

# YOGA SUDHA

A Monthly Journal of Swami Vivekananda Yoga Prakashana



27



5



28



8



## ASTOUNDING events of August



24

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# YOGA SUDHA

Vol.XXVIII No.9 September, 2012

## CONTENTS

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- Editorial 2
- IISc confers "Distinguished Alumni Award" to Dr HRN 2



### Division of Yoga-Spirituality

- Brahmasutram 3
- Splendorous Spiritual Events at Prashanti  
- Krishnadas 4
- Krishnam Vande Jagatgurum 5
- Pot breaking festival 6
- Nandotsava festival 7
- Onam brings God's Own Country to Prashanti 8



### Division of Yoga & Life Sciences

- Central atrophy/spinal cord atrophy: a case study  
- More Pooja 10
- Acugraph what is measures? & the concept of chi 13
- GDV Measures Effect of 2 weeks IAYT on backpain 14
- Arogyadhama Data - June, 2012 15



### Division of Yoga & Physical Sciences

- Synthesis of mind-body in eastern traditions  
- Prof. T.M. Srinivasan 16



### Division of Yoga and Management Studies

- Integrated Yoga therapy for improving mental health  
in managers - Dr. Tikhe Sham Ganpat 21
- YIC and HAL SMET Group 22



### Division of Yoga and Humanities

- Strength, freedom and bliss  
- Prof. K. Subrahmanyam 23
- Independence Day & Prashanti Diwas celebrations 24
- Dignitaries visit & Special occasions 27



### News Room

- Guruji's Triumphant Trip to the US 28
- New from Turkey 31
- News from VYASA, Tollygunge, Kolkata 32
- News from VYASA, Mumbai 33
- Yoga Conferences at a glance 34

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# EDITORIAL

## Festivals –their impact in individual and societal levels

Festivals are wonderful tools to harmonise the social fabric of a society. Our great Yoga masters, seeing this aspect of festivals, systematised the festivals throughout the year except in a particular month. They further made them in such a way that various forms of Gods and Goddesses are worshipped and different sections of the society will be involved in them during those specific celebrations: Onam for Keralites, Jagannatha Puri Ratha Yatra for people from Odissa, Durga Puja for Bengalis, Dussera for Kannadigas, etc.

The worship taken in its true sense will help in the growth of each individual by breaking the monotony and the resultant possibility of stagnation in sadhana. After each festivity, the person feels stimulated and enriched. Then the sadhana gets more depth and progress becomes evident.

At the social level, it increases the love and affection between different groups of people by increased devotion of the community to the Lord. Incorporated in the celebrations are the aspects of Dana (giving and sharing), Daya (compassion and love) and Dama (control of external senses), the three components of Dharma. Imagine a society in which all persons want to give and

give in contrast to the present society which is geared to grab and grab - how wonderful will be the society! Goal of all religions in a society is just this. So Swami Vivekananda in his epoch making speeches emphasized the directions to be given to any nation if it has to become an ideal society. For India, he said –“Renunciation and service are the twin ideals of this nation; channelize India into these roots and all the rest will be taken care of”. In S-VYASA, though an academic institution, being a unique Yoga University, we want to bring the best of each festival and the whole Indian and International community participating in them, understanding the speciality and significance of each festival. While we see lots of changes in the students coming from different states and countries in their post festival behaviour, we also record the effect of such festivals using Field REG which measures the changes that occur in the surrounding consciousness fields. It is so fascinating that today we have scientific tools to measure the effect of these festivals and events. Our students will carry this rich and unique experience in their lives which transforms them to become the true citizens of our mother Bharat.

*Dr H R Nagendra*



### IISc confers “Distinguished Alumni Award” to Dr HRN

Indian Institute of Science (IISc), Bangalore is the foremost technical and scientific institutes in the country started by the inspiration of Swami Vivekananda. The century old institute has produced great stalwarts including a few nobel laureates . The Alumni Association of the Institute has constituted “Distinguished Alumni Award” to appreciate the great contributions by its distinguished alumni in their respective fields to the welfare of the society. This year, this prestigious award was conferred

to Dr H R Nagendra, VC, S-VYASA on 11<sup>th</sup> August 2012, for his inimitable contributions of giving a scientific validation for Yoga and establishing the S-VYASA Yoga University. The award ceremony took place at the faculty hall of the institute in the presence of its associate director Prof Balakrishnan, Sri Babu Satheeshan, President of the Alumni Association and a number of alumni members, faculty and students of the institute. Guruji! Students, staff and well wishers of S-VYASA take pride in your excellence!





## ब्रह्मसूत्राणि (Brahmasūtra)

- Dr. Ramachandra Bhat

Dean, Div. of Yoga - Spirituality, S-VYASA Yoga University  
Director, Veda Vijnana Shodha Samsthanam, Channenhalli, Bangalore

ईक्षतेः नाशब्दम् ॥ ११५

īkṣateḥ nāśabdām || 1115

On account of seeing (i.e. thinking being attributed in the Upanishads to the First Cause, the Pradhana) is not (the first cause indicated by the Upanishads; for) it (Pradhana) is not based on the scriptures.

In the tradition of Vedanta, Brahmasutras are called Sutra Prasthana. Among 555 Aphorisms in Brahmasutras, the four sutras that were described previously play very vital role in order to lay down the strong foundation in the process of understanding of all the remaining aphorisms. Once the main subject, Brahman, is portrayed and defined with shastric proof, the major stepping stone will be firmly established. When it is followed by unearthing the underlying harmony already established in the Upanishads, still more remaining corner stone will be firmly rooted.

Now, the real logical deliberation which is called *Manana* starts. *Lakshana* and *Pariksha* are the main tools for Shastric understanding of spiritual thoughts interwoven in the major Upanishads. *Pariksha* in this context is not mere examining something, but it is a comprehensive checking system interms of logical evaluation, experiential cognition and the ultimate realization.

When any thought process is evaluated by adopting these three parameters, that will be the pathway for *Sadhakas* to march ahead. When we go for this process, naturally counter thoughts must be taken into account in order to establish its merits or demerits.

The main opponent to Vedantic thought is Kapila's Sāṅkhya Philosophy. According to that, *Prakṛti* is the root cause for cosmological manifestation. *Prakṛti* with its three Gunas gets expanded in the form of gross world, which has three important contents like *Sukham*, *Dukham* and *Moha*.

Sattva, Rajas and Tamas - these three Gunas cause all these three kinds of manifestations which are generally experienced by one and all.

If these worldly effects we attach to Almighty *Paramatman*, he also will be a decaying, degenerating factor. In this background Sāṅkhya has developed the basic concept of *Prakṛti* to facilitate normal Creation, Sustenance and Destruction.

Advaitins never agree with this formula. All inanimate things in this world cannot work without the touch of *Chaitanya*. *Chandogya Upanishad* says, तदैक्षत बहु स्यां प्रजायेयेति, 'he sees and creates'. Every creation presupposes a proper understating according to *Taittiriya Upanisad*, it is सोऽकामयत. 'He aspires for and creates the world'.

In this background the Almighty, Omnipresent and Omnipotent God only can create this world, help for sustenance and destroy whenever new creation is needed.

Thus cosmology projected by Sāṅkhyais refuted in the context of the Upanishadic references. अशब्दम् means *Prakṛiti* which has no sanction from the vedic authority. न means never be a creator of the world, because ईक्षतेः creation presupposes proper understanding.

to be continued...



### July 27: Varamahalakshmi Puja

On the 27<sup>th</sup> of July, all ladies of Prashanti Kutiram performed the Varamahalakshmi Pūjā praying to Goddess Lakshmi to bestow all auspiciousness upon the entire globe.

### Aug 1: Upakarma

In the early hours of the day, the male residents of Prashanti Kutiram performed Yajur Veda Upakarma ceremony.

### Aug 2: Raksha Bandhana

The Raksha Bandhana, the day for brother-sister relationship was observed with all women tying Rakhi to all gents of the campus accepting them as their brothers and seeking spiritual and moral support from them. Subbu Bhैया elaborated the significance of the event narrating historical incidents and led the entire proceedings with mantra. Sri Mohanji gave his benedictory message.



*Rakshna  
Bandhan*

the bond of the Divine Protection



तेरा मेरा यह रिश्ता पुराना है



A brother is a friend given by Nature



संतों का उच्च वाणी  
सब जन है भाई भाई  
हर एकता समाता  
मंदिर है हमारा!



# Krishnam Vande Jagatgurum

As usual Sri Krishna Janmashtami was celebrated at Prashanti Kutiram with great devotion and glory. This year the puja mantap was decorated in traditional Kerala temple style and Sri Krishna took the form of Sri Guruvayurappan.

On the evening of 9th Aug 2012, Shodashopachara Pooja for Sri Krishna was performed by Subbu Bhaiya amidst Vedic chanting and scintillating Bhajans. Dr Ranganji did the chanting of Krishna jananam from Srimad Bhagawatam. In the 'Happy Assembly' session, 'Natyamayuri' Kum. Srividya Balu from Madurai did marvelous Bharatanayam performance on 'Sri Krishna leelas'.

Appreciating Srividya's nrutya, bhava and abhinaya at such a young age, Dr Nagarathna didi commented that She was reminded of Dr Padma Subamanyam's younger years.

The next day, "Nandotsava" commenced with the "Prabhat Pheri" led by Swami Narayanananda which made the sky reverberate with the chanting of the Divine names of the Lord. Now the puja mantap had taken the look of Gokulam. All devotees danced in

ecstasy amidst the singing of kirtans

and showers of flowers and sweets. Raja bhoga was offered to the Lord with variety of Prasadam.

In the afternoon session, the students of S-VYASA played games of Treasure Hunt, Pot Breaking with

Sri Krishna, etc. In the evening, Sri Vishnu Sahasranama chanting was followed by Jhoolan Seva and mahamangalarati

for Sri Gopalji.

In the post dinner session, Subbu Bhaiya blended his Krishna Katha with the melodious songs of Mahesh, Prakash, Sharvari, Vidyasri, Chirag and the dazzling dances of Ritu, Jyoti and others.

It would not be an exaggeration to say that the people of Prashanti Kutiram, enjoyed and experienced the same amount of bliss felt by the cowherds and Gopis of Gokulam on the birth and arrival of Sri Krishna there.

