

# YOGA SUDHA

A Monthly Journal of S-VYASA Yoga University



**Beijing, May 15:** At the invitation of the Honourable Prime Minister **Sri Narendra Modi Ji**, our beloved **Dr. H R Nagendra Guruji** accompanied the Indian delegation to showcase Yoga to the Chinese Premier and his people.

A joint Yoga-Taichi event was organized at Temple of Heaven of Beijing directed by Guruji.

The Honourable Prime Minister was very kind in personally introducing Guruji to the Premier of **China Li Keqiang**



Join for an Intensive Meditation Retreat

# Atma Parishodhana Yoga Sadhana Saptaham

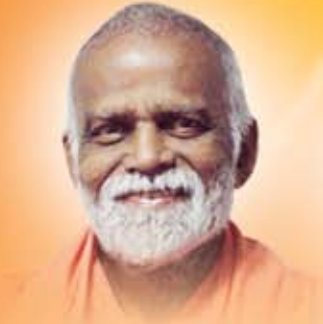
Yoga of Self Enquiry & Research  
June 22 - 28, 2015



Bhagavān Ramanamarṣī Smāraka Rāja Yoga Pīṭham  
Division of Yoga - Spirituality



S-VYASA  
University



By

**YOGI PROTOPLASM**

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

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

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

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

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

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

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

**NO COURSE FEE CHARGED**  
Interested devotees may register  
before Jun 10<sup>th</sup>, 2015

**CONTACT**  
Rajasha HK – 94804 78952

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

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

# तं विद्यादुःखसंयोगवियोगं योगसंज्ञितम्

# YOGA SUDHA

Vol.XXXI No.6 June, 2015

## CONTENTS

### SUBSCRIPTION RATES

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

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

### ADVERTISEMENT

TARIFF: Complete Color

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

Printed at:

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

ph: (080) 2555 6015

e-mail: sharadhenterprises@  
gmail.com



Editorial

2

### Division of Yoga-Spirituality

**Brahmasutra** - *Kāraṇatvena cākāśādiṣu yathāvyapadiṣṭokte*  
- Prof. Ramachandra G Bhat

3

ಪಾಠಂಜಲ ಯೋಗಶಾಸ್ತ್ರ (13): ಪರವೈರಾಗ್ಯ-ಇಚ್ಛಾಶೂನ್ಯತೆ  
ಜ್ಞಾನದ ಪರಾಕಾಷ್ಠೆ - ಶ್ರೀ ರಾಜೇಶ ಎಚ್.ಕೆ.

4

Yoga and Evolution of Consciousness - G Lokanath Reddy

6



### Division of Yoga & Life Sciences

Madhumeha Mukta Bharat - Yoga Saptah  
Management of Obesity and Diabetes Mellitus

8

through Yoga and Naturopathy - Dr. Prashanth Shetty

16

Development and Standardization of Sushruta Prakriti  
Inventory (SPI) and Evolving Life-Style Based on

the Ayurvedic Concept of Personality - Dr. B R Ramakrishna

18



### Division of Yoga & Physical Sciences

Body of Light - Prof. T M Srinivasan

21



### Division of Yoga & Management Studies

MBA in People & Organization Management at S-VYASA

24



### Division of Yoga & Humanities

Effect of yoga on psychological aspects of young widows:  
a randomised control study - Dr. Naorem Jiteswori Devi

25

How Indian Spirituality has influenced the West

- Monali Madhusmita

27



### VYASA, National

AP Government's Yoga Initiative

31

News from VYASA, Kolkata &

Yoga Camp at Kalyan, Maharashtra

32

Participants of Yoga Instructors' Course (YIC) May, 2015 batch

33



### VYASA, International

Family Yoga Retreat by VYASA- Houston

34

SMET workshop at Tallahassee &

CYAI's meet with Ambassador of India to UNESCO

36

VYASA associate Dr. John Ebnezar

in Nepal Disaster Management team

37

21<sup>st</sup> INCOFYRA

38

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

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

# EDITORIAL

The state level SDM meetings have started with great enthusiasm, concretising the camp venues for screening probable DM and pre-diabetics cases. State organisers have been identified, the central office is managed efficiently by three young MD doctors. The protocol has been finalised, syllabus has been conveyed to all Zonal Organisers. Pilot DVD has been sent to many centers. The final version of the DVD comprises of theory and practices for the scheduled 6 days camps, starting from 21st June. The lectures by Drs Nagarathna and Nagendra covers anatomy, physiology, patho-physiology of Diabetes, modern medical modalities of treatment, Concept of Panca Koshas, Adhi-vyadhi and the IAYT at Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anadamaya Kosha levels, using Jnana, Bhakti, Raja and Karma Yoga principles and practices along with the summary of research findings of IAYT and DM.

With Complete co-operation from all Yoga Schools across the country and abroad, Common IDY protocol for about 35 minutes comprising of a prayer, Shithilikarana Vyayama (5 minutes), Asanas (15 minutes), Pranayama and meditation (5 Minutes each) followed by resolve and closing prayer selected by the Expert Committee of prominent Yoga Masters in the country has been designed. A booklet and DVD have been sent to all performing groups. The Hindi version is in the offing. Considering the over helming enthusiasm from Govt, Yoga schools and the general public, Crores of people are expected to participate on June 21st at 7 am, including nearly 37000 persons young and old performing the demonstrations of the common protocol at Rajpath. Ministry of External affairs is making all the preparation for celebrating the IDY in nearly 240 countries. An international conference on "Yoga for Holistic Health" is being organised in Vijnana Bhavan on June 21st and 22nd for the members invited form nearly 100 countries in addition to the invitees within the country.

VYASA with the help of PYP of Swami Ramdev has opened up HIMALAYA Yoga olympiad down to the

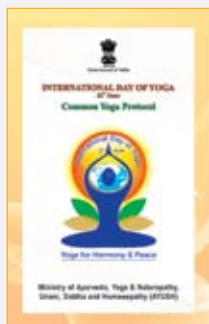
district and Taluka levels. The Final NATIONAL HIMALAYA will be held in Delhi on 19th and International HIMALAYA on 20th June. The Ministry of Sports and Youth Affairs are supporting the same. VYASA intends to invites all teams to actively participate in this national event.

The simultaneous demo of Yoga and Tai-chi by hundreds of practitioners were witnessed by the two Prime Ministers at Temple of Heaven Beijing during the visit of Prime Minister Shri Narendra Modi to China. Dr H R Nagendra was introduced to the Premier of China by Sri Narendra Modi. Dr H R Nagendra explained the benefits of Surya namaskar and the special sequence of Asanas for promotion of positive health. He also explained the yoga techniques to deal with Diabetes. Dr. H R Nagendra appealed to the Premier of china to celebrate IDY in a big way throughout China and to take up DM control program using yoga techniques. The Chinese Premier during his talk responded to these appeals favorably.

During the visit of Shri Narendra Modi, the Hon'ble Prime Minster to Korea, he called on the president of Indio-Korea Association and supported their proposal to set up an India Heritage center. It would be appropriate to bring to the notice of readers regarding The MOU entered with the Indio-Korean Association last month. While discussing on the MOU Sri Narendra Modi, Hon'ble Prime Minster was jubilated and appreciated the action taken, and conveyed them that they have made a right move.

With a view in achieving the objective of SDM, We have moved a step ahead by inviting patients of DM and Pre-diabetics to enroll as members of the VYASA Diabetic Friends Association and the details are available in month's Yoga Sudha.

■ *Dr H R Nagendra*



## International Day of Yoga Common Yoga Protocol

From Union Ministry of AYUSH, Ministry of Health and Family Welfare for celebrating International Day of Yoga on June 21<sup>st</sup> in a unique way accross the globe.

For further details: [http://www.nhp.gov.in/sites/default/files/yoga/jk\\_IDY%20common%20yoga%20protocol\\_book.pdf](http://www.nhp.gov.in/sites/default/files/yoga/jk_IDY%20common%20yoga%20protocol_book.pdf)



## ब्रह्मसूत्रम् (Brahmasūtram)

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



कारणत्वेन चाकाशादिषु यथाव्यपदिष्टोक्तेः (ब्रह्मसूत्रम्-१-४-१४)

Kāraṇatvena cākāśādiṣu yathāvyaṇpadiṣṭokte (Brahmasūtram-1-4-14)

**Meaning:** *Although there is a conflict of the Vedanta texts as regards the things created such as ether and so on, there is no such conflict with respect to Brahman as the First Cause, on account of His being represented in one text as described in other texts.*

Under this title aphorism presents cosmological thoughts from the Upanishads. Many Upanishads; Taittiriya, Chandogya, Aitareya, Mandukya, Mundaka Upanishads display various statements related to Karya-Karana-Bhava, 'theory of cause and effect'. These Upanishads belong to different shakas of different Vedas i.e., Chandogya to Samaveda, Aitareya to Rigveda, Taittiriya to Krishna Yajurveda and Mundaka to Atharva Veda. So from different Upanishads connected to different branches of the Vedas, it is found kinds of statements pertaining to cosmological theories 'shrishti Shastra'.

In this Adhikarana, subject matter is cosmological theories 'Shrishti Shastra'. Acharya Shankara intends to say that the root cause (Nidanam) for the entire creation is Brahma, even Upanishads articulate the same idea. So far, even Sankhya philosophy has its own theory called Pradhana-Karana-Vada (Prakriti or Pradhana as the root cause of creation) which was taken for detailed discussion and will be negated well on the basis of Shruti, Yukti and Anubhuti. This Adhikarana concentrates on the sentences which seem to present cosmological theories from Upanishads.

Traditional method of proving anything follows two important means i.e., Shruti and Smriti, which

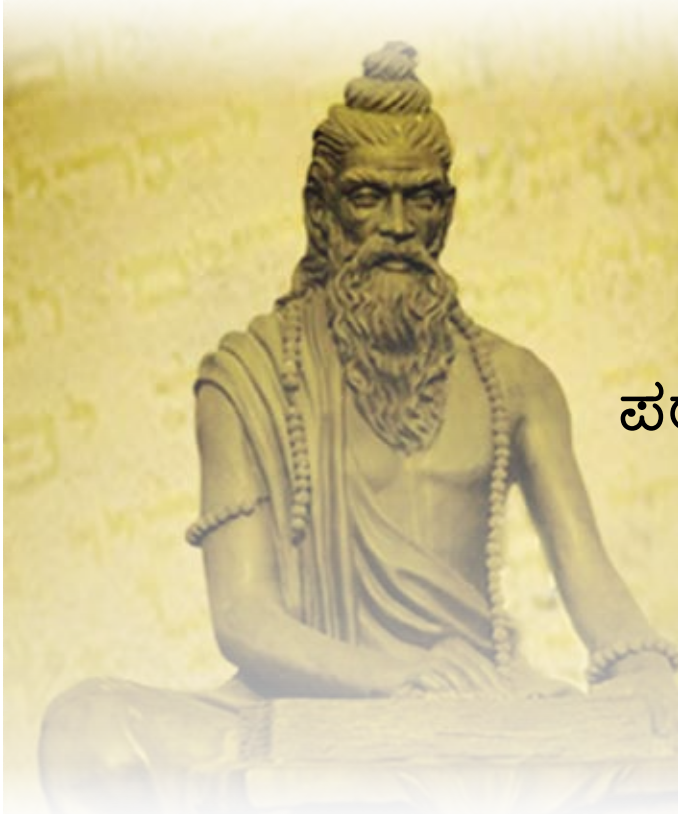
will be examined by Yukti-by logical deliberation. Even after this, it is rechecked and restated with special reference to experience. Therefore whatever is proved by Shruti and Yukti, must be very close to one's experience. 'Experiment and experience' are two main areas which are very much affirmed by Upanishads. Here Purvapakshi says that there is no proper commonality in many statements. Some statements from Taittiriya do not meet Chandogya, seems to have cacophony.

Taittiriya upanishad says आत्मन आकाशः सम्भूतः (Akasha/ ether came from Atma). According to Taittiriya, cosmological expansion starts with Akasha. So Akasha tattva is the first element which emerges from Atma. "सत्यम् ज्ञानमनन्तं ब्रह्म । यो वेद निहितं गुहायाम् परमे व्योमन् । सोऽश्नुते सर्वान् कामान् सह । ब्रह्मणा विपश्चितेति । तस्माद्वा एतस्मादात्मन आकाशः सम्भूतः ।" is the full version in Taittiriya. When one analyses Prashnopanishad which belongs to Atharva veda, "स प्राणमसृजत । प्राणाच्छ्रद्धां", is the order of cosmological expansion in this context. So directly Brahma creates Prana, from Prana Shraddha. That is how very order itself is different. In Aitareyopanishad, इमान् लोकान् असृजत । अम्भो मरीचिर्मर - that is how rig Vedic cosmological theory goes. According to that first Lokas (different worlds) also created like Bhu, Bhuvā. etc., and in Taittiriya Upanishad, "असद्वा इदमग्र आसीत् । ततो वै सदजायत । तदात्मानं स्वयमकु



# ಪಾತಂಜಲ ಯೋಗಶಾಸ್ತ್ರ

## ಪರವೈರಾಗ್ಯ-ಇಚ್ಛಾಶೂನ್ಯತೆ ಜ್ಞಾನದ ಪರಾಕಾಷ್ಠೆ



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

**ತತ್ಪರಂ ಪುರುಷಖ್ಯಾತೇರ್ಗುಣವೈತ್ಯಷ್ಟ್ಯಮ್**  
|| ಪ.ಯೋ.ಸು - 1.16 ||

ಅಪರ ವೈರಾಗ್ಯವನ್ನು ಅಭ್ಯಾಸ ಮಾಡುತ್ತಿರುವ ಯೋಗಿಗೆ, ಪುರುಷನ ಪರಮ ಆತ್ಮದ ಸ್ವಭಾವವನ್ನು ಅರಿಯುವ ಕಾರಣದಿಂದ, ವ್ಯಕ್ತ ಮತ್ತು ಅವ್ಯಕ್ತ ಧರ್ಮಗಳುಳ್ಳ ತ್ರಿಗುಣಗಳಿಂದಲೂ ವಿರಕ್ತಿಯುಂಟಾಗಿ, ಎಲ್ಲ ಕಾರ್ಯಗಳಿಂದಲೂ ಸಂಪೂರ್ಣ ಇಚ್ಛಾಶೂನ್ಯತೆಯುಂಟಾಗುವ ಅವಸ್ಥೆಯೇ ಪರವೈರಾಗ್ಯ.

