



# YOGA SANGAM

Philosophy, Health and Research  
September 8 & 9, 2012 - California, USA

International  
Conference  
2012

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# Yoga Bharati

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# YOGA SANGAM

Philosophy, Health and Research  
September 8 & 9, 2012 - California, USA

*Venue:* Jewish Community Center  
3921 Fabian Way, Palo Alto, CA 94303

# SOUVENIR

**YOGA BHARATI**

7630 Kirwin Lane

Cupertino, CA 95014

*TeleFax:* 408-681-YOGA (408-681-9642)

*Email:* [conference2012@yogabharati.org](mailto:conference2012@yogabharati.org)

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

# Yoga Bharati

Detroit Chapter

Weekly Yoga Classes

---

## Yoga for Health

Get into a state of quietness, relaxation and health.  
Increase your state of happiness, peace and joy.

Boost your immunity through Yoga for Health



## Meditation

Learn how to reduce stress, increase mental clarity, expand your awareness, and live to your full potential.

## Yoga for Kids

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## Stress Reduction Through Cyclic Meditation

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Contact [detroit@yogabharati.org](mailto:detroit@yogabharati.org)

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Utthishthata, jaagrata;  
praapyavaraannibodhata  
Arise, Awake!  
Stop not until the goal is reached

This verse is from Kathopanishad.  
This was the mantra that  
led to the slogan "VandeMantaram",  
which aroused Indians  
to fight for their Independence.

## COMMITTEE

**Patron:**

**Dr. H. R. Nagendra**

**President:**

**Sri N.V. Raghuram**

**Vice-Presidents:**

**Dr H.R. Nagarathna, Dr Shirley Telles**

**Host: Yoga Bharati: President**

**Anil Surpur**

**Local Chapter Hosts:**

**Ashwini Surpur, Savita Joshi**

**Organizing Secretary:**

**Basu Ullagaddi**

**Secretaries:**

**Vidhya Gopalakrishnan, Gaurav Rastogi**

## SUB COMMITTEES

**Finance:** Bina Desai & Savita Joshi

**Registration:** Rekha Coalson & Vijayalakshmi Natarajan

**Media:** Savitha Nanjangud

**Audio/Video:** Saurabh Desai & Kiran Sampat

**Sponsorship and Donations:** Savita Joshi

**Accommodation/Transportation:** Ratna Ullagaddi

**Paper and Article:** Dr. Ram Pramod, Ajay Upponi & Bharatheesha P.

**Cultural Programs:** Madhavi Jain

**Food Arrangements and Special Needs:** Shrisha Yelluri & Lubna Suri

**Hosted by:** Yoga Bharati, SF Bay Area Chapter



Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let every part of your body be full of that idea, and just leave every other idea alone. This is the way to success



*I congratulate Yoga Bharati on completing 10 years of its mission of spreading the awareness of holistic nature of yoga into the west. I am delighted to be a part of Yoga Sangam – International Conference at JCC, Palo Alto on Sep 8<sup>th</sup> and 9<sup>th</sup>, 2012, organized by Yoga Bharati and VYASA.*

*More than a hundred years ago Swami Vivekananda introduced the wisdom of yoga to the world through the Parliament of world religions in Chicago USA. When he presented his talk he was accepted by the entire audience whole heartedly as a true citizen of the world. The entire west came to understand that the message he gave was the message for the entire mankind, and not just for his time but for eternity. Several institutions have taken up the messages of swami Vivekananda and his teacher Sri Ramakrishna Paramahansa as their life's mission, and several institutions have taken up research into the ancient wisdom following the clarion call of Swami Vivekananda. So indeed, **the best of the east is meeting with the best of the west.***

*Swami Vivekananda lived for a very short time, but made a huge mark on the entire world with his profound message. Like the sun that is so far away from the earth, yet gives the warmth Swami Vivekananda gave his ideas hundred and fifty years ago, but we are all still guided by his ideas.*

*Swami Vivekananda Yoga Anusandhana Samsthan Bengaluru India is an institution which is doing research in the area of Yoga, its philosophy and applications thereby making yoga a socially relevant science.*

*Yoga Bharati has been translating these ideas in the form that people from different cultural background such as in United States of America and other countries can appreciate and adapt this wisdom not as a cult but as a science. Yoga Bharati has successfully completed ten years in this field and it is such a great coincidence that this year also happens to be 150<sup>th</sup> birthday of Swami Vivekananda. Celebrations about Swamiji's 150<sup>th</sup> birthday have been started in India and several parts of the world.*

*Yoga Bharati is fortunate in that several organisations including Vivekananda's own Vedanta Centre, Swami Vivekananda Yoga Anusandhana Samsthan Bengaluru have been actively participating in Yoga Sangam. It is a true Yoga Sangam to see so many institutions and great personalities in the field of yoga taking part in the conference making it a holy Confluence.*

*I congratulate the entire Yoga Sangam team for putting up these celebrations and the manthan – churning of scientific and philosophy ideas towards global health and peace. The entire Yoga Bharati team is indebted to all those who are contributing.*

Yours Sincerely,  
**N.V.Raghuram**  
President, Yoga Sangam

# PROGRAM AGENDA - YOGA SANGAM 2012

Saturday, September 8, 2012

## WELCOME AND REGISTRATION

6:00 AM

Laughter Yoga Session

7:30 AM

Continental Breakfast and Coffee

8:00 AM Inauguration: Lighting of the lamp, Welcome, Felicitation of Dignitaries, Swami Bodhananda's Ashirvachana (MAIN HALL)

	Keynote Speaker	Title	Description
9:00 AM	Sri.N.V.Raghuram	Bhakti - Yoga of heart and love	This paper presents a detailed understanding of our emotions, including love and bliss...
9:30 AM	Dr.H.R.Nagendra	Swami Vivekananda's concept of Education	Swami Vivekananda codified yoga in to Four Streams: Karma Yoga, Raja Yoga, Jnana Yoga...

## SATURDAY KEYNOTE 1

9:00 AM

Sri.N.V.Raghuram

Bhakti - Yoga of heart and love

This paper presents a detailed understanding of our emotions, including love and bliss...

## SATURDAY KEYNOTE 2

9:30 AM

Dr.H.R.Nagendra

Swami Vivekananda's concept of Education

Swami Vivekananda codified yoga in to Four Streams: Karma Yoga, Raja Yoga, Jnana Yoga...

## TEA BREAK

10:00 AM

## PARALLEL TRACKS

## Philosophy

10:30 AM - 12:30 PM

(Freidenrich Conference - 4th floor - Capacity 150)

Br. Prabodh Chaitanya

Developing mental immunity through yoga

Dr. Shirley Telles

Yoga for children: The Indian scene

Swami Amruta Suryananda Maharaja

The quality of the Training & Teaching of Yoga

Dr. Helen Lavretsky

Kirtan Kirya in stressed family dementia caregivers: Effects on mental health...

Swami Bodhananda Saraswati

Yoga and Management

Dr. Sat Bir Singh Khalsa

Yoga for Mental Health: Rational and ...

Pt.Vamadeva Shastry

Mantra Yoga and Primal Sound

## LUNCH BREAK

1:30 PM - 3:00 PM

Sri. Philip Goldberg

Evolution of Yoga in America

Dr. Joan Vernicos

Sitting Kills, Moving Heals: Solutions to...

Swami Prasannatmananda

Yoga for Transformation of Consciousness as given by Swami Vivekananda

Dr. Naveen Vishveshwaraiah

Psychophysiology of meditation on syllable OM

Dr. Prasad Kaipa

Yoga and Wise Leadership

Dr. Senthamil Selvan

Integrated approach of Yoga therapy for irritable bowel syndrome: A randomized clinical trial research study

Dr. Prasad Kaipa

Yoga and Wise Leadership

Smt. Smita Vishvarupa

Randomized trials of Yoga in women with breast cancer undergoing radiotherapy

## TEA BREAK, POSTER PRESENTATION & CELEBRATIONS

3:00 PM - 4:00 PM

Meditation and Mind - Theory and Practice		SMET- Theory and Practice		Health Screening and Consultations for General Health	
4:00 PM - 5:00 PM	Swami Sitaramananda Swami Bodhananda	Healthy Living through Meditation Mantra Meditation OM Meditation	Sri.N.V.Raghuram Smt. Savitha Nanjangu Smt. Ashwini Surpur	Research Track Complete. General Sessions on Health, Questions and Answers, Free Ayurvedic Consultations and other lighter sessions	
5:00 PM - 6:00 PM	Yoga for Social Transformation - Panel Discussion (Main Hall)				
	Sri N.V.Raghuram Swami Amruta Suryanananda, Swami Sitaramananda, Sri. Bidyut Bose	The practice of yoga develops self-awareness among individuals leading to a positive transformation at the individual level. At the outset, it seems like an individual-centric practice...			
6:00 PM - 7:00 PM	Dinner Break				
7:00 PM - 9:30 PM	Cultural Programs (MAIN HALL)				
<b>Sunday, September 9, 2012</b>					
6:30 AM	Yoga for Stress Management - Practice session				
7:30 AM	Continental Breakfast and Coffee				
8:00 AM - 9:00 AM	FELICITATION (MAIN HALL)				
9:00 AM	SUNDAY KEYNOTE 1	Dr. Nagarathma R.	Yoga for Global Health, Education & Peace		
9:30 AM	SUNDAY KEYNOTE 2	Dr. Shirley Telles	Latest trends in Yoga Research		
10:00 AM	TEA BREAK				
<b>Parallel Tracks</b>					
<b>Philosophy</b>					
<b>Health</b>					
<b>Research</b>					
		<b>(Freidenrich Conference - 4th floor - Capacity 150)</b>		<b>(E104 - Capacity 80)</b>	
10:30 AM - 11:30 AM	Sri. Christopher Chapple	The Sevenfold Yoga of the Yogavasistha	Dr. Sudha Rajan	Yoga Therapy For Diabetes	TRACK COMPLETED
	Smt. Prabha Duneja	Ashtanga Yoga as per Patanjali Yoga Sutras	Dr. Nagarathma / Mrs. Savita Joshi	Yoga for Women	
11:30AM - 12:30 NOON	BRUNCH BREAK				
12:30 PM - 1:30 PM	Sri.N.V.Raghuram	Bhagavad Gita - War or Peace?	Dr. Naveen Visheshwaraiah	Yogaksema-stress & lifestyle clinic: A working model of integrative medicine in Bengaluru, India	TRACK COMPLETED
	Sri. Bidyut Bose	Is Yoga Secular?	Sri.N.V.Raghuram	Concept of Prana and Pranayama Practice	
1:30 PM	Closing Panel Discussion - Karma Yoga and Bhakti Yoga for World Peace				
	Sri.N.V.Raghuram (Chair), Dr.H.R.Nagendra	As Brahmastra says - We are lucky to be born as humans; and we are luckier to be having the mental faculty to pursue spirituality that takes us towards higher states of awareness...			
2:30 PM	Program End with Closing Prayer				

# Yoga Bharati in Education

## Yoga Teacher's Training Course

Yoga Instructor Course (YIC) is Yoga teachers training certification program offered every year. This course is designed by Vivekananda Yoga Research Foundation, [SVYASA](#), a premier Yoga University, Bengaluru, India. Instructor program prepares students to teach Holistic Yoga, be it for Self Knowledge or career path.



### Course Highlights

- Asanas, Pranayama, Kriyas and Meditation techniques
- Essence of Yogic literature, Holistic understanding of yoga philosophy
- Understanding of management and prevention of stress related ailments
- Yoga philosophy taught by Yogashree N. V. Raghuram

Yoga Bharati is a Registered Yoga School with [Yoga Alliance](#) (RYS 200)

## Yoga Therapy Training Course

Post graduate Diploma in Yoga Therapy (PGDYT) is a next level course for those who are interested in therapeutic applications of Yoga. PGDYT is a diploma course designed by SVYASA, Bengaluru, India and conducted by Yoga Bharati locally. In this course students learn to administer Yoga therapy classes for common ailments such as Back/Neck pain, Arthritis, Hypertension, Diabetes, Allergies, Asthma, GID, and even Cancer.



### Course Highlights

- Anatomy, Physiology, Common Ailments, Yogic management
  - Integrated approach of Yoga Therapy
  - In depth Yoga Philosophy, Upanishads, Patanjali Yoga Sutras, Bhagawad Gita
  - Case studies and practical applications of Yoga Therapy
  - Ayurveda and Naturopathy
  - Do-it-at-your-pace course, examinations at local chapters
- Field practice – Students teach Yoga therapy classes to complete project report
  - Visit to Prashanti Kutiram (SVYASA, health center) for a minimum of 2 weeks
  - Dissertation – A detailed project report on various ailments and individual research

### What can I do after completing YIC or PGDYT ?

Use the knowledge and experience to enhance one's own health and continue spiritual growth.

One can even establish career in Yoga as a certified Yoga instructor or Yoga Therapy Instructor

Yoga Bharati has been conducting Yoga classes for various ailments since 2008 with excellent case studies and results.

Our yoga therapy teachers conduct classes to share their knowledge and experience.



[info@yogabharati.org](mailto:info@yogabharati.org)

(408)-341-YOGA



# YOGA BHARATI

## YOGA WITH A DIFFERENCE



While there are a number of yoga studios mushrooming in every street corner in America these days, there are very few who address the mental and spiritual aspects of yoga; developing it into a wholesome and holistic practice. Founded in 2002 under the spiritual guidance of Shri.N.V.Raghuram, Yoga Bharati aims to provide health at five dimensions of human existence (pancha koshas) - the physical, the pranic (vital-sheath), the emotional, intellectual and spiritual levels.

### Currently, Yoga Bharati has chapters in the following locations

#### USA:

*SF Bay Area  
Detroit  
Los Angeles  
San Diego  
Seattle*

#### Turkey:

*Istanbul*

#### India:

*Bengaluru*

#### Canada:

*Calgary  
Edmonton  
Vancouver*

We follow the technique of stimulation and relaxation adopted from the Vivekananda Yoga Research Foundation (VYASA), a premier yoga university in Bengaluru, India focusing on yoga research. We incorporate subtle aspects from the ancient wisdom of the Upanishads, Bhagavad Gita and Patanjali Yoga sutras with its emphasis on Asthanga Yoga. This routing makes our classes very popular. Those who attend our classes are simply awestruck by the

simplicity and effectiveness of the practice. Our goal is to achieve positive health for the individual, as well as, society at large - *Vyasthi* and *Samasti* as said in Upanishads, combining the best of East with the best of West as envisioned by Swami Vivekananda.



## YOGA COURSES

### *Yoga Teachers Training*

Yoga Bharati conducts VYASA's Yoga Instructors Course (YIC) every year. This course is offered for three months on weekends. Our course conforms to the Yoga Alliance RYT200.

### *Diploma in Yoga Therapy*

We bring VYASA's PGDYT (Post Graduate Diploma in Yoga Therapy) as a distance education program to the Bay Area, USA. We provide Yoga Therapy training and a platform for practicing yoga therapy for those yoga participants suffering from various ailments such as back pain, diabetes, etc.



### **Surya Namaskar Yagna (SNY)**

Leading the yoga awareness movement all over the world, Yoga Bharati organizes a Surya Namaskar Yagna (Sun Salutation Marathon) every year to encourage beginning the New Year on a healthy note and adding Yoga to the list of one's new year. More than 2000 people all over America participate in the yagna and perform close to 100,000 Suryanamaskars!

### **Yoga Philosophy by Shri N.V. Raghuram**

Our dear Raghuramji continues to inspire Yoga Bharati students and yoga enthusiasts year after year. He presents yoga theory for the Yoga Teacher's Training course, conducts workshops on Pranayama, SMET and gives discourses on Bhagavad Gita, Patanjali Yoga Sutras, Pranopanishad, etc. Sessions are always well received throughout all the chapters in the US and year by



year, the number of attendees for his sessions are on the rise.

### **Study Groups:**

In an attempt towards our own self-growth and our progress in spirituality, Yoga Bharati conducts study groups in its various chapters for its yoga teachers and volunteers. Regular, monthly study groups are conducted in different chapters of Yoga Bharati, where discussions are conducted on Bhagavad Gita shlokas, asanas and pranayama techniques, meditation practices and Patanjali Yoga Sutras.

### **Partnership and Collaboration:**

Yoga Bharati works with other organizations to help build networks and spread awareness to bring the best of yoga research into our practice, and to help the society in different aspects of life.

**Community Service and Outreach:** We provide free classes at various locations such as prominent temples, public libraries and community centers.

**Yoga Philosophy:** We collaborate with Sambodh Society ([www.sambodh.com](http://www.sambodh.com)) for conducting annual workshops on Meditation, Yoga Philosophy and Vedanta. Some of the interesting workshops given by Swami Bodhananada Saraswati include Yoga and Parenting, Gita and Management, Patanjali Yoga Sutras, Satsangs on Taittiriya Upanishad and Ishavasyopanishad.



**Sanskrit:** Since Sanskrit and yoga go hand in hand, we refer our yoga students to Samskrita Bharati for their Speak Sanskrit Course and for higher studies on Sanskrit and also provide yoga classes for workshops and retreats of Samskrita Bharati.

**Ayurveda:** We work with Vedika Global (a Ayurveda School in Berkeley) to provide a Yoga Darshan course as a part of their curriculum. Some of the recent workshops include Yoga Practitioners, Ayurveda for Prenatal and Postnatal Care.

**Yoga for Sports:** We work with non-profit organizations like Sevathon, Ekal Vidyalaya and Chinmaya mission to conduct yoga sessions for their Marathon programs. Marathoners have given a feedback that they were able to improve their speed from 10%-30% and also reported less pain and injuries after taking

yoga classes.

***Yoga for Seniors:*** Many of our volunteers teach free yoga classes for seniors at the ICC, Milpitas in the Bay Area. We have also collaborated with Breathe California to bring Yogic Breathing workshops for Senior Centers in the Bay Area.

### **Making a Difference - A New Way**

Instead of providing fish to the needy, Yoga Bharati teaches them how to fish. Due to today's modern life style, extreme competitions, economic instability and relationship issues of the individual-centric American society, people are under enormous stress. Lifestyle disorders such as obesity, diabetes, hypertension and heart diseases are becoming epidemics. Our goal is to help people help themselves. Yoga Bharati has provided more than 400 yoga classes per week in various locations in the Bay Area alone (worth \$4000 or more).

By simply attending our regular free classes, people have made their lives better; living in health and harmony. Many come to Yoga Bharati yoga teachers at the end of the class and explain how stressed they were just a couple of years ago and how peaceful they feel after attending regular yoga classes. We have had a steady growth over the last 10 years in touching lives, one heart at a time and we will continue to do so, thanks to all our volunteers, our supporters and our Yoga Masters!



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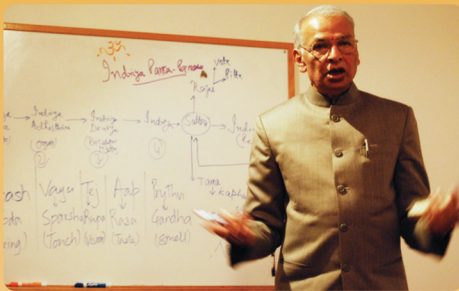
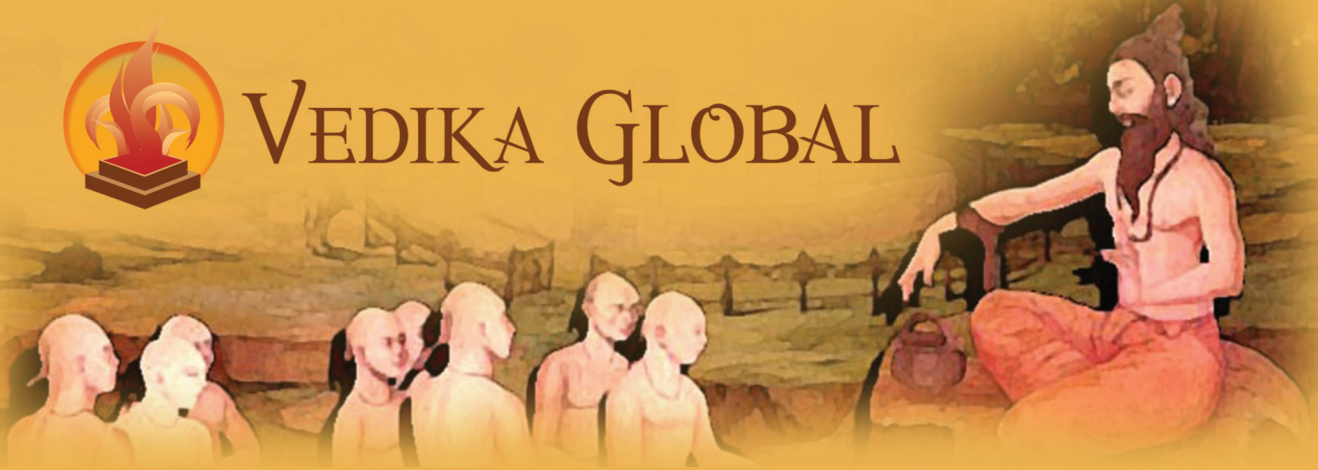
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# VEDIKA GLOBAL



## Vedika Gurukula : Ayurveda Medical Education

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- ❖ 2-year Diploma in Ayurveda Prevention Medicine & Community Health
- ❖ 5-year Degree Course in Clinical Medicine and Public Health
- ❖ 2-year Post-Graduate Specialization in Internal Medicine & Psychiatry



## Vedika Seva : Ayurveda Charitable Clinics

- ❖ Free to low cost clinics
- ❖ Free wellness camps
- ❖ Compassion projects
- ❖ Free medicine distribution



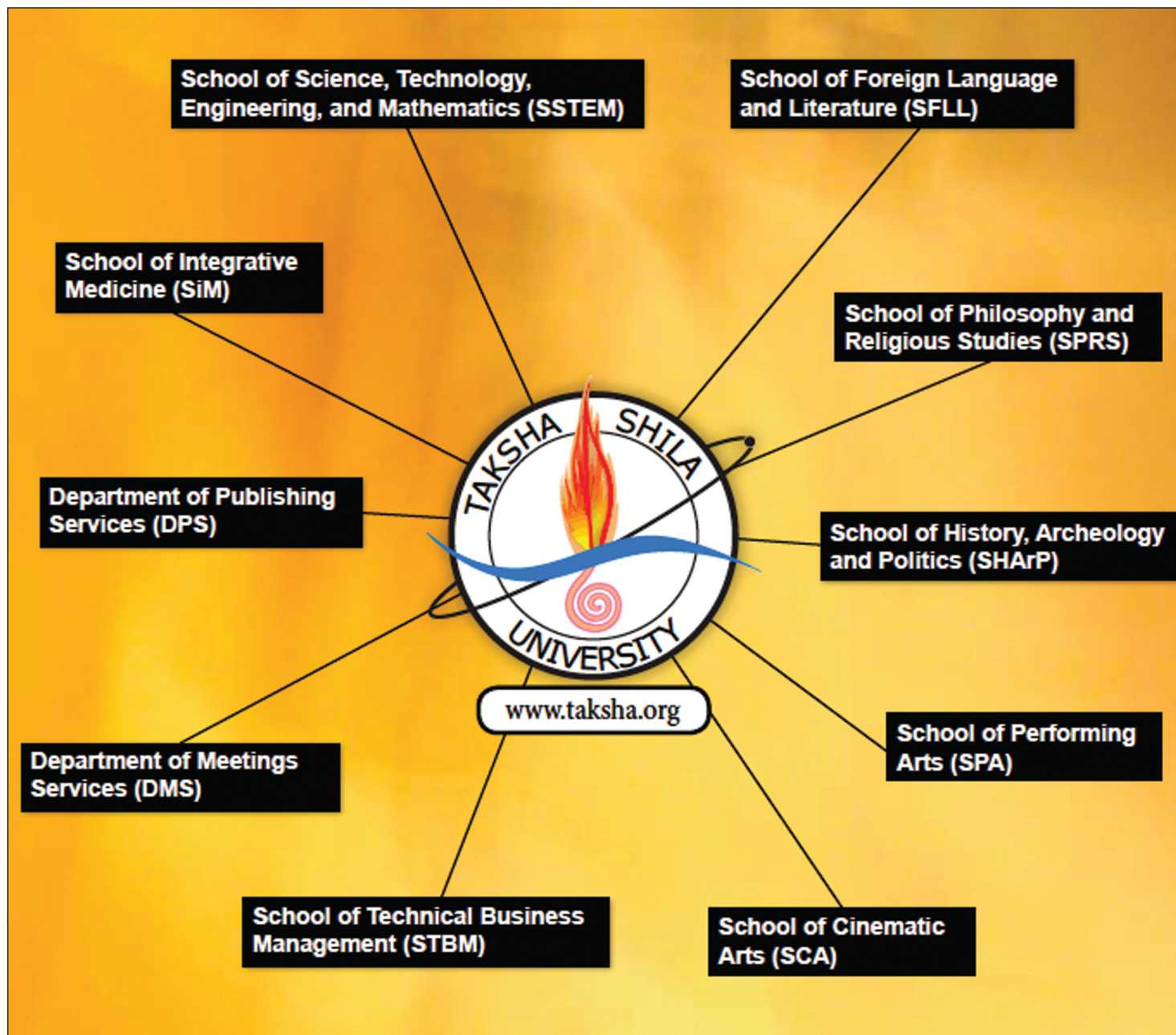
## Vedika Satsangha : Ayurveda Community Initiatives

- ❖ Free Ayurveda education
- ❖ Free Yoga education
- ❖ Free Vedanta education
- ❖ Free Sanskrit education

## International Awards and Recognition

**Nalanda Award for Excellence in Ayurveda Education** by Association of Ayurvedic Professionals of North America, USA, 2010

**Awarded for Excellence in Education** by the prestigious Indian Institute of Medicine, India, 2010



# TAKSHA UNIVERSITY

Founded in 1976, Taksha University is a dynamic, not-for-profit, tax-exempt independent institution of higher learning, engaged in education, training, and research projects. Our teaching staff consists of carefully selected, highly qualified instructors who offer a wide range of experience and talents to meet the varied needs of our community, as well as serving professionals in academia, healthcare, government service, industry and business, and other walks of life.

Taksha specializes in intensive, tailored, short-term, university-

level courses to accommodate the education needs of students who are working adults with limited time during the workweek. We also offer classes for a broader audience, to provide education or training to those who seek to extend their experience and knowledge base in specific topical areas. Our courses range from 6-40 hours in duration, typically over the course of 1-5 days. We offer Certificate of Course Completion. For inquiries and registration, email: [contact@taksha.org](mailto:contact@taksha.org)

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# Messages



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# S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana  
Deemed to be University, established under Section 3 of the UGC Act, 1956

I am delighted to be a patron for Yoga Sangam – International Conference at JCC, Palo Alto on Sep 8<sup>th</sup> and 9<sup>th</sup>, 2012, organized jointly by Yoga Bharati and VYASA.

Vivekananda Yoga Anusandhana Samsthana (VYASA) was founded on the ideas and principles of Swami Vivekananda. SVYASA is the university – the education wing of VYASA – the one-of-its kind University of Yoga in the world!

Vivekananda gave us our Vision: “Be and Make”. ‘Be’ – means to become and ‘Make’ – means to make others be what we have so become!

Our mission has been to combine the best of the East with the best of the West following Swami Vivekananda’s call to humanity. East has the knowledge base of ancient scriptures such as the Vedas and Upanishads and a methodology for intense inner research! West has the cutting-edge technology, the extensive, critical research methodology and the modern scientific temper. The combination of the best of the East and the best of West will help us achieve Moksha – a place of infinite bliss, complete power, absolute knowledge and limitless freedom!

Swami Vivekananda codified yoga in to Four Streams: Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga.

Karma Yoga is the path of Action! It is a process of converting every action into yoga. We start through an inventory of *gunas* or qualities– *Tamas* (inertia), *Rajas* (brilliance) and *Sattva* (purity) and finally transcend the *gunas*. We understand the realm of conflicts and also secrets of action! Then we become in tune with the Cosmic Law and move towards *Moksha*!

Raja Yoga is the path of Will Power and is the king of yogas. Patanjali, the father of Raja Yoga gave us *sutras* or formulae to help us attain Moksha in a systematic way. Eight limbs or Ashtanga Yoga forms the basis of Raja Yoga. Samadhi is not the end but the beginning of Advanced Raja Yoga and this leads us to Moksha!

Jnana Yoga is the path of intellect – a methodology of using the intellect to transcend the intellect. In Jnana Yoga, *Sravana* (listening or reading) and *Manana* (reflection) lead us to *Nidhidhyasana* (practice). Continuous experimentation will lead us true knowledge or Jnana. From here we move to Moksha!

Bhakti Yoga is the path of Emotion Culture. Bhakti is the surrendering of our choices for the higher cause. True love and surrender would lead us to Bhakti. In Bhakti, moving from experiencing God-form the way we seek to experiencing Him in any or no form. From here, we move to Moksha!

Vivekananda said that any or all or a combination of any of these streams lead to Moksha. This is Unity and Diversity and Unity in Diversity!

I am glad that we are gathering for a conference with the theme ‘Yoga Sangam’. Would you not say this is Swamiji’s vision coming true?