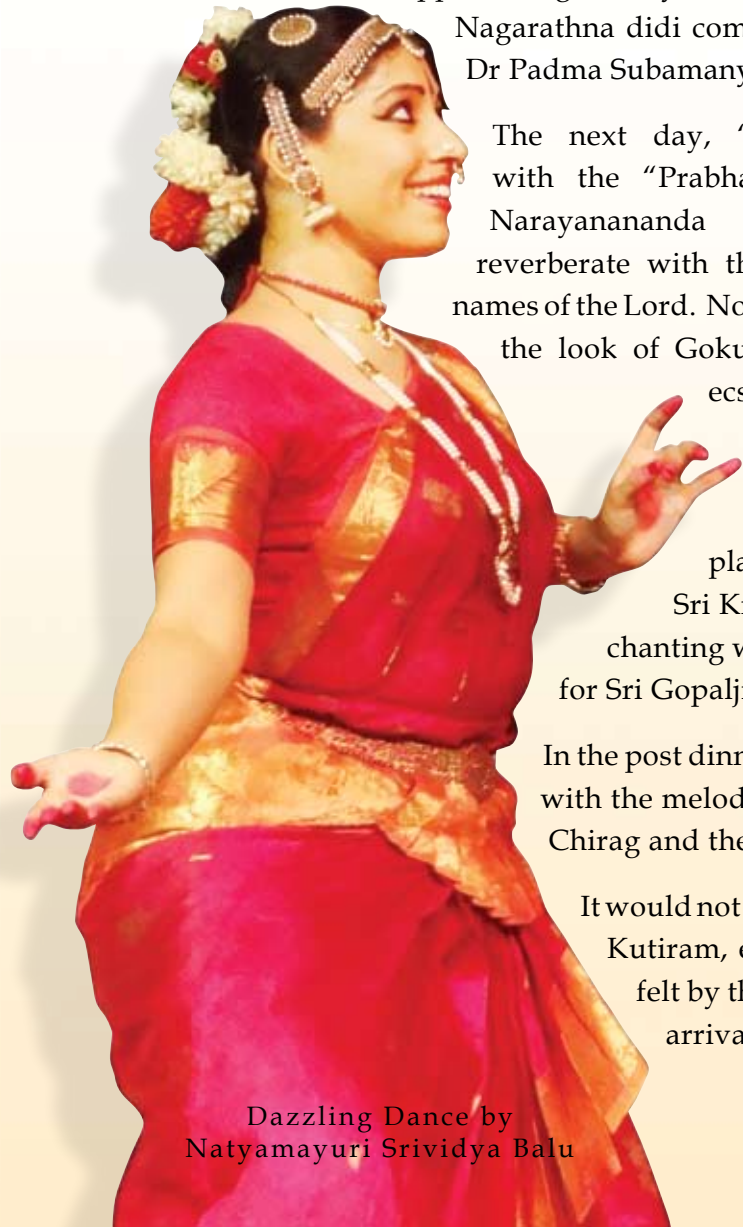
*Om Namo Bhagavate Vasudevaya*

Dazzling Dance by  
Natyamayuri Srividya Balu

Sept 2012 5



Nand Ghar Anand Baiyo  
Jai Kanaiya Lal ki!  
Prashanti Anand Baiyo  
Jai Kanaiya Lal Ki!





Blissful devotees

◀ Chitta Chora

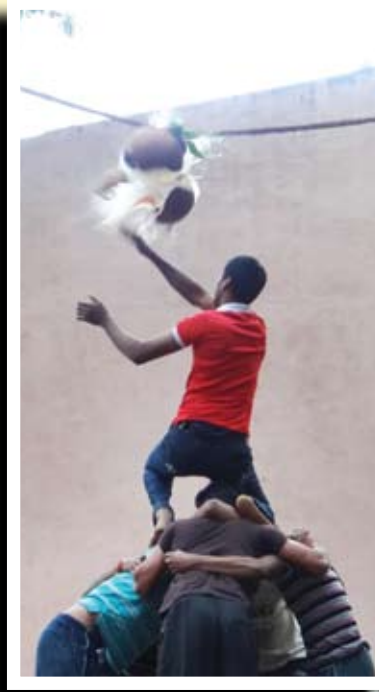
Ksheera Chora ▶



Wow! Gopis too...



Come on!  
You have  
reached it!





कीर्तनीय सदा हरिः - Always sing the glory of Hari!



*Krishna nee begane baro!*



घनश्याम राधे राधे!  
तू श्याम से मिलादे!





# Onam

brings God's Own Country to Prashanti

Onam is one of the most colourful annual celebrations of Kerala celebrated for 10 days from the 1st day of the Malayalam month Singham. The significance of the event is connected with the mythological episode of the Vamana Avatara of Lord Vishnu. King Bali was egoistic because of his great charity works. Lord Vamana, after removing the ego of him, by taking alms of three foot measurement of land from him, made him the Indra for Patala Loka. However Bali prayed for a boon from the Lord that he must be blessed to visit his kingdom once a year to enquire the welfare of his subjects. Onam is the day of the annual visit of Raja Bali to his kingdom recognized as Kerala. During Bali's rule, there was unity, peace and prosperity all over. So to welcome their king back home, the Keralites decorate their houses and temples with flower mats, lamps and other traditional style decorations. They sing the glory of Bali's kingdom and perform traditional dances like *Tiruvadira*.

The residents of Prashanti Kutiram observed Onam on 23-8-2012 with a grand flower rangoli known in Malayalam as *Pookalam*, decorations with coconut leaves, mango leaves etc, welcoming of Raja Mahabali with songs and dances. Sri Prakash Naik, dressed like Mahabali impressed all with his Onam message and gifts. A special Onam gift was offered to Sri Ramamurthy, a senior Sevavradi and a Keralite appreciating his Karma Yoga for several years. Sri Yogeshwara Krishna was decorated as Vamana Avatara with umbrella and kamandalu. There were special game competitions among students and staff including *vadam, vali* - tug of war, sack race, etc. The specialty this year was the team from Banaswadi Ayyappa temple who gave a spectacular performance of

the traditional drum of Kerala called *Chenda Melam* which made everyone dance to its beats. A special cultural program with *Chenda* drums, a drama on Onam, *Puliyattam*, *Tiruvadira* dance and Kerala's martial art- *kalari payattu* were all performed by our staff and students. The highlight was the traditional onam food called '*onam sadya*' served in plantain leaves. Students and staff dressed in Kerala style added colours to the celebration.

Whole campus appreciated the efforts of Keralite students of S-VYASA for organizing such a grand event. The shower of rain just after the completion of the whole celebrations made everybody feel the shower of Divine grace and auspiciousness.



**Traditional touch**





Kerala in Prashanti



Thiruvadhira graceful dance from Kerala

'Tvameva sarvam mama Deva Deva!' - Mahabali to Vamana



Onam sports on the move

Pookalam fabulous flower rangoli



Vibrant beats of the dynamic drums from Kerala Chenda Melam



## CEREBRAL ATROPHY / SPINAL CORD ATROPHY A CASE STUDY

- More Pooja, Amit KS, Nagrathna R.

Poojamore9@yahoo.in

**Background:** Cerebral atrophy is a common feature of many of the diseases that affect the brain. Atrophy of any tissue means loss of cells. In brain tissue, atrophy describes loss of neurons and the connections between them. Atrophy can be generalized, which means that all of the brain has shrunk; or it can be focal, affecting only a limited area of the brain and resulting in a decrease of the functions that area of the brain controls. If the cerebral hemispheres are affected, conscious thought and voluntary processes may be impaired. Many neurological diseases and conditions alter the normal volumes and regional distributions of brain parenchyma (grey- and white matter) and cerebrospinal fluid. Such abnormalities are commonly related to conditions such as brain atrophy and tumour growth. It has been proved that Long-standing psychological distress in midlife increases risks of cerebral atrophy and white matter lesions in late life as seen on Computed Tomography of the brain<sup>[1]</sup>. In childhood-

onset neurodegenerative disorders, increased oxidative DNA damage and lipid peroxidation may lead to motor neuron death in spinal muscular atrophy<sup>[2]</sup>. Therefore yoga plays an important role in reducing the stress levels and improving the quality of life of neurological patients. Thus the improvement is noticed in

this following case. This case has given a lot of scope for future researches to prove the benefit of Yoga in different neurological conditions.

**Case history:** A 36 years old housewife from Bangalore with difficulty in walking, standing and speaking since 7-8 years was admitted on 15<sup>th</sup> may 2012 to Prashanti Kutiram for holistic therapy. Complaint started since February 2004 when she was in for late pregnancy; at that time her gynaecologist noticed wide gait with side to side swaying accompanied by frequent falls which could not be attributed to pregnancy. Gradually she started to fall frequently, had a sense of imbalance, and had difficulty in climbing stairs. So based on the advice of her neurologist, she





underwent caesarean section as the doctors felt she may not be able to push the baby in normal labour. Male baby was delivered through LSCS, Post-operative period was uneventful. After delivery the falls and sense of imbalance increased. She developed spastic paraparesis with sphincter involvement and started having urge incontinence. Gradually she started deteriorating over years; she walked with one person's support and was unable to attend her regular activities. There were tremors and rigidity in the limbs with deterioration in hand grip, difficulty in walking and heaviness. She was also getting low back ache frequently and Urge incontinence of urine.

On examination, she had difficulty in getting up from supine position or turning in bed. There was marked imbalance while walking; Generalised slowness and slurring speech; could not stand or walk without support. Memory and Cognitive functions were normal. No sleep disturbances. She is born out of a consanguineous marriage.

**Treatment History:** She had been administered Liofen for 2 months in 2004 which showed improvement in terms of rigidity and imbalance. But stopped by her neurophysician who later advised for Injectable Steroids for a week, which her family members were not in favour of. She had consulted several super specialists

SNo	Variables	Before Yoga (25.05.2012)	After Yoga (22.06.2012)
1	MRI of dorsal spine (30/3/10) MRI of dorsal spine (15/4/04) - N Echo- N LL Doppler - N	Mild degenerative changes in cervical spine and diffuse cerebral atrophy	Not yet done
2	medication	Was advised Injectable Steroids	Nil medication
3	Difficulty in walking/ Balancing/sitting on the ground and getting up/	Poor (3)	Good(0)
4	sleep	Poor (grade 3)	Good(grade 0)
5	Stance /Gait	Spastic.(Grade 3)	Spasticity reduced. (Grade 1)
6	Level of independence	dependant on one person's support (grade 3)	Can walk Independently with help of a walker ( Grade 1)
7	Kyphoscoliosis	Present (grade 3)	Grade 1
8	Urge incontinence	Present( 7-8/2-3 times/day)	4-5/1-2 times/day
9	Dysarthria	Slurred speech not legible(Grade 3)	More legible (Grade 1)
10	Blood pressure(mmHg)	98/70	108/62
11	Respiratory rate(cycle/minute)	24	18
12	Symptoms score	3	0



including orthopaedic surgeon, endocrinologist, and tried Homeopathic, Ayurveda medications but the intensity of improvement was less. In 2009 she underwent Thermo- Acupressure, which gave a transient improvement but deterioration in her condition progressed at a faster rate since last one and a half years.