ಅಭ್ಯಾಸ ಮತ್ತು ವೈರಾಗ್ಯಗಳು ಎಲ್ಲ ರೀತಿಯ ವೃತ್ತಿಗಳನ್ನು ನಿರೋಧಿಸಲು ಸುಲಭೋಪಾಯ ಎಂದು ಕಳೆದ ಸಂಚಿಕೆಯಲ್ಲಿ ವಿಸ್ತಾರವಾಗಿ ಚರ್ಚಿಸಿದ್ದೇವೆ. ಪ್ರಸ್ತುತ ಸೂತ್ರದಲ್ಲಿ ವೃತ್ತಿಗಳ ನಿರೋಧನೆಗೆ ಪರವೈರಾಗ್ಯದ ಪಾತ್ರವನ್ನು ವಿಶ್ಲೇಷಿಸೋಣ. ಅಪರ ವೈರಾಗ್ಯವನ್ನು ಅಭ್ಯಾಸಮಾಡುತ್ತಿರುವ ಸಾಧಕನಲ್ಲಿ ತಾಮಸಿಕ ಮತ್ತು ರಾಜಸಿಕ ವೃತ್ತಿಗಳು ಪೂರ್ಣ ಕ್ಷೀಣವಾಗಿ ಕೇವಲ ಸತ್ತ ಪ್ರಧಾನವಾಗಿರುತ್ತದೆ. ಅಂದರೆ ಚಿತ್ತವು ಏಕಾಗ್ರ ಸ್ಥಿತಿಯನ್ನು ಪಡೆಯುತ್ತದೆ. ನಾವು ಗಮನಿಸಬೇಕಾದ ಅಂಶವೆಂದರೆ ಮನಸ್ಸು ಸತ್ತ ಪ್ರಧಾನವಾಗಬೇಕಾದರೆ ಸಚೇತನರಾಗಿ ಸಾಕ್ಷಿಯಾಗಿರಬೇಕಷ್ಟೆ.

ನಮಗೆ ತಿಳಿದಂತೆ ಮನಸ್ಸಿನ ಸ್ಥಿತಿ ದ್ವಂದ್ವಾತ್ಮಕವಾದದ್ದು. ರಾಗ-ದ್ವೇಷ, ಸುಖ-ದುಃಖ ಇತ್ಯಾದಿ. ಇಲ್ಲಿ ಸಚೇತನವೆಂದರೆ ಸಂಘರ್ಷ ಅಥವಾ ಪಲಾಯನಗಳಲ್ಲಿ ನಿರ್ಲಿಪ್ತತೆ. ಮನಸ್ಸಿನ ಸಹಜ ಸ್ವಭಾವವು ಅನೇಕ ಸಂದರ್ಭಗಳಲ್ಲಿ ಈ ಎರಡರಲ್ಲೂ ಅಚೇತನ ಸ್ಥಿತಿಯಲ್ಲಿ

ಪ್ರತಿಕ್ರಿಯಿಸುತ್ತಿರುತ್ತದೆ. ನಾವು ಶಾರೀರಿಕವಾಗಿ ಮತ್ತು ಬೌದ್ಧಿಕವಾಗಿ ಬಲವಿದ್ದಲ್ಲಿ ಸಂದರ್ಭಗಳೊಂದಿಗೆ ಸಂಘರ್ಷ ಮಾಡುತ್ತೇವೆ ಇಲ್ಲವೇ ಪಲಾಯನಗೈಯುತ್ತೇವೆ. ಒಂದು ವೇಳೆ ಸಚೇತನರಾಗಿದ್ದಲ್ಲಿ ಎರಡೂ ಪರಿಸ್ಥಿತಿಗಳಲ್ಲಿ ಸಾಕ್ಷಿಚೈತನ್ಯರಾಗಿರುತ್ತೇವೆ. ಉದಾಹರಣೆಗೆ ಶಾಖಾಹಾರ ಅಥವಾ ಮಂಸಾಹಾರ ನಮ್ಮ ಯಾವ ಪ್ರಯಾಸವಿಲ್ಲದೆ ಅಭ್ಯಾಸವಾಗಿದೆ. ಕಾರಣ ಬಾಲ್ಯದಿಂದಲೂ ಅಹಾರದ ವ್ಯವಸ್ಥೆಯನ್ನು ಅರಿವಿಲ್ಲದೆಯೇ ರೂಪಿಸಿಕೊಂಡಿದ್ದೇವೆ. ಒಂದು ವೇಳೆ ಭಿನ್ನ ಪರಿಸ್ಥಿಯುಂಟಾದರೆ ತಕ್ಷಣ ಸಂಘರ್ಷ ಇಲ್ಲವೇ ಪಲಾಯನದ ಮಾರ್ಗದಲ್ಲಿ ಮನಸ್ಸು ತೊಡಗಿಕೊಳ್ಳುತ್ತದೆ. ಇಲ್ಲಿ ನಾವು ಸಾಕ್ಷಿ ಚೇತನರಾಗಲು ಸಚೇತನ ಪ್ರಯಾಸದ ಅಗತ್ಯವಿರುತ್ತದೆ. ಐಂದ್ರಿಕ ಸುಖ-ಭೋಗಗಳ ತೃಷ್ಣೆಯು ಸಮಾಪ್ತಿಯಾಗುವುದು ಸಚೇತನ ಪ್ರಯಾಸದ ಮೂಲಕವೇ ವಿನಃ ಅಚೇತನ ಪ್ರಯಾಸದಿಂದಲ್ಲ. ಏನೇ ಘಟಿಸುವುದಿದ್ದರೂ ಅದು ನಿರಂತರ ಪ್ರಯತ್ನದ ಫಲವಾಗಿ.

ಸಾಮಾನ್ಯವಾಗಿ ಸಚೇತನ ಸ್ಥಿತಿಯಲ್ಲಿ ನಾವು ಗಮನಿಸಬೇಕಾಗಿರುವುದೆಂದರೆ ಐಂದ್ರಿಕ ಸುಖ-ಭೋಗಗಳ ಮಾಧ್ಯಮಗಳಾದ ಅಧಿಕಾರ, ಧನಪ್ರಾಪ್ತಿ, ವಿಭಿನ್ನ ಆಹಾರ ಅಥವಾ ಕಾಮಭಾವಗಳ ಅನುಭವದ ಅವಸ್ಥೆಯಲ್ಲಿ ಸುಖದ ಮೂಲವನ್ನು ತೊಡಿಸಬೇಕು. ಎಲ್ಲಿಯವರೆಗೆ ಈ ಶೋಧನೆ ಘಟಿಸುವುದಿಲ್ಲವೋ ಅಲ್ಲಿಯವರೆಗೆ ಇಂದ್ರಿಯಗಳ ವಿಷಯಾಸಕ್ತಿ ಸಮಾಪ್ತಿಯಾಗುವುದಿಲ್ಲ. ಕಾರಣ ಆನಂದದ ಪ್ರಾಪ್ತಿಯ ಮೂಲ ನಮ್ಮೊಳಗೆ ಹುದುಗಿದೆ. ಅದು ಯಾವ ಬಾಹ್ಯ ವಸ್ತು, ವಿಷಯ ಅಥವಾ ಪರಿಸ್ಥಿತಿಗಳ ಮೇಲೆ ನಿರ್ಭರವಾಗಿಲ್ಲ. ನಮ್ಮ ಮೂಲ ಸ್ವಭಾವ ಆನಂದವೇ ಆಗಿರುವುದರಿಂದ ಸದಾ ಸದಾನಂದರಾಗಿರಲು ಸಾಧ್ಯವಿದೆ. ನಾನೆಂಬುವ ಅಸ್ಮಿತೆ ಹಾಗೂ ಸಂಸ್ಕಾರಗಳು ಪತನವಾಗದ ಹೊರತು



ಪರವೈರಾಗ್ಯದ ಅವಸ್ಥೆಯನ್ನು ತಲುಪಲು ಅಸಾಧ್ಯ.

ನಾವು ಎಲ್ಲಿಯವರೆಗೆ ವಿಷಯ ವಸ್ತುಗಳ ಮೇಲೆ (ಧನ, ಅಧಿಕಾರ, ಅಹಾರ ಅಥವಾ ಕಾಮಾಸಕ್ತಿಗಳು) ಅವಲಂಬಿತರಾಗಿರುತ್ತೇವೆಯೋ ಅಲ್ಲಿಯವರೆಗೂ ಸಂಘರ್ಷ-ಪಲಾಯನಗಳು ತಪ್ಪಿದ್ದಲ್ಲ. ಹಾಗೆಂದು ಧನ, ಅಧಿಕಾರ, ಅಹಾರ ಅಥವಾ ಕಾಮಾಸಕ್ತಿಗಳು ಸುಖದ ಮೂಲವೆಂದಲ್ಲ. ಬದಲಾಗಿ ಇವುಗಳಿಂದ ದೂರೆಯುವ ಸುಖಕ್ಕಿಂತ ಹೆಚ್ಚು ಸುಖ-ಆನಂದವನ್ನು ನಾವು ನಮ್ಮೊಳಗೆ ಅನುಭವಿಸುತ್ತೇವೆ.

ಪರವೈರಾಗ್ಯಕ್ಕೆ ಮತ್ತೊಂದು ಪ್ರಯತ್ನವೆಂದರೆ ಅಹಂಕಾರದ ವಿಸರ್ಜನೆ. ಮನಸ್ಸಿನಲ್ಲಿ ಇಚ್ಛೆಗಳುಂಟಾದಾಗ ನಮ್ಮಲ್ಲಿ ಸಚೇತನಯುಕ್ತ ಅಭ್ಯಾಸ - ವೈರಾಗ್ಯಗಳ ಮೂಲಕ ಪ್ರಥಮ ಹಂತದ ಪ್ರಯತ್ನ ಆರಂಭವಾಗುತ್ತದೆ. ಇದು ಕೇವಲ ಪ್ರಾರಂಭದ ಸ್ಥಿತಿ. ಇದೊಂದು ಸೂಕ್ಷ್ಮ ಪ್ರಯಾಸ. ಕಾರಣ ಇಚ್ಛೆಗಳ ವಿಲೀನತೆಯಲ್ಲಿ ನಾನೆಂಬ ಅಹಂಕಾರ ನಿರ್ಮಾಣವಾಗುತ್ತದೆ. ಯಾವಾಗ ಪ್ರಸನ್ನತೆಯ ಉಗಮದ ಮೂಲದಲ್ಲಿ ಪ್ರಯಾಸದಿಂದ ಗಮನಿಸುತ್ತೇವೆಯೋ ಆಗ ಸಹಜವಾಗಿ ಅಹಂಕಾರವೇರ್ಪಡುತ್ತದೆ. ಈ ಪ್ರಕ್ರಿಯೆಯ ಅಂತ್ಯದಲ್ಲಿ ಕೇವಲ ಇಚ್ಛೆಗಳಷ್ಟೆ ಅಳಿಯುವುದಿಲ್ಲ, ನಾವೂ ಅಳಿದುಹೋಗುತ್ತೇವೆ. ಈ ಸ್ಥಿತಿಯಲ್ಲಿ ಯಾವುದೇ ರೀತಿಯ ಅಹಂ-ಚೇತನ ಉಳಿದಿರುವುದಿಲ್ಲ. ಬದಲಾಗಿ ಪೂರ್ಣಶುದ್ಧ ಚೇತನರು ಮಾತ್ರ ಸ್ವರೂಪದ ಅಸ್ತಿತ್ವವನ್ನು ಅದು ಹೇಗಿದೆಯೋ ಹಾಗೆಯೇ ಪ್ರಯಾಸ ರಹಿತವಾಗಿ ಸ್ವೀಕರಿಸುತ್ತೇವೆ.

