

# YOGA SUDHRA

A Monthly Journal of Swami Vivekananda Yoga Prakashana



p4

**"Ano bhadrah kratavo yantu vishwatah"**

"Let noble thoughts come in from all directions of the universe"

- Rig Veda



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Vivekananda Vibhuti Award to Dr. Nagaraja



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Happy Happenings in Jubilant July

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# योगसुधा

Vol.XXVIII No.8 August, 2012

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# EDITORIAL

## Higgs Boson: A new insight towards Creation

A step forward to understand our physical universe took shape when scientists in the CERN research centre near Geneva on July 4, Wednesday unveiled their latest findings in their search for the Higgs Boson, a subatomic particle key to the formation of stars, planets and eventually life after the Big Bang 13.7 billion years ago.

### WHAT IS THE HIGGS BOSON?

The particle is theoretically, first posited in 1964 by six physicists, including Briton Peter Higgs. It is the last missing piece of the Standard Model, the theory that describes the basic building blocks of the universe.

### WHAT IS THE STANDARD MODEL?

It is the best explanation physicists have of how the building blocks of the universe are put together. It describes 12 fundamental particles, governed by four basic forces. But the standard Model only explains a small part of it. Scientists have spotted a gap between what we can see and what must be out there. That gap must be filled by something we don't fully understand, which they have dubbed 'dark matter'. Galaxies are also hurtling away from each other faster than the forces we know about. This gap is filled by 'dark energy'. This poorly understood pair are believed to make up a whopping 96 per cent of the mass and energy of the cosmos. Confirming the standard Model, or perhaps modifying it, would be a step towards a 'theory of everything' that encompasses dark matter, dark energy and the force of gravity, which the Standard Model does not explain.

### HOW WAS THE UNIVERSE FORMED?

Scientists believe that in the first billionth of a second after the Big Bang, the universe was a gigantic soup of particles racing around at the speed of light without any mass to speak of. It was through their interaction with the Higgs field that they gained mass and eventually formed the universe.

### WHAT IS THE HIGGS FIELD?

It is a theoretical and invisible energy field that pervades the whole cosmos. Some particles, like the photons that make up light, are not affected by it and therefore have no mass. Others find the field drag on them as porridge drags on a spoon.

### HOW DO SCIENTISTS SEARCH FOR IT?

They use the Large Hadron Collider, the world's biggest and most powerful particle accelerator, a 27 km looped pipe that sits in a tunnel 100 meters underground on the Swiss/French border. Two beams of protons are fired in opposite directions around it before smashing into each other to create many millions of particle collisions every second in a re-creation of the conditions a fraction of a second after the Big Bang, when the Higgs field is believed to have 'switched on'.

### WHAT IS THE THRESHOLD FOR PROOF?

To claim a discovery, scientists have set themselves a target for certainty that they call 5 sigma. This means that there is a probability of less than one in a million that their conclusions from the data harvested from the particle accelerator are the result of a statistical fluke. The two teams hunting for the Higgs at CERN, called Atlas and CMS, now have twice the amount of data that allowed them to claim ' tantalizing glimpses ' of the Higgs at the end of last year and this could push their results beyond that threshold.

### THE HIGGS PARTICLE THEORY:

Nicknamed the 'God particle', the Higgs particle was proposed in the 1960s by British physicist Peter Higgs as a way of explaining why other particles have mass. The Higgs particle is theoretically responsible for mass, without which there would be no gravity and no universe. CERN has been attempting to find evidence of its existence.

Protons are composed of even smaller particles: three quarks held together by gluons. Protons are accelerated at 99.9999991 percent of the speed of light in the accelerator. Quarks and gluons inside the protons collide and explode with enough energy to create the Higgs particle. The Higgs particle has 100 to 200 times the mass of a proton and will last less than a millionth of a billionth of a billionth of a second before decaying into a spray of other particles. Evidence for the Higgs particle will be found in the tell-tale spirals and streaks left in large Hadron Collider detectors by the particles created as it disintegrates CERN'S LHC.

### THE INDIA CONNECTION DOES NOT STOP AT BOSE:

Scientists from all over the country were at the Saha Institute of Nuclear Physics in Kolkata on Wednesday, watching a live telecast from Geneva and cheering Indians' contribution to the discovery of a particle consistent with the fabled Higgs boson. There was a cheer also in Mumbai's Tata Institute Fundamental Research where Saranya Ghosh, 23 and Rajdeep M Chatterjee, 24 the two young PhD students at TIFR, were back from CERN in Geneva only days ago and rejoiced in the "proud moment for us all". TIFR lead the CMS experiment; SNIP director Milan K Sanyal said it involves 4,000 scientists from over 30 countries. And five of them were from SINP, working on it for more than a decade."

### ANNAMAYA KOSHA AND BEYOND:

With these facts, now it is clear that our Physical universe, Annamaya Kosha still needs further understanding about creation. Then scientists will have to go towards the discovery of Prana and its manifestations in higher Koshas.

*Dr H R Nagendra*



## ब्रह्मसूत्राणि (Brahmasūtra)

- Dr. Ramachandra Bhat

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

तत्तु समन्वयात् ॥ १ १४ १४

Tattu Samanvayāt ॥ 111414

But that (*Brahman* is to be known only from the Scriptures and not independently by any other means is established), because it is the main purpose (of all Vedantic texts).

It is mandatory in the *Shastric* tradition to substantiate everything by *Lakshana* (characteristic trait) and *Pramana* (proof). Once some thought is presented, its dimension, definition and scopes must be cleared. It will be followed by probing and proving.

This very process is called *Pareeksha*. At this stage the thought process to be followed must be sanctified by the study of *Shastra*. *Samavaya* stands for comprehensive and harmonious process of thinking and feeling.

In the present context, this word implies the integrating undercurrent of the *Upanishads*. The first aphorism here tells about *Brahman*. This is the central theme of this whole treatise. According to *Vedanta* there are two main Streams in *Vedas*. The first one is *Karma*. *Achaarya Jaimini* takes this parameter for understanding and interpreting the *Vedas*. For him *Karma* is the cream of the whole Vedic lore.

“आम्नायस्य क्रियार्थत्त्वात् आनर्थक्यमतदर्शानाम् .....”. This aphorism of *Jaimini* makes this point clear. The *Veda* goes on giving various sermons for good deeds to be followed. In the same time it emphatically gives the direction for giving bad deeds like *Pancha Maha Patakas*. So, *Dharma* and *Karma* are the central themes of the *Vedas* for *Jaimini*.

But, for *Badarayana* the ultimate truth is *Brahman*. *Vedanta* is the culmination of the *Vedas*. *Vedanta* is the guiding torch for understanding of *Vedas*. *Brahman* is the cream and stream of *Arshadhara* for him.

He examines this point in terms of linguistic science. There are two types of meaning to the *Vedas*. First one is apparent meaning. The second one is Intended Meaning (*Tatparyartha*). *Tatparyartha* is very vital as per the *Vedas* are concerned. *Samanvaya* pre-requires the second type of semantic analysis.

*Poorva Mimamsa*, branch of Philosophy, gives six types of parameters for measuring it. First of all, one must examine the initiative portion of the text to ascertain the purpose of the text. Later on, one must examine the concluding portion of it. *Upakrama* and *Upasamhara* are the words for the same. If we examine the whole *Vedanta*, we come to know that the whole text is based on *Brahman*. While performing *Karma* also insight about *Atman* gives special impetus for it. Without the insight of *Atman*, any action leads to boredom. While meditating, the insight of *Brahman* helps the meditator to go up to mental sublimation.

In the whole Vedic literature *Atman* or *Brahman* are the understanding formulas.

This very understanding takes *Sadhakas* to the ultimate result with *Moksha*.

*Karma* formula is generally known to all. *Brahman* is extraordinary in nature. This novel formula is a special value added to *Brahman*.

The whole gamut of the *Vedas* propounds a journey from known to unknown. Without a spiritual awareness no auspicious activity is possible. Mere *Karma* (activity alone) without awareness of consciousness, takes us to materialistic end which is a pitfall in the human journey.

So, the awareness of *Brahman* is the ultimate of all the *Hindu* scriptures according to *Veda Vyasa*. This *Sutra* summarizes this theory.

to be continued...



# WORLD YOGA DAY CELEBRATIONS

21<sup>st</sup> to 24<sup>th</sup> June 2012 at Portugal

Hundreds of Yoga enthusiasts from all over the world had gathered from 21<sup>th</sup> June to 24<sup>th</sup> June at the city of Beja/Pax Julia at Portugal to commemorate the WORLD YOGA DAY - 2012, Organized by the YOGA PORTUGUESE CONFEDERATION, with the support of the CITY HALL OF BEJA, INATEL FOUNDATION and the PORTUGUESE OLYMPICAL COMMITTEE.

The representatives of all major religions and philosophies, all major Yoga paramparas, all major Yoga schools and organizations of the world had joined hands in the name of Yoga and peace, and blessed the planet together, on the firm goal to appeal their leaders to stop the bloodshed in humanity (in the name of a creative Principle), emphasizing the richness of diversity, tolerance and making the appeal that we highlight what we have in common, in the name of Human Fraternity. H.H.

