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# YOGA SUDHA

A Monthly Journal of Swami Vivekananda Yoga Prakashana



**Stop**  
Diabetes  
Movememt

Submission of Gujrat SDM Proposal  
to the Chief Minister Narendra Modi ji  
by Guruji & AO Shatrughan Singh



Guruji in One World Retreat, Jodhpur



# SURYATHON 2013



Latest research findings are showing that Yoga, especially Suryanamaskara can be effectively used to control modern day ailments like Diabetes, Hypertension and Asthma. Further, it is also a cost effective and holistic approach without any side effects. To create awareness about these benefits of Suryanamaskara, S-VYASA has been conducting mass Suryanamaskara events since 10 years.

Keeping with this tradition and also to commemorate 150<sup>th</sup> birth anniversary of Swami Vivekananda and Stop Diabetes Movement, a mass Suryanamaskara event named Suryathon was organized on Sunday the 24<sup>th</sup> March 2013 at Malleswaram grounds, Malleswaram, Bangalore.

Over 200 people participated in the programme. The speciality of the programme 36 more Suryanamaskar was added along with 108 and we are very happy to inform that all the participating did 144 Suryanamaskaras. The event was organised by Mrs. Nandini and Mr. Prasad with other volunteers.

The Inauguration of the programme was done by Dr. Sudheer Deshpande and other dignitaries. The programme started at 6AM.

Dr. H.R.Nagendra, Chancellor of S-VYASA University and Dr. R. Nagarathna, Chief of SDM Movement also participated in the programme.

Dr. Nagarathan in her speech highlighted the importance of Suryanamaskar and how it helps to stop diabetes .

Dr. H.R. Nagendra in his speech highlighted the importance of Suryanamaskar and life style change for promotion of health and happiness.

Dr. Sudheer Deshpande highlighted the University activities and requested all the participants to join our next Suryathon Programme.

Next Suryathon Programme will be organised at Dr. Ambedkar Grounds, Basaveswaram by Mr. Wodeyar and his team.

Researchers from S-VYASA conducted a small experiment using REG (Random Event Generator) and intends to use this data to quantify the effects of performing Suryanamaskara.

Further, similar mass events are planned throughout the year at various places in Bangalore. If you missed this event in Malleswaram, you could still be part of this movement by participating in the upcoming event at Basaweshwaranagar.

For more details, please send an email to [svyasa.alumnibl@gmail.com](mailto:svyasa.alumnibl@gmail.com) or call Mr. Wodeyar - 9480616488



S-VYASA is entered into MoU with Vastu Organisation to conduct Research on 'Vastu Shastra' in Mumbai

तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम्

# YOGA SUDHA

Vol.XXIX No.4 April, 2013

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# EDITORIAL

Prof Akhilesh our dean of our Division of Yoga and Management Studies is of the firm opinion that we should not change our MSc (Yoga and Management) to MBA which was proposed by many. He said that we today need something new and unique based on our Indian Ethos for the Corporate world. Don't you see that the present MBAs of top universities as Harvard have produced such experts who have led USA to the present collapse of economy? Why? It is essentially based on matter-based paradigm. While we had a great legacy of our business men, corporates with sustainable model. That is what we need today in the field of management. So our Post Graduate course, MSc (Yoga and Management) is to create new change agents for the business, corporate world, and society for creating transformation based on a new integration of yoga and management disciplines with a view to achieve the vision of sustainable and holistic development. Prof also says that this course students will be provided with new opportunities in the corporate sector for sure. The new team of Management experts he is setting up will ensure that each student who enrolls believes that S-VYASA is the right fit for his or her personal and professional aspirations (please see the brochure in Page of this issue).

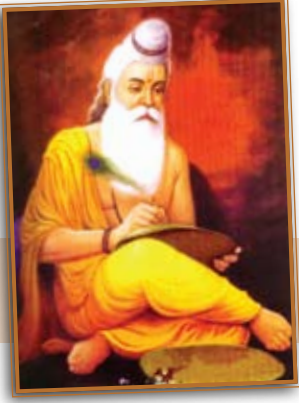
As our work expands, we have now started streamlining VYASA, International to activate the present centers and add dimensions to the present active centers all over the globe. We have formed a team of top experts and you will see them spring to action to make it a reality before the year end. And also activating all our VYASA national centers - affiliates, recognised centers SVDYWCs and branches to forge ahead

with activities to participate in our SDM, SVYP, S-VYASA residential courses as also Distance Education courses, Yoga therapy Arogyadhama programs, SMET, etc. We have now set a back-end office in Prashanti Kutiram to respond to challenges that would face us efficiently and effectively. The opportunities are vast and we invite all our workers all over the country to take active interest to make this possible.

Our research frontiers are expanding to the realms of Genetics and epi-genetics, immunology, molecular biology, cell biology and neuro-chemistry from our strong base of advanced Neurophysiology, psychology measures. And dwelling deep into bio-energy lab using Acugraph, GDV and Nadi Tarangini as new tools to track prana and subtle dimensions of our personality to make them acceptable to the hard core scientists. As our Phd, MD and MSc students are increasing in number making us more and more of advanced research university, our research will focus this year on Diabetes and the effectiveness of Yoga, Ayurveda, Naturopathy, Physio therapy, Music therapy, diet therapy and the like. To understand the mechanisms involved in the same on one hand and to take it to the Public community domain through our SDM.

We are also now planning our 20<sup>th</sup> INCOFYRA in Prashanti and many conferences in Australia, USA and Singapore as well. More and more details of all these can be had in our future issues and also in our web [www.svyasa.org](http://www.svyasa.org) which we are updating continuously.

*Dr H R Nagendra*



# ब्रह्मसूत्राणि (Brahmasūtra)

- Dr. Ramachandra Bhat

Vice Chancellor

S-VYASA Yoga University, Bengaluru

सर्वत्र प्रसिद्धोपदेशात् ॥ १-२-१

Sarvatra prasiddhopadeśāt ॥ 1-2-1

**Meaning:** Brahman is well known as all-pervading inner core of everything and everybody

यथा दृष्टिः तथा सृष्टिः as one thinks he becomes like that. This phenomenon applies to both mental and supra-mental world. It is not that every spiritual aspect and act is totally beyond common men's reach. In this background Shastrashravana under a well-versed preceptor plays very vital role.

Badarayana Vyasa the last Rishi of Vyasaparampara gives us various types of parameters with which we can unlock the subtlety of Upanishadic statement. In Sanskrit literature, various types Nyayas are applied for understanding of the Vedic statements.

In the first chapter of Brahmasutra, Sutrakara uses many Nyayas in order to get SAMANVAYA (intentional harmony). Shastradrishti is one of such parameter, which takes us to the real understanding of many Mahavaakyas and the salient statements like सत्यं ज्ञानमनन्तं ब्रह्म, ब्रह्मैव सन् ब्रह्माप्येति. In this context Shastram is Veda only. Dividing the Vedas into many artificial divisions like Mantra, Brahmana looks to be very much lopsided. Undoubtedly the Upanishads are the cream and core parts of the Vedas. Scholars with Upanishadic insight are the real शास्त्रज्ञ. The great sages like Vamadeva are the real knowers of the shastras. The great sage Vamadeva unfolds the mystery of Brahman declaring अहं मनुरभवं सूर्यश्च "I am everything, everything is in me". This particular insight is the real theory of everything. This realization facilitates a smooth passage for spiritual Sadhana.

In the second Pada Badarayana takes many more statements which have very apparent validation अस्पष्टब्रह्मलिङ्गानि in the Upanishad. For example in the 3<sup>rd</sup> chapter in Chandogya the statement goes like सर्वं खल्विदं ब्रह्म तज्जलानिति शान्तं उपासीत this statement further takes us to मनोमयः प्राणशरीरः भारूपः it means that everything is Brahman because everything emerges Brahman. That Brahman is not only universe in nature but also dwells and pervades inside the body activating the vital force, the mental force and makes the whole body spiritualized. Here Vyasa intends to imply that everyone very proximately knows Brahman. Vedanta is not that branch of science, which is study only in the higher education centers of universities. It is well-known, well felt to ordinary man like farmer, cobbler etc. Because they also feel some driver drives this machine so, he is discharging some duty and gaining some benefit thus, marching ahead in his life journey. Though they are not familiar with Brahman, they have their own terminology to address Brahman. So, they call him some times Oh my inner witness, Oh my father, Oh my inner driver, Oh my vital force etc. सत्यकामः, सत्यसङ्कल्पः also these words also not only from the upanishadic terminologies but they are used normal dialogues and monologues.

In India, every normal citizen when he is introspective mood feels and mentions that some divine thing, it is there in my heart. Common person feels that some supra-listener, onlooker, walker, thinker, feeler, motivator lies in him.

That is not he, as he understands. It is beyond him. It is above him. This very understanding makes common to share his happiness and sorrow with others that Brahman. He also will be so ready to others sorrow and happiness and take care of others well fare. This is the real Vedantic Saga proclaimed as दरिद्रदेवो भव by Swami Vivekananda.

to be continued...

## Directorate of Distance Education (DDE)



New Directorate of Distance Education (DDE) office at Avartana inaugurated on Feb 5<sup>th</sup> 2013

Directorate of Distance Education (DDE), S-VYASA was approved by Distance Education Council (DEC), New Delhi vide notification F.No.DEC/2011/ 5878 dated May 31st, 2011 as a center to launch programmes through the Distance Mode.

### The seven courses offered under Distance mode are

Yoga Instructor's Course (YIC), Post Graduate Diploma in Yoga Therapy (PGDYT), Post Graduate Diploma in Yoga Therapy for Doctors (PGDYTD), Bachelor's of Science Degree - BSc (Yoga), BSc (YEd), Masters of Science - MSc (Yoga), MSc ( YEd).

Course	Eligibility	Duration
YIC	12 <sup>th</sup> Std	6 months

#### The Objectives are:

To introduce yoga as a science of Holistic living and not merely as yoga postures.

At the end of this course, the students will be

able to teach yoga to the general public the holistic way, to prevent diseases, promote positive health and bring harmony and peace in the society.

Course	Eligibility	Duration
PGDYT	Graduation	12 months

#### The Objectives are:

Promoting positive health, prevention of stress-related health problems and rehabilitation through Yoga.

Adoption of Integral Approach of Yoga Therapy to common ailments.

Imparting skills in them to introduce Yoga for health to the general public.

To enable them to establish Yoga Therapy centers in the service of common man.

Course	Eligibility	Duration
PGDYTD	Any Doctor's Degree	15 months

### The Objectives are:

- To orient doctors of Modern Medicine, Ayurveda, Siddha, Unani, Naturopathy & Homeopathy, to be able to select the right type of yoga practices for health benefits in different conditions
- Promoting positive health, prevention of stress-related health problems and rehabilitation through Yoga.
- Adoption of Integral Approach of Yoga Therapy to common ailments.
- Imparting skills in them to introduce Yoga for health to the general public.
- To enable them to establish Yoga Therapy centers in the service of common man.

Course	Eligibility	Duration
<b>BSc</b> (Yoga Education)	12 <sup>th</sup> Std	3 years
<b>MSc</b> (Yoga Education)	Graduation	2 years

### The Objectives are:

To train Yoga teachers to introduce Yoga in schools, colleges and universities

To bring about all round personality development of Yoga teachers with a holistic vision of Yoga and spiritual lore.

Course	Eligibility	Duration
<b>BSc</b> (Yoga)	12 <sup>th</sup> Std/ Equivalent	3 years

### The Objectives are:

To train persons as Yoga Therapy Instructors as paramedical personnel in hospitals, nursing homes to introduce Integrated Approach of Yoga Therapy under the guidance of doctors.

To equip the participants to run their own Yoga Centres.

To equip the participants to work as therapists at Naturopathy hospitals, health clubs etc.

To train them to introduce Yoga in higher secondary schools.

Course	Eligibility	Duration
<b>MSc</b> (Yoga)	Graduation of any discipline	2 years

### The Objectives are:

To bring about all-round development of Yoga teachers with holistic vision of Yoga and spiritual lore.

To train Yoga teachers to introduce Yoga in schools & colleges.

To introduce the Yoga research dimensions and make them conduct internal & external research.

*We have Dr. H.R Nagendra as the Director of Distance Education, Dr. Anjali as Joint Director, Dr. Natesh Babu as Assistant Director Administration, Dr. Subramanya Pailoor as Assistant Director Research, Mr. William Feranandes as Assistant Director Admissions, Dr. Sanjay Coordinator MSc Course, Smt. Karuna Nagarajan Coordinator PGDYT course & Preparation of SLM's, Swami Narayananda as Coordinator BSc course, Ms. Lavanya Coordinator YIC Course,*

*Mr. Sumanth Gowda as Office Executive, Ms. Shruthi as Web Programmer.*

*We have set up a new store room with proper racks for arranging the Self Learning Materials of MSc, BSc, PGDYT/D, YIC semester wise. The entire SLM Stock list is Computerized. We have maintained the student database which includes their Grades/Tests/Assignments/Fee Details both manually as well as Computerized. We have online supporting system for distance learning which uploads SLM's, assignments, Unit-Tests and Instructions time to time. We also have a DDE website which gives the details of all the courses, syllabus etc., We have more 1000 students in MSc, BSc, PGDYT/D, YIC within a span of 1 and half years since the inception of DDE. The 32 students of MSc 4th semesters have all set up to take research in various areas.*

*We place on record 100 percent job placement for all our students.*

# ಸೂರ್ಯನಮಸ್ಕಾರ ಪಂಚಕೋಶ ವಿಕಾಸಕ್ಕಾಗಿ ಒಂದು ಸಮಗ್ರ ಯೌಗಿಕಪ್ರಕ್ರಿಯೆ

- ರಾಜೇಶ ಎಚ್.ಕೆ.



