧ್ಯ. ಈ ಕಾರಣದಿಂದಾಗಿ ಮುಂದುಮುಂದಿನ ಸಮಾಧಿಯ ಸ್ತರಗಳ ಅನುಭವವು ಅಲಭ್ಯ. ಹೀಗಾಗಿ ಸ್ಥೂಲ ಆಲಂಬನದಿಂದ ಆರಂಭಿಸಿ ಸೂಕ್ಷ್ಮ ಸ್ತರಕ್ಕೆರಲು ವಿತರ್ಕಾದಿ ಸಮಾಧಿಗಳನ್ನು ಕ್ರಮವಾಗಿ ಹೇಳಲ್ಪಟ್ಟಿದೆ.

ಪ್ರಾರಂಭದಲ್ಲಿ ಮೂರ್ತ ಕಲ್ಪನೆಯಿಂದ ಆರಂಭಿಸಿ ಅಮೂರ್ತವನ್ನು ನಿರಂತರ ಧ್ಯಾನದ ಮೂಲಕ (ಸ್ಥೂಲದಿಂದ ಸೂಕ್ಷ್ಮ) ಎಲ್ಲ ದೋಷದರ್ಶನದಿಂದ ಉಂಟಾಗುವ ರಾಗಾದಿಗಳನ್ನು ವರ್ಜಿಸಿ ನಿರಾಕಾರ ನಿರ್ಗುಣ ಸ್ಥಿತಿಯಾದ ಕೈವಲ್ಯವನ್ನು ಪಡೆಯುತ್ತಾನೆ. ತೀವ್ರ ಸಾಧನೆಯಲ್ಲಿರುವ ಸಾಧಕರಿಗೆ ಒಂದು ವೇಳೆ ಈಶ್ವರಾನುಗ್ರಹದಿಂದ ಕೈವಲ್ಯ ಪ್ರಾಪ್ತಿಯಾದರೆ ಪುನಃ ಪೂರ್ವ ಭೂಮಿಕೆಗಳಾದ ಸಂಪ್ರಜ್ಞಾತ ಸಮಾಧಿಯನ್ನು ಅಭ್ಯಾಸ ಮಾಡುವ ಅಗತ್ಯವಿರುವುದಿಲ್ಲ.

ಧೈಯವಸ್ತುವಿನ ಅಂದರೆ ಈಶ್ವರನ (ಪರಮಾತ್ಮ) ಸ್ವರೂಪಾಲಂಬನವು ಸ್ಥೂಲವಾಗಿದ್ದಲ್ಲಿ (ರೂಪಾತ್ಮಕ-ಕ್ರಿಯಾತ್ಮಕ-ನಾದಾತ್ಮಕ) ಅದು ಸವಿತರ್ಕ ಸಮಾಧಿಯೆನಿಸುವುದು. ಈ ರೂಪ-ಕ್ರಿಯೆ ಹಾಗೂ ನಾದದ ಅನುಸಂಧಾನವು ಸೂಕ್ಷ್ಮವಾದಷ್ಟು ಸವಿಚಾರವಾಗುವುದು. ಇವುಗಳಲ್ಲದೆ ಅಂತಃಕರಣವು (ಮನಸ್ಸು-ಬುದ್ಧಿ-ಅಹಂಕಾರ ಮತ್ತು ಚಿತ್ತ) ಆಲಂಬನವಾದಾಗ ಆನಂದ ಸಮಾಧಿಯೆನಿಸುವುದು. ಈ ಎಲ್ಲವನ್ನು ಅಂದರೆ ದೇಹ-ಇಂದ್ರಿಯಗಳ ಅಸ್ತಿತ್ವವನ್ನು ಮೀರಿ ಅನುಭವವೇ ಭೂಮಿಕೆಯಾದಾಗ ಅದು ಸಾಸ್ಮಿತಾ ಸಮಾಧಿಯಾಗುವುದು. (ಇವುಗಳ ಪ್ರತ್ಯೇಕ ವಿವರಣೆಗಳನ್ನು ಮುಂದಿನ ಸಂಚಿಕೆಯಲ್ಲಿ ವಿವರಿಸಲಾಗುವುದು)

(ಸಶೇಷ)



New Delhi, June 9:  
Curtain Raiser of  
International Day of Yoga.  
Union Ministers  
Sri Shripad Yesso Naik,  
Smt. Sushma Swaraj and  
S-VYASA Chancellor  
Dr. H R Nagendra  
can be seen

Raj Path  
is the way to  
Yog Path



## International Day of Yoga

### Celebration at Raj Path, New Delhi



Hon'ble Prime Minister Sri Narendra Modi, Sri Baba Ramdev, Smt. Hansa Ji, Union Minister Sri Shripad Yesso Naik and Dr. H R Nagendra Ji on the dias

The International Day of Yoga celebrated on June 21<sup>st</sup> in a massive scale both In India and most of the countries across the globe is the result of the efforts of the Prime Minster Sri Narendra Modi, who lead this movement from the front, thus leading the UNO to declare June 21<sup>st</sup> as the International Day of Yoga, out of the 193 UN member countries, 177 countries supported the motion.

Prime Minister, Sri Narendra Modi presided over the International Day of Yoga organised at Raj Path, New Delhi along

## Pradhana Sevak leading Guinness World Record gathering



with Sri Shripad Yesso Naik, Hon'ble Minister of State I/C, Health and Family Welfare. For the function, Sri Baba Ramdev, Dr. H R Nagendra, Sri Atmapriaynanda, Padmavibhushana Dr. D Veerendra Heggade and Smt. HamsaJi were the guest of honour.

The event began with Welcome address by the Sri Sripad Yesso Naik, Hon'ble Minister of State I/C, for Health and Family Welfare and AYUSH. Prime Minister Sri Narendra Modi, while addressing the massive gathering quoted that 'Today Raj Path has become Yog





Path'. The Prime Minister was thrilled to see the huge gathering from all sect, creed, religion and age. While addressing the gathering, the Prime Minister, briefed the achievements and contribution to society in particular Yoga by all the guest of honour at celebration. Prime Minister being the follower of their ideology of Sri Swami Vivekananda, and having good knowledge of Yoga, stated that:

- Yoga is not a religion but it's the way of life.
- Yoga is confined to any religion, cast, creed or sect and it's universal.
- Yoga is not merely exercise meant for maintaining Physique but also tones the mental health.
- Yoga helps to change one's life and enables one to live life to the fullest.
- The Unity exhibited by the neighbouring countries in supporting the move at UN has brought us still closer. I extend my sincere thanks for the United Nations for recognising the importance of yoga.
- We are not just celebrating this day, but we

are imparting training for commencing a new era of peace.

- This event has made all other countries to look at our nation for rendering more responsibility and it's our responsibility to work towards it.
- Yoga is not the product to market, it should not be commercialized, if done so, it damages our ancestral lineage.