I invite all schools of yoga to participate in the conference to make it true to its word!

Yoga is itself union and this would be a Confluence of the Union of all of us!

Yours truly,

**Dr. H.R. Nagendra**

Vice Chancellor, S-VYASA, Bengaluru



CONSUL GENERAL OF INDIA

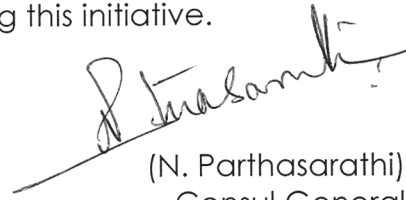
July 03, 2012

**MESSAGE FROM  
Mr. N. Parthasarathi, Consul General of India**

I am happy to learn that the Yoga Bharati and Vyasa, Bengaluru, are organizing an International Yoga Conference focusing on "**Yoga Sangam : Philosophy, health and Research**" on 8th and 9th September, 2012 at Palo Alto, California. The event commemorates the 10th anniversary of Yoga Bharati and celebrates the 150th birth anniversary of Swami Vivekananda. This significant event will bring together well-known exponents of Yoga providing an opportunity for the participants to benefit from a comprehensive understanding of different aspects of Yoga.

Yoga is now universally accepted as an holistic approach to understand the supreme self within and, at the same time, to develop and maintain excellent physical and mental health.

I wish the event a great success and I heartily congratulate the organizers for taking this initiative.



(N. Parthasarathi)  
Consul General

# THE URGENT BUILDING OF A HUMAN FRATERNITY, AND AN ENLIGHTENED HUMANITY

**Jagat Guru Suryananda Maha Raja**  
**President, Yoga Portuguese Confederation**



*The Grand Leader of Humanity, His Holiness Svámin Vivekánanda Mahá Rája, reminds humanity that, "Every Human Being is Divine." The Spiritual Lion has come to clarify what is most important; the internal spark in all of us belongs to the Creator- therefore we are all One. We should live in peace; with ourselves and with others. To realize that great truth, to search for the divine light within us - Jiva is Shiva, we should practice Yoga and serve humanity.*

*These brilliant teachings encourage us devote our life to tell the world that Yoga should be the practice of the 3<sup>rd</sup> millennium, the Age of Aquarius, of the Satya Yuga. Humanity needs to enlighten itself, to fulfill human fraternity, because we are all brothers. We came from more than a common*

*DNA. From the grand universal creative spark, manifested as the Mahá Om (the so called Bing Bang), we arise from the great initial singularity, where everyone and everything are One.*

*The very first principal of Yoga - and of its Yama and Niyama, is Ahimsá; the grand concept of non-aggression and respect for life. The preservation of life is humanities' biggest problem. If there could be only one Law, if there could be only one commandment, it should be Ahimsá. The respect for life is the respect for the grand design, the creating mánasika. The universe is a sacred vessel of constant creation, complexity and of consciousness' enhancement. Ahimsá points to the subtlety of the supreme communing the sap, which permeates all of us - the unique force of the grand cosmic tree and its Mahá Nádí of the Sacred Kalpa Taru.*

*Service to others, through "Karma Yoga", is the path to experience this understanding. Through karma yoga, humility, the grand ally of the wise, the damaging arrogance of disrespect for others is eliminated. Respect should be extended to animals - and their consciousness - mammals, birds, reptiles, etc. We should end the terrible suffering that we constantly inflict upon them. It is also important to show respect for the magnificent Trees - which give us so much, and to whom we owe so much. By improving and purifying our anna máyá kosha (physical body), we build Saucha (purity) and total health (and increasing 7-fold the productive yield of the planet.)*

*The systematic practice of Yoga- traditional yoga from Bhárata, the mother land of Yoga - and its wise technical disciplines of Ásana, Pránáyáma, Kírtana / Jápa, Pújá, Kriyá, Yoganidrá, Bandha, Mudrá, Yantra, Mánasika and Dhyána/Samádhi - will empower man; creating an enlightened and fraternal humanity. Children will live without deficiencies and without traumas. They will be the lords of tomorrow, of the pure gáya (the Earth) and its magnificent ecosystems.*

*These are the principles of World Yoga Day - celebrated at the Solstice of June, 21st - the Day of Light, which destroys darkness. The Solstice, a cosmic auspice, highlights the connection between the human being and the grand Cosmos. The divine body provides a super consciousness to the little micro cosmos, that they should see themselves with grandeur - as the reflection of the Creator. This is the design of Humanity and Yoga, of Sámkhya, and Vedanta.*

# MESSAGE

**Swami Bodhananda**

President

The Sambodh Society Inc. USA, and  
Sambodh Centre for Human Excellence  
Kalamazoo, Michigan

Email: swami.bodhananda@gmail.com

Web: sambodh.us, sambodh.org, bodhini.com

10 June 2012

I am happy that Yoga Bharati in conjunction with VYASA is organizing this yoga sangam, a conference of yoga practitioners and yoga teachers.

Yoga is an ancient mind-body-spirit discipline from India. Its fruits are health, vitality, mental peace, memory power, productivity and happiness. Yoga practice is nonviolent, non-invasive non-polluting and non-expensive. Yoga, Vedanta and Ayurveda are aspects of the same organic world view that emphasizes the primacy of consciousness over matter and that highlights the importance of practice over precept. Beliefs, values, relationships, diet and physical labour play significant roles in the yoga discipline. Yoga empowers and makes the individual responsible for his/her happiness and wellbeing. In a world ridden with debt, mindless consumption, pollution and declining health, yoga brings the light of hope, peace, individual self-sufficiency and freedom. It is high time that the world decides between 'yoga' and 'bhoga'.

I have had the good fortune of associating with Yoga Bharati for the last ten years. I am proud of their good work in spreading the culture of yoga across the United States. I wish them well, and pray to Lord Siddhi Vinayaka for the success of this conference.

  
**Swami Bodhananda**

# *Swami Vivekananda's Concept of the Synthesis of Yoga: The Key to Transformation of Consciousness*



**Swami Prasannatmananda**  
Vedanta Society

*Yoga, according to Swami Vivekananda, is the transformation of human consciousness into divine consciousness; whereas ordinary human life is the struggle for the transformation of animal consciousness into human consciousness. Animal instinct, human reason and spiritual illumination are the three principal stages in the evolution of life. In human life there is no distinction between the sacred and the secular. Every act can be performed as yoga by manifesting the potential divinity of the soul. Yoga involves the whole of one's life. According to Swami Vivekananda, yoga is a natural process of human evolution which differs significantly from ordinary, biological evolution. Yoga is the conservation, concentration and sublimation of psychic energy known as kundalini. Swami Vivekananda suggests a synthesis of yogas for this transformation of consciousness. This synthesis occurs in three stages: Purification, Awakening of the individual self, and Seeing the Supreme Self in all beings.*

*Swami Prasannatmananda is a fully ordained monk and an active minister of the Ramakrishna Order, India. He received his monastic ordination in 1995, after years of extensive spiritual practice and scriptural training. In 2011, he was posted to the Vedanta Society of Berkeley, California, where he has been continuing his service as an Assistant Swami.*

## ***How Swami Sivananda 's Synthesis of Yoga is appropriate for all in the world today!***



**Swami Sitaramananda**

Shivananda Ashram

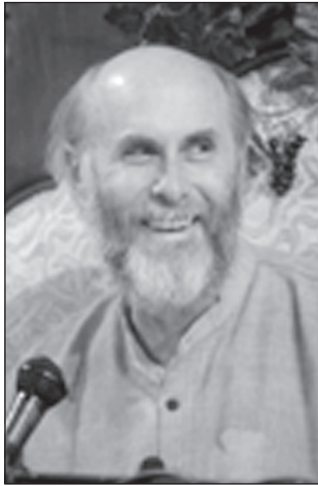
In the occasion of the birthday of H.H. Swami Sivananda of DLS, Rishikesh, India, on sept. 8, we would like to recall the main precepts of the Synthesis of Yoga (combined practice of Karma Yoga, Bhakti Yoga , Raja Yoga and Jnana Yoga) taught by him and carried all over the world by the Sivananda Yoga Vedanta Centers and Swami Vishnu-devananda.

In the world today, specially in America and western countries, yoga practicionners found themselves immersed in a very demanding fast pace stressful society, far from an ideal time and an ideal environment of ashrams, monasteries, Gurukulas, Himalayas. Most of the time, Yoga practicionners will have enough time just for a few Yoga asana classes weekly, a few satsangs, a few readings of scriptures or recitation of mantras and prayers.

Swami Sivananda and Swami Vishnudevananda gave a daily routine and 5 principles very helpful to the modern yogis as it includes all the classical Yoga paths and thus, allow people of all conditions and walks of life to adapt their sadhana to their life, and not only de-stress but substantially progress in Life and in Self Realization.

Om Shanti

*Swami Sitaramananda is an International meditation teacher for more than 25 years, director of the Sivananda Ashram Yoga Farm in Grass Valley and the spiritual director of the Sivananda Yoga Vedanta Centers in Los Angeles and San Francisco.*



## *Yoga Sangam Conference Message*

**Dr. David Frawley (Pandit Vamadeva Shastri)**

The popularity of Yoga continues to grow rapidly throughout the world. This interest now extends to the sister sciences of Yoga like Ayurveda and Vedic astrology, In addition, besides Yoga asanas, there is also considerable interest developing in mantra, meditation and the deeper aspects of Yoga among many groups and individuals. The Yoga Sutras, which is mainly a manual for meditation, has become a popular book for Yoga teachers, and is becoming examined in some detail in many new studies and commentaries. Yoga students are beginning to look at such important Vedic philosophical texts as the Bhagavad Gita and Upanishads.

Yoga therapy for body and mind is now being highlighted in a number of modern and traditional approaches. As interest in Yoga therapy grows, the importance of Ayurveda, the yogic system of medicine, is also becoming more pronounced. Ayurvedic treatment is available now in Yoga centers worldwide and being included in many Yoga teachers training programs.

Ayurveda provides a complete yogic system of medicine in terms of both diagnosis and treatment, emphasizing a sattvic approach to life based upon Yoga philosophy and yogic values. Ayurveda offers a full range of healing methods from diet and herbs to special massage techniques, from comprehensive life-style regimens to clinical methods of detoxification and rejuvenation. Ayurveda provides a wonderful healing system in which all yoga therapies from asana to meditation can be employed for maximum benefit for body, mind and spirit. In particular, Ayurveda highlights the importance of pranayama as a means of balancing the doshas or biological energies within us.

The Vivekananda Yoga Kendra has played an important role in the spreading of Yoga worldwide and has taken a leading position in promoting the greater tradition of Raja Yoga and Vedanta. It has done important work in the field of medical research in Yoga, including the use of Yoga therapies for the treatment of specific diseases, as one of the foremost Yoga institutions in India.

Swami Vivekananda himself was the first important teacher of both Yoga and Vedanta for the West and the main modern figure to revive these disciplines in India. The legacy of his teachings remains strong and his words, as in his many published books, sound as fresh, vital and relevant as they did when spoken over a hundred years ago.

Modern Yoga can benefit greatly by returning to the original inspiration and guidance of Swami Vivekananda, who was a great yogi and sage of the highest order. It can also benefit by bringing in more of the Vedic sciences, particularly Ayurveda, which will enable it to create a complete model of healing and well-being for body, mind and spirit. The Yoga Sangam is an important event that can aid in this new unfoldment of the greater teachings of Yoga for the coming century.

Acharya David Frawley (Pandit Vamadeva Shastri) is one of the most honored acharyas or teachers of Vedic wisdom both in India and in the western world over the last thirty years. Visit: [www.vedanet.com](http://www.vedanet.com)

# Message

It is indeed a matter of great gratification that the Yoga Bharati of the United States of America is organizing a Conference on the 8<sup>th</sup> and the 9<sup>th</sup> of September, 2012, to celebrate the completion of 10 years of its activities, and also to commemorate the 150<sup>th</sup> Birthday celebrations of Swami Vivekananda. My felicitations to them on this event and I wish the Conference all success.

Swami Vivekananda paid two visits to the United States. The first one was between the end of July 1893 and the middle of 1896, and the second one was between the end of 1899 and the middle of 1900. The latter one is of greater significance to California, since it was during this stay that he laid the solid foundations of Yoga there. California has lived up to the expectations of Swamiji. It has become the unofficial home of Yoga in the United States. It is indeed appropriate that Yoga Bharati should have its Headquarters there.

Of late, various forms of Yoga have evolved on the fertile soils of California, and the US. But, the Yoga Bharati has stuck to the purest form of Patanjali's Yoga, which is the traditional and time-tested form of Yoga, as preached by Swami Vivekananda all over the United States.. The other variations may come and go, but the Yoga System of Patanjali, emphasizing the health of both the body and the mind, is destined to live for ever. May Yoga Bharati continue to perpetuate this tradition for many more decades to come!

I invoke upon the Yoga Bharati the blessings of Sri Ramakrishna Paramahansa, Holy Mother Sarada Devi and Swami Vivekananda!

*Harih Om Tatsat!*

**Prof. N.V.C. Swamy**  
Professor Emiretus  
S-VYASA, Bengaluru



## CHINMAYA MISSION®

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May 10, 2012

Blessed Self,  
Hari Om! Salutations!!

It is with great pleasure that I congratulate the Yoga Bharati Organization and VYASA for hosting the First International Yoga Conference in the San Francisco Bay Area as celebration of 150th Birth Year of Revered Swami Vivekananda and also marking the 10th anniversary of Yoga Bharati.

Swamiji was the pioneer in bringing the message of the East to the West. The Holy Scriptures, the Vedas and their teachings were brought out by Him in the most simplistic manner, which attracted many in the western world. This was then followed by teachings of the 4 paths from Srimad Bhagawad Geeta - Karma Yoga, Bhakti Yoga, Raja Yoga or Ashtanga Yoga and Jnana Yoga. Now, after almost 120 years, we can see the impact of His teachings.

Each of these paths are useful for the unfoldment of an individual. People may be at various stages of life and sadhana but there is always the right Yoga for each individual. Karma Yoga is for purification of mind, Bhakti Yoga for single pointedness and expansion of mind, Raja Yoga for directing attention to the Self and Jnana Yoga for knowing the True nature of the Self. Thus, came the "Integral Yoga" or "Holistic Yoga", which has become very popular and should be practiced in its totality.

I pray to God and Guruparampara for all success of this event. May the actual purpose of bringing out the awareness of "Yoga" as teachings along with the other objectives of the conference be fulfilled.

Best wishes from Chinmaya Mission San Jose.

With Love and Om,

Br. Prabodh Chaitanya

July 31, 2012



Please accept the warm greetings from all of us at the Council for a Parliament of the World's Religions, especially the chair of our Board, Imam Abdul Malik Mujahid.

It is with a great sense of appreciation and respect that I send this letter to Yoga Sangam – International Conference in Palo Alto to celebrate the 150<sup>th</sup> Anniversary of the birth of Swami Vivekananda.

Given the historic connection of our organization with Swami Vivekananda – the world-renowned speaker from the 1893 World's Parliament of Religions in Chicago – and the ongoing relevance of his message to the global interreligious movement, we very much share in this celebration.

The 1893 Parliament marked the first formal gathering of representatives of eastern and western religious traditions. Today it is recognized as the birth of formal interreligious dialogue worldwide. Swami Vivekananda was the most beloved speaker at that event and would often be scheduled to speak last in the evening to keep participants in their seats until the very end. It was at that gathering that Swami Vivekananda spoke these words:

*"Sisters and Brothers of America...Sectarianism, bigotry, and its horrible descendant, fanaticism, have long possessed this beautiful earth. They have filled the earth with violence, drenched it often and often with human blood, destroyed civilization and sent whole nations to despair...But their time is come; and I fervently hope that the bell that tolled this morning in honor of this convention may be the death-knell of all fanaticism, of all persecutions with the sword or with the pen, and of all uncharitable feelings between persons wending their way to the same goal."*

Swami Vivekananda continues to inspire and give life to the global interreligious movement as a whole and to the work of the Council in particular.

The Council for a Parliament of the World's Religions continues to build on the work begun in 1893: cultivating harmony among the world's religious and spiritual communities and fostering their engagement with the world and its guiding intuitions in order to achieve a just, peaceful and sustainable world.

In peace,



Rev. Dirk Ficca  
Executive Director

70 East Lake Street, Suite 205  
Chicago, IL 60601 USA

Phone: 312 629-2990  
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info@parliamentofreligions.org  
www.parliamentofreligions.org

# Message

## **B.V. Jagadeesh**

(Co-Founder Exodus, President CEO NetScaler, Currently Managing Partner at KAAJ Ventures)

I congratulate Yoga Bharati and VYASA team for organizing Yoga Sangam, International Yoga Conference in Palo Alto, CA.

Yoga Bharati and VYASA are doing excellent work in creating a platform to train Yoga teachers who can bring Yoga to the masses and also to teach and practice yoga to cure multitude of physical health issues.

VYASA founded by Dr. Nagendra and Dr. Nagarathna has done a great work in the field of Yoga Therapy and Research



We had a very memorable stay at the VYASA campus in Jigani, Bangalore - where we took our 80 year old mother who had reached a stage that she couldn't even walk properly because of aggravated Varicose Veins issues. Through yoga and deep meditation practices with controlled diet and a very peaceful environment our mother was able to walk and set the stage to become a normal person over the next several months. Without this experience it would have been difficult for me to understand how yoga and meditation can possibly cure many of the physical health issues that people face.

During our 2-week stay we encountered people with extreme diabetes, physical ailment, heart issues, depression etc. We watched these people, through yoga, meditation and diet control, addressing respective challenges and people returning back with a hope to become normal persons.

We wish this conference the very best success and may yoga and meditation spread to the entire world to bring peace and good health.

Yours Sincerely  
**B.V. Jagadeesh**

*B.V. Jagadeesh is an entrepreneur and philanthropist living in the Bay Area, California. He is currently Managing Partner of KAAJ Ventures. Jagadeesh was President and CEO of NetScaler which was acquired by Citrix corporation. and prior to that he co-founded Exodus Communications. He is the Board member of OSAAT – One School at a Time, an organization that aims to serve the underprivileged schools in India. Jagadeesh is focusing on both India and US based entrepreneurs and philanthropic activities related to education and health care.*

## A MESSAGE FROM MANOHAR SHINDE



I am genuinely delighted at the slow but steady growth of the Yoga Bharati movement, to spread the eternal message of the science of Yoga and its underlying spiritual wisdom. It has made a commendable contribution in familiarizing the theory and practice of Yoga at different levels, for enhancing comprehensive health in its different dimensions (such as physical, emotional, intellectual and spiritual) for becoming a Yoga teacher or Yoga therapy practitioner etc.

I would like to convey the very best of my heartfelt wishes to the dedicated team working diligently and devotedly for the resounding success of the following 10th year of the Yoga Bharati, since its inception.

### **A BRIEF NOTE ABOUT MANOHAR SHINDE :**

- ✓ Founding trustee of Yoga Bharati, USA
- ✓ On the Advisory Board of Hindu Swayamsevak Sangh, USA
- ✓ On the Board of Trustees of SEWA International, USA
- ✓ Founding trustee of Dharma Civilization Foundation, (a recent initiative working towards multi-dimensional revitalization and renaissance of Dharma)
- ✓ A retired general and child psychiatrist and a psycho-analyst.
- ✓ Was in private practice for 29 years in Los Angeles
- ✓ Was on the clinical faculty of UCLA and USC schools of medicine and also at the institute of Contemporary Psycho-analysis (ICP)

# Message

*It is clear that yoga's popularity in the United States and many other countries of the world has gone well beyond a fad or passing curiosity. The burgeoning field of mind-body research and contemplative practices in medicine, of which yoga from the Indian tradition is prominent, is beginning to show that the contribution of these practices to health and well being go well beyond the simple relaxation response. Yoga is a quintessential mind-body practice and philosophy of life that when practiced in a comprehensive manner including asana, pranayama, meditation, diet, and social consciousness will have profound effects on all aspects of life. The science of yoga has expanded dramatically in the past decade with the benefits of yoga being documented through the use of rigorous research across our population from multiple medical conditions to how it can help school children become better students and ultimately better adults to make our world healthy. It is conferences like the one you are attending today, Yoga Sangam: Philosophy, Health Research, which help to expand the field and show the world the true benefits of yoga. There is no doubt that the health of our nation and the world will flourish as we gain a better understanding of the profound benefits of a yogic life and engage in that life.*

**Lorenzo Cohen, PhD**  
Professor and Director  
Integrative Medicine Program  
MD Anderson Cancer Center

## Krishi Kaayaka

A Quarterly Magazine for farmers

### Editor

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## Message and Appeal

Padmashree Dr. M. Mahadevappa

Congratulations to Yoga Bharati and VYASA for presenting Yoga Sangam and commemorating Swami Vivekananda's 150<sup>th</sup> Birthday.

Swami Vivekananda's dream of prosperous India is only achieved when the farmers who form the backbone of India are doing well. On the complete contrary, farmers in India have been under great duress due to vagaries of rains, crop failures, exploitation by middlemen, and fluctuating market prices, etc. They have started to migrate to cities in search of any kind of livelihood. By educating farmers on their rights, modern technologies that fetch higher profits and improve standard of living, we hope to encourage them to continue farming.

Since 2008, *Krishi Samithi* has published KRISHI KAYAKA, a Kannada quarterly magazine to promote awareness among farmers. The free magazine includes articles relevant to the region and season written by agricultural/social scientists and progressive farmers.

*Krishi Samithi* seeks your support to sustain the publication of this magazine through sponsorship, patronage and advertisements. Articles relevant for publishing in this magazine are also welcome.

With regards,

**M. Mahadevappa**

Chairman, Krishi Samithi, Editor, Krishi Kayaka

*DR. M. Mahadevappa is the Chairman of Krishi Samithi and the Director at JSS Rural Dev. Foundation. Dr. Mahadevappa is much known for his pioneering research in paddy varieties and hybrids as for controlling the dreaded Parthenium weed. Apart from many high profile posts, he has also served as the Vice Chancellor of Agriculture Sciences, Dharwad, Karnataka and Director/Dean, Professor, Scientist at University of Agricultural Sciences, Bangalore. He has received Padmashree in 2005 for his monumental work in research on rice cultivation. He is now spearheading a movement to support farmers who are in distress throughout the nation and specifically in Karnataka.*

## *Dr. Timothy McCall, MD*

It is my great pleasure to offer salutations and congratulations to the organizers and participants of the YOGA SANGAM - International Conference 2012. The theme of Philosophy, Health and Research seems particularly appropriate in this time of the rapid growth of yoga practice and interest in traditional holistic healing.



Yoga in the west can sometimes be reduced to little more than relaxation and a good workout, which, while important, is far from the whole story. Deeper healing through yoga, and related fields like Ayurveda, best happens when individuals approach them in a holistic manner, ideally informed by the philosophy articulated in such great texts as Patanjali's Yoga Sutras and the Bhagavad Gita. But to appeal to those less familiar with the philosophical underpinnings of yoga, it is invaluable to bring in science, hence the value of research. India and numerous countries in the west are producing an unprecedented quantity and quality of yoga research. At last count, over 50 medical conditions have been shown to be helped by the practice of yoga (for a PDF listing the conditions and research citations, see [www.DrMcCall.com](http://www.DrMcCall.com)).

Those of us involved in yoga therapy know, however, that it's not medical conditions we treat, so much as the people who have them. If we can help bring peace of mind, balance to the body and nervous system, and foster a sense of meaning and purpose in life - precisely what yoga and Ayurveda so brilliantly do - people tend to get better and so do their medical problems.

Congratulations to Yoga Bharati for their tremendous success in creating a community for organizations and individuals interested in global health and well-being, on the occasion of the 150th birth anniversary of the great Swami Vivekananda!

*Timothy McCall, M.D., is a board certified specialist in internal medicine, the Medical Editor of Yoga Journal and the author of Yoga as Medicine: The Yogic Prescription for Health and Healing (Bantam). His teaching and writing focuses on yoga therapy, holistic healing and on reconciling eastern and western ways of knowing. He can be found on the web at [www.DrMcCall.com](http://www.DrMcCall.com)*



## ***Congratulations to Yoga Bharati and S-VYASA*** ***Soumitra Gokhale***

*The upcoming International Conference – Yoga Sangam 2012 is a laudable initiative by Yoga Bharati and SVYASA. It was Swami Vivekananda who introduced the universal philosophy of Yoga to the West. This conference is a very apt and wonderful tribute to Swami Vivekananda on his 150<sup>th</sup> birth anniversary.*

*Yoga and meditation practices have benefitted millions of people worldwide by enriching the quality of their life. SVYASA and Yoga Bharati have been in the forefront of scientific research, education and dissemination of Yoga philosophy and practices. This conference will be a step further in promoting the Yogic life-style for holistic health and inner peace. It is heartening to know that Yoga Sangam will bring together many Yoga practitioners, therapists and experts who are contributing immensely to the spread of Yoga. The interaction and sharing of ideas and experiences will surely be mutually beneficial. It is the need of the hour that all like-minded individuals and institutions, while working independently, also join hands in the noble cause for the welfare of humanity.*

*Heartiest congratulations to Yoga Bharati on completing ten years of continuous service to the community and may it go from strength to strength. I extend my best wishes for the grand success of Yoga Sangam 2012.*



***Soumitra Gokhale***  
*Vishwa Vibhag Samyojak*  
*Hindu Swayamsevak Sangh*

## ACKNOWLEDGEMENTS

Yoga Bharati is grateful to the following donors and many anonymous donors for supporting the conference thro' donations. The names are in alphabetical order and are updated as of 8/15/2012.

- » Ananthalakshmi Swamy and Dr NVC Swamy,  
Alamelu Narasimhan and K. K. Narasimhan
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- » Vidhya Gopalkrishnan and Sathya Thyagaraj
- » Yoga Bharati Detroit chapter
- » Yoga Bharati LA chapter
- » Yoga Bharati SFO bay area chapter

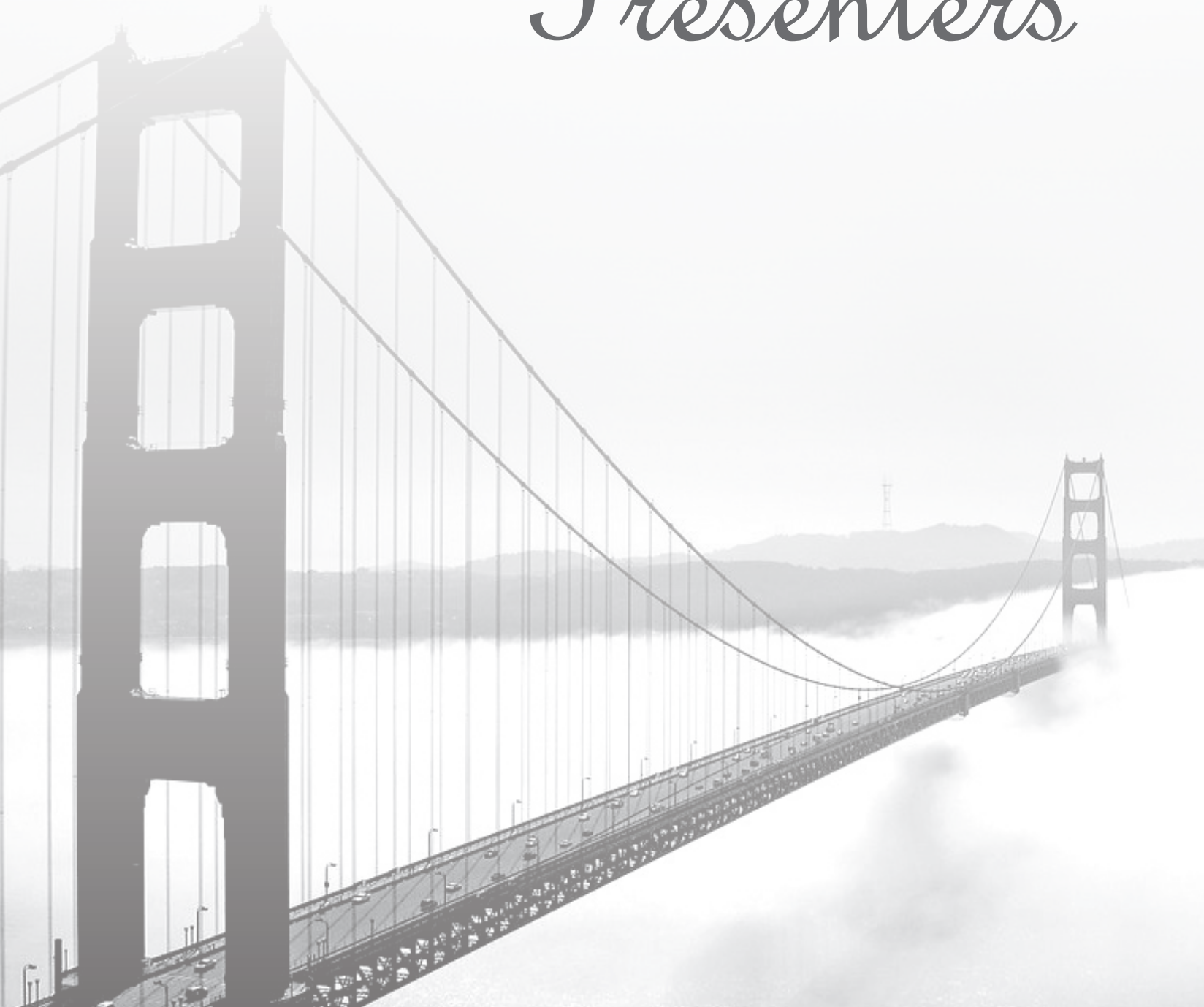
Yoga Bharati acknowledges the involvement and support of Yoga Bharati volunteers from all the chapters, VYASA staff and other organizations in making the Yoga Conference success.