Jagat Guru Amrta Súryánanda Ji Mahá Rája - President of the Yoga Portuguese Confederation is the main force behind the whole idea and the event.



Canon António Domingos Pereira - General Vigar of Beja's Diocese - in representation of the Bishop of Beja and the Catholic Church; Father Robin - representing India's Catholic Church; Guruji Dr. H.R. Nagendra, Vice Chancellor of S-VYASA Yoga University and former scientist of NASA, representing India; Imam Umer Ahmed Ilyasi, Chief Imam of India and President of the All India Organization of Imams and Mosques; Abd Al-Latíf representative of the Sufi Order Naqshbandi; Dr. Mary Nelson - representative of the Parliament of the World Religions, of USA; Minister Miriam Lopes - Evangelic Presbyterian Church of Portugal; Rietske van Rey - representative

## Universal Brotherhood





The World Yoga Family

of the Portuguese Buddhist Union; Palmira Bastos Ferreira -Bahá'Í Faith Community, representatives from ISKCON, Kailvalyadhama, Brahma Kumaris and other schools were few amongst the galaxy of Yoga stalwarts. CAO of S-VYASA, Sri Shatrughan ji also participated in this great event.

**This Day has already been officially proclaimed in India, in 2011** - December 4<sup>th</sup> and 5<sup>th</sup> - in a Yoga Summit that joined the Main Lineages of Traditional Yoga from India, with the co-organization of the **Yoga Portuguese Confederation**. Since then the number of Countries and Yoga Institutions that have joined this movement has exponentially grown, and on this year of 2012, the World Yoga Day was celebrated in more than 30 Cities all over the World. Many Yoga demonstrations, workshops, discourses, cultural presentations were part of this great event. There was also a World conference of Darshana/



Guruji Uvacha

"Let us create an idea Yoga world by making Yoga a socially relevant science!"

## Synergy of souls



Philosophy and Science on 23<sup>rd</sup> June 2012.

H.H. Jagat Guru Amrta Súrýánanda Ji Mahá Rája - President of the Yoga Portuguese Confederation, spoke that “the human race needs be aware that it was born from a common DNA, that it has a Planet to take care of, and that the diplomatic solutions should overlap the conflicts - for us, for our descendants, so that our Planet has a Future and so that Global Human Fraternity is fulfilled” that is the reason why “every year we practice a Mega Yoga Class, which, among other goals, aims for the expansion of consciousness, which throughout these years has been attracting the grand Yoga Masters from India and from all the World to Portugal” adding still that “Yoga transmutes the DNA of each practitioner through decades of practice” and reminding that “this is the largest gathering of Yoga Masters, outside of India”.

*“Sangachadwam,  
samvadadwam,  
samvomanamsi  
janatam”*

*“Let us move  
together, let us  
speak honestly,  
let our minds  
come together!”*

*- Rig Veda*



Bhagawan Babur,  
our senior  
Yoga teacher  
of Sharjah  
introducing  
the Sheik  
to Dr HRN and  
Dayananda Swamy  
in Sharjah



Veda Parayana Seva in Ranganatha Temple,  
New York by Sri Bashyam, Research Scholar, S-VYASA



Inauguration of SVYP Yoga Stores  
at Jaya Nagar, 4<sup>th</sup> Block





## DECENNIAL CELEBRATIONS OF S-VYASA Vivekananda Vibhuti Award Ceremony



**Prashanti Kutiram, July 6:** Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) has constituted a prestigious award called 'Vivekananda Vibhuti' for honoring great people who have done noble contributions to the society.

As a part of its Decennial Celebrations, this year the University conferred this award to Dr. D. Nagaraja, Former Director, MIMHANS and renowned Neurologist for his life time achievements.

Guruji Dr. H.R. Nagendra while welcoming the guest showered praise for Dr. Nagaraja's contribution and appreciated him for starting an Advanced Yoga Center in NIMHANS,

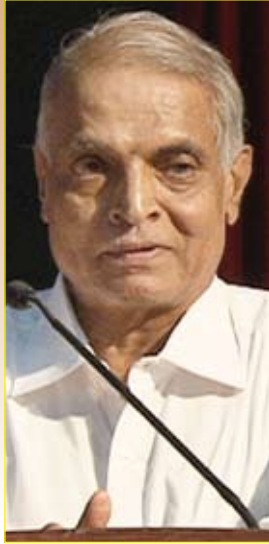
sponsored by MDNIY, New Delhi.

In his acceptance speech, Dr. D. Nagaraja said that the name 'Vivekananda' in the award his motivation to accept the award. Dr. D. Nagaraja also offered the award money to support the noble research activities of S-VYASA.

Padmashri Dr. V. Prakash, Former Director, Central Food Technological Research Institute (CFTRI) was the Chief Guest of the function. He mentioned that CFTRI had only two patents when he took charge. He had fought the battle of 'Turmeric Patent' under the leadership of Dr. Mashalkar. He had worked for the patent of "Basmati". He also placed the concept of CFTRI viz. Patent for Service NOT for commerce.



Guruji



Dr. Nagaraja



Sri H.D. Gupta  
Singapore



Dr. V. Prakash



Dr. Sanjib Patra

Sri H.D.Gupta, Managing Director, Goldkist International P.Ltd. was the Guest of Honor. Sri Gupta urged the students of S-VYASA to propagate yoga in India and Abroad.

Dr. K. Subrahmanyam, Pro VC appreciated the vision of Prof. Paradesi Rao of VYASA, Hyderabad, who conceptualised the 'Vivekananda Vibhuti Award'.

Dr. Sanjib Patra, currently the Co-ordinator for BNYS course shared his reminiscences of joining as a student of S-VYASA, growing as a research scholar and becoming a faculty member.





Honouring the dignitaries





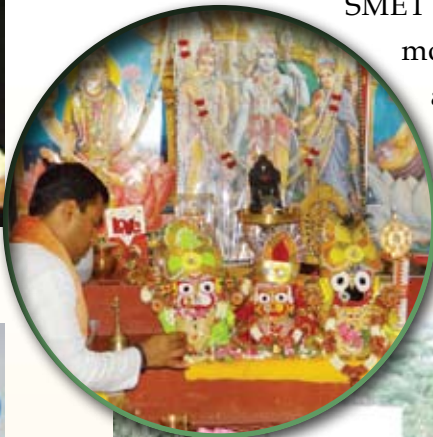
21<sup>st</sup> to 29<sup>th</sup> June 2012

### Sri Puri Jagannatha RathaYatra at Prashanti Kutiram:

World's most popular festival, Puri Jagannatha RathaYatra was celebrated at Prashanti Kutiram as per the same calendar at Puri with Gundicchayatra on 21<sup>st</sup> and Bahuddhayatra on 29<sup>th</sup> June 2012. This time, our team of therapists and students made a larger and ratha and decorations for the ratha and puja mandap were done more aesthetically. All students, staff, therapy participants, ONGC



SMET delegates and other devotees participated in the kirtan and dancing with more devotion. Everyday prasadam of Sri Jagannatha was distributed to all devotees. Participants would rather miss their MSRT session but not the Prasad. The highlights of the event are namasankirtan by Swami Raghuvveeranandaji Maharaj of Ramakrishna Vivekananda Ashrama, Hubli the Ramayana pravachana in Hindi by Dr Ranganji and kirtan led by devotees of Seshadripuram Hare Krishna Mandira.





**26<sup>th</sup> to 28<sup>th</sup> June 2012 - Ramayana Pravachana in Hindi by Dr R Ranganji:**

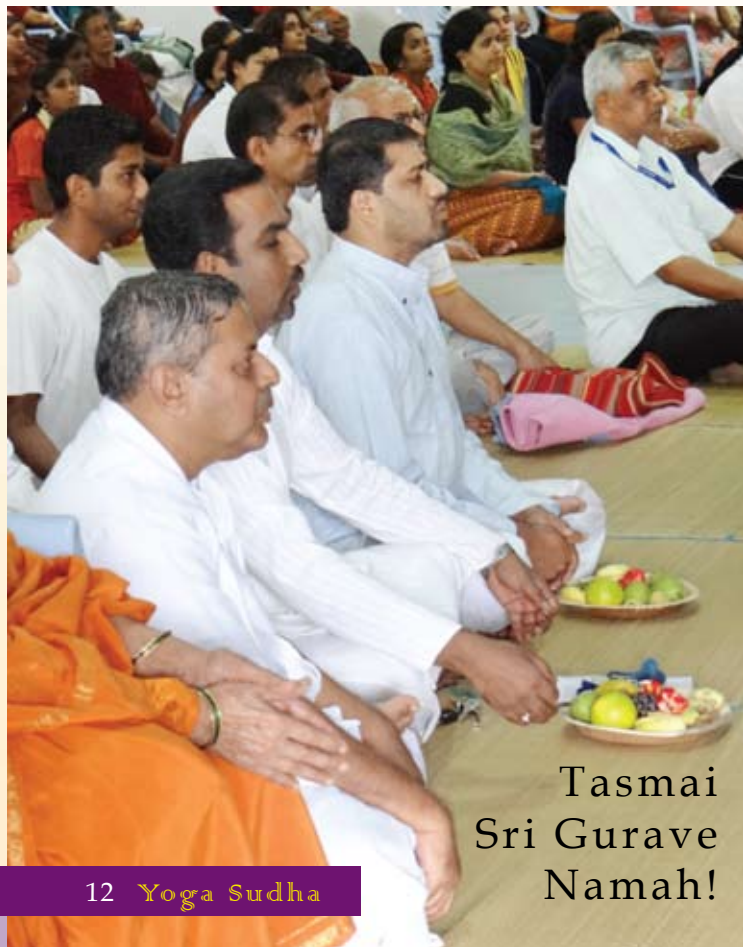
Dr R Ranganji, who is a great authority on SrimadRamayana gave a three day satsangh in Hindi on the topic "VibhishanaSharanagati" from 26 to 28<sup>th</sup> June 2012 at PrarthanaMandira which was attended by a good number of audience. The satsangh was part of the Jagannatharathayatra celebrations.