The Prime Minister Narendra Modi along with thousands of participants performed the Yogasanas, brought out in the common Yoga module protocol designed for the event. ■





## Prime Minister Sri Narendra Modi's views on Yoga and the highlights of his address on the eve of International Day of Yoga on 21<sup>st</sup> June 2015

The Prime Minister of the Nation Sri Narendra Modi, is a great visionary and one of the main objectives is the all-round development of the country and project India on the fore front of the globe. Apart from this Sri Narendra Modi, has initiated plans for setting up peace with in the country and with the neighboring countries for peace full co-existence and to spread the same message across the globe. With a view to initiate global harmony and peace, Sri Narendra Modi has taken the path of spreading yoga, by convincing the members of United Nations Organization and 177 out of 193 member countries of UNO agreed to celebrate 21<sup>st</sup> June as International Day of Yoga.

Sri Narendra Modi, from his younger days was attracted towards the preaching's and ideology of Sri Swami Vivekananda, and has acquired good knowledge of all the various dimensions of Yoga and believes that yoga can mould the personality of the individuals in an healthy way, which is most essential in the current situation of materialist scenario, where man has become almost a virtual machine with no basic human values, which shall have disasters effect.

### According to Sri Narendra Modi:

- Yoga is not a religion it's the way life.
- Yoga is not confined to any Individual, sect, creed, cast or sex.
- Yoga is not just an exercise it's a concept. Yoga is not a commodity to be sold and if commercialized, it's the insult to our ancient tradition from where is entire concept of yoga is derived.
- By adopting yoga way life, one can achieve enhanced Physical and Mental Health. As health mind enables to think healthy, it enables to leave with peace and harmony and



promoting co-existence of the mankind.

### General Message on 21<sup>st</sup> June 2015:

- We are not just celebrating this day, but we are laying foundation for a new peaceful era.
- Yoga does not end today but it's only a beginning.
- Yoga shall help to change one's life style and allows one to live to fullest of life.
- Those who have no idea of the effects of yoga re only trying to oppose the practice.
- From the banks of the river Indus to every continent in the world yoga has spread harmony between man and nature and a holistic approach to health and wellbeing.
- Yoga day is not just the dream baby of the Government or UNO, it's a Movement from those whose have embraced yoga and have changed their life and we just need to continue the movement. ■



## Brief Note on the International Conference held at Vigyan Bhavan, New Delhi on the eve of International Day of Yoga on 21st June 2015

The International Conference on Yoga for Holistic Health on the eve of first International Day of Yoga, at Vigyan Bhavan was inaugurated by the Hon'ble Prime Minister Sri

While addressing the invitees for the conference, Prime Minister Sri Narendra Modi, began the address by described Yoga as a journey from 'Aham to Vayam; Sva to Samasti'. (I to We, Self to Universe). He told that if we perceive our human body to be a unique creation, then Yoga is similar to a 'user manual' that makes one aware of the immense capabilities of that creation. He also narrated Yoga as a "state of mind," (avasthaa), as opposed to being a commodity or a system (vyavasthaa). He also stated the solidarity expressed through Yoga is helping bringing together the brothers and sisters across the globe and thus brings our hearts and minds closer. Further, the Prime Minister also described Yoga as a means to achieve harmony with oneself, one's body, surroundings and nature.

Narendra Modi. Sri Shripad Yesso Naik, the Hon'ble Minsters of State (I/C) for Health and Family Welfare & AYUSH, and Hon'ble Minster of State for Finance Sri Jayant Sinha, and Yoga exponents Sri Baba Ramdev, Dr. H R Nagendra and Padmavibhushana Dr. D Veerendra Heggade were present on the occasion.



**Inaugural Ceremony:** S-VYASA University Chancellor Dr. H R Nagendra, Hon'ble Minsters of State (I/C) for Health and Family Welfare & AYUSH Sri Shripad Yesso Naik, Hon'ble Prime Minister Sri Narendra Modi, Dharmasthala Dharmadhikari Padmavibhushana Dr. D Veerendra Heggade, Hon'ble Minster of State for Finance Sri Jayant Sinha and Sri Baba Ramdev of Patanjali Yogpeeth - *can be seen*



Release of Special Coin and Stamp to commemorate 1<sup>st</sup> International Day of Yoga

He said that when practised correctly and with discipline, Yoga leads to greater fulfilment in life. He also quoted that as the world united in celebrating the International Day of Yoga, there would be a lot of expectations from India, regarding Yoga, and we should be ready to shoulder this responsibility.

The Prime Minister described Yoga is a collective gift to humanity. He reiterated India's resolve to reach out and foster the culture of one global family – Vasudhaiva Kutumbakam.

The Prime Minister also released commemorative coins and a stamp, to mark the occasion. ■



Guinness World Record Certificate for Mass Yoga Performance at Raj Path

During Yoga Day celebrations in Delhi S-VYASA AO Dr. R M Acharya and S-VYASA Joint Director of (R&D) Dr. N K Manjunath with Delhi Chief Minister Sri Arvind Kejriwal

**New Delhi:**  
Dr. H R Nagendra Ji & Dr. N K Manjunath with Jaggi Vasudev of Isha Foundation



# International Day of Yoga celebration all over the Globe



UNO: Union Minister Smt. Sushma Swaraj, Sri Sri Ravishankar  
UNO General Secretary Mr. Ban Ki-moon



UNO General Secretary Mr. Ban Ki-moon



Times Square, USA



Eiffel Tower, Paris



Poland



Washington DC: Dr. Dilip Sarkar



New York: US Congresswoman Ms. Tulsi Gabbard, Union Minister Smt. Sushma Swaraj, Sri Sri Ravishankar



Nepal



Tokyo, Japan



Thailand



Kuwait



Afghanistan



Durban, South Africa



Sydney, Australia



New England



## International Day of Yoga celebration at International Centres of VYASA, S-VYASA



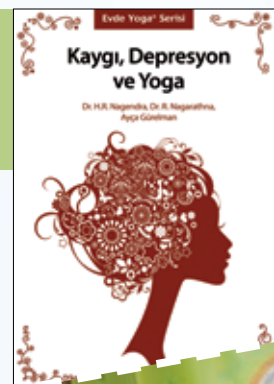
**Singapore:** View of IDY celebration in Changi Airport.  
In all 50 places programs went well.



Celebration at Gainesville, Florida

**Houston:** About 2000 participates in a collective yoga session at George R. Brown Convention Centre in Houston. The event was organized by the Consulate General of India with VYASA Houston & many other Yoga Organizations.

**Istanbul, Turkey:** Mr. Manish Gupta, Indian Consulate General was the Chief Guest. The Consulate General of India with the collaboration of Istanbul Yoga Centre organised the event successfully. During the ceremony a new publication of Purnam Publication, **Kaygi, Depresyon ve Yoga** was released.





## International Day of Yoga celebration at various parts of Bengaluru on June 21, 2015; Sunday

### PES University, Hosakerehalli

International Day of Yoga sponsored by PES University was celebrated on 21<sup>st</sup> June, 2015 at PES college grounds jointly by S-VYASA Yoga University and Karnataka State Yoga Academy. The event was inaugurated by Hon'ble MLA Sri Ravi Subramanya. More than 2000 Yoga enthusiasts participated in the event. During his address the Hon'ble MLA informed that Yoga is a science and not a religion, Yoga helps in attaining Physical and Mental health and thus yoga can work for the betterment of the society. Different dynamic exercises, asanas, pranayama and meditation were performed as per guidelines issued by the Ministry of AYUSH, Government of India under the guidance of Sri Sudharshan and Nageshwar of KSYA.