Condemn none: if you can stretch out a helping hand, do so. If you cannot, fold your hands, bless your brothers, and let them go their own



# *Presenters*





You have to grow from the inside  
out. None can teach you,  
none can make you spiritual.  
There is no other teacher but your  
own soul.



### **Sri N.V. Raghuram**

Chairman, Yoga Bharati, and  
Professor at VYASA, Bengaluru, India

Yogashree N.V.Raghuram is the Chairman and Spiritual Founder of Yoga Bharati and Professor of Yoga Philosophy in Swami Vivekananda Yoga Research Foundation (SVYASA), Bangalore India. Sri N.V Raghuram of SVYASA is trained under some of the most renowned exponents of yoga such as Prof Satyanarayana Sastry of Bangalore India and has been practicing yoga since early childhood.

He is instrumental in introducing successfully yoga therapy in a neurological clinic in Germany and starting yoga therapy training and practice in front line hospitals in Italy and a center each in Istanbul Turkey and China. He has traveled to several countries including Germany, Austria, Switzerland, England, USA, Indonesia, Malaysia, Japan, Sri Lanka, Singapore and conducted Yoga therapeutic and corrective courses (for ailments such as bronchitis, asthma, back ache, eating disorders, sleep disorders etc) and hundreds of stress reduction programs based on yoga in several countries across globe.

He also guides and assists Ph.D. students in their intensive research on yoga related subjects. He has specialized yoga philosophy based counseling.

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## **Dr. H.R. Nagendra**

Vice Chancellor, Swami Vivekananda  
Yoga Research Foundation (S-VYASA)  
Bengaluru, India

Dr. Nagendra, a former space scientist at NASA, returned to his native India, changing, as he says, from engineering to human engineering “in search of truth.” According to him, the search for ultimate truth through external means (science) did not take him far enough and that is why he chose to dive deep into his own consciousness in search of reality through yoga. He then proceeded to combine the best of East with the best of West as Swami Vivekananda envisioned. In 1975, Dr. Nagendra established Swami Vivekananda Yoga Research Foundation (VYASA), which has published more than 150 research papers on Yoga and its applications, apart from being a unique Yoga Therapy Health Center and a Yoga University training students in the field of Yoga. Dr. Nagendra is the Vice Chancellor of SVYASA university, Bengaluru and he is also on the Board Member of Advisors of Yoga Bharati.



## Dr. R. Nagarathna

Dean of Health Science at S-VYASA  
Bengaluru, India

Dr.R.Nagarathna, MBBS, MD, FRCP (Edinburgh), FICA (USA) is the Chief Yoga Therapy Consultant and Dean of the Division of Yoga and Life Sciences at SVYASA. She combines her medical training along with her deep understanding of yoga in leading the health center. Her simplicity, innocence and service attitude touches every heart in Prashanti Kutiram, the health Center of VYASA. She is deeply loved and adored by one and all and respectfully called “Didi” – the elder sister by some and as “Amma” – the mother, by others.

Dr. Nagarathna heads the therapy division for asthma, diabetes, hypertension, heart disease, cancer and other ailments. Dr. Nagaratna serves as an advisor and guide for Ph.D students at SVYASA.

She been felicitated with numerous awards such as the: Patanjali Award” (2000) for contributions in the field of yoga by Indian Systems of Medicine and homoeopathy (ISM & H), Ministry of health and family welfare, Government of India, arranged through Director, ISM & H in Bangalore. “Dr P S Shankar Vaidya Shree” award (2001) by Dr P S Shankar Pratistana, Gulbarga. “Woman of Excellence” award (2003) by the BadaganaduSangha Association, Bangalore, for service to humanity through Yoga Therapy. “Karnataka Kalpavalli” award (1995) for ‘Service to women through Yoga’ awarded by ‘Shaswathi’ a women’s organization, NMKRV College, Bangalore. “Doctor’s Day” award (July 1992) by IMA, Bangalore branch.



## Dr. Shirley Telles

Director of Research at Patanjali Yogapeeth  
Haridwar, India

Fulbright Scholar, Dr. Shirley Telles is a neuroscientist involved in yoga research. With an M.Phil. (1989) and a Doctorate in neurophysiology (1992), she has over 25 years of experience in yoga research. Her Ph.D. thesis was the 'Psychophysiology of yoga practices in health and disease'. She has over 125 research publications in indexed national & international journals.

Currently, she is the Director of Research at Patanjali Yogpeeth, Haridwar and Hon. Professor at Swami Vivekananda Yoga Research Foundation (SVYASA-a deemed Yoga University) in Bengaluru. At SVYASA, she heads the 'Center for Advanced Research in Yoga and Neurophysiology' by the Indian Council of Medical Research [2007-2012] and the project under Cognitive Research Initiative of Department of Science & Technology [2010-2013], Government of India. She is a reviewer for 26 international journals and she has received an ICMR award for "excellence in biomedical research" (Shakuntala Amir Chand Prize) and a prize from John Tempelton Foundation for Creative Ideas in Neuroscience.



## Shri N Parthasarathi

Consul General of India  
San Francisco, CA

Shri N Parthasarathi is serving as the Consul General of India in San Francisco from October 13, 2011. He was Ambassador of India to the Republic of South Korea from Sept 2005 to Sept 2008. Before that he served as Ambassador of India to Senegal for 3 years. He was also concurrently accredited as Ambassador of India to Mali, Mauritania, Guinea Bissau and Cape Verde islands, as well as High Commissioner of India to the Republic of The Gambia. He has served as a diplomat in countries throughout the world, including in Belgium, Senegal, Pakistan, United Kingdom and Syria. He has also served in different capacities in the Ministry of External Affairs and the Ministry of Finance (Department of Economic Affairs) in New Delhi.

Shri Parthasarathy's hobbies include writing, spirituality, mentoring youth, golf and bridge. He has published two books: (i) 'The Reluctant Assassin', a fictional thriller, published in Delhi, in January 2005; and (ii) 'Bi Dan Hwang Hoo' (Silk Empress), a fictional novel linking the ancient history of India and Korea. The latter was translated in the Korean language and published in Seoul in June 2007.

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## **Brahmachari Prabodh Chaitanya**

Chinmaya Mission, San Jose, CA

Brahmachari Prabodh Chaitanya is the resident Acharya of Chinmaya Mission San Jose. He served for six years at Chinmaya Mission Orlando in various capacities and subsequently went to India to participate in celebrations of the 50th anniversary of the founding of the Chinmaya Mission. Having studied Vedanta under the grace and guidance of Pujya Swami Tejomayananda and tutelage of Swami Ishwarananda he was appointed as Acharya of Chinmaya Mission San Jose. Prabodhji has been conducting Vedanta discourses in and around the San Francisco Bay Area. He has also conducted Jnana Yagnas, camps, and retreats all over the United States and Canada. With his affability, sense of humor, and passion for the Vedanta, Prabodhji captivates his audiences - young and old alike.

Prabodhji has also participated in interfaith programs, has been interviewed by numerous newspapers, radio stations, and even Ph.D. students of Philosophy from U.S. universities. He enjoys teaching Vedanta, Bhagavad Gita and devotional texts like the Ramayana and Srimad Bhagavatam.



## Jagat Guru Amrta Súryánanda Mahá Rája

President, Yoga Portuguese Confederation

Founder and President of the Yoga Portuguese Confederation, and Yoga Sámkhya Institute; Yoga practitioner for over 41 years; is the author of Chakra Sútra - the 7 main Chakra of Yoga (1985), and Sámkhya, Cosmogogenesis and Yoga - beyond Hydrogen (1986). Founder of OMKÁRA - Choir and Orchestra of Mantra, and PASHUPATI - Advanced Traditional Yoga Demonstrators. His Grand Internal Yoga Master is the Adi Guru Lord Shiva; the live Master that most influenced him was Svámin Krshnánandaji Sarasvatí of Shivánanda Áshrama - rshikesh; and his other big reference is the Mahá Shakti who unveiled herself in 1917 in Fátima, Portugal - the Bright Lady transmitted the urgent stop of bloodshed amongst the Humanity. Mahá Rája is the head of the Yoga Teaching Graduation Program, always with a high stand of world excellency, and teaches the complete Yoga Training Program for Yoga Instructors in 6 years = 4.500 training hours, Yoga. Teachers in 10 years, and Yoga Masters in a total of 14 years. In 2001, he proposed to UN and UNESCO the creation of the First Global Day- Ecumenical Day, Inter Ethnic, Inter Religious, and Inter Cultural - on the Solstice, June 21st - which is also the Yoga World's Day - a Fraternal. Day - 24 hours without bloodshed in the whole World, a Day for the Enlightenment of Humanity, for the preservation of the Ecosystems, and the human-Cosmic conscience.



## **Puja Swami Bodhananda Saraswati**

Spiritual Director and Founder  
The Sambodh Society, Inc.

Puja Swami Bodhananda Saraswati, Spiritual Director and Founder, The Sambodh Society, Inc.

Swami Bodhananda is as an accomplished teacher of Vedanta, Meditation and Indian Mangement.. He was born in Mattatur, Kerala, 36 miles from Kalady, the birthplace of Adi Sankaracharya. After completing his undergraduate work in economics, he fulfilled his aspirations joining the Saraswati order as a brahmachari—one of ten sannyasa orders established by Adi Shankaracharya.

Presently, Swami Bodhananda is the Spiritual Founder and Director of Sambodh Society Inc. in USA with its Ashram and Headquarters at Kalamazoo, MI. He is also the Director of 11 organizations and ashrams under the umbrella of the Sambodh Foundation, New Delhi, India; the Bodhananda Research Foundation for Management and Leadership Studies, Trivandrum, Kerala, India; and The Sambodh Society, Inc., his American organization. Swami Bodhananda is the author of twenty books: Meditation: The Awakening of Inner Powers; Self Unfoldment in An Interactive World; Seven Hindu Spiritual Laws of Success; The Gita and Management; Indian Management and Leadership; Management and Mahabharata; and “Rishi Vision” are among his widely read books. For more details visit: [www.sambodh.us](http://www.sambodh.us); [www.sambodh.org](http://www.sambodh.org); [www.bodhini.com](http://www.bodhini.com).



## Pt. Vamadeva Shastri (Dr. David Frawley)

American Institute of Vedic Studies

Acharya David Frawley (Pandit Vamadeva Shastri) is one of the most honored acharyas or teachers of Vedic wisdom both in India and in the western world over the last thirty years. He is respected as an Ayurvedacharya (teacher of Ayurvedic medicine), Jyotish Brihaspati (teacher of Vedic astrology), Vedacharya and Vedaguru (teacher of the Vedas). He is regarded as a Pundit, a doctor or professor of Vedic wisdom. He is one of the few modern teachers to write definitive books in all major Vedic fields, based upon his original study of Sanskrit texts and his own direct experience, including commentaries on the Vedas themselves.





**Mr. Philip Goldberg**  
Author & Spiritual Coach

Philip Goldberg, the author of American Veda, is a spiritual counselor, meditation teacher and ordained Interfaith Minister. The author or coauthor of 19 books, he lectures and leads workshops throughout the country.

A novelist and screenwriter as well, he lives in Los Angeles, where he founded Spiritual Wellness and Healing Associates (SWAHA). He is Director of Outreach for SpiritualCitizens.net. and blogs regularly on the Huffington Post and Intent.com.

His book AMERICAN VEDA is a chronicle from Emerson and the Beatles to Yoga and Meditation, how Indian Spirituality Changed the West and narrates the history and influence of India's spiritual teachings in America. Huffington Post named American Veda one of the top ten books on religion for 2010. And the American Library Association's Booklist Online gave it the same honor for 2011. It was recently given an Award for Special Distinction by the Uberoi Foundation for Religious Studies.

<http://www.philipgoldberg.com/>

<http://americanveda.com/>



## Swami Prasannatmananda

Asst Swami, Vedanta Society, Berkeley

Swami Prasannatmananda is a fully ordained monk and an active minister of the Ramakrishna Order, India. He received his monastic ordination in 1995, after years of extensive spiritual practice and scriptural training. As a monk of twenty-six years good standing, Swami Prasannatmananda's ministerial service has included a wide range of duties: scriptural studies, sacred worship, chanting, congregational prayer, meditation, and providing personal counseling to spiritual aspirants.

In India, Swami Prasannatmananda was engaged in education and research in various capacities. He also served as assistant secretary, teacher, and treasurer in various institutions in the Ramakrishna Order. In addition to these, he gave classes and public lectures, counseled students, and wrote a number of philosophical and religious articles.

In 2011, he was posted to the Vedanta Society of Berkeley, California, where he has been continuing his service as an Assistant Swami.





## Dr. Prasad Kapia

CEO Advisor & Coach, Executive Director  
Center for Leadership, Innovation and Change (CLIC)

Dr. Prasad Kapia, CEO Advisor & Coach, Silicon Valley

Sr. Fellow and Executive Director Emeritus, Center for Leadership, Innovation and Change (CLIC), Indian School of Business

Dr Kaipa is engaged in working with CEOs and senior executives in advisory and coaching capacity for past 22 years. Dr. Kaipa has advised CEOs and coached Executive Teams in the areas of Innovation, Business Transformation, Leadership, Strategic Thinking and Personal Mastery. Some of the companies he worked with include HP, Cisco, Disney, Adobe, Apple, Xerox, Boeing, State Bank of India, Maersk, Oracle, BAE Systems, Ranbaxy and Navteq. Dr. Prasad Kaipa is also a senior fellow and Executive Director Emeritus of the Center for Leadership Innovation and Change (CLIC) in Indian School of Business in Hyderabad, India.

He has deep exposure to Hindu spiritual literature like Upanishads and Vedanta and brings this rich eastern value into the business world. Dr. Kaipa conducted Practical Vedanta sessions in the San Francisco Bay Area for several years. Dr. Kaipa is a member of Board of Directors of Yoga Bharati.

More about him can be read at: <http://www.kaipagroup.com>



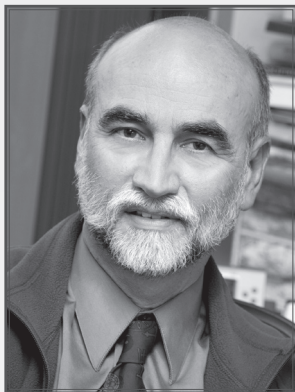
**Swami Sitaramananda**  
Sivananda Ashram Yoga Farm

Swami Sitaramananda is an International meditation teacher for more than 25 years, director of the Sivananda Ashram Yoga Farm in Grass Valley and the spiritual director of the Sivananda Yoga Vedanta Centers in Los Angeles and San Francisco.

Swami Sitaramananda is an acharya, direct senior disciple of the Swami Vishnudevananda who founded the International Sivananda Yoga Vedanta Centers to propagate the teaching of the Yoga of Synthesis of Swami Sivananda. She is an internationally respected teacher who presents yoga philosophy and practice in a simple, down to earth and humorous manner.

Swami Sitaramananda is presently the main teacher of the Yoga Teachers Training Courses offered at the Sivananda Ashram Yoga Farm and also teaches courses at other Sivananda Yoga Vedanta Center Ashrams in India, Vietnam and Nassau, Bahamas. Swami Sitaramananda is the author/compiler of the "Essentials of Yoga Practice and Philosophy" book, the "Positive Thinking Manual" and "Darshan: A Vision of God", a beautiful illustrated book of poetry written during her retreat in Gangotri, Himalayas, in 2003.





## Dr. Chris Chapple

Loyola Marymount University  
Los Angeles

Christopher Key Chapple is Doshi Professor of Indic and Comparative Theology at Loyola Marymount University in Los Angeles. He has published more than fifteen books, including *Karma and Creativity* (1986), *Nonviolence to Animals, Earth, and Self in Asian Traditions* (1993), *Jainism and Ecology* (2002), *Reconciling Yogas: The Yogadrstisamuccaya of Haribhadra* (2003), *Yoga and the Luminous: Patanjali's Spiritual Path to Freedom* (2008), and *In Praise of Mother Earth: The Prthivi Sukta* (2012). In 2002 he established the first of several certificate programs in Yoga at LMU's Center for Religion and Spirituality. In 2004, he founded the Hill Street Center for Yoga and Meditation in Santa Monica. In the fall of 2003 he assume directorship of LMU's Master of Arts in Yoga Studies.



## Smt. Prabha Duneja

Geeta Society, Fremont, CA

Prabha Duneja, founder and president of the Geeta Society, is also an active member of the Tri-Valley interfaith Council, Women's Federation for World Peace, and the United Nations Association USA. Mrs. Duneja is a recipient of Global Citizen award, given by UNA-USA East Bay for her tireless efforts on behalf of schools and orphanages in India and Mozambique. She travels extensively and is a frequent speaker at the Commonwealth Club San Francisco, the parliament of World's religions, schools, universities, temples, churches, mosques, yoga retreats, and religious conferences.

Her monumental work The "Legacy of Yoga in Bhagwad Geeta has created a powerful impact in the Western literary world.





## Mr. Bidyut Bose

Niroga Institute, CA

Bidyut Bose is the Founder and Executive Director of Niroga Institute ([www.niroga.org](http://www.niroga.org)), which brings yoga to vulnerable populations such as children and youth who are abused or neglected, homeless, delinquent or incarcerated, as well as cancer survivors, seniors and people battling addiction. Niroga teachers bring yoga to schools and alternative schools, juvenile halls, homeless shelters, cancer hospitals and rehab centers, serving over two thousand people every week, all over the Bay Area and beyond. Bidyut earned his Ph.D. in Computer Science from UC Berkeley, and spent many years in research and development in Silicon Valley. Having learned yoga and meditation from his father since he was a child, and later with monks in the Himalayas, he longed for greater integration of his personal and professional life. Inspired since childhood by Swami Vivekananda's twin ideals of self-realization and selfless service, he founded Niroga Institute in 2005, and his research interests have now shifted to the scientific application of yoga for common chronic conditions and special populations, as well as developing cost-effective architectures for lasting social transformation.



## Dr. Dilip Sarkar

Executive Director, School of Integrative Medicine  
Taksha Institute

Dr. Dilip K. Sarkar, MD, FACS, CAP., is one of foremost experts in Yoga Therapy who combines his 45-year experience in Conventional Medicine with his extensive knowledge of Integrative Medicine, including Ayurveda and Yoga Therapy.

After 25 years of practice as a Vascular Surgeon in Tidewater Virginia, Dr. Sarkar retired from practice after suffering a heart attack and undergoing by-pass surgery in 2001. Since then, he developed a profound interest in Ayurvedic medicine and Yoga Therapy, devoting considerable time to the study of these ancient treatments and wellness philosophies in Virginia and in India.

Dr. Sarkar has held positions that included teaching as a primary focus of his medical career. He was an Associate Professor of Surgery at Eastern Virginia Medical School in Norfolk, Virginia, and Chairman of the Department of Surgery and Chief of Staff at Portsmouth General Hospital.

He serves on several local and national healthcare boards as: Board Member and Chairman of "My Life Check" Program, American Heart Association; Life Member, National Ayurvedic Medical Association (NAMA) and Member of its' Standards Yoga Subcommittee; Member, Board of Directors, International Association of Yoga Therapists (IAYT); Fellow, American Association of Integrative Medicine (AAIM) and Chairman of the Board, Life in Yoga Institute. He is a Certified Ayurvedic Practitioner and continues to practice and teach classes in Yoga Therapy, Mind/Body Connection, Ayurvedic Wellness, Integrative Nutrition, and Integrative Medicine.

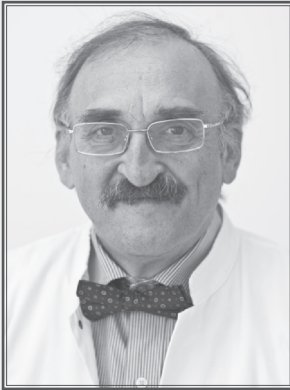
Currently, he is the Executive Director, School of Integrative Medicine, Taksha Institute, Hampton, Virginia.



**Rev. Ellen Grace O'Brian**  
Center for Spiritual Enlightenment  
San Jose, CA

Rev. Ellen Grace O'Brian is the Spiritual Director of the Center for Spiritual Enlightenment (CSE) ([www.CSEcenter.org](http://www.CSEcenter.org)) with headquarters in San Jose, California, now in its 31st year of service. Rev. O'Brian was ordained to teach in 1982 by Roy Eugene Davis, a direct disciple of Paramahansa Yogananda who brought the teachings of Kriya Yoga to the West. She is the author of several books on meditation and spiritual practice including *Living the Eternal Way: Spiritual Meaning and Practice in Daily Life*, and is the Editor of *Enlightenment Journal*, a quarterly yoga magazine as well as author of CD lessons on the classic spiritual works: *The Gospel of Thomas*, *The Bhagavad Gita* and *The Upanishads*.

She is on the Board of Trustees of the Council for a Parliament of the World's Religions as past Board Vice Chair, and currently, as the Chair of the Global Network of Partner Cities. She is the host of the *Yoga Hour*, a weekly radio program on the Unity network reaching 122 countries with inspiration and practices from the yoga tradition.



## Dr. Christoph Garner

Director of the KWA-Klinik Stift Rotta

Dr. Garner is the Director of the KWA-Klinik Stift Rotta Neurology Hospital. He is a neurologist by profession, and he combines Yoga Therapy, Homeopathy, Physiotherapy and Geriatrics. He works with SVYASA on yoga therapy for gait problems in his Neuro rehabilitation Center and conducts research with SVYASA on Yoga Therapy and its application to Neurological disorders.

Dr. Garner has presented many papers on Yoga Therapy and its effects on Neurological patients in International Conferences.

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## Acharya Shunya Pratchi Mathur

Founder and Acharya, Vedika Global

Acharya Shunya Pratchi Mathur is a widely respected and sought after tradition-based scholar, master healer, and powerful teacher of Ayurveda. Acharya Shunya's comprehensive understanding stems from direct experience of the essential and sacred teachings of Ayurveda drawn from 14 years of rigorous Gurukula training in the holy city of Ayodhya, Uttar Pradesh, India

Shunya is based in California where she has run a successful Ayurveda practice for the last fifteen years. In 2007 she founded Vedika Global, Inc, a Berkeley-based not-for-profit foundation dedicated to promoting conscious education, community action and selfless service in Ayurveda world wide. At Vedika Global, Shunya heads Vedika Gurukula, an Ayurveda college offering up to five years of in-depth study with a distinguished faculty from India.

Vedika Global was honored in 2010 with the Nalanda Award for Excellence in Ayurvedic Education in North America by the Association of Ayurveda Practitioners of North America (AAPNA). Shunya was also honored for her groundbreaking achievements with the prestigious Mother Padmavati International Ayurveda Award by the Indian Institute of Medicine, Pune, India, in the same year.

Shunya has been featured in the San Francisco Chronicle, Tathaastu Magazine, and Yoga Journal, and is frequently invited to lecture on Ayurveda at public venues, conferences and university campuses including Stanford and San Francisco State University.



## Savita Joshi

Yoga Therapist

Savita Joshi is a Yoga Therapy Instructor with special interest in Yoga for Women such as Prenatal, Fertility, Postnatal Yoga and Ayurveda.

An Electronics Engineer, with a double major MBA in Finance and Operations Management. She has completed Yoga Instructor Course and Yoga Therapy Course and is an accredited e-RYT. Savita has been teaching yoga since 8 years and yoga therapy classes since 5 years. She has conducted many workshops and camps applying her knowledge of Integrated approach of Yoga and Ayurveda lifestyle concepts.

Savita is a passionate volunteer and Treasurer at Yoga Bharati.





## **Naveen Kalkuni Visweswaraiah**

Associate Professor  
S-VYASA University, Bengaluru

Fulbright Scholar Naveen Kalkuni Visweswaraiah completed a five year medical degree in Yoga and Naturopathy (Bachelor of Naturopathy and Yogic Sciences, -B.N.Y.S.) from University of Mangalore and registered as 'Naturopathy physician & yoga therapist'. Subsequently completed his Ph.D. in 2005 with a thesis entitled 'Psychophysiology of meditation including responses to external stimuli' under the guidance of Shirley Telles, from faculty of Science, Bangalore University, Bangalore.

Currently he is the Joint Director of Research at Swami Vivekananda Yoga Research Foundation [SVYASA] and Co-Head of ICMR Center for Advanced Research on Yoga and Neurophysiology and of a project under Cognitive Research Initiative of Department of Science & Technology. Dr. Visweswaraiah has 30 research publications and 4 chapters in books.

He is also a Executive Director of 'Foundation for Assessment and Integration of Traditional Health Systems [FAITHS] a registered research trust committed to evidence based practice of Indian medicine and its' integration with the mainstream health care.



### **Dr. Helen Lavretsky**

Professor of Psychiatry

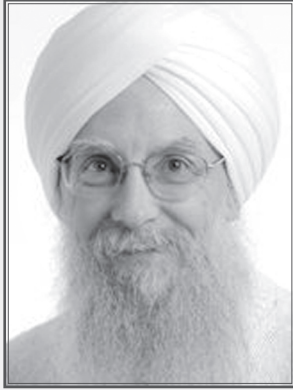
Director, Late-life mood, stress, and wellness program  
Semel Institute for Neuroscience and Human Behavior at UCLA  
760 Westwood Plaza, Rm 37-360A, Los Angeles, CA 9009

Dr. Helen Lavretsky is a Professor of Psychiatry in the Department of Psychiatry and the Semel Institute at UCLA, a geriatric psychiatrist with the research interest in geriatric depression and caregiver stress, as well as complementary and alternative medicine and mind-body approaches to treatment and prevention of disorders in older adults. Dr. Lavretsky conducts the Late-life mood, stress, and wellness research program at the Semel Institute for Neuroscience and Human Behavior at UCLA. She is a recipient of the Career Development awards from NIMH and other prestigious research awards from the National Institutes of Health, research foundations, and other sources. Her current research studies include clinical and translational studies of geriatric depression and caregiver stress, as well as complementary and alternative interventions (e.g. yoga and Tai Chi) for stress reduction.

After receiving her Medical Degree from the Moscow Medical Institute, Dr. Lavretsky performed her residency in Psychiatry at UCLA-San Fernando Valley Residency Program, followed by the UCLA Fellowship in Geriatric Psychiatry, and the national VA Research Fellowship in Neurosciences. She received her Degree of Master of Science in Clinical Research from UCLA in 2004.

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## Dr. Sat Bir Khalsa

Assistant Professor of Medicine  
Harvard Medical School

Dr. Sat Bir Khalsa has done extensive research interest in the field of Mind-Body Medicine, specifically the evaluation of the clinical effectiveness and basic psychophysiological mechanisms underlying the practice of yoga and meditation techniques. His ongoing studies include the evaluation of yoga for treatment of PTSD and mental health benefits of yoga in public schools.

He is presently conducting research studies on the treatment of primary insomnia with yoga and meditation techniques which involve both subjective and objective polysomnographic evaluation of sleep quality in randomized controlled trials as well as concurrent evaluation of psychophysiological measures including cortisol, catecholamines, melatonin and heart rate variability. I am also interested in the potential effectiveness of these techniques in insomnia secondary to other conditions such as depression, anxiety and fibromyalgia and in other sleep disorders.

Dr. Sat Bir Khalsa is the Assistant Professor of Medicine, Harvard Medical School, Associate Neuroscientist, Division of Sleep Medicine, Department of Medicine, Brigham and Women's Hospital.



### **Dr. Joan Vernikos**

Executive Director of Taksha Space Health and  
Aging Institute (TSHAI)  
School of Integrative Medicine (SIM)  
Taksha University (TU)

Former Director of NASA's Life Sciences, Joan Vernikos, Ph.D., is an author, health coach, consultant, and sought-after motivational speaker on the tangible health and economic benefits to individuals and organizations of resetting your health for life, living healthy and healthy aging. A pharmacologist from the University of London, her research and publications on the management of stress, and how spaceflight and Earth's gravity affect men and women, have been recognized with numerous awards. She also holds three patents. She is the author of the following books (which will be available for sale during the workshop at discounted prices):

- The G-Connection: Harness Gravity and Reverse Aging (2004)
- Stress Fitness for Seniors (2009)
- Sitting Kills, Moving Heals: How Simple Everyday Movement will Prevent Pain, Illness and Early Death and Exercise Alone Won't (2011).

A member of the International Academy of Astronautics, Dr. Vernikos has served on the Space Studies Board of the National Academy of Sciences, and is the NAS Space correspondent for Defense and Foreign Affairs.