**3<sup>rd</sup> July 2012**

**Guru Poornima Celebrations**

*at Prashanti Kutiram and Eknath Bhavan:*

Vyasa poornima, also known as Guru poornima is the teachers' day in the tradition of Yoga and Vedanta when a sadhaka remembers the avichinna guru parampara- the unbroken lineage of teachers and pay his gratitude for the knowledge they have transferred to him. This day is the day of descend of the great soul, Vyasa Maharshi, who is the bestower of all shastras in the field of Yoga. This year it was celebrated with Vyasa puja and Guru vandana at Prashanti Kutiram on 3<sup>rd</sup> July 2012. In the



evening, students and staff at Eknath Bhavan, city centre, had organised a grand function to commemorate the occasion which also marked the valedictory of 76<sup>th</sup> batch of non- residential YIC and inauguration of the 77<sup>th</sup> batch thus making the event a Yoga Triveni sanghama. Participants were blessed with guruji's ashirvachana and able guidance from Dr. Nagarathna and Dr. Sudheer deshpande. Cultural program and asana demonstrations by the YIC students entertained the gathering. Celebrations ended with the distribution of wholesome prasada to everybody. Many other centres of VYASA and S-VYASA throughout the world observed the day with great events.

**Tasmai  
Sri Gurave  
Namah!**



*1 to 3<sup>rd</sup> July 2012*  
**Guru Poornima -**  
**Yoga SadhanaShibir**  
*at MathikereSamartha*  
*Yoga Kendra:*

Sri RN Iyengarji, founder and director of Samartha Yoga Kendra at Mathikere had organised a three day advanced Yoga sadhanashibir from 1<sup>st</sup> to 3<sup>rd</sup> July 2012 at the centre



Guru Poornima Program at Mattikere Yoga Kendra  
Sri Subramanian A. & Sri R.N. Iyengar

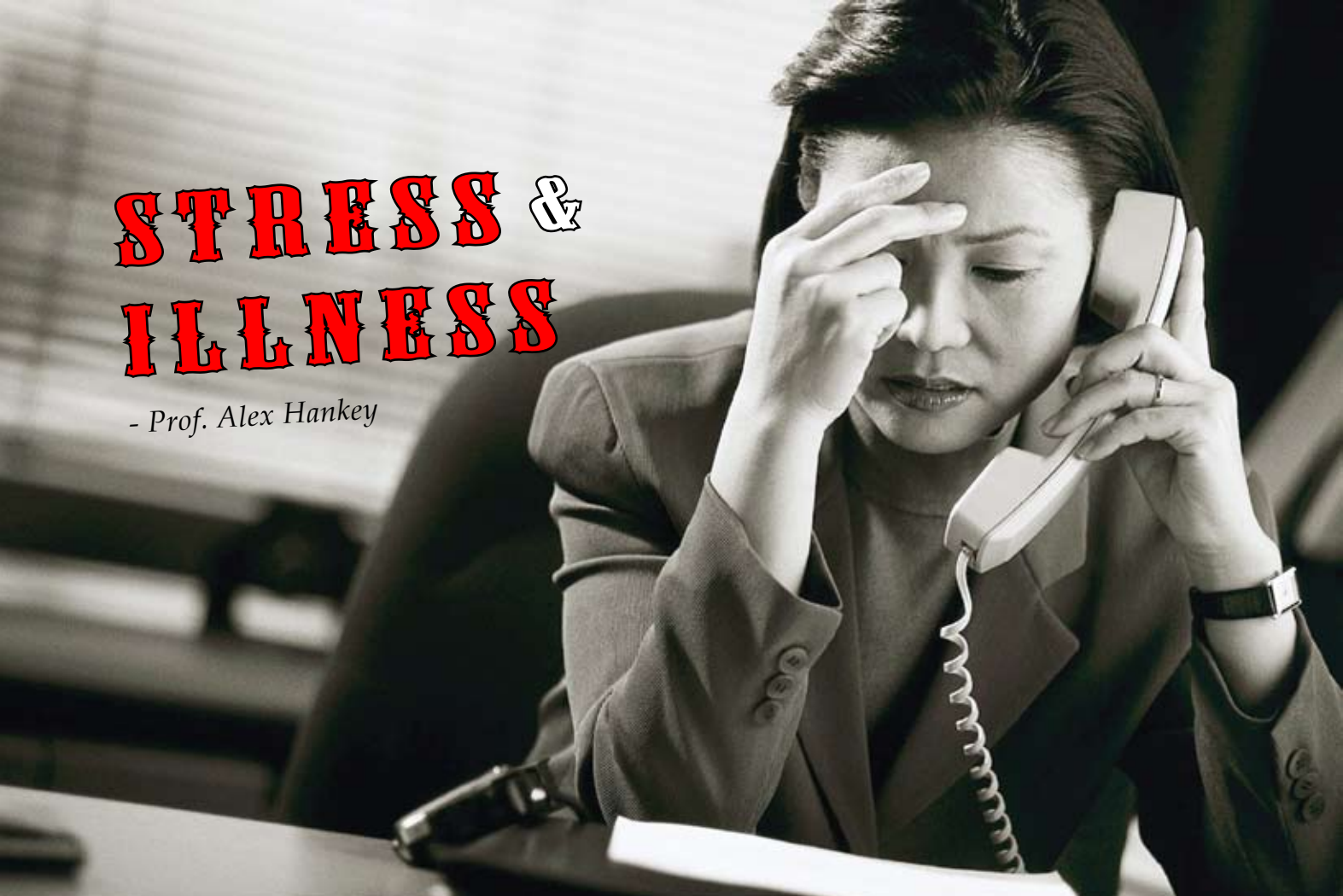
on account of Guru Poornima. Mathikere Yoga Kendra is one of the strongest branches of the banyan tree of VYASA which has been doing yeomen service for about 30 years. Sri Iyengarji is a highly respected Yoga Guru in the city and his whole family is dedicated to Yoga. Sri Subramanian. A, Senior Faculty and South India Coordinator of S-VYASA conducted the shibir in which nearly 300 members participated on all the three evenings. The aim of the shibir was to take the Yoga sadhakas beyond annamayakosha, from asana based sadhana to prana and manomayakoshasadhanas. The topic of discussion was awakening of the inner hidden energy - Kundalini by removing the blocks in nadis and shat chakras. Audience enjoyed the humorous discourse of Subbubhaiya and also the subtle meditation techniques he taught. Sri Buddhadev's demo of various bandhas enthralled the audience. Subbuji also distributed certificates to students who had successfully completed their yoga training at the centre. The area MLA Dr Ashwathanarayana graced the function on the last day and appreciated the efforts of Sri Iyengar and Guruji Dr HRN at S-VYASA. Everybody were excited to notice that a rare Bramhakamala lotus had blossomed for the first time at the centre which coincided with their sadhana reaching the sahasrara lotus chakra as led by Sri SubbuBhaiya.

*4<sup>th</sup> to 10<sup>th</sup> July 2012 - Ashada Yoga Sapthaha at Maruti Temple, Vijayanagar:*

S-VYASA had organised Ashada Yoga Sapthaha on account of Guru Poornima at Maruthi temple at Vijayanagar, Bengaluru. Swami NarayanandaSaraswathi, Faculty member of S-VYASA conducted the sapthaha with Yoga sadhana sessions in the morning and discourse on the 12<sup>th</sup> chapter- Bhakti Yoga from SrimadBhagawad Gita in the evening. Swamiji, renowned for his exemplary oratory skills and extraordinary musical melodies enthralled the listeners with the divine wisdom of the Gita. HanumathChalisa book was offered to all as the yajnaPrasad. Good number of S-VYASA Yoga publications were sold and publicity for courses was also done.

# STRESS & ILLNESS

- Prof. Alex Hankey



Yoga is well known to improve health, and many studies providing empirical evidence for this idea have been published. Yoga's ability to promote a sense of well-being is probably the reason why so many people vote for it with their feet and practice it. Similarly, SVYASA's hospital or Arogyadhama on its Prashanti Kutiram campus is able to achieve cure in many cases which conventional medicine would declare hopeless examples of chronic disease, that could only receive palliative treatment for the rest of the patient's unfortunate life.

Yoga brings hope to the sick and the healthy alike. This is well recognised, but how does it achieve its results? It is commonplace to say that 'Yoga relieves stress', and that stress is a causative factor in illness. In the world of scientific medicine, the problem with this simple statement is that many scientists find it too simplistic. They want to be able to identify detailed mechanisms.