ಸೂರ್ಯನು ಕಣ್ಣಿಗೆ ಕಾಣುವ ದೇವರು ಎಂದು ಭಾರತೀಯರ ನಂಬಿಕೆ. ಸೂರ್ಯಾರಾಧನೆ ಸಾವಿರಾರು ವರ್ಷಗಳಿಂದ ಅನೂಚಾನವಾಗಿ ನಡೆದು ಬಂದಿದೆ. ಶಾರೀರಿಕ, ಮಾನಸಿಕ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಸುಸ್ಥಿತಿಯನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಲು ಸೂರ್ಯನಮಸ್ಕಾರದ ಉಪಾಸನೆ ವೈದಿಕಕಾಲದಿಂದಲೂ ಆಚರಣೆಗೊಳ್ಳುತ್ತಿದೆ. ನಮ್ಮ ಪ್ರಾಚೀನರು ಎಲ್ಲದರಲ್ಲೂ ಸಮಗ್ರದೃಷ್ಟಿಕೋನವನ್ನು ಹೊಂದಿದ್ದರು. ಹೀಗಾಗಿ ನಮ್ಮ ಆಹಾರ, ವಿಹಾರ, ವ್ಯವಹಾರ ಮತ್ತು ವಿಚಾರಗಳು ನಿತ್ಯಬದುಕಿನಲ್ಲಿ ಅಭಿವ್ಯಕ್ತವಾಗಿದ್ದವು. ನಮ್ಮ ಪ್ರಾಚೀನರ ಜೀವನಶೈಲಿಯನ್ನು ಅವಲೋಕಿಸಿದಾಗ ನಮಗೆ ತಿಳಿದುಬರುವ ವಾಸ್ತವಿಕ ಸತ್ಯವೆಂದರೆ ಬ್ರಾಹ್ಮೀಮುಹೂರ್ತದಲ್ಲಿ ನಿತ್ಯ ಉತ್ಥಾನದೊಂದಿಗೆ ಸೂರ್ಯನ ಉಪಾಸನೆ.

ಋಗ್ವೇದದಲ್ಲಿ ಉಲ್ಲೇಖಿಸಿರುವಂತೆ ಕಣ್ಣು ಋಷಿಯು ಸೂರ್ಯನಮಸ್ಕಾರದ ಪದ್ಧತಿಯನ್ನು ರೂಪಿಸಿರುವ ಅಂಶ ಕಂಡು ಬರುತ್ತದೆ. ಪ್ರಸ್ತುತ ಚಾಲ್ತಿಯಲ್ಲಿರುವ ಸೂರ್ಯನಮಸ್ಕಾರದ ವಿವರಣೆಗಳನ್ನು (ಋಗ್ವೇದ 1-9-50) ಅನುಷ್ಠುಪ್ ಛಂದಸ್ಸಿನಲ್ಲಿ ನಿರೂಪಿಸಲಾಗಿದೆ.

ತೈತ್ತಿರೀಯ ಆರಣ್ಯಕದ ಅರುಣಪ್ರಶ್ನೆಯಲ್ಲಿ ಸೂರ್ಯೋಪಾಸನೆಯ ಉಲ್ಲೇಖವಿದೆ. ಇದು 132 ಅನುವಾಕಗಳನ್ನು ಹೊಂದಿದ್ದು, ಮಂತ್ರೋಚ್ಚಾರಣೆಯ ಜೊತೆಗೆ ಪ್ರತೀ ಅನುವಾಕದ ನಂತರ ಸೂರ್ಯ ನಮಸ್ಕಾರದ ಅಭ್ಯಾಸ ಮಾಡುವ ಕ್ರಮವುಂಟು.

ರಾಮಾಯಣದಲ್ಲೂ ಇದರ ಪ್ರಸಂಗವನ್ನು ನಾವು ಗಮನಿಸಬಹುದಾಗಿದೆ. ಅಗಸ್ತ್ಯರು ಶ್ರೀರಾಮನಿಗೆ ಯುದ್ಧದ ಆರಂಭದಲ್ಲಿ ಆದಿತ್ಯಹೃದಯವನ್ನು ಉಪದೇಶಿಸುತ್ತಾರೆ. ನಂತರವೇ ಶ್ರೀರಾಮನು ಸೂರ್ಯನ ಉಪಾಸನೆ ಮಾಡಿ ಆಸುರೀಶಕ್ತಿಯಾದ ರಾವಣನ ವಿರುದ್ಧ ವಿಜಯ ಸಾಧಿಸಿ ಧರ್ಮರಾಜ್ಯದ ಪ್ರತಿಷ್ಠಾಪನೆ ಮಾಡುತ್ತಾನೆ.

ಪ್ರಸ್ತುತ ಸೂರ್ಯನಮಸ್ಕಾರದ ಅಭ್ಯಾಸ ವೈದಿಕ ಶೈಲಿಗಿಂತ ಭಿನ್ನವಾಗಿದೆ. ಹಠಯೋಗಪರಂಪರೆಯ ತಳಹದಿಯ ಮೇಲೆ ಈ ಯೌಗಿಕಪ್ರಕ್ರಿಯೆಯನ್ನು ವಿಶೇಷವಾಗಿ ರೂಪಿಸಲಾಗಿದ್ದು, ಪ್ರಧಾನವಾಗಿ ಪ್ರಣವೋಪಾಸನೆ (ಓಂಕಾರ), ಪ್ರಾಣೋಪಾಸನೆ, ಬೀಜಾಕ್ಷರಗಳ ಉಚ್ಚಾರಣೆ (ಹ್ರಾಂ, ಹ್ರೀಂ, ಹ್ರೂಂ, ಹ್ರೈಂ, ಹ್ರೌಂ ಮತ್ತು ಹ್ರಃ) ಮುಂತಾದವುಗಳನ್ನು ಒಳಗೊಂಡಿದೆ.

ಸ್ಥೂಲರೂಪಕ್ಕೆ ಇದೊಂದು ಕೇವಲ ವ್ಯಾಯಾಮವಾಗಿ ಕಂಡರೂ ಸೂಕ್ಷ್ಮಸ್ತರದಲ್ಲಿ ಪಂಚಕೋಶಗಳ ವಿಕಾಸ ಇದರಲ್ಲಡಗಿದೆ. ಅನ್ನಮಯಕೋಶದ ವಿಕಾಸಕ್ಕಾಗಿ ಏಳು ವಿವಿಧ ಆಸನಗಳ



ಭಂಗಿಗಳು, ಪ್ರಾಣಮಯಕೋಶಸ್ತರದಲ್ಲಿ ವ್ಯವಸ್ಥಿತ ಉಸಿರಾಟದ ಕ್ರಮ (ಪೂರಕ, ರೇಚಕ ಮತ್ತು ಕುಂಭಕ), ಮನೋಮಯಕೋಶಸ್ತರದಲ್ಲಿ ಶರೀರ ಮತ್ತು ಮನಸ್ಸಿನಲ್ಲುಂಟಾಗುವ ಸೂಕ್ಷ್ಮಪರಿಣಾಮಗಳ ಕಡೆ ಗಮನಹರಿಸುವುದು, ವಿಜ್ಞಾನಮಯಸ್ತರದಲ್ಲಿ ಮಂತ್ರೋಚ್ಚಾರಣೆ ಮತ್ತು ಆನಂದಮಯಕೋಶದ ಅನುಭವವು ಮೇಲಿನ ನಾಲ್ಕು ಹಂತಗಳ ಅಭ್ಯಾಸದ ಮೇಲೆ ನಿರ್ಭರವಾಗಿದೆ.

ಪ್ರತಿಯೊಂದು ಸೂರ್ಯನಮಸ್ಕಾರದ ಭಂಗಿಯು ನಮ್ಮ ಶರೀರದ ಸೂಕ್ಷ್ಮಸ್ತರದಲ್ಲಿರುವ ಶಕ್ತಿಕೇಂದ್ರಗಳನ್ನು ಪ್ರಚೋದಿಸುವ ಮೂಲಕ ಶರೀರವನ್ನು ಸ್ವಸ್ಥವಾಗಿಡುವಲ್ಲಿ ಸಹಾಯಕವಾಗಿದೆ. ವ್ಯವಸ್ಥಿತ ಉಸಿರಾಟದ ಮೂಲಕ ನಮ್ಮ ನಾಡೀ ವ್ಯವಸ್ಥೆಯು ಶುದ್ಧವಾಗಿ, ಶರೀರವು ವಾತ, ಪಿತ್ತ ಮತ್ತು ಕಫ ದೋಷಗಳಿಂದ ಮುಕ್ತವಾಗಿ ಅಂತಃಕರಣಗಳು (ಮನಸ್ಸು, ಬುದ್ಧಿ, ಅಹಂಕಾರ ಮತ್ತು ಚಿತ್ತ) ಶುದ್ಧಿಯಾಗುವುದಲ್ಲದೆ ಸಂಪೂರ್ಣವಾಗಿ ಏಕಾಗ್ರಗೊಳ್ಳುತ್ತದೆ. ಆದಿತ್ಯನ ನಾಮಸ್ಮರಣೆ ಮತ್ತು ಬೀಜಮಂತ್ರಗಳ ಉಚ್ಚಾರಣೆಯಿಂದ ನಮ್ಮ ಮೆದುಳಿನ ಸೂಕ್ಷ್ಮ ಕೇಂದ್ರಗಳು ಪ್ರಚೋದಿತವಾಗಿ ವಿವೇಕಯುಕ್ತ ಬುದ್ಧಿ ಸರಿಯಾದ ಮಾರ್ಗದಲ್ಲಿ ಪ್ರವರ್ತಿಸಲ್ಪಡುತ್ತದೆ. ಹೀಗೆ ಮೇಲಿನ ಅಭ್ಯಾಸಗಳನ್ನು ಸರಿಯಾದ ಕ್ರಮದಲ್ಲಿ ತಿಳಿದು ಮಾಡಿದಾಗ ಸಹಜವಾಗಿಯೇ ಆನಂದಮಯಕೋಶದ ಆನಂದದ ಅನುಭೂತಿಯಾಗುತ್ತದೆ. ನಿತ್ಯಸೂರ್ಯನಮಸ್ಕಾರದ ಅಭ್ಯಾಸದಿಂದ ದೀರ್ಘಾಯುಷ್ಯ, ವಿವೇಕಯುಕ್ತಬುದ್ಧಿ, ದೈಹಿಕ ಮತ್ತು ಮನೋಬಲ, ತೇಜಸ್ಸು ಇತ್ಯಾದಿ ಲಾಭಗಳನ್ನು ನಿಶ್ಚಿತವಾಗಿ ಪಡೆಯಬಹುದಾಗಿದೆ ಎಂದು ಸಾಧಕರ ನಿಶ್ಚಿತಮತ.

ಆದಿತ್ಯಸ್ಯ ನಮಸ್ಕಾರಾನ್  
ಯೇ ಕುರ್ವಂತಿ ದಿನೇ ದಿನೇ ।  
ಆಯುಃ ಪ್ರಜ್ಞಾ ಬಲಂ ವೀರ್ಯಂ  
ತೇಜಸ್ತೇಷಾಂ ಚ ಜಾಯತೇ ॥



- ॐ मित्राय नमः  
om mitrāya namaḥ  
*Prostration to Him who is affectionate to all.*
- ॐ रवये नमः  
om ravaye namaḥ  
*Prostration to Him who is the cause for change.*
- ॐ सूर्याय नमः  
om sūryāya namaḥ  
*Prostration to Him who induces activity.*
- ॐ भानवे नमः  
om bhānave namaḥ  
*Prostration to Him who diffuses Light.*
- ॐ खगय नमः  
om khagaya namaḥ  
*Prostration to Him who moves in the sky.*
- ॐ पूष्णे नमः  
om pūṣṇe namaḥ  
*Prostration to Him who nourishes all.*
- ॐ हिरण्यगर्भाय नमः  
om hiranyagarbhāya namaḥ  
*Prostration to Him who contains everything.*
- ॐ मरीचये नमः  
om marīcaye namaḥ  
*Prostration to Him who possesses rays.*
- ॐ आदित्याय नमः  
om ādityāya namaḥ  
*Prostration to Him who is God of gods.*
- ॐ सवित्रे नमः  
om savitre namaḥ  
*Prostration to Him who produces everything.*
- ॐ अर्काय नमः  
om arkāya namaḥ  
*Prostration to Him who is fit to be worshipped.*
- ॐ भास्कराय नमः  
om bhāskarāya namaḥ  
*Prostration to Him who is the cause of lustre.*



## S-VYASA congratulates Prof N V Raghuram for becoming President of Hindu University of America



*Prof N V Raghuram ji, International Faculty of S-VYASA and Chairman of Yoga Bharati, USA has become the President of the 'Hindu University of America(HUA)', Orlando, Florida, USA, since Swami Vivekananda's 150<sup>th</sup> Jayanthi on 3<sup>rd</sup> February, 2013. HUA and S-VYASA has been associated with each other for long time. Prashanti Kutiram has an extended centre of HUA and Guruji Dr H.R Nagendraji had been earlier its President. S-VYASA senior faculty members including Dr H R Nagendra and Prof NVC Swamy have been adjunct faculty members at HUA and a good number of students had done HUA courses at Prashanti. Subramanian. A, an active member of VYASA family is joining Sri Raghuramji in his mission of giving a new direction to HUA. Raghuramji and his team will operate from the university's campus at Orlando. A set of courses covering multiple dimensions of Hindu Dharma and Yoga will be launched by HUA. The website [www.hua.edu.in](http://www.hua.edu.in) can be referred for further details. VYASA and S-VYASA congratulates Sri Raghuram ji and his team for the new responsibility they have taken to spread the glory of Sanatana Dharma world wide.*