## Dr. Senthamil R. Selvan

Scientific Director  
Melanoma Immunotherapy Program  
- Dept of Medical Oncology  
Thomas Jefferson University

Dr. Selvan is a Yoga Instructor and serves as volunteer Research Director of VYASA-Los Angeles (Yoga Research Foundation), and a Visiting Professor of S-VYASA, Bangalore, India. After completing his Bachelors and Masters in Chennai, India, he obtained his MPhil and PhD from Jawaharlal Nehru University in New Delhi working on chemomodulation of carcinogenesis and immunotoxicology. His post-doctoral tumor immunology work in the United States began at Virginia Tech, Blacksburg, Virginia and since then he has served in prestigious institutions including Duke University in North Carolina and Hoag Hospital in California. Dr. Selvan is well known for his seminal work on therapeutic cancer vaccine and further published highly cited research papers in the area of basic and translational sciences. He is currently directing VYASA-LA sponsored randomized clinical trial of Yoga therapy for irritable bowel syndrome in collaboration with White Memorial Hospital, Los Angeles. He has been championing for better understanding of the dynamics of various disorders and immune system relationships to explore integrative therapeutic approaches through Yoga in strengthening the immune function.

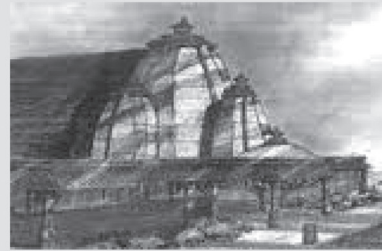
## Sunnyvale Hindu Temple



450 Persian Drive Sunnyvale, CA 94089  
www.sunnyvaletemple.org  
(408) 734-4554

## Fremont Hindu Temple

Vedic Dharma Samaj



3676 Delaware Drive, Fremont, CA 94538  
www.fremonttemple.org  
(510) 659-0655

## Sri MahaKaleshwar Mandir



2344A Walsh Avenue (Bldg.F,Santa Clara  
Commerce Park), Santa Clara, CA 95051  
www.srimahakalmandir.org  
408.800.PUJA (7852)

## Livermore Temple



Hindu Community and Cultural Center  
1232 Arrowhead Ave.Livermore, CA94551  
www.livermoretemple.org  
(925) 449 6255

## Sanatana Dharma Kendra



897 Kifer Road, Sunnyvale, CA 94086  
www.sanatandharmakendra.org  
(408)-481-9242

## Satyanarayana Swami Temple



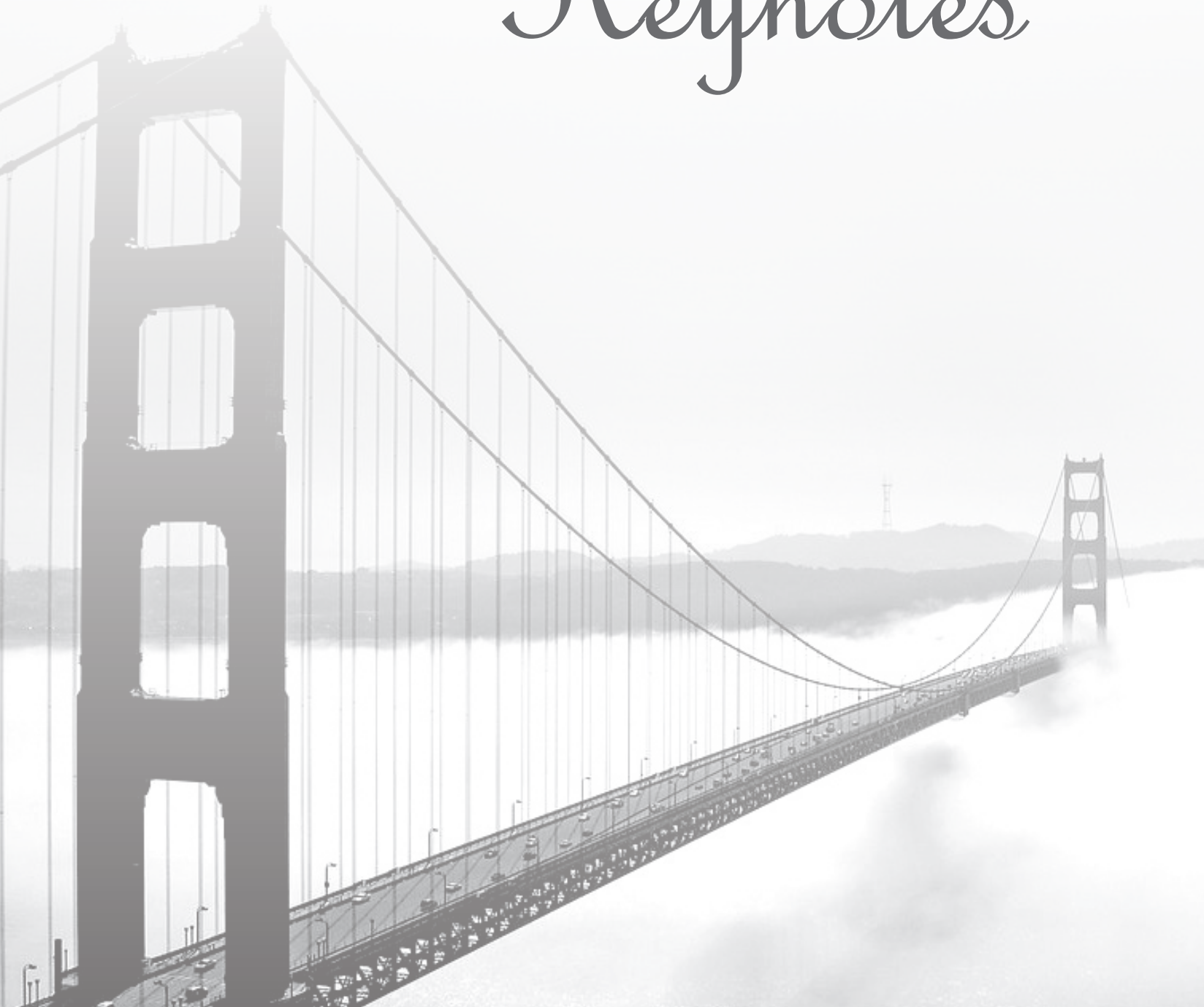
473-479 Los Coches St Milpitas, CA95035  
www.siliconvalleytemple.net  
408-971-7852



In a conflict between the heart and  
the brain, follow your heart.



# Keynotes





In a day, when you don't come across any problems - you can be sure that you are travelling in a wrong path

## BHAKTI - YOGA OF HEART AND LOVE

**Sri N V Raghuram**

*He is a spiritual founder of Yoga Bharati and is a professor at S-VYASA University, Bengaluru.*

Today's education system is engages human intellect but hardly anything is done in the area of understanding or training our emotions. But most of the life problems are connected with the emotions that percolate into body giving rise to the present day problems.

Most important path of yoga is Bhakti yoga since it deals with our emotions. In the history of spiritual journey of India, bhakti yogis outnumber yogis who followed other paths of yoga. Yoga is the most popular form of wellness practice these days. But unfortunately most of the institutions are focussing on the physical aspect and very few are including pranayama and meditation practices in it. Similarly bhajans - Indian form of devotional singing and dancing - are being practiced by many groups all over the world but it is more to do with God form they believe in. The essence of Bhakti Yoga is to culture emotions.

We are all born with soft, natural, spontaneous emotions such as love, compassion and a sense of wonder! Every child manifests these emotions since birth. Intellect develops much later. Since every human being is born with these soft emotions, it is this emotional state that allows the bhakta to come closer to his Atma, the pure consciousness, as sage Narada says in his Bhakti sutra. When one is in love or compassion, ego dissolves and we stop identifying ourselves with body, mind, intellect and achievements thereof and we are at once in pure bliss.

While we all are already experiencing blissful states in our day-to-day life, we are not doing so in a sustained manner. Due to our vasanas - the deep rooted bad habits, we again get caught up in the worldly affairs and get into violent states of emotions such as anger, hatred, jealousy and greed. Hence Bhakti yoga, practiced regularly helps us mend our vasanas and slowly get rid of out negative thoughts and emotions.

Bhakti is not about simply believing in God exercising this belief. Bhakti is about love and surrender to the ultimate reality. Bhakti Yoga dissolves the lower ego into the higher ego. While the lower ego causes attachment and greed, the higher ego connects us with the ultimate truth. This can only happen out of love and compassion. There is no other alchemy which can dissolve ego. Bhakti is not to find God but to be in godly experience. Love is an experience which can change our perception to see ordinary things as wonderful. What otherwise is simply an ordinary love can become divine and worshipable love! Love enriched is Bhakti. Love can transform our experience of complaint to tolerance and then to acceptance and even further to appreciation and finally to see and experience divinity in and around.

This paper presents a detailed understanding of these ideas and also gives tips how to practice Bhakti yoga so that it can enrich the emotions.



## SWAMI VIVEKANANDA'S CONCEPT OF EDUCATION FOR MODERN INDIA

**Dr H R Nagendra**

*Vice Chancellor*

*Swami Vivekananda Yoga Research Foundation (S-VYASA)*

*Bengaluru, India*

### ABSTRACT

Modern education system has geared itself with Scientific in-depth knowledge base and technological achievements. It has endeavored itself to sharpen the mind and the intellect speeding up the cognitive processes. Creative dimensions of students have also come up tremendously with enchanting strides in developing technology to new heights. However, the development of the emotional dimension and the related value in educational system is wanting resulting in partial growth of personality of students. Swami Vivekananda had envisioned this lacuna a century back while he gave directions to combine the best of the East with that of the West. That will bring total personality development in students who will become the torch bearers of Value based leaders in the society. Yoga is the right tool, he emphasized. The Vivekananda Kendra movement triggered off this approach from the the most undeveloped sectors of our country in North East from Primary and secondary education by incorporating Yoga in the curriculum as part of the the standard educational pattern with CBSc syllabus. With most significant results, the students coming out of these schools are the most wanted ones in colleges and universities all over the country.

Continuing this approach the VYASA movement has taken it to higher education by bringing Yoga to the University campuses through the UGC scheme from 1991 to 1996. Based in its success, departments of Yoga and human Consciousness were started culminating in Yoga Universities in the country. At present S-VYASA is the only full fledged Yoga university translating the ideals of Swami Vivekananda by modern scientific research. This paper will present the key features of research and its adoption in modern education systems.

## YOGA FOR GLOBAL HEALTH, EDUCATION AND PEACE

Dr Nagarathna Raghuram

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World Health Organization (WHO) defines health as “a state of complete physical, mental, social and spiritual well-being and not mere absence of disease or infirmity”. Yoga offers techniques for achieving optimum health. As Sri Aurobindo says - ‘yoga is a technique for complete personality development at physical, mental, emotional and spiritual level’. Yoga promotes spiritual well-being and forms the basis of all other aspects of health. Yoga achieves this through self-awareness, inner freedom, peace, contentment and eventually a complete mastery over inner mental processes.

Through yoga, the patient can get deep rest to the cells, tissues and organs of the body. This is the panacea for all the modern problems in health, education, interpersonal relationship issues or global peace. The famous statement of swami Vivekananda - ‘Each soul is potentially divine; the goal is to manifest this divinity within by controlling nature external and internal; do this either by work or worship, psychic control or philosophy and be free’ - highlights the goal, methodology and the benefits of yoga.

Disease is a manifestation of physiological imbalance in the body and restoring the balance is the solution (integrated yoga); Lack of knowledge about ‘my’ true nature is the cause of stress and right knowledge is the solution (jnana yoga). Inner violence is the cause of stress and peace achieved by softening the emotions (bhakti yoga) is the solution.

Science is the tool to validate and check the reliability of the techniques offered by ancient sages for achieving these goals. S-VYASA and Yoga Bharati are celebrating the 150<sup>th</sup> birth anniversary of Swami Vivekananda who gave a clarion call for the best of East to meet with the best of West. S-VYASA has followed this dream for the last 25 years through the research in yoga and its applications and has established the efficacy of the holistic modules of yoga culled out from traditional scriptures. An overview of the results of these studies and guidelines for future work to move towards freedom from disease, all round personality development in students and global peace will be presented.

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## YOGA RESEARCH IN INDIA

**Dr Shirley Telles**

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Yoga research in India began thousands of years ago, with the experiences of the great sages. Actual studies in the laboratory began in the 1920s by a sage, Swamy Kuvalayanada who had an ideal blend of medical and spiritual knowledge. He founded a yoga center called Kaivalyadhama (in west India). Through the 1920s until the 1960s the world over people wanted to study extraordinary powers of exceptional yogis. Exciting experiments were conducted at the All India Institute of Medical Sciences, New Delhi and on the late Swami Rama (from Rishikesh) at the Menninger Foundation (in the U.S.). However these experiments seemed to suggest that yoga had little to do with the common man and the effects required years of practice with extreme sacrifice. This changed when in the late 1960s Maharishi Mahesh Yogi introduced transcendental meditation to the world. For the first time changes were seen in University students after a short duration of practice. This led to research at Swami Vivekananda Yoga Research Foundation (south India) which published and is publishing some of the most rigorously controlled trials on the therapeutic effects of yoga, the National Institute of Mental Health and Neurosciences (south India) and the Defense Institute of Physiology and Allied Sciences, which took yoga to the Indian army. At this stage most of the research and interest in yoga was in India, the place of its' origin. However the majority of Indians located in villages knew little about yoga, assuming the practice was for the educated, urbanized Indian. This changed with the mass movement of Patanjali Yogpeeth, which has taken yoga and ayurveda to Indians in remote villages. The institution is actively engaged in research and the results will be presented.

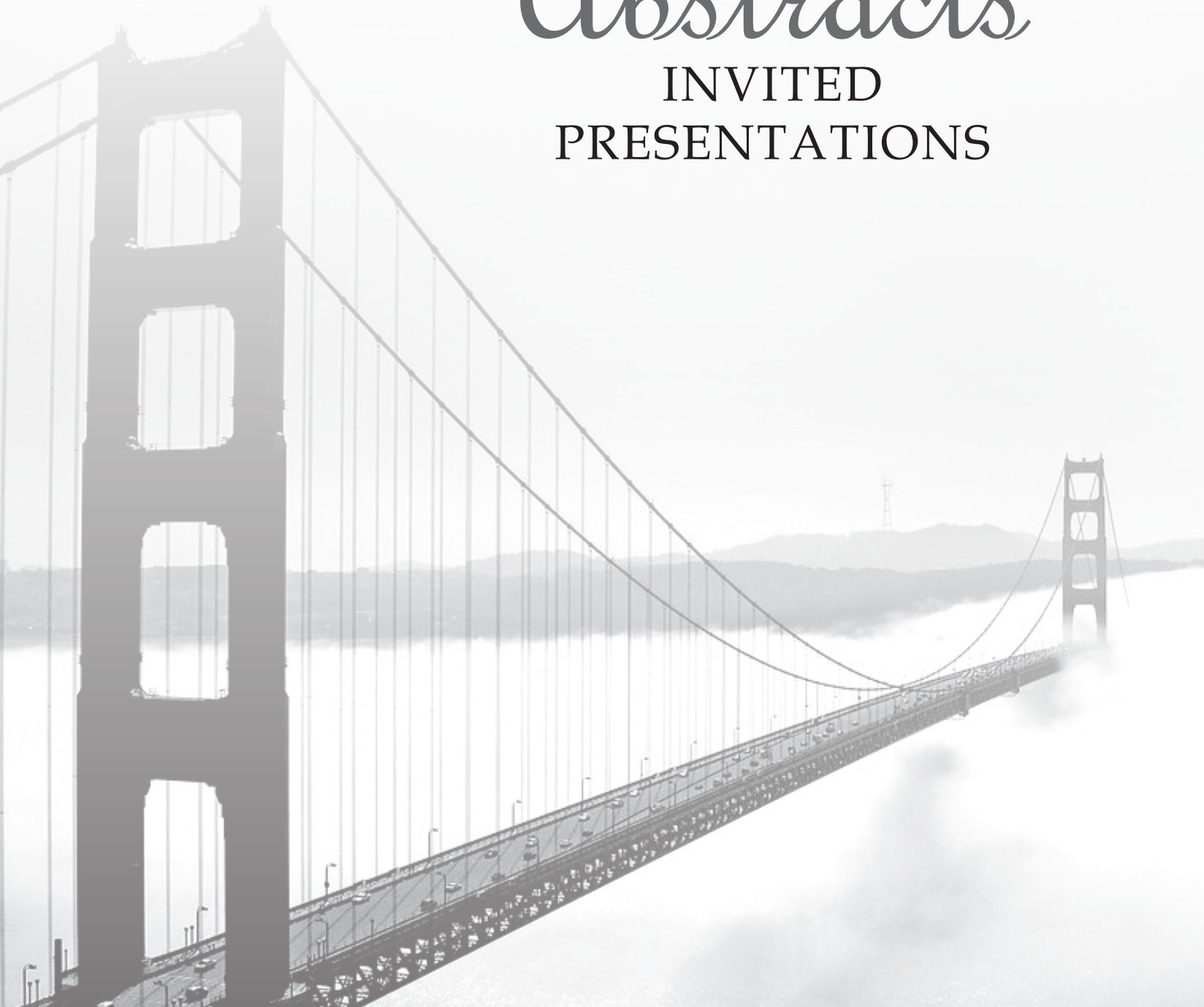


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# Abstracts

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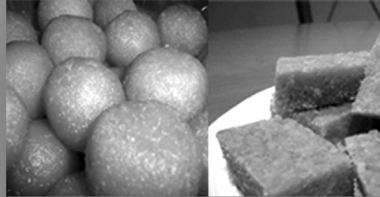
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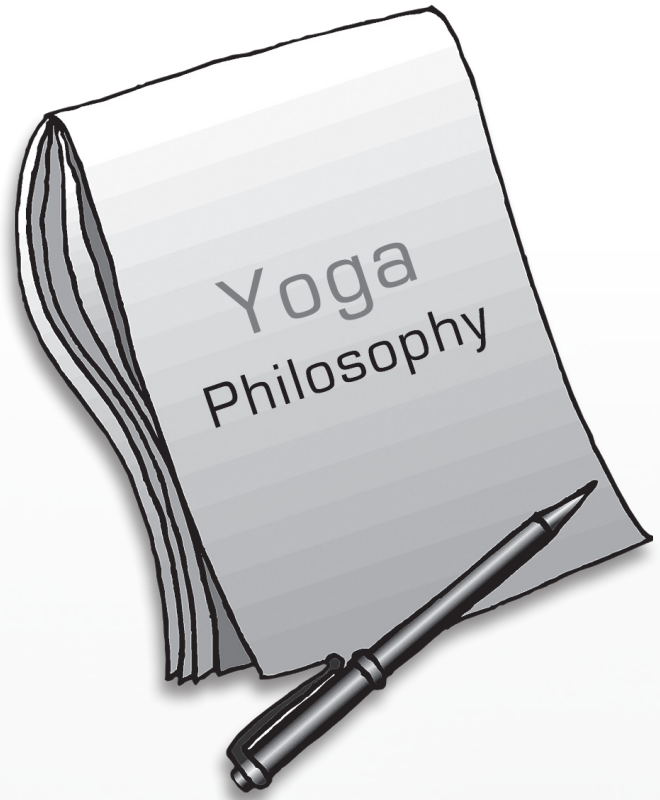
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## THE YOGA OF MANAGEMENT

**Swami Bodhananda**

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Management is the science of optimal utilization of material resources for human satisfaction. Yoga is the discipline of organizing human resources for individual fulfilment. A healthy individual, well integrated in body-mind-spirit, alone can contribute maximally to teamwork, and pursue excellence. Yoga and management are interchangeable words.

The discipline of management started with managing physical resources and moved on to incorporating management of financial assets and finally to encompass management of human potential. Change, innovation and productivity are critical factors in the present knowledge driven economy and all those are directly connected with individual human beings.

The central challenge that corporate management faces today is motivating individual workers to cope with changes brought by global competition, technological innovations and changing human needs and aspirations. These days, in an ever changing, complex, connected, flat world, all types of organizations, not just business, but political, religious, service and philanthropic are run on corporate models.

Individuals as workers and consumers are the main focus of management. Yoga discipline helps the individual become a better worker with flexible and healthy body, balanced mind, sharp intellect, and well rooted in the spirit. Self-sufficient and self inspired individuals alone can become quick learners and better team players. If efficiency is mastery of a set of technical skills, effectiveness is mastery of one's emotions and sensitivity to other's feelings and needs. Daniel Goleman named it 'emotional intelligence' and Bhagavan Krishna termed it 'samatva buddhi' (B.Gita: 2-48). Patanjali defined yoga as management of mind, 'chittavritti nirodha' (YS: 1-2).

Ultimately, management deals with human emotions. Though economists base their theories on the assumption that man is a rational choice maker, hardly any decision is made purely on rational grounds. Almost all human decisions, especially in crisis situations, are influenced by emotions. Run on banks, panic buying and selling of shares and emergency shopping for groceries are some instances of emotional decisions based on fear and anxiety. Emotions created by somatic conditions and innate tendencies in turn determine intellectual activities, physical actions and social events. Patanjali's concept of 'chitta vritti' or cognition is a

conjoined product of memories, emotions and sensations – what phenomenologists call ‘embodied action’.

Over and beyond hard skills management emphasizes the soft skills for successful work performance. Those skills are -- empathy, clarity, character, punctuality, team spirit, integrity, imagination, passion, communication, decisiveness, firmness, humility and courage. But according to Patanjali the most important skill in managing emotions and relationship is ‘detached focus’ or ‘samyama’ (YS: 3-4)

Detached focus is accessing diverse factors while focused on the task at hand. This also means accessing the spiritual energy while focused on work and relationship. Thus detached focus works bi-directionally. According to Patanjali ‘samyama’ is the cumulative effect of ‘dharana’ – concentration, ‘dhyanam’ – application, and ‘samadhi’ – mastery (Y.S: 3-1,2,3). The practitioner becomes a virtuoso in the particular domain of choice. Krishna in the Bhagavad Gita introduces three stages of development beginning from ‘kausalam’ – efficiency, ‘samatvam’ – effectiveness and ‘samadhi’ – fulfilment (Bhagavad Gita: 2-48,50,53)

Self-confidence based on self-knowledge is the key to management practice. There are two levels of self – the empirical, that is, ‘prakriti’ and, the transcendental, that is, ‘purusha’ (B.Gita: 13-19). The empirical includes the complex of memories, emotions, desires, thoughts and states of egos, and the transcendental is the witnessing pure consciousness. According to Yogic intuition, consciousness is bliss and is eternal. The manager managing people and scarce resources has to function without losing touch with the consciousness dimension of embodiment. Detached focus, ‘samyama’, means this Yogic skill.

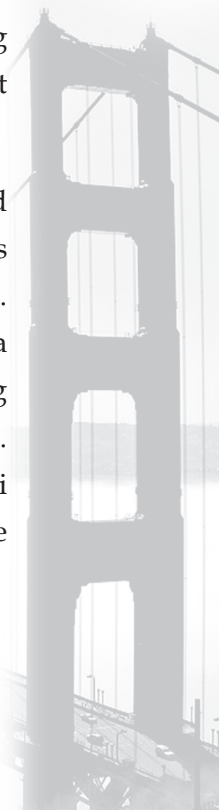
The ultimate purpose of management is the satisfaction of a healthy, well integrated individual. Profit, market share, GDP and per capita income are poor indicators of human satisfaction. The production of goods and services has to factor environmental and health aspects as inputs. The health and safety of the consumer and the environment should be uppermost in the producer’s mind. I would call it ‘ethical production’ and ‘green products’. Similarly the safety and health of the worker is of paramount consideration. Worker is no more considered as hands and head but as organically whole persons. Consumers are not just addictive gluttons, unconsciously indulging in appetites injurious to health. The separation of producer from the consumer creates room for greed and malpractices. If producers consume their own products then there will be significantly less dissatisfaction and exploitation. This does not mean that man is incapable of self-destructive activities, like making drugs, liquor and tobacco for self consumption. But they are individual aberrations and not upscale multinational corporate activities.

Yoga advocates 'aparigraha' and 'asteya' (YS: 2-30), sharing and austere living as solutions to greed and exploitation of resources for personal self and power. And the reward is mental peace, health, inner strength and social harmony. Modern economy is based on trade, increasing the distance and decreasing the time between producer and consumer. As a result mindless exploitation of natural and human resources happen robbing nature and humans their essence and vitality. In the process all are losers – the exploiter and exploited, the producer and consumer, the buyer and seller. By sharing resources and by austere living the individual and community grow in wisdom and wellbeing. The new metrics of prosperity are human development index and gross human happiness. Yoga puts economics upside down from consumption to conservation.

The Yogi-manager is a well-balanced individual possessing cognitive, emotional and spiritual intelligence and is conscious of human embeddedness in nature and culture. Yogi-manager is a hands to mouth person, a Gandhian, for whom production and consumption is a seamless experience. In this world of division of labour, specialization, mass production, complex supply chains, rapid transport and communication networks, a simple product as a pin or a chip is result of the intersection of multitudinous coordinates involving the whole planet and its billions of people. No amount of data or analytical tools can possibly grasp the entirety of this snarled and chaotic complexity.

Practice of 'aparigraha' develops insight, foresight, far-sight and direct intuitive knowledge of chaotic complexity. Patanjali calls it 'janma kathamta sambodha' (Y.S-2-39), that is, the knowledge of birth, nature, function, relationship and death of things--which means that the Yogi develops a thousand eyes that sees through complexity that analytical reason cannot fathom. Yogi-manager's embodiment encompasses the entire ecosystem. By expanding awareness Yogi combines the producer and consumer in lived embodiment without compromising complexity. Yogi-manager is a cosmic hand to mouth person.

As individual becomes more self-sufficient and families and communities take on more and more economic activities, the power of nation states and corporations will decline and cities will grow more diffused and diversified – a network without dominant power centers. Monolithic corporations themselves will become diffused and center-less networks. Yoga celebrates diversity as 'purushas' are unique and many. Managing diversity and creating satisfaction for the worker-consumer will be the central management challenge of the future. Hence manger has to become invisible, just a space where a million flowers can bloom. Yogi by practicing 'samyama' on collective embodiment becomes invisible (Y.S-3-20), a silent space for others to discover their potential. Yogi-manager is mainly a facilitator.



Yogi aspires for capabilities like omniscience (Y.S: 3-16,17,18), invisibility(Y.S: 3-20), thought reading (Y.S-3-19), levitation (Y.S: 3-38), entering into other's body (Y.S-3-37) etc. By practicing detached focus adept Yogi accomplishes all those skills (siddhis). In a networked modern world decision making is a chaotic operation. In fact no individual can either access or process all the data and no decision is absolute or perfect. The whole decision making process is murky, fluid and ambiguous. The Buddha is right in asserting that there is no soul, no one center nor any fixed entity. By 'samyama', or detached focus the Yogi-manager is able to master this chaotically evolving complexity. Yogi is the conscious embodiment of the evolving cosmos. Yogi-manager is able to levitate, become light, and enter into the body and mind of others, to empathise and factor the aspirations and dreams of all stake holders. The fulfilment of all stakeholders is a necessary condition for Yogi-manager's fulfilment. Yogi-manager's embodiment is cosmic in dimension.

'Samyama' or detached focus is bidirectional. Its gaze falls equally on the self and the other (purusha and prakriti). The linear binary problematic of zero sum game, of your gain-is-my-loss syndrome, is alien to the Yogi spirit. The Yogi-manager is a game changer and win-win player. There is no garbage, no nuclear waste, in the yoga cyclical process – everything is recycled, everything is food or manure for everything else. This is a case of the eaten eating the eater. The Yogi in embodied action harnesses both the powers of the self and the world and attains 'samadhi', bliss in dynamic relationships. Patanjali uses two significant words to describe this dynamic state: 'nirbija' (Y.S: 1-51) and 'kaivalya' (Y.S: 4-34). Nirbija means that process which leaves no waste or pollution, and kaivalya means that which has no trace of harmful toxic. Yogi-manager's decisions and actions are non-exploitative and do not invoke resistance. Yogi has no enemies and has no enmity. Yogi-manager is truly nonviolent – 'ahimsa pratishtayam tatsannidhau vairyaya tyaga' (Y.S: 2-35). Yogi is free from violence because of cognisance of and empathy to the insecurities and fears of others. Awareness of other's insecurities makes the yogi compassionate, open and fearless.

The ultimate test of management is pollution and waste free production, distribution and consumption, which is the state of 'nirbija samadhi'. The Yogi-manager in action is in 'nirbija samadhi'.

Subhamastu...

## EVOLUTION OF YOGA IN AMERICA

**Phil Goldberg**

*He is the author of American Veda, is a spiritual counselor, meditation teacher, ordained Interfaith Minister and founder of Spiritual Wellness and Healing Associates (SWAHA). His book AMERICAN VEDA is a chronicle from Emerson and the Beatles to Yoga and Meditation, how Indian Spirituality Changed the West and narrates the history and influence of India's spiritual teachings in America. Huffington Post named American Veda one of the top ten books on religion for 2010. And the American Library Association's Booklist Online gave it the same honor for 2011. It was recently given an Award for Special Distinction by the Uberoi Foundation for Religious Studies.*

We are becoming a nation of yogis. The 15 to 20 million Americans who take yoga classes every year constitutes just one tributary of a mighty river that has been building momentum for more than 200 years. The transmission of Vedanta and Yoga from India has been steadily changing America's consciousness ever since seminal thinkers like Emerson and Thoreau first read the Gita and other texts. It proceeded throughout the 20<sup>th</sup> Century and into the present one through a variety of means.