New research from the University of Pittsburgh may be providing a general clue about the connection between stress and illness, and how lowering stress levels can improve rates of recovery. It is well known that cortisol, otherwise known as 'stress hormone', increases in concentration in people with stress. The general assumption is that it must be causing some harm. The answer is that the real problem is that it is unable to do any good, because stress levels are preventing its uptake and use by cells which are in need of it. With cortisol at one level being effectively incapacitated, feedback mechanisms come into operation which increase its levels in the blood stream. The name for this phenomenon is 'glucocorticoid resistance', since the glucocorticoid pathway is blocked by stress, in the same way that, in Type 2 Diabetes Mellitus, the effects of Insulin on the uptake of glucose by cells are blocked by stress.



The central questions for such areas of investigation are now, 'How is it that 'stress' can affect the response of cells to both the hormones, Insulin and Cortisol.

The team at the University of Pittsburgh therefore sees the effect of stress as causing gluco-corticoid resistance, decreasing the ability of cortisol levels in the bloodstream to bring about inflammation reduction, with the result that chronic inflammation occurs, with all its attendant problems, like increasing the risk of cancer etc etc. However, the most important questions seem to be neglected. They are:

1. How does this proposed influence of stress

fit in with all the other effects of stress, like decreased quality of sleep, nightmares, mental problems, and the inability to focus the intellect and

2. In these specific, hormone-related cases, how is it that the abilities of cells to respond INSIDE EACH CELL to endocrine hormones like cortisol or insulin, when these levels exist OUTSIDE EACH CELL in the bloodstream.

Is some universal hormone responding mechanism like Cyclic AMP being compromised. In which case, are many other kinds of endocrine hormone response mechanisms also being compromised e.g. to thyroxine or adrenalin?



VYASA offers its gratitude to  
Sri G.M. Rao, GMR Group  
for generously contributing for the growth & expansion of our activities



## READER'S FORUM

*Apart from Research in Holistic Yoga therapy, how should a data base be developed when a participant of a Yoga class says he is feeling better?*

**Ans:-** Use 'well being questionnaire', Positive affect questioner, self esteem questioner, Guna questioner, etc.,

*Is it possible to put full text of presentation, in the format of the proceedings for delegates or put on VYASA web for future use.*

**Ans:-** The DVDs with all conference presentations can be obtained from our Publication Department.

*Most of the Ayurvedic research is being done*

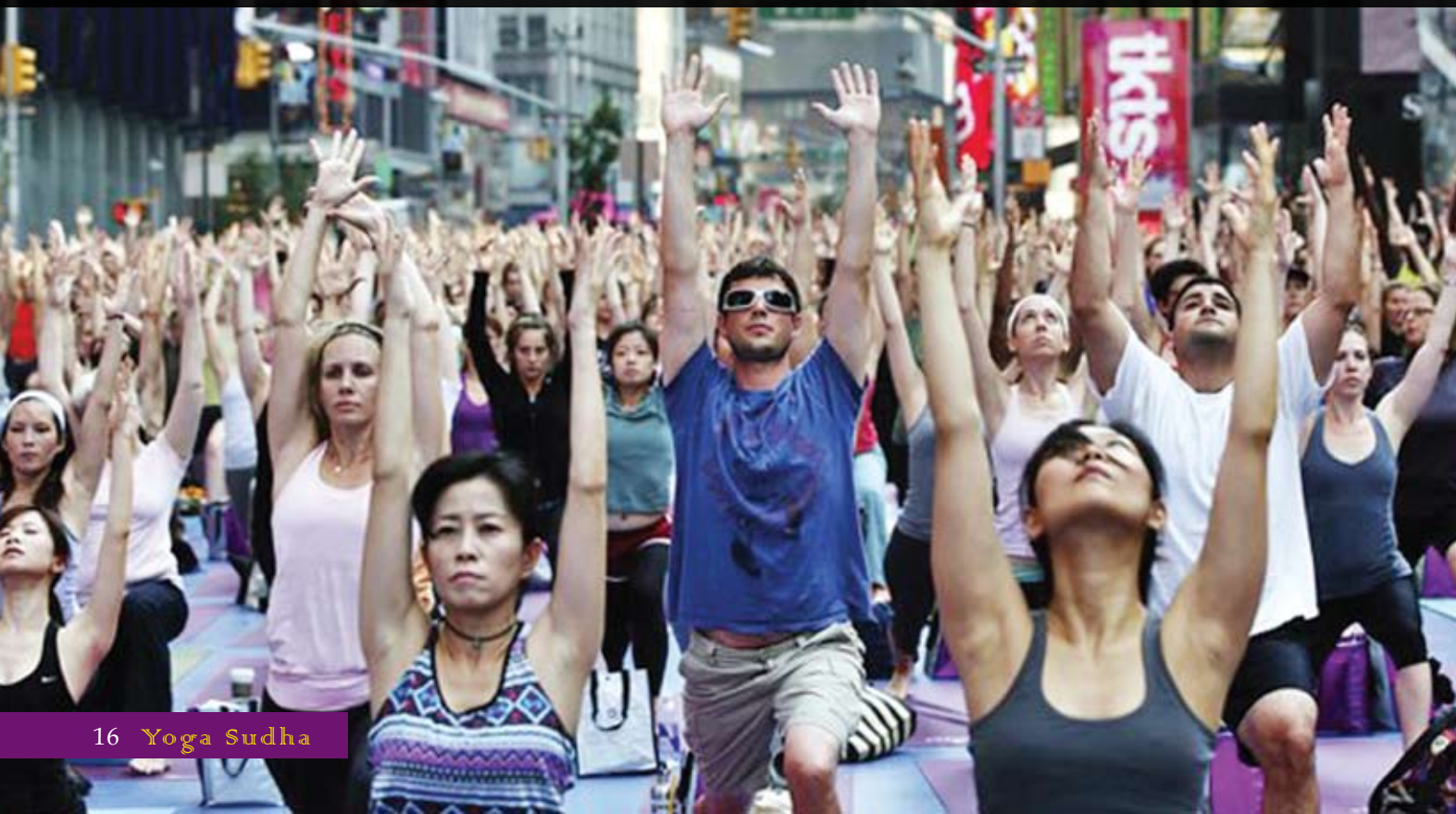
*in a reductionist way by isolating the active chemical ingredient. Instead the natural form of Ayurvedic medicine should be used in research, your comments.*

**Ans:-** Our experience has been that poly herbal preparations can be tried and experimented upon, but (some) reviewers do tend to want to know the effects of single herbs.

*What yoga techniques should be followed to use Lumbar spondilses and Blood Pressure?*

**Ans:-** Yoga and Ayurveda special specific techniques for the low back pain and blood pressure can be used for the same. Available in VYASA store DVD & Books.

*People practice Yoga on the morning of the summer solstice in New York's Times Square June 20, 2012. The Solstice in Times Square event on Wednesday brought out thousands of participants to celebrate.*





**AROGYADHAMA DATA (JUNE 2012)**

No. of Participants	15	35	27	40	54	20	31	27	28
	Neurological Disorders/ Oncology	Cardiology / Pulmonology	Psychiatry	Rheumatology	Spinal Disorders	Metabolic Disorders	Gastroenterology	Endocrinal Disorders	Promotion of Positive Health
Parameters	BY AY	BY AY	BY AY	BY AY	BY AY	BY AY	BY AY	BY AY	BY AY
Respiratory Rate	20.65 17.47	20.67 18.44	18.53 17.26	17.37 17.68	21.56 18.72	18.25 15.50	17.18 14.45	18.74 15.37	17.73 15.81
Pulse Rate	83.41 76.59	76.44 80.22	75.42 72.63	72.16 72.89	77.44 73.86	72.96 67.08	78.09 75.41	83.47 75.37	80.69 75.27
Systolic BP	112.24 113.76	116.44 121.11	109.68 110.84	119.26 118.63	120.78 121.11	124.50 115.08	117.64 120.55	127.79 120.26	126.11 121.92
Diastolic BP	74.82 74.24	73.78 77.56	70.84 69.89	76.32 77.58	76.42 75.61	72.42 69.83	76.55 74.91	83.68 80.26	80.04 78.54
Weight	60.28 58.43	63.22 62.11	56.32 51.97	67.07 65.18	22.56 23.03	64.45 56.00	93.56 65.57	83.51 80.44	65.56 62.23
Bhramari Time	10.29 16.82	11.56 13.78	13.79 18.00	13.21 13.95	12.47 89.00	10.63 13.75	12.77 17.27	12.89 19.84	11.77 14.15
Medication Store	7.13 3.81	3.72 2.94	2.18 2.10	1.47 1.47	0.69 0.61	4.25 4.25	1.95 1.73	0.21 0.11	0.31 0.31
Symptom Score	11.76 4.76	6.78 2.39	5.21 1.50	13.84 4.89	1.44 0.44	3.57 0.96	3.63 1.07	3.47 0.74	1.12 0.31

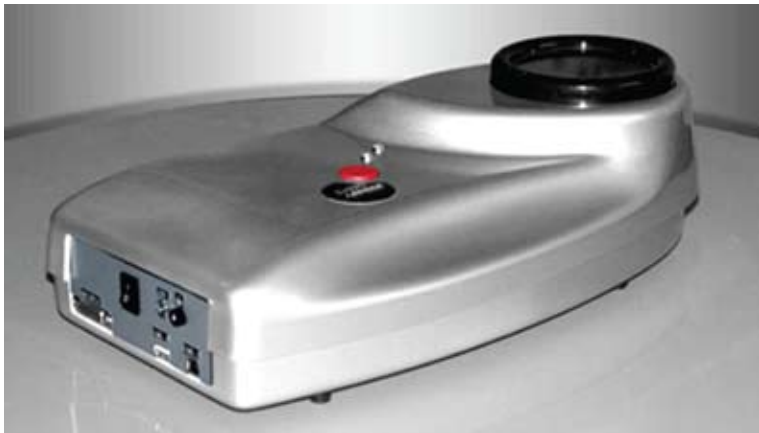
**TOTAL NUMBER OF PARTICIPANTS = #REF!**

**BY= Before Yoga | AY= After Yoga**



## GAS DISCHARGE VISUALIZATION (GDV)

- Bhawna Sharma



The Gas Discharge Visualization (GDV) was developed by Konstantin Korotkov in 1996 to capture, map and analyze the electromagnetic field emanating from the human body. GDV technique is based on Kirlian Effect which is visible electro-photonic glow of an object in response to pulsed electrical field excitation.

