

YOGA SUDHA

A Monthly Journal of S-VYASA Yoga University



Karma Yoga Peetharohana

by Dr. D Veerendra Heggade
Dharmadhikari
Sriksheeta Dharmasthala
Padmavibhushana



Union Minister for Rural Development and Drinking Water,
Shri Narendra Singh Tomar Ji - also graced the occasion



Inauguration of
**Samskriti
Bhavanam**





Carnatic Music Legend Balamuralikrishna dies at 86; S-VYASA Yoga University offer condolences

In what can only be described as a huge loss to the world of Carnatic music, legendary singer Mangalampalli Balamuralikrishna passed away on 23 Nov. 2016, Tuesday, at the age of 86 after a prolonged illness in Chennai. He is survived by his wife, three daughters and three sons.

Recipient of the Padma Vibhushan, India's second-highest civilian honour in 1991, Balamuralikrishna is known for his immeasurable contribution to Indian music, especially globally.

A child prodigy from Andhra Pradesh's Sankaraguptam, Balamuralikrishna is said to be the fifth-generation descendant of saint-composer Thyagaraja in the guru-shishya parampara. In a musical career that spans his entire lifetime, Balamuralikrishna's singing appealed to connoisseurs and laymen alike, which is well portrayed by the popularity of his film music and the iconic song Mile Sur Mera Tumhara (in which he joined a gamut of singers such as Bhimsen Joshi and Lata Mangeshkar) as well as ability to span the three octaves with deceptive ease.



Inaugural Ceremony of the Conference: Mrs. Paramita Tripathi, Acting High Commissioner, Indian Embassy, Singapore, Chancellor of S-VYASA, Dr. H R Nagendra and other dignitaries



Madhumeha Niyantrita Bharata (MNB) Abhiyaan
Inauguration of First Orientation Training Program at Art of Living (AOL), Bengaluru

तं विद्यादुःखसंयोगवियोगं योगसंज्ञितम्
YOGA SUDHA

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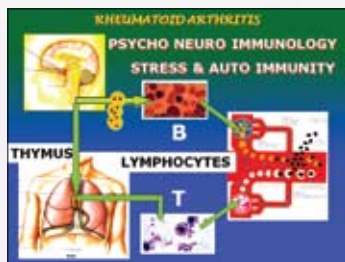
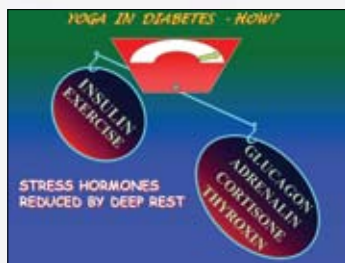
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EDITORIAL

The DM Control Program is taking good shape, thanks to the interest by Sri Ajit Sharan, the Secretary AYUSH. The man power funding is being done by Ministry through CCRYN headed by Dr. Ishwar Acharya who has also been entrusted with the position of Joint Adviser of Yoga in the Ministry, a good boost to Yoga. The program will be executed by Indian Yoga Association (IYA). IYA has become very active after getting the status of PRCB under the leadership of Prof. S P Mishra, the former VC of DSVV as the CEO; a new office is being set up in the next month.

This issue of Yoga Sudha is devoted essentially to give details of the MNB (Madhumeha Niyantrita Bharat) Project. The needed man power needed is being recruited and trained. Two Research / Associates have been identified, 35 SRFs are getting recruited, 1200 YIDM are being identified and recruited. A strong office is being set up with the necessary man power to execute the whole project effectively is being set up in the IYA new office in Delhi supported by the Central Office in Prashanti Kutiram. Dr. R Nagrathna is heading this National Yajna.

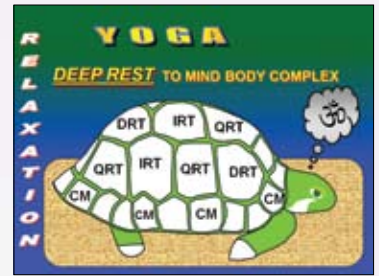
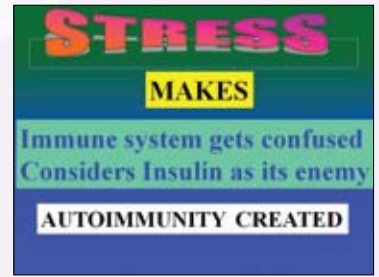
Thanks to the involvement of Sri Sri Ravishankar and AoL, the Orientation Camps were launched in AoL premises by the MNB team in front of about 6000 persons. The First Camp was a good success in the Vishalakshi Mantapam where the YIDM persons underwent an intensive 5 days orientation course. The Second Camp was done in Manesar near Delhi in the Shanti Retreat Center of



Brahmakumaris.

And the work of screening in Karnataka and Madhya Pradesh is soon starting. The other Orientation Camps all over the country have been planned and the 3rd will be in Nagpur co-ordinated by Sri Subodh Tiwari who is organising the Camps in Maharashtra and Goa. All the major Yoga Institutions have been roped in for the project by his effective leadership. Similarly Dr. Akshay Anand of PGI, Chandigarh is co-ordinating the same in Punjab, Chandigarh, Haryana and Himachal Pradesh. Dr. Guruprasad is doing it in Jammu & Kashmir. Similarly different co-ordinators have been picked up by different Yoga Institutions of repute and members of IYA to head different states.

The Protocol has been finalised by the Ministry is being translated to different languages and used for training purposes. The same is based on two aspects of Yoga - exercise effect to control diabetes used in modern medicine and the deep relaxation aspect of Yoga to reduce stress hormones which increase the blood glucose and to remove auto immunity.



■ Dr H R Nagendra





ब्रह्मसूत्रम् (Brahmasūtram)

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



महदीर्घवद्वा ह्रस्वपरिमण्डलाभ्याम् (ब्रह्मसूत्रम्-२-२-११)

Mahaddīrghavadvā hrasvaparimaṇḍalābhyām (Brahmasūtram-2-2-11)

Meaning: *The world may originate from Brahman, as the great and the long originate from the short and the atomic*

Some schools of thoughts are taken for examination here in this section, the first school being Sankhya which enunciated Pradhana Karada Vada for cosmological theory. Which was the root cause for this visible and invisible world? This particular theory of creation is very much multicentre in its nature.

Upanishads present Brahma Vada which claims Brahma to be theory of everything. 'Satyam Jnanam Anantam Brahma', 'Tasmat va etasmat atmana akashah sambhuta' are the validations for this theory. Uncertainty in cosmological theories is duly solved by Brahma Vada without any contradictory ideas. Nasadiya Sukta - 'Kuta ajata kuta iyam visrishtih' - meaning where does this universe come from, how is it created, who is the proprietor, and what is the root cause - all these relate to cosmology and cosmogenesis of nature. Many other scholars also have put their effort in identifying answers. Veda Vyasa stands for Brahma Vada after considering all Vedic sources.

Maharshi Kapila differs from Brahma Vada and tries to solve this problem by Pradhana Vada. For Kapila, three qualities namely Sattva, Rajas and Tamas of Prakriti and Purush theory explains these. Now *anuvada* (atomic theory, atoms to be root cause of creation) of Kanada will be discussed and discarded. Indian Rishis advocate certainty, not uncertainty (as in modern

Physics) behind any occurrence. Among Indian philosophies, Jainism present uncertainty theory. In this context, Kanada presents *anuvada*. According to modern science, this world is made up of quarks. Accumulated small particles make the large physical world. Subtlest form of Anu (an atom) is called Parimandala in ancient texts, very similar to quarks in modern science. With vibrations, an atom joins with others becoming *Dvyanuka* (combination of two atoms), two *Dvyanukas* join together and so on, gradually become molecules and bigger materials. With the combination of four *Anukas* (combinations of *Dvyanukas*), matter grows from being subtle to gross. This is called Arambha Vada.

A sutra from Vaisheshika says, starting from Vayu root causes combine and the grosser world starts emerging likewise fire, water and earth. These four elements become grosser and expand to make this universe. Vaisheshika and Nyaya are in collaboration in presenting this *Anuvada*.

Vyasa Maharshi counters this *Anuvada* by raising questions to illogical ideas; how one Anu becomes *Dvyanuka*, *Tryanuka* (combination of three atoms) and so on? How disorganized atoms join together? There must be an organizer, who is that organizer? Unless *Anuvada* accepts the existence of an organizer, it becomes accidental theory. *Anuvada* of Kanada finally accepts *p16...*



Karma Yoga Peetharohanam



Karma Yoga Peethadhipati Dr. D Veerendra Heggade Ji

The dawn of Nov 4 was a very auspicious one as the Yoga and Spirituality Division of the University organized the 'Ayushya Homa',

from 5 in morning Samskrti Bhavan making the campus echo with chants of the Vedic Hymns and filling the air with a scent of holy smoke from the pious Yajna Fire. The atmosphere around exuberated spirituality.

The Installation of the Karma Yoga Peetham of the S-VYASA Yoga University started at 8:30 am, Prashanti Kutiram in the newly inaugurated building.

The ceremony was held for the honouring Dharmadhikari, Shri Kshetra Dharmasthala, Dr. D Veerendra Heggade Ji with the Chairmanship of the Karma Yoga Peetha of S-VYASA Yoga University.

The program started with the introduction of the Peetha and the Chairs by Guruji, Dr. H R Nagendra, Chancellor, S-VYASA. While he addressed the gathering about the four Peethas of the University, he got an unprecedented call from the Prime Minister of India Shri Narendra Modi Ji who had a conversation both with Guruji and Heggade Ji. Guruji resumed his talk by sharing that PM had called and conveyed his best wishes and blessings for the occasion which left the audience elated.

Soon after Guruji's talk, Heggade ji was escorted onto the stage by all dignitaries so that



Purna Kumbha Swagatam to Dr. D Veerendra Heggade Ji and other dignitaries



Ayushya Homa in Samskrti Bhavanam



Prasadam taken by Dr. D Veerendra Heggade Ji



Karma Yoga Peetharohanam by Dr. D Veerendra Heggade Ji

he may assume his seat of the Peetham placed gracefully at the centre of the stage. Heggade Ji's wife accompanied him and sat alongside him on the stage. This was followed by showering



Aarati by Sumangalis



Shubhaashamshana Patram given to Heggade Ji



Felicitation to Heggade Ji

of the flowers, Pushpa Vristi and Aarti by Sumangalis. The chanting of the Aarti and the flowers being showered weaved an ambience

of great enthusiasm and spirit. After this, the Shubhaashamshana Patram, a collection of seven verses in Samskritam especially composed for the occasion by the Vice Chancellor Prof. Ramachandra G Bhat, was read out by Kaushik, a student from Yoga-Spirituality Division followed by the audience. The meaning of the verses was elaborated right after by the Vice Chancellor throwing light on the ceremonial aspect and its significance. This was followed by Gauravaarpanam by VC himself.

It was the Pro-chancellor Prof. K Subrahmanyam who then spoke on the essence Karma Yoga, as to who is a Karma Yogi and beautifully highlighted as to how the life of Heggade ji is a perfect example displaying the principles of Karma Yoga and its application.

It was then the pivotal moment of the ceremony where Heggade Ji addressed the audience and spoke with great vigour, pride and commanding authority. Each of his word were measured and echoed into the newly building like thunder. He was at the same time very graceful, inspiring and elegant and left a long lasting impact on the listeners. The students were thrilled to listen to him.

The ceremony was later joined by the Union Minister for Rural Development and Drinking Water, Shri Narendra Singh Tomar Ji who could squeeze time out of his busy schedule and graced the occasion and extended his best wishes and support for the university. He addressed the gathering to express the same.

The occasion was witnessed by the presence of the guest of honour: Dr. Binny Sareen, Global Health and Research Centre, Bhrama Kumaris and Ms. Kamlesh, International Director, Shri Shri Yoga. Joint Director of Anvesana Research Laboratories, S-VYASA, Dr. N K Manjunath and Prof, K B Akhilesh, IISc, Dr. Rabindra Acharya, Director, VYASA Delhi affairs were a few to name from other distinguished attendees.