ನದಿಯು ಸಾಗರದೆಡೆಗೆ ಹರಿಯುವಾಗ ಅದು ಯಾವ ಪ್ರಯಾಸವನ್ನು ಮಾಡುವುದಿಲ್ಲ. ಸಾಗರದೆಡೆಗೆ ತಲುಪಬೇಕೆಂಬ ಆತುರತೆಯೂ ಇಲ್ಲ. ಹಾಗೆಂದು ಸಾಗರ ಸೇರಲಿಲ್ಲವೆಂಬ ನಿರಾಶೆಯೂ ಇಲ್ಲ. ಹರಿಯುವುದಷ್ಟೆ ಅದರ ಸಹಜ ಸ್ವಭಾವ. ನದಿಯನ್ನು ಹಿಡಿದಿಷ್ಟು ಅದರ ಸಂಘರ್ಷದ ಶಕ್ತಿ ಅಧಿಕವಾಗುತ್ತದೆ. ಹಾಗೆಯೇ ಇಚ್ಛೆಗಳು

ಅದುಮಿದಷ್ಟು ಸಂಘರ್ಷವನ್ನು ನಿರ್ಮಾಣ ಮಾಡುತ್ತವೆ. ಬದಲಾಗಿ ಎಲ್ಲವನ್ನು ಸಹಜವಾಗಿ ಘಟಿಸಲು ಬಿಟ್ಟರೆ ಸ್ವಯಂನ ಶಕ್ತಿ ಪ್ರವಹಿಸುತ್ತದೆ. ಅಂತಿಮವಾಗಿ ಸಾಗರದಲ್ಲಿ ಲೀನವಾಗಿಯೆ ತೀರುತ್ತದೆ. ಅಲ್ಲಿ ಕೇವಲ ಸಮಗ್ರ ಸ್ವೀಕಾರ.

ಇದನ್ನೇ ಪತಂಜಲಿಗಳು ಪರವೈರಾಗ್ಯವೆಂದು ನಿರ್ವಚಿಸಿರುವುದು. ನಾವು ಸಾಕ್ಷಿ ಚೈತನ್ಯರಾಗಿ ಪುರುಷನ ಮೂಲ ಸ್ವರೂಪವನ್ನು ಅನುಭವಿಸಿದಲ್ಲಿ ಎಲ್ಲ ಇಚ್ಛೆಗಳು ವಿಲೀನವಾಗುತ್ತವೆ. ಒಂದು ವೇಳೆ ನಮ್ಮ ಆನಂದದ ಮೂಲ ಸೆಲೆ ನಮ್ಮ ಅಂತರಾತ್ಮದ ಸ್ಪರ್ಶಣೆ ಎಂದರಿತರೆ ಆಗ ಉಂಟಾಗುವ ಪ್ರಸನ್ನತೆಯಿಂದಲೇ ಸಮಸ್ತ ಇಚ್ಛೆಗಳು ಪರಿಸಮಾಪ್ತಿಯಾಗುತ್ತವೆ. ವೈರಾಗ್ಯದಿಂದ ಪ್ರಕೃತಿಯ ಅಂದರೆ ತ್ರಿಗುಣಗಳಲ್ಲಿ ವಿರಕ್ತಿ. ರಾಗಾದಿಗಳಿಂದ ಸಂಸಾರ ಬಂಧನ. ವ್ಯಕ್ತ ಮತ್ತು ಅವ್ಯಕ್ತ ಧರ್ಮವುಳ್ಳ ತ್ರಿಗುಣಗಳಿಂದಲೂ ವಿರಕ್ತಿಯುಂಟಾಗುತ್ತದೆ. ಇದನ್ನೇ ಸಾಂಖ್ಯಕಾರಿಕೆಯಲ್ಲಿ ಈ ಕೆಳಗಿನಂತೆ ಉಲ್ಲೇಖಿಸಿದೆ.

**ವೈರಾಗ್ಯಾತ್ ಪ್ರಕೃತಿಯಃ ಸಂಸಾರೋ ಭವತಿ ರಾಜಸಾದ್ರಾಗತ್ |**

**ಐಶ್ವರ್ಯಾದವಿಘಾತೋ ವಿಪರ್ಯಯಾತ್ಪದ್ವಿಪರ್ಯಾಸಃ ||**

|| ಸಾಂ.ಕಾ. - 45 ||

ಚಿತ್ತವು ಸ್ವಭಾವದಿಂದಲೇ ಅತಿಪ್ರಸನ್ನವಾದುದು. ರಜಸ್ಸು - ತಮೋಗುಣಗಳ ಸಂಪರ್ಕದಿಂದ ಮಾಲಿನ್ಯವಾಗಿರುತ್ತದೆ. ಪರವೈರಾಗ್ಯದ ಅಭ್ಯಾಸದಿಂದ ಚಿತ್ತವು ತೊಳೆಯಲ್ಪಟ್ಟಾಗ ಜ್ಞಾನಪ್ರಸಾದವಾಗಿರುತ್ತದೆ. ಈ ಅವಸ್ಥೆಯಲ್ಲಿ ಯೋಗಿಯು ಭವ ಸಂಸಾರದಿಂದ ಮುಕ್ತನಾಗಿ, ಅವಿದ್ಯಾದಿ ಕ್ಲೇಷಗಳು ಕ್ಷೀಣವಾಗಿ ಕೈವಲ್ಯವನ್ನು ಹೊಂದುತ್ತಾನೆ.

(ಸಶೇಷ)

**S-VYASA Yoga University**  
Declared as Deemed to be University under Section 3 of the UGC Act, 1956

**Admissions Open for Aug 1<sup>st</sup> & Jan 12<sup>th</sup>**

**Unique Career Opportunities in India & Abroad**  
**100% Placement Guaranteed**

**Apply Online**

Mail Address: admissions@svyasa.org  
Website: www.svyasa.edu.in  
Ph: 080-2263 9968 / 080-2263 9967  
Postal Address: S-VYASA, 'Eknath Bhavan', No. 19 Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019  
Campus: S-VYASA, 'Prashanti Kutiram', Giddenahalli Jigani Hobli, Anekal Taluk, Bengaluru - 560 105



# Yoga and Evolution of Consciousness

■ *G Lokanath Reddy, Student @ S-VYASA*

Yoga is a way of Life. Yoga is a process of becoming Union with the SELF. India is the land of Spirituality and has rich Spiritual Tradition. We are all divine Consciousness who have emerged from the Source/God/All-That-Is. It's a fact that we're all the same beings in different disguises.

We came forth from the Source, so that Source could experience itself through human nervous system. Through Yogic practices and by living the level of the Soul we experience Life in fullness and will experience higher states of Consciousness. When we take birth into this physical reality we go through many experiences through different stages like Mineral Kingdom, Plant Kingdom, Animal Kingdom and Human Kingdom.

Each time we come to earth to learn and we evolve through various experiences. After

taking many incarnations as human beings, our knowledge matures through spiritual enquiry into "Who Am I?" Spirituality is a journey into Self-Awareness. In fact, our whole life is a continuum of choices, so the more conscious we are, the greater our life will be. When we are with higher Consciousness, we experience Compassion, equanimity, truth, goodness, beauty, and harmony. And at the core of this are three words: Sat, Chit, Ananda. Sat means "the Truth."

Chit means "Consciousness" and Ananda means "joy." So if you are connected to truth and consciousness and joy, you're all set. The Self is beyond the sway of death. The Self is deathless and immortal. All names and forms must merge in the Self, just as waves merge in the Ocean. In our Soul journey we go through different states of Consciousness.





- Physical Reality is not fixed. It changes in different states of Consciousness.
- Knowledge is different in different states of Consciousness.
- Perception is different in different states of Consciousness.
- Cognition is different in different states of Consciousness.
- Biology is different in different states of Consciousness.

Therefore Reality is different in different states of Consciousness. Our Consciousness changes from one state to other state. There are seven states of Consciousness.

- Deep Sleep: It's the state of Consciousness where you are in deep sleep.
- Dream State: It's a state where your consciousness projects itself in various dreams. In this state you experience the hidden parts of your psyche.
- Waking State of Consciousness: It's a state where you perform all your daily routine activities throughout the day.
- Transcendental Consciousness: This is called Turiya state or Soul Consciousness. When we are in deep meditation or in deep silence we experience altered states of Consciousness. Here we touch the core of our Being. During our initial sadhana, we get glimpses of our core Being. We are not who we think we are but we are much more than that. We are the ever witnessing PRESENCE in the body.
- Cosmic Consciousness: It's the Consciousness that allows you to look at objects in their local
- and in their non-local Aspects. It is literally, to see the cosmos in every space-time event.
- Divine Consciousness is where you see that the observer within you is the same as the observer within the other.
- Unity Consciousness or Enlightenment: There is no differentiation, I see the observer

within me is the same as the observer within you that then they merge as an experience.

Experientially and then 'I' realize that there is only one observer and the whole Universe is the manifestation of that one observer and I AM that observer.

We can reach the higher states of Consciousness with the below processes:

Witnessing sleep, witnessing dreams and recapitulation of sleep and dreams.

Witnessing yourself in sleeping, dreaming and waking state. Awareness of the Awareness in waking, dreaming and sleeping.

Our state of mind goes through different emotions based on our Awareness levels.

Who Am I? What is the Purpose of my Life? Who Creates my Reality? What happens after Death? What is the nature of the Universe? Ask yourself the above questions everyday and meditate on these questions and then see how Consciousness reveals its secrets and mysteries to you.

When a Yogi becomes free of identification with the senses and the mind, he discovers this fact: "I am different from the mind, senses, and body. I am Pure Consciousness, unchangeable and homogeneous." The soul is the core of your being. Your body is in your soul. Your mind is in your soul. The whole universe is in your soul, and your soul is part of the universal consciousness. The ultimate goal of all goals is Enlightenment. In this state we see ourselves as Pure Consciousness and we become one with the Universe.

The Vedas say, know that one thing by knowing which everything else can be known. Deep inside each of us is a God in embryo it has only one desire, it wants to be born. ■

(Published in Indian Express, Oct 7, 2014)



मधुमेह मुक्त भारत  
Nationwide Stop Diabetes Movement



A Nationwide **Stop Diabetes Movement (SDM)**  
Initiative of **VYASA**, Bengaluru  
Technical support by **S-VYASA Yoga University**  
Supported by **Arogya Bharati** and **Indian Yoga Association**



Meeting with Union Cabinet Ministers Sri Shripad S Naik, Sri JP Nadda & Sri Ananthkumar at Delhi. S-VYASA Chancellor Dr. H R Nagendra, Dr. D Nagaraja, Dr. Kashinath, Dr. Amith Rathi and delegates present.

Madhumeha Mukta Bharat is one of the important mission initiatives of VYASA Bengaluru, Technical support by S-VYASA Yoga University Supported by Arogya Bharati and Indian Yoga Association to spread awareness about diabetes and preventing diabetes among the Indians across the country for the well-being

of the nation, using ancient holistic approach by Yoga. It is ambitious movement to prevent India becoming "Diabetes capital of the World".

Suggested by our Prime Minister, Shri Narendra Modi ji and supported by 177 member countries, June 21<sup>st</sup> has been declared as the "International



Delegates at Zonal level Meet

Day of Yoga" by United Nations Organizations (UNO). On this occasion, Yoga Saptaha has been planned which shall cover "Yoga camps for prevention and Management of Diabetes" throughout countries covering all 671 districts.



Yoga session by Dr. Amit Rathi

Dear Alumnus,  
Greetings from VYASA, Bangalore.

As you had been an active member of our VYASA, we invite you to join hands and involve your centre, all your students, friends and well-wishers to help us in our mission of 'Madhumeha Mukta Bharat' through Yoga Saptaha celebration

We request you to fill the online form to help us organise your data better. Our Central Office Team will get in touch with you soon for further guidance in this regard.

Looking forward your positive response and active collaboration in our mission!

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

## Zonal Meetings

From the administration point of view, five zones were decided viz. North, South, West, East and

Zone	Date	Place	Representative States	No. of representatives attended meeting	Tentative no. of camps planned
South	25 <sup>th</sup> and 26 <sup>th</sup> April	Bangalore, Karnataka	Karnataka, Telangana, Andhra Pradesh, Tamilnadu, Kerala	45	600
North	29 <sup>th</sup> and 30 <sup>th</sup> April	Vrindavan, UP	Punjab, Delhi, Haryana, J & K, Himachal Pradesh, Uttarakhanda, UP	71	400
West	2 <sup>nd</sup> and 3 <sup>rd</sup> May	Bhopal, MP	Maharashtra, Gujarat, Rajasthan, Madhya Pradesh, Chattisgarh, Goa, Daman	65	380
East	9 <sup>th</sup> and 10 <sup>th</sup> May	Kolkata, West Bengal	Orissa, Jharkhand, Bihar, West Bengal, Sikkim	53	260
North East	12 <sup>th</sup> and 13 <sup>th</sup> May	Guwahati, Assam	Assam, Arunachal Pradesh, Meghalaya, Tripura, Mizoram	30	100



North East. Zonal meetings were conducted under the guidance of Dr. Ashok Varshney - Joint Organizing Secretary, Dr. Amit Rathi - National Coordinator and Dr. Dhvani - Zonal Coordinator for west / north zone. State coordinators and tentative number of camps were decided in zonal meetings. Tentative number of camps reached to 1800 which is expected to increase for around 2000 camps after all state level workshops. Summary of all zonal meetings is as tabulated below:

## Meeting with Cabinet Ministers at Delhi

For the support towards research project in Madhumeha Mukta Bharat, Meeting with Cabinet Ministers - Hon. Shri Shripad Naik ji, Hon. Shri JP Nadda ji and Hon. Shri. Ananthkumar ji was organized at Delhi on 30<sup>th</sup> April evening. The concept of Madumeha Mukta Bharat - Yoga Saptaha was represented to all by Dr. Nagarathna and Dr. Amit Rathi. The concept of Yoga Saptaha was appreciated with assurance of full support to the movement.