**Advanges of GDV usage:** It provides non-invasive, painless, almost immediate evaluation which can highlight potential health abnormalities prior to even the earliest symptoms of an underlying condition, and suggests courses of action, registers both static and dynamic GDV images in various modes of duration and electromagnetic intensity influence, works with

a computer, enables to study human fingers, solid objects, liquids (water solutions, blood, essential oils, etc.), plants, minerals, metals, food products; etc.

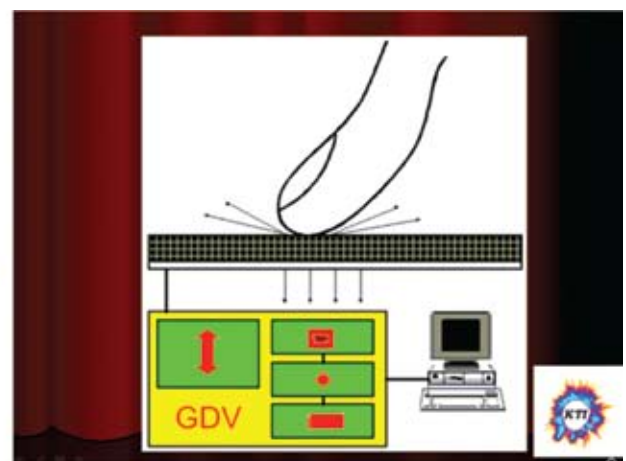
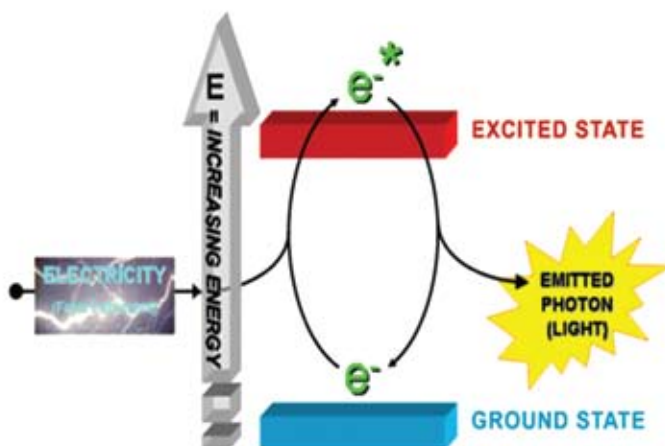
GDV utilizes a weak, electrical current applied to the fingertips for less than a millisecond.

The body's response to this stimulus is the weak formation of a variation of an "electron cloud" composed of light energy photons, amplified by gas discharge manifesting near the surface of the subject under study. The electronic "glow" of this discharge (invisible to the human eye) is captured by an optical CCD camera system and then translated into a digital computer file. This can help in diagnosis of human health status. GDV data is stable and reproducible:

For metal objects systematic errors are below 8-10%.

For liquids, deviations are least for form coefficient of distilled water (about 1%) and highest for solutions of electrolytes of high concentrations (about 7-8%).

Measuring people in a stable psychophysiological state, the GDV-gram parameters are reproduced with a 5-10% precision.

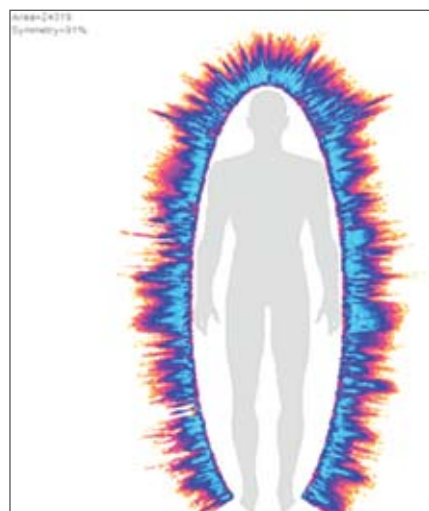
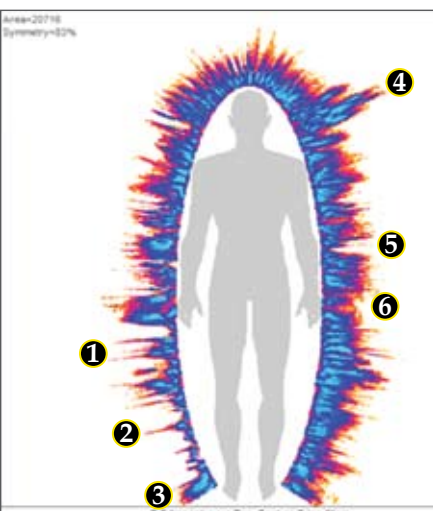




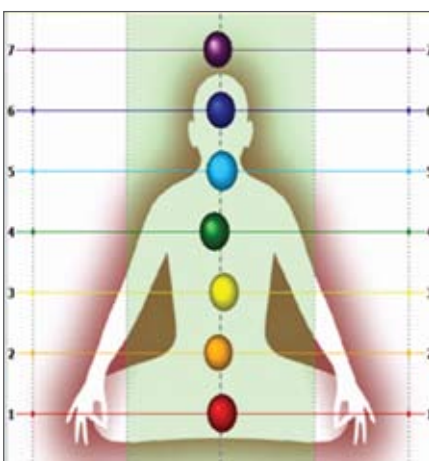
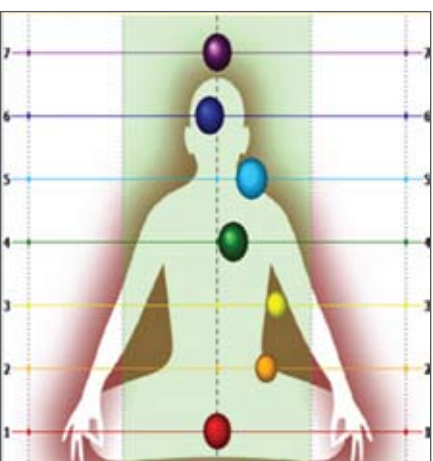
### GAS DISCHARGE VISUALIZATION (GDV)

Name	Mr B
Age	61 yrs
Gender	Male
K/C/O	Diabetes since 20 yrs Parkinson's since 10 yrs
Period of Stay	3 weeks

Impact of IAYT on GDV measures		
	Pre	Post
Respiratory Rate	20	16
Pulse Rate	92	64
SYS BP	98	122
DIA BP	68	74
Weight	71	67
Breath Holding Time	06	12
Medication Score	10 <sup>1/2</sup>	10 <sup>1/2</sup>
Symptom Score	12	06
FBS	70	86
PPBS	184	118
Insulin Inj.	30	26
GDV Area	20716	24319
GDV Symmetry	83%	91%



**Energy Field:** Energy gaps at Urinogenital System<sup>1</sup>, Cardiovascular System<sup>2</sup>, Nervous System<sup>3</sup>, Kidney<sup>5</sup> and Pancreas<sup>6</sup> were not observed after 3 weeks of IAYT.



**Virtual Chakra:** Svadhisthana, Manipuraka (associated with diabetes), Anahata and Vishuddhi Chakras became normal after 3 weeks of IAYT.



continued from last issue...

## Research on Jyotish Astrology and associated Astrological Influences on Biological Organisms suggests an enhanced form of the Gaia Hypothesis

- Prof. Alex Hankey PhD and Ramesh Rao BVSc. M.A.

The data set was divided as follows, four start times while the full eclipse was on the earth's surface (approximately 2.15 am - 8.15am India time), and three subsequent start times after the full eclipse had come to an end. Of these seven, the last eclipse start time and the first non-eclipse start time happened to fall during *Rahukala*. We

were thus able to compare the effects of the eclipse and *Rahukala*, for which we have observed significant effects in five previous experiments (!) and so obtain an accurate estimate of the relative strength of their effects.