Prof. Ramachandra Bhat Ji, Dr. H R Nagendra, Karma Yoga Peethadhipati Dr. D Veerendra Heggade Ji & his wife, Prof. K Subrahmanyam and Dr. Sanjib Kumar Patra on dais



Address by Karma Yoga Peethadhipati Dr. D Veerendra Heggade Ji

The whole program was from 8:30 am to 11:30 am. It was concluded by a vote of thanks from Dr. K B Akhilesh, IISc.

The conduct of the ceremony was a great success and it was very well organized by the hard working and dedicated team of Yoga-Spirituality department as well as the support team of S-VYASA Yoga University.



Union Minister for Rural Development and Drinking Water, Shri Narendra Singh Tomar Ji was felicitated by VC and Pro Chancellor





Inauguration of Samskruti Bhavanam

The newly constructed Samskruti Bhavan in S-VYASA Yoga University at the university campus, Prashanti Kutiram, an exclusive structure for cultural activities of S-VYASA Yoga University was inaugurated on 3rd of November, 2016. 'Lokarpanam', the inauguration happened in the afternoon when the Chief Guest Dharmadhikari, Shri Kshetra Dharmasthala, Dr. D Veerendra Heggade Ji inaugurated the Bhavan as the various dignitaries then entered the Bhavan escorted by Guruji, Dr. H R Nagendra, Chancellor, S-VYASA, Vice Chancellor Prof. Ramachandra G Bhat and Pro-Chancellor Prof. K Subrahmanyam and other distinguished



Welcome to Dr. D Veerendra Heggade Ji



Samskruti Bhavan inaugurated by Heggade Ji

guests. The ceremony was also witnessed by the Chief Guests Dr. Binny Sareen, Global Health and Research Centre, Bhrama Kumaris and Shri



Nov 2: Vaastu and Rakshoghna Homa



Dr. D Veerendra Heggade Ji inaugurated Samskrti Bhavan. Chanellor Dr. H R Nagendra, Sri Suresh Bagaria, Dr. R Nagarathna, VC Prof. Ramachandra G Bhat - can be seen



Deepa Jwalana done by Dr. Heggade Ji with other dignitaries

Suresh Bagaria Ji, Industrialist from Mumbai.

The lighting of the lamp took place after all the guests entered the Bhavan as the audience stood up laying a warm welcome for the guest. All the distinguished guest were then requested to assume their seats on the stage.

After the welcome address by Guruji and Ramachandra Bhatt Ji, audience keenly awaited to hear the Guest of honours and the chief guest Heggade Ji. Dr. Sareen and Suresh Bagaria Ji addressed the gathering one after another and extended their heartiest congratulations for the new building and the University. Dr. Sareen in her speech extended her special invitation to Guruji and to one and all at S-VYASA to make a visit to the Bhrama Kumaris' Headquarters in Mt Abu, Rajasthan. Then came the address from the chief guest Heggade ji who elaborated the word 'Samskrti', its essence vis-à-vis the Indian Culture and the



Sri Suresh Bagaria Ji, Dr. H R Nagendra, Dr. Veerendra Heggade Ji, Dr. Binny Sareen and other dignitaries on the dais



The Book, Unity in Diversity: The essence of Indian Culture, Yoga the Basis, released



Felicitation to Heggade Ji

way of living and as to why the name aptly suits the new structure.

At 6 o'clock evening saw a beautiful drama, Dharma Bhoomi, being showcased on the sophisticated stage of the Samskruti Bhavan by the internationally recognised 'Prabhat Kalavidaru'. The drama was based on the theme of ancient Indian culture and message from the ocean like Scriptures of knowledge and wisdom. The audience was thrilled to witness the drama.



The Galaxy of Audience



Address by Dr. H R Nagendra Ji



Address by Dr. Heggade Ji



Dr. Binny Sareen, Global Health and Research Centre, Bhrama Kumaris



Sri Suresh Bagaria Ji, Industrialist from Mumbai

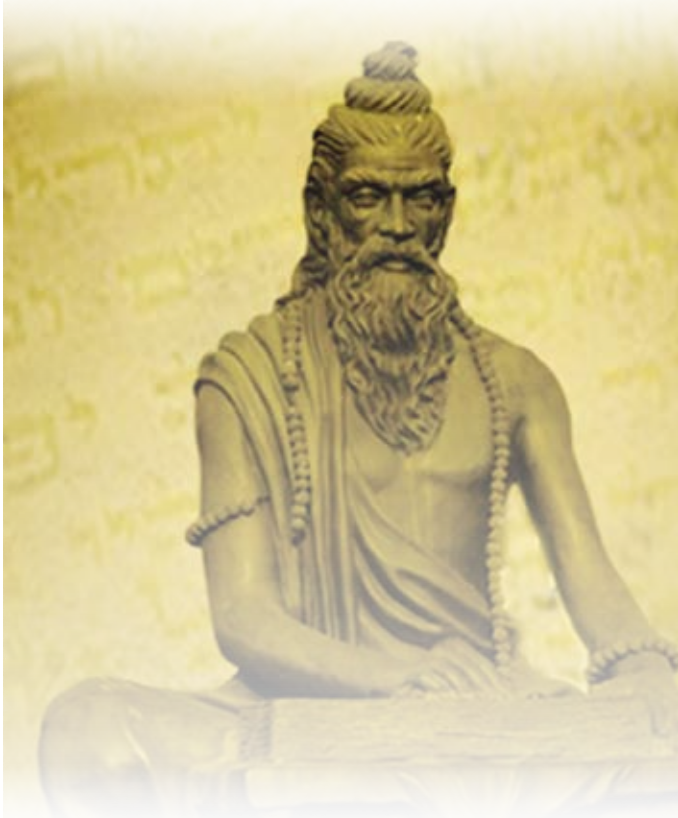


Drama, Dharma Bhoomi



by Prabhat Kalavidaru Bengaluru





25

ಪಾತಂಜಲ ಯೋಗಶಾಸ್ತ್ರ

ಈಶ್ವರಃ-ಪ್ರಣವಸ್ವರೂಪ ನಾದೋಪಾಸನೆ (ಓಂ)



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

ತಸ್ಯ ವಾಚಕಃ ಪ್ರಣವಃ

|| ಪ.ಯೋ.ಸು - 1.27 ||

ಓಂಕಾರದ ಎರಡನೇ ಅವಸ್ಥೆ: ಸ್ವಪ್ನ ಮತ್ತು ಅದರ ಸ್ವರೂಪ

ಸ್ವಪ್ನಸ್ಥಾನಃ ಅಂತಃಪ್ರಜ್ಞಃ ಸಪ್ತಾಂಗ ಏಕೋನವಿಂಶತಿಮುಖಿಃ
ಪ್ರವಿವಿಕ್ತಭುಕ್ ತೈಜಸೋ ದ್ವಿತೀಯಃ ಪಾದಃ

ಮಾಂಡೂಕ್ಯೋಪನಿಷತ್ತಿನಲ್ಲಿ ಉಲ್ಲೇಖಿಸಿರುವಂತೆ ಓಂಕಾರದ ಎರಡನೇ ಅವಸ್ಥೆಯನ್ನು ಸ್ವಪ್ನಾವಸ್ಥೆಯೆಂದು ಮತ್ತು ಅದರ ಸ್ವರೂಪವನ್ನು ವಿವರಿಸಲಾಗಿದೆ. ಈ ಅವಸ್ಥೆಯಲ್ಲಿ ನಮ್ಮರಿವು (ಆತ್ಮನು) ಅಂತರ್ಮುಖವಾಗಿದ್ದು ಸೂಕ್ಷ್ಮ ಇಂದ್ರಿಯಗಳು ಜಾಗೃತವಾಗಿರುತ್ತವೆ. ಹೀಗಾಗಿಯೇ ನಾವು ಮಲಗಿದ್ದರೂ ಸಹ ಹಗಲಿನ ಎಲ್ಲ ಚಟುವಟಿಕೆಗಳು ಸ್ವಪ್ನಾವಸ್ಥೆಯಲ್ಲಿ ಮಾಡಲ್ಪಡುತ್ತಿರುತ್ತವೆ. ಪಂಚಜ್ಞಾನೇಂದ್ರಿಯಗಳು, ಕರ್ಮೇಂದ್ರಿಯಗಳು, ಪಂಚಪ್ರಾಣ ಮತ್ತು ಚಿತ್ತ (ಮನಸ್ಸು, ಬುದ್ಧಿ, ಅಹಂಕಾರ ಮತ್ತು ಸ್ಮರಣೆ) 19 ದ್ವಾರಗಳಿಂದ ಸೂಕ್ಷ್ಮ ಪದಾರ್ಥಗಳನ್ನು ಸೇವಿಸುತ್ತಾನೆ. ಈ ಸ್ಥಿತಿಯನ್ನು ತೈಜಸವೆಂದು ಹೇಳಲ್ಪಟ್ಟಿದ್ದು, ಉನ್ನತ ಸಾಧನೆಯ ಮೂಲಕ ನಿದ್ರೆಯ / ಸ್ವಪ್ನದ ಸ್ಥಿತಿಯ ಅರಿವನ್ನೂ ಒಬ್ಬನು ಹೊಂದಲು ಸಾಧ್ಯವಿದೆ. “ಉ” ಕಾರವು ಸ್ವಪ್ನಾವಸ್ಥೆಯ ಸೂಚಕವಾಗಿದ್ದು ಕ್ರಮೇಣವಾಗಿ ಸ್ಥೂಲದಿಂದ ಸೂಕ್ಷ್ಮಕ್ಕೆ ಬಾಳಪಯಣ ಸಾಗಿಸುವ ಮನೋಮಾರ್ಗ.

ಹಠಯೋಗದಲ್ಲಿ ಪ್ರಾಣಸಂಯಮ ಮಾಡುವ ಅನೇಕ ಬಂಧಗಳ ಬಗ್ಗೆ ಬಹು ಚರ್ಚಿಸಲಾಗಿದೆ. ಇವುಗಳ ಅಭ್ಯಾಸದಿಂದ ಪ್ರಾಣ-ಅಪಾನಗಳ ಒಂದಾಗುವಿಕೆ ಸಹಜವಾಗಿಯೇ ಆಗುತ್ತದೆ ಎಂಬುದು ಹಠಯೋಗಿಗಳ ಅಭಿಪ್ರಾಯ. ಇದುವೇ ನೈಜ ಪ್ರಾಣಾಯಾಮವೆಂದು ಗೀತಾಚಾರ್ಯ ಕೃಷ್ಣನ ನಿರ್ದೇಶನ.

ಅಪಾನೇ ಜುಹ್ವತಿ ಪ್ರಾಣಂ ಪ್ರಾಣೇಖಪಾನಂ ತಥಾಪರೇ
ಪ್ರಾಣಾಪಾನಂ ಗತೀರುಧ್ವಾ ಪ್ರಾಣಾಯಾಮಃ ಪರಾಯಾಣಾಃ

||4.29||

ಓಂಕಾರವು ಸಂಯುಕ್ತಾಕ್ಷರ. ಇದರ ಪ್ರತ್ಯೇಕ ಅಭ್ಯಾಸವು ಅ, ಉ, ಮ ಕಾರಗಳ ಅಭ್ಯಾಸವನ್ನು ಒಳಗೊಂಡಿದೆ. “ಓಂ” ಅಥವಾ “ಉ” ಕಾರ ಉಪಾಸನೆಯು ಸಹಜವಾಗಿ ಉಡ್ಡೀಯಾನ ಬಂಧವನ್ನು ಉಂಟುಮಾಡುತ್ತದೆ. ಇದು ಹಠಯೋಗದಲ್ಲಿ ಉಲ್ಲೇಖಿಸಿರುವಂತೆ ಮುಂದುವರಿದ ಸಾಧಕರು ಮಾಡುವ ಅಭ್ಯಾಸವಾಗಿದ್ದು ಅನೇಕ ವಿಧಿ - ನಿಷೇಧಗಳನ್ನು ಒಳಗೊಂಡಿದೆ. ಒಟ್ಟಾರೆಯಾಗಿ ಸ್ಥೂಲದಿಂದ ಸೂಕ್ಷ್ಮಸ್ತರಕ್ಕೆ ಅನುವಾಗಲು ಈ ಅಭ್ಯಾಸವು ಅತ್ಯಂತ ಸೂಕ್ತವಾಗಿದೆ.