The most obvious stream consists of the leading gurus and yoga masters who came to the West and attracted both close disciples and casual students, from Vivekananda in 1893, to Yogananda in 1920, to the watershed years of the 1960s and 1970s with Maharishi Mahesh Yogi, Satchidananda, Muktananda, Srila Prabhupada, et al, to Iyengar and the advent of the hatha yoga boom, to today's leading lights, Amma and Sri Sri Ravi Shankar.

Other means of dissemination were subtle, but far more profound than is generally realized. Prominent Americans in a variety of disciplines absorbed yogic teachings, assimilated them into their fields of expertise, and transmitted them in adapted form to huge numbers of people. They include scholars and public intellectuals (Aldous Huxley, Huston Smith, Joseph Campbell, Ken Wilber, Alan Watts); poets and novelists (T.S. Eliot, Allen Ginsberg, J.D. Salinger); psychologists (Carl Jung, Abraham Maslow, Richard Alpert aka Ram Dass); physicians (Dean Ornish, Deepak Chopra, Mehmet Oz); physicists (Fritjof Capra, John Hagelin); entertainers (Clint Eastwood, Oprah); and musicians (John and Alice Coltrane, Philip Glass, and above all the Beatles). The transmission continues today in unexpected ways, with yoga studios as common as Starbucks, superstar kirtan wallahs (Krishna Das), and even hip hop puranas (M.C. Yogi).

Taken together these Vedic transmitters constitute a *Maha Lineage* that has radically altered the way Americans understand themselves, their attitudes about religion and the way they engage the spiritual impulse. The evidence suggests that a *yogic paradigm* has taken root in American soil and will emerge even more strongly in the future. In a variety of contexts, including Christianity, Judaism and the "Spiritual but not Religious" phenomenon, the spiritual trend is toward "One Truth, Many Paths," individual exploration and choice, and the primacy of inner experience over belief and institutional affiliation. Using photos, video and audio, the presentation will illuminate the evolution of yoga in America and its profound impact on the culture.

## YOGA AND WISE LEADERSHIP

**Dr Prasad Kaipa**

*He is the CEO Advisor & Coach at Silicon Valley, California. He is also the senior Fellow and Executive Director Emeritus, Center for Leadership, Innovation and Change (CLIC), Indian School of Business. He is the president of SamskritaBharati USA and has explored Vedanta for management extensively and has conducted Practical Vedanta sessions in the San Francisco Bay Area for several years. He can be reached at Prasad@kaipagroup.com and some of his work can be read at kaipagroup.com*

### Why do we need wisdom?

Complexity—magnified by globalization and information technology—fundamentally changes the context in which we operate in the 21<sup>st</sup> century. It is not just business organizations that are affected by complexity but governmental, non-profit, educational, political and religious organizations are affected as well.

Unfortunately, very few of us act and lead from wisdom and we normally try to find smart ways to approach complexity that tries to go around it. We need a wisdom-based approach that embraces complexity—rather than shying away from it—and that gives us the flexibility and fluidity to think and find solutions.

### Where does Yoga Fit in?

Wisdom is about “balancing” our mind—so we can practice a more dynamic leadership style that increases your freedom and choices. Leaders who can flex their state of mind gain access to something far more valuable—and rewarding—in today’s complex environment than smartness: *wisdom*.

### What is wisdom?

*Wisdom is a critical capacity that gives you the discernment to choose appropriate actions and make sound decisions in response to a swiftly changing external context. The more flexible and dynamic your state of mind is, the greater access you would enjoy to wisdom—and the more successful you will be in a complex business setting.*

In the second chapter of Bhagavat Gita, yoga is defined as the state in which there is equanimity. In other words, one should act and lead out of balanced state of mind and that state is called yoga state of mind (Samatvam Yoga Ucchate). In the same chapter, slokas 54-72 (characteristics of wise person) are about other characteristics of a person who is well grounded in Yoga and is an ideal wise leader.

If we examine Patanjali Yoga Sutras, the eight limbs of yoga are a good framework for wise leaders of today. Yama and Niyama –are about one’s relationship with oneself and with

society – those are the principles and practices of being a good citizen, a good leader both in the personal and professional context. They give us values and principles to put in practice daily. Asana is about controlling our body. It is about being flexible, strong and limber in our body that allows us to experience subtle movements of prana in the body. In other words, when the body is still, the breath and mind operate more sharply and effectively. Pranayama is about developing healthy physiology while asanas are about creating healthy anatomical structure.

Pratyahara is about controlling our senses and withdrawing them from external objects so that our body, breath and senses are internally directed and grounded in oneself. That allows our concentration and memory to sharpen thereby your capability to use mind as a discriminating tool increases significantly. Finally, doing samyama allows us to experience very subtle states of being and prepares us to discover powers that are rarely tapped by leaders today.

In other words, yoga practices and principles allow one to tap into wisdom of the body, breath, mind and spirit. When the outer complexity increases, yoga allows one to increase inner calmness and intelligence so that we can respond effectively and meaningfully becoming successful and fulfilled in all our endeavors.

To summarize, current times don't need more smartness but wisdom would be the right approach to deal with complexity around us. Only way, we can develop the wisdom is not by operating at the extremes of our smartness but by learning to balance our tendencies and becoming more satvik in our attitude. Yoga is one of the important tools – that physically, emotionally, mentally and spiritually aligns us with the wisdom inside and outside of us.



The greatest religion is to be true  
to your own nature.  
Have faith in yourselves.



## BHAGAVAD GITA - MESSAGE OF WAR OR PEACE?

Sri N V Raghuram

*He is a spiritual founder of Yoga Bharati and is a professor at S-VYASA University, Bengaluru*

The simple message of Bhagavad Gita is applicable in our day-to-day life. The unique situation created in Bhagavad Gita is worth noting. Krishna and Arjuna discuss the deepest aspects of life in the battlefield. We need such gems of wisdom in our everyday battle of life, not in the old age as the general convention goes.

**Arjuna's Delusion:** When conches were blown for the Mahabharata war, Arjuna says to Krishna to take his chariot in between the two armies so he could plan the war strategy. Krishna does that. This is where the problem started. Arjuna did not see the army. He saw his own cousins, his guru, uncles and grandparents. He became nervous at the thought of killing the people he respected and revered. He wanted to retreat from the war, renounce everything and go into the forest in search of peace.

Arjuna presents his arguments for the reversal of his act very logically. The arguments are so sound that, time and again, critics of Bhagavad Gita have often accused Krishna that he is a war-monger and has provoked Arjuna to kill. Arjuna wanted to meditate and he should have been allowed to do that - is their common argument. The entire Jain parampara said that violence of Mahabharata is because of Krishna. So according to them, Krishna went to hell after his death. However, because he was the avatar of God, he came out of hell early - they say.

**Good and Bad:** Although Arjuna's arguments are sociologically correct, one has to look at the entire situation to be able to understand Bhagavad Gita in a proper context. By the time the war began, Arjuna had exhausted all the good actions. On one side were the evil cousins and their ambitious father. Dhritarashtra, the blind king was not just physically blind. He did not want to see the good and chose to remain blind in his ambition for power. Pandavas deserved the kingdom not just because they were the sons of the dead king Pandu, but also because they were just, brave and possessed all the qualities of a Kshatriya (warrior). Multiple conspiracies were hatched to kill the Pandavas by Kauravas and Uncle Shakuni.

In spite of all conspiracies, the Pandavas respected their uncle king Dhritarashtra, silently bore the insult to their wife Draupadi and accepted the exile for 13 years. Yet nothing convinced Dhritarashtra to be good to his brother's children. Dhritarashtra and his sons were consciously and deliberately bad. Arjuna was consciously good. He followed his elder brother Yudhishtira, who always stood for righteousness. Yet he suffered in the battlefield and worse, his goodness became the cause of his suffering.

**Arjuna's unjust justification:** One may get an impression that Arjuna never wanted to fight the war. Arjuna brings about a sociological perspective saying that the war can kill many young men, creating many young widows and orphans, ultimately destroying the culture of the land. If the philosopher such as Confucius and Schopenhauer were to listen to these arguments, they would appreciate Arjuna. However, the same Arjuna and his brothers except Yudhishtira were keen to fight the war as a revenge to the insults hurled on Draupadi, their beloved wife and for all the conspiracies against them. On the other hand, Krishna did everything to prevent the war. When Pandavas were eager to avenge their insults - Draupadi wanting the blood of brother-in-law Dushasana for her untied hair, Bhima wanting to break Dushasana's thighs, Arjuna wanting to Kill Karna for insulting Draupadi- Krishna explained them that peace was much more valuable than their vows of revenge. When he visited Hastinapur, the Kaurava capital, he took the liberty to ask for only five villages as a peace pact. Even this minimal request was denied. War was inevitable.

**Beyond Good and Bad:** Bhagavad Gita does not strictly fall in the realm of good and bad. If it were so, then it would not be a conversation between Krishna and Arjuna. Arjuna was already a good man and his problem was in fact because of his goodness. Gita dwells with the region of knowledge that is beyond the pairs of opposite - the good and the bad, the right and the wrong. Gita is not a religious text, but a spiritual advice. Where all the religions end, spirituality begins. When man has followed the right code of conduct, then alone, he is ready for spirituality. This is true of all the Upanishads that are called Vedanta - the end of Vedas. Bhagavad Gita is also called Upanishad for the same reason.

Krishna introduces a concept of Life as a spectrum - the lower end is the material plane, the body and the upper end is the consciousness, the Atman. It is up to us to identify with the body or consciousness. When we identify with the body, then the body's nature (dharma) will always be mounting on us. The body has a constant fear of death. At the level of consciousness, we are continuous. Whether the body is a child, adult or old, consciousness is still the same. When we look at a flower, we see that it comes and goes, but when we look at flowering, it is ever present, season after season. Can I rise from the level of flower to the flowering? From body to consciousness? That is when I understand that neither fire can burn me, nor water can wet me, nor the weapons can cut me (*nainam chindanti shastrani, nainam dahati paavakah ... 2:23*)

When we look at Bhagavad Gita in this way, our actions will be free from attachments and the conflicts of our life are easily dealt with. As it happens to Arjuna at the end of Bhagavad Gita, we too get the clarity to take our own decision in the battle of life. Krishna simply says "do as you wish" to Arjuna at the end of all the discussions and Arjuna says he is now free of all tensions and worries and is ready to fight. Let us take the message of Bhagavad Gita in the right spirit and be ready to deal with life appropriately.



## IS YOGA SECULAR?

**Bidyut K Bose, PhD**

*He is the Founder and Executive Director of Niroga Institute ([www.niroga.org](http://www.niroga.org)).*

*He is also on the Board of Directors of IAYT*

There seems to be a perception among some mindfulness practitioners in the West that yoga is “not secular enough.” This perception that yoga is somehow separate from the practice of mindfulness directly impacts our ability to pervasively disseminate these transformative practices where they are needed most: in our communities and schools, in the healthcare system, for violence prevention, for addiction recovery, and beyond.

Mindfulness is the practice of paying attention to what we are doing and experiencing, moment by moment. It is a nonreactive and open monitoring of the content of ongoing experience. Mindfulness practices are essentially a repeated call to bring awareness to the present moment. Common analogies for this concentrative state are an unflickering candle flame, or the pouring of oil from one container into another in an unbroken stream. Patanjali defines yoga as the cessation of the waves (vritti) of the mind (chitta), establishing Raja Yoga as the science of meditation and codifying the practice in eight secular steps: an ethical foundation including secular practices such as nonviolence and truthfulness; yoga poses and breathing techniques (asana and pranayama); an inward journey progressing through the secular practices of introspection, concentration, and meditation (pratyahara, dharana, and dhyana); all leading us to a clearer understanding of our real nature, self-realization (samadhi).

And so yoga is indeed mindfulness, meditation, and a lot more. Yoga poses are a dynamic transformative practice anchored in mindfulness, connecting with breath, and emerging in movement. Religion involves institutional teachings and traditions associated with specific teachers and books at best, and creed, cult, dogma, and fanaticism at worst. Spirituality, on the other hand, involves universal secular questions of the human spirit: Who am I, who are you, and what is the relationship between us? Philosophers sometimes refer to these questions as the universal secret impulse, questions that arise from the depths of our beings, especially when things seem to be falling apart around us.

It is high time that purveyors of mindfulness, meditation, and yoga stop competing for greater secularism, or fragmenting ourselves over differences in approach or practice. Instead, we must collaborate and integrate, realizing the inherent interconnectedness between these traditions and practices. We need to proceed with a united front under the banner of transformative practices, which includes and transcends yoga, mindfulness, and meditation. Such an integrated approach can be a game-changer in healthcare, education, public safety, and more. Let us work together to generate awareness of the benefits of yoga, meditation, and mindfulness, and influence public policy to unleash the power and potential of these practices, helping to correct the current imbalance between our efforts on our external environments and our efforts on our internal environments, so that we can “be the change we wish to see in the world.”



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## YOGA THERAPY FOR HYPERTENSION AND CARDIAC PROBLEMS

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*Chairman of Board, Life in Yoga Institute*

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### ABSTRACT

Yoga Therapy has evolved as one of the most reliable, authentic and efficient health care systems available in society today and an increasing number of people are practicing yoga therapy for therapeutic purposes. Questions arise on how can yoga, which is seen as a practice of complicated yoga postures be useful for patients suffering from hypertension and Cardiac problems. Evidence based yoga therapy as a treatment, is demonstrating efficacy and effectiveness of yoga in Cardiac patients. Scientific research on yoga therapy is exploring the application of yoga therapy in clinical practice and the mechanism of underlying benefits. Dr. Dilip Sarkar will explain the mechanism of action of yoga therapy and will demonstrate how yoga can be practiced by anyone and in any condition and with regularity, commitment and perseverance, one can reverse any disease, even the heart disease.





## HOW TO HAVE MORE ENERGY

Ellen Grace O'Brian

*She is the Spiritual Director of the Center for Spiritual Enlightenment, [www.CSEcenter.org](http://www.CSEcenter.org)*

Abundant energy allows us to live joyously and accomplish our worthy goals. Some people are naturally energetic, overflowing with energy from early morning to late at night. Others struggle to get up and get going, have low reserves during the day and end the day exhausted. While differences in energy may be due to constitutional type or health, there are some insights and behaviors most people can utilize to experience more vitality. There are three things we can do that will enhance our energy: cultivate positive thoughts; meditate daily and consciously expand our energy; and follow the guidelines for healthy living.

Our persistent thoughts affect our emotions, over-all well being, and energy levels. We can use our will to direct our thoughts in positive ways that are life and energy enhancing. It is not useful to affirm that we are tired or ill. If such circumstances arise, it is better to take positive, corrective action while keeping thoughts elevated. When our thoughts are inspired and optimistic, we naturally experience more vigor. We can use our thoughts to connect with the divine life and power within us and affirm from that perspective that we are strong, vital, energetic, and enthusiastic. This will invite more energy into the body, lift our mood, and help us to be mentally clear so that useful choices for self care can be made.

The life and health enhancing benefits of regular superconscious meditation are well known. While the stress reduction benefit alone will have a positive effect on energy levels, meditation with a spiritual focus is even more beneficial. When spiritually conscious meditation is practiced and stress is removed from the system, the flows of vital force, or subtle energy, are enhanced. To encourage this benefit, at the conclusion of meditation consciously invite energy into your mind and body. Use intention or visualization to imagine energy as light that fills your mind and body.

Vital force can be dissipated by engaging in useless conversation, spending too much time with television or computer distractions, or becoming too involved in activities that are not supportive of our focus. Vital force is enhanced by intentional living, time spent in silence, positive communication, healthy activity and sufficient rest. Lifestyle guidelines recommended for healthy living—moderate eating, natural foods diet, a regular schedule of rest, recreation and activity, exercise, supportive relationships, and meaningful work—all have a positive effect on our energy level.

At the heart of vital living is acting in accordance with our soul destiny, engaging in those thoughts and activities that are in alignment with the unfolding of our innate divine qualities. When the way that we live, day by day, is in harmony with what is most deeply meaningful to us, we naturally thrive.

## YOGA FOR GRIEF RELIEF

Antonio Sausys, BA, MA, CMT, RYT

**Objective:** Grief is a normal response to any loss and involves both mental and physical components. All physical and mental conditions imply certain level of loss either functional or of the illusion of an absolutely healthy life and therefore promote grief. The symptoms are commonly mistaken for those corresponding to Anxiety Syndrome, Clinical Depression or Panic Attack and are usually treated with medications. Because we only grieve for things we are attached to and we identify ourselves through our attachments, Grief can be used as a powerful source of self-knowledge towards personal transformation and re-identification. The objective of this presentation is to offer the necessary information to identify grief related symptoms and a set of techniques to address them.

**Teaching Methods:** A didactic descriptive lecture possibly followed by a practical demonstration and practice of some of the techniques included in the Sadhana.

**Description:** Participants will learn about the physical symptoms of grief, its psycho-neuro-immunological basis and a set of simple Yoga exercises to address them while aiding the psychological transformation of grief into a resource for personal growth. A comparative analysis is made of the Western and Eastern models of the Psyche stating the importance of the psychic centers' involvement (particularly the Fourth or Heart Chakra) both physically and emotionally and especially in regards to the yogic theory of Attachment.

The Yoga for Grief Relief Sadhana presents five sections that aid the transformation of Grief:

- » **Pranayama** helps bring back a sense of control to the individual by manipulating the prana or vital force to help unite the gap between the conscious and the unconscious.
- » **Asana** serves to physically manage body symptoms of grief particularly addressing the pain.
- » **Shatkarma** in the form of Tratak, helps reset the pituitary gland affecting the flight or fight response, which plays an important role in the grief reaction, and the feelings associated with it.
- » **Relaxation** is included with the intention of diminishing the stress levels that increase when in grief.
- » And finally, **Sankalpa**, the powerful yogic principle of resolve, helps reset the brain and focus the mind towards the manifestation of the new reality.

**Interest to the Community:** This Sadhana can be used by Yoga Therapists dealing with grieving individuals or as an addition to their therapeutic treatment plans when addressing non-grief-related conditions and by Yoga Teachers dealing with students in regular class settings as well as those grieving any kind of loss.

## YOGA-THERAPY FOR NEUROLOGICAL REHABILITATION

**Dr. Christoph Garner**

*KWA-Klinik Stift Rottal in Bad Griesbach, Germany*

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Brain malfunction, caused by neurological diseases, leads to deficits in body functions like movement, emotions, motivation or cognitive functions. In neurological rehabilitation we try to restore these functions. Because of the fact, that movements are learned and stored in memory like words, patients with neurologic deficits have to relearn these abilities. So rehabilitation is a process very close to teaching children at school. Because of the fact, that Yoga helps to control the mind and improve brain functions, Yoga can be effectively used for relearning of defect body functions. This is, why we are using therapeutic Yoga together with other common rehabilitation techniques in our clinic. The lecture will show in detail, how the learning process of lost abilities can be improved and how Yoga can be used to support the process of rehabilitation. Additionally to Yoga we are using other unconventional methods, which will be shown in the lecture. Some videos of patients before and after this type of holistic rehabilitation will show remarkable improvements of these patients.

In cooperation with SVYASA in Bangalore we have started a research program to investigate the effect of Yoga on various neurological functions. The first research project had the goal to show the effect of special Yoga practices on urinary tract problems in patients with multiple sclerosis. We will show methods and results of this study, which came to the conclusion, that as well as pathologic resting volume of the bladder as well as the pathologically increased frequency of urination could be significantly improved by a daily Yoga practice. Finally we will discuss a special Yoga technique, called PET (Pranic Energisation Technique), which we found surprisingly effective in the rehabilitation of pareses due to stroke or multiple sclerosis. This technique was developed by SVYASA in Bangalore and we are now starting to introduce it in our rehabilitation scheme for patients with neurological pareses.

## ANTI-AGING, IMMUNO-MODULATORY RASAYANA THERAPY IN AYURVEDA A COMPLEMENTARY APPROACH WITH YOGA CHIKITSA

**Acharya Shunya Pratichi Mathur**

*Founder Vedika Global, Inc. and Head, Vedika Gurukula, College of Ayurveda, California.*

*President, California Association of Ayurvedic Medicine,*

*www.vedikaglobal.org*

The Vedas have seriously considered the problems of aging as well as protection from disease. It was the cherished wish to lead not only a long life but also a healthy life and to live at least 100 years enjoying perfect health - "Jivema Sharadah Shatam - Pashyema Shardah Shatam" (Rigveda 10.39.8). This health-positive outlook led to the development of Ayurveda's Rasayana Tantra - a full-fledged clinical discipline specializing in anti-aging immunity-enhancing, rejuvenative therapy.

Ayurveda prescribes a set of special remedies called 'Rasayana', which enhance target tissue, and organ based nutrition; leading to secondary benefits like longevity, immunity against diseases, mental competence and delaying of aging. Typically, a course of Rasayana therapy strengthens Oja (bio-immunity) and Bala (bio-strength). Rasayana therapy also promotes memory and intelligence, youth, luster, complexion and voice.

Rasayana therapy can be a drug, diet or even a lifestyle and conduct (i.e., Achar). All Rasayanas are general nutrition promoters, but there are certain organ and tissue specific Rasayana's like Medhya Rasayana for brain and memory, Hridaya Rasayana for heart, Twak for skin, Chakshusya for vision and many others.

Rasayana can compensate, as well as prevent, vital bio-losses that occur over time, more specifically, every ten years, as per Ayurveda. Ayurveda Rishis Vagbhatacharya (300 AD) and Sharandhara (1300 AD) describe the time bound and sequential loss or bio-damage to tissues and organs as well as functions in specific decades of life. For example:

<b>Age of Bio-Loss</b>	<b>Nature of Bio-Loss</b>
0-10 years	Loss of corpulence
11-20 years	Loss of growth
21- 30 years	Loss of luster
31- 40 years	Loss of intellect
41-50 years	Loss of skin glow

51- 60 years	Loss of vision
61-70 years	Loss of virility
71-80 years	Loss of strength
81-90 years	Loss of cognitive power
91-100 years	Loss of locomotive ability

The knowledge of possible bio-loss and its compensatory matching 'Rasayana' will protect and nourish the system under bio-pressure. Rasayana protocols can aid Yoga therapists in providing full-spectrum care of joints and inner organs, along with therapeutic Yoga and Pranayama.

In conclusion, this talk will highlight how Ayurveda's emphasis upon genetics, geriatrics, anti-aging rejuvenation methods, and concept of immunomodulation is remarkably ahead of its time and how it is attracting the attention of modern researchers in medicine today. The talk will also highlight benefits of integrating Yoga Chikitsa with Ayurveda's Rasayana Therapy protocols for enhanced health protection and promotion.

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All power is within you; you can do anything and everything. Believe in that, do not believe that you are weak; do not believe that you are half-crazy lunatics, as most of us do nowadays. You can do any thing and everything, without even the guidance of any one. Stand up and express the divinity within you.

## JOURNEY OF OUR YOUTH THROUGH YOGA TEACHER'S TRAINING

**Savitha Nanjangud**

*She is a mother of two children and a passionate yoga teacher.*

*She is also a faculty member of Yoga Bharati's YIC course focusing on adapting the curriculum to guide and mentor youth through the program.*

The teenage years in middle school and high school are very vulnerable and filled with anxiety and stress but also full of energy, promise, wonder and hope. They are very critical for character building and set the pace for a successful life. It is also an introspective age, where they wonder who they are and who they want to be. They go through lots of physical changes in a short time accompanied by intellectual maturation. They have high energy and zest for life but can also easily succumb to destructive habits, depression and introversion if this energy and introspection is not channeled in a proper direction. The many challenges the youth face include academic stress in high school, peer pressures to conform in a multi-cultural environment, conflicts between needing to please parents, teachers and friends and above all the desire to develop a unique identity. These stresses if not managed well can lead to early health problems and sleep deprivation as reported by several of the youth in our study.

Swami Vivekananda believed that the goal of true education is not just for bread-winning or money-making but must include character building or 'man-making' to mold each personality. He emphasized physical strength per the Upanishadic quote 'nayamatmabalahinenalabhyah' (the weak cannot achieve success). But along with culturing the body he stressed the need to culture the mind. Education should lead to formation of character, strengthening of mind, sharpening intellect and the ability to stand on one's own feet. Moral and ethical purity should be goals built into it. Swami Chinmayanandahas said, '*Children are lamps to be lit not vessels to be filled*'.

Yoga Bharati initially started Yoga Instructor's Certificate (YIC) course for adults but in a few years, as parents realized the benefits of the course, they requested that it be opened up for teenagers and youth as well. In the past 3-4 years YIC has seen the numbers of youth in each batch grow from 10% to almost 25% of the whole batch. Yoga seemed to also attract youth because of its growing popularity in America. All the youth were interviewed and asked to write an essay before being accepted into the course. Interestingly, all the youth knew yoga was more than just asanas. While they personally hadn't experienced the subtlety of the practice, they all genuinely wanted to get more than just a physical workout from the course. All of them were eager to teach and share the knowledge with others like neighbors, friends

and volunteer organizations.

Youth were attracted to the course for various reasons – they liked our yoga classes and wanted to learn more, their parents had done YIC and saw the benefit, they were looking for something to help deal with stress, wanted to improve own health and then help others, wanted to pursue career in health field and incorporate yoga in their careers. The 2012 batch had 4 girls who were dancers and two of them, Devaki and RenukaBelwalkar wanted to teach their fellow dancers yoga. The youth also came into the course from variety of backgrounds. Maya Reddy (YIC 2009) and Vinay Reddy (YIC 2011) had previous experience practicing both yoga and meditation. Neha (YIC 2011) and Vedant (YIC 2011) had been practicing yoga asanas even before taking the course. Several youth came having attended several years of Balvihar and HSS Shakha like Vedant, Chinmay (YIC 2011), Vaishnavi (YIC 2012). And some others had minimal exposure to yoga practice or philosophy. Hence the theory sessions in the course were modified to be more generic and appealing to a wider group. More stories and real life examples were used to convey key messages and sessions were made more interactive.

All the youth enjoyed the course including the ones who were ‘strongly encouraged’ by their parents. To the faculty’s pleasant surprise, due to their youthful personalities and superior communication skills, the youth turned out to be better teachers than most of the adults! Youth and adults enjoyed each other’s company in the supportive, cooperative environment of the course. Several of them reported feeling lot calmer, more confident, less stressed, better able to relate to parents and peers and overall healthier after the course and with continued practice and teaching.

For their YIC project reports Neha and Vedant researched yoga for sleep since sleep deprivation is a major concern for high schoolers. Vedant took it a step further and conducted a scientific research project to examine the effects of sleep on teenagers by encouraging several friends to start a yoga practice. His paper has been accepted for publication in the Elsevier Journal of Adolescent Health. ChinmaySurpur selected Yoga for Kids as he had been actively assisting kid’s yoga classes and camps. Vinay Reddy and Emily Biswas focused on topics related to Yoga and health care since both were considering careers in the medical field.

Whether the youth continue to practice or teach after the course, it is important to introduce these values at an early age so the seeds planted will sprout and come to fruition anytime in their lives. Our YIC youth are true ambassadors of Indian culture and can bridge between countries and generations. They have transformed the lives of many people around them simply by strengthening and transforming themselves. Yoga Bharati hopes to continue this effort and add more youth programs and opportunities for youth to participate in leadership roles in the organization.

## YOGA THERAPY – AMERICAN EXPERIENCE

**Ashwini Surpur**

*She is a Director of Yoga Therapy at Yoga Bharati Bay Area Chapter.*

*She is a passionate yoga practitioner and therapist  
who quit her software profession to serve the society in spreading the deep and holistic aspects of yoga.*

About twelve years ago, when I got a severe back pain, I met Shri.N.V.Raghuram from Vivekananda Yoga Research Foundation (VYASA) from Bengaluru in a friend's home at San Ramon. Raghuramji gave an excellent therapy session for a week before he departed to India. Since then, I have plunged into yoga and then into yoga therapy. After getting Yoga Teachers Training, some of us at Yoga Bharati enrolled into VYASA's PGDYT (Post Graduate Diploma in Yoga Therapy) course. After getting a hands-on training at VYASA's health center - Prashanti, we started yoga therapy sessions in the Bay Area in 2008.

**Our Therapy Model:** We have conducted numerous sessions and workshops since then and have so far conducted yoga therapy for over 200 people in the Bay Area, California. Yoga Therapy concept and model developed by VYASA and adopted by Yoga Bharati follows a holistic approach to health. We believe in World Health Organization's definition of health as a positive state of well being of the entire body and mind. Modern medicine has however influenced the societies to think of health with a reductionist approach and yoga is a victim of this culture today. While modern medicine deals with diseases, holistic practices like yoga deal with health. In our therapy interventions, this concept of health is taught to people so that they can practice yoga effectively.

We also teach our therapy participants that yoga is a conscious process of going back to one's own nature of bliss and harmony. Since mental agitation is the main cause of stress, we explain to them that yoga helps by calming down the mind. In our therapy classes, we help them build awareness so that when they are about to overeat or indulge in a bad habit, they will have enough awareness to stop.