The experimental method was a 120 hour (five day)

growth of Bluetongue virus in BHK-21 (Baby Hamster Kidney cell line 21) cells, which had previously yielded consistent and reliable differences between *Rahukala* and *Tula Lagna* start times, and which we therefore felt could be relied on to give sensitive experimental results. To the delight and excitement of all concerned, this proved to be the case: the effect of the *graha* (planet) *Guru* (Jupiter) seemed to reduce viral production i.e. protect cell life, as consistently

noted in previous experiments, while every influence of *Rahu*, the 'North Node' on the moon's orbit, where the moon passes from the southern side of the ecliptic to the northern side, was to obstruct cell life i.e. promote viral growth. In fact, the influence of the eclipse was consistently stronger than that of *Rahukala* in the ratio 11:7 (no significance should be attached to this number, we feel).

So how could such a phenomenon possibly come about? Traditional thinking produces one answer, scientific thought another. Traditionally, it is held that when an eclipse occurs, the eclipsed *graha* (Sun or Moon) is fearfully afflicted; this being the case, the subtle energies of the *graha* concerned are universally compromised, so the 'affliction' spreads to the whole biosphere. Scientifically speaking, we can justify the results by a two level reasoning process:

- 1a. all life in affected zones of umbra and penumbra will send out danger signals, and since
- 1b. they will influence the criticality structures of their regulatory systems, and because
- 1c. criticality states in different organisms can affect each other via quantum correlations,
- 1d. all living organisms everywhere may be influenced by the fact of the eclipse.

But this sounds remarkably close to the Gaia hypothesis. We are proposing that the whole





biosphere reacts in an integrated way, in some sense as a *whole*, to a global environmental stimulus, and, in this sense, is bound into one. The Gaia hypothesis was stimulated by the UK environmentalist, James Lovelock's recognition that life transforms the chemical structure of the planet into stabilized non-equilibrium structures, which it then uses for its own advantages e.g. the oxygen produced by plants and algal blooms is used by and maintains animals in a different kingdom of life altogether. Other elements such as iodine undergo similar cycles: key species in kingdoms of life unrelated to animals release iodine from the oceans (as methyl iodide) making available ongoing supplies used in animal thyroid hormones on every continent, which are critical to the survival of animal life. The Gaia hypothesis simply states that the fact of these cyclic processes links diverse organisms in different kingdoms of life, in some sense, into a single functional whole - which Lovelock named for the Greek Earth-Mother Goddess, Gaia. Our proposal seems highly parallel to this, but on a different level.

In summary, our data taken during and after the eclipse suggests that there are quantum correlation connections extending between all living organisms on the planet. This would not only explain the observed inter-continental influences, but also suggest a novel addition to the Gaia hypothesis. That hypothesis is enhanced, we propose, by recognizing that the universal use of the criticality / edge of chaos condition (discussed in the article by AH and HRN in the June issue of Yoga Sudha) to regulate biological organisms in all kingdoms of life, leads to a new way to connect all living organisms: Correlations between regulation processes can coordinate diverse kinds of activity in otherwise unrelated organisms throughout the biosphere. Such coordination would provide an expanded basis for Gaia. ■



## Shraddhanjali to SWAMI NACHIKETANANDAJI MAHARAJ

Srimath Swami Nachiketanandaji Maharaj of Ramakrishna Vivekananda Ashrama, Hubli attained mahasamadhi on the evening of Guru Purnima on 3<sup>rd</sup> July 12. Maharaj ji along with Swami Raghuvveeranandaji was very closely associated with S-VYASA. Prashanti Yoga Pariwar offers its shraddhanjali to Sri Maharaj ji.



# YOGA THERAPY FOR DEVELOPING EMOTIONAL INTELLIGENCE IN MID-LIFE 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 | [rudranath29@gmail.com](mailto:rudranath29@gmail.com)

**Background:** Business executives' 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."

from University of Delhi was administered as pre and post the 5 days of SMET program.

**Statistical Analysis:** Means, standard deviations, Kolmogorov- Smirnov Test, and Wilcoxon Signed Rank Test were used to analyze the data.

**Results:** The data analysis showed 72.02% significant increase ( $P < 0.001$ ) in EQ.



**Objective:** To assess emotional intelligent quotient (EQ) in managers undergoing yoga-based Self- Management of Excessive Tension (SMET) program

**Methods:** 72 managers participated in this study which is of "single group pre-post design." The EQ test developed by Prof N. K. Chadha

**Conclusion:** The results suggest that participation in a SMET program was associated with improvement in EQ and may have implications for "executive efficiency."

**Key words:** Executive efficiency, managers, Self- Management of Excessive Tension. ■



Yoga Instructors' Course (YIC) - 126<sup>th</sup> Batch | July, 2012



Self Management Excessive Tension (SMET) for ONGC Group | July 9-13, 2012



## DISCRIMINATION AND DETACHMENT

- Prof. K. Subrahmanyam

It is essential that the latent will is strengthened to develop the invincible weapon of *vairagya* to shatter the spell or to withstand the onslaught of the unreal. Determination or *dhriti* therefore is a must. Firm resolution too may not be sufficient to serve the purpose. It has to be duly accompanied by detachment or *vairagya*. In other words, the double edged sword of WILL or determination should be sharp on both sides with *viveka* (discrimination) and *vairagya* (detachment). Else, there will be no progress and one may remain only as a theorist or scholarly bookworm. One may soar high like an eagle in the skies of spiritual lore with the eyes searching for the carrion below or looks glued to materialism.

Sri Ramakrishna explains in a parable: A few pilgrims decided to go to the other side of river Ganga rowing a boat. All the night they rowed and found to their dismay the next morning that they were still at the same place without any movement. Alas they have not lifted the anchor!

In pitch darkness nothing can be seen. Exit is invisible. Unless the intellect is brightened and sharpened to tear and dispel the darkness of *moha*, *maya* or hypnotic spell, freedom is impossible. *viveka* brightens the intellect with the light of knowledge. *Vairagya* finds the way-out or exit from the dark cell of slavish life. Liberation is possible only when both discrimination and detachment are ushered in.

**to be continued...**

be  
unclutched





## YOGA AND OPTIMUM PERFORMANCE STATE FOR SPORTSMEN

- Mrs Karuna Nagarajan  
Faculty, SVYASA University

Yoga has been proven to help strengthen the mind-body connection and bring calmness and relaxation to mind. It also promotes self-confidence, induce self-discipline, increases self-resolve, reduce stress and anxiety. Yoga also increases vitality and energy throughout the body. To play any sport, whether it is tennis, cricket, volleyball, surfing, swimming or running, we must continuously train the body to apply the skill in an experienced and polished way. This of course requires sufficient time, energy and dedication to practice the skill at hand. Having a body that is flexible, sturdy and controlled is also another important consideration. If one is not able to move the body with grace, swiftness and speed required, then the performance will be exhausted. Similarly, if a person is unable to maintain endurance or stamina for the required interval, the performance will not be up to the mark. In order to play a sport well, it is also necessary that a person is able to focus and concentrate with confidence on the task at hand without diversion or timidity. Sporting skills require the attainment of deep focus, living in every moment. The toughest part of any achievement is the handling of distractions, adverse conditions and stress. If sportspersons cannot 'score the goal' or 'serve the ball' at the critical match point or deal with cheering and

jeering crowds, success will not come their way. It is essential for a sportsman to maintain mental poise and equilibrium.

How can yoga help in strengthening the mind and body to allow a sports person perform at their highest potential? The benefits of yoga can be applied to a variety of disciplines including professional sporting athletics.

**Optimum Performance State (OPS):** The Optimum Performance State (OPS) in sports is the state of complete or ideal physiological and psychological states of stimulation. It is measured by muscular tension, heart rate, blood pressure, brain wave patterns and breathing composure. OPS results in peak performance. This state of being is important to attain for endurance sports such as Running, Cycling and Swimming. This also helps to enhance genetic talent. This state of peak performance exists for every athlete. When in OPS, the athlete experiences highly unique patterns of feelings and thoughts which aids top performance. OPS involves all levels of human existence: body, mind, emotions and spirit

Emotions play an important role in OPS as they are directly connected to stimulation. Empowering emotions are directly related with drive, challenge, will power, perseverance, fight, energy, fortitude, enthusiasm and fun.



Disempowering emotions are associated with irritation, resentment, fear, rage, exhaustion, helplessness, bewilderment and low energy. Robustness is built with the discipline of balancing the emotions under the most difficult and demanding circumstances.

OPS of composure, alertness and focus create certain neurological stimulation patterns within the brain. These brain patterns create a freedom that enables excellence. Researchers have found great performers typically report an absence of conscious regulation of “thought patterns” about performance.

**Optimum Performance State for Everyone:** The Optimum Performance State (OPS) focused on athletic performance can be applied to everyone from the corporate manager, lawyer, doctor, student, parent and well, to everyone. Recently yoga researchers have addressed the spiritual dimension i.e. how deeper values and a sense of principle influence performance. A successful approach to persistent high performance for everyone,

is to adopt a holistic approach that pulls together all of the Optimum Performance State elements and considers the person as a whole. Thus, an integrated approach of performance management addresses the body, the emotions, the mind and the spirit.