ಓಂಕಾರದ ಮೂರನೇ ಅವಸ್ಥೆ: ಸುಷುಪ್ತಿ ಮತ್ತು ಅದರ ಸ್ವರೂಪ

ಯತ್ರ ಸುಪ್ತೋ ನ ಕಂಚನ ಕಾಮಂ ಕಾಮಯತೇ ನ ಸ್ವಪ್ನಂ
ಪಶ್ಯತಿ ತತ್ಪುಷ್ಪಪ್ರಮ್ | ಸುಷುಪ್ತ ಸ್ಥಾನ ಏಕೀಭೂತಃ ಪ್ರಜ್ಞಾನಘನ
ಏವಾನಂದಮಯೋ ಹ್ಯಾನಂದಭುಕ್ ಚೇತೋಮುಖಿಃ
ಪ್ರಾಜ್ಞಸ್ತೃತೀಯಃ ಪಾದಃ |



ಸುಷುಪ್ತಿ ಅವಸ್ಥೆಯನ್ನು ಗಾಢನಿದ್ರೆಗೆ ಹೋಲಿಸಲಾಗಿದೆ. ಈ ಅವಸ್ಥೆಯಲ್ಲಿ ನಿದ್ರಿಸುವವನು ಎಲ್ಲ ರೀತಿಯ ಕಾಮನೆಗಳಿಂದ ಮತ್ತು ಸ್ವಪ್ನಗಳನ್ನು ಕಾಣುವುದರಿಂದಲೂ ಮುಕ್ತನಾಗಿರುತ್ತಾನೆ. ಈ ಸ್ಥಿತಿಯಲ್ಲಿ ಬ್ರಹ್ಮನ / ಪ್ರಜ್ಞೆಯು / ಅರಿವು ಎಲ್ಲಾ ಇಂದ್ರಿಯಗಳು, ಪಂಚಪ್ರಾಣಗಳು ಮತ್ತು ಚಿತ್ತವೂ ಏಕೀಭೂತವಾಗಿದ್ದು / ಒಂದಾಗಿದ್ದು ತನ್ನರಿವಿನಲ್ಲಿ ಕೇವಲ ಆನಂದದಲ್ಲಿ ಸ್ಥಿತನಾಗಿರುತ್ತಾನೆ. ಇಲ್ಲಿ ಆನಂದವೇ ಅವನ ಆಹಾರವಾಗಿದ್ದು ಚೈತನ್ಯಸ್ವರೂಪನಾಗಿದ್ದಾನೆ. ನಾವೆಲ್ಲರೂ ನಿಶ್ಚಯವಾಗಿ ನಿತ್ಯವೂ ಗಾಢನಿದ್ರೆಯ ಸ್ಥಿತಿಯನ್ನು ಅನುಭವಿಸುತ್ತೇವೆ ಮತ್ತು ಈ ಸ್ಥಿತಿಯಲ್ಲಿ ಆಸೆಗಳು ಮತ್ತು ಕನಸುಗಳಿಂದ ಮುಕ್ತರಾಗಿರುತ್ತೇವೆ. ಆದರೂ ಈ ಸ್ಥಿತಿಯ ಅರಿವಿರುವುದಿಲ್ಲ. ಪ್ರಣವೋಪಾಸಕನು ಈ ಸ್ಥಿತಿಯನ್ನೂ ಅರಿವಿನಿಂದ ಅನುಭವಿಸುತ್ತಾನೆ. “ಮ” ಕಾರವು ಇದರ ಸೂಚಕವಾಗಿದ್ದು ಪ್ರಾಣ ಮತ್ತು ಮನಸ್ಸಿನ ಲಯಾವಸ್ಥೆಯನ್ನು ಸುಲಭವಾಗಿ ತಲುಪಬಹುದಾಗಿದೆ. ಅ, ಉ, ಮ ಕಾರಗಳ ಉಪಸನೆಯು ಮೂರು ರೀತಿಯಲ್ಲಿ ಉಪಾಸಿಸಲ್ಪಡುತ್ತದೆ. ಪ್ರಾರಂಭದಲ್ಲಿ ವಾಚಿಕವಾಗಿದ್ದು ದೀರ್ಘವಾಗಿ ಶಬ್ದಸಹಿತ ಉಚ್ಚಾರಣೆಯನ್ನು ಒಳಗೊಂಡಿದೆ. ಮುಂದಿನ ಹಂತದಲ್ಲಿ ಉಪಾಂಶು ಎಂದರೆ ಶಬ್ದವಿಲ್ಲದೇ ಕೇವಲ ತುಟಿಗಳ ಚಲನೆಯಿಂದ ಉಪಾಸಿಸಲ್ಪಡುತ್ತದೆ. ಮೂರನೆಯ ಹಂತದಲ್ಲಿ ಕೇವಲ ಮಾನಸ ಜಪವಾಗಿದ್ದು ನಿರಂತರವಾಗಿ

ಮನಸ್ಸಿನಲ್ಲೇ ಜಪಿಸಲ್ಪಡುತ್ತಿರುತ್ತದೆ. ಈ ಸ್ಥಿತಿಯು ಉಳಿದೆರಡಕ್ಕಿಂತ ಉತ್ತಮವೆಂದು ಸಾಧಕರ ಅಭಿಪ್ರಾಯ (ಚಿತ್ತಜಪಮುಕ್ತಮಮ್...)

ಈ ಸ್ಥಿತಿಯನ್ನು ತಲುಪಲು ದೀರ್ಘಕಾಲ, ನಿರಂತರತೆ ಮತ್ತು ಶ್ರದ್ಧಾಪೂರ್ವಕವಾಗಿ ಮಾಡಿದಾಗ ಮಾತ್ರ ಸಾಧ್ಯ. ಕ್ರಮೇಣ ಪ್ರಾಣ ಮತ್ತು ಮನಸ್ಸುಗಳು ಲಯವಾಗಿ ಚಿತ್ತವು ತನ್ನ ಸಾರ್ವಭೌಮ ಧರ್ಮವಾದ ಸಮಾಧಿಯಲ್ಲಿ ನೆಲೆನಿಲ್ಲುತ್ತದೆ (ವ್ಯಾಸರ ಅಭಿಪ್ರಾಯ). ಇದರ ಉಲ್ಲೇಖವನ್ನು ಸ್ವಾತ್ಮಾರಾಮರ ಹಠಯೋಗ ಪ್ರದೀಪಿಕಾ ಗ್ರಂಥದ ಮೂಲಕವೂ ತಿಳಿಯಬಹುದಾಗಿದೆ. ಎಲ್ಲಿಯವರೆಗೆ ಪ್ರಾಣಸಂಚಲನೆಯಿರುತ್ತದೋ ಅಲ್ಲಿಯವರೆಗೂ ಮನಸ್ಸಿನ ಅಸ್ತಿತ್ವವಿರುತ್ತದೆ. ಒಮ್ಮೆ ಪ್ರಾಣ ನಿರೋಧವಾದಲ್ಲಿ ಮನಸ್ಸು, ಬುದ್ಧಿ, ಅಹಂಕಾರ ಮತ್ತು ಸ್ಮರಣೆಗಳು ಶೂನ್ಯವಾಗಿ ಪ್ರಜ್ಞೆ/ಅರಿವು ತನ್ನಲ್ಲಿ ನೆಲೆನಿಲ್ಲುತ್ತದೆ. ಹೀಗಾಗಿ ಪ್ರಣವೋಪಾಸನೆಯು ಸಹಜವಾದ ನೈಜ ಪ್ರಾಣಾಯಾಮವೂ ಹೌದು. ಭ್ರಾಮರೀ ಪ್ರಾಣಾಯಾಮವು ಇದಕ್ಕೆ ಪೂರಕವಾದ ಅಭ್ಯಾಸ.

ಓಂ / ಪ್ರಣವದ / ಬ್ರಹ್ಮನ / ಪ್ರಜ್ಞೆಯು / ಅರಿವಿನ ಮುಂದಿನ ಅವಸ್ಥೆ ತುರಿಯಾವಸ್ಥೆ. ಇದರ ಬಗ್ಗೆ ಮುಂದಿನ ಸಂಚಿಕೆಯಲ್ಲಿ ಅವಲೋಕಿಸೋಣ.

(ಸಶೇಷ)

World Diabetes Day celebration by VYASA-Kalyan

Nov 14th being World Diabetes Day & Children’s Day, VYASA-Kalyan with Senior Therapist Sri Nagraj arranged Yoga Festival for 10 days to sensitize people. The highlights are as -

1. KDMC Govt. School children were given free Yoga sessions for one year from Nov 2015 to 2016 by Dr. Mamta Mishra, Smt. Vrushali Mahajan, Smt. Madhuri Patil. In presence of Local Corporator Smt. Rajani Mirkute and our team children displayed Yoga Pyramid.



2. 10 day Therapy Sessions for various ailments like diabetes, back pain, neck pain, BP, obesity arranged under our Arogyadhama Therapist Sri Nagraj.

3. Free blood Test, Screening with IDRS Risk Score and Awareness session “How Yoga works for Diabetes” was taken by Dr. Amit Mishra (PhD Yoga).



45 Professors attended the session. Principal of Birla College Shri Naresh Chandra appreciated the session and efforts of VYASA team for Propagation of Yoga.

4. Advance Yoga Practices for YIC and M.Sc arranged for 10 days.

5. Yoga Retreat at Lodha Dhamand - YIC certificates were given to students who passed through VYASA.



Concept of Ayu according to Ayurveda

Happiness is a base motivation for all type of actions and thoughts. Subject and object of Happiness varies from person to person but to enjoy any happiness, health is a basic need. Hence Maharshi Atreya defined that health as the foremost thing for attaining *Dharma* (righteousness), *Artha* (wealth), *Kama* (intense desire) and *Moksha* (liberation). (धर्मार्थकाममोक्षणामारोग्यं मूलमुत्तमम् /). Currently many scientific systems of medicine are working for global health. Centuries ago a perfect scientific system of medicine was evolved in India called Ayurveda (Science of Life). The mythological account about the establishment of Ayurveda is as follows: Once upon a time, there was a big issue of health problem on earth due to unwholesome life style led by people. They were not able to perform dharma properly, became poor, had no good progeny and were suffering from deep sorrow. Then they approached saints who were having great compassion for the people living in the then society. All saints got together in the foot hills of the Himalayas and organized a great assembly in which the following sages attended: Angira, Jamadagni, Vasista, Kashyapa, Bhrigu, Atreya, Goutama, Sankhya, Pulastya, Narada, Agastya, Markandeya, Vamadeva, Ashvalayana,

■ Prof. M K Sridhar
Dean of Academics and
Division of Yoga & Humanities
S-VYASA



Parksi, Bikshuatreya, Bharadwaja, Kapinjala, Vishwamitra, Ashmaratha, Bhargava, Chyavana, Abhijit, Gargya, Shandilya, Koundinya, Varkshi, Devala, Galava, Sankrityayana, Baijavapi, Kushika, Badarayana, Badisha, Kapya, Katyayana, Kankayana, Kaikasheya, Dhaumya, Maricha, Kāshyapa, Sharkaraksha, Hiranyaksha, Lokaksha, Paingi, Shaunaka, Shākuneya, Maitreya, Maimatayani, Vaikhānasa, Valakhilya and others. The sages who had qualities such as knowledge of supreme reality (*brahmjnāna*), compassion (*daya*), ethical control (*niyama*), penance (*tapas*), virtue (*tejas*), virility (*ojas*) and who were enlightened, came to know that the solution for the health problem was with Indra, the king of Amravati. The solution was Ayurveda which was preached by creator Brahma to Prajāpati and in turn Prajāpati taught the same to divine physicians Ashwinikumāra -s. Indra learnt Ayurveda from Ashwinikumara-s. Maharshi Bharadwaja went to Amaravati, discussed the problem with Indra

who preached the eternal, holy Ayurveda in the form of formula (*trisuṭra*), i.e., *hetu* (cause), *linga* (signs and symptoms) and *aushadha* (remedy) which could take care of both the health of a healthy person and curing the disease of an unhealthy person. Bharadwaja returned to the Himalayas and taught this knowledge to all Maharshis with an intention of promoting





health of living beings and for enhancing their life span for attaining *purushārtha*-s. This knowledge was obtained by all sages and they moved back to their abodes and started practicing and preaching that sacred knowledge. This knowledge was later taught to humanity by Charaka, Sushruta, Kashyapa, Vāgbhata and others. Ayurveda is defined in their treatises thus:

हिताहितं सुखं दुःखमायुस्तस्य हिताहितम् /
मानं च तच्च यत्रोक्तमायुर्वेदः स उच्यते //

Charaka Samhita, Sutrasthana, I - 41.