## State level Workshops

State level workshops are being planned till 10<sup>th</sup> June where actual number of camps with camp coordinator and camp venues will be finalized. The exact locations of the camps with respective coordinator's contact details will be updated on the official webpage.

State	No. of Camps	Date and Place of State level Workshop	
Kerala	150	6 <sup>th</sup> May	Kochi
South Tamilnadu	27	23 <sup>th</sup> May 24 <sup>th</sup> May	Madurai Trichi
North Tamilnadu	200	10 <sup>th</sup> May 9 <sup>th</sup> May	Chennai Salem
Karnataka South	200	31 <sup>st</sup> May	Bangalore
		6 <sup>th</sup> June	Chennainhalli
		7 <sup>th</sup> June	Shivamogga
		7 <sup>th</sup> June	Mangalore
Karnataka North	63	7 <sup>th</sup> June	Hubbali
Telangana	20	6 <sup>th</sup> June	Hyderabad
Andhra Pradesh	25	31 <sup>st</sup> May	Vijayvada
Kokan	75	24 <sup>th</sup> May 31 <sup>st</sup> May	Mumbai Ratnagiri
West Maharashtra	11	31 <sup>st</sup> May	Pune
Devgiri	11	31 <sup>st</sup> May	Aurangabad
Vidarbh	20	7 <sup>th</sup> June	Nagpur
Gujarat	65	7 <sup>th</sup> June	Gandhi Nagar
Malawa	25	7 <sup>th</sup> June	Jabalpur
Madya Bharat	30		
Mahakoushal	29		
Chhattisgarh	32	12 <sup>th</sup> June	Raipur
Chittod	30	12 <sup>th</sup> June	Bhilwara
Jaipur	20	31 <sup>st</sup> May	Jaipur
Jodhpur	29	30 <sup>th</sup> - 31 <sup>st</sup> May	Jodhpur
Delhi	31	31 <sup>st</sup> May	Delhi
Haryana	60	24 <sup>th</sup> May	Rohtak
Punjab	100	14 <sup>th</sup> June	Chandigarh
Himachal Pradesh	50	6 <sup>th</sup> -7 <sup>th</sup> June	Shimla
Jammu Kashmir	21	23 <sup>rd</sup> -24 <sup>th</sup> May	Jammu
Uttranchal	15	7 <sup>th</sup> June	Haridwar
Meerut	24	16 <sup>th</sup> May	Meerut
Braj	22	24 <sup>th</sup> May	Hatras
Kanpur	21	14 <sup>th</sup> June	Kanpur
Awadh	24	6 <sup>th</sup> - 7 <sup>th</sup> June	Gonda
Kashi	30	16 <sup>th</sup> -17 <sup>th</sup> May	Kashi
Goraksh	17	16 <sup>th</sup> -17 <sup>th</sup> May	Gorakhpur
North Bihar	22	14 <sup>th</sup> June	Begusarai
South Bihar	61	16 May	Patna
Jharkhand	28	9 <sup>th</sup> June	Ranchi
North Bang	33	6 <sup>th</sup> - 7 <sup>th</sup> June	Siliguri
South Bang	08	31 <sup>st</sup> May	Kolkata
East Orissa	70	6 <sup>th</sup> -7 <sup>th</sup> June	Bhuvneshwar
West Orissa	35	6 <sup>th</sup> -7 <sup>th</sup> June	Sambalpur
North Assam	89	1 <sup>st</sup> week of June	Guwahati
Arunachal	15		Fasighat
South Assam	10		
Manipur	5		
Tripura	01		



## Overview of yoga camps

Each camp will have three main parts:

1. Screening and registration - (20<sup>th</sup> June)  
Celebration of "International Day of Yoga" as per government plan along with screening and registration - (21<sup>st</sup> June).
2. Yoga camp - (22<sup>nd</sup> to 27<sup>th</sup> June)  
Two hours for every day

3. Post camp data collection and action plan for follow up - (28<sup>th</sup> June)

There will be official launching and curtain raiser program in Delhi during second week of June.

**For more details -** <http://svyasa.edu.in/yoga-digital-library/madhumeha-mukta-bharat-yoga-saptaha/>

◀ p3

रुत -, and "असदेवेदमग्र असित्" says chandogya. So different tunes and tones are found for projecting this theory. In this context how to find out commonality that is the question. अन्याकृतमासीत् - Statement is also there. Some things goes very abstract, some abstract to tangibility which is from subtle to gross. That is how this whole creation takes place. When all these different thought related then Vyasa, the Sutrakara says, करणत्वेन च आकाशादिषु यथा व्यपदिष्टोक्ते ॥

Here, in order, there may be cacophony and opinions are different but न स्रष्टरि किञ्चित् विगानमस्ति । there are no different opinions in "who is the creator"? It is Paramatman. यथा व्यपदिष्टोक्ते: यथभूतो हि एकस्मिन् वेदान्ते सर्वज्ञः सर्वशक्तः सर्वेश्वरः सर्वात्मकः अद्वितीयः करणत्वेन व्यपदिष्टः, so that there is no problem. In one voice all Upanishads claim that Brahma created cosmology. Wherever we find cosmological hints from different Upanishads, we find some where it is Satyam, somewhere it is Sat, somewhere it is Atma, somewhere it is Brahman - all these are different words, but they all unanimously indicate same theory of everything which is Brahman. As far as this cosmological analysis is concerned, there is no different opinion at all. The main problem here is actually Veda never intends to tell about this 'Appearing World'. 'Appearing World' whether it is gross or subtle already order is known to human. Veda never takes its place to explain simple sequential order of creation. Where ever you have 100% subtlety, unknown areas, mysterious areas, there only Veda enters. So there may be different opinions. Sankhyas say something, nayyayikas may say something else, different followers of different schools of thoughts may have their

own Shrushti Shastra. But main question to be answered is "who is the creator?" that particular question is addressed by Upanishadic sources and Vedic sources. Actually there is no different opinion at all. All the Vedas and all the statements taken from different Upanishads talk in the same tone. There is one more sutra,

समाकर्षात्

On account of the connection (with passages treating of Brahman, non-existence does not mean absolute Non-existence).

One thing is very important. Here सदेव is not that शून्य । शून्य सृष्टि वाद is denounced. It is not at all approved. Only SAT, that is what it says सत्यमित्यचक्षते । सोऽकामयत बहुस्याम् प्रजयेय । All these statements say that it is not असत् । It is sat only. So one thing सच्चिदानन्दम् सद्वस्तु that is the creator and it has its own इच्छा शक्ति - सोऽकामय तदैक्षत all these statements are there, so that सङ्कल्पपूर्वकसृष्टि । It is proved by different statements from different sources. Purvamavyakritam idanim vyakrutam, स एव इह प्रविष्टः आनखाग्नेभ्यः अध्यक्षः, the word समाकर्षं stands for harmony of union. So one particular statement all different schools of thoughts talk in the same tone. That is something existing sat, chit, आनन्दम्, That is the main creator and from that only this wonderful world multiplied in its forms, in its norms, it is emerging. This cosmological theory pertaining to this world is well projected and clear. It is well defined by Bhagavad Pada here, there is places for various kinds of doubts pertaining to this creation of this world.

*to be continued...*



Initiative by  
VYASA

Technical support by  
S-VYASA University

**SDM - A Nationwide Movement**

[www.svyasa.edu.in](http://www.svyasa.edu.in)

## AWARENESS AND YOGA THERAPY FOR DIABETES

### I. ARE YOU A DIABETIC ? / PRE-DIABETIC

Join our VYASA Diabetes Friends Association (VDFA)

#### Are you a Diabetic? / Pre-diabetic

Become a member of VDFA by paying a membership fee of Rs 200 per year



#### What do you do ?

1. Meet your doctors/consultant and go for regular check up as per the advise of your doctor/consultant
2. Attend our SDM camps for 7 days (2 hrs per day) in the designated centers chosen by you. Practice the same later in your own house using the DVDs given to you. However, you are welcome to the center for practice.

#### What will you get ?

1. Total care of Diabetes(DM) by your consultant, VYASA team of certified Yoga Instructors, organizers, researchers and doctors for preventing diabetes or reduce secondary complications of DM, move towards normalcy and promote positive health.
2. Booklet on Diabetes of your choice (Languages Eng, Hindi, Kan, etc.,) DVD on DM and DM Yoga chart .
3. Email information on DM & Yoga will be sent to you by central office of SDM project of VYASA and Yoga Sudha monthly.
4. Regular correction of Yoga practices for continuing the benefits and to avoid stagnation by introducing training through graded Yoga modules depending on the progress you have made towards normalcy.
5. DM related blood test and other assessment before and after the camps, after 3,6 & 12 months will be provided free of charge.

[vyasayogasaptaha@gmail.org](mailto:vyasayogasaptaha@gmail.org)



Initiative by: VYASA, Bengaluru

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

### What do you do ?

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



### What will you get ?

1. Pride of being in a national team of doctors trying to reverse the trend of DM increase in the country
2. Referrals of patients to Arogyadhama - a Holistic Health Home (Rs 500 per patient)
3. Support from VYASA team of researchers, consultants and organisers
4. Email update of Yoga Research.
5. On line International Journal of Yoga
6. On line Yoga Sudha monthly Names in Yoga Sudha
7. Online yoga conference details

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

Join our VDYT - VYASA Diabetes Yoga Teachers Team by paying a membership of Rs. 2000 per year and get online initial training and updating as a teacher from VYASA. You will get all material published by VYASA. Get training in our SDM camps. Take followup classes (charges left to you) for them

**Qualification:** YIC and YIDM from VYASA

### What do you do ?

1. Become a member of VDYT of VYASA (by paying a Membership fee)
2. Get trained online as a certified Yoga therapy instructor for SDM project
3. Collect the prescribed fees from patients.





**Initiative by: VYASA, Bengaluru**

**What will you get ?**

1. Online training by VYASA team and a certification as a Yoga therapy instructor for SDM project.
2. Training in SDM camps
3. Meetings with coordinator of VYASA and Support from doctors
4. Diabetes booklet, DVD and Yoga chart
5. Periodic updates and training provided by VYASA
6. Online – Yoga Sudha, International Journal of Yoga - IJOY

#### **IV. VDYRG - Diabetes Yoga Researchers Group**

**Do you want to become a researcher in this project?**

Join our VDYR Diabetes Yoga Researchers group by paying a membership Rs.1000 per year and get trained as a certified Yoga Researcher of SDM; you have to collect data on DM patients enrolled in VDFA and also inspire patients and doctors for VDFA.



**Qualification:** Graduates; retired but not tired to work full or part time with good communication skills, MSc students of S-VYASA

**What will you get ?**

1. Online training by VYASA team and a certification as Yoga researcher for SDM project of VYASA.
2. You can use the data for your dissertation or thesis after taking permission from VYASA.
3. Book/s on Research methodology Research contributions of S-VYASA
4. Periodic updates and ONLINE training provided by VYASA
5. Online – Yoga Sudha, International Journal of Yoga - IJOY
6. Meetings with coordinator and other researchers of VYASA
7. Support in the form of data collection from the doctors of VDFA

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

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

**What do you do ?**

1. Become a member of VDYO of VYASA (Membership fee Rs 1000/year)
2. Get trained as a certified Yoga Organiser for SDM project of VYASA
3. Organise and facilitate regular conduct of classes by talking to the patients and doctor / consultants of VDFA

[vyasayogasaptaha@gmail.com](mailto:vyasayogasaptaha@gmail.com)



**Initiative by: VYASA, Bengaluru**

- 4 Contact and collect DM patients for enrollment for the SDM project
- 5 Inspire patients to go to Prashanti Kutiram for intensive training in Yoga

### What will you get ?

- 1 Online training by VYASA team and a certification as Yoga Organiser for SDM project of VYASA
- 2 You can use the data for your dissertation or thesis after taking permission from SVYASA
- 3 Booklet on Organisers Manual
- 4 Periodic updates and training provided by VYASA
- 5 Online - Yoga Sudha International Journal of Yoga - IJOY
- 6 Meetings with coordinator and other organisers of S-VYASA
- 7 Support from the doctors of VDDA.