# AROGYADHAMA

## YOGA THERAPY PARTICIPANTS DAILY TIME TABLE

### Friday Schedule: *joining day*

9 am	-	Departure of Bus from Prashanti Kutiram
11 am	-	Bus service from Eknath Bhavan to Prashanti Kutiram
1 pm	-	Reception / lunch / registration
2:30 pm	-	DRT in Prayer hall
3 pm	-	Sectionwise case history writing / parameters / special technique
4.30 pm	-	Inauguration - (Prayer Hall)
5 pm	-	Integrated approach to yoga therapy (IAYT) introductory lecture (Prayer Hall)
6 pm	-	Bhajan (prayer hall)
6.45 pm	-	Kriya Lecture (prayer hall)
7.30 pm	-	Dinner (Annapurna)
8.30 pm	-	Kit Collection

Holistic Treatment with Naturopathy,  
Physiotherapy, Ayurveda, Acupuncture added  
to Yoga Therapy & Modern Medicine

### Saturday - Thursday Schedule:

TIME	SCHEDULE	VENUE
5 am	Yoga Session	Prayer Hall
5.30 am	Holistic Treatments	Surabhi or Pranava
8 am	Breakfast	Annapurna
8.30am	Karma Yoga	Section/room/garden etc
9 am	Maitri Milan	Prayer Hall
9.45am	Consultation, Counseling, Parameters	Respective sections
10.45am	Yogic Games, Videos / Lecture	Prayer Hall(videos Sectionwise)
11.30am	Special Technique 1 + Pranayama	Respective sections
1 pm	Lunch	Annapurna
2 pm	Deep Relaxation Technique (DRT)	** Prayer Hall
2.30pm	Yogic Games, Videos / Lecture	** Prayer Hall
3.30pm	Special Techniques 2 + CM	Respective sections
5 pm	Tuning to Nature, Games	Walking path and Play ground
6.30pm	Spl.Technique 3 + MSRT	Sectionwise
8 pm	Dinner	Annapurna
8.45pm	Happy Assembly	Prayer Hall
9. 45 pm	Self Practice, Nisha Swasthi	In their respective Rooms

\*\* English : Prayer Hall

\*\* Hindi: Anugraha

\*\* Kannada: Vimarsha

\*\* Telugu: Prajwal



## Stop Diabetes Movement (SDM)

# ACUGRAPH: Digital Meridian Imaging

- Dr. Amit Rathi, M.D. (Y & R) Scholar, S-VYASA



The aim of the story is to see the differences between Acugraph measures in Diabetes compared to normals.

**Data Analysis:** Data analysis was done by SPSS version 20. Independent sample t Test was used to compare the means between DM and Control (NON DM) group. All major acupuncture meridians; 6 on each hand 6 on each foot, corresponding to the left and right meridians for the 12 major organs in the body: lung, pericardium, heart, small intestine, triple warmer, large intestine, liver, spleen, kidney, bladder, gallbladder, and stomach along with group averages for important overall combinations of meridians indicating overall energy level (EL), energy stability (ES), personal integrated energy (PIE), and balance between Yin meridians and Yang meridians (Yin-Yang

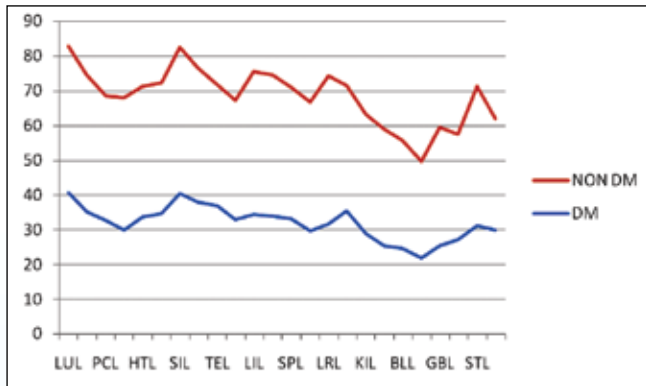
balance), those on the hands and feet (upper-lower balance), and those on left and right sides of the body (left-right balance) were compared between the groups.

**Result:** Yin, Yang and the overall Qi (prana) energy in diabetic group was significantly low ( $p < 0.05$ ) as compared to control group. The energy was significantly ( $p < 0.05$ ) low in LIL, KIL meridians of DM group, while very significantly ( $p < 0.005$ ) low in PCR, LIR, SPR, LRL, KIR, BLL, BLR, GBL and STL meridians of DM group, as compared to control group.

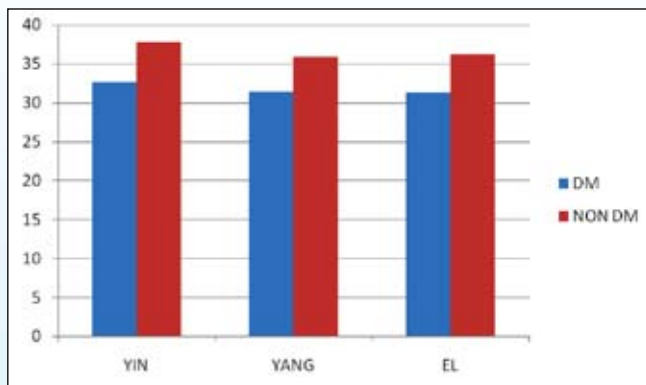
**Conclusion:** The overall Qi (prana) energy is significantly low in diabetic people. To find out specific meridians which are affected in DM, requires more intensive studies in diabetic population.

**Special Attraction:** The AcuGraph3 is a computerized device which analyzes & documents the energetic status of your acupuncture meridians. It is an electro-dermal screening device which is based on Ryodoraku acupuncture. It provides complete information about patient's meridian energy balance and is also helpful in guiding for treatment. It provides us an easy and fast way to assess a patient. Sometimes it is considered a lab test for acupuncture.

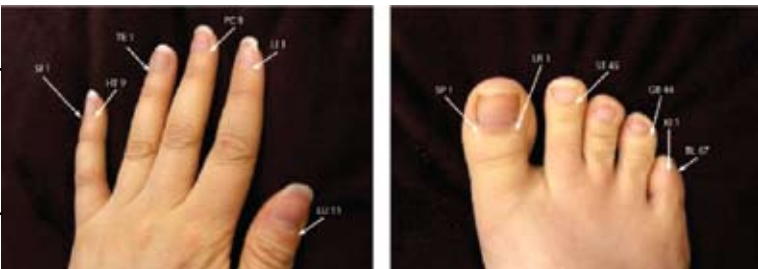
**Procedure:** Subjects are made to sit comfortably on chair. Dump cotton wool is to be applied to each acupoint to improve conductivity. A 'ground bar' is held in one hand, and the probe is applied to each acupoint at 90° in specified



MEAN MERIDIANS - DM Vs CONTROL Group



MEAN Energy Level - DM Vs CONTROL Group



(Scott, 2011)

order. The exam takes 4-6 minute to complete. This device is able to provide information regarding meridian functions, imbalances, symptoms, spinal reflexes and also guides about treatment.

**Application:** Its use is to be avoided near skin rashes, lesions, or wounds. If a person is having any implanted electronic device such as pacemaker or implanted defibrillator, use of AcuGraph can be risky. Additional benefits

with use of Acugraph are that it provides important information for diagnostic point of view. It provides us nine important types of graphs which include Yin vs Yang, energy cycle, baseline, elemental pairs, horary etc. Relevant information about different treatment approaches like Ryodoraku, auricular, spinal reflexes, AcuHerb herbal therapy etc. is obtained. Photographically illustrated treatment points helps in understanding of the disease and treatment.

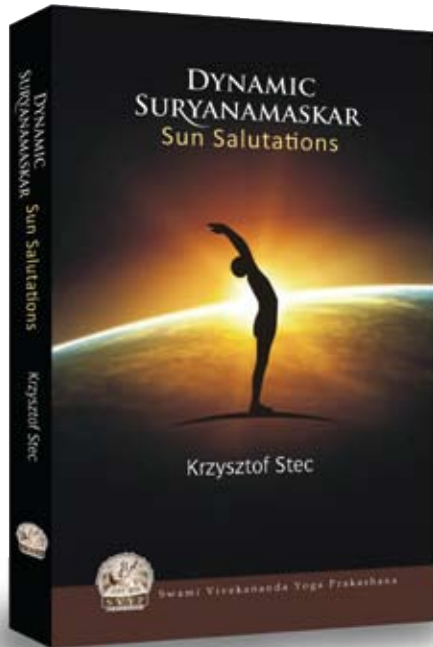
**SDM, Rajkot:** Diabetes camp was conducted in Rajkot ( Gujarat) in association with Aatmiya Group, Yogi Divine Society, under “Stop diabetes Movement (SDM) from 3rd Feb to 9th Feb 2013. During screening of diabetic population, onetime Acugraph recording of every individual was done. Total 379 recordings were collected. Details of Data collected is as follow:



	DM Group	NON DM Group (Control)
Data Collected	211	168
Exceptionally High Value Data	66	41
Final Sample	145	127
Male	98	60
Female	47	67

## Projects on SDM

SNo	Name	COURSE	DISSERTATION TOPIC
1	BISHEN YUMNAM	M.Sc - DDE	Demographic and medical predictors of Type 2 diabetes: A retrospective study from Arogyadhama
2	NARAYANAN	M.Sc - DDE	Prevalence of Type 2 diabetes among yoga practitioners in Ernakulam District - A cross sectional survey
3	SIMLA K RAJ	M.Sc - DDE	Prevalence of Type 2 diabetes in one village in Jigni Hobli- A cross sectional survey
4	SONALI JOGDNAND	M.Sc - DDE	Prevalence of Type 2 diabetes among yoga practitioners in Pune - A cross sectional survey
5	ISHA KULKARNI	M.Sc - DDE	Quality of life of yoga practitioners with Type 2 diabetes in Pune
6	JANAKI V	M.Sc - DDE	Prevalence of Type 2 diabetes in South Bangalore - A cross sectional survey
7	NAMAGIRI NAGENDRAN	M.Sc - DDE	Prevalence of Type 2 diabetes in south Bangalore - A cross sectional survey
8	SOUMYA DEY	M.Sc - DDE	Prevalence of Type 2 diabetes among government school teachers in South Bangalore - A cross sectional survey
9	DR VINOD KUMAR	MD	Development and validation of yoga module for type 2 diabetes
10	DR ARUN TULASI	MD	Pilot testing and feasibility of the yoga module for type 2 diabetes
11	DR PRAVEEN ANGADI	MD	Adherence to yoga in patients with type 2 diabetes: A 6 month follow-up study



## DYNAMIC SURYANAMASKAR Sun Salutations

By Krzysztof Stec

Published by Swami Vivekananda Yoga Prakashana, Bangalore, 2013.

Pages 296, ₹ 400.

The book on the ancient technique of Surya Namaskar (SN) is a useful and exciting one, giving many information

not only on SN but on such important topics as food and nutrition, toxins in our diet, Yoga in comparison to exercises, matras and psychic centers of chakras.

The book starts with a brief history of sun worship which was prevalent in the ancient world. In Egypt and in Judaic religions, sun was given a prominent place and even today, many festivities are related to the transit of sun with respect to the earth. Starting with Vedas and Upanishads, we also note that Indian philosophy and social customs have given important place for the worship of sun as the life giver, bestowing health and wisdom to humans.

The book traces the health benefits of solar radiation; without adequate exposure to the sun's radiation, we fall short of Vitamin D, resulting in psychological distress and depression. This is particularly true in countries close to North and South Poles, with SAD (Seasonal Affective Disorder) influencing people during winter months. The importance of sun's radiation in curative properties cannot be over emphasized

and the very existence of life is bound to solar systems and planets; such systems that are life promoting are numerous in the cosmos.

SN has components of Surya Kriya and Surya Mudra which are traced to some ancient and recent works available to us. The book distinguishes between asana practice and vyayama (exercise) regimen; a useful discussion brings out the salient points to follow while doing any asana. Each asana in SN is then presented with benefits that arise in the practitioner. The benefits are at the physical, psychological, psychic and spiritual levels. These benefits are not rigorously investigated; however, bhava or attitudes of confidence and accomplishment are necessary to achieve the results. Each movement from one posture to the next is synchronized with breathing to maximize the effects. Initially slow pace is recommended followed by increase in pace and in number of SN in each session. As flexibility and endurance increases, the author says it is possible to carry out 40 rounds in 5 minutes. Thus, dynamism is incorporated in the SN practice with movements flowing in a natural way from posture to posture.

The author provides many less known information regarding SN. Thus, he says that in some ancient sources, one of the important meanings of 'hatha is strenuous and intense or



rigorous' [p. 117]. Hence, carrying out a rigorous and intense SN is not against the principles of Yogic tradition. Further, to balance the three doshas of Ayurveda, one could practice SN in slightly modified ways bringing in aspects of solidity, fluidity and stamina.

The author further discusses the role of Savasana and mantras while practicing SN, and the importance of dietary practices. Diet is very important especially in these days of high chemical content in foods. The author recommends raw foods and simple diet; these could reduce the chemical load to the body and control its grave consequences to our mental and physical health. Processed foods could be listed as foods that put stress on the body, especially the immune system. The information provided by the author is extremely useful and should be carefully followed by all to avoid or at least, mitigate the tragic consequences of food loaded with chemicals and insecticides. Unfortunately, GM (genetically modified) foods are cultivated in many parts of the world; such decision is not based on science and, information provided in

this book is important for the health of public at large and the damage caused by GM foods should reach all for its avoidance.