Maharshi Atreya describes Ayurveda as a knowledge of 1) *hita* (do's) of *hitāyu*, *ahitāyu*, *sukhāyu* and *dukāyu*,

2) *ahita* (don'ts) of *hitāyu*, *ahitāyu*, *sukhāyu* and *dukhāyu*, along with life span of āyu. The Veda which describes āyu is called as Ayurveda. This medical treatise removes the physical and mental impurities of a person.

Ayu is described thus:

शरीरेन्द्रियसत्त्वात्मसंयोगो धारि जीवितम्
नित्यगस्त्वानुबन्धश्च पययैरायुरुच्यते

Ibid, I - 42.

Ayu is a proper combination or conglomeration of body (*sharira*), sense and motor organs (*indriya*), mind (*sattva*) and soul (*ātma*). The synonyms of āyu are *dhāri* (capacity to withhold), *jeevitam* (which has capacity to sustain), *nityaga* (continuous degeneration) and *anubandha* (nature of carrying information from past birth to present and into future births).

So health of a person depends on healthy combination of *sharira*, *indriya*, *sattoa* and *ātma*. The definition of health given by World Health Organization (WHO) is as follows: "Health is a state of complete physical, mental, social and spiritual well-being and not merely the absence of disease or infirmity." This definition of health is in full conformity with the definition of Ayu as given by Ayurvedic texts.

Sukhāyu: Ayu which is devoid of any disorders of *sharira* and *manas*, specially in youth age efficient with strength (*bala*), potency (*virya*), fame (*yasha*), intrepid nature (*paurusha*) and courage (*parākrama*), having conglomeration of strength of knowledge (*jnānabala*), multifarious learning (*vijnānabala*), strength of sense organs (*indriyabala*) and sensorial knowledge (*indriyārthabala*) of current times, being rich and having desire to enjoy the worldly pleasures, having profit in all types of business and desirous of noble thoughts is called *sukhāyu*. The reverse or contrary nature to *Sukhāyu* is called *dukhāyu* (तत्रायुरुक्तम् स्वलक्षणतो यथवदिहैव पूर्वाध्याये च । तत्र शारीरमानसाभ्यां रोगाभ्यामनभिद्रुतस्य विशेषेण यौवनतः समर्थानुगतबलविर्यशःपौरुशेपकर्मस्य ज्ञानविज्ञानेन्द्रियेन्द्रियार्थबलसमुदये वर्तमानस्य परमार्धिरुचिरविविधोपभोगस्य समृद्धसर्वारम्भस्य यथेष्टवचरिणः सुखमायुरुच्यतेः असुखमतो विपर्येण Ibid 30- 24).

Hitāyu: Ayu which promotes welfare of all living beings, pleasant disposition, speaking truth, using sense organs in a proper way, engaging in proper examination for finding truth, practicing *trivarga* (*dharma*, *artha* and *kāma*) without harming each other, serving and worshiping elderly and holy persons, whose character is nourished and managed by *jnāna* and *vijnāna*, emotions like attachment (*raga*), anger (*rosha*), jealousy (*irshya*), pride (*mada*) and self-respect (*māna*) are well controlled, charitable, regular practice of penance, gaining knowledge, control over sense organs, attending spiritual deliberations, working with an aim to achieve *sukha* in this world and the world hereafter, having remembrance (*smriti*) and intelligence (*mati*) is called *hitāyu*. The reverse or contrary nature to *hitāyu* is called *ahitāyu* (हितैषिणः पुनर्भुतानां परस्वादुपरतस्य सत्यवादिनः शमपरस्य परिक्ष्यकारिणोऽप्रमत्तस्य त्रिवर्गं परस्परानुपहतमुपसेवमानस्य पूजार्हसंपूजकस्य ज्ञानविज्ञानोपशमशीलस्य वृद्धोपसेविनः सुनियतरागरोषेर्ष्यामदमानवेगस्य सततं विविधप्रदानपरस्य तपोज्ञानप्रशामनित्यस्याध्यात्मविदस्तत्परस्य लोकमिमं चामुं चावेक्षमाणस्य स्मृतिमतिमतो हितमायुरुच्यते अहितमतो विपर्येण Ibid, 30- 24).

Charaka opines that the span of āyu is determined based on the activities of a person, attraction



towards worldly pleasures, self control, intelligence and perverse nature.

Importance of Ayurveda:

आयुः कामयमानेन धर्मार्थसुखसादनम्/
आयुर्वेदोपदेशेषु विधेयः परमादरः //

Asthanga Hridaya Samhita Sutrasthana I- 2.

Acharya Vagbhata explains the importance of

Ayurveda thus: “The person who is desirous of āyu which is a means of instrument for achieving *dharma*, *artha* and *sukha* in this world and the world hereafter should read, understand (*avabodha*) and implement (*anushtāna*) the Ayurveda teachings obediently”. Thus by cherishing and practicing the characters of *hitayu* and *sukhayu*, one can live a full span of life (Ayu).

...p3 Ishvara’s presence which causes the vibrations in atoms to unite to make Dvyanuka etc. However, Kanada determines Adritsha (subtle and unknown causes); when creation started there are vibrations in atoms because of power of consciousness (Atma samyoga). Disorganized and divided atoms get together from the power of Atma.

According to Vyasa, any such theory should be none other than Brahma Vada. It is only the jugglery of ideas and words to argue introducing certain unknown and uncertain causes. Kanada says Ishvara or Adrishta as the cause of creation, but according to Upanishat, Atma or

Brahma is the root cause. Maya and Brahma Vada are supported in this Sutra. Since there are unanswered questions and ambiguities with Anuvada (which maintains atoms to be root cause of the creation independently) Brahma should be accepted.

Going beyond Pradhana Vada (Prakriti cause theory) of Sankhya and Anuvada (atom cause theory), one should accept only Brahma Vada. As opined by many Rishis, Brahma Vada is universally acceptable and none else as their own arguments are weak and are unsupported by scriptures, especially by Upanishads.

to be continued...

SDM Camp in Mathikere, Bengaluru



SDM Camp conducted in JP Park, Mathikere for 10 days by three YIDM Instructors, Mrs. Pushpalatha, Mrs. Gayathri, R. Biliya and Mrs. Savithri. First day blood test was done with the support of Lions Club.

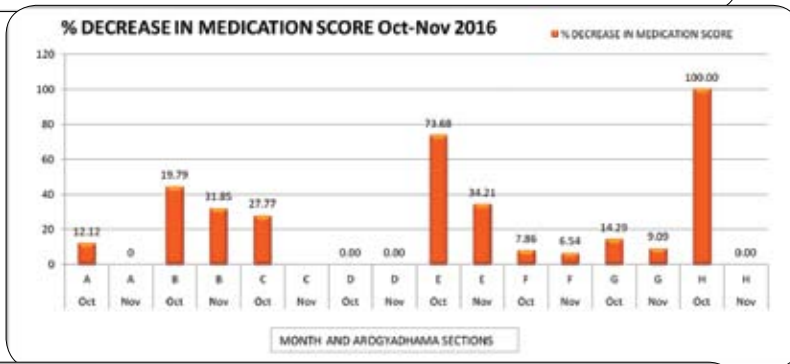
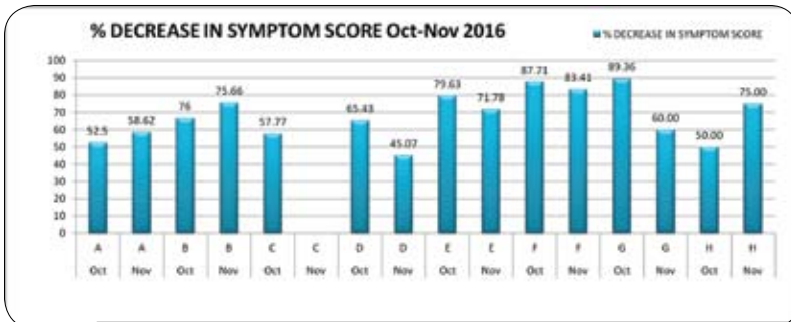
According to SDM Module, everyday, an introductory speech, loosening exercises, Surya Namaskar, Asana, Pranayama and cyclic meditation were performed.



2nd IDY was celebrated in Bagaria Bal Vidya Niketan, Lakshmgadh, Sikar District, Rajasthan



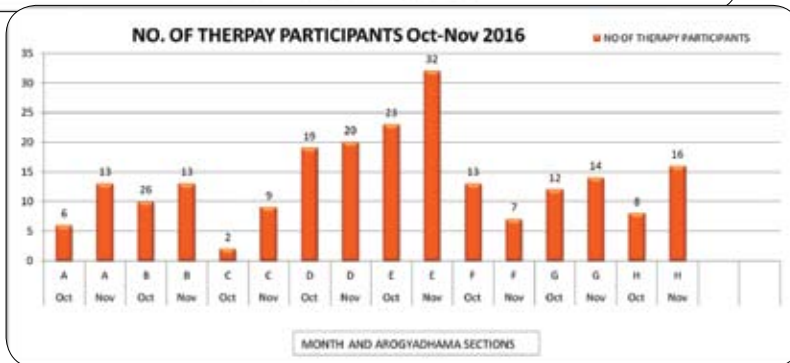
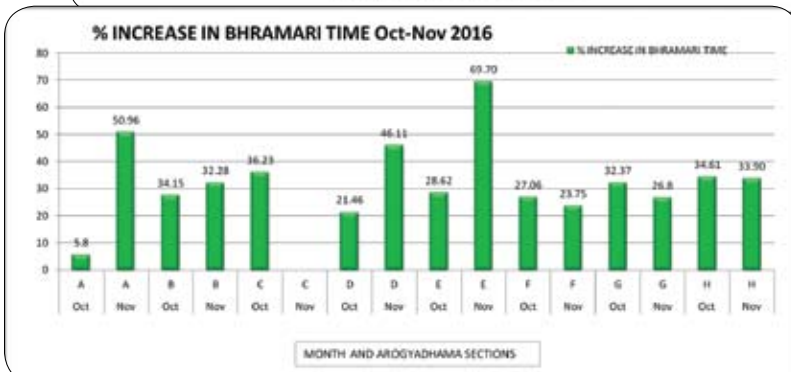
AROGYADHAMA DATA - Oct-Nov, 2016



Symptom Scores:
 0 - no symptoms,
 1 - mild,
 2-moderate,
 3-severe

Medication Score:
 Score 1 for each
 medicine.

Bhramari Time:
 Number of seconds
 taken to exhale during
 a single breath while
 chanting Bhramari.



AILMENTS TREATED IN AROGYADHAMA (SECTION WISE)

- A. Neurology:** Epilepsy, Migraine, Parkinson's, Muscular dystrophy, Cerebral Palsy, Multiple sclerosis, Mental retardation; **Oncology:** Breast cancer stage 1, 2, 3, 4; Colon, Prostate, Blood, Myelomas |
- B. Pulmonology:** Bronchial Asthma, Nasal Allergy, Chronic Bronchitis; **Cardiology:** High BP, Low BP, Heart Disease (CAD) |
- C. Psychiatry:** Anxiety, Depression, Psychosis, OCD, mental retardation |
- D. Rheumatology:** Arthritis | **E. Spinal disorders:** Acute and Chronic Back Pain, Lumbar Spondylosis, Disc Prolapse, Scoliosis, Neck Pain |
- F. Metabolic disorders:** Diabetes | **G. Gastroenterology:** Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis |
- H. Endocrinology:** Obesity, Thyrotoxicosis | **Promotion of Positive Health |**
- Eye Problems:** Short Sight, Long Sight, Astigmatism, Squint, Early Cataract, Glaucoma



Madhumeka Niyantrita Bharat (MNB) Abhiyaan A Yoga based National Diabetes Control Program

Diabetes is a major Non-Communicable Disease, posing threat to the human community and exchequer of the globe. India is going to be the global capital for diabetes by 2025. It is right time that all the nations shall awake in controlling the epidemic before its holocaust has devastating effect on the human race.