### Qualification

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

### DATA COLLECTION

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



START

**YOGA THERAPY**

STOP

**DIABETES**

BE

**HEALTHY**

**Register at**

**Madhumeha Mukta Bharat,  
Seshadri Bhavan, No. 50, 4th Main Road,  
Chamrajpet, Bengaluru - 560 018, Karnataka  
Ph: 080-22639966**

**email: [vyasayogasaptaha@gmail.com](mailto:vyasayogasaptaha@gmail.com)**

**website: [www.svyasa.edu.in](http://www.svyasa.edu.in)**

**Initiative by: [www.svyasa.edu.in](http://www.svyasa.edu.in)**



# Management of Obesity and Diabetes Mellitus through Yoga and Naturopathy

## Background

Metabolic syndrome is a disorder of energy utilization and storage, diagnosed by a co-occurrence of three out of five of the following medical conditions: abdominal (central) obesity, elevated blood pressure, elevated fasting plasma glucose, high serum triglycerides, and low high-density cholesterol (HDL) levels. Non-communicable diseases, which include Diabetes mellitus and cardiovascular disease, are world's biggest killer diseases, estimated to cause 3.5 million deaths each year. Eighty percent of them are found in the low and middle-income countries. The WHO has developed an action plan for implementation of global strategies in prevention and control of non-communicable diseases. One of the objectives of this plan is to develop simple strategies to identify those at risks together with appropriate and cost effective interventions.

The naturopathic treatment approach frequently includes important dietary and lifestyle recommendations included in current medical treatment guidelines for diabetes, hypertension, and hyperlipidemia, although improvements can be made on the precision of recommendations. A study shown a naturopathic dietary approach to diabetes appears to be feasible to implement among NIDDM patients. The intervention may also improve self- management, glycemic



■ *Dr. Prashanth Shetty*  
Abstract of PhD Thesis



control, and have influences in other domains of self-care behaviors. HbA1c improved by an average of 0.5%, which is clinically meaningful.

## Aims

The present study aimed at ascertaining the effect of Yoga and naturopathy on

1. To compile the concept of Yoga and Naturopathy on Diabetes mellitus and obesity from different ancient scriptures of India.
2. To Evaluate the effect of 10days Yoga and Naturopathy treatment in Type 2 Diabetes patients
3. To assess the changes due to 10days of Yoga and Naturopathy treatment on Obesity individuals.
4. To Study the usefulness of Naturopathy fasting on healthy individuals

## Methods

This study comprised three different sub studies. All the studies were approved by the Institutional Ethics Committee.

For diabetes study, A total of two hundred patients who admitted for 10 days in Naturopathy and Yoga Hospital, were screened to obtain Hundred(n=100) participants for the study. They were recruited from Nature cure and Yoga therapy Hospital, Shanthivana, Dharmasthala. The study adopts a pre-post design. Subjects were assessed with FBG and PPBG on Day 1 and Day 10 during which they received Yoga practice, Naturopathic treatment and Diet therapy.



For obesity study, we recruited Hundred (n=100) obese adults of age  $38.48 \pm 10.86$  years, both males and females after getting. The participants were considered eligible for the study if their BMI was more than 30 Kg/m<sup>2</sup> and if their weight was stable for the previous year without fluctuations of more than 2 kg as observed through their past medical records. The study adopts a pre-post design. Subjects were assessed with Lipid profile and Body composition on Day 1 and Day 10 during which they received Yoga practice, Naturopathic treatment and Diet therapy.

For Fasting study, we identified a congruent group of 70 healthy volunteers of both genders from a college in south India. The participants ages ranged from 19-21 years (group mean age  $\pm$  SD;  $20 \pm 0.8$  years) and were assigned to fasting group (n=35;  $20 \pm 0.4$  years) and a control group with normal vegetarian diet (n = 35;  $23 \pm 4.6$  years). This was a group of students belonging to the same class and therefore were matched for age, education and routines. The study adopts matched controlled design (two groups pre-post) and Urine pH assessed daily.

## Results and Discussion

In Healthy volunteers Urine pH was significantly higher in the fasting group following the administration of Naturopathic Fasting Therapy (paired samples t-test,  $t=3.91$ ,  $p < 0.05$ ). The control group (Normal Vegetarian Diet) showed no significant changes during the study period (paired samples t-test,  $t=-0.62$ ) and also showed significant reduction in weight, BMI, FM, FFM,

MM, TBW and TSTG in study-group compared to baseline. In sub-group analysis significant reduction in weight, BMI, FM, FFM, MM, TBW and TSTG in females was observed similar to study group, whereas in males, significant reduction was observed only in weight, BMI, FFM and MM. Reductions in fat % and TSTG were observed both in study-group as well as in sub-groups compared to baseline but none of the groups showed significant reduction.

In Obesity Patients there was reduction of 3.77% weight ( $p < 0.001$ ), 4.02% of BMI ( $p < 0.001$ ), 10.51% of total cholesterol ( $p < 0.001$ ), 29.33% of serum triglycerides ( $p < 0.001$ ), 7.97% of LDL ( $p < 0.001$ ), and 30.31% of VLDL ( $p < 0.001$ ) were observed following the 10 days Yoga and Nature cure lifestyle intervention. Also, a reduction of 2.75% of fat mass ( $p < 0.001$ ), 4.72% of free fat mass ( $p < 0.001$ ), 4.68% of muscle mass ( $p < 0.001$ ), 4.28% of bone mass ( $p < 0.001$ ), 4.54% of estimated BMR ( $p < 0.001$ ), and 13.64% of estimated reduction in degree of obesity in participants when corrected for their BMI were observed. Interestingly there was a 1.55% increase in the fat indicated by the body composition. However, there were no changes in the HDL levels ( $p < 0.001$ ) following the intervention.

p26 ►►





# Development and Standardization of Sushruta Prakriti Inventory (SPI) and Evolving Life-Style Based on the Ayurvedic Concept of Personality

## Background

Ayurveda emphasizes assessment of prakriti (psycho-physical-personality) state of a person before going to the examination of any diseased condition and advice on lifestyle management and therapeutics. The present study was designed to develop and standardize the preferential instrument to assess prakriti of a person and evolve specific Life-style for each prakriti type based on the Ayurvedic concept of personality and hygiene (Dinacharya and rithucharya).

## Methods

### Item generation

A total of 861- items were generated in the initial pool. These items were referred for their meanings from different texts, commentaries; shabda koshas, dictionaries and interpretations were made on the same and were later converted

■ *Dr. B R Ramakrishna*  
Abstract of PhD Thesis



into meaningful English translation.

### Item analysis

The items compiled along with translation were presented before a focus group of five experts comprising three professors, one assistant professor and one lecturer of Ayurveda with varied specialisations. The members were briefed about the project and submitted them a format, original text compiled from all the ten classics and a table with items and translations for consideration and correction of items.

The corrections suggested by majority of the members were incorporated in the item list. Accordingly there were 861 items in the original





item list and the same was endorsed by the focus group.

The pooled 861 items were categorised into seven domains namely physical, physiological, psychological, intellectual, spiritual, and social and analogy so as to include specific features

### Item classification

At the same time all the 861 features are distributed under three groups namely vata, pitta and kapha. The total items which were 861, vata features 277, pitta features 272, kapha features 312

### Item Reduction

By keeping in mind the criteria suggested by Edward (1957), all the items were examined carefully to eliminate those items that occurred more than once. Care was taken to see that no item was repeated in the list of the items. Those items, which were felt irrelevant, were discarded from the list. The items which conveyed same meaning but phrased differently were also discarded. Care was taken to eliminate all those items which were ambiguous or vague.

After the reduction of items as per Edward criteria the total number of items (861) came to 490 items.

### Item validation

Further the items which were validated by the researcher as per Jackson's criteria (1970) were presented before the earlier five members of FGD along with a copy of the criterion for validation (inclusion of an item under a particular domain and doshas specific). Corrections suggested by the majority members of FGD were incorporated in the item list. There were no corrections or suggestions by the FGD, hence the total and classified numbers remain unchanged.

### Construction of Scale (Questions)

99 questions were constructed by incorporating the reduced items of vata, pitta and kapha

distributed among six domains namely Physiological, Psychological, Intellectual, Spiritual, Social and Analogy. There were 33 questions for vata, 33 for pitta and 33 for kapha Prakriti. While framing the questions the existing questionnaires on dosha Prakriti were also considered for framing questions.

The physical features were not included for construction of questions and they were kept isolated to prepare physical check list.

The procedures used for constructing the Sushruta Prakriti analysis inventory [SPI] questionnaire are described here along with support of theoretical background on scale construction under three phases, as follows:

### Phase 1: Scale development and Content Validation of Items

The nature of format, mode of reference for items, procedure followed for content validation and selection of item for the scale are explained under the following sub titles

- 1 Format of items: It consists of two aspects, first, the nature of the item and second, the nature of the responses to the items. During the review of literature on scales, it was seen that varying formats of items were used in different scales to assess different items. The formats used for items included statements, questions, phrases and adjectives. Some scales used uniform response format for all the items whereas other scales used two or more kind of response formats for the items.

In the present study it was decided to use a uniform format for all the items in order to facilitate the better administration of the scale. Using a self report scale, all items were prepared in the form of statements using the first person.

- 2 Minimizing the response set Bias: Minimizing the response set bias is very important (Smith and Glass, 1987). The



response set bias defined by Cronbach (1946) as the “tendency causing a person to give different responses to items than he would when the same content is presented in a different form”. The response sets are hypothesized to constitute reliable individual differences in test taking habits (Nunnally, 1970).

- 3 Consensual and content validation: FGD- This is the most important aspect of the present work because 490 reduced items had to be fit into 99 scales (33 for vata, 33 for pitta and 33 for kapha) of self-rating questionnaire. As there are no such tools with such a huge scales and items, it is necessary to have consensual and content validation of the scale. For these 12 Ayurvedic subject experts were involved through FGD. The experts’ group contained 6 Professors, 3 Assistant professors and 3 Lecturers in the field of Ayurveda who had adequate clinical and teaching experience.
  - After the expert validation 99 questions were reduced to 30 vata, 30 pitta and 30 kapha, total 90 questions of SPI- Q and 60 Features for physical checklist SPI - C
  - Phase 2: Field testing of scale: Pilot study (study 1) For 300 subjects
  - Phase 3: Field testing of scale: Main study (study 2) along with validity and reliability testing of scale for 1200 subjects.

### Results

The tool was studied on subjects between 16 to 80 years of age including both the sexes.

A total of 1200 subjects were taken for the test validation and 120 subjects for Test -retest for reliability after the ten days and 120 subjects for individual clinical assessment by experienced Ayurveda physicians for validity. Data analysis was done using SPSS version

and there was found to be a strong reliability

of the questionnaire with Pearson correlation score for Vata, Pitta and Kapha for Tridosha Inventory being 0.990, 0.952 and 0.954 respectively; the Pearson correlation score for Vata, Pitta and Kapha for physical features being 1.000, 0.996 and 0.999 respectively with respect to Test - retest reliability scores for Vata, Pitta and Kapha for Tridosha Inventory as 0.994, 0.975 and 0.976 respectively and

1.000, 0.997 and 0.983 for Vata, Pitta and Kapha for physical features giving a high rate of reliability finally resulting in normal values for vata, pitta and kapha prakriti. Thus developed and standardized SPI can be used for prakriti assessment by clinicians and researchers for further study. Further, based on the concept of Gunas and its application specific Life-style comprising Ahara (Food and drinks), Vihara (Habits and practices) and Vichara (Thoughts) is evolved which can be used to maintain the harmony of prakriti.

### Conclusion

This research has yielded a validated reliable tool called Sushruta Prakriti Inventory (SPI) based on the Ayurvedic scriptures with 90 self-rating subjective questions and 60 objective check-list items.

### Papers published from the Thesis

1. Ramakrishna B.R., Kishore K.R., Vaidya V., Nagarathna R., and Nagendra H.R. (2014). A Survey on the need for developing an Ayurveda based personality (Tridoshaprakriti) inventory, *Jour. Of Ayurveda & Holistic Medicine*, 2(7):8-13.
2. Ramakrishna B.R., Kishore K.R., Vaidya V., Nagarathna R., and Nagendra H.R. (2014). Development of sushruta prakriti inventory, an Ayurveda based personality assessment tool. *Jour. Of Ayurveda & Holistic Medicine*, 2(8):6-14.
3. Ramakrishna B.R., Kishore K.R., Vaidya V., and Nagendra H.R. (2014). Healthy life-style prescriptions for different personality types (Tridosha Prakriti). *Jour. Of Ayurveda & Holistic Medicine*, Volum-1, Issue-II. ■



# BODY OF LIGHT

The human body is a marvel that reveals only a minuscule of its complexity to our enquiring minds. The brain is perhaps the most complex and least understood structure in the universe. We use it as seem fit, we dissect it, operate on it and cannot replace even a single neuron which is the basis of all its work, thinking, decision making, futuristic undulations and search for God. An interesting aspect of this complexity is the role of light in body dynamics. We shall look into this in some details in this paper.

## BIOLUMINESCENCE

Sun light is the life giver and provider for all our activities on this earth. Sun light provides us oxygen (through plant photosynthesis), water (through evaporation of sea water) and energy (through food derived from sunlight). No wonder we have always kept the life-giver and life-enhancer, namely, the sun at the highest esteem.