At MRD Auditorium the function started at

10.30 am by lighting the lamp by the dignitaries present. Dr. M R Doreswamy, Smt. Tejasvini Ananthakumar, Dr. Ramachndra G Bhat, Dr. I B Vijayalakshmi, Dr. Sudheer Deshapande, Dr. K N Balaubramanya Murthy were on the dais. Dr. I B Vijayalakshmi delivered soulful talk on Yoga and its importance in the current situation. Dr. Doreswamy, released four books and CD on Yoga Namana and requested to distribute them freely to all the participants and he would bear the cost.

Hon'ble Union Minister Sri Ananthakumar who joined later for the event emphasised on the importance of Yoga and the role of yoga for betterment of the world. He also appreciated the organisers of the event and PES for their assurance for progress of Yoga.

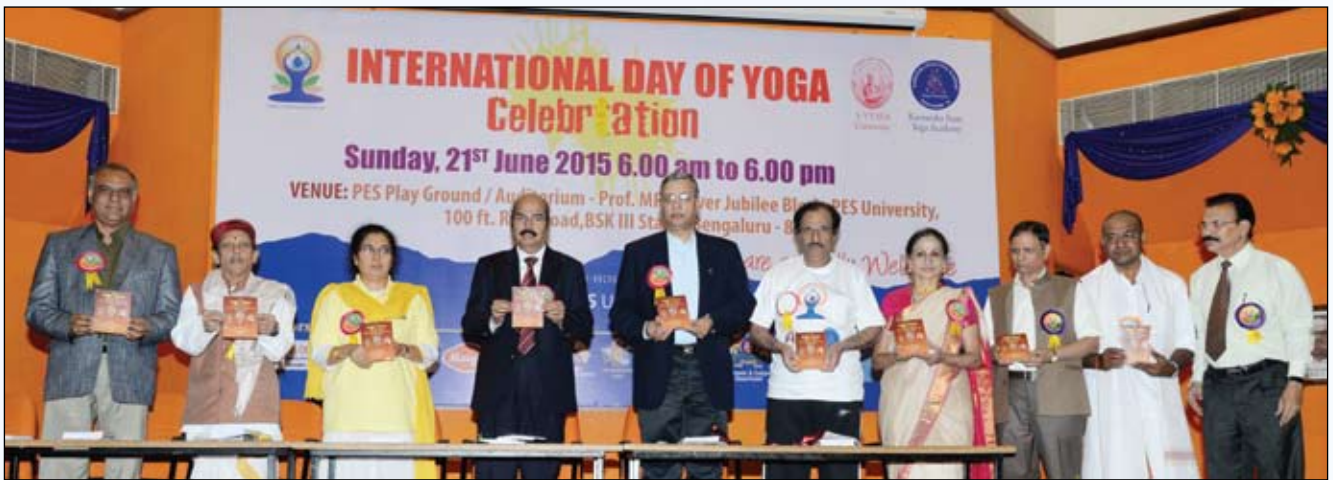
Smt. Tejasvini Ananthakumar, Dr. M R Doreswamy and Dr. Ramchandra G Bhat



Yoga performance at PES University grounds



Yoga for All book released by MLA Sri Ravi Subramanya



Rashtrada Yogi CD release



Union Minister Sri Ananth Kumar



Smt. Tejaswini Ananth Kumar



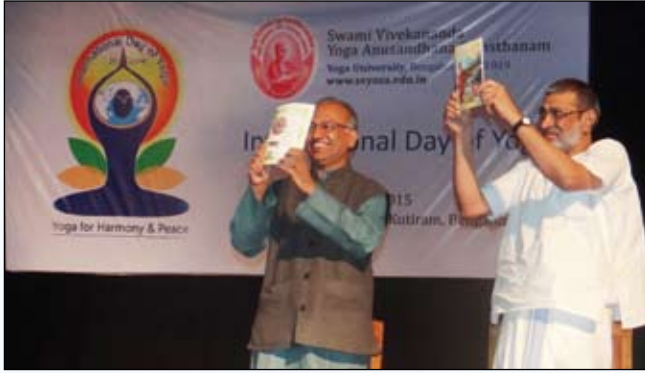
S-VYASA VC Prof. Ramachandra G Bhat

addressed the audience and briefed the importance of yoga and also the role played by Prime Minister Narendra Modi, for UNO in declaring International Day of Yoga

Valedictory address was delivered by Sri Nageshwar. ■

## Prashanti Kutiram, Jigani

The long cherishing dream of Dr H R Nagendra to celebrate June 21<sup>st</sup> as World Yoga Day, was made come true by the Honourable Prime Minister Shri Narendra Modi by taking necessary initiative for placing the subject in the UNO Assembly, The



Book release by Dr. B R Ramakrishna & Sri Mohan Ji

proposal was a unanimously supported by One hundred and seventy seven member nations. Prashanti Kutiram celebrated International Day of Yoga - 2015 in a big way. Almost 285 participants took active part in the celebration. The program started at 5 AM with Rama Nama Japa initiated by Prof Ramachandra G Bhat followed by Surya Namaskara, Gita Chanting and Common Yoga Protocol. Sri Mohan Ji and Dr B R Ramakrishna delivered the message on World Yoga Day. ■

## Vidhana Soudha

S-VYASA Yoga University had trained NCC

cadets from twenty two schools & colleges across Bangalore (city and rural) for the past two months. To mark the Celebration of International Day of Yoga On 21<sup>st</sup> June, The Department of AYUSH and NCC jointly organised a program at Vidhana Soudha scheduled at 6:30 AM. Col Aiyappa and Shri Vijay Kumar Gogi, were the key persons overseeing the program on behalf of NCC and the Department of AYUSH Govt. of Karnataka.

Hon'ble Chief Minister Shri. Siddharamaiah, Hon'ble Minister for Health Shri U T Khader, along with other ministers of the cabinet including Shri Anantha Kumar, Hon'ble Minister for Chemicals & fertilisers, GOI, Senior Officers, of GOK were present for the event. Dr Subramanya Pailoor, who had co-ordinated for training NCC cadets, represented on behalf of S-VYASA Yoga University. Dr Subramanya Pailoor was felicitated on behalf of S-VYASA Yoga University by AYUSH for the efforts made in training the NCC cadets and making the event successful.