**Physical level:** The body works most efficiently by harnessing the energies in the right direction. At resting periods all the muscles are relaxed and the joints remain loose to conserve energy and the metabolic rate is very low. During normal activities, just the necessary amount of energy is used by the body. At crucial times, under conditions of high stress, the functions of organs co-ordinate so nicely that the necessary energy gets evoked and flows profusely into those regions which need more energy. The body gets all the necessary strength to deal with the situation. This ‘stamina’ through harnessing of inner vital energies and training the different organs and systems to work in such co-ordination, can be effectively accomplished by yogic practices such as āsanās

Sachin Tendulkar performs Āsana with the help of a trainer





and Kriyās.

**Emotional Level:** OPS for Emotional Balance include Self awareness, regulating the breath, balancing the nervous system and mindfulness. By controlling the act of breathing you can efficiently control all the various motions in the body and the different nerve-currents that are running through the body. We can easily and quickly control and develop body, mind and soul through breath-control or the control of Prāna. It is through Prānayama that we can control our emotions and can consciously harmonize the individual life with the cosmic life. The breath, directed by thought under the control of the will, is a vitalizing, regenerating force. This can be utilized consciously for self-development and for healing many incurable diseases in our system.

**Mental Level:** Mental ability is enhanced through improving our cognitive capacities such as Concentration, Creativity, Attention and Clarity of thoughts. Such skills can be improved by practicing Dhāraṇa and Dhyāna. In Dhāraṇā, the whole mind focuses on a single point. Here, the thought becomes very powerful. The mind digs deeper and deeper into the memory store and all the energies of the mind get focused on one point like a laser beam. Dhāraṇā is used as a power tool for inner cleansing of mind. If Dhāraṇa is focusing, then Dhyāna or meditation is de-focusing. In meditation, one sets the mind onto a single thought and removes the effort required during Dhāraṇa.. The metabolic rate and the breath rate come down and the mind becomes calmer. The five characteristics of Dhyāna are: single thought, effortlessness, slowness, wakefulness and expansion. It is shown that Transcendental Meditation (TM) for 20 minutes and Cyclic Meditation (CM) for 25 minutes can give much more rest than 6 hours of deep sleep.

**Spiritual Level:** Spiritual dimension of man concerns itself with the inner world - the move towards the causal state of mind, the root of the intellect and the substratum of the emotions. Spiritual Capacity is simply the energy that is unleashed by aligning our energy with our deepest values and lifelong productive purposes. This alignment is a powerful source of motivation.

The secret lies in maintaining an inner silence and equipoise at the mental level as we perform all our actions. Normally we get upset or excited over things which we like or dislike. But we have to learn to maintain equipoise. The next step is to have a deep silence and a blissful awareness in the inner subtler layers of our mind while we are in action.

This is accomplished by self -awareness, a constant drive to change oneself and through auto-suggestions. To recognize that 'I am getting tensed' is the first step. We have to correct it by withdrawing to the inner compartment of total bliss, peace and rest. Internalize this process by repeated inner silence several times in the day.

Yoga releases energy through a gentle process so that there is no depletion and misuse of valuable inner power. It is that inner force that inspires the body to perform. Yoga teaches coordination of the movements of all the limbs, wherefrom emerges a sense of integrity and integration with the Self and the breath. By practice, poise and endurance develop with a resulting and unmistakable feeling of lightness and renewed energy. The athletes and sportsmen should understand that a properly prepared body will always enjoy different moves and positions and that it will continue to do so for many years to come. **One needs to maintain a constant balance between stretching and relaxing, between the 'Silence' of the inner SELF and the performance of the gross body.** ■



## SHRADDHANJALI TO TAMILMANI

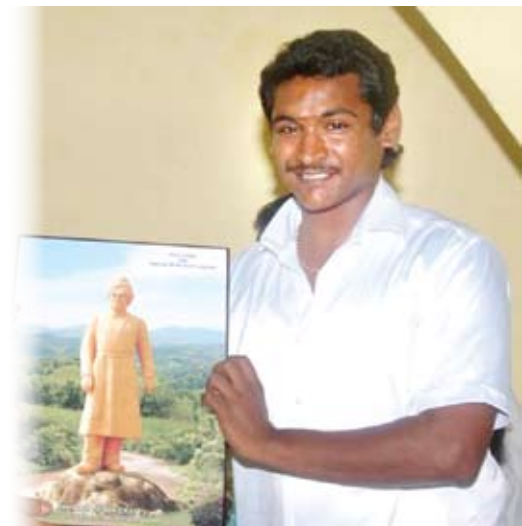
It was a shock for all of us at Prashanti Kutiram to know that Tamilmani dropped his mortal coil and died on 25th June 2012 at a very young age of 28 years. Tamilmani who met with a road accident in Chennai on 24<sup>th</sup> night was admitted to a hospital and succumbed to his injuries on 25<sup>th</sup> morning.

Tamilmani had joined us in 2004 for a therapy program got motivated to do his Diploma in Yogic Sciences at S-VYASA and after the course took active roles at Arogyadhama as a most wanted Yoga therapist. Dynamic and energetic Tamilmani was renowned amongst all students and participants for his excellent quality classes, communication skills and skilful happy assemblies. In 2009, he started "HanumathVikas Yoga Mandira" at his home town Madurai.

His father, Sri Sellur K Raju is currently the State Minister for Co-operation at Tamil Nadu. In spite of his busy political life, Sri Raju along with Smt. Jayanthi Raju devotes time for charity, philanthropy and devotion and supports all activities of S-VYASA.

Sri Shankaracharya and Swami Vivekananda are great souls who have fulfilled the purpose of their so-journ on earth at an early age and merged with the Divine. Similarly is our Tamilmani back with his God after completing his work on earth. Though died at an young age, Tamilmani has left irremovable impressions of love and care in the uncountable hearts of students, well-wishers and patients, thus fulfilling his life's mission.

Hon'ble Chief Minister Jayalalithaa, ministers and the whole lot of Tamil Nadu population condoled the death of Tamilmani. Hundreds of students, staff and yoga therapy participants connected with S-VYASA Arogyadhama shed tears remembering all that Mani had done for them.



Tamilmani's name will remain immortal in the hearts of thousands. *Prashanti Yoga Pariwar offers its Shradddhanjali to the dear departed soul and conveys its condolence to the family members.*

Sri Krishna says, "*na hi kalyana-krt kascid durgatim tata gacchati:*" Anyone who has attempted even one percent sincerely, the path of Yoga, he will never fall down. He will never fall down."



## SHRADDHANJALI TO DR. PATANJALI J. YOGENDRA

Dr. Patanjali J. Yogendra met with an accident on 23<sup>rd</sup> July and passed away on 24<sup>th</sup> July, 2012. Dr. Patanjali was the son of Dr. Jayadeva and Smt. Hansaji Yogendra of the Yoga Institute, Santacruz East. Dr. Patanjali was the Secretary and Treasurer of The Yoga Institute, Santacruz and had been actively involved in all works of the institute. *S-VYASA offers its shardddhanjali to the departed soul & conveys its condolence to the family members.*

## SVDYWC Orientation Workshop

From 22<sup>nd</sup> to 24<sup>th</sup> June 2012 | At Prashanti Kutiram

S-VYASA is the Nodal Yoga Institution for the SVDYWCs in the states of Karnataka, Andhra Pradesh, Kerala in the South and Punjab and Haryana in the North. The role of the Nodal Institution is to monitor, train and guide the NGOs selected for the support.

**Orientation Workshop:** A 3 day orientation workshop was organized for the Yoga Instructors and Coordinators of SVDYWC from 22<sup>nd</sup> to 24<sup>th</sup> June, 2012 at Prashanti Kutiram, the H.Qrs. of S-VYASA Yoga University.

**The objective was:** (i) to train the Yoga Instructors and Coordinators of SV-DYWC Centers (ii) to develop a network of yoga centers (SVDYWC) and (iii) to prepare for the last installment and the final report, audited statement and UC.

The instructors were given practical training in the Special Techniques like Mind Sound Resonance Technique and Cyclic Meditation. They were also given practical training about the precautions and steps to be taken in the cases of Obesity, Joint Pain, Back Pain and other ailments.

The workshop was inaugurated on 22<sup>nd</sup> June by Dr. Manjunath Sharma, Joint Director, Research. He explained the concept of stress, stress related diseases and cyclic meditation. Dr. R. Nagarathna, Dean, Div. of Yoga & Life Sciences spoke to the participants on Integrated Approach to Yoga Therapy. Dr. Padmini Tekur, Resident Medical Officer dealt on the subject - Anatomy and Physiology of Yoga. The practical sessions were conducted by Dr. Balram Pradhan, Sri Kuntal



Ghosh and Kum. Jeevita.

**The participants were from four states and 24 persons as under:**

State	Dist./Center	No. of Participants	State	Dist./Center	No. of Participants
Andhra - 9	Chittoor	3	Karnataka - 9	Shimoga	2
	Kakinada	2		Mangalore	2
	Khammam	2		Mysore	2
	Hindupur	1		Bijapur	1
	Manchiral	1		Dharwad	2
Kerala - 5	Palakkad	3	Haryana - 1	Mahendragarh	1
	Ernakulum	2			
<b>T O T A L</b>					
STATES	04	CENTERS	13	PARTICIPANTS	24

The Coordinators and Instructors had a discussion to clear their doubts about the Monthly Progress Report. They also discussed and finalized preparations to submit their respective Audited Statement of accounts for the 40% grant received as the second installment. This step will enable the DYWCs to apply for the third installment of 10% and prepare themselves for applying for the 2<sup>nd</sup> year grant. The participants shared their experiences and difficulties to learn from each others' mistakes and experiences.