Photons are carriers of light energy; a light particle which moves - yes, you guessed it right - at the speed of light (mostly) and can be manipulated to carry our messages from



FIG 1: A bioluminescent Jelly fish

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



one place to another. We do this now in our computer communications. Bioluminescence is production of light by living systems; it occurs extensively in marine animals and even in some micro-organisms such as bacteria. In the poorly lit depths of the ocean called *the twilight zone* - sun light is not adequate to steer ocean animals to hunt, eat their prey and for survival. This twilight zone ranges from about 200 meters to about 1000 meters below the surface of the sea. Only blue-green spectrum of the sun reaches this depth and that too, only partially; hence at these depths only an eerie silent blue-green sheen is present! The deep sea is inhabited by fish such as jellyfish and squids, shrimp and krill and some worms. Often, the glow (at 440 to 480 nanometers wavelength) from these marine life is the only source of light for all creatures at that depth! See fig 1 for an example. These life forms use light for a variety of purposes: communication, locating food, attracting both a possible prey and a mate (one for self-survival and the other for species survival) and for getting out of danger (flashing light to blind a predator!).

How is this light created? When an excited electron (which has absorbed energy from some external source) falls back to its original energy level, it emanates light. A packet of light goes by the name photon; electron carries an electrical negative charge while a photon carries light energy. It is important to distinguish between bioluminescence and fluorescence; in the former, two different substances combine to produce

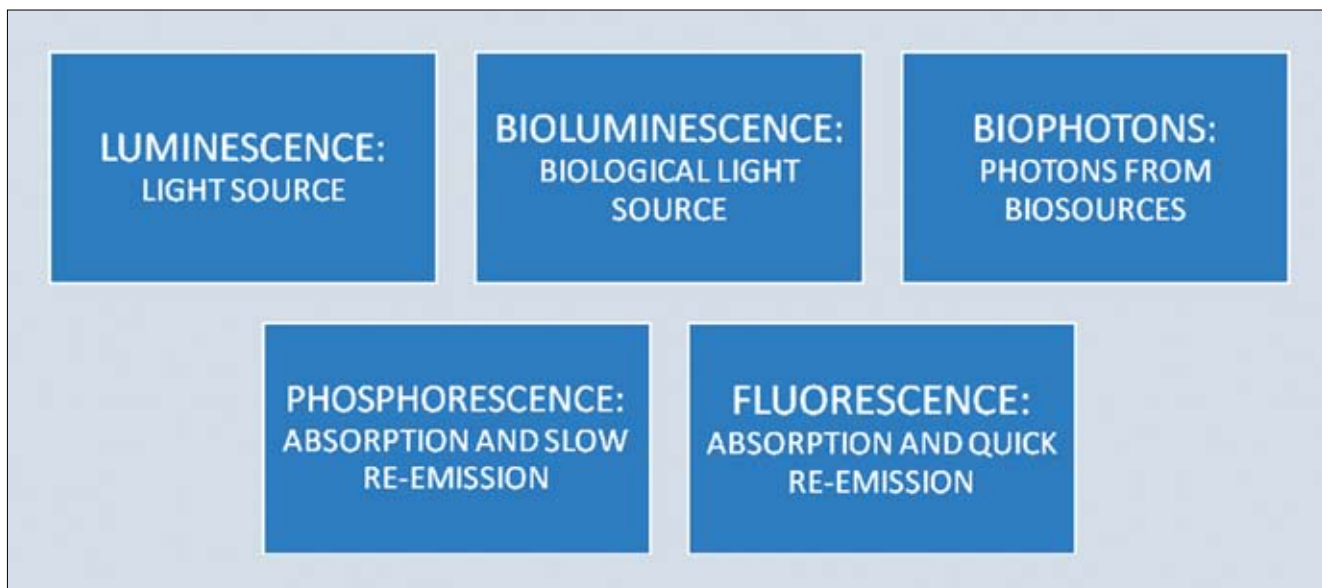


TABLE 1: Light Body Concepts: see text for details

light while in the latter, light that is absorbed in one colour is retransmitted in another colour. This fluorescence effect is made use of in many posters we see around our cities. Note phosphorescence is yet another phenomenon that is defined in a very specific way [1]!

In bioluminescence, a light producing molecule called luciferin is acted upon by an enzyme known as luciferase to generate light. This is how most of marine animals generate light. It is important to keep this in mind; bioluminescence by definition is the combination of luciferin and luciferase. Otherwise, the light may not be called bioluminescence.

### BIOPHOTONS

Russian embryologist Alexander Gurwitsch, working in the 1920's reported extremely low photon emissions from living tissues in the ultra-violet end of visible light spectrum. He named them *mitogenetic rays* because his experiments convinced him that they had a stimulating effect on cell division. This work was later extended and refined by Dr. Fritz Popp in Germany in the 1970's and 80's. He termed this radiation of light as

biophotons, and found they are coherent light emanations from different parts of the body under normal conditions; they were spontaneous light emissions going on all the time from the body!

It is thought by researchers that all biological systems produce electromagnetic radiations over a broad wavelength (including that of light). We know that any object at a finite temperature produces infrared radiation (also called heat radiation). Because of this heat differential between the surroundings and the biological object, a snake could pick up its prey and attack it. However, radiation of light – which is also an electromagnetic radiation – is



FIG 2: A Light Being



difficult to measure in the body [2, 3]. Biophoton emission consists of spontaneous ultra-weak emission of photons from living systems. The light could be consequence of by-products of metabolism caused by oxidation, free radical reaction etc. The metabolism is associated with production of reactive oxygen species (ROS) which is important in the regulation of many biochemical and physiological functions. Oxidative stress is a common problem which is the basis for many psychosomatic problems including susceptibility to cancer. That this process is a contributing factor to spontaneous biophoton emission has been indicated by studies demonstrating that biophoton emission can be attenuated by depleting assayed tissue of antioxidants. Further, these emissions can be increased by addition of reactive oxygen species. We should remember that biophotons could also be induced through exposure of tissues to electromagnetic inputs to the body including light itself. One such method is used to study oxidative processes in the skin [4]. Since oxidative processes could be the harbinger of many problems, such monitoring are important to understand the role of biophotons themselves in the body.

Some authors have used the term self-bioluminescence; we presented above this may not be a correct terminology as we do not know the biological basis of these photon emission, till we know the mechanism of light production. It is perhaps best to call it by its original name, namely biophotons. This signal is weak from humans, it can be imaged using highly sensitive camera [3].

## CONCLUSION

The living system seems to be bathed in light; the external sun light is necessary for maintenance of life processes on earth and the internal light is an indication of fast communication and order that is maintained in keeping the life processing operating optimally. Some work related to acupuncture has found possible communication

by means of light in the meridians. Measurement of light emanating from the body could then be an indicator of health status. Within the body, biophotons are thought to be highly coherent; they are more like a laser light than sunlight or light from an artificial source. Many deep tissues are carriers of light; brain has light sensitive proteins and perhaps this is the reason the brain is well protected from external light interference!

It is possible that a healthy cell emits photons that are of different characteristics - wavelength, coherence, strength etc - that could be very different from a sick cell. Cancer cells, for example have a different electromagnetic signature compared to normal cells. If so, tracking the photon signature of cells could lead one to predict and perhaps provide therapy for abnormal functioning of organs. Let these thoughts light our future research in this important area.

## REFERENCES

1. Phosphorescence is a photoluminescent phenomenon related to fluorescence. "Unlike fluorescence, a phosphorescent material does not immediately re-emit the radiation it absorbs. The slower time scales of the re-emission are associated with "forbidden" energy state transitions in quantum mechanics. As these transitions occur very slowly in certain materials, absorbed radiation may be re-emitted at a lower intensity for up to several hours after the original excitation" Wikipedia. Commonly seen examples are glow-in-the-dark toys, paint, and clock dials that glow for some time after being charged in room light.
2. Fritx Popp: 1976, Wikipedia.
3. Katherine Creath and Gary Schwartz; "Measurement of bioluminescence and thermal fields from humans: a comparison of three techniques for imaging biofields", *Proc. SPIE* 6285, The Nature of Light: Light in Nature, 628505 (August 14, 2006); doi:10.1117/12.684726.
4. AnshuRastogi and Pavel Pospíšil, "Ultra-weak photon emission as a non-invasive tool for monitoring of oxidative processes in the epidermal cells of human skin: comparative study on the dorsal and the palm side of the hand", *Skin Research and Technology*, Volume 16, Issue 3, pages 365-370, August 2010. ■



# S-VYASA University

Swami Vivekananda Yoga Anusandhana Samsthanam

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

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

[www.svyasa.edu.in](http://www.svyasa.edu.in) | Ph: 080-2263 9968 | E-mail: [mba@svyasa.edu.in](mailto:mba@svyasa.edu.in)

## Admissions

Open for August

## MBA

(People & Organization Management)  
Master of Business Administration

### WANT TO

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



#### OBJECTIVE

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

#### KEY FEATURES

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

#### ELIGIBILITY

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

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

#### EXPECTED OUTCOME

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

#### PLACEMENT

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





# Effect of yoga on psychological aspects of young widows: a randomised control study

## Introduction

India has the highest prevalence of widowhood in the world calculated at 34 million out of 245 million widows in the world. About 40 per cent of these widows are less than 50 years of age. One of the most distressful life events is loss of a spouse, which leads to consequential psychological problems. Studies have shown that widows have high levels of grief, anxiety, depression and loneliness, along with somatic symptoms.

## Literature review

Yoga has been used as a means to reduce stress that can help in reducing depression and anxiety disorders, insomnia and other psychological ailments. Many studies have shown that yoga improved mental health of women.

## Aim and objective

Aim of the study was to evaluate the influence of yoga on psychological aspects of young widows at Kakching town in Manipur.

## Methods

Eighty subjects, who agreed to participate in the study, were randomly allocated into two groups of equal size (40+40). Inclusion criteria included (a) young widows and, (b) age below



■ Dr. Naorem Jiteswori Devi  
Abstract of PhD Thesis



50 years. Exclusion criteria: (a) Substance abuse, (b) Concurrent treatment with psychotropic drugs or psychotherapy outside study, (c) Pregnancy and breast-feeding women, (d) Recent bereavement of less than 6 months, (e) Critical health implications, and (f) surgery less than six months.

## Design

Randomized control trial (Yoga and wait list control groups). Eighty subjects who consented to participate in the study and who satisfied the inclusion and exclusion criteria were randomly allotted into two groups.

## Intervention

### Assessment

Assessments were made on two groups before and after the 8 weeks of intervention by using questionnaires, The State-Trait Anxiety Inventory (STAI-Y), Beck Depression Inventory (BDI II), Rosenberg self-esteem scale (RSES), WHO Quality of Life-BREF, Vedic Personality Inventory, Stigma Consciousness Questionnaires, Pittsburgh Sleep Quality Index (PSQI), Spiritual well Being (SWB) and Scale for Assessment of Somatic Symptoms (SASS).

### Data analysis

Data was analyzed using SPSS version 16.0.

### Results

The data analysis showed significant decrease ( $P < 0.001$ ) in State anxiety level in experimental group after the intervention whereas in control group there was no change ( $P = 0.42$ ). Trait anxiety score was not significantly decreased in



both groups. All the domains of quality of life except 'social relationship' showed significant improvement in the yoga group whereas in control group, there were no changes. The data analysis shows significant decrement ( $P < 0.001$ ) in depression score in yoga group but there were no significant decrease in control group. There were no significant decrements in stigma consciousness both in yoga and control group. There were significant reductions in all sub-scale of somatic symptoms in yoga group. However in control group symptom scores were reduced but not statistically significant except in body pain. Quality of sleep was improved in both experimental ( $P < .001$ ) and control group ( $P=0.026$ ). The decrement in the experimental group was significantly greater than in the control group. Religious well being: Religious well being scores were not significantly increased in both the groups however increment in yoga group was greater than in the control group. Existential well being: significant increments were observed in yoga group while there were no significant increase in control group. The data analysis showed significant increase in Sattva Guna in experimental group whereas in control group there were no significant increase. Rajas Guna score was not significantly decreased in both groups. There was significant reduction in Tamas Guna (dull personality trait) scores both in experimental and control groups.

The decrement in the experimental group was significantly greater than in the control group. Analysis shows statistically significant increase in Self esteem scores in yoga group whereas there was no significant increase in control group.

## Conclusion

This randomized control study has shown the efficacy of Yoga in decreasing anxiety, depression, somatic symptoms, and improving sleep quality and self esteem in this vulnerable group of young widows in North Eastern India. Yoga is a culturally acceptable method and can be taught easily in groups and is a cost effective form of therapy and can be recommended to young widows for improvement of mental health as well as physical health.

## Papers published from the Thesis

1. Devi, Naorem Jiteswori., & Subramanya, K. (In Press). Women in Rig Vedic Age. *International Journal of Yoga, Philosophy, Psychology and Parapsychology*.
2. Devi, Naorem Jiteswori., & Subrahmanyam, K. (2014). Yoga as an Ancient Science of Healing: It Impact on Mental Health of Women. *International Journal of Ayurveda and Pharma Research*, 2(3):1-4.
3. Devi, Naorem Jiteswori., Singh, T.B., & Subrahmanya, P. (2014). Effect of Yoga on depression and Quality of Life in Drug Abuser. *International Journal of Ayurveda and Pharma Research*, 2(2):61-65. ■

◀ p17

In Diabetes patients alpha level of statistical significance was set at  $p < 0.05$ . Both FBG and PPBG levels showed significant reduction were observed following the 10 days Yoga and Nature cure lifestyle intervention.