Our Hon'ble Prime Minister, Sri Narendra Modi, a visionary for the welfare of the countrymen, is encouraging our ancient traditional systems of evidence based holistic health (Yoga based life style change) for preventing and managing many Non-Communicable Diseases such as Diabetes, Hypertension, Cancer, Obesity, Mental Health etc. With a view to promote the same effectively, a separate ministry of AYUSH is established under the Hon'ble Minister of State (Independent Charge) Sri Sripad Yesso Naik. The AYUSH ministry since, declaring 21st June as International Day of Yoga, has unveiled various programs both at National and State level for promoting traditional Indian systems of Holistic Health.

Taking in to consideration, the percentage of

population reeling under diabetes and to prevent the nation from becoming the Diabetic Capital of the World, the Ministry of AYUSH has planned various projects involving both Governmental and non- governmental institutions working for this social cause.

During the 2nd international day of yoga (21st June 2016) held at Chandigarh, our prime minister gave a clarion call to all yoga institutions to focus this year, on taking up several programs to promote yoga for diabetes . On this basis, Ministry of AYUSH, New Delhi, has planned this mega nationwide project to control the increasing prevalence of diabetes in India through yoga based life style program called Madhumeha Niyantrita Bharata Abhiyaan (NDCP- national diabetes control program), routed through central council of research in yoga and naturopathy, New Delhi, and implemented by the Indian Yoga Association (IYA). IYA is an association that has members from all major traditional yoga paramparas of the country.

As the first phase of NDCP, national diabetes



New Delhi, Oct 2: Hon'ble Prime Minister Shri Narendra Modi ji and other Dignitaries releasing Yoga for Diabetes booklet



The Government's Initiative of applying the power of Yoga to check the spread of diabetes is laudable. Yoga can help people to not only stay healthy but also increase their happiness and overall wellness quotient.

Gurudev Sri Sri Ravishankar ji



control yoga program or Madhumeha Niyantrita Bharat through yoga based lifestyle change, a common yoga based life style protocol for diabetes was prepared by the IYA national committee consisting of diabetologists and yoga masters. On October 2nd 2016, on the auspicious occasion of Mahatma Gandhi Jayanti, the program was inaugurated in New Delhi by **our Hon'ble PM** by releasing the booklet of this common yoga protocol for diabetes.

For the successful execution of this project designed as a research based project by the scientific committee, IYA has now planned an orientation program for experienced yoga instructors and senior research fellows selected from different parts of the country. This will be conducted by S-VYASA Yoga University and Art of Living (AOL), Bengaluru, the two major representatives of IYA, nominated as training partners of NDCP.

On November 14, 2016, **the World Diabetes Day**, this five-day training of yoga trainers and researchers for Madhumeha Niyantrita Bharata abhiyaan (NDCP) has been flagged off at Shri Shri Ravishankar's Art of Living campus, Bengaluru. The ceremony was graced by Gurudev Shri Shri Ravishankar, Dr. H R Nagendra, the Chancellor

of S-VYASA and Chairman of AYUSH Task Force, Representatives of AYUSH, Karnataka and CCRAS (Central Council for Research in Ayurveda and Siddha), Endocrinologists and other Philanthropists.

This orientation program of five days (16th to 20th November 2016) will orient the therapists (YIDMs) in uniform methods for teaching the protocol and documentation of the required simple medical measurements for Diabetes.

The project will be implemented between December 2016 to June 2017 in 60 districts (1 to 7 / state depending on the population of the state) covering 30 states of the country by trained YIDMs (yoga instructors for diabetes movement') as field therapists (around 1200) monitored by senior research fellows (SRFs) and a state level IYA committee. The project is planned to screen around 2.5 lakhs population round the country and conduct yoga camps in selected villages and towns (selected by the randomization method by an international medical research team) covering a total of 48,000 pre-diabetics and diabetics with intensive follow up for 3 months. The results will be presented to the ministry by IYA research team before the next international day of yoga.



174th Batch of Yoga Instructors' Course (YIC), November, 2016



Madhumeha Niyantrita Bharata (MNB) Abhiyaan First Orientation Training Program at AOL



Inauguration of First Orientation Training Program at AOL

the Vishalakshi Mantapam in Art of Living International Center, Bengaluru, Karnataka. Vishalakshi Mantapam is the focal point of the Art of Living Ashram, where all the positive spiritual energies come together. Being the Training Partners of Indian Yoga Association (IYA), Art of Living (AOL) and S-VYASA jointly organized the program. Training Program is the part of National Program for Diabetes Control through Yoga based Lifestyle Change. The 70% of

Vishalakshi Mantapam

The first Orientation Training Program of Madhumeha Niyantrita Bharata (MNB) Abhiyaan took place on Nov 16 - 20, 2016 at

the participants arrived at the venue one day before, on 15 November 2016, in order to meet for fine-tuning of the agenda and coordination of facilitation. Further 30% trainers arrived the



Dr. H R Nagendra



Dr. R Nagarathna





Nov 20 - Valedictory Program

yoga protocol. Daily 6.30 pm to 8 pm was Satsang which consist of bhajan, scriptural understanding, and guided meditation techniques

Theory Sessions

Theory sessions the Introduction to diabetes and yogic management of diabetes was lectured by Dr. R Nagarathna, Yogic management of stress was addressed by Mr. Vasudeva Rao.

Further, yogic counselling, emotional and intellectual management of diabetes by Dr. Usha Kathyayani. The diet management for the diabetes was explained by Ms. Gauri Rokkam. The myths and case study about diabetes was delivered by Dr. Venugopal. The parameters, research aspects, and methodology of collecting data was explained by Dr. Rajesh S.K.

earlier morning of 16th Nov 2016.

Inauguration Day

On Nov 16, Morning 11 am the Training Program was inaugurated in the presence of Dr. R Nagarathna, Medical Director, Arogyadhama, VYASA, Dr. Nisha Manikantan, Founder Director at Sri Sri Ayurveda - Art of Living, Dr. B Amaranath, District Commandant, Home Guards, Bengaluru Rural District, Dr. Sudheer Deshpande, Former Registrar, S-VYASA University, and other dignitaries. Afternoon sessions started with overview and roadmap of the MNB by Dr. H R Nagendra, Chancellor, S-VYASA Yoga University, Bengaluru, India and Chairman, National committee for "Diabetes control program". Followed by sessions on the theory and practice of cyclic meditation was conducted by Dr. Gayathri Melnad.

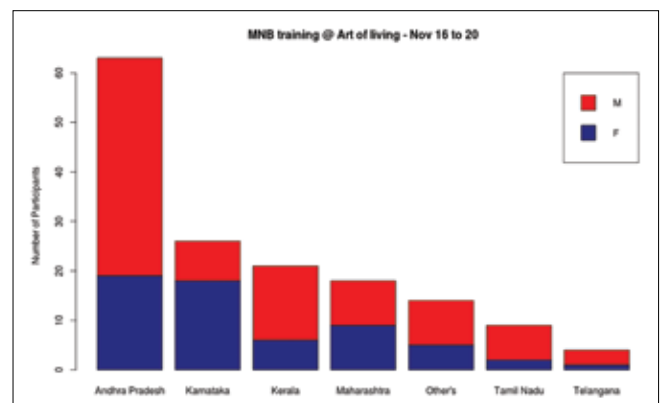
Valedictory Program

On Nov 20, 12 pm the training concluded with Valedictory Program. Dr.Vedamurthy Achar, Swamiji Hardik Vaishnavji, Dr. R Nagarathna, Ms. Kamlesh, Dr. Amaranath B, Yogi P Nageshwar Rao ji and Dr. Rajeev Kumar R was presented. Further, feedback was presented by few participants. The valedictory program end with a formation of human chain and pledge to serve Bharat Matha.

Day 2 to Day 4

Practical Sessions

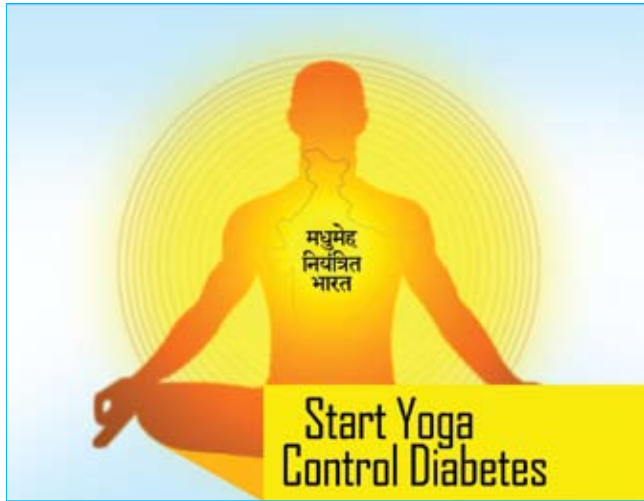
Every day morning sessions start at 6 am with training in the common Yoga Protocol for Type 2 Diabetes, which includes specific yogic postures, Suryanamaskar, Cyclic Meditation and Pranayama. Further, 11-12 noon was training sessions on chair yoga and pranayama. Further more, a training session was conducted between 4.30 pm to 6 pm on cyclic meditation and common



Participants: 155 (60 Male & 95 Female)



Madhumeka Niyantrita Bharat (MNB) Abhiyaan Multi Centric Matched Control Trial



Aim

1. To make SDM an acceptable national health program for 2017-18
2. To provide feasibility data before June 2017, the next international day of yoga.

Objectives

1. To conduct multi centric research to provide scientifically acceptable feasibility data from all sections of society.
2. To develop evidence for the effect of yoga in primary prevention (prevent conversion of pre dm to dm).
3. To observe the acceptability, benefits and feasibility of implementing yoga based life style change for management of DM2
4. Conduct camps with 3 months follow up in all districts - To provide evidence for feasibility of using voluntary and govt. network.

Methodology

Sample Size

Based on the available data of conversion of pre-diabetes to diabetes in one year, and six months, the statistical experts from NIMHANS have arrived at a number of 24,000 prediabetics as the required sample size for this study. We need

24,000 prediabetics from all parts of the country to show any significant reduction in conversion of pre-diabetes to diabetes within 3 months. In order to get this 24,000, we have to screen 2.4 lakh household population above the age of 20 years round the country.

Randomization and Selection of Places

We have identified 30 states combining some small states and UTs together. Selection of the number of districts to be covered was based on the population size reported in the 2011 census data (<http://censusindia.gov.in/>). A list of 30 states along with number of districts in each of this state has been provided in annexure 1. If the size of the state/ UT was small (less than ten districts) then it was clubbed with neighboring state.

Districts in each state were randomly selected based on the ratio of 1:10, i.e., one district would be selected from a state for ten available districts. Thus 60 districts were selected to get the adequate sample size. We need to screen 4000 persons (20-60 years of age) per district throughout India. The total number of persons to be screened is $60 \times 4000 = 2.4$ lakhs. Hence 2000 persons in urban and rural areas need to be screened in each district.

In each district as the expected prevalence of pre-diabetes and diabetes is about 10% each, we expect to have 24,000 diabetics and 24,000 prediabetics. Number of subjects for yoga and control groups per district = 200 T2DM, 200 pre-DM.

Selection of Rural Population

Door to door survey will be performed to screen 2,40,000 population in 60 districts selected randomly in all states. From each of these districts, rural (villages) and urban (towns & cities) areas have to be randomly selected. We prepared a list of villages of around 150 to 175 households in each districts (population



Message from
Hon'ble Prime Minister Shri Narendra Modi Ji



“Yoga is an invaluable gift of our ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change.

Let us work towards adopting an International Yoga Day.”