Arrangements were made for the NCC Cadets to perform mass Yoga demonstration at Vidhana Soudha. Around three thousand six hundred NCC



Celebration at Vidhana Soudha, Bengaluru: Chief Minister Sri Siddaramaiah is addressing

## Yoga by NCC cadets



Cadets took part in mass Yoga demonstration. Following the mass demonstration, the Chief Minister of the State and the Central Minister for Chemicals and Fertilisers addressed the gathering. The contribution of Karnataka to the world for Yoga was praised. The marvellous works of Shri. B.K.S Iyengar, Shri Pattabhi Jois, Dr H R Nagendra, who are renowned world over for Yoga and Yoga related field were highly appreciated. The Hon'ble Chief Minister and the Central Minister adorned the contributions of S-VYASA Yoga University in the field of Yoga

and Yoga research. They also recommended Yoga to be a part of everyone's life to stay healthy. ■

### ICMR Center

IDY was celebrated by Indian Council of Medical Research (ICMR) employees at Nirmal Bhavan, ICMR center, Yelahanka, Bengaluru. Workshop on 'Yoga for Workplace wellness' was organized in collaboration with S-VYASA Yoga University. Dr. Raghavendra Bhat, Asst. Professor, S-VYASA conducted the workshop. Around 100 employees attended the program. ■



Dr. Raghavendra Bhat at ICMR Center

### Basaveshwara Nagar

Yoga Samyama Trust (R) Institute of Yogic sciences and Research Basaveshwara Nagar in association with Nemmadi School of Yoga Mahalaxmipuram had jointly organised the



A view of celebrations at Basaveshwara Nagar

event at Swami Vivekananda Park, Shankara Muth Circle Bangaluru. During the celebration Yogathon - Yoga Walk was organized. Swami Swathmaramananda of Basavanagudi Ramakrishna Math delivered a address on Yoga and Yogic Lifestyle. MLA Sri Gopalaiah, Ex MLA Sri Narendra Babu, BBMP Ex Deputy Mayor Sri S Harish, Founder & Hon President of Samyama Trust Dr. D S Wodeyar, S-VYASA Dean Prof. T G Sitharam, Nemmadi School founder Sri Mukund Rao, were graced the occasion. ■

## DRDO - CABS

The defence unit DRDO - CABS (which is dedicated to design and develop key technologies and infrastructure for building efficient and cost-effective indigenous Airborne Surveillance Systems) has organized world yoga

day celebration at its residential campus. The executives of entire department about 150 were part of the celebration.

Mr. Rajesha H K, Assistant Professor, Division of Yoga Spirituality represented S-VYASA University where he delivered the lecture on **The Science of Yoga** followed by practices of Common Protocol which is provided by department of AYUSH, Govt of India.

There was an interaction session for half an hour related to regular practices and conceptual understanding. The entire session went on well for two hours and well accepted by one and all with good response for having such wonderful interactive and practice session.

The entire program was organized by Mr. Srikumar K M, Scientist (D), DRDO. ■



DRDO - CABS: Mr. Rajesha H K

## NIMHANS

As a part of the IDY celebrations a program 'Celebrating Age' held at NIMHANS Convention Centre, Bengaluru. On Jun 20 S-VYASA VC



Prof. Ramachandra G Bhat



Yoga demonstration by S-VYASA students

Prof. Ramachandra G Bhatji inaugurated the program. Later for two days some interesting sessions conducted by S-VYASA faculty members. ■

## Shree Yoga Vijnana Kendra, Yelahanka

First International Yoga Day was celebrated on 21<sup>st</sup> June 2015, by Shree Yoga Vijnana Kendra (SYVK), Yelahanka, in a befitting manner.

Sri Gopalakrishna Hegde, Smt. Malini Sridhar and team from SYVK conducted asana demonstration at CRPF Campus, Dodda Ballapur Road. Employees of CRPF along with

their family enthusiastically participated in this camp and learnt the basics of Yoga.

Sri Shivaprakash B, Sri Sadananda and other yoga teachers from SYVK organized Yoga awareness camp at Railway Wheel Factory, Yelahanka. Presentation was given by Sri Shivaprakash on 'Significance of Yoga Day and real meaning of Yoga' followed by yogasana and kriya demonstration by other teachers. Members of Railway Wheel Factory actively took part in the camp and got the glimpse of benefits of yoga.

Sri Sreeknath, Sri Chandranna and other Members of SYVK arranged a Yoga awareness camp at BSF Campus, Yelahanka. Some basic asanas were taught and the benefits of these asanas were explained. Many participants were motivated by this and took the pledge of practicing yoga regularly. SYVK yoga students participated in group yoga practice organized near Allalasaandra Lake.



CRPF campus: Sri Gopalakrishna Hegde



Yogaha samattvam uchyate



In the evening entertainment events were organized at SYVK Yoga Hall, including advanced asana demonstrations, classical music, light music and comedy talks. ■

## Live Phone in Program in DD Chandana

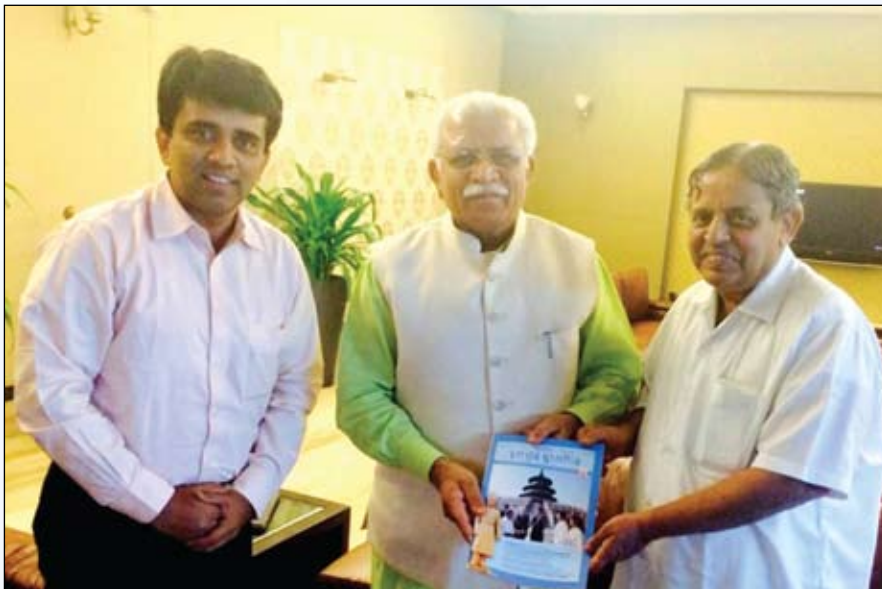
by Prof. Ramachandra G Bhat, Vice Chancellor, S-VYASA



The National Doora Dashana-Chandana (Kannada) Channel facilitated Prof Ramachandra G Bhat, Vice Chancellor, SVYASA Yoga University to share the knowledge on

Yoga to educate and to clarify the misconceptions on Yoga. It was 'Hello Geleyare' direct live in program on channel, has received very good response from all over Karnataka during the program. Prof Ramachandra G Bhat gave call to young generation for imbibing Yoga and Yogic life style rather than practicing it as matter of routine in the morning and evening. Nature-

friendly living itself becomes Yoga by shunning pollution, contamination and radiation. Professor displayed the different activities of VYASA and SVYASA including Arogyadhama, SDM project, five division projects and community welfare activities of the institution. Thus, it was an opportunity to showcase the institution and its multi dimensional activities. During the course of the interview Dr Shivaram Pailoor, anchor of the program posed many questions relevant to the modern situation and relevance of Yoga in any social condition. 'Bharat' is getting integrated in the name of Yoga in a similar a way how Svatantrya (Independent) movement brought all united before the Independence. As a part of the interview many photos pertaining to previous celebrations of World Yoga Day, Arogyadhama and other relevant photographs showcasing the achievements of S-VYASA University were displayed and being live in programme 15 callers interacted with Prof. Ramachandra Bhat on various issues pertaining to Yoga and all their queries were cleared without leaving an iota of doubts. Prof. Ramachandra Bhat, concluded the programme by thanking all the views and Doora Darshana - Chandana Vahini and its entire team for the arrangements and opportunity provided. However the entire day was filled with the fragrance of Yoga. ■



Guruji presented Yoga Sudha June, 2015 issue to Sri Manoharlal Khattar, Honourable Chief Minister of Haryana



## International Day of Yoga celebration at various parts of India on June 21, 2015; Sunday



Yoga for Children

### VYASA, Kolkata

To celebrate **1<sup>st</sup> International Day of Yoga (IDY) & Madhumeh Mukta Bharat (MMB) Yoga Saptah** (21-27 June 2015) total building of the **VYASA Kolkata** was decorated with flower garlands and blue lights.