A test for the participants was conducted on the subjects discussed during the three days. Dr.Rajesh Padekal was the examiner who conducted the test and declared the results.

Prof. K. Subrahmanyam, Pro-Vice Chancellor, S-VYASA distributed the certificates and gave the valedictory address on 24<sup>th</sup> June 2012 at 2.30pm Dr.Rajesh Padekal, Mangalore; Smt.Satyavani, Kakinada; Dr.Srividya, Mysore and Su.Anjana, Palaghat shared their experiences on the occasion.



## GURUJI'S TRIUMPHANT VISIT TO TURKEY

### Dr. HR Nagendraji's first Turkey visit:

Turkish Yoga team was excited to hear about Guruji Dr. Nagendraji's first ever visit Turkey in the last week of June.



Nagendraji in the world renowned "Hagia Sophia" in the old city Istanbul

His short program included the radio talk show, discourse to current YIC batch, meeting with Istanbul Yoga Center's students and graduates of previous YIC batches, as well as a visit to the major touristic attractions of Istanbul.

Guruji also gave guru mantra diksha and Yogic names to the inspired students.

He was also given an **award** for his support to growing Turkish community.

The yoga philosophy radio talk show program is the first of its kind in Turkey, hosted by "the grosshopper" and Ayca Gurelman. The talk was simultaneously translated into Turkish language. Nagendraji's talk can be listened in the below links:

- Part1 (aired on July3): <http://archive.org/details/CekirgeninYogaHevesi-3Temmuz2012>
- Part 2 (aired on July 17): <http://archive.org/details/CekirgeninYogaHevesi-17Temmuz2012>

### Our books continue to attract Yoga community:

Just after the launch of Raja Yoga of Swami

Vivekananda by Purnam Publishing

, the publishing wing of Istanbul Yoga Center on June 25, we started seeing this new book also on the ranks.

So far, we have published 5 books already and four of our books continue to be on the bestseller ranks of "yoga" category.

Purnam publishing web site: [www.purnamyayinlari.com](http://www.purnamyayinlari.com)

Istanbul Yoga Center web site: [www.yogamerkezi.com](http://www.yogamerkezi.com)

### YIC of S-VYASA in Istanbul ongoing:

The summer YIC batch (week day program) has started by June 15 and will be over in August 16. This YIC will be memorable to everyone with Nagendraji's first visit to Turkey!

Istanbul Yoga Center is the exclusive S-VYASA Center in Turkey.

### Summer Yoga vacation in Prashanti Kutiram:

Although the first official S-VYASA Tour program is announced only in June, 2012, there will be around 10 Turkish students as well as 3 yoga therapy patients and 1 PGDYT student visiting Prashanti Kutiram accompanied by Ayca Gürelman in August 18, 2012 to deepen their yoga practices.

Summer 2012 YIC students with Dr. Nagendraji



## News from VYASA, Tollygunge, Kolkata

**June, 2012:** Weekly Kriya classes are going on every Saturday at 6.30-7.30AM.

Apart from Kolkata 2 participants from Spain were also participated in the Yoga classes of VYASA Kolkata.

From 1<sup>st</sup> June 2012, 8<sup>th</sup> Batch *Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)* was started.

On 2<sup>nd</sup> June 2012 at 11.00 AM a **teacher's meet** held at Eknath Bhawan for the teachers of VYASA Tollygunge and VYASA SaltLake. It was presided by the Chairman of VYASA Kolkata.

On 2<sup>nd</sup> June 2012 at 5.00 PM a *Special Yoga Programme for General Wellbeing (YPGW)* with special focus on Meditation, was conducted at VYASA Premises. It was conducted by Miss Seema Mishra.

On 12<sup>th</sup> June 2012 at 1.00 PM a **special meeting** with few teachers held at Chairman's corporate Office.

From 12<sup>th</sup> to 23<sup>rd</sup> June 2012 a *Yoga Awareness Programme (YAP)* was conducted at International Management Institute (IMI) campus for the Executives of RPG Group of Companies. It was conducted by Mrs. Puspamanjari Rath and other teachers of VYASA.

On 16<sup>th</sup> June 2012 at 1.00 PM a **teacher's meet** held at Eknath Bhawan for the teachers of VYASA Tollygunge and VYASA SaltLake. It was presided by the Chairman of VYASA Kolkata.

On 25<sup>th</sup> June 2012, up gradation/renewal work of VYASA Kolkata website ([www.vyasacal.org](http://www.vyasacal.org))

for the session 2012-2013 is done.

On 30th June 2012, 8<sup>th</sup> Batch *Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)* was concluded.

### FUTURE PLANS:

1. On 2nd July 2012, Ninth batch "*Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)*" would be started.
2. On 14<sup>th</sup> July 2012, *Executive Body Meeting (EBM)* of the VYASA will be held at Tollygunge Branch.
3. Another *Yoga Awareness Programme (YAP)* would be conducted at International Management Institute (IMI) campus.

Email: [stopdiabeteskolkata@gmail.com](mailto:stopdiabeteskolkata@gmail.com)

Mobile: +91 9339610168



## News from VYASA, Mumbai



A one day visit to Vivekananda Yoga Kendra, Ulhasnagar was organised for the YIC students and therapy participants. The activities for the day long visit were Skit preparation and presentation, Group discussion and presentation and Yogic games. The lunch hour was a unique experience for them where they served food and also chanted mantra before food.

PET camp was conducted by Mrs Vasundhara Maheshwari from 4<sup>th</sup> June to 12<sup>th</sup> June at VYASA Mumbai Center.

Dr HR Nagendra conducted SMET workshop on 10<sup>th</sup> June 12 for the teachers and staff members at DG Khetan International School, Mumbai. Two sessions were conducted in the morning and in the evening. This program was organised by Shri Suresh Bhageria.

A workshop on Dynamic Energizing Yoga (DEY) was conducted at Sathaye College affiliated to the University of Mumbai on 29<sup>th</sup> June 12 for their under graduate students of Philosophy

and Mass Media. The Principal Dr Mrs Kavita Rege inaugurated the workshop and Ms Sunita Jeswani, head of the department of philosophy coordinated the program.

A talk was given by Mrs Vasundhara Maheshwari highlighting the benefits of DEY brought out the ill effects of today's life style among youth characterised by Alasya, Nidra and Pramaada which even reflects in the value system today. How to overcome the three ills and to move from inertia to dynamism was the theme of the workshop.

The 75 participants who included even some faculty members thoroughly experienced the journey from inertia to dynamism through the DEY practices.

Mr Devendra Mehta conducted the practicals and YIC students assisted and gave the participants personal attention.

Dr Bhagwati K Dadhich, chairperson was also present.

## 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
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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://www.svyasa.org/download/icye.pdf>

Post Conference Writeup: [http://www.svyasa.org/download/icye\\_postconference.pdf](http://www.svyasa.org/download/icye_postconference.pdf)

Registration Form: [http://www.svyasa.org/download/icye\\_regform.pdf](http://www.svyasa.org/download/icye_regform.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>



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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## NATIONAL STEERING COMMITTEE

- Chaired by Dr Vijay Bhatkar**  
President, Vijnana Bharati & Chairman, Board of Governors, IIT Delhi

Log on [www.ayurworld.org](http://www.ayurworld.org) for...

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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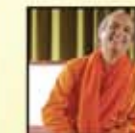
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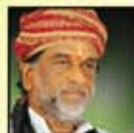
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# S - V Y A S A

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**Address for correspondence** (City Office): The Co-ordinator, BNYS Course

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

Ph: 91-080-2661 2669 | Telefax: 91-080-2660 8645 | e-mail: [svyasa@svyasa.org](mailto:svyasa@svyasa.org)

[www.svyasa.org](http://www.svyasa.org)

## REFLECTIONS

Dear Sir,

I had attended the "Self-Management of Excessive Tension" at your Prestigious Institute, S-VYASA, from 9<sup>th</sup> to 13<sup>th</sup> July 2012. I had the most memorable and learning experience amidst the lap of nature at your institute.

I wish to convey my sincere thanks to all of you for giving us a comfortable and enjoyable stay. Everyone was so humble and positive to help all the time directly or indirectly. The staff member also took utmost care to make us feel close to nature.

The serenity of the place brought immense peace to my mind. I enjoyed our every moment at the campus.

The institute is great to unwind and relax from the daily stress. In the course, I also made good friends with my colleagues.

The service to humankind by your institute is unparallel.

I would apply the learning in all my future walk of life.

Further, I would like to convey my best wishes to you and the institute for all your future endeavors. I hope everyone should come and benefit from your institute.



With warm regards  
**Rajive Kumar Jain**  
DyGM (F&A),  
ONGC, Ahmedabad



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by Dr R Ranganji, MBA, PhD

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1-9-2012 Saturday to 7-9-2012 Friday

On account of Sri Krishna Janmashtami and  
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