*Speech of Hon'ble Prime Minister of India
at 69th United Nations General Assembly on September 27, 2014*

In the second International Day of Yoga (IDY) on June 21st, 2016, in his speech, in Chandigarh the Hon'ble Prime Minister gave a call to all yoga institutions to work synergistically to Control Diabetes in India

ranging from 500 to 1000) to get about 20 T2DM and 20 pre-DM. To get 24,000 prediabetics and 24,000 diabetics we have randomly selected four villages in each district. Two villages for yoga (neighboring villages) and two villages for control separated by 25 km distance were selected.

Selection in Urban

Select any town in the state and cover 4000 population 2000 in one end of the town/ city and 2000 in another end of city/ town in the randomly selected district. One group will be for yoga and one group of 2000 will be control.

Design

- Two groups pre-post matched controlled multi-centric design
- Two assessment points: baseline and after 3 months
- Two groups: Yoga and wait-list Control

Inclusion Criteria for Diabetes Patients

- Gender: Both male and female
- Age range: 20-60 years
 - Diagnosis of T2DM or Pre-DM as per American Diabetic Association guidelines
 - Both Gender
 - With or without Hypertension
 - With or without obesity
 - Those on oral hypo-glycemic agents
 - Those on insulin
 - Fit subjects who can follow the yoga protocol

Exclusion Criteria for diabetes patients

- Those who are not able to follow the yoga protocol
- H/o of Cardiac illness or any other major complication of diabetes which disables the person
- H/o Major surgery in the past



List of Experts

SNo	Name	Designation and Place
1	Dr. Nagendra HR	Chancellor, S-VYASA, Bengaluru (Chairman)
2	Dr. Manoj Nesari	Adviser (Ay.), Ministry of AYUSH, New Delhi
3	Dr. Subodh Tiwari	Director, Kaivalyadhama, Lonavala
4	Dr. I N Acharya	Director, CCRYN, New Delhi
5	Dr. Ranjani Harish	Senior Scientist, Dr. Mohan's Diabetes Specialties Centre and Madras Diabetes Research Foundation Mohan's Diabetes Foundation, Chennai
6	Dr. Sulochana Bhat	In-charge, Regional Ayurveda Research Institute for Metabolic Disorders (RARIMD), CCRAS, Ministry of AYUSH, Bengaluru
7	Shri Srinivasan	Krishnamachari Yoga Mandiram, Chennai
8	Dr. Razvi	RIMYL, Iyengar Yoga, Pune
9	Dr. Nikhil Tandon	Dept. of Endocrinology and Metabolism All India Institute of Medical Sciences, New Delhi
10	Dr. R Nagarathna	Medical Director, VYASA, Bangalore
11	Dr. Ishwar Basavareddy	Director, MDNIY, New Delhi
12	Acharya Pratishtha	Mokshayatan Yog Sansthan, Yamuna Vihar, Delhi
13	Dr. V Mohan	Dr. Mohan's Diabetes Specialties Centre & Madras Diabetes Research Foundation, Chennai
14	Dr. Shirley Telles	Director of Research, Patanjali Research Foundation, Haridwar
15	Dr Shashidhar Doddamani	RO (S-2),RARIMD, Bengaluru
16	Dr. Ananda Balyogi Bhavanani	Yoganjali Natyalayam, Iyyanar Nagar, Pondicherry
17	Dr. Nisha Manikantan	Founder Director, Sri Sri Ayurveda, Bengaluru

- H/o Tuberculosis
- H/o Head injury, neurological or psychiatric disorder in the past

Inclusion criteria for pre diabetes

- Adults between 20-60 years
- Both genders
- Those who score >50 on IDRS
- Those with HbA1c between 5.7 and 6.4%
- Those who consent for the study

Exclusion criteria for pre diabetes

- Severe obesity
- Associated cardiac and other major illnesses
- Those who cannot do yoga

Intervention

- T2DM and Pre-DM subjects as per the initial survey.
- Yoga: protocol developed by national committee will be taught by trained teachers in 9 days yoga camp followed by weekly classes for next 81 days (total 90 days intervention) ; conducted by a motivated local trainer who will be trained in imparting the yoga protocol.
- He/she will be paid for this.
- Control: Conventional lifestyle advices. The group will be visited by the teachers once a week to document life style habits of the subjects as a group.



Project Summary

Phase 1 - Training and Screening Phase 2 - Running Camps Phase 3 - Follow-up - 3 months - 12 weeks Phase 4 - Report Writing	
a.	The sample survey numbers in each region: Total Subjects above the age of 20 years for screening: 240,000 persons We have clubbed small States into one so that we will have about 35 states Total Districts in all states: 65; we need about 4000 to be screened / district
b.	Out of the sample survey, the number of pre-diabetics / diabetics to be selected: 24000 DM and 24000 Pre-DMs
c.	Out of the selected pre-diabetics/ diabetics, how many people will be in each group: 12000, 12000 in control and Yoga in DM and PreDM
d.	Number of days of supervised training to the Yoga group: 9 days camps 2 Persons will conduct 2 camps in the month of December
e.	Number of days of follow-up training to the Yoga group and Targets: Weekly follow up for three months from January Control group also weekly follow up
f.	Manpower Requirement: Total 1200 YIDM; about 60 Districts in 30 States 20 YIDM / District; total SRFs 35; No of RA 2
g.	Time Line: Nov, 2016 - Training of YIDMs Dec, 2016 - mid Jan, 2017 - Screening Jan, 2017 - Apr, 2017: Completion of the 3 months Follow-up Apr, 30, 2017 - All Data to come May 30, 2017 - Analysis of Data, Report Writing June 10, 2017 - Presentation of Data

Assessments

- Waist Circumference
- Hip Circumference
- BMI • IDRS

Blood Tests

- FBS – for about 60,000 population
- PPBS for 50,000
- HbA1C for 50,000
- Hb%- for 60.000

Man Power and Duties

- Local trainer – YIDM trained teachers (2 per 20 Dm + 20 pre dm): 2 / ward = 1200
- Senior Research Fellow (1 per 40 teachers): 35
- Research associate: 2
- Duration: 6 months

Training for YIDM (Yoga Instructors for DM) – 5 days

- Total YIDM persons needed: 1200
- First Training Camp in Art of Living, Bengaluru, from Nov 16-20
- Second Training Camp in Brahmakumaris Retreat Center, Manesar, from Nov 21-25
- Similarly the Training Camps will take place in different parts of the Country

Duties of YIDM

One yoga teacher for 400 - 500 population – screening , teaching, and reporting to SRF or coordinators

1. Screening of persons

Total persons to be screened Per District: 4000

Rural 500 in each Village and Urban 4000 in 2



Flow Chart of the Project

Screening 2.4 lakh adults in 30 states 4000 adult population / distric	
Design in Rural Sector In each village there are two YIDM instructors who have to take care of 100 persons (50 diabetics and 50 pre-diabetics)	
Step 1	Names of the villages in your district with about 500 population (about 160-170 households) is provided by research team (house hold defined as one family that uses one kitchen) population select 4 such villages 2 neighboring villages for yoga and 2 neighboring villages for control separated by about 25 kms.
Step 2	Door to door survey to be done for all houses in the village Instructors will fill up the screening form for all adults above 20-60 yrs of age will take BP and waist circumference
Step 3	From the screening form - make a list of all diabetics in the village calculate number of persons with high score of IDRS >50 by totaling the answers to five questions. Out of about 500 such persons screened in entire village, we may get about 60 with high score and 40-50 known diabetics taking medicines.
Step 4	Arrange blood tests by calling local SRL persons after you have gathered about 100 persons. Blood test has to be done within one week after getting the selected group after screening. Mark exactly the number of subjects eligible to enter the study in yoga camps or control villages.
Design in Urban Sector In each ward (1000 adult population) there are two YIDM instructors who have to take care of 200 persons (100 diabetics and 100 pre-diabetics)	
Step 1	Name of one town or city selected by random numbers is provided Select two wards of 1000 population -one in north or west for yoga and one in south or east for control.
Step 2	Do survey of entire ward. Fill up screening forms. BP and waist circumference
Step 3	Select the high risk persons on IDRS, also select all known diabetics from entire ward we may get about 60 with high score and 40-50 known diabetics who are taking medicines
Step 4	Arrange blood test for all persons having high risk or known diabetes Blood tests should be done within one week after completing the screening of the ward. you should not leave any house in that ward
Step 5	Send the list immediately to central office and SRF who will tell you exactly who should be attending our camps and be followed up based on the inclusion criteria. <small>Screening and selection of subjects should be completed by the end of December in both rural and urban sector V important - fix the coding of the participants and use the same in all records and references very carefully as it has to be exactly the same for SRL blood tests</small>
Step 6	Arrange venue for camps for 20 yoga group Conduct 9 days camps 2 hrs / day Theory and practice
Step 7	Follow up classes once a week for yoga group Follow up documents to be filled at each weekly interaction
Step 8	Arrange one 2 hour class at 3 months Collect follow up data Arrange blood test next week
Step 9	Send all data to SRF and central office Introduce yoga in control village and ward



Wards of selected Towns or cities (500 in each Village or Ward); 1000 per Ward - 1 Ward for Control and 1 Ward for Yoga

Four YIDM has to screen 400 persons; Total $400 \times 1200 / 2 = 240,000$

One day two persons can take data on 20 persons. Then it needs 20 days! Say one month; whole December. By the end of December we should have all pre-data on 240,000 persons. RAs will start analyzing the data.

- Teaching - you have to motivate all Pre-diabetics and Diabetics in your area and see that they participate. Conduct camps or daily classes to cover the whole area in yoga village or yoga ward.

For one year with initial phase of 3 months. Arrange blood tests, check all parameters, document and send

- Keep the center informed of the progress on weekly basis. Your contact for any problems and reporting will be your local

co coordinator, SRF and our central team at sdm@svyasa.org

SRF

One SRF for each state - VYASA trained faculty with PGDYT or above-plan, arrange, co-ordinate and monitor camps and follow up for 3 months. Conduct daily meetings on phone and weekly meetings physically. Report to the center on daily basis.

Duties of SRFs

- 1 SRF per state will look after 40 YIDM, give guidance, necessary support, answer all their queries, solve their problems, monitor the practices, data taking, progress of Camps, follow up etc. Put all data into computer from hard copies into Excel, Check for correctness and send to RA for analysis
- Each SRF will handle 1600 DM and Pre DM persons
- Districts in each State: 1-7

National Diabetes Control Program (Madhumeha Niyantrita Bharat Abhiyaan)

Ministry of AYUSH, Govt of India, New Delhi

Name and Contact Details of SRFs in various States of India

SNo	States	Name of SRF's	Cell
1	Andhra Telangana	Mr. Krishna Manasa	91605 77793
2	Assam	Ms. Dheepa Chandarkar	80110 90045 94357 08835
3	Gujarat	Mr. Viral Raval	94096 24572
4	Jammu & Kashmir	Dr. Guruprasad	70066 34633
5	Karnataka	Mr. Sanjay	89516 38709
6	Maharashtra	Dr. Amit Mishra	98204 87697
7	Manipur / Seven Sisters	Mr. Ganga	97740 77155
8	Madhya Pradesh & Chattisgarh	Dr. Lata R S Dr. Bhupen Saxena Dr. Purnima Datey	94251 26644
9	Punjab / Chandigarh	Dr. Purnemdu Sharma	96724 22869
10	Rajasthan	Ms. Lara Sharma	94144 99727
11	Uttaranchal	Mr. Sanjay	--
12	Uttar Pradesh	Mr. Upadhyay	70546 32242
13	West Bengal	Ms. Priti Nandi	94749 14522
Remaining SRFs List will follow			