The last few chapters provide a background of scientific research that throws light on the psychophysiological benefits of SN. Many good studies are included along with personal experiences that make this section a veritable storehouse of useful information for those who want know about recent research in this area.

There is a useful Glossary of Samskrita words; further, copious references to books and research papers are also listed to augment the details in the main text. The book is both a practical manual and a reference for diet regulation and introduction to scientific aspects of Surya Namaskar. It is well researched and well written. It is recommended to all practitioners and prospective enthusiasts of Yoga in general and Surya Namaskar in particular.

*Reviewed by:*  
**Prof. T.M. Srinivasan, Ph.D.**  
Dean, Yoga and Physical Sciences



Spiritual discourse by  
Spiritual Master Andrew Cohen





# THE ELECTROMAGNETIC PERSONALITY

- Prof. T.M. Srinivasan

## INTRODUCTION

We have heard of 'magnetic personalities'. However, this is only half the story. All of us are electromagnetic personalities. Electromagnetics is closely linked to normal working of all parts of the body. First, let us see what electromagnetics (EM) is. Refer Figure 1 for a spectrum of electromagnetic radiation. The spectrum covers from a very low frequency to the highest we deal with in Physics (note the frequencies are shown at the bottom half of the figure). Just as a reminder, the household electric supply frequency in India is at 50 Hertz (cycles per second) which is considered a very low frequency. Radio and TV frequencies are known to us and we also use

now cell phones that operate in the microwave frequencies. We use microwave ovens that seem to cook our food very fast; it has some advantages and a few disadvantages. We shall deal with the *health hazards* of EM radiation in the next issue. Microwave is also used in radar systems to detect and guide aircrafts as they approach airports and in war. Light is of a higher frequency than the microwaves and this forms the *visible spectrum*; the human eyes are sensitive to this range of frequencies (see bottom of the figure). Beyond light is X-rays that we use in imaging parts of the body. X-rays and gamma rays are also used in cancer therapy for killing cancer cells through intense radiations.

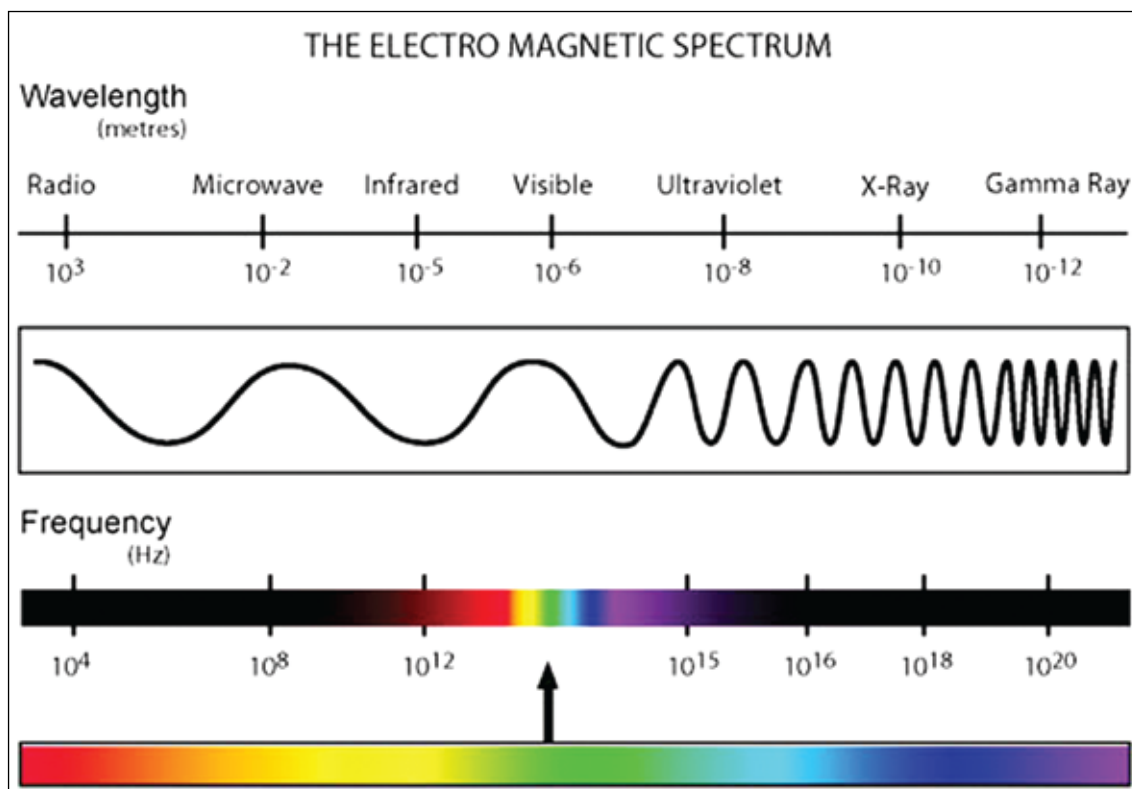


Fig 1: The Electromagnetic Spectrum



All living systems have electromagnetics associated with them. In humans we see that nerves carry electrical information for all motor and sensory activities; the brain is a veritable power house of electromagnetic activity. So are the *muscles of the heart, all skeletal muscles, the stomach, eyes, and all sensory and motor organs.* The peripheral nerves carry electrical impulses from and to the brain activating all aspects of a living system. No wonder, when we see lack of electrical activity in a person, we think the person is dead! In fact, modern concept of death is related to brain death. When there is no electrical activity of the brain (Electroencephalogram) and brain stem, then the person is declared clinically dead. There are certain other tests performed; however, the electrical silence of the brain is a strong indicator for declaring a person dead.

The heart is the most powerful source of electrical activity in the body; EKG, the electrocardiogram, can be picked up from almost any part of the body. EKG is used extensively to determine the activity of the heart. When the supply of blood to the arteries of the heart itself is impeded, then intense pain is experienced by the person, which is really a warning signal for immediate action. When the heart blood supply is restored – as in cardiac bypass surgery – then the person could undertake his/her normal activity again.

## ELECTROMAGNETIC AIDS IN REHABILITATION

Since the body is an electrical network, it is easy to guess external electric and magnetic fields could have profound effect on a person. For example, if a minute current is sent through the fore arm, with proper amount and location of current, the muscles would contract. If for example, the internal impulses to the heart muscles to contract are impeded for some

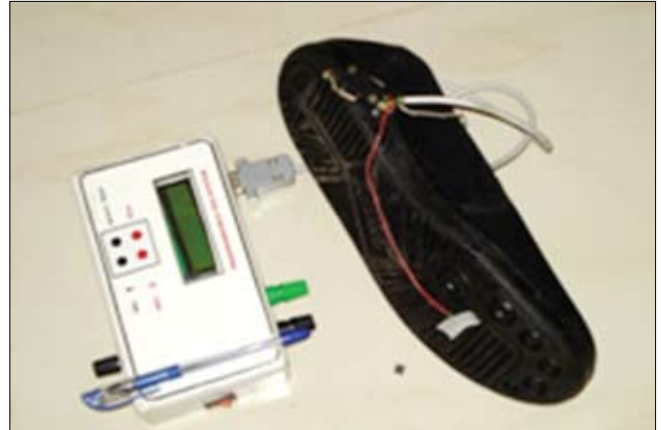


Fig 2: Functional Electrical Stimulator for Peroneal Nerve Stimulation

reason, the impulses, which are electrical, could be replaced through a device called *cardiac pacemaker*. This is a boon to many people with this type of disorder. These cardiac pacemakers are implanted inside the body and could work for up to six years, after which the battery may have to be replaced! Similarly, any other muscle of the body could be aided through external electric fields. At J.C. College of Engineering, Mysore, we developed a portable electronic device which gives impulses to a person who post-stroke, is unable to lift the toe while walking. This device is termed FES – Functional Electrical Stimulator – as the functional activity of a person is restored. This has undergone clinical trials and has been handed over to the Defense Research for application to defense personal. See Figure 2 for the system details. The

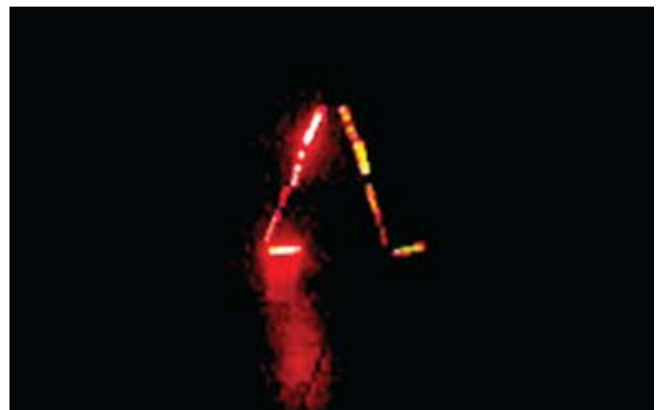


Fig 3: Video frame of walking pattern after correction. Note the lifted toe of front foot.



shoe is fitted to the patient and the electronic device is attached to a belt worn by the person. Two electrodes from the box stimulate the nerve over which they are mounted on the skin. The electric field penetrates the body and stimulates the nerves enabling toe lift for the person [1]. See figure 3 of a video frame as the person fitted with this systems walks. The interesting aspect of this is the brain slowly learns this procedure and after some time, the brain is able to produce the impulses necessary for normal functioning! The body is such a fantastic machine, able to compensate for the loss, if only given training and the time.

## EM STIMULATION FOR PAIN AND OTHER PROBLEMS [2]

- a) **TENS: TRANSCUTANEOUS ELECTRICAL NERVE STIMULATOR.** In these electromagnetic devices, a minute current is sent to alleviate pain in many parts of the body. Small electrodes are place over the skin and a low level current is sent; no sensation is perceived by the person undergoing treatment.
- b) **TMS: TRANSCUTANEOUS MAGNETIC STIMULATION.** This is used to stimulate brain centers for controlling Parkinson's tremor, depression and for arthritis. Here a very strong magnetic field is imposed over the head to stimulate centers within the cranium. The field penetrates the skull and seems to provide therapy for select cases. This system is available at NIMHANS, Bangalore.
- c) Madras Institute of Magnetobiology was started about 20 years ago and has successfully treated many cases of pain, depression and arthritis. A very low frequency, low level magnetic field is generated in a coil system and the person sits inside the coil for half an hour. Changes in blood flow and immune

response have been measured with this exposure and the system has provided relief to a large number of patients.

- d) **FSM: FREQUENCY SPECIFIC MICROCURRENT.** This is a new technique for treating pain and related conditions. Specific pairs of frequencies are applied over pain region on the skin; consistent pain reduction has been reported [3].

## CONCLUSION

As seen in the tables, Electromagnetic Therapies are now applied extensively for many problems related to body and mind. If there is a feeling of any kind at a point in the body, you may assume there is electrical activity at that point. Even acupuncture is now available as Electroacupuncture wherein a small electric current of controlled magnitude and waveform is administered over the acupoint without puncturing the skin. Vibratory and laser radiations are also used for acupuncture point excitation. Thus, there is a whole gamut of applications of EM energy for diagnostics, therapy and rehabilitation. As mentioned earlier, all this is possible because we are electromagnetic beings, generating electrical activity and consuming electricity.

## TABLE 1:

### ELECTROMAGNETIC REHABILITATION

1. Cardiac Pacemakers
2. Visual & auditory brain stimulation
3. Artificial limb prosthesis - hand, feet, fingers, with feedback
4. Functional Electric Simulation: Gait correction in paraplegics
5. Transcutaneous Nerve Stimulators-TENS; Pain relief
6. Dorsal Column Stimulators - DCS; for pain control
7. Cochlear implant & other sensory nerve stimulation for sensory restoration



**TABLE 2:**

**ELECTROMAGNETIC BRAIN STIMULATION**

1. ECT: Electroconvulsive Therapy for depression, mania etc.
2. VNS: Vagus Nerve Stimulation for epilepsy, depression, anxiety
3. DBS: Deep Brain Stimulation for pain, Parkinson's and OCD
4. Magnetic therapy for depression
5. Cancer Control through DC Fields: - Dr. Björn Nordenström
6. Epilepsy, Parkinson's Disorder & Arthritis Sandyk et. al. Epilepsy, Parkinson's etc Madras Institute of Magnetobiology: Arthritis

typically 1 – 10 Hz, called rTMS.

2. Coils used to generate magnetic fields
3. Magnetic fields of a few Tesla\* strength
4. Coils positioned over cranium
5. Useful in depression, increased cognition, fights fatigue [\*1 Tesla = 10,000 Gauss; Earth's Magnetic field = 0.5 Gauss or 50 microTesla]

**TABLE 3:**

**TRANSCRANIAL MAGNETIC STIMULATION**

1. Repetitive stimulation at low frequencies:

**REFERENCES**

- [1] M.Shivakumar, M.Sukumar, " Programmable FES system for Foot Drop patients," *Emerging Journal on Engineering, Science and Technology*, 2010.
- [2] John Low and Ann Reed, "Electrotherapy Explained, Principles and Practice"; 2<sup>nd</sup> ed. Butterworth Heinemann, 1990.
- [3] Carolyn R. McMakin and James L. Oschman, "Visceral and Somatic Disorders: Tissue Softening with Frequency-Specific Microcurrent", *JACM*, 19:2, 2013, pp. 170-177.



A.J. Asok Kumar who was recently in Jamshedpur gave a talk on S-VYASA & Introduction to SMET at the Tata Workers Union office in Jamshedpur. It was attended by over 150 people and the Union President Sri P.N. Singh & The Gen Secy Sri Dinda were present through out the session".