The faith on CAM and improvement she got after following yoga therapy made her and her family to undergo yoga therapy. She stayed in Prashanti Kutiram for 6 weeks and learned all the Yoga techniques that are designed for the Hemiparesis, Para paresis, and Sphincter incontinence (specific type of Asanas, pranayamas, meditation and relaxation techniques). She learnt the Yogic lifestyle strategies based on the ancient yogic wisdom which brought a complete attitudinal transformation in her personality and also outlook towards the life. She started taking life in an easier and lighter way and later learnt to enjoy life from each moment. Yoga therapy and serene spiritual ambience of Prashantikutiram not only de-stressed her completely, but it also helped to strengthen the bond between her families. She went home and continued practicing yoga regularly and punctually twice a day and for an hour each.

**Result:** After four weeks of yogic practice, she started to walk with the support of a walker on herself without any support. Balancing also improved drastically. Dysarthria was better, she was able to pronounce clearly and her communication improved to a greater level. The repeated MRI showed..... there was improvement in her movements and joint function so that there was no need to take injectable steroids for her as advised by her neurologist which brought a great relief

to her family. The gait and urge incontinence was improved which brought satisfaction at her personal level. Her approach towards the life and her condition changed. She went back to her normal life with all the positive effects including the decrease in the symptom score and improved quality of life. Table 1 shows the effect of Yoga in tabulation form.

**Conclusion:** Yoga therapy is one of the good alternatives for those who are not fit for surgery and also beneficial for all the neurological patients. This case has brought new hope to the cerebral atrophy patients and curiosity for the researchers in the field of Yoga and Neurology, as well. It is reported that Yoga and Rehabilitation can improve the quality of life. By looking at this case study further studies can be planned on intense yoga based life style, focusing on the enhancement of quality of life of dependant patients.

### References:

#### (Endnotes)

1. Johansson L, Skoog I, Gustafson DR, Olesen PJ, Waern M, Bengtsson C, Björkelund C, Pantoni L, Simoni M, Lissner L, Guo X. Midlife psychological distress associated with late-life brain atrophy and white matter lesions: a 32-year population study of women. *Psychosom Med.* 2012 Feb-Mar;74(2):120-5. Epub 2012 Jan 27.
2. Hayashi M, Miyata R, Tanuma N. Oxidative stress in developmental brain disorders. *Adv Exp Med Biol.* 2012;724:278-90.





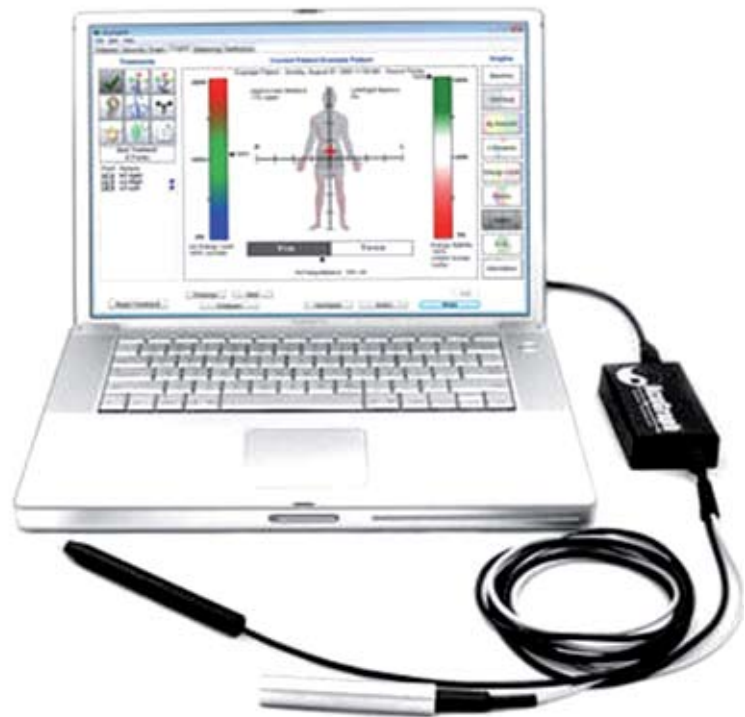
# ACUGRAPH

## WHAT IT MEASURES?

## AND THE CONCEPT OF CHI

The AcuGraph Digital Meridian Imaging system utilizes galvanic skin resistance measurements of representative acupuncture points to evaluate relative energetic (chi energy) balance between meridians. The concept is based on Traditional Chinese Medicine theory (TCM). The chi flows through the meridian channels. According to TCM theory, the body and vitality are interdependent. They influence each other, and cannot be separated. The body is the material basis of vitality, while vitality is the functional manifestation of the body. A strong body indicates vigorous vitality, whereas a frail body indicates weak vitality. From another perspective, vitality dominates the body. "Vital Qi is connected with nature." It means that the vital activity of the human body is closely linked to activities in the universe.

- Firstly, the human body relies on the unceasing exchanges of both substance and energy with the natural environment to sustain life functions – for example, the digestion and absorption of foods, excretion and breathing.
- Secondly, the human body is capable of continual adaptation to the natural environment. When the days are hot, Qi or Chi and blood move toward the body surface, as manifested by profuse sweating and decreased urine, in order to regulate the body temperature. When the days are cold, Qi or Chi and blood move toward the interior, as manifested by scanty sweating and increased urine,



in order to keep the body warm.

- Thirdly, the human body is not completely passive when adapting to changes in the natural environment. Indeed, once familiar with the regularities of the environment, the human body actively adjusts its activities as appropriate to the changes in the environment. This avoids the body being injured by harmful influences.

By using Acugraph, the flow of chi energy, the current status of your health based on the flow of chi to the different 12 main channels, and what are the areas can be taken care in future will be detected. Different Complimentary and Alternative Therapy CAM can be practiced in order to maintain the perfect health.

<i>Nadis</i> (Indian)	Meridians (TCM)
• <i>Präëa</i> flows	• Chi flows
• Concept of Nature	• Concept of Nature
• Holistic entity	• Holistic entity
• <i>Marmas</i>	• Acupuncture points
• Seasons	• Seasons
• <i>Susumna</i>	• Governor Vessel
• Herbs, Massage, Diet, Exercise, Counseling	• Herbs, Massage, Diet, Exercise, Counseling

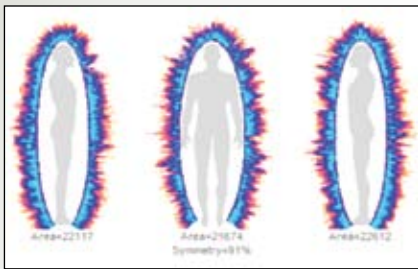


# GDV MEASURES

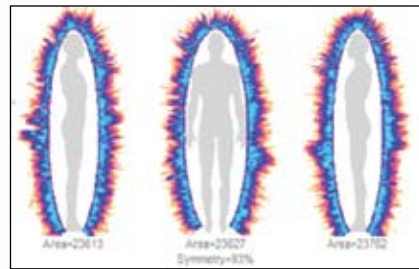
## Effect of 2 weeks IAYT on Backpain

**Name** Mr A  
**Symptoms** Back pain | Rigidity of Spine | Rigidity of Jaw

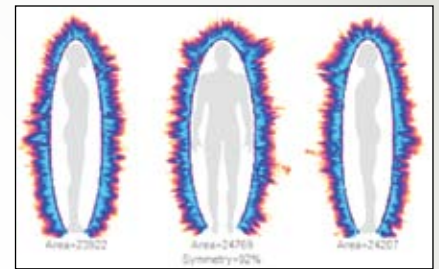
### Energy Area



Pre Data - Capture 1

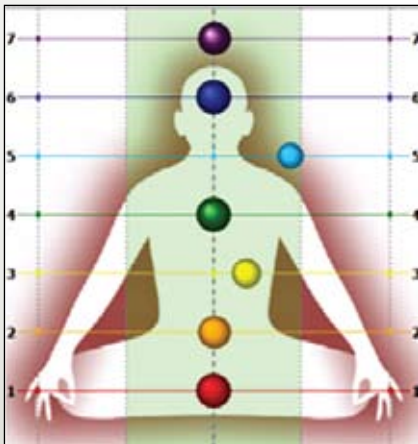


After 1 week - Capture 2



After 2 weeks - Capture 3

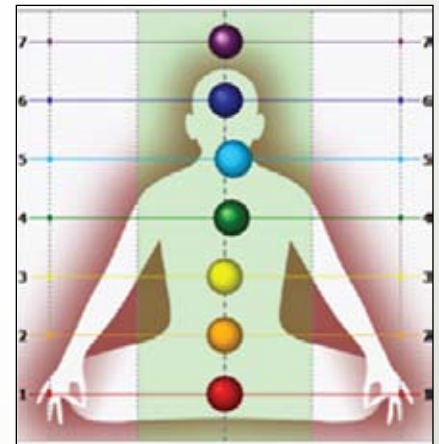
### Virtual Chakra



Pre Data - Capture 1



After 1 week - Capture 2



After 2 weeks - Capture 3

### Interpretation

**Energy Area:** Mr A's energy and symmetry improved from 21674 to 24769 and from 91% to 92% respectively, after 2 weeks of yoga practice for front image. Areas near lower back and throat had high level of pranic energy after 2 weeks of IAYT, which were weak in Capture 1. High energies in these areas denote the healing action of prana. Physically, low degree of back pain and some flexibility of spine and jaw was observed after 2 weeks of IAYT.

**Virtual Chakra:** Vishuddhi (associated with rigidity of Jaw) and Manipuraka Chakra (represents poor digestion which may lead to back pain) were aligned to the centre after 2 weeks of IAYT. All chakra were intensified after yoga practices represents spiritual enlivenment in individual.