On 19<sup>th</sup> June Mr. Sanatan Mahakud was invited to **All India Radio, Kolkata** (Akashbani Bhawan) for an interview on **Yoga for Children** for their Sishu mahal Karyakrama (children programme). It was aired on 21 June 2015 at 10 am in Kolkata-A.

On 19<sup>th</sup> June 1st International Day of Yoga was celebrated by the primary section of **The Heritage School, Kolkata** as Sunday was holiday.

On 20<sup>th</sup> June 2015 1st International Day of Yoga programme was organized by **Kreedha Bharati** at Phani Bhusan Manch of Bagbazar, Kolkata.

In this programme on behalf of Vivekananda Yoga Anusandhana Samsthana Mr. Sanatan Mahakud has received a Certificate of Honour and momentum from the **Honorable Governor of West Bengal Sri Keshari Nath Tripathi** in recognition of its meritorious contribution towards development of Yoga and for the



Mr. Sanatan Mahakud honoured by  
Honorable Governor of West Bengal Sri Keshari Nath Tripathi



Welfare of the society.

On 21<sup>st</sup> June 2015, 1<sup>st</sup> International Day of Yoga was celebrated by **VYASA Kolkata** also the week long **Madhumeh Mukta Bharat (MMB) Yoga Saptah** was started with blood sugar test done by SRL group.

On 21<sup>st</sup> June 1<sup>st</sup> International Day of Yoga was celebrated by **VYASA & Lions Club of North Kolkata** at Safari park of Rabindra Sarobar, Kolkata. It was started with an introductory lecture by **Swami Amalpranandanda** of Ramakrishana Mission Gadadhar Math, followed by practice session in synchronization with the live demo of New Delhi's Rajapath programme.

Along with this 1<sup>st</sup> International Day of Yoga was celebrated by the teacher of VYASA at many other places like **Hurticulture Garden**, Ekal Bhawan of **Van Bandhu Parishad**, Harish Mukherjee Road, **VYASA Salt Lake & Calcutta Sea Port** etc.

On 22<sup>nd</sup> June 2015, 1<sup>st</sup> International Day of Yoga was celebrated by the teachers of VYASA for **Birla High School for Boys, (Junior) The Heritage School (Middle) & Andhra Association**

**School** (Primary & Secondary section). On this occasion **9<sup>th</sup> inter House Yoga Competition** of The Heritage School was organized.

On 23<sup>rd</sup> June, 1<sup>st</sup> International Day of Yoga was organized at **NACEAN Kolkata**, for its Executives and Officers. ■

## VYASA, Guwahati



VYASA Guwahati celebrated IYD. Participants have actively taken part in the yoga sessions and discourses. ■



## S-VYASA, Pune

S-VYASA Pune center celebrated the world yoga day in association with Times of India (Maharashtra Times), Pune's most authentic and popular daily. In this event around 350 school children and 150 Elderly people demonstrated yoga. Chattarapati Puraskar winner and olympian Dr. Dineshkumar Panday was chief guest for this event. All S-VYASA past students and new students perform all asanas. Mrs Vidula Shende gave instruction to the participants. Vishwas Shende delivered vote of thanks. ■



Program at Indo-Tibetan Border Police, 27<sup>th</sup> Command at Nooranad, Kerala

Dr. Apar Saoji, Asst. Professor of our University, was deputed to conduct a workshop on Cyclic Meditation at Amrita School of Ayurveda of Amrita Vishwavidyapeetham, Kollam, Kerala. The workshop was attended by more than 300 people which included students, faculty members of the Amrita School of Ayurveda and common public. He was also deputed to

## Kollam, Kerala





Celebrations at IEST, Kolkata

Indo-Tibetan Border Police, 27th Command at Nooranad, Kerala, where he instructed the Common Yoga Module to around 300 Jawans of ITBP and 500 civilians. ■

International Day of Yoga was observed at Premier Institute under Govt. of India - 'Indian Institute of Engineering, Science & Engineering (IEST)' (formerly BESU), Shibpur, Howrah. IRIIM Faculty conducted the whole session as a part of one month Free Yoga Camp in Howrah District sponsored by CCRYN, New Delhi. ■

## IEST, Kolkata





# Curtain Raiser of Madhumeha Mukta Bharat



**New Delhi, June 13:** The Curtain Raiser ceremony was held in Constitutional Club. Hon'ble Minister of State (Independent Charge) for AYUSH Sri Shripad Yasso Naik was the Chief Guest. National Co-ordinator of MMB Dr. Ashok Varshney, S-VYASA University Chancellor Dr. H R Nagendra, Arogyadhama CMO Dr.

Madhumeha Mukta Bharat Booklet and DVD released by Sri Shripad Yasso Naik.

Madhumeha Mukta Bharat Yoga Saptaha was scheduled for a week, from June 21-27. Throughout the country 1500+ camps were conducted. It's a one more initiative to control and prevent India by becoming the Diabetes Capital of the World.

It is a part and parcel of Stop Diabetes Movement of VYASA, Bengaluru. This time along with VYASA, Arogya Bharathi also joined its hands and AYUSH Dept. supported a lot.

A detailed report on Madhumeha Mukta Bharat Yoga Saptaha will be covered in the next issue of Yoga Sudha. ■



R Nagarathna, National Co-ordinator of MMB Dr. Amit Rathi and many more dignitaries on the dias.

During the ceremony



# LIGHT IN THERAPY

## Introduction to color therapy

Color of light could affect the body and mind of a person was known perhaps to ancient Egyptians and Indians. In ancient Egypt, it is said that Solaria were employed wherein people were exposed to different colors of the sun light through the use of glass prisms. We know that animals react to colors; a bull is agitated when it sees red color in the cape used by bull fighters. Red is the color for immediate stop on our roads and green means we can ease into motion! An example of color therapy in use presently is the use of blue light to treat new born infants with bilirubin syndrome – also known as jaundice.

## Healing Through Spectro-Chrome

The science and art of applying color for therapy was rediscovered in the recent past by a Mumbai-born doctor by name Dinshah Ghadiali (1893 – 1966). Chromopathy or Chromo-therapy is the method of using color for therapy. In April of 1920, Dr Ghadiali introduced his system of healing with coloured lights to the world in New



Fig 1: Increased biophoton emission from an injured finger (thumb not shown)

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



York City where he had taken up permanent residency.

In the next four years of his discovery, Dr Ghadiali had trained more than 400 doctors in and around New York. His success was phenomenal and this did not go unnoticed by the American Medical Association which has little patience for alternate therapy – then as now!