**ध्यान एवं योग पर कार्यशाला का आयोजन**

ध्यान जीवन जीने की एक मात्र कला : अशोक कुमार

जमशेदपुर: विष्टपुर स्थित एसएनटीआई प्रेक्षागृह में आज टाटा वर्क्स युनियन के पूर्व कार्यपालक पदाधिकारी अशोक कुमार द्वारा ध्यान एवं योग पर आधारित कार्यशाला का आयोजन किया गया, कार्यशाला में लोगों को संबोधित करते हुये अशोक कुमार ने जीवन के मूल रहस्यों एवं स्वस्थ जीवन जीने के लिये योग एवं ध्यान की महत्ता को बताया, तथा लोगों को स्ट्रेस मैनेजमेंट के गुणों पर विस्तृत रूप से चर्चा करते हुये कहा कि भागदौड़ भरी जिंदगी में लोगों को अनेको समस्याओं से लड़नी पड़ती है, समस्याएं इतनी की वह पीछा नहीं छोड़ती हैं, उन समस्याओं से छुटकारा पाने के लिये एक मात्र उपाय ध्यान एवं योग



हैं, उन्होंने जीवन की बढ़ती तेज गति एवं लोगों के अन्दर बढ़ते अहंकार पर भी विशेष रूप से चर्चा की, इस विषय पर चर्चा करते हुये कहा कि लोगों में अहंकार इतनी बढ़ती जा रही है, कि वे भगवान को भी भूलने लगे हैं, आजकल अहंकार के चलते खून के रिस्ते भी कोई मायने नहीं रखते हैं, जीवन एक ड्रामा का रूप है, मनुष्य के अंदर अनगिनत इच्छायें पनपने लगी हैं, जिस कारण स्ट्रेस बढ़ रही है, उक्त समस्या से अगर छुटकारा पाना है तो योग एवं ध्यान जरूर करना चाहिये, उन्होंने बताया कि बैंगलोर में रेकी द्वारा सायसा योग एवं ध्यान विश्वविधालय का निर्माण किया जा रहा है, कार्यशाला में मुख्य रूप से डॉ सर्वेश खन्ना, रेकी ग्रैंड मास्टर तामी घोष, रेकी प्रेस्टिसनर अल्पना भट्टाचार्य, रेकी

के टी एन पंडित तथा रेकी के सभी सदस्यों को उपस्थित थी.



## NATIONAL SCIENCE DAY celebration at S-VYASA



National Science Day was celebrated this year also on 28th February, 2013 with exciting activities for S-VYASA students. Debate competition was conducted in which 10 students representing various groups and courses had participated. This was a different kind of debate in which five different topics were debated. Each pair of student spoke for and against the given topic. Student's creativity and spontaneity were focused more as the topics were given to them just five minutes earlier. Students came up with insightful arguments supporting their stance. Dr. Hemant and Dr. Kasinath judged the two hour debate session and added their insights on the topics.

In the evening, BNYS students under the guidance of Dr. Sanjeeb Patra had played an amazing awareness drama on global disharmony. The title of the drama was 'The Last Call of Mother

Earth'. This awareness drama had the central theme of imbalance of *paicabhūtas*, which constitute both microcosm and macrocosm. Due to man's brutal exploitation of nature massive imbalance in *paicabhūtas* is caused. At the verge of exploitation calamities like tsunami, cyclone, tornado, earth quake and floods are caused. Not only that, effects of pollutants all over is a major cause of varied diseases. Blessed were our ancestors who worshipped nature and protected it, but alas! humanity has reached the threshold of destroying our mother nature, even a bit more of imbalance can cause great disaster. This drama was an attempt to bring in the awareness including afforestation among youngsters and calling for immediate action. Appreciating the students' active participation, prizes and certificates were also distributed.





## IN S-VYASA LEARNING IS A JOY

- Sarangapani Bashyam

In late fifties and early sixties when I was studying science and engineering my teachers were much older than me. In seventies and eighties when I was a student of management and journalism, my teachers were about same age group. Now in my early seventies studying yoga, I have the fortune of learning from acharyas many much younger-frankly less than half my age. Learning has no upper age limit nor teaching a lower one.

In Prasanti Kutiram, Ganesh Siddhi is a role model of KARMA YOGI. You would have watched his devotion as Ganesh sweeps the avenues. Of people like him it is said 'Gods themselves descend to watch them at work'. Is it not said in Bhagavad Gita 'YOGAH KARMASU KAUSALAM'. I asked Ganesh the secret of his devotion to work. Smilingly he pointed his hand above.

It was a chance I got associated with Guruji when I was nominated to attend SMET program he directed in Delhi in late eighties. I recall his advice while doing IRT 'Whole body tightened, but not the face'. 'Have a smile while doing yoga' was the golden mantra. In

Prasanti classes I learnt a very simple message, from Guruji 'Attach, detach'. Inability to do so at the right time, in all our activities at home or work makes our lives miserable and we run to therapists of any hue or colour. Guruji has succeeded in making ordinary persons quite extraordinary, the abiding principle of Eknathji.

कर्तुः; अकर्तुः; अन्यथाकर्तुः; meaning 'To take one course of action, or not to take any action or to take some other course of action' learnt from Nagarathnaji is in my constant memory. The distinction between ADIJA and ANADIJA vyadhi brought out with examples from Arogyadhama through her unrelenting team members is another case in point.

Notwithstanding my age I used to try advanced yoga techniques taught by Sudheerji. Sudheerji's encouraging voice 'Enjoy, enjoy' will bring a contrived smile from me what with the difficulty of doing advanced yogasanas Then I remembered the reality of 'pleasurable pain'. It does exist. Believe me.

I was a casual reader of Bhagavad Gita at random all





along. In Prof Swamy's class I got the first opportunity to read Gita completely and understand the message. The distinction between temporal and permanent values/qualities was made out clearly. Being a votary of akshara and swara suddhi myself. I was happy at Prof Swamy's stern NO-HOLDS barred instruction on the akshara suddhi. A lasting impression is about Manasika Yajna considered superior to all other forms. The last stanza of Mahanarayana Upanishad is on Manasika yajna I have been reciting for long. Now it has added significance for me.

It was a revelation to me that through Yoga Games one can learn a lot about human behaviour, team spirit, team building and conflict management to name a few. It requires subtle teaching techniques ably demonstrated by Krishnamurthyji. I used to reach the venue, Bengaluru gymkhana grounds at 5 45 AM (class hours 6AM-8 AM) and think I was the first student. From out of hazy morning mist will emerge Yogita Bali, coming from far away Bannerghatta Road.

Yoga and humour can go hand in hand. If you have a doubt you should listen to Raghuramji and Mohanji once more attentively. There is of course a small risk of taking the lessons lightly. Fortunately it did not happen with me. That there are 'good' and 'bad' egos was brought home to me through examples by Raghuramji. The Samskrtam for these are ASMITA and AHAMKARA. I was thinking ASMITA is also bad. Now I know better and can say without qualms, 'I am'.

I did not have an opportunity to register for any subject with Prof Subrahmanyam as acharya. But I marvelled at his powerful story telling in Maitri Milan and evening discourses. Many lessons from these puranic and upanishadic

stories are relevant for individual and societal transactions even today.

Learning does take place informally quite often. In Veda vijñana gurukulam, I had an opportunity to learn the real significance of PUMSAVANAM a samskara done during pregnancy, from Acharya Ramachandra Bhat. Quoting relevant vedic texts Acharyaji said 'It is not for getting a male progeny as popularly mistaken. It is a samskara for necessary masculine characteristics too, required for managing life as a woman'. We now realize the significance and importance of such a prayer with so much violence taking place against women. Women have to empower themselves for fair and just treatment in society.

The course on Mind Body Medicine taught by Prof Srinivasan was a window opening to large vistas for health care. The state of art in this field as existing in U S for example contrasts with the relative freedom to practice different interventions and techniques in India.

M Ramachandraji and I were colleagues in an engineering organization. It was a pleasant surprise for me to know I will learn pranayama techniques and PET, MSRT and MEMT from him. The content of the course appeared to be little. However Ramachandraji's teaching methods proved the old adage 'Instead of ploughing wide, plough deep'. We not only understood the concepts very well but also practiced them in the class room taking turns as teacher.

आचार्यात्पादमादत्ते; पादं शिष्यास्त्वमेधया ।  
पादं सब्रह्मचारिभ्यः; पादं कालक्रमेण हि ॥

is the familiar sloka for modes of learning.

*Tr: Student learns one quarter from Acharya, another from his own intellectual capacity, third from co-students and lastly on passage of time.*

The pedagogy adopted in SVYASA does



reflect these proverbial and traditional modes. Humility, another important quality of a teacher is also transparent among acharyas in SVYASA. Students who want spoon feeding have no place in SVYASA.

(गुरुं) आचार्यं प्रकाशयेत्; मन्त्रं गोपयेत् is an injunction in traditional system of transfer of learning.

*Tr: Bring your acharya to light but not the mantra.*

This I have violated in a sense as I have made both open. I seek the pardon of respective Acharyas. On the flip side I hope many readers will recall the acharyas and the learnings. We owe our gratitude to all acharyas in this institution for MAN MAKING EDUCATION.

I had the fortune to reside in Ramkrpa for a couple of months where the great soul behind the SVYASA, Lakshmi auntiji lived and energized the yoga movement. As I was coming out of the cottage one early morning, I could not believe my eyes. I saw a big and splendid web about four feet in diameter across

two trees. Must have been made at night by an insect (painstakingly or easily I do not know) gently wafting in the breeze. All man made webs paled into insignificance. Do we see the insect as a teacher?

A last thought on the subject. In my humble opinion all activities undertaken by us can be classified in two (and only two) categories-viz., learning and teaching. To elaborate we either learn or teach. Quite often this may be non formal and subtle. Taittiriya upanishad chants (3) are:

स्वाध्यायप्रवचने एवेति नाको मौद्गल्यः ।

Swadhyaypravachane eveti nako maudgalyah

*Tr: Practice (learning) and precept (teaching) are the only two (things) says Naka, the son of Maudgalya rsi*

स्वाध्याय प्रवचनाभ्यान्न प्रमदितव्यम् ।

Swadhyaya pravachanabhyanna pramaditavyam

*Tr: Do not swerve from practice and precept (as a way of life)*

### Yoga Instructors' Course (YIC) - 134<sup>th</sup> Batch, March, 2013



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# Sustainable Systems

स्वधर्मे निधनं श्रेयः परधर्मो भयावहः

- Vasudeva Rao

Thousands of years ago, on the banks of the mighty river Saraswati, a civilization flourished and reached the pinnacles of glory. The secret behind their success was the sustainability of their science and technology. Unlike today's science which only sucks and slowly drains nature, their science was in tune with nature and harnessed all the potentials of nature without disturbing the balance of ecosystem. Their science was more of common sense than complicated logic.

But then, they noticed that regulating the natural forces and being in harmony with Prakriti alone was insufficient to make the society feel secure and self-assured. They realized that if people constrict themselves into smaller groups, they invariably get to face extremes of good and bad. Whereas if the group is big and the whole society lives as one family, complimenting each other in all the needs and difficulties, then the fluctuation of fate reduced. Thus, they added 'Dana' to all the vaidika karmas that they performed. If some needy are not given money, food etc then the vaidika karma was not considered complete. It was made a mandatory part (Refer to 'Rationale Behind Service' in the previous edition).

Even after these implementations, something was still missing. In the early years of the civilization, before the Varna system was clearly defined, several problems were encountered and resolved. When surveys were conducted by the administrators, they saw that some of the people, even after having sufficient money, were still greedy for more money. For some reason

they were not content and were trying to pile up more and more money. So a question arose – how to make someone feel sufficient with respect to the material needs? After several discussions and surveys, psychiatrists submitted a detailed report to the council.

Some people, for various reasons (such as enforced into father's profession), had opted to work in a profession which was not the area of their expertise and talent. This had settled as a deep discontentment in their hearts. Although they had forgotten about it and buried it deep in them, without their knowledge it had grown into a big tree of hidden stress. Without knowing the actual reason for their own mental unrest, they were all trying to quench the restlessness with money and property. But when they got more money, obviously it wasn't able to satisfy their hidden desire for job satisfaction. So when money was unable to satisfy them, they grew more restless. And they again tried to quench it with more money. So, more the money they had, the more restless they became. This had grown into a vicious vortex.

The wise men of their civilization then contemplated and understood a simple fact behind creation. If we throw a playing dice 600 times, we would have got each number (1, 2, 3, 4, 5 and 6) almost 100 times. This is a simple law of probability and this is the nature of nature. Similarly in a society of thousands of people, there are bound to be people of all sorts of skills and talents. Skills of individuals in the society compliment each other and the society as a



whole, becomes and feels complete.

So, as a remedy, it was decided to regulate Varna system very strictly. Swadharma (Profession adopted as per inherent talent alone) was given the utmost importance. A dancer should only become a dancer, a person with sharp mathematical abilities should only become an engineer, a person with excellent fitness, courage and adventurous attitude should only become a soldier etc. No profession, on its own, was considered greater or cheaper than others. It was considered cheap only if somebody was pursuing it out of compulsion of family, money etc. Following Paradharma (Profession adopted not as per inherent talents) was considered very disgraceful. Even Krishna says this in the Gita - it is better to follow Swadharma, even if you commit errors, rather than following Paradharma meticulously and perfectly. It is better to die performing Swadharma rather than living in fear with Paradharma (Gita 3.35). Saraswati civilization promptly noticed that following Swadharma resolved and dissolved the vicious vortex of greed and all the negativity associated with it. When people did what they were born to do, when they did what they loved from their heart, money didn't matter anymore. They were very content with whatever money they got. Because now they were more happy in seeing somebody's need getting fulfilled because of their talent and expertise. They took more delight in seeing themselves filling a crucial place in the jigsaw of the society. That

happiness beat all other material happiness.