**AROGYADHAMA DATA (JUNE 2012)**

No. of Participants (No.)	11		26		16		28		43		18		16		16		27						
	Neurological Disorders/ Oncology	BY	AY	Cordiology/ Pulmonology	BY	AY	Psychiatry	BY	AY	Rheumatology	BY	AY	Spinal Disorders	BY	AY	Gastroenterology	BY	AY	Endocrinal Disorders	BY	AY	Promotion of Positive Health	BY
<b>Respiratory Rate</b>	20.83	18.33	18.50	18.16	16.11	19.14	18.50	18.43	17.57	14.95	13.60	21.30	18.30	16.24	14.47	17.60	16.73	16.59	14.32				
<b>Pulse Rate</b>	82.67	77.00	74.71	81.58	74.53	80.71	74.71	75.34	73.63	64.73	62.24	77.50	71.80	70.00	66.88	77.53	69.86	76.05	75.59				
<b>Systolic BP</b>	118.67	117.5	116.77	119.05	112.36	115.08	116.77	121.83	121.49	102.73	100.05	132.20	126.42	116.35	110.41	120.93	117.60	120.82	118.36				
<b>Diastolic BP</b>	74.42	77.67	74.46	79.89	72.95	74.77	74.46	78.11	78.34	65.67	64.45	78.17	76.30	74.82	73.76	80.80	74.80	78.45	74.73				
<b>Weight</b>	67.11	66.29	64.79	66.60	65.34	65.61	64.79	66.97	63.11	57.12	56.35	70.40	70.50	56.49	55.79	78.25	75.62	66.37	65.59				
<b>Bhramari Time</b>	9.00	13.67	16.21	11.63	16.37	10.71	16.21	13.03	14.71	11.31	14.11	10.60	14.30	10.18	14.35	12.60	14.93	12.77	18.27				
<b>Medication Store</b>	9.00	6.29	2.46	0.68	0.58	2.61	2.46	0.85	0.66	0.93	0.93	5.40	5.21	0.94	0.94	0.33	0.33	0.27	0.23				
<b>Symptom Score</b>	9.09	7.27	0.79	5.37	1.63	4.57	0.79	9.80	4.03	4.40	1.70	7.46	2.10	2.24	0.65	2.50	0.64	2.33	0.86				

**TOTAL NUMBER OF PARTICIPANTS = 201**

**BY = BEFORE YOGA**

**AY = AFTER YOGA**



## SYNTHESIS OF MIND-BODY IN EASTERN TRADITIONS

- Prof. T.M. Srinivasan

Mind-body issue has caught the attention of Western pundits as never before. Actually, there was no mind-body issue in ancient times! Thanks to Rene Descartes (1596-1650), Western medicine and philosophy divorced any connection between mind and body. Mind was thought to be an independent entity residing inside the body and all body ailments can be 'fixed' by some mechanical (biochemical) means. This notion of independence of body and mind had plagued modern medical sciences till some sixty years ago. New scientific disciplines of Mind-Body Medicine, Psychoneuroimmunology etc and the use of psychoactive drugs are now in vogue accounting for the intimate connection between mind and body.

Eastern philosophies and medicines always integrated mind-body issues as interconnected and interacting units; the entire Yoga text deal with mind and how to control it - apart from other methods - through specific body positions.

Few books are available regarding Eastern perspective of Mind-Body connections, though Yoga and Ayurveda deal extensively with this connection. A book by Yasuo Yuasa, a renowned Japanese philosopher with the title "The Body, Self-Cultivation and Ki-Energy" has a fund of information on the Mind-Body issue from the point of Eastern traditions [1]. The philosophy and views on East and West mind-body ideas and the subtle design of martial arts are all wonderfully depicted in the book. These ideas regarding Self-Cultivation are equally applicable in general understanding of Indian attitudes towards bringing body and mind in

equilibrium for optimal health and for achieving transcendence. A brief description of the role of mind-body techniques in bringing homeostasis is presented here.

Self-Cultivation is a term used to include self-actualization, mind-body control and transcendence. Yoga, tai chi, chi gong and many Eastern methods have been developed over many millennia for achieving these goals. Meditation is practiced in stillness or while in motion. Martial arts - including Kalaripayattu, an old martial art from Kerala - are practices of meditation in motion. From the standpoint of depth psychology, meditation is to override the suppressive power of conscious thought and to awaken the power in subconscious. It is stated that "Psychotherapy is a method for adjusting a discrepancy created between consciousness and unconscious, whereas the purpose of Self-Cultivation is to strengthen the power which synthesizes the function of consciousness and the unconscious, while learning to control emotional patters... and characteristic of oneself with the view to further transform the mind" [1,

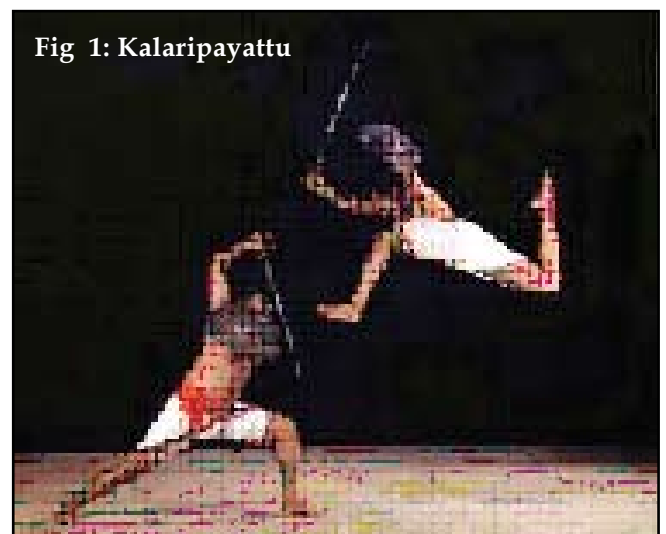


Fig 1: Kalaripayattu



p. 19].

The above statement gives a succinct summary of the difference between modern psychotherapy and say, practicing Yoga. Through the practice of asanas, pratyahara, dharana and dhyana, we learn how to synthesize the emotional patterns and are not caught in the flux of emotional turmoil and then try to suppress them!

A still body facilitates a still mind. Mind is known only in motion; when the mind stops to function, mind becomes transparent and lets higher states of awareness to come into play. In Japan, martial arts form meditation in motion. In India, this is achieved through classical dance, music, yajña, yantra meditation (where the limbs take many positions) and related methods. I used to quip that if music serves the purpose of music, then it is not music! This means the role of music – specially, Indian classical variety – is for the purposes of transcendence. In Western classical music, early composers such as J. S. Bach seem to have had a similar view.

In the Western paradigm, the author says [1, p. 26] one approaches the body from the mind. In sports or in theatre practiced in the West, the idea is to control the body functions through attitudes of the mind. In martial arts and in Yoga, the idea is to control the mind through controlling the body. It is easy to control the stula or gross and approach suksma or the subtle through the gross. The artist or the performer performs for the sake of performance, not to satisfy the whims of an audience (as it happens now). The most profound music was heard when Saint Thyagaraja (about 250 years ago, in South India) while singing in a temple dedicated to Sri Rama, not when the same music is sung in front of an audience. The latter is uplifting, no doubt; however, the performer is still looking to elicit appreciation from the audience, which is of secondary importance in Eastern Self-

Cultivation methods. Yoga is to be practiced in the privacy of a room for one's own progress, not in front of an appreciative audience who are carried away by the complexity of the asana! The former is for transcendence and the latter is to impress and earn some credit in the process.

The way of *bushi* or the Samurai warrior is of great interest in Self-Cultivation. "The goal of the *bushi* way ... is to reach the state of "no-mind" or "samadhi" which opens up through training bodily movements as meditation deepens. For this reason, a center of calm immovability called "no-mind" or "samadhi" is always found in the midst of bodily dynamism. When the center is steady and firm, the movements become fluid and able to freely achieve the objective. Thus the *bushi* way trains and attains body-mind oneness. Compare this with Yoga as we practice in seclusion. The movements stabilize the body and give a firm support for the quietness required for meditation.

"Western mind-body theories.... (ask) what is the relationship between mind and body, but Eastern mind-body theory ...(asks) how the mind-body relationship *becomes* or *changes* through training and practice" [1, p.64]. It is said that three methodological presuppositions has opened the door for mind-body confluence. They are: 1. *Depth psychology and conditioned reflex that have given rise to psychosomatic medicine*; 2. *Stress theory as suggested by Hans Selye*, and 3. *Neurophysiology and brain research that attempt to tie together mind and body in a seamless interaction*. However, even today, researchers are seeking physical manifestations such as molecules connecting emotional (mind-related) outcomes thus reducing the activity of the mind to material substrate [2- 4]. Only time could tell if these research efforts will make mind a material entity, in which case mind-matter dichotomy ceases to exist! This is reverting back



to monism of matter, which could again push the discussion of the nature of Spirit to oblivion. The greatest lacuna in this Western model is that the voices of philosophers is not heard in the din and bustle created by *scientists who try to philosophize the content of experiments and their philosophic outcome!*

Self-Cultivation attempts to integrate the power of the unconscious with consciousness.

In other words, here the mind-body complex is investigated for achieving control of both mind and body. Only if this control is achieved, we can discern what is beyond both these fleeting entities. In Japanese martial arts, the ultimate secret is said to be letting the mind unite with ki or the subtle energy circulating in the universe (which naturally includes the body). Mind is considered to be in the lower abdomen (hara); developing this chakra is important in all martial arts. The gravity is to be felt at the lower abdomen; this is not achieved by protruding one's chest. There are many breathing techniques practiced, some very similar to specific pranayamas. Ki is somewhat similar in concept to prana and its (ki's) control and spread in the body is the basis of health.

The Chinese method of Qigong means to 'train the qi or ki'. Three terms are used in Japanese: shin (spiritual energy), ki (life energy) and sei (energy of procreation). These terms are similar to the Indian terms of satva (spiritual energy), rajas (activity) and tamas (stability). In modern terms, sei could be equated to desire and instinctive energy; in meditation, sei transforms to ki, which in its turn, transposes to shin. In Indian terminology a similar effort is attempted; ultimately both tamas and rajas should be transformed into satva for spiritual enhancement.