The first indication of opposition to Spectro-Chrome emerged in the January 1924 issue of the Journal of the American Medical Association. The article ridiculed Spectro-Chrome and its many recorded case studies and mentioned "Some physicians, after reading this article, may wonder why we have devoted the amount of space to a subject that, on its face seems so preposterous as to condemn itself. When it is realized that helpless but credulous patients are being treated for such serious conditions as syphilitic conjunctivitis, ovaritis, diabetes mellitus, pulmonary tuberculosis and chronic gonorrhoea with coloured lights, the space devoted to this latest cult will not be deemed excessive"

When Dr Ghadiali had to appear in the court of law in 1931, he asked for the testimony of three medical doctors in the city who worked with his colour therapy devices. They also appeared in the court and presented many serious conditions treated through Spectro-Chrome and the positive results thereof. Dr Kate Baldwin, one of the witnesses, stated that after thirty-seven years of



active hospital and private practice in medicine and surgery, she produced quicker and more accurate results using Spectro-Chrome than with any other method and there was less trauma to the patient. The jury did not find Dr Ghadiali's healing system "preposterous." Ninety minutes of deliberation resulted in a verdict of 'Not Guilty.'

In 1947, Dr Ghadiali was again tried in the court for "mislabeling." This time he was found guilty and was forced to surrender all the books, magazine articles and papers he had written on Spectro-Chrome to be burned! The estimated worth of the material that the government destroyed was \$250,000. Dr Ghadiali was placed on five years of probation, ordered to disassociate himself from Spectro-Chrome, and to close his institute [1]. His son, Dairus runs an institute in USA and sells books and some ideas related to the device [2].

It is always necessary to provide a model and if possible, a mechanism for observed effects through any external inputs, including light. Unfortunately, this is not available in the case of many light based therapies. Perhaps, a particular wavelength stimulates a set of chemoceptors or chemically sensitive receptors in the cells of the body. These activities and mechanism are little known to medical science at this time. Some serious work on colour therapy is emerging presently, a summary of which are presented later in this paper.

## Biophoton Therapy

A catch word to explain tomorrow's technology today is biophoton! Photons are light particles. They are the particles that travel in space and reach our eyes from the sun and the distant stars. Human body (as well as animals) emanate photons spontaneously; these are called biophotons. The body and even cells within give off photons all the time which perhaps (we do



Fig 2: The Chiren Instrument which assesses and treats

not know yet) stop at the time of death. There are theories that postulate that communication in and through acupuncture meridians is through photons. These photons vary in number, intensity and colour within the body seemingly dependent on the health status of the person. These photons have another property called coherence; their electromagnetic signature is in synchrony just like that of a laser light.

This property of coherence is very difficult to measure at laser frequencies and a simple instrument that provides different colours of light may not be capable of distinguishing coherence. Anyway, the claim to therapy by these machines is the property of coherence of biophotons. In diseases, the biophotons are not coherent and the instrument is said to balance this and send back a coherent light wave into the body. See figures 1 and 2.

An instrument using these postulates is commercially available. This device developed by Johan Boswinkel, called Chiren, is used to assess where the disharmony is located within the body using acupuncture based measurements.



Information on the device has this to say: "The body is then treated by inverting the light wave pattern for the disease or microorganism, while at the same time augmenting the healthy, coherent light from *ones own* body. This neutralizes the illness and can lead to profound healing". The information is inadequate to properly evaluate the system; however, there are cases reported with positive outcome which is of interest to further investigate the mechanism of therapy.

## Conclusion

There are numerous instruments in the market that claim use of light – coherent or otherwise – to bring about a cure for a verity of disorders. Specific colors of light are also used in many studies to achieve homeostasis. A summary of recent studies is provided hereunder.

There is a study reported of the apparent positive effect of ultra-violet light on mental patients. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2102923/>

A recent paper is: "Light, vitamin D and psychiatry. Role of 1,25 dihydroxyvitamin D3 (soltriol) in etiology and therapy of seasonal affective disorder and other mental processes", by [Stumpf WE](#) and [Privette TH](#). A quote from the paper says: "Effects of sunlight and corresponding artificial light are likely to be mediated through direct actions of soltriol on brain and endocrine tissues that are independent of its effect on calcium levels. Those direct actions are receptor mediated and appear to be dose related as they depend on intensity of light and length of exposure, considering light (photons) as a drug".

Pulsed light is used by Dr Duncan Anderson of The Royal Postgraduate Medical School, Hammersmith Hospital, London to treat migraines and PMS; <http://www.mindmodulations.com/resources/Study-pms.html>

Another study showed that light therapy is effective in Parkinson's disease. <http://www.ncbi.nlm.nih.gov/sites/entrez?cmd=Retrieve&db=pubmed&dopt=AbstractPlus&listuids=17612949>

A study at the University of Iowa, USA showed that blue light therapy can help treat and reduce the number of precancers, and hopefully reduce the number of full-fledged skin cancers and possibly help in photo-rejuvenation.

Light has an effect on the cells of the body; we know for example, SAD (Seasonal Affective Disorders), a disorder related to depression is due to lack of sun light in the northern latitudes. When such people sit under the light of a full spectrum lamp (which mimics the range of light frequencies of sun light), they get over this disorder. Thus, normal exposure to sun light is essential for health of an individual. One need not sit directly in the sun light; the photons that enter the eyes are enough to create a balance in the body. Light therapy is coming slowly into modern medicine; using light on chakra points and acupuncture system, it is possible that we could bring energy balances to the body and perhaps Dr. Dinshah Ghadiali was working with this aspect of Energy Medicine.

## References and Notes

- 1 Any reader who finds this action by a premier scientific community out of line should read books by Dr Candance Pert and Dr Robert Becker. The books by them were written in 1980's and 1990's bringing to focus the politics of research.
- 2 Dairus Dinshah, "Let there be light" and Dr Dinshah Ghadiali's own book "Spectro-Chroma Metry Encyclopedia" are available through the internet. ■



# S-VYASA University

Swami Vivekananda Yoga Anusandhana Samsthanam

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

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- 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.

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#### 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.





# Unforgettable moments with Yogi C R Gururaja Rao



CR Gururaj Rao, a great yogi in the real sense, passed away recently. He was a resident of Shivammoga in his sister's house. I know him very closely, I was so fortunate that I could see him in the rare incarnation. CR Gururaja Rao was the student of Malladihalli Raghavendra Swami.

Sri Raghavendra Swami was one of the greatest masters of Yoga in the whole Karnataka, established an institution near Chitraduga. He trained hundreds of people and he was not only Yoga master but also well versed in Ayurveda who knew Rahasya Vidya of medicinal plants. Actually Raghavendra Swami, Malladihalli had adopted Gururaja Rao as his most beloved student for more than a decade.