With this concept, we have been able to make a significant impact on those who have attended our classes for their therapy needs. We usually recommend a three-month workshop with two classes per week and a home practice regimen so that the participants see an improvement in their condition. We have noticed that regular and committed participants experience a steady improvement in their overall health, develop a positive outlook, decreased episodes of illness and reduced pain levels.

## Our Yoga Intervention involves:

- » Prayers and Chanting
- » Asanas and Pranayama for their conditions
- » Relaxation Techniques developed by VYASA such as Deep Relaxation Technique(DRT), Mind Sound Resonance Technique (MSRT), Cyclic Meditation, OM Meditation, and Pranic Energization Technique (PET)
- » Yogic Counseling.

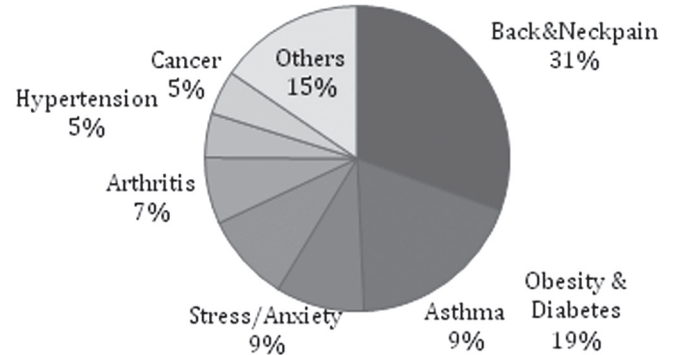
## Some Statistics of our Yoga Therapy Classes:

- » Male to Female ratio - 30:70
- » Adults (20yrs-60yrs) - 210
- » Kids/Teens (6-19) - 60
- » Seniors - 70

## Positive Change among participants:

- » Backpain and Neckpain - 90% report reduction of pain level by half or more. In two cases, a complete recovery from the back pain was reported.
- » Obesity - 50% reported weight reduction.
- » Diabetes - 90% report reduced sugar levels if they keep up the classes and practices. One guy said "Up to two days after every class I attend, my sugar level is normal".
- » Asthma and Allergies - 30% report progress. Commitment is lacking in this case, as we see many people with seasonal allergies and attacks during such times.
- » Stress and Anxiety - 99% reported progress. Complete recovery reported in a couple of cases. One of them is our yoga teacher now.

## Ailment Chart - Bay Area Yoga Therapy



**From Illness to Spirituality:** Our goal is to spread global health and peace through yoga therapy. As our Guru Raghuramji expected, I came to yoga with a back pain and took home yoga philosophy. We believe that this should be the case for all and we have practically seen it happening with our therapy experience. Although we do not make tall claims about curing anything, some of our yoga participants have been cured; most have taken yoga to their families and some even vowed to take it to their community by becoming our teachers and volunteers. Through yoga, we are serving the society to achieve peace - first at the individual level (*Vyashti*) and then to the entire society (*Samashti*).

## ASHTAVAKRA VYADHI - DISEASE WITH 8 TWISTS OR DEFECTS

Sudha Rajan, MD

Diabetes has become a global threat to humanity. Modern research combined with our ancient Yoga can bring complete cure and prevention of this dreaded monster. Its main causative factors are eight fold. A treatment plan targeted at all root causes, through prescriptions and most importantly, with Yogic practices & intense life style changes can bring about a cure.

Prevention and cure can be zeroed in only when you know the basic doshas or twists in normal physiology. Thus, the targeted prevention and cure will focus on the defects in organs and functioning like the small intestine, liver, pancreas, muscle, fat, kidney, brain etc.

The treatment approach of the West, namely allopathy, is coming closer to the treatment approach of the East, namely Ayurveda, in that research is proving that small intestine & brain are more in the line of causative agents which was not recognized clearly before.

Total prevention is, therefore, not a dream anymore!

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Comfort is no test of truth.  
Truth is often far from being  
comfortable.



## MINI YOGIS IN THE TUMMY

**Savita Joshi**

*She is an experienced Prenatal Yoga Instructor. She also specializes in Women's Yoga and also therapeutic applications such as Yoga for Back pain, Arthritis, Asthma, Weight Management, etc.*

*She lives in Santa Clara. To contact her, please write to [savita@yogabharati.org](mailto:savita@yogabharati.org).*

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Out of every three women, one mother gives birth by cesarean section - according to Hamilton Statistics. Why? There are obviously many reasons such as age, pain tolerance, stress, and fertility issues to name a few. According to National center for Health Statistics, 6-8% of the pregnant population has pregnancy related high blood pressure problems. All these statistics are not to scare the readers, but only to educate and help find right solutions.

Good news. More than 50% of Yoga Bharati Prenatal class participants deliver babies normally. They have had less complications, higher baby birth weight, low chance of gestational diabetes and pregnancy related hypertension. Most of the women decide to do Yoga very early, as early as in 6 weeks. Some decide to take up yoga even prior to getting pregnant. As per our findings, more than 80% of women who have taken up Yoga at Yoga Bharati to improve fertility have conceived within 6 months. Yoga Bharati has provided classes for more than 200 pregnant ladies just in the South Bay Area.

Yoga is more than a curative solution - it is a preventive science. But most of us turn towards Yoga only when we have health issues. Yoga helps greatly during pregnancy. When I conceived my first child I was a little nervous in terms of my age and natural child birth. I decided to take up prenatal yoga class for myself. I kept a walking routine along with the yoga classes. Combination of the two helped me greatly to handle general pregnancy discomforts and have a natural, normal childbirth.

Practice of yoga helps to stay within the acceptable weight gain range. It also helps build awareness of the body and mind complex. Yoga, especially Pranayama (breathing techniques) and meditation, reduces stress and calms down the mind. Labor breathing during child birth helped me tackle labor pains and deliver without epidural. One has to surrender and experience the natural birthing process to enjoy the beautiful process of creation. Mantra chanting brings about concentration and focus, and makes the process of delivery, smooth and enjoyable. Conditions such as pregnancy induced diabetes (gestational diabetes) can be managed properly with the practices of Pranayama and meditation. Hard emotions such as anger, fear and anxiety are controlled and soft emotions such as love and compassion are cultivated with the practice of Yoga.

At what age does the child starts perceiving things? This question comes to our mind when we think of child's development and giving the right exposure.

Renowned Indian epic Mahabharata brings about a beautiful story of Abhimanyu learning the fighting skills of breaking the enemy's formation while being in mother's womb.

He listened to Lord Krishna's narration to his sister Subhadra during her pregnancy. Our modern science has also confirmed that the child can learn, perceive and communicate right in the prenatal stage itself. So be mindful of what you do! Parenting is about bringing about the change in yourself first, and then shaping your child to make the family and nation proud. Prenatal education becomes very important for couples before they plan to have a baby. Yogic relaxation techniques can be used to minimize emotional stress and create a harmonious environment for the upcoming child before and after birth.

Prenatal Yoga is one way of learning to relax and be with the Self to shape the child's mind and future right from the womb!

**Few things to follow and remember during Pregnancy;**

- » Follow proper sattvic diet (less spicy, wholesome, vegetarian, fresh and food prepared with love).
- » Regular exercise routine such as Yoga, easy nature walks
- » Reading spiritual books to keep the mind happy and relaxed and develop good Samskaras (impressions)
- » Staying in good company (Satsangs)
- » Avoid strenuous activity to keep down stress levels
- » Mantra chanting helps exert positive influence on the consciousness of the growing child



**Some Yoga Practices to follow:**

- Baddhakonasana
- Veerabhadrasana
- Vajrasana
- Ardhakati Chakrasana
- Squats Kegels



**Pranayama:**

- Nadi Shuddhi
- Bhramari
- Cooling Pranayama (Shithali, Shitkari, Sadanta)
- Sectional breathing



Trataka Kriya and Meditation such as Om mediation could be done on a regular basis.

Practicing Yoga in a group has special benefits. Sharing of experiences boosts emotional health. Secondly, it brings about positive vibrations in the class. It's always better to practice Yoga under the guidance of proper trained Yoga Teacher. I recommend checking with your doctor before beginning any yoga class.



## YOGAKSEMA-STRESS & LIFESTYLE CLINIC: A WORKING MODEL OF INTEGRATIVE MEDICINE IN BENGALURU, INDIA

**Naveen Visweswaraiah**, BNYS, PhD

*Medical Director, YOGAKSEMA-a Stress and Lifestyle Clinic,*

*# 775, Double Road, Indiranagar, Bengaluru 560 038;*

*www.yogaksema.com*

### **Proven Lifestyle Medicine for Lifestyle Diseases:**

Psycho-somatic diseases are bodily disorders caused by poorly managed stress and unhealthy lifestyle. While lot is written-talked about stress, it is rarely realized that most modern diseases are caused by stress. The impact of stress on body is called somatization, which leads to considerable damage to brain-heart-hormones-immune cells and muscles. Thus measuring stress becomes important to know the impact of stress and its' consequences. Therefore, Stress profile of an individual would serve as a marker to predict the onset of stress-related disease and would serve as a predictor to expect the recovery from stress.

It is medically recognized that management of chronic-stress related disorders need clinically proven lifestyle intervention. This means disease specific yoga therapy as opposed to 'one-size-fit-for-all yoga'; authentic proven ayurvedic prescription as opposed to 'hit & miss' herbal preparations recommended by friends and relatives. Thus lifestyle medicine includes, clinically tested disease specific yoga therapy; scientifically validated Ayurveda; personalized clinical diet planning; mind-body medicine to manage mind and emotions and proven healthy habits & structured routine. Structured routine is designed based individuals body type [*dosha*- quality of tissues] and personality type called 'Guna' [psychological quality]. It is important that these lifestyle strategies are endorsed and prescribed by physicians and delivered by trained therapists. The new age Yoga & Naturopathy physicians; ayurvedic physicians; physical therapists and clinical nutritionists work with medical specialists to evolve and practice evidence based integrative medicine for lifestyle diseases. This unique approach leads to safe and effective use of traditional medicine with modern medicine to form integrative medicine.

Pain is a natural consequence of demanding modern living. Most pain management strategies are invasive surgical procedures with known side effects. It is here traditional therapies like acupuncture becomes relevant. Acupuncture is one of the most well tested and proven non-invasive pain management strategies. Chiropractic manipulations are globally recognized

treatment for pain. In recent years chiropractors have designed 'spinal decompression beds' which are smart machines, which releases spinal compression leading to the pain relief. Spinal decompression is a prescribed alternative for surgeries for spinal disorders.

In the present context of epidemic proportions of lifestyle diseases and cancers, neither traditional medicine nor modern medicine in isolation has any answer and lasting cure. Recognizing this, medical community across the world is moving towards integrating proven traditional medicine with effective modern medicine. This approach has lead to new medical specialties namely, Integrative cardiology; Integrative endocrinology; Integrative neurology; Integrative psychiatry and Integrative oncology. These approaches would soon be a norm in all medical facilities across the World to treat ever-increasing patients with diabetes; heart diseases; stroke and cancer.



Acquire & Preserve Health

yogakṣema

### **Yogaksema: Stress & Lifestyle Clinic, Bengaluru, India**

[a unit of FOUNDATION FOR ASSESSMENT AND INTEGRATION OF TRADITIONAL HEALTH SYSTEMS (FAITHS), BENGALURU]

*Yogaksema* - is a Sanskrit word which means *complete wellbeing* in all dimensions of human life. The word *Yoga* is used in the context of acquiring and *Ksema* refers to preserving. Thus *Yogaksema* means the pursuit to acquire and preserve all that is essential to fulfill the purpose of human life [*chathurvidha purushartha*].

Health and wellbeing are the most important dimensions of *yogaksema*. Here at *Yogaksema* we bring in two decades of experience in Indian Medicine and results of extensive scientific research on Indian medicine to evolve safe, effective, and authentic evidence based Indian medicine as treatments and services combined with conventional medicine exclusively to *heal and empower* each of you, with the only condition that you should be willing to take charge of your health.

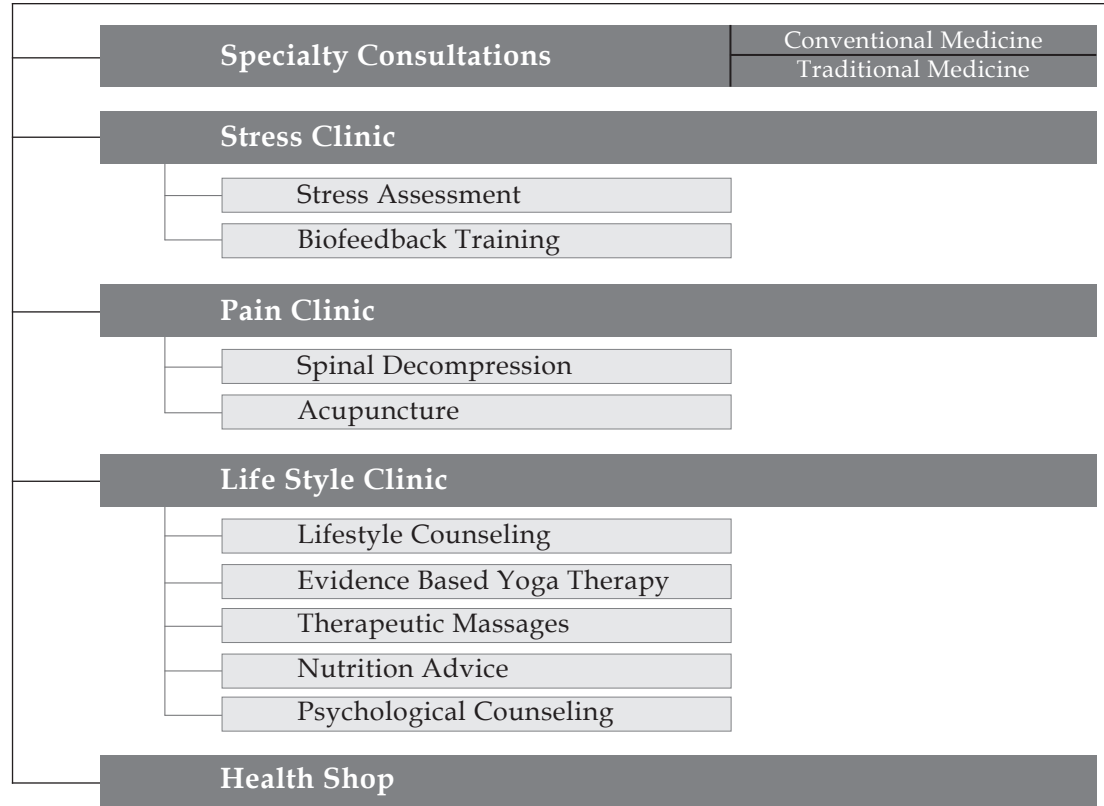
*Yogakshemam vahamyaham*

we care for your  
wellbeing and quality of life

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## Yogakshema: A Stress & Lifestyle Clinic

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### FAITHS

The Foundation for the Assessment and Integration of Traditional Health Systems [FAITHS] is a Bengaluru [South India] based, international, not-for profit organization run by academically recognized professionals in the field of traditional and conventional medicine.

#### This foundation aims to:

- » Engage in high quality research in traditional medicine
- » Train Traditional Health Systems' practitioners in scientific research and evidence based practice
- » Sensitize conventional medicine practitioners to prevailing clinical evidence for Traditional Health Systems
- » Offer clinical services backed by 'traditional wisdom & clinical evidence', and
- » Evolve a process to practice 'evidence based integrative medicine'

**Vision:** Scientific assessment, critical evaluation, and integration of traditional health systems from all civilizations, cultures and geographical locations, with the conventional medical systems to offer:

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in their very first visit under one roof'**



Research



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## YOGA FOR CHILDREN: THE INDIAN SCENE

**Dr Shirley Telles**

*Director of Research, Patanjali Research Foundation, Haridwar, India*  
[shirleytelles@gmail.com](mailto:shirleytelles@gmail.com) | [www.patanjaliresearchfoundation.com](http://www.patanjaliresearchfoundation.com)

There is often an assumption that most children in India are familiar with yoga from childhood. This is not the case. It would be ideal if this can be remedied as yoga can considerably improve the physical and mental health of children as well as improve their cognitive skills. Several studies through the years have shown that a 10 day yoga intervention can improve the performance of pre-teen children in a wide range of perceptual and motor tasks, while simultaneously improving their ability to focus and shift attention and to memorize both verbal and spatial information. A recent randomized controlled trial compared the effects of yoga with physical activity on the physical health, emotional well being and performance in a task requiring discrimination and shifting of attention. The group who practiced yoga particularly showed improved emotional wellbeing which persisted a year later. Yoga also can be used a therapy for children and has helped children with Duchenne muscular dystrophy and other impairments (physical) and social disadvantages. An ideal solution would be to introduce yoga in schools. However, surprisingly, there are various difficulties in implementing this in India. The research findings and reasons why yoga is not yet a part of the regular curriculum will be discussed.

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Dare to be free, dare to go as far  
as your thought leads, and dare to  
carry that out in your life.



## KIRTAN KIRYA IN STRESSED FAMILY DEMENTIA CAREGIVERS: EFFECTS ON MENTAL HEALTH, COGNITION, TELOMERASE, GENE EXPRESSION, & BRAIN METABOLISM

Dr. Helen Lavretsky

*Professor of Psychiatry in the Department of Psychiatry and the Semel Institute at USA*

**BACKGROUND:** A randomized pilot study of yogic Kirtan Kriya compared to a relaxation practice examined the potential of daily brief meditation practice to improve mental health, coping, cognition, brain metabolism on PET imaging, and the activity of immune cell telomerase activity and change in gene expression in stressed family dementia caregivers.

**METHODS:** 39 middle aged and elderly family dementia caregivers (mean age 60.3 y.o.) were randomized to practicing Kirtan Kriya or to listening to a relaxation music CD for 12 minutes per day for eight weeks. The severity of depressive and anxiety, resilience, burden, distress, and cognition were assessed at baseline and over the course of the study. Cellular expression of the NFkB and telomerase activity were examined in the monocytes before and after the intervention period. Gene expression was analyzed in microarrays. Nine subjects completed FDG-PET brain scans before and after the study.

**RESULTS:** The severity of distress improved in both groups; however, the meditation group showed significantly greater improvement in mental health, cognitive performance, and adaptive coping. Telomerase levels were increased by 43% in the meditation group compared to 7% in the relaxation group ( $p < 0.05$ ). In the meditation group, PET analysis demonstrated significant decreases in the bilateral associative visual cortex (VC) and right inferior frontal gyrus (rGFi) ( $P < 0.05$ ), while the relaxation controls demonstrated increased metabolism in the right inferior frontal gyrus ( $P < 0.05$ ),

**CONCLUSION:** This study found that daily Kirtan Kriya practice by stressed dementia caregivers can lead to reduced stress, improved coping, and cognitive function compared to relaxation. This improvement is accompanied by an increase in the level of telomerase and a downregulated gene expression in the NFkB pathways signifying improvement in the stress-induced biological changes of aging, as well as brain metabolic changes, suggesting a “brain fitness” effect.

## YOGA FOR MENTAL HEALTH: RATIONALE AND RESEARCH EVIDENCE

**Sat Bir Singh Khalsa, PhD**

*Assistant Professor of Medicine, Harvard Medical School  
Division of Sleep Medicine, Brigham and Women's Hospital*

Yoga is an ancient behavioral practice that allows for the development of mind body skills of self-regulation of internal physiological and psychological states. The promotion and maintenance of health and wellness possible with yoga has lead to its increasingly prevalent application as an adjunct therapy for psychological wellness and psychiatry. This presentation will provide an overview of the scientific evidence and rationale for the application of yoga for prevention and treatment of mental health disorders, and the growing body clinical research that is demonstrating its efficacy in a wide variety of mental health conditions including chronic stress, depression, and anxiety.

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The great secret of true success, of true happiness, is this: the man or woman who asks for no return, the perfectly unselfish person, is the most successful.



## PSYCHOPHYSIOLOGY OF MEDITATION ON SYLLABLE OM

**Naveen Visweswaraiah**, BNYS, PhD

Joint Director of Research, SVYASA Yoga University, and  
Executive Director, Foundation for Assessment & Integration of Traditional Health Systems [FAITHS],  
Bengaluru

Meditation is a state of consciousness featured by deep relaxation and internalized attention. Traditionally, there are three different phases in meditation i.e., focusing (*dharana*), effortless mindfulness (*dhyana*) and a state of transcendence (*samadhi*). Two more mental states are described are random thinking (*cancalata*) and focusing while not in meditation (*ekagrata*). The physiological effects of these states were assessed using autonomic & respiratory variables; evoked potentials; polysomnography; functional magnetic resonance imaging and performance in cognitive tasks.

Further evaluation of the phases of meditation on OM [*dharana & dhyana*] may be summarized as follows: meditation with focusing during *dharana* the changes was different and distinct from those with meditation without focusing-*dhyana*. The results imply that *Dhyana* was characterized by sympathetic withdrawal and parasympathetic dominance; induces the delayed transmission at the secondary auditory cortex in the lateral Heschl's gyrus and mesencephalic-reticular level and enhances the transmission of auditory information at the mesencephalic-reticular level. The P300 task performance was better following *dhyana*. This possibly correlates with the fMRI changes i.e., increased activation in dorsolateral prefrontal cortex during *dhyana*. The polysomnography studies shows that both as an immediate and long term effect meditation reduced the stage I & II sleep, increased slow wave sleep [SWS] and on the whole reduced arousals and increased the subjective feeling of being refreshed on awakening. Hence meditation on syllable OM showed differential activity in the different subdivisions of the autonomic nervous system, some characteristics of activation and others of reduced arousals. Based on these results meditation on OM can be termed as a state of 'alertful rest' with selective activation and de-activation of cortical structures.

## INTEGRATED APPROACH OF YOGA THERAPY (IAYT) FOR IRRITABLE BOWEL SYNDROME (IBS): A RANDOMIZED CLINICAL TRIAL RESEARCH STUDY

**Vijaya Kavuri<sup>1,2</sup>, Chakrapani Kallur<sup>1</sup>, Babu Gandhi<sup>1</sup>, Nagarathna Raghuram<sup>2</sup>,  
Hongasandra Nagendra<sup>2</sup>, Ariel Malamud<sup>3</sup> and Senthamil Selvan<sup>1,2</sup>**

<sup>1</sup>Vivekananda Yoga Anusandhana Samsthana-Los Angeles, (VYASA-LA, Yoga Research Institute), 11722 Farina Street, Norwalk, CA 90650; <sup>2</sup>Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA-Yoga University), Bengaluru, INDIA; <sup>3</sup>White Memorial Medical Center, GI Clinics, 1701 E Cesar E Chavez Avenue #225, Los Angeles, CA 90033.

Irritable Bowel Syndrome is the most common functional disorder of gastro-intestinal tract affecting about 23% of worldwide population and about 15% in the USA. The symptoms include abdominal pain and bloating associated with difficulty in defecation, alternating constipation and diarrhea that result in chronic disability causing malnourishment, aggravated haemorrhoids, fatigue, headaches and mood disorders, and in turn, affecting quality of life, social and family relationships. Loperamide and Lubiprostone are the most commonly used drugs to relieve temporarily the symptoms of IBS- diarrhea and constipation, respectively. For physical and psychological symptoms, different medications and counselling are used. Thus, the patient is running around for constant clinical care with no effective cure from such treatment modalities. Yoga has been considered as an alternate and/or complementary therapeutic tool to manage IBS due to its capacity to stabilize the functioning of various internal organs. Two recent studies, albeit with limited in scope and unmonitored Yoga module, have reported that Yoga could be an effective tool in managing the symptoms of IBS. These studies suggest, if carefully designed and properly monitored Yoga modules are used, Yoga would become an alternate tool for effective management of IBS. Integrated Approach of Yoga Therapy utilizes mind-body healing techniques to balance and harmonize the disturbances of psychosomatic ailments at all the five levels of our existence (physical level, vital air level, mind level, intellectual level, and blissful level - according to Taittiriya Upanishad). IAYT encompasses physical movements and toning in the form of Yoga postures; breathing practices to balance breath, and meditation to calm down mind, notional corrections and self-analysis to enhance better judgement and action in relaxation to experience bliss continually. Various aspects of traditional Yoga (Patanjali and Yoga Vashista) are used to create a Yoga routine for the management of IBS symptoms. Given the gradual personalized training pace, people with discomfort also can follow Yoga practices easily with focussed attention to abdomen along with other parts of the body. We are currently undertaking a randomized clinical trial involving three IBS subject groups: Yoga only group, a Combination group (Yoga and Conventional Medicine), and a Wait-listed Control Group (Conventional Medicine only) in collaboration with White Memorial Medical Center, Los Angeles, California to systematically study the therapeutic impact of IAYT on IBS. (VK is a Ph.D. Student of S-VYASA, Bengaluru, INDIA under the mentorship of Senthamil R. Selvan, Ph.D.)

## RANDOMIZED TRIALS OF YOGA IN WOMEN WITH BREAST CANCER UNDERGOING RADIOTHERAPY

Lorenzo Cohen, PhD, Kavita Chandwani PhD, NV Raghuram, BE, Robin Haddad, MPH, MD,  
George Perkins, MD, Amy Spelman, PhD, R Nagarathna, MD, Kayla Johnson, BS,  
Adoneca Fortier, BS, Banu Arun, MD, Qi Wei, MS, Clemens Kirschbaum, PhD, HR Nagendra, PhD  
*The University of Texas MD Anderson Cancer Center, Houston, TX, USA;  
S-VYASA, Bengaluru, India; Technical University of Dresden, Dresden, Germany*

**Purpose:** To examine the effects of yoga on buffering changes in QOL and cortisol slope in women with breast cancer undergoing radiotherapy.

**Methods:** We conducted two randomized clinical trials over the course of the past 5 years. In the first study, 61 women with stage 0-III disease were recruited prior to radiotherapy (baseline) and randomized to either a yoga (2 times a week for 6 weeks during radiotherapy) or wait-list group. The second study randomized the same population to one of three groups: Yoga (YG N=53) or Stretching program (STR N=56), three times a week for 6 weeks during radiotherapy, or Waitlist Control (WLC N=54). In both studies, patients completed self-report measures of fatigue (BFI), QOL (SF-36), depression (CES-D), intrusive thoughts and avoidance behaviors in relation to their cancer (IES), benefit finding (BF), and spirituality (FACT-SP) at baseline, end of treatment, and 1, 3, and 6 months later (second trial only). The second trial also examined cortisol slope at each time point by collecting five saliva samples a day for three consecutive days.

**Results:** In the first trial, the yoga group reported significantly better general health perception (all means are change from baseline: YG, 10.7, WL, -4.4,  $P = 0.005$ ) and physical functioning scores (YG, 5.2, WL, -7.3,  $P = 0.04$ ) 1 week post-radiotherapy; higher levels of intrusive thoughts 1 month post-radiotherapy (YG, -0.3, WL, -1.8;  $P = 0.01$ ); and greater benefit finding 3 months post-radiotherapy (YG, 8.6, WL, 2.3;  $P = 0.01$ ). There were no other group differences in other QOL subscales, fatigue, depression, or spirituality. Exploratory analyses indicated that intrusive thoughts 1 month after radiotherapy were significantly positively correlated with benefit finding 3 months after radiotherapy ( $r = 0.36$ ,  $P = 0.011$ ) suggesting that the higher the level of intrusive thoughts 1 month after radiotherapy the greater the BF 3 months after radiotherapy. This suggests that yoga lead to increased intrusive thoughts about their cancer which lead to subsequent improvement in BF. The second trial had similar findings. By the end of radiotherapy, the YG and STR groups had a reduction in fatigue while the WLC had an increase (YG: -0.23, STR: -0.45, WLC: 0.52;  $P$ 's < 0.05). At 1, 3, and 6 months after radiotherapy, the YG group had greater increases in SF-36 physical functioning

compared to both STR and WLC (1 month: 5.8, 2.0, 0.8; 3 months: 6.5, 3.4, -0.2; 6 months: 6.1, 3.4, 1.1;  $P$ 's < 0.05). The outcomes were similar for SF-36 general health scores. By 3 and 6 months after radiotherapy, there were significant increases in BF for the YG group while there were decreases in the other two groups (3 months: 3.0, -2.6, -2.5; 6 months: 1.1; -3.9; -4.7;  $P$ 's < 0.05). Cortisol slope was steepest for the YG group compared to the STR and WLC groups (end of radiotherapy: -0.10, -0.08, -0.08; 1 month: -0.10, -0.09, -0.06;  $P$ 's < 0.01).

**Conclusions:** Both studies showed that yoga leads to improved aspects of QOL after radiotherapy and that the changes remained sustained over time for patients engaging in yoga three times a week versus two times a week. Improvement in benefit finding in both studies suggests that yoga's benefits go beyond the physical nature of the intervention. A steeper cortisol slope found for the yoga participants suggests that yoga buffered the blunting of cortisol slope due to radiotherapy. Maintaining the functional integrity of hypothalamic-pituitary-axis has implications for better endocrine function. The second study was the first yoga study in oncology to include an active control group, suggesting that the benefits of yoga are due to more than simple stretching or other indirect effects. An ongoing, single blind, randomized, phase III clinical trial is being conducted with 600 women with breast cancer undergoing radiotherapy. This collaborative trial between MD Anderson and VYASA is further exploring the efficacy, mechanisms, and cost-efficacy of incorporating yoga within cancer care.