Ki and mind have an intimate relationship. It

is said that mind moves in consonance with ki. From this point of view, breathing (read movement of prana) has a similar effect on the mind. When the breathing is short or abrupt, an unsteady mind is indicated. It should be noted that many types of prana circulate in the body, similar to many ki-s available in the universe. *However, while comparing concepts from across cultures, a one-to-one correspondence is always fraught with difficulties.*

In explaining ki and the concept of energy in acupuncture, it is said in ancient texts, that where there is adequate ki flow, there is no pain (see Fig.2 below). There is a continuous exchange of energy between each meridian and the associated distal points on fingers and toes. Modern medicine has isolated the person from the environment keeping skin as a barrier which is somewhat arbitrary. Eastern medicine espouses a constant interaction between the micro- and the macro cosmos. The body is an open system taking in and giving back various types of energies including energy of thinking.

Western concepts have divorced body from mind, and mind from Consciousness. Actually, one might say there is not even a consistent definition for mind and consciousness. Three different and non-overlapping branches have evolved in the West known as body mechanics (medicine), mind mechanics (psychology) and thinking mechanics (philosophy). It is convenient to split the areas for transactional purposes and for research; however, they should be integrated into one unit when applied to psychosomatic conditions. Prana or its equivalent, ki flows in all facets of the human, providing a link and a bridge for mind-body-Consciousness that constitutes a person.

Ki is postulated to be energy in the unconscious closely linked to emotions. The author says, "Meditative training attempts to control



distortions of emotions by psychologically activating ki-energy, while therapy by inserting of acu-needles tries to accomplish the same goal by means of stimuli from outside the skin" [1, p. 110].

It seems the interpretation of prana could be easier than ki. Prana strides the physical on one hand and mind on the other. The pranic sheath (as it is called) is between the body and the manas, an aspect of mind. Thus, both physical and emotional aspects of a person could be readjusted for health through procedures that control the body (asanas), prana (pranayama) and emotions (meditation).

Some research on the activity of ki has indicated that sending and receiving energy could be tracked through synchrony of brain waves between the healer and the healee. This author has also observed similar across-brain coherences in such interactions. It may not be correct to say that this EEG synchrony is due to some unknown energy from the sender entering the body of the recipient; this would be reverting back to a reductionistic viewpoint ignoring the problem of the mind. Prof. Yuaso posits that perhaps ki functions to couple the sender and the receiver thus bridging the physical with the psychological. Since ki and prana occupy the entire universe, this 'pranic coupling' (between the healer and the healee) is a good model to ponder over.

There are many experiments conducted both in Japan and in China to understand the effect of ki in a person. Thus, ki is used for analgesia and for the management of many disorders. The entire acupuncture research is to elucidate the mechanism of ki in many disorders. There is no fully accepted 'mechanism' available to date regarding the nature and role of ki in physiological realignment in a person; however, this has not diminished the use of acupuncture

in clinical applications.

Psychic research started with a view to prove the existence of soul after death, whereas parapsychology purports to study the mechanism of paranormal phenomena. Many paranormal abilities associated with individuals may not be related to ki. Though the nature of the energy in parapsychology is not elucidated, it is possible an unknown physical energy is at work. The author says, "...there seems to be a fundamental difference between phenomena related to ki energy and paranormal phenomena" [1, p. 167]. He further mentions that studying the problem further leads one to a conclusion that certain mental functions cannot be reduced to material substrates.

Research in ki assumes causality; there is a causal connection between two events under observation. Jung seems to have thought of synchronicity from the point of teleology. Teleology means that all phenomena exist for a certain purpose. This thought goes back to Aristotle (in the Western reckoning) who enunciated a "final cause" (telos) for the evolution and development of living organisms. Modern science has relegated teleology to the background, looking only for causal connections between events. "According to Jung, the teleological function exists latently in the world of unconscious" [1, p. 176]. It may be the natural healing power that manifests in an individual. Pauli, the famous Nobel Laureate physicist seems to be of the opinion "...teleological intentionality (a function directed towards a purpose) which are essential to the nature uniquely embodied in living organisms, can become issues even for physics" [1, p. 177].

**CONCLUSION:** Unlike in the West, in the Eastern outlook, there is a complete lack of conflict between religion and science. "Jung says the reason that no conflict or confrontation



occurred between religion and science in the East is probably because Eastern religions are not based on faith, but have the character of a kind of cognitive religion or religious cognition [5]. What is referred to, as 'cognition' is not the cognition of the external world with which modern science deals, but is cognition of inner world, of the depths of the world of psyche. Therefore, Eastern religion has an experiential knowledge with *practical character*, and consequently, theory and practice cannot be separated" [1, p.98].

Joseph Needham has mentioned, "whereas Western medicine is analytic and reductionistic, Chinese medicine is organistic and psychosomatic" [1, p.101]. Ki energy, like prana, connects the body and mind, mediating the internal milieu with the external. The acupoints at the fingers and toes are the source and sink for ki energy receiving energy from the environment and circulating it back to the universe.

Ki - similar to prana - is the energy in the human body which is the connecting link between body and mind. Mind, in the Eastern traditions, is not merely an observing entity but also a participating entity. An act of knowing could itself be an energy phenomenon. Cognition is possible when one of the senses is activated through energy entering from the environment;

this energy is converted into information in the body (mind). If mind-body is one inseparable entity, then it may be detected through an energy exchange. "In virtue of this detectability, Eastern medicine's theory of the body will be suggestive for uniting the philosophical mind-body theory and empirical scientific research" [1, p. 182]. This indeed is a powerful statement calling all scientists to look for better ways for understanding mind-body connection.

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Fig 2: A typical Acupuncture treatment



## INTEGRATED YOGA THERAPY FOR IMPROVING MENTAL HEALTH IN MANAGERS

- Tikhe Sham Ganpat<sup>1</sup> and H R Nagendra<sup>2</sup>

<sup>1</sup>Lecturer and PhD scholar, S-VYASA University, Bangalore, India

<sup>2</sup>Vice-Chancellor, S-VYASA University, Bangalore, India (rudranath29@gmail.com)

**Background:** Managers' lives have become a never-ending race against time, technology, and targets. This race creates tension, which leads to dissatisfaction and frustration and eventually manifests itself as psychological and physiological stress with mental and emotional drain. This modern lifestyle intensifies the stress leading to 'Excessive Tension' and consequent deterioration in 'Executive Efficiency'.

**Objective:** To assess mental health in managers undergoing yoga based Self Management of Excessive Tension (SMET) program.

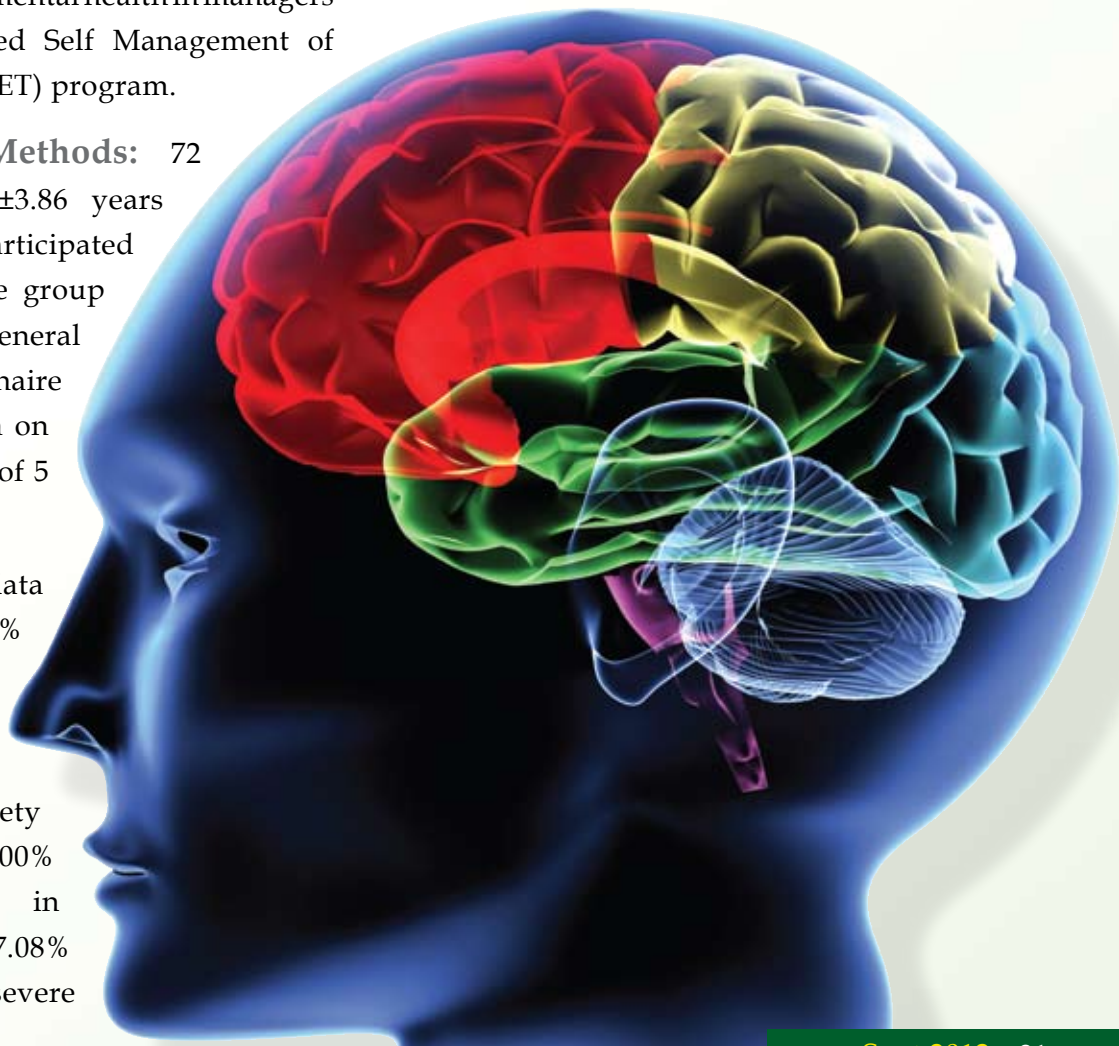
**Materials and Methods:** 72 managers with  $48.75 \pm 3.86$  years of mean age were participated in this study of single group pre-post design. The General Health Questionnaire (GHQ) data was taken on the first and sixth day of 5 days SMET program.