Gururaj Rao was one of the best professors of chemistry in Vijaya College, Bangalore. Rao Ji and great master of Vedanta Sri Satyanarayana Shastri Ji, who was the source of the inspiration for VYASA and SVYASA movement, Prashanti Kutira, were colleagues in the same institution. After having served as professor of chemistry for some years, Gururaja Rao went back to his native place Kuruvalli, Teerthalli, Shimoga. Kuruvalli Village where Purushottam Rao has done his Sadhana in creative agricultural activities on the Bank of River Tunga. Gururaj Rao stayed on the bank of Tunga doing Tapasya for very long time staying alone, following mother Tunga bestowed best of her for all Sadhana. Bank of Tunga was Tapo Bhumi for his Sadhana starting from morning up to noon, then he dedicated his time for many well-wishers and Satsang. Almost all his financial income was dedicated to education, elevation and social welfare activities around Kuruvalli.

He was a very strict follower of Naishtika Bhramacharya and lived like a Rishi. Keeping

himself in a solitary place and involving himself in intense yoga sadhana. Gururaj Rao was a humble Yoga Sadhaka behind the screen in which case Yoga is being marketed as just physical jugglery to keep body fit.

Rao Ji decided to come to Veda Vijnana Gurukula, Bangalore to share the experiences of his Sadhana for decades with the young generation. Veda Vijnana Gurukula was fortunate enough to accommodate him with right ambience to teach Sadhana through Yoga with his linguistic proficiency in Kannada and English, his students know 'what is the value of being a student to an incomparable teacher'. He had very soft but loud voice that attracted anyone nearby and sometimes even very far. Very loud emotional expressions in his voice by reading Bhagavata and Ramayana etc., were common features during his Sadhana in his room, which is the feature of a great Bhakta.

For his ability of organizing, accommodative nature, convincing voice all such things were the qualities that pupil and people remember him. He was just an embodiment of role model of Nivritti Marga. He used to say 'Ramachandra Ji, it is time to retire and have the upward journey'. Purely we could see Nirvikarata about everything in him. Fortunately, Gurukula Education supported him by calm ambience and got support by his knowledge base. He used to ask about Dr Nagendra Ji and Dr Nagarathna Ji now and then and sharing earlier experiences with Prof Satyanarayana Shastri Ji.

Satyanaaraayana Shastri Ji was very much follower of Shankara philosophy and Gururaja Rao was the follower of Madhava. Gururaj Rao Ji had very deep knowledge about Madhava philosophy, as he was the student of Adhamaru Swamiji, Udupi. He used to discuss many



philosophical teachings of all the other traditions that are suitable for the present situation. I could observe deep knowledge in order the grate Naiyaika tradition; Sri Pejavara Swamiji's guru Sri Vidyamanya Teertha Bandarkar Swamiji and he studied Jayatirthacharaya's work. Great Tikaacharaya of Madhva order knowledge in Bhrama sutra and upanishads was also very much felt by me. And he use to discus openly.

Though Gururaj Rao was follower of Madhva philosophy, he used to accommodate every objective analysis of all the branches of philosophy. He was also a student of Sri Aurobindo philosophy and appreciated Devin life and many other works of Sri Aurobindo.

I was really fortunate that, I was with him for more than 15 years preparing lessons for HINDHU JEEVANA DEEPIKA for Hindu Seva Pratisthana, He used to spend some days in VYASA also. I got wonderful insight about the Vedas and other sources of our Rishi Order in his company and could know his depth of knowledge. Being professor of chemistry, he

knew about the Vedas and Upanishad, which was highly surprising. I know many great scholars in Gokarna and Mysore who have deeper Shastrik information, but compare to those scholars Gururaj Ji's knowledge was skillful and insightful because he was a master of both Samskrit and English. It was an ideal condition for me that scholarship in both English, Sanskrit and Shastra, and on the other side mastery on modern science. We have lost a great soul from this world. Prashanti got special remembrances about him and our Nagaratna ji got wonderful inspiration from grate scholar and Sadhaka. He was a fatherly figure for all of us here in Prashanti kutiram. We just pray to Paramatman to take him to **Urdhava loka, Shrestha loka** since he was real Yoga master even until the last breath. Therefore, we would be very happy to offer our homage, SHRADHAANJALI to that great soul for its upward ascending towards Sathayaloka.

*Om tat sat...*

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

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# RESOLVE TO RISE

On the new year's days and on birthdays, there is the habit of people taking new vows. They decide to do something everyday to strengthen their will power and for their betterment in one field or another. Most of the new resolves dissolve sooner or later. A friend of mine resolved to stop smoking from his birthday onwards. Very soon within a few days, he was seen smoking. I asked him what happened to his resolve. He replied "oh, it is very easy to stop smoking. I stopped it many times" but we cannot afford to stop the practice of yoga. It should be a lifestyle and a part of the day's routine.

As we are all aware this year we celebrate 21<sup>st</sup> June as the world yoga day. It is not a mere celebration. Nor is it for fun and festivity. It is for practice everyday. It should be a turning point in our lives for our betterment. We cannot and should not offer lame excuses that we are busy and we do not have time. However busy we may be, we eat at some point of time, somewhere somehow. And sleep as well without

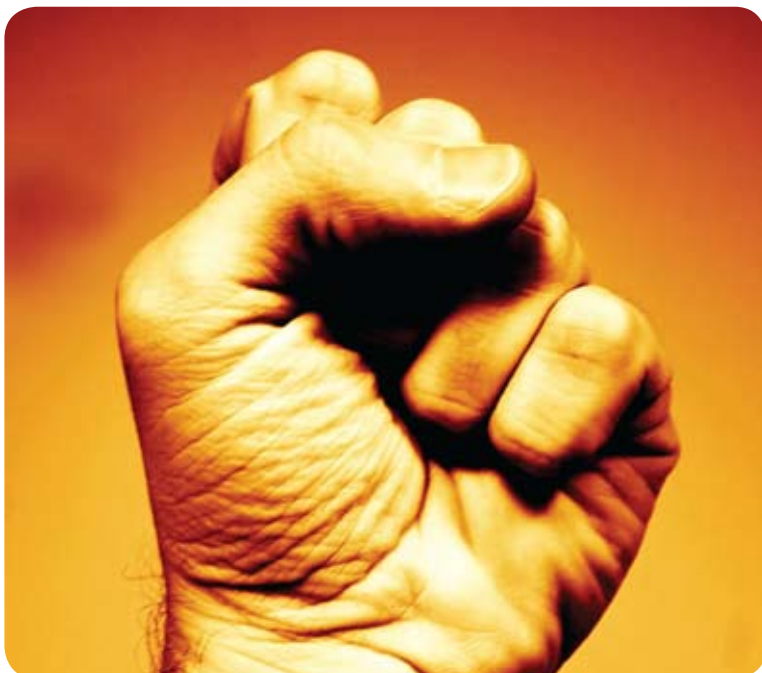
■ *Dr. K Subrahmanyam*  
*Dean, Division of Yoga &*  
*Humanities, S-VYASA*



fail. Similarly we should find time to practice atleast pranayama, the panacea for all evils. We are at present breathing unconsciously. If only we can breathe consciously the results will be highly beneficial and enormous. Anywhere, while travelling as well, we can breathe in slowly and breathe out steadily. The one creature, tortoise lives healthily simply because it breathes in and breathes out very very slowly. Our health and happiness are directly connected with pranayama.

Also, at the subhuman level there are inertia, impulses and instincts. All birds and beasts, plants and innumerable beings are subjected to instincts, impulses and inertia. Man is not subhuman. He or she is human and so should not be a slave of instincts. One has to keep them under control. After all, every person is endowed with will and intellect. With their help let the instincts be kept at bay.