The fire that warms us can also consume us; it is not the fault of the fire.



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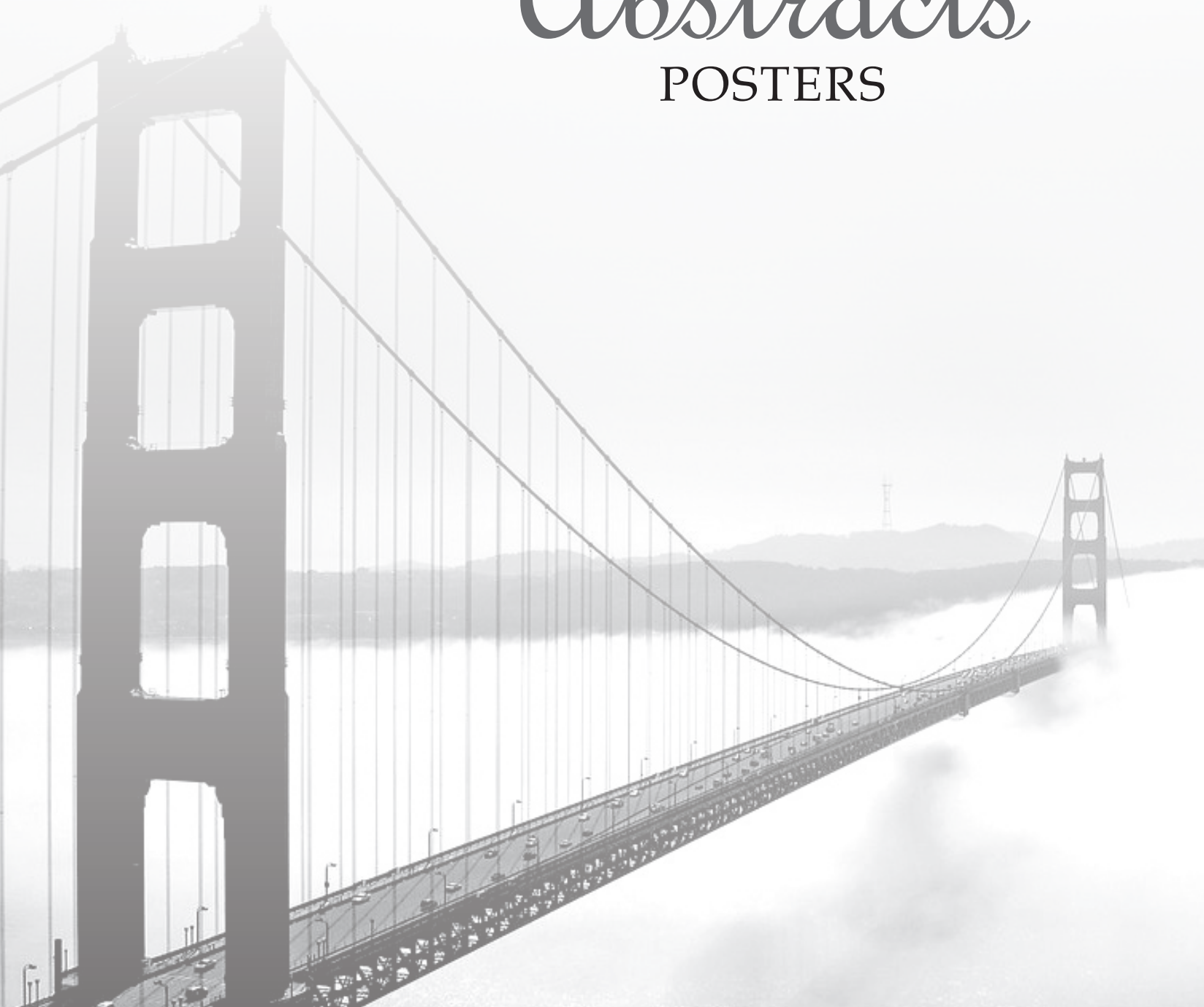
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# Abstracts

## POSTERS





Be not Afraid of anything.  
You will do Marvelous work.  
It is Fearlessness that brings  
Heaven even in a moment.

## ICC SENIOR PROGRAM: HOME AWAY FROM HOME

Aishwarya Aravind



“The senior citizens’ second home” is how ICC Seniors affectionately refers to Indian Community Center’s (ICC) Senior Program that was started a 9+ years ago. ICC is a registered 501c (3) non-profit organization. After a long and rewarding professional career, Mrs. Gopi Godhwani, ICC member of Board and Chair of Senior Programs, herself a senior citizen, takes great pride in bringing immense energy, laser focus, and determination to make a difference in the lives of so many seniors. Not only does she

work with seniors and ICC Board to constantly improve the Senior Program, but she also continues to raise funds for this program and looks for ways to make things better for them.

I met many people to understand how these senior programs bring such great joy to them and uncovered the key reasons that brighten their days. It is no surprise that many senior members try and visit ICC every day, and why not? Each day of the week is packed with fun-filled activities meticulously put together just for them. As a daily routine, an hour long yoga session is scheduled at the beginning of every day, i.e., Monday through Friday. ICC also provides county subsidized nutritious lunch, which give them tasty, yet balanced diet every day of the week except on Wednesdays.

On Mondays, they currently have an exciting music class to bring out the musician in everyone present. Tuesdays provide everyone a chance to have meaningful discussions on substantive topics such as “Art of Joyful Living”, “Empty Nest Syndrome and resulting loneliness”, “Joy of giving” etc. The subject changes weekly and everyone discusses the topic at length. On Wednesdays, seniors enjoy potluck lunch; typically, everyone brings something special and, along with their friends, relishes the amazing bonding element- food. This, along with the yoga class in the morning, gives them a break from the stresses of life. After these classes, it is time to relax and socialize. Seniors chit chat, dance, read scripts, present comedy, share parodies, as well as present many solo and group performances. Thursdays showcase eagerly awaited Jollywood classes. Many people love to dance and under the teacher’s trained eyes, seniors become one with the music and take to the dance floor. On Fridays, the last day of the week, seniorprogram features the exciting *RangManch* talent show by Sandhu Bakshi and Sushma Chopra, Co-chair of senior programs. Mrs. Kulkarni cheerfully describes, “There is philosophy, geography, and others; all subjects can and will be discussed. People read articles, present speeches, dance or sing, write poetry to display, and tell jokes. Everyone

likes the programs!" More than 50 people come on Tuesdays and Fridays to be a part of the action. On the whole, more than 200 people come together during the entirety of the week to enjoy the wonderful events ICC puts together for them.

In addition to this busy weekly agenda, the senior program also plans different events for senior citizens to celebrate Indian and Western festivals such as RakshaBandhan and Mothers' Day. Numerous such events occur throughout the year and they are always entertaining. Everybody is treated to nice music with pleasant songs, dances, and something special that always relates to the festival being observed. It is no wonder that not even one person will forget to thank the fabulous volunteers who donate their time and energy to make the week a great time for the seniors. "These programs, every single one of them, are done by volunteers for the seniors" declares Mrs. Kulkarni. Mr. Kanu Shah's comments echoed everyone's sentiments when he said that he really enjoys coming to ICC. Dr. Sagar Sharma, Chair for Senior Programs, aptly summarized that this program not only enables people to participate in activities willingly with an "I can do it, I will do it" spirit, but it also fills emotional voids in many of their lives. It was no surprise that others such as Mr. HariSaini, Mr. KantiBhaiPatel and Mr. BhiikhuBhai Patel also corroborated these views.

Congratulations to ICC, Mrs. Gopi Godhwani, and the volunteers for having the vision and for taking the time to bring more zest and enjoyment into the lives of many senior citizens, in this home away from home.

Happy Jollywood Group



Jolly wood dance

Celebrating 15th August



Independence day Yoga - Bharati Yoga

Yoga - To keep Healthy



M L Swamy at ICC Cupertino Senior center runs ICC Senior Program FOSWL. FOSWL (Friends Of Same Wave Length) has five global chapters and helps seniors to be meaningfully engaged. Seniors claim benefits by doing Yoga Bharati Yoga, such as significantly reduced doctor visits as well as avoidance of heart surgery in two cases. They would like President Obama to open senior centers like ICC (India Community Center) all over USA and save on health care costs.

For information about ICC, please visit: <http://www.indiacc.org/seniors>

For more details about ICC Senior Programs, please visit Facebook:

<http://www.facebook.com/pages/Your-ICC-Senior-Connection/162129940483960>

## EFFECT OF INTEGRATED APPROACH OF YOGA THERAPY ON DISABILITY, NEUROLOGICAL IMPAIRMENT, FATIGUE AND HEALTH-RELATED QUALITY OF LIFE IN MULTIPLE SCLEROSIS: A CASE STUDY

**Hemant Bhargav** and Nagarathna Raghuram  
(hemant.bhargav1@gmail.com) SVYASA University, Bangalore

### Abstract

**Background:** Multiple Sclerosis (MS) is a neurodegenerative disease which runs its course for the remainder of the patient's life frequently causing disability of varying degrees. Negative effects on Health-related quality of life (HRQoL) are well documented and are a subject of clinical study. Several studies have shown that HRQoL assessments provide unique information not measured by the Expanded Disability Status Scale (EDSS), the commonly used outcome measure of impairment disability for MS patients.

**Case:** A 43-year-old male, diagnosed with relapsing remitting multiple sclerosis (RRMS) eight years prior, developed progressive disabling neurological sequelae over a period of time. This case came to our holistic health home, Arogyadhama, with the chief complaints of severe lethargy, difficulty in speaking, difficulty in seeing, inability to control urine, poor balance and memory, inability to sit up from supine posture, inability to lift the right foot and inability to stand. He was entirely dependent on the caregiver for his daily routine activities.

**Method:** The case underwent a residential integrated approach of yoga therapy (IAYT) intervention adapted to his specific needs and limitations continuously for 6 months with conventional medications as before. The intervention included breathing practices, relaxation techniques, meditation, mantra-chanting, yogic counseling and bodily postures with awareness.

**Assessments:** Relapse Rate, Number of Hospital Visits, Expanded Disability Status Scale (EDSS), Ambulation Index (AI), Standardized Neurologic Status Scale (SNS), Modified Fatigue Impact Scale (MFIS) and (Multiple sclerosis Quality of Life) MSQoL-54 were assessed before and at the end of 6 months of IAYT intervention.

**Results:** This study showed a sustained effect of IAYT on reduction of the relapse rate and number of hospital visits, which was lower than during the year before treatment commencement. During this six month period an improvement in EDSS score (31.58%), AI (44.45%), SNS score (61.76%), and MFIS scores (68.42%) was also observed. MSQoL-54 also showed improvement in physical as well as mental health composite scores over 6 months.

**Conclusion:** Yoga Therapy may help MS patients by reducing the neurological impairment, disability, relapse rate, number of hospital visits and fatigue, in addition to the improvement in overall health related quality of life.

## YOGA FOR PREVENTION AND TREATMENT OF HIV

Hemant Bhargav, Nagarathna Raghuram and Prasad Koka  
(hemant.bhargav1@gmail.com) SVYASA University, Bangalore

### Abstract

HIV is a global health problem and one of the major health threats in India. Around 2.4 million people are currently living with HIV in India. India is in the grip of the HIV/AIDS epidemic. Prevention is a vital aspect of HIV management. The third stage of the National AIDS Control Programme (NACP-III) has a budget of around \$2.6 billion, two thirds of which is for prevention and one sixth for treatment.

In this study, recent research and ancient Indian literature are reviewed to devise yoga lifestyle modification strategies for prevention and treatment of HIV infection. The role of stress in the progression of HIV is then described where probable involvement of psycho-neuro-immunological axis (PNI) is highlighted. Yoga therapy is introduced and its effectiveness in the potential treatment of hematopoietic inhibition in HIV-1 infection is reviewed. Further, the basic principles of Integrated Approach of Yoga Therapy [IAYT] are described and depending on the potential mechanisms through which yoga therapy may act, both modern scientific research and ancient "scriptural" evidence are provided at all the five levels of existence (body, life force, emotional, intellectual and bliss) to design comprehensive evidence based yoga modules that may serve the purpose of prevention and treatment of HIV.

**Conclusion:** Yogic science with its fundamental lifestyle learning strategies can be a highly potent complementary tool to face the upcoming challenges in HIV treatment and prevention and thereby help overcome HIV epidemic in India.



The first sign of your becoming religious is that you are becoming cheerful

## MEASURING THE EFFECT OF *KAPĀLABHĀTI KRIYĀ* ON BRAIN BLOOD FLOW BY fNIRS IN SCHIZOPHRENIC PATIENTS: A PILOT STUDY

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### Abstract

**Background:** The pre-frontal cortex is reported to play an important role in the pathogenesis of schizophrenia. For example, in a recent study, it was observed that schizophrenics show poorer performance and lesser pre-frontal activation during performance of a cognitive task (Tower of London test) as compared to normal healthy volunteers on fNIRS (functional near infrared spectroscopy). *Kapālabhāti kriyā* is a fast yogic breathing exercise, a cleansing practice which is done before *prānāyāmās*. We investigated the effect of *kapālabhāti* breathing exercise (KB) on cerebral (pre-frontal cortex) blood flow changes in seven schizophrenic patients using fNIRS.

**Methods:** Seven patients (6 males and 1 female), within an age range of 17-35 years, diagnosed as suffering from schizophrenia as per DSM IV criteria by a psychiatrist, underwent KB training for 15 days. These patients were stabilized on antipsychotics and had no exposure to any kind of yoga practice in the preceding three months. KB was practiced by the subjects at a frequency of approximately 2.0 Hz i.e. 120 strokes/ min for 1 min. The brain blood flow was recorded continuously using fNIRS; before KB (5 min baseline) and during KB (1 min) and the bilateral pre-frontal blood volume and oxygenation were calculated.

**Results:** The blood volume increased significantly in the bilateral pre-frontal cortices during KB ( $p=0.01$ ) with significant increase in oxygenation ( $p = 0.022$ ) as compared to baseline (paired samples t test).

**Conclusions:** *Kapālabhāti kriyā* improves blood flow and oxygenation in the pre-frontal cortex bilaterally as measured by fNIRS in schizophrenic patients, suggesting that practice of KB enhances pre-frontal activation in schizophrenic patients.

**Key words:** Kapalabhati, fNIRS, schizophrenia, pre-frontal cortex, cerebral blood flow.





## YOGA FOR SOCIAL TRANSFORMATION

**Bidyut K Bose, PhD**

*He is the Founder and Executive Director of Niroga Institute ([www.niroga.org](http://www.niroga.org)).*

*He is also on the Board of Directors of IAYT*

Yoga is prescribed as “medicine” for diseases ranging from arthritis and asthma to multiple sclerosis and sleep disorders. As a prevention and intervention strategy, Yoga has the potential to substantially impact our physical health. However, very few know that the impact of Yoga therapy could extend well beyond that. We have defined the field too narrowly by focusing primarily on individual health. There are links between personal health and the health of our fragile planet.

As Swami Vivekananda puts it, connecting to the source of infinite power and potential within each one of us is the purpose of our Yoga practice. That connection is built with love and compassion, empathy and forgiveness, gratitude and selfless service. The practice of yoga systematically develops self-awareness and self-mastery, helping us to act rather than react most of the time. When most people act with self-mastery most of the time, there is a scope for improvement in major domains of social function, including education, health care, violence prevention, and global sustainability.

According to recent reports there is a 50% drop out rate in urban high schools in America, that is one in two youths. The lifetime cost of a high school dropout is \$260,000 (Rouse, 2007). Not only is this a colossal waste of human potential, many of these youth end up doing drugs, committing crimes, and eventually ending up in prisons. One in thirty Americans is either in prison, on parole, or on probation.

Niroga Institute was born less than five years ago out of a conviction that the healing benefits of Yoga are not only time-tested tools for personal transformation but are also a necessary condition for social transformation. Realizing that those who may need Yoga the most will not come to a Yoga studio, we decided to take Yoga to schools, homeless shelters, juvenile halls, prisons and hospitals, etc. We provided Transformative Life Skills (TLS), a multimodality intervention that includes Yoga postures (asana), breathing techniques (pranayama), and meditation (pratyahara, dharana, and dhyana). We started to document the therapeutic effects of Yoga in these settings. Our research showed a statistically significant decline in stress and an increase in self-control—two factors that affect everything from academic potential and interpersonal relationships to emotional regulation, substance abuse, and psychopathology.

Realizing the tremendous challenges faced by at-risk youth in our communities, we are taking troubled cities, such as Oakland and Richmond, and preparing to provide TLS for every child for a period of 12 years, wherever they are—in schools, juvenile halls, or community centers. I believe this will not only transform that generation but also that the beneficial effects will spill over and affect the generations to follow. This generational reshaping could create a tipping point, leading to lasting societal change. Let us heal ourselves and heal the world around us, one breath at a time!

## SOMATIC YOGA, HIGHER EDUCATION, AND HEALTH

Eleanor Criswell

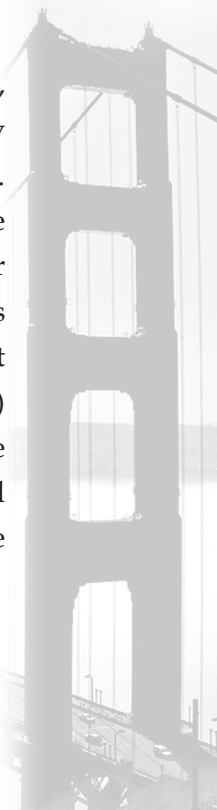
*Novato Institute for Somatic Research and Training, Novato, CA*

Yoga is one of the largest and oldest of the somatics disciplines. *Somatics*, a word coined by Thomas Hanna, the twentieth-century American philosopher, refers to the mind-body disciplines. Patanjali's *Yoga Sutras*, describing the eight limbs of raja yoga—yama, niyama, asana, pranayama, pratyahara, concentration, meditation, and unification (samadhi)—form the foundation for somatic yoga. Yoga lineages approach the mind-body from a variety of directions. Somatic yoga blends principles and practices from hatha, raja, jnana, karma, and bhakti yoga with physiological, psychological, and neurological research findings. A key element is awareness of this blend during yoga practice.

Higher education is a very challenging endeavor. It requires intense learning, high levels of concentration, and the simultaneous conduct of everyday life, including work and family life. It is usually enormously stressful. This presentation will explore how the blend of somatic yoga, research, and awareness can enhance health in those pursuing higher education.

In somatic yoga, the yoga practices are done with a maximum awareness of how they work physiologically and neurologically. The student or practitioner is encouraged to do the yoga practices using the brain as much as possible rather than using the body to make the body do something. Somatic yoga includes the practice of motor planning, visualization, allowing the movement, and mental focus, bringing the principles of somatics into the understanding of yoga and its practices.

A course in the Psychology of Yoga was taught by the presenter at Sonoma State University, California, in the Psychology Department for nearly 40 years. Thousands of psychology students and other majors, staff, and faculty members attended the yoga class over the years. Organized around Patanjali's *Yoga Sutras*, the 15-week course was a 60-hour, 4 unit course that explored the eight limbs of raja yoga. Each biweekly class was divided into one-hour didactic (philosophy and research) and one-hour practice segments. The practice sessions began with a somatic exercise warm up, followed by a systematic introduction of a basic set of postures, pranayama, pratyahara, concentration, and meditation. Samadhi (unification) was discussed. The anatomy, physiology, and neurology of the postures and meditation were presented. The yamas and niyamas were thoroughly discussed. Students were encouraged to visit the biofeedback labs to try out their yoga practices and see what the effects of those practices were on their various physiological systems.



The Psychology of Yoga class contributed to the health and welfare of people on campus. Students reported that the class experiences were useful to them for managing stress, dealing with medical complaints, enhancing their studies, regulating emotions, coping with developmental issues, enhancing self-esteem and self-confidence, decreasing anxiety, becoming more socially comfortable, developing empathy, relaxation, and alertness, increasing personal freedom, developing a healthier diet, improving physical fitness, and for older students, faculty, and staff, recovering youthfulness. The knowledge and skills of somatic yoga—a blend of yoga, research, and awareness—enhanced the health of its participants. The International Association of Yoga Therapists is actively encouraging the development of yoga programs in higher education.



We are responsible for what we are, and whatever we wish ourselves to be, we have the power to make ourselves. If what we are now has been the result of our own past actions, it certainly follows that whatever we wish to be in future can be produced by our present actions; so we have to know how to act.

## THE EFFECT OF YOGA ON MATERNAL STRESS IN HIGH RISK PREGNANCY

Chetana SD, Rakhshani A, Nagendra HR,  
Maskar R, Kurpad A, Nagarathna R

**Background:** Psychological stress in women with high risk pregnancies may increase the risk of complications such as pregnancy-induced hypertension, intrauterine growth restriction (IUGR), Placental abruption and Intrauterine Fetal Death (IUFD). Yogic relaxation techniques have stress reducing effects in normal pregnancy.

**Objective:** To study the safety of Yoga in High Risk Pregnancy and observe yoga's effect on maternal stress reduction.

**Materials and Methods:** In this prospective stratified randomized wait list control trial, 68 women with high risk pregnancies from the obstetrics unit of St. John's Medical College Hospital, Bengaluru, were randomized into yoga and control groups. They were in the age range of 19 to 31 (27.44±5.17) years.

Stress assessment using PSS (perceived stress scale) was done in the 12<sup>th</sup> (pre) and 28<sup>th</sup> weeks (post). Yoga group was taught a set of carefully selected simple safe yogic body movements followed by deep relaxation, pranayamas and guided meditation in the hospital premises three days / week for two weeks followed by home practice using audio CDs. The wait list control group had the usual clinical care and yoga was taught after the study.

**Results:** There were 18 women with bad obstetric history, 14 with age factor, 14 with family history of high risk, 13 with obesity, 8 with multiple pregnancy and 1 with diabetes. The baseline values for PSS scores were matched and were not normally distributed. There was a significant decrease in Perceived Stress Scale in the Yoga group from 12<sup>th</sup> to 28<sup>th</sup> week (p=0.010) while it increased in control group. There was also a significant decrease in PSS between the two groups (p=0.016).

**Conclusion:** There are safe yoga practices that can be used in high risk pregnancy to reduce stress levels.





## RAJ YOGA AS A TOOL FOR THE ENTIRE POPULATION TO UNDERSTAND, ACKNOWLEDGE, AND MANAGES STRESS

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*Worked at V.A. Medical Center as a Clinical Laboratory Scientist for 19 years and retired from Anthem Blue Cross as a Clinical Research Manager after a service of 11 years.*

The annual population stress cost will be the number of dollars that are spent to treat and manage all direct and indirect stress related issues for children, adults and seniors.

In 2009, American Psychological Association's adult survey data indicated that more than half of adults reported that family responsibilities are a significant source of stress and 55% of employees said that job demands have interfered with responsibilities at home in the past three months. By 2012, due to the current global employment and economic situation the percentage of adults identifying family responsibilities and work as a source of stress will be even higher.

In 2001, Rosch study estimated the work related stress cost to U.S. industry was more than \$300 billion a year in absenteeism, turnover, diminished productivity and medical, legal and insurance costs. It will be safe to assume that almost a decade later just the work place related cost of dealing with job stress has to be more than 300 billion dollars per year and hence the stress related direct and indirect cost of the entire population will be even more.

We as a society cannot ignore the social, psychological, economical and health impact of stress on the entire population. Hence we have to invest in better understanding the factors that may cause stress, acknowledge and accept that we live in a stressful environment and learn to better manage our individual stress levels.

One simply cannot live in a stress free society. Knowledge and practice of Raj yoga can be used as a valuable tool to better understand stress and learn to manage stress level of the entire population. Appropriate level of population stress will be essential and necessary for the society to progress and flourish.

Total quality improvement based practice of Raj Yoga as a therapy for stress management approach cannot be a "One size fit all" solution. Customization of practice of yoga for disease, gender and age specific sub-populations will be vital for the overall success. Use of Evidence based Yoga practices in conjunction with the relevant drug treatments and a change in lifestyle will be the first step to manage the population stress.

**YOGA IN GERIATRICS: A CROSS SECTIONAL CONTROL STUDY  
TO COMPARE THE ANTHROPOMETRIC AND GENERAL HEALTH  
MEASURES IN HEALTHY ELDERLY EXERCISERS  
WITH YOGA PRACTITIONERS**

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**Background:** Many problems of aging Indians traceable to obesity have been effectively managed by a Yogic life style.

**Aim:** To compare obesity related measures in long term regular yoga practitioners with age and gender matched elderly exercisers and non-exercisers.

**Methods:** One hundred and twelve healthy men >60 years who had no major illnesses were selected: 34 were regular yoga practitioners ( $\geq 3$  years), 34 were regular walkers/free hand exercisers and 34 were non exercisers. Data were analyzed using ANOVA and Bonferroni post hoc analysis.

**Results:** Yoga group had lower mean values of weight, BMI, waist circumference and BMR than both exercise and control groups with significant differences between the three groups ( $p < 0.001$ , ANOVA). Yoga practitioners were healthier (Total GHQ score,  $1.91 \pm 3.08$ ) than regular exercisers ( $5.57 \pm 3.12$ ) and non- exercisers ( $7.76 \pm 4.89$ ).

**Conclusion:** Elderly senior yoga practitioners have lower BMI and BMR, and better general health than exercisers.



Religion has no business to formulate social laws and insist on the difference between beings, because its aim and end is to obliterate all such fictions and monstrosities.



## EFFICACY OF INTEGRATED YOGA ON STRESS, TRIDOSHA AND TRIGUNA IN TYPE 2 DIABETICS - A PILOT STUDY

Singh AK, Nagarathna R, Nagendra HR

### Abstract

**Background:** Complementary and alternative medicine for life style diseases has become popular. Beneficial effects of yoga and many Ayurvedic herbs in patients with type 2 diabetes (DM2) have been documented. Stress is an important factor in the etiology and progression of DM2. There are no yoga studies that have used the measurements recommended in Ayurveda and Yoga science. Hence the present pilot study was planned.

**Subjects:** Eight (3 males & 5 females) patients with type 2 diabetes between 35 to 75 years (mean  $61.6 \pm 3.58$ ) attending a 6 weeks' residential yoga therapy program at a holistic health center in Bengaluru, India, were recruited for the study.

**Intervention:** An integrated yoga based life style change program, specifically designed for DM2, which has been used in our earlier study <sup>[1]</sup> <sup>[2]</sup>. This included loosening practices, asanas, pranayama, meditation and counseling for stress management.

**Results:** The data showed an improvement in the control of blood sugar. A comparison of pre and post intervention blood sugar levels showed that the post values had returned to the normal range than what was there at the time of arrival (FBS- pre  $131.13 \pm 45.75$  post  $104.75 \pm 16.17$ , PPBS- pre  $202.25 \pm 75.78$  post  $154.38 \pm 40.72$ , HbA1c- pre  $7.63 \pm 1.37$  post  $7.41 \pm 0.85$ ). The medication score was also reduced where as some of the patients went with no medication score (pre  $5.65 \pm 2.32$  post  $0.5 \pm 0.53$ ).

The triguna score was also corrected to a balanced state. Tamas which leads to diseases conditions came down ( $0.88 \pm 1.13$  to  $0.63 \pm 0.52$ ) while the satva ( $19.88 \pm 4.52$  to  $19.88 \pm 2.23$ ) and rajas ( $5.00 \pm 2.39$  to  $5.50 \pm 2.33$ ) scores were balanced and increased respectively.

The Tridosha score also showed a positive trend. Kapha which causes avarana leading to obstruction is decreased ( $6.13 \pm 3.64$  to  $5.25 \pm 2.38$ ). This gives passage for vata to move and thus the aggravated vata is also decreased ( $9.38 \pm 3.16$  to  $7.41 \pm 0.85$ ). But the pitta value was increased ( $11.38 \pm 2.20$  to  $13.63 \pm 4.41$ ).

**Conclusion:** IAYT has the potential to reduce blood glucose levels and can also balance the doshas (whose imbalance causes madhumeha). It also has a positive effect on the gunas. Results from this pilot study need to be confirmed in future studies with larger sample sizes and additional lifestyle interventions.

#### (Endnotes)

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## RAJA YOGA AS TAUGHT BY SWAMI VIVEKANANDA

**Mahaveer Khetawat**

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Swamiji taught Raja Yoga classes in New York from February to April 1895. Every word he spoke in those classes unfolded a new dimension of Raja Yoga and was extraordinarily inspiring, even to those who were not familiar with the term Raja Yoga. Most of the existing religions in the world are based on belief in certain theories or principles established by their founders, who might have experienced these by themselves. But their followers blindly preach and spread their ideology without experiencing the truth. As a result, historically there has been more bloodshed in the name of religion than any other cause.