Gurukulas were given the duty of identifying the potential of a child and helping him or her develop that particular talent (out of the 64 listed skills). It became apparent to them that the whole world is working as a gigantic system, like a machine. And in a machine, there cannot be unnecessary parts. Each part fulfills a purpose. A small spring is as important as a big lever. The machine will fail even if that tiny spring fails. So, no part is superior to others, all are equally important for the machine to work. There are no optional parts in a machine. Similarly, they understood that each child potentially had something specific to offer to the society. Each person was meant to fulfill a purpose in the machine of the world. They understood the beauty of diversity of the creation. Creation consisted of both *the needs of the people* and *the people who could fulfill those needs*. So, all the individuals of the society complimented each other and lived as one family. The jigsaw of the society was matching so perfectly, that they wondered at the genius of the creator, if any!

This way, everyone was strictly monitored from childhood and promoted to ensue his or her inherent talents. Following Swadharma worked wonders. As everyone was loving what they were doing, the assigned duty of a person became so effortless to him/her that mind would be mostly free and relaxed even during the activity (in the current age we opt for Paradharma and



we cannot relax even after our work!). For e.g. a born singer would not have to put special efforts to sing. Only a little training, a little effort would suffice. After that he only enjoys singing, and hardly suffers fatigue. Perhaps only when the tones are very difficult, he may have to put some effort to sing correctly. This way everyone was enjoying their duty which required only a minimum effort on their part. A actor would effortlessly act, a cook would effortlessly cook and so on. So for all of them, the whole daily routine then became meditation, Dhyana. This was later termed as Karma Yoga - effortless Karma, performed with bliss, only for the sake of fulfilling their purpose, for fulfilling what they were born to do, and not for any returns. Money was no more on the driver seat, it had

become a silent passenger and a spectator. This ensured that stress (Aadhi - imbalance in the mental realm) was extricated from the roots. And consequently Vyadhi (imbalance in the physical realm) was also very rare.

King Bharata, as per Mahabharata, did not consider any of his sons to be eligible for the throne and he selected a young boy from a Gurukula to succeed him. Indians can be proud that our country is named after such a selfless great King who lived for Swadharma and put it into practice, even if it meant that his own sons were denied Kingship. And we should also be proud of his sons who accepted that it was not their Swadharma to rule a country.

*... to be continued*



**Thyagaraja & Purandaradasa  
Aaradhana**

**Prashanti Kutiram, Mar 4:** Mangala Mandira was resonating with the vibrations of Devotion. The Students, Staff and the Arogyadhama Participants carried the vibrations to the entire surroundings of Prashanti Kutiram. Specially the participants experienced the concept of Bhakti Yoga.

Vidhushi Janaki Sreesha with a troupe of women and three of their musical accompanier's on Mrudangam, Flute and Harmonium gave an excellent performance. The group 'Nitya Kalyani' sang various concepts of Bhakti, the compositions of Saint Thyagaraja and Purandaradasa's kritis. The audience was spell bound and ecstatic.

Swami Narayananda conducted the program. Dr Nagarathna didi gave mementos to Vidhushi Janaki Sreesha and Dr T M Sreenivan gave to the musicians. Su Gita didi gave mementos to all the volalists.





# Maha Shivaratri 2013

Bharath (India) is the country of festivals. We have a long history of festival celebrations since the time immemorial. Among many major festivals, Mahashaivaratri is one among them, which falls on Krishna Paksha in month of Magha Masa.

On 10<sup>th</sup> March 2013, a grand celebration of Mahashivaratri was held in the Prashanti campus (S-VYASA). Ñoḁaçopacära puja followed by Panchamrita Abhisheka (With Milk, Curd, Ghee, Honey, Sugar and Tender coconut water) to Lord shiva statue was done by rendering the vedic chantings (Rudra - Namaka, Chamaka and Mantra pushpam). The students of Division of Yoga - Spirituality were performed the pooja with recitation of Veda Mantras.

The importance and Significance of the festival as well different forms of Lord Shiva was well narrated by the Vice Chancellor Prof. Ramachandra G Bhat, Prof. NVC Swami, and Dr. R. Rangan, Assistant Professor, Division of Yoga Spirituality.

On the same night, Students took part in Maha Mrityunjaya Japa during Jagaraëa followed by bhajans, meditation etc. ●



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## ANVESANA: RESEARCH DIMENSIONS at a glance

'ANVESANA' is the research wing of S-VYASA University facilitating in-depth research in all divisions of S-VYASA. Headed by Dr Naveen KV and Dr NK Manjunath Sharma as Joint Director of Research. Anvesana is adding dimensions to existing research blocks by setting up new lab blocks and updating existing blocks.



### Areas of research interests:

- Physiological effects of yoga practices
- Therapeutic applications of yoga
- Yoga for rehabilitation
- Yoga for perception and performance
- Higher states of consciousness
- Ongoing projects

### Research facilities available:

- High density 128 Channels EEG
- Evoked Potentials
- Autonomic Function Testing
- Polysomnography
- Functional Near Infrared Spectroscopy (fNIRs)
- Body Composition Analysis
- Psychology lab
- Bio-field energy lab

### Recognitions:

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### Vision:

Combine the Eastern wisdom with the Western science, technology

### Mission:

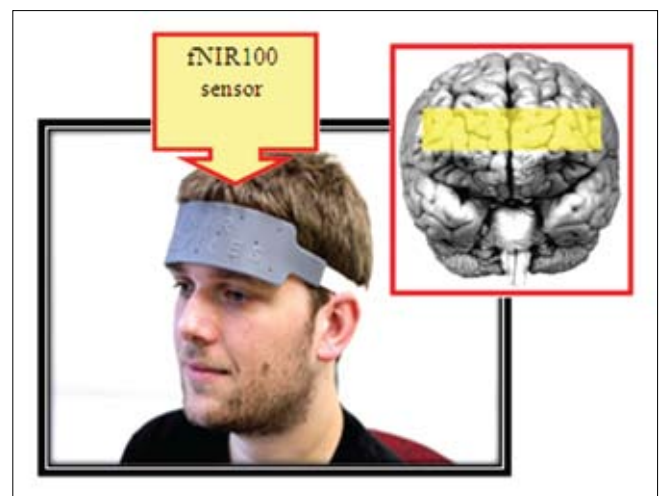
To make Yoga as a socially relevant science

Yoga and Neurophysiology [ICMR CAR Y & N] - 2007-2012

- Accorded the status of Center for Excellence in Yoga by Dept. of AYUSH

### Accomplishments:

- Received 5 Crores Research Developmental Grant from Govt of Karnataka.
- International Journal of Yoga (IJOY) - the first yoga journal in PubMed
- 230 Research Publications on Yoga in national and international Journals



- 22 Ph.D's. have completed from S-VAYSA
- Conducted 19 International Conferences
- Completed 17 Funded Projects
- DST - FIST supported Lab.

**Recent Developments:** Swami Vivekananda Yoga Research Foundation has received 5 Crore developmental grant from Government of Karnataka to expand the existing research laboratory. State of the art research facilities will be established at S-VAYSA campus. This would include molecular biology, neurophysiology, autonomic function testing, exercise physiology, sleep lab, psychology lab and subtle energy lab. Along with this, adjacent to research block, Neuroimaging center has been proposed.

## ONGOING PROJECTS:

### 1. Project

*Title :* Mapping Neurophysiological, Neurochemical and Cerebral blood flow changes in attentional processes related to Yoga.

*Funding Agency :* Department of Science and Technology, Govt.of India, New Delhi.

*Project Amount :*Rs. 81,56,400 (INR)

*Project Duration:* 2011 – 2013

*Principle Investigator:* Dr. Shirley Telles, Head, Dept. of Yoga & Biosciences, S-VYASA, Bangalore.

*Co-Investigators:*

Dr. Naveen K. V., Associate Professor, S-VYASA University, Bangalore.

Dr. Manjunath N. K., Associate Professor, S-VYASA University, Bangalore.

*Senior Research Fellow:* SuhasVinchurkar B.N.Y.S., Ph.D. Scholar, S-VYASA University, Bangalore.

*Junior Research Fellow:* Deepeshwar Singh M.Sc., Ph.D. Scholar, S-VYASA University, Bangalore.

### 2. Project

*Title:* Development and Validation of Defence Implicit Association Test and Guna Implicit Association Test.

*Funding Agency:* Defence Research and Development Organisation(DRDO), Govt. of India, New Delhi.

*Project Amount:* Rs. 16, 98, 000 (INR)

*Project Duration:* March 2012 – March 2014

*Principle Investigator:* Dr. H R Nagendra, Vice Chancellor, S-VYASA University Bangalore.

*Co-Investigator:* Dr. R Nagarathna, Dean of Division of Yoga & Life sciences, S-VYASA University, Bangalore.

*Senior Research Fellow:* Rajesh S K M.Sc., Ph.D. Scholar, S-VYASA University, Bangalore.

*Junior Research Fellow:* Judullavarasu M.Sc., Ph.D. Scholar, S-VYASA University, Bangalore.

## Yoga Courses @ Yoga Bharathi, USA

Yoga Bharati Bay Area Chapter will be launching Yoga Teacher Training on April 5<sup>th</sup>. Yoga Instructors Course (YIC) is a yoga teachers training program that prepares the student to teach holistic yoga in the community. YIC is a certificate program designed by Vivekananda Yoga Research Foundation VYASA and Yoga Bharati brings this course from VYASA. The classes are held on weekend mornings in India Community Center for 3 months. The chief guest for this year's YIC is Rev Ellen O'Brian of Center for Spiritual Enlightenment, San Jose who are the lineage of Paramahansa Yogananda. 30 people have registered for YIC this year and many more are interested and we had to put them on the waiting list due to overflow.

**PGDYT:** Yoga Bharati Bay Area Chapter has launched a third batch of PGDYT Distance education course and 9 students have registered. Yoga Bharati is conducting sessions to guide the students towards their studies. Nidhi Ram, who completed her PhD from VYASA is one of the visiting faculty for PGDYT. Dr. Nagaratha, Dean of Health Sciences and Chief Therapist and doctor and SVYASA conducted classes on Common Ailments and Yogashree N.V.Raghuram will be conducting sessions on Bhagavad Gita.

**Yoga for Fertility:** Yoga Bharati will be conducting a 6 weeks workshop under the guidance of Nidhi Ram who is a yoga expert for Fertility and PCOS. The registrations are pouring in for this workshop as there is tremendous interest in the community.



## National Yoga Week 2013, MDNIY, New Delhi Theme: Yoga for Adolescents

A mass awareness program for Health, Happiness and Harmony through Yoga is an annual feature being organized by Morarji Desai National Institute of Yoga, New Delhi. The program was organized between 18<sup>th</sup> to 24<sup>th</sup> February 2013. The following programs were scheduled:

18<sup>th</sup> to 20<sup>th</sup> Feb. - National Conference

21<sup>st</sup> Feb. - Seminar on contribution of Sw. Vivekananda for propagation of Yoga in the modern age

22<sup>nd</sup> to 24<sup>th</sup> Feb. - Workshop on Yoga for Adoloscents

SVYASA, Bangalore participated in the event in all the three events. Dr.H.R.Nagendra (Guruji), Chancellor gave the Key Note Address in the inaugural session on 18<sup>th</sup> Feb. Sri Raghuramji, International Coordinator VYASA gave a talk in the Seminar on 21<sup>st</sup> Feb. Sri Vikas Rawat, Su.Bhavna Sharma and Smt.Sashmita conducted



National Yoga Week - Valedictory

the work shop on 23<sup>rd</sup> Feb. Yogic Games and MSRT were the special attraction for the participants in the workshop.

The NYW 2013 had 85 Yoga Experts and 938 Registered Participants from different parts of the country. The conference came to a conclusion on 24<sup>th</sup> Feb. The next year theme for the NYW 2014 is Yoga for Youth.

### WORKSHOP YOGA FOR ADOLESCENT

Yoga for Adolescents was a successful endeavor by S-VYASA University, Bangalore in collaboration with Maha Manav Mrityunjay Institute of Yoga and Alternative Medicine (MMIYAM), New Delhi, at Morarji Desai National Institute of Yoga, from February 18 to February 24, 2013. Four other institutes participated in the function namely, Ramamani Iyengar Memorial Yoga Institute, Pune; Kaivalyadhama Yoga Institute, Lonavala; The Yoga Institute, Mumbai, and off



HUA President Sri N V Raghuram ji honored



Yoga Workshop is in Progress

course Moraji Desai National Institute of Yoga, New Delhi.

Three Yoga experts Mr Vikas Rawat, Ms Bhawna Sharma and Smt.Sashmita represented S-VYASA for the workshop. Mr Jitendra, Mr Omprakash Kuriyal, Mr Omprakash from S-VYASA and MMIYAM supported the yoga experts during the workshop.