The four powerful instincts are urge to eat, urge to sleep and the most powerful urge to procreate with the underlying lust and fear all through. In no way humans are different from subhuman species if they are also slaves of the instincts. It is upto one to exercise the option to remain human with all these subhuman instincts or out grow them with a strong will and become a super human personality. Yoga it is, when the will and intellect are exercised to





regulate the senses and if possible to go beyond them. Freedom to senses is subhuman and beastly. Freedom from the senses is superhuman and divine. In between is the man, the human who should at least regulate them if not totally subdue or enslave them.

In one family there can be human, superhuman, inhuman and subhuman beings depending upon their attitude and practice of yoga. Even subhuman species may have limited instincts. But the inhuman have excess of instinctive urges. For example, Ravana is inhuman on account of his excessive and indiscriminate lust. His bother Kumbhakarna is a slave of food and sleep. He eats like a glutton and sleeps like a

log. Kamsa, the maternal uncle of Krishna, is a victim of fear. So they are all inhuman, far away from any yogic practice.

Srikrishna the son of Devaki, is divine and superhuman since he has conquered the instincts. Kamsa the brother of Devaki is inhuman because of his excessive fear. Vasudeva the husband of Devaki is human on account of his regulated instincts.

On the WORLD YOGA DAY let us resolve to outgrow the instincts with our strong WILL, powerful INTELLECT. Let us grow to be divine and superhuman through yoga practice and particularly through the practice of pranayama. ■



## 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

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Admissions  
open for  
Aug, 2015



# Updates from Istanbul-Turkey center

## Yoga Vasistha 1<sup>st</sup> volume is released by March 2015

Purnam Publishing took up the project of bringing original 6 books of Yoga Vasistha (32,000 slokas) in 10 volumes. By March 2015, the first volume of the set is released, which includes the first two books of Yoga Vasistha.

The total set is planned to be completed in 10 years.

## Summer YIC Batch is started



The winter batch of our yoga instructor certificate course will be finished by the end of June. The summer batch is started by the first week of June. We are happy to see the increased number of enrollments to our program as all the places are full.

## Yoga philosophy books are getting more popular in Turkey

Our three books; Karma Yoga, Raja yoga and Patanjali's Yoga Sutras by Swami Vivekananda are reprinted as of June 2015.

## We hosted Sivananda Group in our center



Hamsa Saraswati, a young Turkish sadhaka and is the leader of Sivananda yoga center in Istanbul, visited our center for a kirtan and satsang session with his Sivananda Yoga TTC student group, and we have witnessed the harmony between the two big traditions, Swami Sivananda and Swami Vivekananda. More joint programs to come soon!

## Philosophy talk in Sports for All Federation Yoga Instructor Course

We are invited to give a 4 hours long yoga philosophy talk about Pranayama and Pratyahara to 60 yoga instructor students of Sports for All Federation in May 23.

## Philosophy Talk in Bursa Yoga Center

We are invited to give a yoga philosophy talk on 4 streams of yoga to Bursa Yoga Center, which is owned by a YIC-student Burçin Köseoğlu in city of Bursa.

We will continue organising such talks by september. ■





S-VYASA Yoga University

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Apply Online

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- Enjoy an urge of Self Improvement
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- Develop integrity, responsibility, reliability, dependability and compassion.

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# 21<sup>st</sup> INCOFYRA

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

### THEME

Yoga: The Basis for Integrated Healthcare System

Nov 15 - 18, 2015

Prashanti Kutiram, International Headquarters of VYASA, Bengaluru

Organised by:

Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru

In technical collaboration with



School of Integrative Medicine

S-VYASA Yoga University

Swami Vivekananda Yoga Anusandhana Samsthana

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## CONFERENCE PROGRAMS AT A GLANCE

DATE	PROGRAM
Nov 8 - 14, 2015	Pre - Conference workshop
Nov 11-14, 2015	Himalaya Yoga Olympiad
Nov 15 - 18, 2015	Main Conference

## CALL FOR PAPERS

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

Last date for submission of Abstracts	Sept 15, 2015
The abstracts will be peer reviewed and acceptance or otherwise will be intimated by	Sept 30, 2015

- Submit your abstract on conference webpage. Please visit conference webpage for details. For any queries please write to [incofyra21@svyasa.edu.in](mailto:incofyra21@svyasa.edu.in)

## CONFERENCE REGISTRATION

Register before Aug 15<sup>th</sup> to gain maximum concession

Individual Programs	Dates	SAARC Centers		International	
		Before Aug 15 in ₹	After Aug 15 in ₹	Before Aug 15 in \$	After Aug 15 in \$
Pre-Conference	Nov 8-14, 2015	7,000	9,000	350	450
Main Conference	Nov 15-18, 2015	3,500	4,500	250	350
Both Programs	Nov 8-18, 2015	9,000	13,000	600	700
Day Rate for Conference		1,100	1,500	90	115

## CONFERENCE REGISTRATION AND DETAILS FOR PAYMENT

- **Dr Sanjib Patra** - 094833 90476; **Dr Balaram Pradhan** - 094837 11185
- Payment by Cash or DD payable to 'Vivekananda Yoga Anusandhana Samsthana' (VYASA)

## CONTACT DETAILS & REGISTRATION

**Sri Mahadevappa**, Manager, S-VYASA City Office, 'Eknath Bhavan', #19 Gavipuram Circle, K G Nagar, Bengaluru - 560 019

ph: 080-2661 2669 | e-mail: [incofyra21@svyasa.edu.in](mailto:incofyra21@svyasa.edu.in) ; [incofyra21@gmail.com](mailto:incofyra21@gmail.com)

web: [www.svyasa.edu.in/21incofyra](http://www.svyasa.edu.in/21incofyra) | facebook: [svyasayoga](https://www.facebook.com/svyasayoga) | YouTube: [svyasabl](https://www.youtube.com/svyasabl)

## OBJECTIVES:

1. To disseminate the research findings in the field of integrative medicine and give directions to future research
2. To translate the research findings of integrative medicine into clinical practice
3. To establish working groups comprising universities, health care providers and policy makers to initiate collaborative research programs
4. To deliver cost effective mass health care means to address common ailments at the primary health care level
5. To discuss on reforms in policies related to integrated health care system



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- ▶ An EVIDENCE- BASED MEDICINE
- ▶ Holistic approach with non-invasive treatments
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- ▶ Learn and experience nature

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mob: +91-94496 67671  
e-mail: bnys@svyasa.edu.in  
[www.svyasa.edu.in](http://www.svyasa.edu.in)

## Achievements:

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

## Recognitions:

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

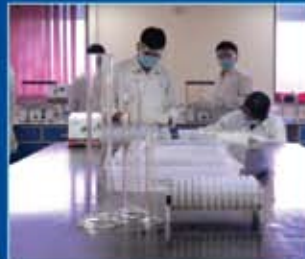
## Accomplishments:

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



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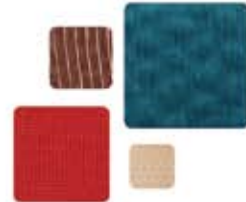
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