- SRF will be trained in the training camps for 5 days on practices, theory etc on one hand and other aspects for data collections
- Will ensure that the Camps will start soon after screening without waiting for completion of all Screening.
- Get the full screening data by Mid January, or latest by end Jan, 2017
- SRFs will go to each camp - one or two in a day - total 40 Camps to be covered in one month
- SRF will visit each Village (4-6) and each Ward (4-6) in their state during this month and check
- One day one or two - total 11-12 days
- Communicate with each of the 40 YIDM (phone, SMS and or email) every day and guide them
- Get the data by email or SMS; check for correctness and give comments
- Communicate with each YIDM with CC to their AYUSH email on a daily basis
- By end December each SRF should have all pre-data of their state, check and send to RA. One RA will be in charge of 15 SRFs
- SRFs will have their offices in Directorate of AYUSH
- Essentially one SRF has to take care of 40 YIDM persons
- Director (Member Secretary of the State DMCOOP Committee) and in-charge RA in Prashanti Kutiram by
- Meeting at the end of Camps in State HQ of AYUSH to be organized
- Director should be present; SRF will report
- Preferably all members of State Level Committee should be present
- Discussions and plan for the future 3 months follow up
- Planning the whole process with Dr. Nagarathna and Dr. Nagendra
- One RA will take care of 15 SRFs
- Office in Prashanti Kutiram campus
- Organize Meetings at National Level for this Project in Prashanti or Delhi
- Keep all records fully in Computer and use all Security Measures for safe data storage
- Analyze the data on a regular basis and report to Dr. Nagarathna and Dr. Nagendra
- Write progress reports every week and communicate to the State Level Committees and National Level Committee and at the end of Phases 1,2, 3 and 4
- Final Consolidated Project Report
- Write Research Papers for Publications

Duties of RA

- Participate in Planning and Design
- 2 RAs for the whole project in central office.
- Keep in touch with committee members organize meeting of state level when possible attend state meetings
- Communication with state level SRFs on daily basis

State Level Committee

- Meeting before start of Camps in State HQ of AYUSH
- Director should be present; SRF will report
- Preferably all members of the State Level Committee should be present
- Discussions and Plan for the future 1 month for camps

Methods

Camps

- Total Number of Yoga camps per District: 200 urban, 200 rural / 20 = 20 Camps
- Total number of YIDM in each district: 20
- Each camp will be run by 2 YIDM - 9 days
- 4 camps to be completed in one Month - Mid December to mid January
- Either in the morning or in the evening
- We will start the Camps soon after screening without waiting for completion of all Screening.
- We will have the full camp data by Mid January or latest by end Jan, 2017
- Essentially one YIDM person has to take care of 20 persons with yoga and 20 persons with no yoga.



Population for Intervention CONTROL (800) + YOGA (800) Groups / District								
Sector	400 pre DM			400 DM2			Yoga Camps / district (9 days)	No. of pts / camp DM & pre DM
Region	Total	Yoga	Control	Total	Yoga	Control		
Rural	200	100	100	200	100	100	10	20
Urban	200	100	100	200	100	100	10	20

Follow - up

- Weekly once they have to meet for 2 hours
- Rest of the days during the week, they have to talk to them and inspire them to do the practices.
- Check their practices; Collect the data needed
- Total three months: 12 weeks
- Feb, March and April; collect at the end of 3 months
- We should have all data by end April
- SRFs will compile all data and give the same to RA for Analysis, etc

From May up to June 21st

- YIDM will teach yoga module to Control - 9 days camp as done for Yoga group?
- They will continue to make Yoga group to practice
- And allow them to teach others who have DM, etc
- Weekly meetings will continue and data will be recorded
- Prepare both Yoga and Control groups for the demonstration on June 21st in their own Villages / Wards - organize the same wherever possible in a big way
- Each DM and pre-DM person should teach at least 10 persons - total number of persons for demonstration will be $10 \times 400 \times 60 = 2.4$ lakh population
- Collect the data of number of persons demonstrated on June 21st, 2017 and send to SRFs
- They can even have normal persons to

practice - that can increase the number

Time Lines

- **Nov, 2016** - Training of YIDMs
- **Dec, 2016** - mid Jan, 2017 - Screening
- **Jan, 2017 - Apr, 2017** - Completion of the 3 months Follow-up
- **Apr, 30, 2017** - All Data to come
- **May 30, 2017** - Analysis of Data, Report Writing
- **June 10, 2017** - Presentation of Data

Expected outcome

1. Screening data on 2.4 Lakhs population, prevalence of DM and pre-diabetics from randomly selected population from all states in the country and the related details of DM and pre-diabetic persons
2. Large scale awareness about DM and its prevention by Yoga for creating Madhumeha Niyantrita Bharata
3. Prevention of many other NCDs
4. Percent Conversion of pre-diabetics to Diabetics in yoga versus control groups in 3 months which is most needed to establish primary prevention
5. Comparison of changes in HbA1c levels in about 10,000 Diabetics between Yoga and control groups followed up for 3 months
6. About 4 publications in high impact journals
7. Improved Quality of life, reduction of complications of DM and
8. Based on the evidence based results from this



mission, paving way for nation-wide DM control modality through Yoga

Responsibilities of the Institutes Participating in the Research Work

- SVYASA - Technical Support, Documentation, Analysis of Data and Publications
- Other major Yoga Institutions - Recruitment of Yoga Instructors, Membership of State Committees, Participation in National Committee of IYA

Monitoring Mechanism

- The SRFs will monitor the YIDM persons in each state
- The RAs will monitor the SRFs

- The State level committees will monitor the progress, give adequate support for the successful implementation of the program; the technical committee will monitor the SRFs through regular reporting
- The national level committee of IYA) will support all State level committees and the main technical committee will monitor the research outcome

Final Output

Announcement of the results in 3rd IDY by the PM on June 21st,2017 about the achievements of DM Control Program conducted throughout the country giving new direction about the usefulness of Yoga based life style protocol developed by the National Committee of AYUSH

Second Orientation Training Program Brahmakumaris Retreat Center, Manesar | from Nov 21-25



Inaugural Ceremony



Training Session





Inauguration of Center for Energy Research



Inauguration by Guruji

Dr. Prahlada Ramarao, (Director, Center for Energy Research and Advisor to Chancellor) welcomed and thanked all, who supported for the development of the Energy Research Center. Guruji explained the need of Energy to the Nation as well as to the world and Energy center at S-VYASA. Dr. G N Bhat, Dean, Division of Yoga & Spirituality was also present.

A small group is working on "Cold Fusion" at the "Center for Energy Research" since September 2015. Cold fusion / Low Energy Nuclear Reaction (LENR) is fusion of small atoms in the lattice of Nickel or Palladium and which in turn produces huge amount of Energy in the form of heat.

The group has performed more than 100 experiments till now, out of which nearly 5 experiments have shown positive results. The team is going to continue the research to improve the consistency and efficiency of the reactor.




Puja performed - Dr. G N Bhat, Dr. Prahlada Ramarao and Guruji - can be seen

Prashanti Kutiram, Nov 16: Guruji inaugurated the "Center for Energy Research" under the Division of Yoga and Physical Sciences.



Staff - Energy Research Center and others with Guruji



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Inauguration of Sambhram Centre for Indian Management



Bengaluru, Oct 25: Dr. H R Nagendra, Chancellor, S-VYASA Yoga University inaugurated Sambhram Centre for Indian Management (SCIM) at Sambhram School of Management, Jalahalli East. During the occasion Dr. K C Mishra, Director, SSM, Prof. Subhash Sharma, Director, Indus Business Academy, Dr. K B Akhilesh, IISc were also present.

3rd Pune International Yoga Festival
13th, 14th, & 15th, Jan. 2017

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61^{ನೇ} ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ ಸಂಭ್ರಮಾಚರಣೆ



ಸಿರಿಗನ್ನಡಂ ಗೆಲ್ಲೆ, ಸಿರಿಗನ್ನಡಂ ಬಾಳ್ಗೆ
ಕನ್ನಡವೇ ಸತ್ಯ, ಕನ್ನಡವೇ ನಿತ್ಯ

1-11-1956ರಲ್ಲಿ ಮೈಸೂರು ಪ್ರಾಂತವು ಕರ್ನಾಟಕ ರಾಜ್ಯವಾಗಿ ಪರಿವರ್ತನೆಯಾಯಿತು. ಈ ದಿನವನ್ನು ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ ವಾಗಿ ಆಚರಿಸುವುದು ಈ ನಾಡಿನ ವಾಡಿಕೆ.

ಪ್ರಶಾಂತಿ ಕುಟೀರದಲ್ಲಿ ಈ ಕಾರ್ಯಕ್ರಮವನ್ನು ನವೆಂಬರ್ 14 ನೇ ತಾರೀಖಿನಂದು ವಿಜೃಂಭಣೆಯೊಂದ ಆಚರಿಸಿದೆವು. ಬೆಳಿಗ್ಗೆ 8 ರಿಂದ 9 ರ ವರೆಗೆ ನಡೆದ ಮೈತ್ರಿಮಿಲನದಲ್ಲಿ ಹನುಮಾನ್ ಚಾಲೀಸಾ, ಭಗವದ್ಗೀತಾ ಪಠಣೆ, ಮತ್ತಿತರ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಕುಲಪತಿಗಳಾದ ಪ್ರೊ ರಾಮಚಂದ್ರ ಭಟ್ ಅವರು ಕನ್ನಡದಲ್ಲಿ ಮೈತ್ರಿಮಿಲನವನ್ನು ಉದ್ದೇಶಿಸಿ ಮಾತನಾಡಿದರು. ಹುಕ್ಕೇರಿ ಮಠದ ಸ್ವಾಮೀಜಿಗಳಾದ ಶ್ರೀಮನ್ನಿರಂಜನ ಪ್ರಣವ ಸ್ವರೂಪಿ ಸದಾಶಿವ ಮಹಾಸ್ವಾಮಿಗಳು ಉಪಸ್ಥಿತರಿದ್ದರು.

ಕನ್ನಡ ಧ್ವಜಾರೋಹಣ

ಬೆಳಿಗ್ಗೆ 8-45 ಕ್ಕೆ ಕನ್ನಡ ಧ್ವಜಾರೋಹಣ ನಾಡಗೀತೆಯಿಂದ ಪ್ರಾರಂಭವಾಯಿತು. ವಿ.ವಿ ಕುಲಾಧಿಪತಿಗಳಾದ ಡಾ|| ಎಚ್ ಆರ್ ನಾಗೇಂದ್ರ, ಕುಲಪತಿಗಳಾದ ಪ್ರೊ ರಾಮಚಂದ್ರ ಭಟ್, ಹಾಗೂ ಪರಮ ಪೂಜನೀಯ ಶ್ರೀಮನ್ನಿರಂಜನ ಪ್ರಣವಸ್ವರೂಪಿ ಸದಾಶಿವ ಮಹಾಸ್ವಾಮಿಗಳು ಸಹ ಪ್ರಾಧ್ಯಾಪಕರಾದ ಎಚ್.ಕೆ ರಾಜೇಶ್ ಮತ್ತು ಡಾ|| ಸುಶ್ರುತರವರು ಉಪಸ್ಥಿತರಿದ್ದರು. ಅತಿಥಿ ಭಾಷಣವನ್ನು

ಮಾಡಿದ ಸ್ವಾಮೀಜಿಯವರು ಕನ್ನಡವನ್ನು ಮತ್ತು ಕನ್ನಡ ಧ್ವಜವನ್ನು ಮೇಲೆತ್ತುವ ಪ್ರಯತ್ನವನ್ನು ಪ್ರತಿಯೊಬ್ಬರು ಮಾಡಬೇಕೆಂದು ವಿವರಿಸಿದರು. ನಂತರ ಸಿಬ್ಬಂದಿ ವರ್ಗದ ಕಾರ್ಯಕರ್ತರಿಗೆ ಹಾಗೂ ಅವರ ಮಕ್ಕಳಿಗೆ ಗೌರವಾರ್ಪಣೆ ನಡೆಯಿತು. ನವೆಂಬರ್ 14 ವಿಶ್ವಮಧುಮೇಹ ದಿನ, ಅದನ್ನು ಕುರಿತು ಡಾ. ಎಚ್ ಆರ್ ನಾಗೇಂದ್ರ ಜಿ ಯವರು ಮಾತನಾಡಿದರು.