**Results:** The data analysis showed 68.25% decrease ( $P < 0.001$ ) in somatic symptoms, 66.29% decrease ( $P < 0.001$ ) in anxiety and insomnia, 65.00% decrease ( $P < 0.001$ ) in social dysfunction, 87.08% decrease ( $P < 0.001$ ) in severe

depression and 71.47% decrease ( $P < 0.001$ ) in all medical complaints.

**Conclusion:** These results suggest that participation in a SMET program for managers was associated with improvement in their mental health and may have implications for their managerial effectiveness.

**Key words:** Self Management of Excessive Tension, managers, executive efficiency





Yoga Instructors' Course (YIC) - 127<sup>th</sup> Batch | August, 2012



Self Management Excessive Tension (SMET) for HAL Group | Aug 24 & 25, 2012



## STRENGTH, FREEDOM AND BLISS

- Prof. K. Subrahmanyam

The malady of misery is due to the hypnotic spell of *Avidya* or ignorance. The remedy lies in the strength of WILL or sharpness of intellect. When the strong will drives away the web of captivating snares, there is liberation or freedom. And that freedom is but abundant peace or infinite bliss. Both the hypnotic spell and indomitable will are latent in all. As fear and hope cannot coexist, as *karma* and Rama cannot coexist, as darkness and light cannot coexist, the hypnotic spell and dynamic will cannot coexist amicably. One tries to drive the other out. When the illusory snake is present the real rope is absent. Sometimes when the invincible WILL is sharp, strong, vibrant and dynamic, the spell is shattered. When the unreal spell is powerful, the will is dormant making man weak and miserable. Better it is to shine resplendent with bright WILL than to remain as a victim of the hypnotic

spell. There is no redemption until the spell is thrown out once for all. Strength paves the way for freedom and in freedom lies Bliss.

The one who is victoriously established in the blissful state of Self-realization is ever free. He acts freely without attachment either to the deeds or to the fruits there of. The actions

thus performed will invariably be for the public weal. Feelings too will be full of love and positiveness.

Thoughts will be rational, logical and in tune with Truth.

At the same time, nothing will be binding. Such people are free and fearless, ever peaceful and always useful to all.

Staying in the world, engaged in all the activities of body, mind and intellect, one can remain

free and independent, peaceful and useful, if only the hypnotic spell

of *moha* is shattered by the sword of will, which has discrimination and detachment for its sharp edges on either side.

Left  
Right  
Left



Chief Guest:  
Smt Arundhanti Nag

## Aug 15: Independence Day and Prashanti Diwas Celebrations

August 15<sup>th</sup> is the day on which India came out free from the shackles of British Rule. It is also the day when we remember our great leaders who gave their heart out to bring independence to all of us and re-establish Bharata Mata on her eternal throne.

On this day, we also pay our obeisance to the great patriotic monk Aurobindo on the occasion of his birthday. Pujya Swami Dayananda Saraswathi, Arsha Vidya Gurukulam, who is the Jnana Yoga Peethadipati of S-VYASA, also took birth on the same day. We also celebrate this day as Prashanti Diwas commemorating the inception of Prashanti Kutiram on the same day 37 years back by Pujya Lakshmi Amma. All the members of Prashanti family hold this day in high esteem and rejoice together by greeting one and all associated with us.

*Maa  
tujhe  
Salam!*



The 66<sup>th</sup> Independence day and 37<sup>th</sup> Prashanti Diwas started with Pratasmarana on "Bharat Mata" in which all great leaders, Rishi parampara, saints and Tyagis were remembered; it was followed by Prabhat Pheri. The chief guest this year was Smt Arundhati Nag, the director of Ranga Shankara, Bangalore and one of most prominent theatre and cine artist. Arundhati inspired the audience with her soul touching speech and also offered that she would organize an annual theatre festival for S-VYASA. Thereafter, Sri Guruji and Sri Raghuramji addressed the Prashanti'ans showering their blessings, for us to toe the path of patriotism, bedecked with spirituality. Our Ghana Ghoshti lead by Swami Narayananandaji made the program more vibrant with their thoughtful Patriotic songs in all south Indian languages. Our students came together in five groups to participate in cultural and sport competitions to hail the spirit of Prashanti Diwas. A 4 km Yogathon race was held in the morning. Later in the evening, in the Happy Assembly, Students of Prashanti displayed their talents, with total involvement and everyone in the audience was filled with exuberance and joy.



# Independence Day Sports Events



Ready, Steady,  
Go...

**Sports is human life in microcosm**



**Colorful Cultural Evening of Independence**



# Janani Janmabhumi



◀ An ideal modern Yogi in fancy dress competition



**Quit India!**  
terrorism & corruption



◀ Ramkelawon family from Mauritituous wishing 'Happy Independence Day' to all Indians

May our freedom dispel the darkness of ignorance!





Meeting with **Dr Karan Singh**,  
Senior Parliamentarian:  
Guruji, Joint Director Dr NK Manjunath,  
CAO Sri Shatrughan Singh can be seen

Meeting with **Kum Selja**,  
Union Cabinet Minister of Culture,  
at International Flute Festival at Delhi on  
Krishna Janmashtami, organized by Sri  
Arun Budiraj: Guruji, Joint Director Dr  
NK Manjunath, AO Sri RM Acharya  
can be seen



**Danyo Grihastashramam!**  
**Neeraj weds Nilli @ Kenya**

Neeraj Shah, grandson of our founder donor from Nairobi, Kenya, Sri Mohanbhai Shah, (originally belonging to Gujarat), got wedlock with Nilli during July 2012. The special invitees for the wedding from Prashanti were Smt and Sri S.S.Naruka of Prashanti. Entire VYASA family wishes them a happy, healthy and loving life so that they can continue the wonderful social work initiated by Sri Mohanbhai in Kenya (e.g., eye-camps for local poor people) as well as educational activities there and in many places in our country including Prashanti Kutiram (Project Pushpa).



Students & Staff of S-VYASA offer pranams  
to **Dr K Subrahmanyam ji**, Pro Vice Chancellor,  
whose **Bheema ratha shanti** (70<sup>th</sup> birth day)  
was celebrated on 22nd August 2012

## EAST MEETS WEST - Yoga Sangam Pre Conference Workshop by Guruji at Bay Area, USA



**Cupertino, CA, July 31:** On Sunday, July 29th, 2012, Yoga Bharati Bay Area Chapter hosted programs towards Pre-Conference Workshop with the theme - EAST MEETS WEST to highlight Swami Vivekananda's upcoming 150th Birthday. Yoga Bharati's International Conference Yoga Sangam is also organized to commemorate Swami Vivekananda's dream of East Meeting West.

Guruji Dr. H.R.Nagendra, the Vice Chancellor of Swami Vivekananda Yoga Research Foundation (VYASA) has worked in making Swami Vivekananda dream of spreading Yoga and its

Philosophy to the world by bringing scientific research into yoga and making yoga therapy, an evidence based modality.

Guruji conducted a yoga workshop on Stress Management ((Stress Management for Excessive Tension) in Sunnyvale temple on Sunday July 29th at 7am. This workshop was attended by more than 50 people who were impressed and inspired by the depth of the yoga practice which was not just asanas, but a wholesome practice for the body, mind and soul.

Guruji also conducted a lecture and practice workshop on East Meeting West at India Community Center (ICC), Milpitas. He presented the work of VYASA, its 25 years of research on yoga and its applications in back pain, diabetes, cancer, hypertension, etc. More than 200 research papers are published in various scientific journals. Guruji had a great response to his program. More than 60 people including alumni of Indian Institute of Science (IISc, Bangalore) attended the program. Some people were so inspired that they decided to visit VYASA Bangalore and expressed their interest to dedicate their time volunteering for VYASA and Yoga Bharati.

KLOK's Mahima Creations hosted a talk by Guruji Dr.H.R.Nagendra on their Altu Phaltu show, at the peak hour on the evening of June 29th. The recording can be listened at: [www.yogabharati.org/public](http://www.yogabharati.org/public)





## Two day seminar on "MEDICAL UNDERSTANDING OF YOGA" at Maryland, USA

- Ms Shantha B Asok Kumar



'Life in Yoga' Institute had organized a special two day seminar for the medical professionals, yoga therapists and practioners on 18<sup>th</sup> and 19<sup>th</sup> August 2012, at Maryland.

The first speaker was Dr. Bharat Aggarwal of MD Anderson Cancer Center, Houston, TX. He spoke on the 'Ayurvedic Approaches to address Cancer'. He lamented on the unhealthy life style practices of the people today, of their eating habits, particularly in USA. One way to increase healthy immune prone cells in our body is to get back to our traditional method of adding Spices to our food. There are a variety of herbs and spice, but the common Turmeric (haldi) or curcuma is a classic example to fortify our system. Thus he brought out the importance of adding spices to

our food by highlighting the goodness of the single Turmeric. His talk was peppered with wit and humor and was simple enough for everyone in the audience to understand. He spoke on the second 'Spice Route' from east to west.

Dr. Vinod Deshmukh a retired Neurologist from Jacksonville Florida gave a talk on 'Brain and Yogic Philosophy' by quoting much from Patanjali's Yoga Sutra and its relevance.

This was followed by Dr. Dilip Sarkar, of Norfolk, VA, the Chairperson of 'Life in Yoga', USA. Dr. Sarkar is a classic example of what he preaches as he practices every bit he prescribes. He has fully recovered from a major medical set back he had a decade ago. So everyone could get convinced by his talk on 'The Basis



Participants of the Yoga Workshop at US

of Yoga Therapy' He also gave an insight into How Yoga therapy works in the case of 'Bikram Yoga' .Very interesting especially when one is aware of how Bikram Yoga is shunned by the entire traditional yoga community. Dr. Sarkar is convinced that 'to practice and to experience personally and to get cured'is more a proof than all the scientific prattle. He specifically mentioned the names of Dr.H.R.Nagendra, Dr.R.Nagaratna, Dr.ShirleyTelles & Dr.Satbhir Khalsa as the leading researchers in the field of Yoga.

The fourth speaker was Dr. Narayan Patel of Delaware, a biochemist, retired. He was amazing for his age, young at 83 years, humorous and full of energy. The last speaker of the day was Dr.Senthamil R Selvan, current research and associate professor of immunology at Jefferson University,Philadelphia.He is also in S-VYASA's academic board and mentor for the Phd students. He stressed on the importance of scientific research in Yoga therapy and the relevant papers to be published accurately for Yoga to be accepted by one and all.