## Conclusion

These results suggest Yoga and Nature cure as a life style intervention improves the obesity and diabetes state of the individual and may potentially alleviate associated complications of obesity and cardiovascular disorders. The Fasting study suggests Naturopathic based Fasting therapy is useful for enhancing liver and Kidney functions and reducing weight among healthy individuals.

## Papers published from the Thesis

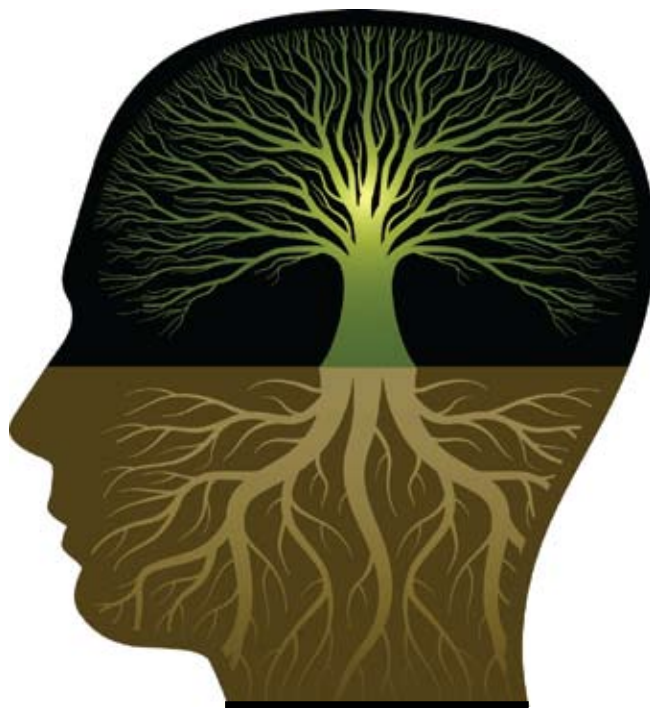
1. PrashanthShetty, AchyuthanEswar, RajkumariRoshni Raj Lakshmi, Nagendra H.R., BalakrishnaShetty, Nithin, and Suhas Vinchurkar. (2014). Effect of juice fasting on urine pH: a controlrolled study. *Indian Journal of Health and Wellbeing*, 6(1), 41-44.
2. PrashanthShetty, Nagendra H.R., Gangadhara Varma B.R., and Pailoor Subramanya. (2015). Effect of naturopathy and yoga intervention on patients with type II diabetes mellitus. *Online International Interdisciplinary Research Journal*, ISSN 2249-9598, Volume-V, Issue-I.
3. PrashanthShetty, N.K. Manjunath, Balakrishnan Ragavendrasam, and Verma Gangadhar. (2015). Yoga and naturopathy based lifestyle interventions in the management of obesity. *Journal of complementary and Integrative Medicine*, 1-14. ■



# HOW INDIAN SPIRITUALITY HAS INFLUENCED THE WEST

The West has always coveted things from India; it's minerals, it's exquisite fabrics, it's cuisine, it's cheap labor, it's talent - from the foot soldiers of the colonial period to today's high-tech master minds. The number system, the decimal system, algebra, trigonometry and calculus being some of the other few contributions to enumerate. But the component of India spiritual tradition that most affected Western culture have been the philosophy of Vedanta and the practices of Yoga.

Our **SANATANA DHARMA**, commonly translated as "Eternal Path" or "Eternal Way" gave the world a higher vision of what we are and what we can become. It has offered people who were not religious, a way to be spiritual practically. Eastern teachings/philosophy converted the Western concept of *ORIGINAL SIN* to *ORIGINAL BLISS*, by changing the understanding of the nature of what we are. Thus, Shri Aurobindo remarks: "Indian religion has always felt that since the minds,



■ *Monali Madhusmita*  
*PhD Scholar, S-VYASA*



the temperaments and the intellectual affinities of men are unlimited in their variety, a perfect liberty of thought and of worship must be allowed to the individual in his approach to the Infinite".

The East-to-West flow of ideas actually began with the ancient Greeks. In early nineteenth century, British scholars produced the first English translations of India's sacred texts. Those books reached American shores and fell into the hands of Ralph Waldo Emerson, Henry David Thoreau, and Walt Whitman.

Ralph Waldo Emerson [1803-1882], also known as 'American Socrates', 'American Isaiah', and 'the Philosopher of Democracy' was an essayist, lecturer, and poet, who led the Transcendentalist movement of the mid-19<sup>th</sup> century, was the first public thinker to openly embrace Eastern religious and philosophical precepts. His direct heirs, Thoreau and Whitman, and millions of educated Americans have been touched by India since the mid -19<sup>th</sup> century. Thoreau [1817-1862], in turn was one of the first American's to call himself a 'Yogi'. He, like Emerson, had mystical experiences, that only study of Vedanta could help him to understand [what?].

Walt Whitman [1819-1892], is the progenitor of modern American poetry. His persona was strongly influenced by India, which is exalted in his "Passage to India". His influence was in turn seen over the works of later eminent writers like Emily Dickenson and Bob Dylan. Whitman's classic "Leaves of Grass", as quoted by Emerson as: "a mixture of Bhagavad-Gita



and the New York Herald". If Emerson's path was *jnana* and Thoreau's *karma*, Whitman's was pure, unadulterated *bhakti*.

In a neat cross-cultural volley, India inspired Thoreau; Thoreau inspired Mohan Das K Gandhi; and Gandhi tossed the ball back to Martin Luther King Jr.

Mary Baker Eddy [1821-1910], the founder of CHRISTIAN SCIENCE, a new religious movement that emerged in New England in the later 19<sup>th</sup> century, was philosophically marked by a Vedanta like metaphysics. She quoted frequently from the *Gita* and the *Upanishads* in her public talks and in articles in the *Christian Science Journal*

Helena Petrovna Blavatsky [1831-1891], the founder of Theosophical Society apparently expresses her debt to Asia in her 1879 essay, "What Is Theosophy?" She ascribes her philosophy to among other sources, 'The Indian Buddha', 'the Vedas' and 'the Rishis of Aryavart'.

After Blavatsky's death, Olcott took over the Theosophical Society, which was then succeeded, in 1907, by Annie Besant. She spent the rest of her days in India promoting Theosophy, crusading for Indian Independence, translating sacred texts, establishing schools, and even serving as President of the Indian National Congress.

Couples Charles Sherlock Fillmore (1854 -1948) and Myrtle Page Fillmore (1845 - 1931), founder of Unity Church, and Ernest Holmes (1887 - 1960), founder of the new Spiritual Movement "Religious Science"- all of them who were the progenitors of New Thought Movement; they are another shining example of Vedic influence and expressed openly that Bible is of Oriental origin.

Very crucial to mention here is about the German born renowned Indologist and Sanskritist, Max Muller [1823-1900], who never set foot in India, but with huge inspiration from Eastern philosophy, produced a prodigious number of

books, including a fifty-volume series called "The sacred Books of East". He quotes: "I spend my happiest hours in reading Vedantic books. They are to me like the light of the morning that to everybody who cares for himself, for his ancestors, for his intellectual development, a study of the Vedic literature is indeed indispensable"

Thomas Stearns Eliot (1888-1965), who was known as "one of the twentieth century's major poets" and his works are considered as masterpieces of the *Modernist Movement*, was highly influenced by Vedanta philosophy and Buddhism. He was awarded the Nobel Prize in Literature in 1948, "for his outstanding, pioneer contribution to present-day poetry".

Now, if we elaborate on the World teachers or Gurus who visited the West and had immense impact in disseminating Vedanta philosophy, the name of the handsome monk in the orange robe comes first. Born as Narendra Nath Dutta (also known as Jackie Robinson of India), he was the first monk to visit US in 1893, to attend the Parliament of World's Religions, held at Chicago, and the rest, we all know is "history". Calling him "a great favorite at the Parliament", a reporter for the *Boston Evening Transcript* said, "if he merely crosses the platform he is applauded and this marked approval of thousands he accepts in a childlike spirit of gratification, without a trace of conceit". In 1902, he established the Vedanta Society in major cities of US, LA (the Benaras of America) being the headquarters, and worked tirelessly for "Dissemination of Vedanta or Indian Philosophy".

Next to him, to spread the movement, were Swami Abhedananda in NY and Swami Trigunaitita in San Francisco. They used lectures and publications to get the message out. Next was Swami Prabhavananda who was in charge of the Vedanta Society in LA with Aldous Huxley and Christopher Isherwood. In mid-century America, the Vedanta Society furthered the education of five extra-ordinary minds - Isherwood, Huston



Smith, Gerald Heard, Joseph Campbell and Aldous Huxley. "Vedanta and Western History" by Gerald Heard; Huston Smith's classic "The Religion of Man"; Joseph Campbell's "The Hero with a Thousand Faces" and Aldous Huxley's "The Perennial Philosophy", had eye-opening impact on public.

Then on show was J.D. Salinger's [1919-2010] works, "The Catcher in the Rye" and "Franny and Zooey", Indian Philosophy permeates into the contemporary fictional form one-on-one.

In 1920 there was another big turning point, with the advent of Paramahansa Yogananda, who made LA his headquarters till 1952. He established the *Self-Realization Fellowship* and became the face of Indian Spirituality in America. The scientific *Kriya Yoga* Technique of his lineage still enjoys uninterrupted peace and progress all over the world. His book "Autobiography of a Yogi" is quoted as, "The book that changed the Lives of Millions". It has sold more than four million copies and counting, plus it has long been one of the most borrowed books in spiritual circles.

With a long list to follow, but few among others prominent teachers were, Jiddu Krishnamurthy, Rajneesh 'Osho', Deepak Chopra, Sri Chinmoy, etc. Jiddu Krishnamurthy [1895-1986], doggedly anti-guru, churned out highly popular books such as "The First And Last Freedom" [1954] and "Think On These Things" [1964]. This 'World Teacher' is best described as; "Western Theosophists influenced by Indian philosophy groomed an Indian lad, who became an independent thinker whose Vedantic principles, converted into philosophical English, passed through quantum theory, entered organizational theory, and landed, unrecognizable in corporate team-building sessions".

Very important to mention here are the sages and seers who never came to West but still had an immense influence on the pragmatic minds. They are Ramana Maharishi and Shri Aurobindo

(though his formal education in his formative years was in England). Sri Ramana was featured in LIFE MAGAZINE in 1949 with a 12 page spread and wonderful photographs. A 13 year old American girl Lillian read the same article, dived deep into Vedanta and later became one of the most famous Yoga teachers in US. Another great British novelist/author Somerset Maugham who wrote "The Razor's Edge", and the spiritual seeker who came to India, used the *sage of Arunachala* as the model for the fictional guru 'Shri Ganesha' in his story.

Dick Price and Michael Murphy in 1950 founded the ESALEN INSTITUTE which is still a force for East-West Integration. They spent over an year in Shri Aurobindo Ashram; they read Aurobindo's unsurpassable literature, and came up with the vision that "best of East and best of West" could come together.

In Feb 1968, the most extra-ordinary blast occurred in cultural history. Beatles, the English rock band (1962 - 1970), also known as 'Fab-Four', met their new guru, Maharishi Mahesh Yogi (1918 - 2008). Their journey to the banks of the Ganges opened wide the gates between East and West. It was as though the earth tilted on its axis on that date, making ancient Eastern teachings flow more easily and quickly to the West. Beatles' expedition to Himalayas is described as "the most momentous spiritual retreat since Jesus spent those forty days in the wilderness. Sitar was played for the first time in their record. Meditation was no more a 'hippi' phenomena, and doctors and therapists started recommending it for releasing stress. Beatles became the public advocates of Transcendental Meditation, with George Harrison being the strongest seeker. The result of this 'big-bang' was the positive impact on health-care, Psychology, Neuroscience and especially the way spirituality was understood. The TM movement which originated with Maharishi Mahesh Yogi, refers to a specific form of *Mantra Meditation*. It is one of the most widely practiced, and among the



most widely researched meditation techniques.

Dr. Dean Ornish's research on reversal of heart disease, was based on Swami Satchidananda's Yoga techniques. Swami Rama, the successor of Swami Muktananda, was tested at the famed Menninger Clinic, to mentally control involuntary physiological process like skin temperature, heart rate, brain wave patterns, etc. Later he established the famed Himalayan International Institute of Yoga Science and Philosophy in Pennsylvania Poconos.

Later came Postural Yogis, B.K.S. Iyengar and Patthabhi Jois, who brought a different aspect of Indian teachings on Yoga practices, called the 'Physical Yoga' or 'Asanas', in the mid 1970s. They were 'gurubhais' (brother devotees of the same guru) of an innovative master who might be called the Thomas Edison of modern Hatha Yoga - the diminutive innovator Tirumalai Krishnamacharya (1888 - 1989). The end result is the biggest and most sustained penetration of the Vedic tradition in America since the post-Beatles hey-day of TM.