ಶೋಭಾಯಾತ್ರೆ ಮತ್ತು ಜಾನಪದ ಕಲಾ ನೃತ್ಯಗಳು

ಜಾನಪದ ಕಲೆಗಳಾದ ಡೊಳ್ಳು ಕುಣಿತ, ತಮಟೆ ವಾದ್ಯ, ವೀರಗಾಸೆ ನೃತ್ಯದ ಜೊತೆಗೆ ಕನ್ನಡ ರಥಕ್ಕೆ ಚಾಲನೆ ನೀಡಲಾಯಿತು. ನಂತರ ಶ್ರೀ ಶ್ರೀ ಶ್ರೀ ಪ.ಬ್ರ ಡಾ|| ಪಟ್ಟದ ರಾಜೇಶ್ವರ ಶಿವಾಚಾರ್ಯ ಸ್ವಾಮಿಗಳರವರ ಆಗಮನದೊಂದಿಗೆ ಜಾನಪದ ನೃತ್ಯಗಳು ಮುಂದುವರೆದವು. ವಿದ್ಯಾರ್ಥಿಗಳು ಮತ್ತು ಸಿಬ್ಬಂದಿ ವರ್ಗದವರು ಸೇರಿ ಆನಂದಿಸಿದರು. ಶೋಭಾಯಾತ್ರೆಯು ಸಂಸ್ಕೃತಿಭವನದಿಂದ ಪ್ರಾರಂಭವಾಗಿ ಯೋಗ ವಿನಾಯಕ ಮಂದಿರ, ಮಂಗಳ ಮಂದಿರದ



ಮಾರ್ಗವಾಗಿ ಆರೋಗ್ಯಧಾಮದ ವರೆಗೆ ಮುಂದುವರೆಯಿತು. ಈ ದೃಶ್ಯವು ಅಂತ್ಯತ ರಮಣೀಯವಾಗಿತ್ತು.

ಭೋಜನ

ರಾಜ್ಯೋತ್ಸವದ ಅಂಗವಾಗಿ ವಿಶೇಷ ಭೋಜನದ ವ್ಯವಸ್ಥೆ ಮಾಡಲಾಗಿತ್ತು. ವಿಶೇಷವಾಗಿ ಕರ್ನಾಟಕದ ಮುಖ್ಯ ಬೆಳೆಯಾದ ರಾಗಿ ಮತ್ತು ಅಕ್ಕಿ ಇವುಗಳ ರೊಟ್ಟಿ, ಮೈಸೂರು ಪಾಕ್ ಮತ್ತು ಕಾಯಿ ಪಲ್ಯಗಳನ್ನು ಎಲ್ಲ ಪ್ರಶಾಂತಿ ಪರಿವಾರದವರು ಸವಿಯುವ ಮೂಲಕ ಆನಂದವನ್ನು ವ್ಯಕ್ತಪಡಿಸಿದರು.



ಸಭಾ ಕಾರ್ಯಕ್ರಮ

ಸಭಾ ಕಾರ್ಯಕ್ರಮವು ಪರಮಪೂಜ್ಯ ಶ್ರೀಮನ್ನಿರಂಜನ ಪ್ರಣವಸ್ವರೂಪಿ ಸದಾಶಿವ ಸ್ವಾಮಿಗಳು, ಡಾ|| ಎಚ್.ಆರ್ ನಾಗೇಂದ್ರ, ಪ್ರೊ. ರಾಮಚಂದ್ರ ಭಟ್, ಚಿತ್ರನಟಿ ರಾಧಿಕಾ ಚೇತನ್, ಡಾ|| ಎಂ.ಕೆ



ಶ್ರೀಧರ್, ಡಾ|| ಜಿ.ಎನ್ ಭಟ್, ಡಾ|| ಸಂಜೀವ ಪಾತ್ರ ಇವರ ಉಪಸ್ಥಿತಿಯಲ್ಲಿ ಕಾರ್ಯಕ್ರಮದ ಉದ್ಘಾಟನೆಯು ನಡೆಯಿತು.



ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳು

ಸಂಜೆ 5 ಗಂಟೆಗೆ ಸರಿಯಾಗಿ 'ಜೋಗದ ಸಿರಿ ಬೆಳಕಿನಲ್ಲಿ' ಎಂಬ ಸುಮಧುರವಾದ ಹಾಡಿನೊಂದಿಗೆ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ ಪ್ರಾರಂಭವಾಗಿ, ಪುಟಾಣಿಗಳ ನೃತ್ಯ, ಗಾನ, ನಾಟಕ, ದೃಶ್ಯವಳಿಗಳು ಮುಂದುವರಿದವು. ರಾಜ್ಯೋತ್ಸವದ ಅಂಗವಾಗಿ ನಡೆದ ಆಟೋಟ ಸ್ಪರ್ಧೆಗಳ ಬಹುಮಾನವಿತರಣೆಯೊಂದಿಗೆ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳು ಮುಗಿದವು. ರಾತ್ರಿಯ ಊಟದ ವ್ಯವಸ್ಥೆಯನ್ನು ಚಂದಿರನ ಬೆಳದಿಂಗಳಲ್ಲಿ ಮಾಡಲಾಗಿತ್ತು. ಸಮಗ್ರವಾಗಿ ರಾಜ್ಯೋತ್ಸವವು ಹಬ್ಬವಾಗಿ ಆಚರಿಸಲ್ಪಟ್ಟಿತ್ತು.





Yoga Conference for World Diabetes Day



Inaugural Ceremony of the Conference: Mrs. Paramita Tripathi, Acting High Commissioner, Indian Embassy, Singapore, Chancellor of S-VYASA, Dr. H R Nagendra and other dignitaries

Singapore, Nov 13: Vyasa Yoga Singapore in association with AYUSH Ayurveda, Singapore organised Yoga Conference for “World Diabetes Day” at MDIS University.

Chief Guest was **Mrs. Paramita Tripathi**, Acting High Commissioner, Indian Embassy, Singapore whereas Keynote Address was delivered by **Padma Shri Dr. H R Nagendra**, Chancellor, S-VYASA, Bengaluru. Other Speakers were **Mr. Kimura**, Yoga Expert, Japan, **Dr. Suresh R Varier**, Ayurveda Consultant, Madurai, **Dr. Ravi Kumar**, Diabetologist, Madurai, **Dr. Santosh Varsha**, Ayurvedacharya, Singapore, **Dr. Manjunath N K**, Yoga Research Analyst, S-VYASA, Bengaluru.

Mr. Manoj Thakur and **Mr. Vasudev Khialani** of Vyasa Yoga, Singapore, **Dr. Ajith Kumar**, Founder, Ayush Ayurveda, Singapore, **Dr. Mala Kapadia** and **Mr. Ajay Sharma** were also present on the occasion.

More than 300 people participated in the conference. There was a special Yoga practice session for Diabetics as well as practice session of MSRT and Chair Yoga. Advance Yoga demonstration and practical sessions were also led by Dr. Kuldeep K Kushwah, Archana Amlapure, Gurdev Sharma and Prashant.

Conference concluded with Panel Discussion in which all the speakers gave direct answers to questions of participants. Delicious lunch in accordance with Ayurvedic diet concept was served to all participants.



Panel Discussion:
Chancellor of S-VYASA,
Dr. H R Nagendra Ji
and other Panelists



VYASA Houston observes World Diabetes Day

■ Raghu Iyer



Participants deeply involved in Yoga Practice

“The World Diabetes Day” was commemorated on the 12th of November 2016 in Houston by VYASA, a research based yoga organization. The event was hosted at India House with a great success with over 100 participants benefiting from it. Two prominent Houston doctors spoke at the event about the nature of diabetes, how and why it affects people and how YOGA can help manage and mitigate Diabetes. The

information lecture session was followed by the actual practice of yoga specifically helpful for diabetes. The event was brought to close with traditional prayer offering thanks and was followed by delicious Sattvic lunch sponsored by local couple, the Jilledimudi family.

The event was thrown open at 9 am sharp by the traditional lamp lighting ceremony. The lamp was lit by the chief guest Dr. Manish Rungta and the speaker Dr. Ulupi Choksi. Dr. Rungta, who is a gastroenterologist and the present president of India House Inc., offered the Key note address and spoke about the anatomical causes of Diabetes and how it has become a veritable epidemic in our modern society. The key note address was followed by a brief overview of VYASA by Shri Rajeev Limaye, a VYASA yoga teacher. Various activities of VYASA which range from Yoga research at M D Anderson Cancer center on different cancer like Breast,



VYASA Organisers Team



brain, lung etc., Stop Diabetes Movement (SDM) an ambitious project to control and manage diabetes throughout India and USA, providing professional YOGA Certificate Courses, yoga therapy certification courses and the Harris county Juvenile probation department were the highlights that was gracefully presented by Shri Limaye.

The main speaker Dr. Choksi who followed the VYASA overview spoke elegantly on the basics and understanding of Diabetes and the role of yogic lifestyle, left no doubt in the minds of the attendees as to the lifestyle choices that result in Diabetes and the role of yoga to control and manage the same. She also highlighted the genetic propensity of the South Asians for Diabetes and that they have to be doubly careful of their diet and lifestyle choices. An interesting result of the research she shared with the attendees was the fact that Stress has a role to play in the development of Diabetes; which is where she tied in the use of YOGA and the tremendous benefits it offers for the management of this disease. Dr. Choksi is an endocrinologist from Woodlands and the past president of American

Association of Diabetes.

The presentations were followed by actual YOGA therapy protocol specifically for the control and management of Diabetes for a full 75 minutes a combination of postures, pranayama, meditation and relaxation. This practice was based on the research from VYASA at Bangalore, India. The program was kindly sponsored by Dr. Durga and Sushila Agrawal. Various upcoming programs of VYASA such as the next YOGA Instructors class starting January 2017 and the next Stop Diabetes Movement (SDM) camp starting in February 2017 were also announced before adjourning for lunch. Thus the event that lasted half a day came to a close.

VYASA Houston & Sewa international have been jointly organizing Stop Diabetes movement – SDM, a community based yoga research program for managing Diabetes through yoga in and around greater Houston area. Over 100 Diabetic participants have benefited from this already. For more information on Stop Diabetes camps please contact vyasahouston@gmail.com or visit www.vyasahouston.org.



Agreement to open a New Center of Vivekananda Yoga Global (VYG) in Seoul, South Korea.
Mr. Park, Mrs. Eunjoo Kim, Dr. H R Nagendra, Mr. Dayanand Swamy, Dr. Manjunath N K, Dr. Vasudha, Mr. Chang Hakked - *can be seen*

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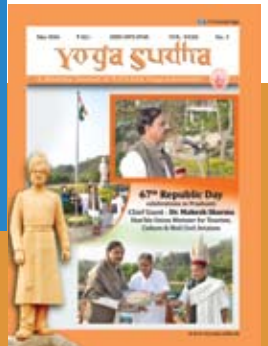
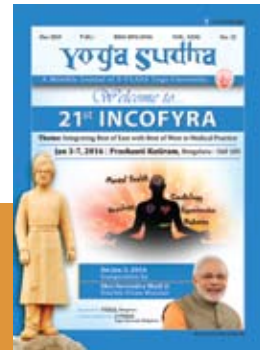
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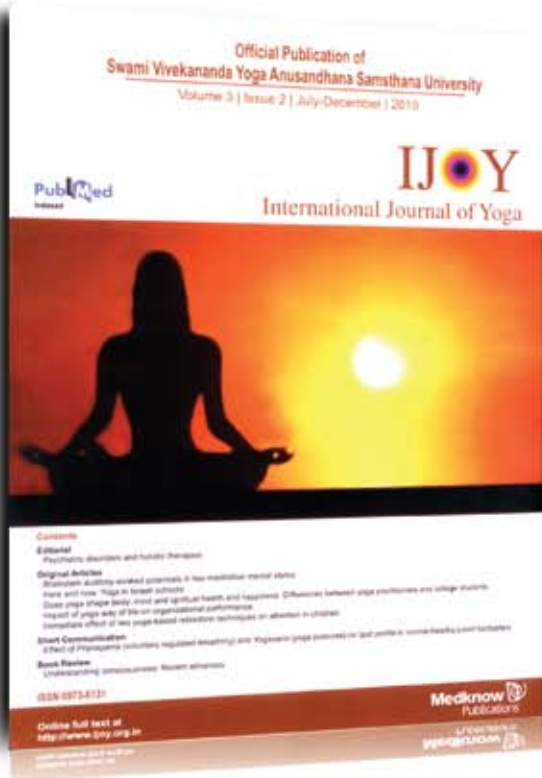
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

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