Sunday 19<sup>th</sup>, Dr. Deshmukh continued his mind boggling talks on brain function on Sunday 19<sup>th</sup> August, proving that the miracle of life and holistic living is far greater than just the scientific

'cut up' of brain functioning understanding.

Dr. Narayan Patil followed byRajanNarayan explained about the working of the new instrument to measure the Naadi, 'Avtar'.

Almost all the speakers mentioned the role of S-VYASA in bringing Yoga and therapy to the mainstream of the modern medical understanding and acceptance, particularly the research department and the hospital section.

'Life in Yoga' Institute will follow up this seminar with a couple of more elaborate one this year to get the doctors here seriously looking into incorporating yoga way of living into their treatment



## NEWS FROM TURKEY

### Happy Birthday to Shri Krishna and Istanbul Yoga Center



Istanbul Yoga Center was started on September 1, 2010, which was Sri Krishna Janmasthanmi according to Indian calendar at that year.

This year, the local team celebrated the birthday of Sri Krishna as well as the 2<sup>nd</sup> birthday of Istanbul Yoga Center

in a satsang on Janmasthanmi day with the attendants.

Happy birthday Shri Krishna! Happy birthday to Istanbul Yoga Center!

### Purnam Publishing books continue to attract yoga community



It is also an honor to see that the books published by Purnam Publishing are well received by Turkish yoga community and they continue to be on the bestseller ranks of "health" category.

We are happy to announce that, Bhagavat Gita is

getting ready to be published in September 2012.

Purnam publishing web site:

[www.purnamyayinlari.com](http://www.purnamyayinlari.com)

### Summer yoga vacation in Prashanti Kutiram



10 Turkish students visited Prashanti Kutiram accompanied by Ayça Gürelman on August 18, 2012 to deepen their yoga practices.

Thanks to Dr. Nagarathnaji, Dr. Nagendraji, Dr. Padmini Tekur and Shatrugan the program turned out to be an exclusive treat of S-VYASA to the team, with different topics covered by senior faculty, including Mohanji, Subhadra Didi, Dr. Manjunath and Ramachandraji.

Inspired by the ideas and the positive atmosphere in the campus, the group members volunteered for cleaning the yoga hall as karma yoga activity.

The program was enriched with a visit to popular temples in Bangalore and Ramakrishna Mutt . A special Rudra and Mahamrtyunjaya Homa was organized for the team by Subbu Bhaiya.

## NEWS FROM VYASA, TOLLYGUNGE, KOLKATA

### Report of Yoga Participants of JULY 2012

SNo	PROGRAMMES IN THE MONTH OF JULY 2012	NO. OF PARTICIPANTS
A	Regular Yoga Training Programme for General Public (RYTP)	61
B	Foundation Course in Yoga Science for Wellness (FCYScW)	05
C	Yoga Awareness Programme (YAP)	-
D	Special Yoga Programme for General Wellbeing (YPGW)	-
01	Yoga Therapy (YT)	21
02	Yoga at Residence (YR)	36+2**
03	OPD (Modern Medicine)	103

Weekly Kriya classes are going on every Saturday at 6.30-7.30AM.

Apart from Kolkata **six** participants from **Spain (3)** and **USA (3)** were also participated in the Yoga classes of VYASA Kolkata.

From 2<sup>nd</sup> July 2012, 9<sup>th</sup> Batch of *Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)* was started.

*Swami Vivekananda District Yoga Wellness Centre (SVDYWC)*, South 24 Parganas of West Bengal has completed its one year (August 2011-July 2012) work with VYASA Kolkata & MDNIY New Delhi under PPP scheme.

On 31<sup>st</sup> July 2012, 9<sup>th</sup> Batch of *Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)* was concluded.

#### FUTURE PLANS:

1. On 1<sup>st</sup> August 2012, Tenth batch "*Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)*" would be started.
2. Within the first week of August, 2 sets of annual progress report (Statistical, Descriptive and Photographic for the respective period) with audited utilization certificate of *Swami Vivekananda District Yoga Wellness Centre (SVDYWC)* to be submitted to the Nodal Yoga Institute for performance analysis.



## NEWS FROM VYASA, MUMBAI

SNo	Classes in the Month of July, 2012	No of Participants
1	Yoga Therapy Classes	12
2	Regular Yoga Classes for Positive Health	07
3	Regular Dynamic Energizing Yoga Classes	12
4	Dynamic Energizing Yoga Instructor's Course	07
5	Yoga Instructor's Course	07

On 20<sup>th</sup> July 2012 Ms Vasundhara Maheshwari delivered a talk on 'How to improve Willpower', based on 2<sup>nd</sup> chapter of Bhagwad Geeta organized by Varistha Nagarika (senior Citizen) Seva Sanstha. There was a question answer session at the end of the talk. The questions asked by them reflected the complex life situations they face at that age.



On 27<sup>th</sup> and 28<sup>th</sup> Vyasa Sankalp Mumbai participated in a Barter Career Fair at Sathaye College Mumbai. A seminar presentation by Ms Vasundhara Maheshwari on the career options in Yoga highlighted the various DDE courses offered by SVYASA University, Bangalore. Besides the seminar presented the value of the Yoga way of life for youth today who faces multiple challenges in life.

A one week Pranayama camp level-1 course was conducted by Ms Vasundhara Maheshwari at center. The participants, some of them who were yoga teachers immensely benefitted from the course as the subtle and the key features of the dos and donts of Pranayama practices were explained.



## Yoga Conferences at a Glance

1. Yoga Sangam – Sept 8 & 9 in California, USA
2. Singapore Yoga Conference – Sept 29 to 30
3. International Conference on Yoga and Education in collaboration with Tumkur University – Nov 27 & 28 in Tumkur University Campus
  - YTTC and Yoga & Consciousness – Workshop, Nov 29 to Dec 5 in Prashanti Kutiram
4. World Ayurveda Congress (WAC) - Dec 7 to 10 in Bhopal
5. Yoga and Management Conference – Himalaya Yoga Olympiad, Dec 21 to 23 in Bahal, Haryana
6. Yoga Institute Foundation Day – Dec 25 to 27
7. Kaivalyadhama Conference – Dec 27 to 31
8. AYUSH and Diabetes – Jan 11 to 14, 2013 in Prashanti Kutiram
  - Post Conference Workshops - Jan 15 to 21, 2013



### CONFERENCE OBJECTIVES:

- ▶ Celebrate two important milestones: 10th anniversary of Yoga Bharati, 150<sup>th</sup> birth anniversary of Swami Vivekananda.
- ▶ Promote global **health** and peace by integrating eastern **philosophy** with modern scientific **research**.
- ▶ Enable Yoga Bharati to become a catalyst in bringing together and building a community of like-minded organizations to promote global health and peace.

### PROGRAM DETAILS:

- ▶ Three parallel symposium tracks, poster sessions, talks by selected experts and panel discussions focused on the objective of the conference - Philosophy, Health and Research. The theme for each track is:
  - ▶ **Philosophy** - Yoga philosophy, Patanjali yoga sutras, Bhagavad Gita and a panel discussion.
  - ▶ **Health** - Yoga practices, Ayurveda, Naturopathy - Workshops, Applications, Therapy and audience education
  - ▶ **Research** - latest developments in yoga therapy and applications, Research methodologies for Yoga and Yoga education
- ▶ Apart from these three tracks, you can expect cultural programs, yoga demonstrations, poster presentations on research topics and other celebrations.

### CALL FOR PAPERS & REGISTRATION:

- ▶ Papers and posters on Philosophy, Health and Research as related to Yoga and its applications are invited.
- ▶ Last date for submission of abstracts: **May 30, 2012**
- ▶ The abstracts will be peer reviewed and acceptance (or otherwise) will be intimated before: **June 20, 2012**.
- ▶ Last date for submission of full papers: **July 30, 2012**
- ▶ For more details on paper submissions please visit <http://yogabharati.org/newconference>

### CONTACT:

- ▶ e: [conference2012@yogabharati.org](mailto:conference2012@yogabharati.org)
- ▶ Call: (408) 681-YOGA

[www.yogabharati.org/conference](http://www.yogabharati.org/conference)

# 5th International Yoga Conference On "Therapeutic Application of Yoga"



The two day Conference, first of its kind, aims at sharing Yoga Techniques for PREVENTION AND MANAGEMENT of diseases like Asthma, Nasal Allergy, High and Low BP, Ischemic Heart Disease (IHD), Anxiety Neurosis, Depression, Gastritis, Diabetes, Obesity, Migraine, Rheumatism, Low Back Pain, Arthritis, Menstrual Disorders etc. followed by lectures by well known authorities in Yoga/Alternative Systems of Medicine like Dr H.R. Nagendra, Dr R. Nagarathna and Prof Loranzo Cohen.

Practical sessions of Yoga Therapy for a few selected diseases will also be conducted for participants.

Date: 29 - 30 September 2012  
Time: 9.00am To 5.00pm  
Venue: Singapore

## Conference Fees:

Before 31 July 2012 S\$ 259  
After 31 July 2012 S\$ 319

(Includes Conference Kit, Website Membership, Practice CD, Lunch, Tea & Snacks)



Dr.H R Nagendra M.E, Ph.D. (Mech. Engg.)  
NASA Scientist  
Consultant Harvard University &  
Founder of SVYASA Yoga University



Lorenzo Cohen, Ph.D.  
Professor and Director  
Integrative Medicine Program  
Chief, Section of Integrative Medicine



Dr Nagarathna MBBS, MD, FRCP  
Chief Yoga Therapy Consultant,  
Arogyadhama Dean, Division of Yoga and Life  
Sciences, SVYASA Yoga University

## Conference Highlights

1. Lectures & Practical Sessions
2. Advance Yoga Practices
3. Yoga Therapy Sessions
4. Interactive Sessions
5. Therapy Consultation
6. Free Health Management Tips
7. Health Screening Sessions

Disease  
PREVENTION & MANAGEMENT



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# YOGA IN EDUCATION

International Conference organised jointly by  
**S-VYASA and Tumkur University**



## Yoga in Education - A need of the hour

Namaste... Greetings from Prashanti Kutiram!