Then were Americans who became Yoga Gurus in their own right, the prototype being Ram Dass (originally Richard Alfred), produced prodigious works like "Psychedelic Time" and "Be Here Now". To mention few more were Thomas Merton, Bede Griffiths, Thomas Keating, etc. Terms like 'mantra', 'guru', 'nirvana', 'karma', etc., were tossed out by newscasters and cropped up in TV shows and Pop songs, to scholarly journals and commercials, every now and then in Europe. As for the movie AVATAR, James Cameron knew that Hindus use the term for divine incarnations such as Shri Krishna and Shri Rama, but he used it to mean "the fleshly

incarnation of a living human".

In 1960-1970s Jewish mysticism and contemporary Christianity were hugely affected by young people who were stimulated by Eastern learning and practices. All this led to democratize the practical mysticism and mystical teachings, that had so long not been available, become obvious. In a few short years Eastern ideas and practices spread from the counterculture to the mainstream, fueling enthusiasm in medicine, psychology, academia, sports, arts, and entertainment. India's greatest gift has always been the knowledge of its ancient seers whose insights have never lost their power to astound and instruct. India's epic tales the *Ramayana* and the *Mahabharata* are so rich in magical siddhis, mystery and metaphor as to make the *Iliad* and the *Bible* seem like austere short stories. If the West accepts and inculcates India's source of profound and practical wisdom, this development can make the world a healthier, saner place and provide all of us a much needed antidote to religious extremism and intolerance. Therefore, the 1930s eminent historian Will Durant's homage to India, very correctly falls in place as: "Perhaps, in return for conquest, arrogance and spoliation, India will teach us the tolerance and gentleness of the mature mind, the quiet content of the unacquisitive soul, the calm of the understanding spirit, and a unifying, pacifying love for all living things".

## REFERENCES

1. All the quotes are from: Philip Goldberg, *American Veda*, 2010, Harmony Books, New York.
2. Wikipedia. ■



*Desire, want, is the father of all misery. Desires are bound by the laws of success and failure. Desires must bring misery. The great secret of true success, of true happiness, is this: the person who asks for no return, the perfectly unselfish person, is the most successful.*



# AP Government's Yoga Initiative



Meeting of the Yoga Initiative with the Beareacrats of Andhra Pradesh

The Andhra Pradesh Government has been very positive to take forward the Yoga initiative. The AYUSH Commissioner, Sri Nalini Mohan, IFS, Special Chief Secretary of State and Health, Sri L V Subramanyam, IAS, requested S-VYASA to furnish a proposal on the following activities.

To organise World Yoga Day celebrations on June 21<sup>st</sup> in all the 13 district headquarters including the state capital, Vijayawada, where in the District Collectors, In charge Ministers and Chief Minister in Vijayawada would be present.

Apart from this S-VYASA was invited by the Government to be a part of the Launch of National Urban Health Mission initiatives, in the presence the Honourable Minister. Consequent to the presentation made by Dr. Naveen K V on S-VYASA, the government now wants to liaise with S-VYASA.

Train enough people from the Government to organise these big events, including existing AYUSH staff in collaboration with S-VYASA / Arogyabharati / Sevabharati / local institutes.

13 to 25 centres across the state to be open and active for a year to take forward the initiative started on June 21<sup>st</sup>. To work for improving the positive health in National Urban Health Mission in 261 UPHCs across 13 districts. Sri Murali Krishna and Purva are placed in charge of Andhra Pradesh. ■



Sri Anil Kumar Gajjala and Dr. Naveen KV representing S-VYASA



## NEWS from VYASA, Kolkata



On 11<sup>th</sup> April 2015, a **Teacher's Meet** held at the Eknath Bhawan for the Yoga Teachers. It was presided by the Chairman of VYASA Kolkata.

On 12<sup>th</sup> April 2015 seven teachers from VYASA Kolkata were participated in the **Ananda Mela** (a fun & fete evening in aid of charities) organised by Chinmaya Mission Kolkata at its premises. It was not only a programme of get together, welcome each other, eat and enjoy with family, friends and guests but also full of gifts and fun games.

On 29<sup>th</sup> April 2015, Mr. Sanatan Mahakud had participated in a workshop on '**Health Awareness**

**& Cardio-Pulmonary - Resuscitation (CPR) Training'** conducted by Dr. Ashoke Kumar Pradhan and his team from Institute of HYDT Research & Education Kolkata. It was organised by the Department of Physical Education, Jadavpur University, Kolkata.

Along with **Regular Yoga Training Programme (RYTP)** and **Yoga Therapy** classes at VYASA Kolkata, some group classes are going on at the different places (Birla High School for Boys, The Heritage School, Andhra Association School, Vidyanjali International School, Expressions @ Work Hazra, DD-30 of Salt Lake, NACEAN, Subodh Garden Cultural and Welfare Society) of Kolkata by the teachers of VYASA to mark **21<sup>st</sup> June** as the **International Day of Yoga**. ■



## Yoga Camp at Kalyan, Maharashtra

Sri Nagraj organised a 10 day camp at Kalyan from 13 April to 23 comprising of Yoga for school module and 270 teachers of Don Bosco School attended the camp. Yoga for Corporates, Yoga for Doctors was also conducted. PDC camp for 10 days was taken for age group of 8-15 years. Krida Yoga practices were conducted and 45 students participated. For the valedictory function MLA Sri Narendra Pawar was the Chief

Guest. Ex MLA Sri Prakash Bhoir, Corporator Sri Ulhas Bhoir were the Guest of Honour. Children demonstrated Yoga Pyramid formation. Free Hypertension and Sugar check up was done for 80 people.

Bharati Purohit Yoga Samsthana, S-VYASA Kalyan Mumbai, Dr. Amit Mishra, Dr. Mamta Mishra were actively involved and responsible for making the camp a grand success. ■



Participants of Yoga Instructors' Course (YIC) May, 2015 batch



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

## MSc – Yoga and Consciousness

### A course of Science and Spirituality



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

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

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

#### Eligibility:

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

*Admissions  
open for  
Aug, 2015*

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



# Family Yoga Retreat by VYASA- Houston

■ Suveena Guglani



Houston residents from all walks of life came together to immerse themselves in a fun, relaxing weekend of yoga and ashram living with yoga enthusiasts from across Texas. This was a community of like-minded students and teachers who wished to strengthen their connection with one another and share ideas and obtain information and inspiration from their esteemed *Guruji* Dr. H R Nagendra and beloved

teachers Vishwarupa and Smitha. This was the second retreat held by Vyasa Houston allowing Yoga devotees to absorb the ancient teachings of the Yoga masters in the beautiful surroundings at Camp Cho Yeh in Livingston, TX.

Historical evidence of Yoga exists in our ancient texts and scriptures like the Vedas and Upanishads from thousands of years ago. Two hundred years ago, the western world came to India and carried away Yoga as physical exercises or Hatha Yoga, because they were only interested in its physical benefits. The World Health Organization defines Health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”. This definition was adopted in 1948 and has not changed since. Over a century ago, Vivekananda brought this message of Yoga as a holistic science and advocated the benefits of Yoga to Society. Vivekananda’s goal was that the





“Best of the East should meet with the Best of the West”. The science of Yoga is a holistic approach to health as it brings the “The best of the east - philosophy” with the “best of the west - Science”

The retreat centered on the teachings of Yoga Guru Dr. H R Nagendra combined with the philosophy and theories of ancient Yoga texts. Yogic meditation techniques along with the teachings of the masters were wonderfully elucidated by Dr. Nagendra. The yoga guru is a qualified mechanical engineer who has a PhD from IISc. He worked at NASA for a short period of time and has also served Harvard University as a consultant. Dr. Nagendra has also penned 35 books on yoga and has presented over 100 research papers on engineering and yoga. He was also honored with the title ‘Yoga Sri’ by the legendary BKS Iyengar. He talked about Karma Yoga - the Yoga of Action. It is the path chosen primarily by those of an outgoing nature. It purifies the heart by teaching you to act selflessly, without thought of gain or reward. By detaching yourself from the fruits of your actions and offering them up to the divine, you learn to sublimate the ego.

One of the highlights of the retreat was the cultural program where current YICC students put together a variety of entertaining programs that delighted the group assembled there.



The beautiful dances by Shalaka Taware and Annapurna and spiritual singing was complemented by the Q and A on the life of Swami Vivekananda. The retreat ended with a special graduation ceremony for the Yoga Instructor.

The educational sessions presented by Dr. Manjunath Sharma, Joint director of the R&D for S-VYASA University, on Yoga and Anti Aging were very informative and thought provoking. Current research collaborations include trials at M.D. Anderson Cancer Center and other leading educational institutions, establishing Yoga as a science with clinical data substantiating the reported health benefits of Yoga. Recent Research studies at Harvard University have observed measurable changes in emotional processing and memory with meditation. Dr. Kathryn Millbury, Clinical Psychologist at M.D. Anderson Cancer center spoke on the power of Yoga in Communication by regulating reactive communication.

VYASA serves as a leader in making advances in Yogic Science's and the dedicated efforts of director Vishwarupa along with the assistant director Smitha Mallaiah in Houston are a testament to that. Both of them agree that “The goal of VYASA-Houston is to promote health, happiness and peace in the community through various programs like Yoga for positive health, yoga therapy for specific ailments and yoga in education for youngsters etc.” ■





Recently, SMET workshop held at Tallahassee, Capital of Florida State. S-VYASA Chancellor Dr. H R Nagendraji & Joint Director of R&D Dr. N K Manjunath Sharma led the sessions.



The CYAI meet the Ambassador of India to UNESCO, Ms. Ruchira Kamboj, in Paris, on 13<sup>th</sup> May 2015, along with Swami Jagat Guru Amrta Suryananda Maha Raja, President Portuguese Yoga Confederation to prepare the Candidacy of 'The Yoga Darshana to become Intangible Cultural Heritage of Humanity at the UNESCO'.



## VYASA associate Dr. John Ebnezar was deputed to Nepal Disaster Management by GoK



Prof. Dr. John Ebnezar, Geriatric Orthopaedic Surgeon, he was deputed by the Government of Karnataka for Nepal Disaster Management. Dr. Seenappa and Dr. Vivek Dorai joined Dr. Ebnezar

in the disaster management team for providing medical help to those in distress. The Team of doctors started for Nepal on 3<sup>rd</sup> May. They have carried out extensive rehabilitation measures in spite of disastrous conditions prevailing risking their life for humane cause. During their stay at Nepal they have treated more than 2000 patients and carried out 52 major surgeries across 9 camps spread over 5 districts. During the course they have distributed 1140 kgs of medicines. The team returned to India on 12<sup>th</sup> May.

Since, Dr. John Ebnezar is associated with VYASA for more than a decade, The entire



team of VYASA feel proud and honoured for the service rendered. The entire fraternity of VYASA applauds the service rendered by Dr. John Ebnezar, in saving precious human life. ■



### New Delhi:

Release of Common Yoga Protocol of International Day of Yoga. MDNIY Director Dr. Ishwar V. Basavaraddi, S-VYASA Chancellor Dr. H R Nagendra, Industrialist Dr. B K Modi, Sri Ravi Kumar of RSS Vishwa Vibhag can be seen.



# 21<sup>st</sup> INCOFYRA

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

### THEME

Yoga the basis for  
Integrative Medical System

Nov 15 – 18, 2015

Prashanti Kutiram, International Headquarters of VYASA, Bengaluru

Organised by:

Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru

In technical collaboration with



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

## CONFERENCE PROGRAMS @ A GLANCE

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

## CALL FOR PAPERS

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

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

- Send your abstracts to [incofyra21@svyasa.edu.in](mailto:incofyra21@svyasa.edu.in)

## CONFERENCE REGISTRATION

Register earlier before July 1<sup>st</sup> to gain maximum concession

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

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

## FOR MORE DETAILS CONTACT

- *Chairman, Scientific Committee:* Dr. Ramesh M N, Associate Professor, S-VYASA University | *ph:* +91 80 2263 9973
- *Organising Secretary:* The Registrar, S-VYASA University | *ph:* +91 80 2263 9915
- *Address:* The Manager, 'Eknath Bhavan', #19, Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019  
*ph:* +91-80-2661 2669 | *telefax:* +91-80-2660 8645 | *e-mail:* incofyra21@svyasa.edu.in

## CONFERENCE OBJECTIVES:

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



### PRASHANTI KUTIRAM

*(Abode of tranquility)*

*The international*

*headquarters of VYASA*

*is a spacious campus of 100 acres*

*with a serene atmosphere and*

*natural beauty in a rural setting*

*thirty kilometers south of the*

*city of Bangalore.*



# THE SCHOOL OF YOGA AND NATUROPATHIC MEDICINE

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



## Admissions open...

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

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

## Achievements:

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

## Recognitions:

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

## Accomplishments:

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



# Value Driven Leadership through

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



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

**Alkem Laboratories Ltd.**

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

# FOR INTERIORS THAT EVOKE ADMIRATION

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

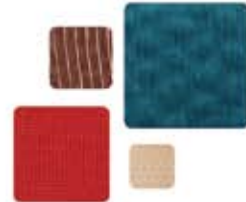


## **CENTURYPLY** Quality that's a class apart!

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



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



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



Also available:  
**CENTURYMDF**  
**CENTURYPRELAM**



# **CENTURYPLY**<sup>®</sup>