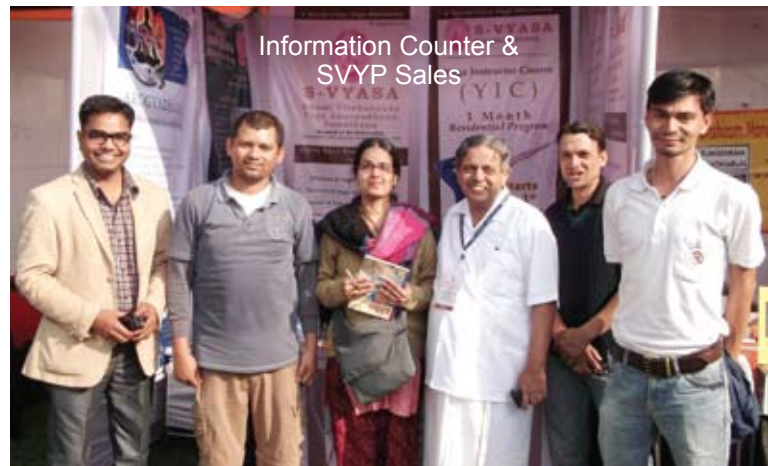
There were more than 900 registrations for the event. Workshop on Yoga for Adolescent was held on 22 to 24 Feb. 2013 by different eminent yoga institutes. Nearly 600 people from all age groups of the society attended workshop. S-VYASA in association with MMIYAM conducted workshop on 23<sup>rd</sup> February 2013. We started with a small presentation on Yoga for Adolescent followed by asana and pranayama. It was followed by MSRT, i.e., Mind Sound Resonance Technique- a advance technique developed by S-VYASA University, Bangalore. As we know, adolescent of the 21<sup>st</sup> century have more or less a computer based life, their days start with notepad, and end with iPad. It is very difficult for them to meditate or sit for dhyana, to make them relax their mind and body the deemed university S-VYASA has developed

MSRT. This is a technique where a person is made to meditate through mantra chanting. MSRT not only relaxes the body but also channelize energy of the body. All the people were very satisfied with this new technique and appreciated it. To lighten the environment, we played yogic games with participants.

The session ended with question and answers.

### **SVYASA Information Counter & SVYP Sales Counter**

SVYASA Bangalore had arranged an Information Counter for its University Courses, DDE Courses, Arogyadhama between 18 to 24 Feb.2013, during the National Yoga Week 2013. The stall was also having SVYP Publications for sales. The counter was managed by Sri Jitendra Pradhan and Smt. Sashmita. Many Yoga Students and aspirants visited our stall. Aspiring students for M.Sc., Ph.D and other course discussed and were given the details. The contact details of the students were collected for SVYASA and SVYASA-DDE was collected, for follow-up. Our books in general and specially the ailment series were very popular and purchased by the students and participants. Guruji, Sri Shatrughan, CAO and Sri Acharya, National Coordinator visited the stall on 18<sup>th</sup> February. More than Rs.45,000/- worth of books and publications were sold.





# THE HINDU SPIRITUAL & SERVICE FAIR, Chennai

- Su. Umamaheswari, Co-ordinator, VYASA, Chennai

The 5<sup>th</sup> Hindu Spiritual and Service Fair – organised by the Global Foundation for Civilisational Harmony – got off to a feisty start on Tuesday Feb.19, 2013 at A.M.Jain College, Chennai. The Fair was from 20th to 24th Feb. 2013.

Around 240 organizations had participated in the fair. The objective of this fair is to showcase the large scale but mostly unknown and invariably unpublicised service activities undertaken by the Hindu Spiritual and Service Organisations. Almost all prominent Hindu Organizations participated in the fair.

This year being the 150th Birth Anniversary of Swami Vivekananda, the Spiritual Service Fair was dedicated to the Patriot Saint of India.

Sri L. K. Advani, the former Deputy Prime Minister of India was the Chief Guest at the inaugural function along with two spiritual leaders Swami Ashutoshananda of Sri Ramakrishna Math, Chennai and Swami Omkarananda of Chidbhavananda Ashram,



Yoga Courses are...

Theni. Srimathi Sudha Raguathan, rendered the invocation song.

In the Key Note address by Sri L. K. Advani drew reference to Swami Vivekananda’s speech at the erstwhile Madras, where he said, “Leave aside all your Gods and Goddesses and worship only one Goddess: Bharat Matha. To him, precisely, spirituality meant service to the nation, social welfare.

Earlier, noted columnist S Gurumurthy exhorted Hindu organisations to talk about the “good things” they are doing. He also stated that the participation of Hindu organisations in the fair was increasing every year and that the organisations had started building statistics on their service activities.

The Central Hall of the Spiritual Service Fair was dedicated to an exhibition on Swami Vivekananda’s Life, Thoughts and Mission. A walkathon by students formed part of the Fair. Free medical camps, spiritual discourses,



S-VYASA Stall at HSSF – 2013



thematic competitions and cultural programs were organized. The high spirit of public service rendered by various Hindu spiritual organizations drew attention of the society at all levels. More than two lakh people visited the Fair in the span of Five days.

The participation of S- VYASA in the HSSF in Chennai in 2012 lead to the inception of VYASA Chennai Branch in MAY 2012. This year 2013 also S-VYASA participated. Many students approached the stall to inquire about the regular and distance education courses. The team gave the details and collected their contact details. Many persons suffering with Diabetes and other ailments also visited our stall. They were given the details of Arogyadham and informed that a special camp for the diabetics will be organized

in Chennai soon. The team led by Uma Maheswari, Co-ordinator, Chennai Branch was supported by past and present DDE students in Chennai and two members from Prashanti. The team also consisted of three M.Sc. students who collected data for their dissertation and also supported the stall at HSSF.

Chancellor, S-VYASA Dr. H.R. Nagendra accompanied by National Co-ordinator and Administrative Officer Sri Rabindra Acharya who together visited the HSSF on the 24<sup>th</sup> February. Dean of Yoga & Physical Science Dr.T.M. Srinivasan also visited the stall .

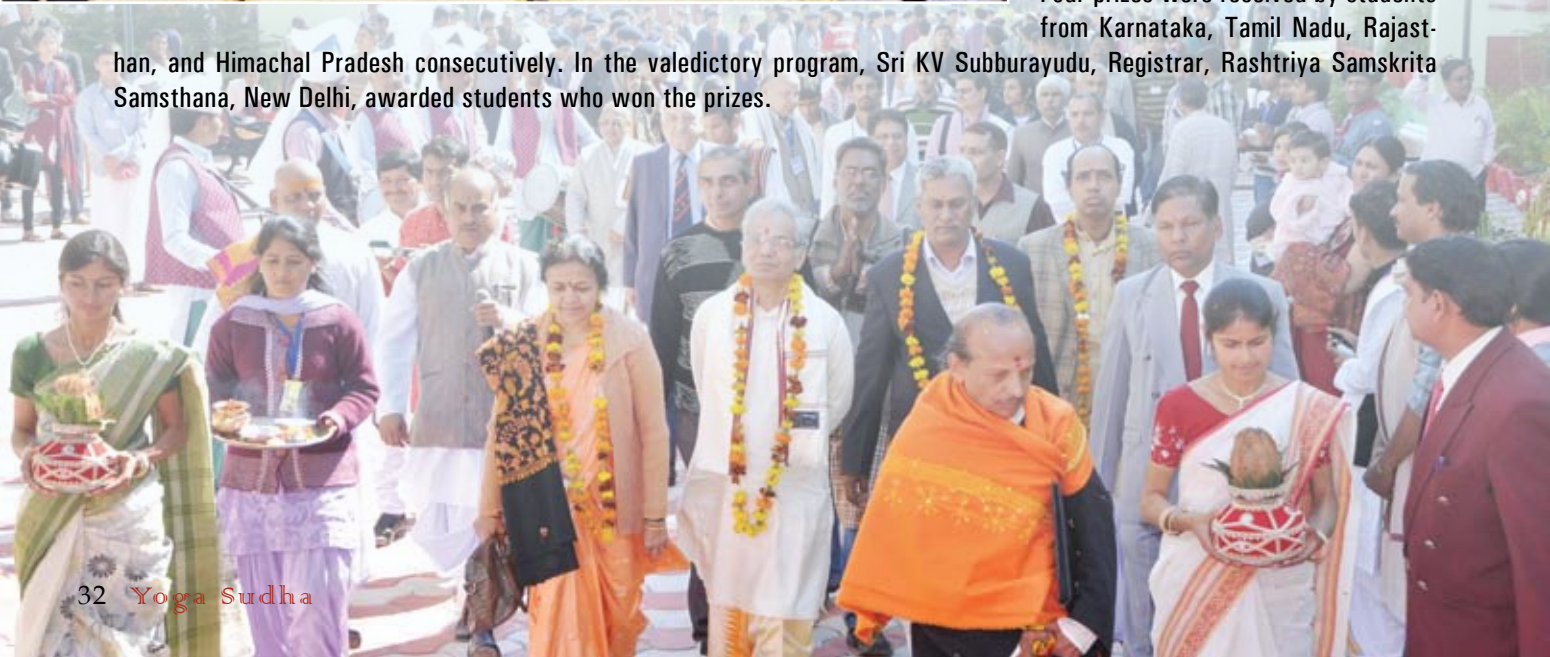
The heads of the various above organisations visited the Fair. Many of them visited S-VYASA's stall.

National level Shastra competition was held for 3 days 2 – 4 March 2013 in the premises of Veda-Vyasa campus, Himachal Pradesh. 39 candidates from 20 states participated in 23 different subject areas of traditional Indian scriptures.



Many great scholars had come from different places to evaluate and encourage students. Dr Ramachandra G Bhat, Vice-Chancellor, SVYASA University, Bengaluru, gave the invited talk and was judge for subjects, such as Purana-Itihasa-Shalaaka-Kavya-kanthapaatha-Vedantabhaashana etc. Four prizes were received by students from Karnataka, Tamil Nadu, Rajasthan, and Himachal Pradesh consecutively.

In the valedictory program, Sri KV Subburayudu, Registrar, Rashtriya Samskrita Samsthana, New Delhi, awarded students who won the prizes.





## Swami Vivekananda District Yoga Wellness Centers (SVDYWC) A brief Report

**SVDYWCs (Phase 2):** Three centers in Karnataka, three in Andhra Pradesh and one in Kerala were sanctioned in the Phase 2 - Total - SEVEN. The districts / NGOs are as under:

State	District	NGO
Karnataka	Chikmagallur	Malnad Education Society
	Mandya	Sri Shanbhulingeshwara Edu.Trust
	Udupi	Sri Vedavyasa Yoga Prathisthana
Andhra Pradesh	Kurnool	Chaitanya Yuvajana Sangham
	Hyderabad	Namaste India Foundation
	West Godawari	Society for Awareness & Holistic Activities by Youth
Kerala	Wayanad	Swami Vivekananda Medical Mission

For the above SVDYWCs First Installment of Rs.60,000/- of non-recurring grant is released. The NGOs are gearing up to select suitable Yoga Instructors and to submit the statement of expenditure. Many of the NGOs are finding it difficult to get suitable / eligible candidates to be appointed as per the MDNIY guidelines.

**SVDYWCs (Phase 1):** Have entered their second year. Most of the centers have completed their first six months in their second year and had submitted their half yearly statement of accounts. The delay to release the funds for these centers is creating a great hardship and also hampering the working of the centers. However, MDNIY - SVDYWC office has confirmed that the funds will be released by the end of March, 2013. 15 centers of the 20 of the Phase 1 are progressing into their second year.



## SV-DYWC Centers

Centers	State	Co-ordinator	Phone	Email ID
Chittoor District Yoga Association	AP	Chandra Sekhar	9441088401	pagadalachandrasekhar9@gmail.com
Vivekanada Yoga Therapy Institute	AP	K A Badri Narayana	9652227079	vivekananda.hup@gmail.com
Dr. Narman Bethoon Memorial Yoga - Prakruthi Jeevana Prachara Society	AP	K Y Rama Chandra Rao	9640000067	ramachendra.yoga@gmail.com kyramachandar.yoga@gcommail
Satya - Foundation for A Healthy Society (Mythri Yoga & Nature Cure Center)	AP	Dr K N Sukumar	9441034591	drknsukumar@rediffmail.com
Indian Red Cross Society	AP	Dr Durga Raju	9848424389	redcrossegrc@yahoo.com
Society for Awareness & Holistic Activities by Youth, West Godavari	AP	Ganesh Babu, Secretary	9493308199, 8813282939	sahay_helpinghands@yahoo.in
Chaitanya Yuvajana Sangham, Kurnool	AP	Mohamad Gouse, President	9963628405	cys184@rediffmail.com
Namaste India Foundation, Hyderabad	AP	Brij Bhushan Purohit	9440191179	brijbhushan.purohit@gmail.com
Bharatiya Vidya Nikethan	Kerala	Sudershan Yunni	9446423874	vmsunni1@gmail.com bvnyogacentre@gmail.com
Rashtra Dharma Parishad, Madhava Nivas	Kerala	V V Naryanan	9496332058	yoginarayan@yahoo.com
Swami Vivekananda Medical Mission, Wayanad	Kerala	K A Asokan, Secretary	04936-202528 /204360	svmm_muttill@hotmail.com
Sri Shivaganga Yoga Center	KRT	Gowda	9449181869	yogaradhya@yahoo.com.au tshgowda@gmail.com
Rama Krishna Vivekananda Ashrama	KRT	T B Chowhan	9448902913	dharwadashram@gmail.com dharwadashram@rediffmail.com
JSS Mahavidyapeetha	KRT	Dr Subhash	9886176690	scbmysore@gmail.com drshree7@gmail.com
Pranava Health Trust	KRT	Dr Rajesh Padekal	9448142310	rajesh.padekal@rediffmail.com
Bijapur District Physically Handicapped Welfare Association ®	KRT	M S Khed	9845378118	bdhwa@yahoo.in
Sri Shambhulingeshwara Education Trust, Mandya	KRT	R Prakash Pancha Lingaih Gowda	9845670281 9845036918	ssetrust.info@gmail.com
Shri Karkala Ranganatha Sridhara Pai, Memorial Shri Vedavyasa Yoga Prathisthana, Udipi	KRT	Raghavendrda Pai	9448174457	paivedavyasa@gmail.com
Malnad Education Society ®, Chikmagalur	KRT	Dr Vishnu Vardhan, Principal	9916283623	maschikmagalur@yahoo.com
Swami Vivekananda District Wellness Center	Haryana	M S DESWAL,	9416384735	yogdesm@gmail.com
Adarsh Saraswati Shiksha Samiti	Haryana	Jogindar	9728783267	myindiaa@gmail.com opdahiya@yahoo.com
Society For Education & Welfare Activities	Haryana	Ganesh Kumar	9416384735	sewamgarh@yahoo.co.in
Yoga Sewa Samiti ®	Punjab	Radhesham Bansal	9646101322	radheyshyam90@yahoo.com yogsewasamiti@gmail.com
Indian Red Cross Society	Punjab	Ashok Kumar Handa	9417390800	redcrossmoga@yahoo.co.in
Rameshwar Welfare Trust	Punjab	Rajesh Kapoor	9256371085	rwludhiana@gmail.com rwtludhiana@gmail.com



## Launch of VYASA, International

[An Office of the International Affairs of VYASA, Bengaluru]

VYASA is a research foundation recognized as Scientific & Industrial Research Organization [SIRO] since 1988 with its headquarters in a sprawling pristine 100 acre suburban campus [Prashanti Kutiram] in the city of Bengaluru, India. VYASA, as the parent organization houses three major entities in its campus viz., for *Arogyadhama* [Research Health Home for Yoga Therapy -since 1991]; Swami Vivekananda Yoga Research Foundation [S-VYASA-since 2002], the World's first Yoga University recognized by Government of India; *Swami Vivekananda Yoga Prakashana* [SVYP-an in-house publication house-since 1986]. VYASA is recognized as one of the leading research organizations in the World which led to the establishment of the World's first indexed-peer-reviewed yoga journal "International Journal of Yoga-IJOY". S-VYASA University has also received clearance from IGNOU, MHRD Government of India to offer 7 courses in distance mode.