Tumkur University, a State University in Karnataka and S-VYASA, a unique Yoga University situated near Bengaluru will jointly organize an International Conference in 2012 on "Yoga in Education - Emerging Opportunities and Challenges", a first-of-its kind. The Conference is scheduled to be held on 27th and 28th November, 2012 in Tumkur University campus, Tumkur. The Post-conference workshop is scheduled from 29th November to 5th December, 2012 at the bountiful, Prashanti Kutiram, the residential headquarters of S-VYASA, Bangalore

"Yoga in Education - Emerging Opportunities and Challenges" will focus on Education including Tracks on Yoga in Primary & Secondary Education, Yoga in Higher Education and Yoga as a Professional Education. The conference also includes Pre-conference consultative meetings/seminars with target groups to prepare national policy on Yoga in education and Post conference workshops to plan national capacity building initiatives through training programs. The conference looks to address Educationists, Yoga Experts, Yoga Researchers, senior Yoga Teachers in education and Policymakers.

As you are aware, S-VYASA has been declared deemed-to-be University by the University Grants Commission, Gol (since 2002) now has 213 research papers on Yoga for different diseases and its applications published in indexed, peer-reviewed journals. We have also received the prestigious Rajyotsava award from the Government of Karnataka. S-VYASA has been recognised as a Center for Excellence in Yoga by the Department of AYUSH, Ministry of Health and Family Welfare, Gol. S-VYASA has already conducted 19 International Conferences in Yoga and related fields.

Tumkur University, under the leadership of Prof SC Sharma, has a vision "To create a generation of Human Resources to successfully meet the Global Challenges." TU has conducted about 80 workshops during 2011-12.

You may participate as a delegate for the Main Conference and the Post Conference. Please find attached the brochure of the main event and the write-up about the Post-Conference Workshop along with registration forms for the same at

**Main Conference Brochure:** <http://svyasa.org/wp-content/uploads/2012/08/tumkur-invitation-14.7cm-21.5cm-final-lr.pdf>

**Post Conference Writeup:** <http://svyasa.org/upcoming-events/international-conference-nov-2012-yoga-in-education/>

**Registration Form:** <http://svyasa.org/wp-content/uploads/2012/08/tumkur-registration-form-14.7cm-21.5cm.pdf>

We look forward to your kind confirmation for the same.

Please pass this message to all your contacts.

**Contact Details:** S-VYASA ICYE Office, Sri Anil Kumar Gajjala, #19, 'Eknath Bhavan', Gavipuram Circle, K G Nagar, Bengaluru - 560 019 | Mobile: 09483467443 | Ph: +91 80 22639960/03/75 | Telefax: +91 80 22639905  
Email: [icye@svyasa.org](mailto:icye@svyasa.org) | Website: <http://www.svyasa.org/event/2012/icye.asp>

**Tumkur University ICYE Office:** Dr. Parashurama.K.G. Tumkur University, Tumkur – 572 103

Mobile: 09900412819, 08162271924

Email: [yogatumkuruniversity@rediffmail.com](mailto:yogatumkuruniversity@rediffmail.com) | Website: <http://tumkuruniversity.in/index.php/icye2012>



# YOGA IN EDUCATION

International Conference organised jointly by  
**S-VYASA and Tumkur University**



Yoga in Education - A need of the hour

## POST CONFERENCE WORKSHOP

(29<sup>th</sup> November to 5<sup>th</sup> December 2012 at S-VYASA  
Prashanti Kutiram Campus, Bangalore)

### Objectives:

- To build awareness among faculty about the role of Yoga in Higher education
- To outline the Educational Philosophy
- To impart basic and advanced Yoga training
- To impart training in Indian ethos in Education
- To develop skills for appropriate Instructional Design and Delivery
- To review/ monitor and evaluate the intended outcome
- To promote Research temperament

### Intended Outcome:

- Enhanced effectiveness in the Teaching - Learning process
- Better empowerment of students for personal, national and societal growth
- Build a team of highly motivated, dedicated and empowered faculty

### Indicative Contents:

- Yoga Philosophy
- Yoga practices, Advanced Yoga techniques
- Total personality development - Memory development, Emotion culture, Yoga games etc.
- Yoga education in traditional Gurukula education
- Teaching, Learning and evaluation methods
- Yoga and Education research

Post  
Conference  
Workshop fee:  
Rs 5000/-  
(International  
amount: \$ 350)

**Contact Details:** S-VYASA ICYE Office, Sri Anil Kumar Gajjala,

# 19, Eknath Bhavan, Gavipuram Circle, K G Nagar, Bengaluru - 560 019

Mobile: +91 94834 67443 | Ph: +91 80 2263 9960/03/75 | Telefax: +91 80 2263 9905

Email: [icye@svyasa.ogg](mailto:icye@svyasa.ogg) | Website: <http://www.svyasa.org/event/2012/icye.asp>

# 5<sup>th</sup> Annual International Yoga Workshop

## Yoga & Non Communicable Diseases

The event will be a combination of both theory & practice

**Venue:** St Anthony's Parish Hall, Cnr of Neerim Road & Grange Road,  
Glenhuntly Vic 3163 Mel Way: 68 F4

**Date & Time:** Friday, October 5; from 2pm to 6pm  
Saturday, October 6; from 9am to 4pm

### You will

- experience simple and effective techniques which you can incorporate into your daily yoga practice
- learn about preventable cardiac, urology, cancer diseases and how simple life style changes helps in preventing the non communicable diseases
- energise, harmonise and de-stress your system and unveil the Self with the practice of Yama, Niyama, asana and pranayama
- discover the basics of a safe and skilful asana practice
- learn and practice the delicate art of meditation
- enjoy a tasty vegetarian lunch
- meet other people on the yoga path

### Speakers

Dr H R Nagendra  
Shri Rajendra  
Swami Samnyasananda  
Dr Ghanshyam Thakur  
Shri Bala  
Dr Arunothayaraj  
Dr Sudhakar Devan  
Dr Santosh Yadav  
Dr Ranjit Rao

Enjoy 2 days of theory and practice of yoga including asana, pranayama and meditation facilitated by experts from yoga and medical fields.

This unique event will give you an informative and practical experience of yoga as medicine.

### Cost

- » 5 Oct \$40 per person Children under 13: \$25
- » 6 Oct \$85 per person Children under 13: \$55
- » Both days \$115 Children under 13: \$75
- » The cost includes: lunch on the 6th & snacks on both days



The World Ayurveda Foundation (WAF) is one of the major outcomes of the 4<sup>th</sup> World Ayurveda Congress. Initiated and mooted by Vijnana Bharati, the Foundation has the backing and blessings of the dignitaries and Ayurveda practitioners, from both within the country and overseas. This umbrella organization will focus on furthering the cause of Ayurveda, and popularizing it across the world.

As the first step WAF is organizing the fifth edition of the World Ayurveda Congress and AROGYA Expo with its theme as 'Enriching Public Health through the Ayurveda'. Scheduled to be convened in **Bhopal (Lal Parade Ground), Madhya Pradesh, from 7 to 10 December 2012**, the Foundation looks forward to consolidating the momentum of this forum and providing a robust boost to the global popularity of Ayurveda and associated fields. With nearly half a million visitors and about 5000 delegates expected to attend this year, the Congress is reinforcing its identity as a global summit that brings together diverse stakeholders of Ayurveda on to a common, meaningful, and popular platform.

In the associated expo, Arogya 2012, the spotlight this year will be on traditional and tribal knowledge in health-care systems from India's rural and tribal communities, especially from Madhya Pradesh and the north-eastern states.

The Government of Madhya Pradesh and WAF invite all interested delegates to the academic and business sessions and to all associate events of the 5<sup>th</sup> WAC.

Organizers



Partner State



Focal theme

**'Enriching Public Health Through Ayurveda'**

7-10 December 2012, Bhopal, Madhya Pradesh, India

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Regional Coordinators details | 5<sup>th</sup> WAC Main and Associate Events  
Details of the Call for Papers | Details of the Registration of Delegates

WAC Secretariat, World Ayurveda Foundation

107/1, Margosa Road, Between 13<sup>th</sup> & 14<sup>th</sup> Cross, Malleswaram, Bengaluru - 560 003  
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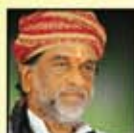
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## PRE- PARLIAMENTARY WORKSHOPS

organized by

Swami Vivekananda Yoga Anusandhana Samsthana  
S-VYASA Yoga University, Prashanti kutiram, Jigani, Bangalore

### 'Spiritual Awakening through Srimad Bhagawata'

Conducted by **Dr K Subrahmanyam**, Pro Vice Chancellor, S-VYASA

**Sri Subramanian A**, Senior Faculty, S-VYASA

22<sup>nd</sup> to 28<sup>th</sup> August 20, 2012, daily 5.30 to 7.30 pm

at Bhoopalan Function Hall, opp to Harihara Temple, Anantpur, A.P



### 'Spiritual Insights in Srimad Bhagawata'

By **Dr R Ranganji**, Vedic Scholar & Faculty, S-VYASA

1<sup>st</sup> to 7<sup>th</sup> September 2012 5.30 to 7.30 pm

at Prashanti Kutiram, Bangalore

### Navarathri Sadhana Shibira

20-10-2012 Saturday to 24-10-2012 Wednesday

at Prashanti Kutiram, Bangalore

*The Program includes Durga Puja, Nava Chandi Homa, Bhajans, Satsanghs, Spiritual exhibition, Yoga Sadhana sessions, music, dance and a lot more*



### Jnana Yoga Peetham Vedanta Retreat

By **Puja Swami Dayananda Saraswathi**,

Arsha Vidya Gurukulam, Rishikesh & Coimbatore

1-12-2012 Tuesday to 6-12-2012 Sunday

at Prashanti Kutiram, Bangalore

All at Prashanti Kutiram campus of S-VYASA near Jigani Industrial Area, Bangalore

Each Retreat Donation: ₹ 5,000/-

*(including food & shared accommodation; rooms can be availed by prior booking)*

**Contact:** Manager, S-VYASA, # 19, Eknath Bhavan, Gavipuram Circle,

K.G Nagar, Bangalore- 560 019 | **Ph:** 080-2661 2669, 080 2263 9955 | **Email:** subbu.vyasa@gmail.com

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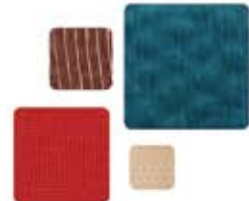
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