To reach out to the best of the yoga community across the World; to disseminate its yoga research findings and to share the wisdom of Integrated Approach of Yoga Therapy [IAYT], in the year 1991, VYASA organized its' first International conference called 'International Conference on Frontiers in Yoga Research and Applications [INCOFYRA], now we have our 20<sup>th</sup> INCOFYRA in December. Across these 22 years, VYASA has attracted international well-wishers; philanthropists; collaborators; students; patients and visitors. This has led to number of VYASA affiliate centers and branches across the World.

With over 25 years of leadership in science of yoga and 11 successful years of Yoga University, there is an ever increasing demand for an organized international presence of VYASA across the World and for an efficient international services at its campus-Prashanti Kutiram. Dr Nagendra, the President of VYASA and the Chancellor of the S-VYASA

University, has responded to this much needed demand and has established an exclusive office of the international affairs called "VYASA, International". VYASA, International would be a facilitation center for International services at Prashanti Kutiram to co-ordinate the activities of VYASA through its branches, affiliate centers, collaborating institutes and associate centers all over the globe.

Dr Nagendra and the entire VYASA family invites all the members of VYASA well-wishers; philanthropists, alumni, therapy participants and people at large to join us in sharing the vision of Swami Vivekananda of making yoga - 'a socially relevant science'; 'an evidence based therapy'; and 'a path for self-realization'.



The 20<sup>th</sup> INCOFYRA is being organized by VYASA from December 19-22, 2013 at Prashanti Kutiram. While the next 8 months of this year would witness an organized effort to establish the international network of VYASA, this conference would be a meeting point for all the international members of VYASA and S-VYASA. From this issue onwards, Yoga Sudha would have an exclusive section on VYASA, International and its activities. Welcome aboard!

VYASA, International team will consist of the following members Dr Naveen KV, Prof Alex Hankey, Sri G Raghunatha Rao to begin with. The structure of the same will be presented in the next issue of Yoga Sudha.



20<sup>th</sup> International Conference on Frontiers in  
Yoga Research and It's Applications

## Yoga: A Public Health Strategy for Diabetes Prevention and Education

Dec 19 - 22, 2013

Prashanti Kutiram, Residential headquarters of VYASA, Bengaluru

*Organised by:* Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru

### The objectives of the Conference:

- 1 Disseminate the research findings in the field of Yoga for Diabetes Mellitus and to synergize the future research
- 2 Translating the evidence to integrate Yoga therapy with conventional care for diabetes mellitus
- 3 Establish a National and International Working Group comprising of the Universities, Health care providers and policy makers to pool in Collaborative Research activities
- 4 Enhance Industry partnership to develop programs that integrates diabetes care lifestyle products with that of yoga based lifestyle in the care of diabetes mellitus
- 5 Thus, evolve and engage in a nation-wide movement for diabetes prevention and education to unseat India from a dangerous position as 'Global capital of Diabetes'

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

DATE	PROGRAM
June 21, Sept 11 & Nov 14; 2013	Pre-Conference Programs
Dec 11-13, 2013	Himalaya Olympiad
Dec 16-18, 2013	Pre-Conference Workshops
Dec 19-22, 2013	Main Conference
Dec 19-22, 2013	Arogya Expo: Health Exhibition
Dec 23-27, 2013	Post Conference

## About the 3 tracks

Track	Track Name	About the track
1	YOGA AND DIABETES RESEARCH	<p><b>Therapeutic Applications:</b> Management and Prevention Research evidences that prove the safety; clinical efficacy and application of yoga in the management and prevention of diabetes</p> <p><b>Mechanism of Actions:</b> Evidences unraveling mechanisms of action of yoga therapy in diabetes from psycho-physiological to cellular and molecular level.</p> <p><b>Future Trends in Research:</b> Trends of future researches in the field of yoga for diabetes mellitus</p>
2	COLLABORATIVE CHANNEL-OF PROFESSIONAL BODIES AND POLICY MAKERS	<p>Brings out the importance of formulating a National and International Working Group comprising of the Universities, Health care providers and policy makers to pool in Collaborative Research activities, to improve patient care in diabetes and to increase clinical utility and applicability of yoga therapy.</p> <p>The professional bodies and centers of excellence would include ), MV Mohan Diabetes Center , Diabetes Technology Society, Nutrition Society of India, Endocrinologists, Diabetologists, YOGA &amp; Naturopathic physicians, other physicians from AYUSH and Nutritionists</p> <p>The policy makers to be involved are World Health Organization (WHO), National Institutes of Health (NIH); U.S. Department of Health and Human Services, International Diabetes Federation, ICMR Indian Council of Medical Research (ICMR), Govt. of India, Department of Science and Technology (DST), Govt. of India, Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India etc.</p>
3	PARTNERSHIP MEET WITH - INDUSTRY PARTNERS	<p>Focuses on enhancement of Industry partnership and development programs that integrates products and services with yoga into diabetes care.</p> <p>The industry partners may include Karnataka Indian Medicine Manufacturers Association (KIMA), Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, Himalaya Dug Company, Quality control for organic food, Vendors of Self-monitoring tools, Diagnostics Laboratories, Health Support Systems, Inc, One-stop solution for Diabetes care supplies etc</p>

**CALL FOR PAPERS:** Scientific research papers on Yoga and its' applications and review papers are invited for poster presentations. **Last date for submission of Abstracts:** August 15, 2013. The papers will be peer reviewed and acceptance or otherwise will be intimated before Sept 11, 2013. **Last date for submission of full papers:** Oct 2 , 2013.

**Contact for REGISTRATION:** Dr Hemant Bhargav, +91 87620 19348, incofyra20@gmail.com

**PAYMENT Details:** Payment by Cash or DD payable to '**VYASA**'

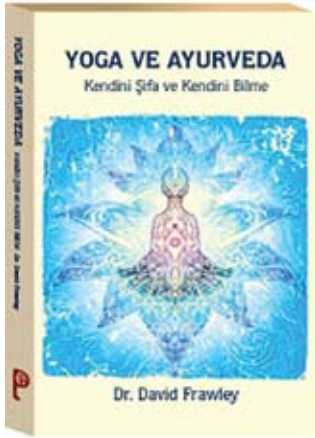
**Contact ADDRESS:** Vivekananda Yoga Anusandhana Samsthana, The Manager, 'Eknath Bhavan', #19, Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019, INDIA

ph: +91 80 2661 2669, telefax: +91 80 2660 8645, e-mail: svyasa@svyasa.org, [www.svyasa.org](http://www.svyasa.org)



## News from Turkey

### March 12: New Book Release / YOGA and AYURVEDA - by Dr. Vedacharya David Frawley



We are proud to present the best selling book of Dr. Vedacharya David Frawley, Yoga and Ayurveda.

This is one of its kind book in the west, which examines the two ancient teachings

yoga and ayurveda for lifelong health, longevity and awareness.

Dr. Vedacharya David Frawley, is one of the well known ayurvedic doctors in the world, presenting the secrets of body, breath, senses, mind and chakras. He explains how we can transform our lives by nutrition and healing herbs, as well as by yogic techniques of asana, pranayama and meditation. The book will be on the shelves by 12th March 2013.

### March 11: Happy Shivaratri!

We are happy to celebrate Shivaratri in Istanbul Yoga Center with YIC students, on 11th of March 2013. There will be a special meditation class, as well as a small lecture on the significance of the day. We wish you a very happy Shivaratri and hope Shiva grants everyone liberation!

### March 23-24, 2013: Yoga in Anatolia

Our founder Ayca Gurelman is invited to give a series of yoga philosophy talks and a workshop to the student city, Eskisehir by the biggest philosophy foundation in Turkey, Aktif

Felsefe. The talk will be about the streams of yoga with a special focus on the Patanjali's Yoga Sutras and the workshop will include cyclic meditation of S-VYASA.

### August 2013: Annual Tour to S-VYASA Yoga University

We started planning our traditional annual tour program to sVYASA - Vivekananda Yoga University in August 2013. We are planning to bring some YIC students as well as some yoga students as usual for a visit of the campus as well as a small tour to the temples and ashrams in the Bangalore area. Please join us introducing sVYASA to the turkish communities.

### Our next book title: Sayings of Sri Ramakrishna

As part of the commemoration of the 150th birth anniversary of Swami Vivekananda, we are very excited to announce that our next book title in Purnam Publishing will be the 'Sayings of Sri Ramakrishna'. The book is planned to be in print within a month (latest by April).

### YIC Summer Program applications ongoing

New batch of YIC certificate program of SVYASA will start on June 5, 2013. The weekday program will continue until August 15, 2013. The committed participants will learn the basics of yoga philosophy and yoga practices. The participants will get two certificates; one from Vivekananda Yoga Anusandhana Samsthana, and the other from Yoga Bharati (Yoga Alliance accredited).

*For admissions and more information please click on:* [http://www.yogamerkezi.com/YICC/YICC\\_genel\\_bilgi.htm](http://www.yogamerkezi.com/YICC/YICC_genel_bilgi.htm)



For all details of the Scheme visit us at  
[www.vyasa.org](http://www.vyasa.org) - click *Arogyadhama*

## VYASA Calling for Seva Vratis

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

## Join our Arogyadhama “Serve the Sick” Project

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



### Write us to at

The Co-ordinator, Project Seva Vrati, VYASA, 'Eknath Bhavan', #19  
Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560019

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

**Mail:** [sj6474@gmail.com](mailto:sj6474@gmail.com)

## New Short Term Courses of S-VYASA

SNo	Course	Code	Days	Time	Fee Rs
<b>1 Day Module</b>					
1	Stress Management Module	SMM	Saturday	9am - 4:30pm	1500
2	Pranic Energisation Technique 1	PET 1			1500
3	Mind Sound Resonance Technique 1	MSRT 1			1500
4	Mind Imagery Technique 1	MIRT 1			1500
5	Mastering Emotions Technique 1	MEMT 1			1500
6	Vijnana Sadhana Kaushala 1	VISAK 1			1500
7	Anandamruta Sinchana 1	ANAMS 1			1500
<b>2 Days Module</b>					
1	Stress Management Technique	SMET	Saturday Sunday	9am - 4:30pm	6500
2	Pranic Energisation Technique 2	PET 2			6500
3	Mind Sound Resonance Technique 2	MSRT 2			6500
4	Mind Imagery Technique 2	MIRT 2			6500
5	Mastering Emotions Technique 2	MEMT 2			6500
6	Vijnana Sadhana Kaushala 2	VISAK 2			6500
7	Anandamruta Sinchana 2	ANAMS 2			6500
<b>3 Days Module</b>					
1	Advanced-Stress Management Technique	A-SMET	Friday - Sunday	9am - 4:30pm	10,000
2	Advanced-Pranic Energisation Technique	A-PET			10,000
3	Advanced-Mind Sound Resonance Technique	A-MSRT			10,000
4	Advanced-Mind Imagery Technique	A-MIRT			10,000
5	Advanced-Mastering Emotions Technique	A-MEMT			10,000
6	Advanced-Vijnana Sadhana Kaushala	A-VISAK			10,000
7	Advanced-Anandamruta Sinchana	A-ANAMS			10,000
<b>7 Days Module</b>					
1	SMET Rejuvenation		Monday - Sunday	9am - 4:30pm	15,000
2	PET & Health Rejuvenation				15,000
3	MSRT & Health Rejuvenation				15,000
<b>1 Month Module</b>					
1	Teachers Training Course (for SMET, PET, MSRT, MIRT, MEMT, VISAK, ANAMS)	TTC	2 <sup>nd</sup> of every Month to 30 <sup>th</sup>		25,000

**Contact ADDRESS:** Vivekananda Yoga Anusandhana Samsthana, The Manager, 'Eknath Bhavan', #19, Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019, INDIA

ph: +91 80 2661 2669, e-mail: coor.ms@svyasa.org, [www.svyasa.org](http://www.svyasa.org)

# Value Driven Leadership through

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



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

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