Swamiji emphasized the need to experience the truth by ourselves. If there is God we need to see Him. If there is Soul, we must perceive it. Otherwise one does not have the right to talk about Soul, God and other high sounding philosophy. The science of Raja Yoga puts before us a most practical and scientifically worked out process to arrive at and experience the highest truth by ourselves. By experiencing that alone, all doubts vanish, all knots of the heart are untied and all darkness is dispelled as said in the Upanishad (भिध्यते हृदय ग्रन्थिं, हिचध्यन्ते सर्व संसयाः, क्षीयन्ते चास्य कर्माणि, तस्मिन् दृष्टे परावरे). By coming face to face with that truth alone, can bring end to all the miseries which are generally caused by fear of death and unfulfilled desires. External world is nothing but the grosser manifestation of the internal forces. Raja Yogi who has learned to control the internal nature shall have the whole of nature internal and external under his command and shall go beyond the "Laws of Nature"

Importance of the first 2 limbs i.e. Yama & Niyama of Ashtang Yoga were highly stressed upon by Swamiji. Without a perfect moral and ethical living, the practice of the subsequent steps of Yoga i.e. Asana, Pranayama & Meditation etc. would not bear fruit. On the contrary some of these practices e.g. Pranayama might lead to a state of insanity. A new and inspiring explanation of Pranayama emerged from His talks. Prana is the cosmic force, the sum total of all the forces in the universe, physical & mental e.g. the movement of the stars and planets, Sun and Moon, earth's gravitational force, flow of the rivers, blowing of the wind and of course the thought currents of all the beings in the universe. The science to cleanse, balance and gain control over this universal life force is what is meant by Pranayama. Breathing control which is generally understood as Pranayama is an infinitesimal fraction of the real Pranayama.



Last 3 steps i.e. Concentration, Meditation & Samadhi are the finer steps, Samadhi being the ultimate. All the secular and spiritual knowledge in the world has been gained by concentration of the powers of the mind. Nature is ready to reveal its secrets if only we know how to give it the necessary blow. Strength and force of the blow comes through concentration. With constant practice and perseverance, concentration leads to Meditation and ultimately to the highest state of transendence known as Samadhi. This is that superconscious state of the mind from which the highest philosophy e.g. Vedanta has been uttered by the sages & which has answers to all the metaphysical questions which are beyond the reach of human intellect and reason.



The goal of mankind is knowledge ...  
Now this knowledge is inherent in man.  
No knowledge comes from outside: it is  
all inside. What we say a man 'knows',  
should, in strict psychological language,  
be what he 'discovers' or 'unveils'; what  
man 'learns' is really what he discovers by  
taking the cover off his own soul, which is  
a mine of infinite knowledge

## STUDY OF EFFECT OF DIFFERENT YOGIC POSTURES ON LOCATION OF GASTROINTESTINAL AIR

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**Introduction:** It is well known that several of the gastrointestinal pathogens are anaerobic in nature. This study is full of future promises, as air ingestion and maneuvering to the pyloric region may have tremendous effect on the anaerobes residing in the pyloric region (H.Pylori) and the intestines (Entamoeba histolytica).

**Objective:** Yogic practices, especially practice of *asanas* is increasing in popularity and it is believed that yoga can cure all ailments from osteoarthritis to coronary artery disease. This study was designed to find out if yogic postures such as inverted postures have any effect on the location of gastric air bubble, and whether the air bubble can be made to reach the pylorus or intestines by inverted yogic postures.

**Method:** One healthy male practitioner of yoga was studied with barium meal and follow up through intestines. Inverted postures: *Sarvangasana*, *Shirshasana*, *Hastapadasana* or a simple knee-chest pose was adapted following ingestion of barium sulfate emulsion. The position of air in the stomach was studied in these X-rays before and after Kaki-mudra, and the effect of the various inverted postures and of *suryanamaskara* was studied.

**Results:** The barium X-rays clearly demonstrate that kaki-mudra can fill the stomach with air, and that this air can be further manipulated to reach the pyloric region and the intestines by such asanas as *Sarvangasana*, *Shirshasana*, *Hastapadasana* or a simple knee-chest pose.

**Conclusion:** Inverted postures: *Sarvangasana*, *Shirshasana*, *Hastapadasana* or a simple knee-chest pose can shift the air bubble present in the fundus to the pyloric region.

**Key words:** Yoga, Gastric air, Helicobacter pylori infection



## MOOLBANDHA - THE YOGIC ADRENALINE

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Applying a tight Moolbandha urgently, tightly and for prolonged duration quickly stimulates the sympathetic nervous system. The pupils dilate, and the heart rate and blood pressure increase. There is thus reason to believe that adrenaline is poured into the circulation. We have successfully used this technique for relief in the symptoms of rhinitis and bronchial asthma.

Physiologists have mapped the whole cerebral cortex for its correlation with every muscle of the body, but the areas representing the anal sphincter are unclear. The external anal sphincter does not figure in the diagrams of Homunculus, whether motor or sensory. In fact, in studies done at the Wisconsin University, it has been seen that wide areas of cerebral cortex come into action during voluntary contraction of the anal sphincter. The researchers there missed the finding, but we, here at the Antar Prakash Centre for Yoga, have found out that contraction of the External Anal Sphincter is associated with sympathetic activation. There is immediate tachycardia, elevation of blood pressure and dilatation of pupils is demonstrable.

What is its relationship with physiology? The answer can be found in the physiology of orgasm, which can not be experienced without a profound sympathetic activation. At orgasm the heart rate increases and the pupils dilate.

Performing moolbandha repetitively, twice a day may show sustained effect, increasing the secretion of glucocorticoid a little. At the hypothetical level, this small increase in secretion of glucocorticoid may have some corrective action on the lymphocytes. However, there is nothing to fear, as no yogi has ever suffered from Cushing's syndrome by performing daily moolbandha; which results with very high doses of glucocorticoids.

## ISHA YOGA'S EFFECT ON WELLBEING

Raj K. Maturi, M.D.\*, Jyoti Jankowski, PharmD\*\*

Isha Foundation conducted an online survey of meditators from January to March 2010. The goal of the survey was to assess self-reported changes to mental and physical health. A medication survey was also included as a method to objectively measure changes in disease status.

During the survey period 536 responses were received, and over 95% of the responses were from U.S. meditators. Respondents' ages ranged from 18–80, with 65% female and 35% male. Over 90% completed all the applicable questions in the survey. The survey was individually tagged via email so that a participant could not answer more than one survey.

Respondents noted significant improvements in almost all surveyed areas as described in tables below.

### *Medical condition:*

Disease specification	Affected	Improved	Pvalue - Lazstat test	Same as before	Worsened
Allergies	127	84	66%	0.000	37 29% 0 0%
Anxiety	107	92	86%	0.000	9 8% 1 1%
Asthma	36	26	72%	0.000	7 20% 0 0%
Back or neck pain	126	86	68%	0.000	25 20% 5 4%
Depression	89	77	87%	0.000	4 4% 0 0%
diabetes	19	12	63%	0.000	4 21% 1 5%
Fibromyalgia	15	10	67%	0.001	4 27% 0 0%
Gastrointestinal Diseases	70	47	67%	0.000	16 23% 1 1%
Headache	73	64	88%	0.000	6 8% 1 1%
Heart Disease	16	6	37%	0.335	8 50% 2 13%
Hypertension	57	36	63%	0.000	15 27% 3 5%
Insomnia	56	41	73%	0.000	6 11% 2 4%
Obesity	44	18	41%	0.012	12 27% 5 11%
Poor resistance to cold & flu	93	80	86%	0.000	5 5% 1 1%
thyroid	69	35	51%	0.000	23 33% 5 7%

## Changes in Medication with Isha Yoga practice

Disease specification	Total no of respondents improved	On medication and improved			No change in medication		Reduced medication	
		Count	Percentage	Count	Percentage	Count	Percentage	
Allergies	84	40	42%	17	18%	7	8%	
Anxiety	92	18	19%	9	10%	4	4%	
Asthma	26	16	56%	9	31%	2	8%	
Back or neck pain	86	12	14%	6	7%	2	2%	
Depression	77	22	28%	8	10%	4	5%	
diabetes	12	8	67%	1	8%	6	50%	
Fibromyalgia	10	3	30%	2	20%	0	0%	
Gastrointestinal Diseases	47	16	34%	8	17%	4	8%	
Headache	64	33	51%	15	23%	3	5%	
Heart Disease	6	6	100%	2	33%	3	50%	
Hypertension	36	18	50%	5	14%	8	22%	
Insomnia	41	10	24%	3	7%	3	7%	
Obesity	18	3	17%	2	11%	1	6%	
Poor resistance to cold & flu	80	24	30%	18	22%	3	4%	
thyroid	35	32	91%	3	9%	13	37%	

## Mental status/Wellbeing:

Parameters	Respondents	Improved	Pvalue, Lazstat test	Same as before	Worsened
Concentration	536	377 70%	0.000	111 21%	1 0%
Mental clarity	473	428 80%	0.000	6 13%	4 1%
Emotional balance	536	464 87%	0.000	39 7%	4 1%
Energy Level	536	423 79%	0.000	80 15%	3 0%
Productivity	536	375 70%	0.000	108 20%	3 1%
Inner Peace	536	489 91%	0.000	27 5%	4 1%
Self Confidence	536	400 74%	0.000	85 16%	4 1%

The survey data indicates significant self-reported benefits to those practicing Isha Yoga. Medication use was significantly reduced in all conditions except heart disease. Medications were reduced in diseases such as thyroid disease where typically medications are given for a lifetime.

Isha Yoga practice, as demonstrated in this survey of self reported medication use, can lead to improved mental and physical wellbeing.

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## FIVE REASONS TO SERVE

**Nipun Mehta**

*Nipun Mehta is the founder of ServiceSpace ([www.servicespace.org](http://www.servicespace.org)), an incubator of gift economy projects that strength social capital in communities and inspire people to be the change they wish to see.*

At the height of the dot-com boom in 1999, a few tech-savvy friends and I walked into a homeless shelter to give without any strings attached. Our motivation? We just wanted to serve and quickly discovered that such a practice of selfless giving is something that we all have access to, no matter who we are or what we do.

Our trip to the homeless shelter blossomed into an organization called ServiceSpace where we have gift websites to thousands of small nonprofits. ServiceSpace has now evolved into a remarkable incubator for dozens of projects, including an online good news portal, “Smile Cards” that spread kindness, and a gift-economy restaurant in Berkeley and rickshaw in India – all touching millions of people.

While the external impact of these projects is tremendous, what is most striking is the fact that ServiceSpace doesn’t fundraise, has no staff, and remains 100 percent volunteer-run. Everyone involved is driven simply by the volition to grow in service. In a world dominated by financial incentives that appeal to a consumption mindset, ServiceSpace is a counterculture invitation to engage in small acts of generosity, continually shifting towards a mindset of inspired contribution. It’s a beautiful fact that in practicing kindness, we can’t help but deepen our understanding of how inner and outer change are fundamentally intertwined. Here are five reasons to serve that we’ve discovered through our own journey.

**1. Serve to discover abundance: the radical shift from “me” to “we”:** When you serve you start to uncover the full range of resources at your disposal—your time, presence, attention—and recognize that the ability to give stems from a state of mind and heart, a place much deeper than the material. Inspired by the possibilities this opens up in every moment, you begin to discover humble opportunities to serve – everywhere. This process begins a shift from a me-orientation to a we-orientation.

**2. Serve to express gratitude:** When you acknowledge the fullness of your life, you can manifest a heart of service in any situation. In that sense, service doesn’t start when we have something to give—it blossoms naturally when we have nothing left to take. And that is a powerful place to be.

We begin to play our part—first, by becoming conscious of the offerings we receive, then by





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feeling gratitude for them, and finally by continuing to pay forward our gifts with a heart of joy.

**3. Serve to transform yourself:** Any time we practice the smallest act of service—even if it’s only holding a door for somebody with a full heart that says, “May I be of use to this person”—that kind of giving changes the deeply embedded habit of self-centeredness. In that brief moment, we experience other-centeredness. That other-centeredness relaxes the patterns of the ego, a collection of unexamined, self-oriented tendencies that subtly influence our choices. This is why no true act of service, however small, can ever really be wasted.

**4. Serve to honor our profound interconnection:** Over time, all of those small acts, those small moments, lead to a different state of being—a state in which service becomes increasingly effortless. And as this awareness grows, you inevitably start to perceive beyond individualistic patterns: Each small act of service is an unending ripple that synergizes with countless others.

**5. Serve to align with a natural unfolding:** When we increasingly choose to remain in that space of service, we start to see new things. The needs of the current situation become clearer, we become instruments of a greater order and consequently our actions become more effortless. When a group of people performs this kind of service as a practice, it creates an ecosystem that holds a space, allowing value to emerge organically. All of this indirect value, the ripple effect, has space and time to add up, synergize with other ripples, and multiply into something completely unexpected. In a humble fashion these ripples continue to seed unpredictable manifestations. Such an ecosystem can have its plans and strategies, but places more emphasis on emergent co-creation. So a lot of the ripples will remain unseen for years; some perhaps will be the basis for a seventh-generation philanthropy. It doesn’t matter, because they are unconditional gifts.

What each of us can do, on a personal level, is make such small offerings of service that ultimately create the field for deeper change. The revolution starts with you and me.

## A TOTAL APPROACH OF AYURVEDIC AND YOGIC THERAPIES - AN ELIXIR FOR THE OBESE

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### Abstract

**Background:** Obesity is caused by a multitude of etiological factors, all of which may be classified under the derangement of *Pancha-koshas*. Obesity is a common place cause of several medical problems and is a risk factor for illnesses such as hypertension, diabetes, degenerative arthritis and myocardial infarct. It is hence a major cause of morbidity and mortality and is attended by grave social implications and financial burden.

The established Ayurvedic therapeutic recipe for management of obesity constitutes *Virechana* and *Basthi* of the *Panchakarma* procedure, and rejuvenation schemes such as *Udvaartana*. Since stress is one of the major, immediate or eventual, triggering factors of obesity, stress management, or more comprehensively, mind management, occupies a prime and strategic position in preventing and/or treating obesity. *Yoga* as an established mind management manual is well known. The effect of an integrated approach of yoga therapy i.e. with yoga and mind management had to be assessed.

**Methods:** Dr. Itagi Ravikumar of Prashanti Kuteeram, S-VYASA University, Bengaluru, studied the 'Effect of Integrated approach of yoga therapy (IAYT)' through an intensive residential two-week program involving obese subjects. Sixty eight obese/overweight subjects, 18 to 70 years of age, underwent this IAYT consisting of *yogasana*, *pranayama*, meditation, yogic diet, counseling on stress management, discourses on mind management through *bhakti yoga*, *karma yoga* and *jnana yoga*. Parameters measured were, inter alia, (i) body weight, (ii) body mass index (BMI) (iii) mid-arm circumference (MAC), (iv) waist circumference (WC), (v) hip circumference (HC), (vi) Waist-to-hip circumference ratio (W/HC), (vii) blood pressure, (viii) pulse rate and (ix) respiratory rate.

**Results:** Some of the interesting observations were (a) body weight reduction (0.1 to 7.4 kg), (b) BMI reduction (0.04 to 3.04 kg/m<sup>2</sup>), (c) significant reduction in MAC, WC, HC, diastolic blood pressure, pulse rate and respiratory rate and (d) appreciable increase of slow vital lung capacity. This bears evidence to the hypothesis that yoga therapy, with *pranayama* as its pivotal component, is efficacious in addressing obesity.

**Conclusion:** Though data regarding a study on the above Ayurveda therapies could not be procured, a two-pronged attack involving ayurvedic and yogic therapies stands out in the prevention and cure of obesity. The two therapies operate on the five *koshas* of the individual, thus contributing to overall well-being and enhancing the quality of life.

**Key words:** Obesity, Panchakoshas, Mind management, Yoga therapy, Ayurveda therapy.



## YOGA AND PHYSICAL THERAPY - A NATURAL FIT

**Jyoti Saboo, MS, PT**

*She is an experienced Physical Therapist, Certified Yoga Instructor, Pilates instructor and Certified Kinesiotaping Practitioner. She operates a private Physical Therapy in San Jose, CA. For details visit: [www.prosinrehab.com](http://www.prosinrehab.com)*

Physical Therapy (PT) is a healthcare specialty involved with evaluating, diagnosing, and treating movement disorders impacting quality of life. Physical Therapists (PTs) apply research and proven techniques to help people get back in motion and relieve pain. Because PTs receive specialized education in a variety of sciences - physics, human anatomy, kinesiology (human movement), physiology-to name a few - they understand how the body works and how to get it moving again. They know how to manage all four of the body's major systems - musculoskeletal, neuromuscular, cardiovascular/pulmonary, and integumentary (skin) - to restore and maximize mobility.

Given the depth of medical knowledge, the level of training and education in movement-related sciences, PTs with specialized training in yoga are uniquely positioned to effectively treat pain, movement and posture related problems using this ancient practice

Like other branches of modern medicine, the field of PT is (finally!) waking up to the wisdom and relevance of yoga. The paradigm that yoga is for the able-bodied, healthy individual is being shifted, and yoga asanas and pranayamas are increasingly used as a therapeutic tool in PT clinics. Traditional yoga is modified to accommodate the patient's medical condition, age, body type, work/activity and mechanism of injury or disease processes. When used therapeutically in the PT clinic, yoga can be modified to include the use of adaptations/props, breaking down big, complicated poses and movements into smaller steps and sub-steps. "Adaptive" yoga often involves use of devices such as chairs, straps, blocks, blankets, walls, sand bags, rungs and more. Furthermore, safe and effective intervention using yoga requires deep knowledge of movement mechanics, the working of the human body, knowledge of injury mechanisms and healing - all core PT competencies - as well as creativity and a working knowledge of Yoga.

Common Physical Therapy goals of enhancing strength, flexibility, balance, motor control, kinesthetic senses, posture and alignment can be impacted with the judicious use of yoga and certain yogic principles. For example, the mindfulness and visualizations of yoga are used to enhance body awareness, balance and alignment. The "holding" phase of the yoga asanas help to build isometric muscle power, tone muscles, perform active stretching of targeted muscle groups. The controlled transitions in and out of postures enhance coordination and motor control. By breathing into the postures, muscle spasms can be relaxed, and pain can be relieved. Synchronizing the breath with the movements further enhances oxygenation, and energy levels, leading to a feeling of wellbeing.

At Pros In Rehab, the modern developments in Physical Therapy are skillfully combined with relevant, time-tested yogic practices to provide a truly wholesome, rejuvenating, safe and healing experience for our clients. By modifying the yogic practices tailored to our patients, we address their dysfunction effectively and return them to living active, fulfilling lives. East does indeed meet west here!

## WHY ORGANIC FOOD?

**Anil Surpur**  
*President, Yoga Bharati*

You may think you're eating good food by consuming vegetables, fruits and unprocessed whole foods, but they too come with some significant risks.

**Health or Profit?** Like any other industry, the food industry is also primarily concerned about making money.

Food is essential for health and survival. Contamination of this basic requirement for life has significant consequences that are far subtler than those resulting from alcohol and tobacco use.

While even organic food has its own share of issues, consuming organic food is a major step in the right direction toward optimal health and brings back the emphasis on quality. Like the food industry has the choice to put unhealthy food on the market, you have the choice to not put it on your plate.

**Reasons to Go Organic?** No Chemicals, Toxins used in Organic food.

Conventionally grown crops are sprayed with significant amounts of pesticides and chemical fertilizers. These chemicals are designed to kill other forms of life and you may very well be eating them. Don't think you're safe just because you rinse your food. While it does help, many of the chemicals are deeply absorbed and cannot be rinsed off.

Chemical toxins in conventional food cause cells to malfunction and sometimes damage or kill them that might lead to health problems. Recent cancer rates are high and chemical toxins are a leading cause.

**More Nutrients:** We all know that crops get their nutrients from the soil. By ignoring the laws of nature and over farming their land, conventional farmers deplete their soil. Crops grown in depleted soil would have low nutrient quantities. Organic farming involves crop rotation and other practices that replenish the soil and keep it full of nutrients for the crops to absorb.

There is plenty of scientific evidence showing organic food to have greater nutrient levels than conventionally farmed food.





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**Good for the planet:** The chemicals used in conventional farming kill many of the good bacteria in the soil that keep it healthy. As a result, the crops are vulnerable to weed growth, insects, and other predators. This calls for the use of even more chemicals and fertilizers.

**Not genetically modified or altered:** Scientifically, the thought of genetically altering plants to grow faster, taste better, and be more resistant to disease. But that doesn't mean it's good for you. By eating genetically engineered crops, we are introducing modified, altered DNA into our bodies.

Many well-respected scientists are strongly opposed to genetically modified foods because there simply isn't enough scientific proof that it's safe. There is also plenty of research surfacing that shows genetically engineered foods to be quite dangerous.

Many of the foods you buy in the supermarket are genetically modified or have genetically modified ingredients in them, especially soy products. Because food manufacturers are not required to tell you this, you have no way of knowing unless you buy certified organic.

**Healthier Livestock:** Most conventional farmers do not feed their livestock their natural diets. Furthermore, the feed is grown with chemicals and sometimes contains fillers such as cardboard, cement dust, and animal carcass to make it cheaper. This results in unhealthy livestock that are routinely fed antibiotics as a preventative measure to keep them from getting sick. Many animals are also fed synthetic hormones to make them grow faster or to increase their production. Things get even worse when you consider the conditions these animals are raised in. Hundreds or thousands of them crammed into indoor warehouses, unable to move, forced to live in their own fecal matter, and never seeing natural sunlight.

By eating non organic animal products, you are consuming the same chemicals, drugs, and hormones that they did.

Buying certified organic animal products ensures that the animals they came from were raised humanely and were not fed any chemicals, drugs, or hormones.

**It's Certified:** The USDA has rigid requirements that must be met before a farmer or food producer can use the USDA's certified organic emblem. Their soil is thoroughly tested and must be free of chemical exposure for at least three years. The food they produce must be free of any chemical or genetically engineered ingredients and must not have been raised or produced with any drugs or hormones.

Aside from buying directly from a farmer that you trust, buying USDA certified organic food is the best chance you have of knowing your food comes from a high quality source.

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**Are there downsides to buying organic?** Organic foods typically cost more than do their conventional counterparts. Higher prices are due, in part, to more expensive farming practices.

Because organic fruits and vegetables aren't treated with waxes or preservatives, they may spoil faster. Also, some organic produce may look less than perfect – odd shapes, varying colors or smaller sizes.

**The Payoff:** Although organic food is more expensive, you can't put a price tag on good health. Although occasional consumption of conventionally farmed food is not likely to do much harm, eating it at every meal amounts to an enormous amount of contaminated food that you put through your body.

Over the course of weeks, months, years, and decades, the toxins accumulate and the consequences can be drastic. If and when you reach the point of disease, you may wonder why you're suddenly sick. However, it wasn't sudden at all and maybe that's something you should consider next time you're buying food.



If you think about disaster, you will get it. Brood about death and you hasten your demise. Think positively and masterfully, with confidence and faith, and life becomes more secure, more fraught with action, richer in achievement and experience.



## Accelerated Algebra 1 and Mind Sound Resonance Technique (MSRT): What is the Equation that Connects Them?

Sushant Thyagaraj

*The Harker Middle School, Entering 7<sup>th</sup> Grade, San Jose, CA*

In the beginning of summer, I had qualified to take an accelerated Algebra 1 course. It was a whole year of math condensed into six weeks. When I started this course, I felt it would be easy and I would just have to do homework every day. Actually, the course caught me by surprise. There were 2-3 hours of homework and tests every day after attending 5 hours of math class each day. I was starting to fall behind in the concepts. I also could not ask questions because the main core of the chapter was not clear to me. Soon my grades were dropping and I felt I could not do anything about it. My thoughts and feelings veered towards the dark, pessimistic road of depression. I was fighting for control of my mind. I just wanted to quit the course, because I felt very stressed. My mom said that quitting was not an option and it was for losers. She saw my stress when I came back from school every day and advised me to try a yoga technique called Mind Sound Resonance Technique (MSRT). At first I admit, I thought it was a waste of time and nothing would help me fight my way through a situation like this. I tried it anyway. I used Ashwini Aunty's recording of MSRT as a trial. MSRT is a relaxation technique where you use the different sound components of Om. While lying down in a comfortable position, one chants these sounds and experiences its vibration throughout the body and mind. While chanting the word "Om", I felt a sense of calm inside my mind and body. My mind started slowing down until it was at its normal pace. My whole body felt rested by the time the recording was done. When I sat up, I felt calmer and relaxed thinking about the course. My mind told me that I should not give up. I worked harder to keep up with the pace of the course and survived. My mom and my cousin also started helping me understand the concepts better. I made it a point to try to do MSRT every day. Towards the last three weeks of the course, I started adjusting to the pace of the course and feeling more relaxed. Soon it came time for the course to end. I felt satisfaction when I came home on the last day. I put in the effort in and was successful. If I had just quit that day, I would have been a loser for life. MSRT convinced my mind that I could push myself through this course, and I did just that.

I ended this course with an A, which is really good. Not many people can expect that grade from an intense course like the one I took. MSRT really took control of my body and extracted whatever good was left in me. That hope and spirit was expanded and made bigger until its

army was big enough to fight the army of evil, who was already winning the battle. While lying down and reverberating the sound of Om, I felt myself soaring in the air looking down on all hindrances in my path. Throughout this course, I have learnt many things. First, MSRT has powers that are incredible. After MSRT, a depressed person feels like he is ready to take on another day of life, a new world. His mind is not ready to give up. Life will seem a lot more welcoming if a person has a positive mindset towards all the different things in life and MSRT helps develop that. The second thing I learned is a person should never give up. It is much easier said than done. I almost did, but I stopped in time. To be able to stand and fight needs some courage. But to do it with perseverance requires courage, effort, and mental strength. This feat cannot be accomplished easily. We have to strive to go beyond ourselves. The last thing I learnt is always listen to advice given from your mom. In my case, doing MSRT helped me calm my mind down and develop a durable positive mindset. I have realized that the only ingredient needed to accomplish any feat is a sturdy, positive attitude that never falters. MSRT is one way of developing it.



All knowledge that  
the world has ever received  
comes from the mind;  
the infinite library of  
the universe is in our own mind.



## EFFECT OF 'RAJA YOGA' ON OBJECTIVE AND SUBJECTIVE SLEEP PARAMETERS IN TEENS - A PILOT HOME SLEEP MONITORING STUDY

Vedant Thyagaraj and Matt Bianchi, MD, PhD

This aim of this study was to determine whether or not yoga intervention improves objective and subjective sleep quality parameters in teens. Teens these days are not able to sleep for a variety of reasons, including stress, delayed sleep phase syndrome (their circadian clock adjusting to a later sleep time), and sympathetic activation (triggers "fight or flight" response). All of these are caused by one common factor: constant activity in the brain. A combination of a few relaxing yoga postures (Asanas), coupled with deep relaxation techniques, could help teens relax and in turn improve their sleep. Yoga effectively reduces brain activity and is a great counter-technique to dealing with stress. Meditation and relaxing yoga postures have been shown to normalize blood pressure and increase oxygenated blood flow to the various body organs. In addition, yoga can control and diminish stress by controlling the Sympathetic Nervous System (SNS), which coupled together with stress hormones such as adrenaline and cortisol, initiates changes in the body, including an increased blood pressure, increased heart rate, and increased sugar levels. 18 students were randomly selected to participate in this study. 9 of them were given yoga intervention and the other 9 (control group) were given exercise. Subjects in the yoga group were asked to practice yoga on 6 consecutive days, while the control group was given an exercise regimen for 6 days. On 3 days, the subjects were given "face-to-face" intervention, and they practiced the yoga or exercise by themselves the other 3 days. A Zeo device, which is a headband sleep-monitoring device, was then used to collect subjects' sleep data. The electrical signals given off by the brain, the eyes, and muscles around the face are collected 128 times per second by the Zeo headband. Activity of different frequency dictates the kind of sleep mode (in ways known to sleep researchers). Objective sleep parameters included: sleep latency, total sleep time, and the percent of time spent awake, in rapid eye movement (REM), light non-REM, deep non-REM, or wake after sleep onset (WASO). Subjective sleep parameters included a sleep questionnaire based on the Stanford Sleepiness Scale to be filled in by the participants. Using a unique method of analysis (transitional analysis), it appeared that the Total Sleep Time duration was higher in the yoga group and Deep Non-REM sleep was also more stable in the yoga group. The subjective energy level assessment based on the Stanford Sleepiness Scale was significantly better for all time intervals in the yoga group compared to the control group ( $p < 0.05$ ). In this small pilot study, yoga appeared to have a positive impact in teenage sleep. This finding warrants a more in depth study.

## THE ORIGINS OF ASHTA BEEJ MANTRAS

Ajay Upponi

under guidance of "Shree Aniruddha Upasana Foundation" (SAUF), Mumbai

### Abstract

Mantra Yoga is an exact science. As defined in our puranas, "**Mananat trayate iti Mantrah**" – by doing "*manan*" (constant thinking of mantra or recollection or recitation of mantra), one can get released from the bondage of birth and death cycle.. Every mantra has a deep meaning and an origin.

This paper tries to provide the stories of the origin of **Ashta Beej** mantras and answer some of the pertaining questions such as.....

- Where did we get them? Who gave them to us?
- How did Sanskrit and our Varnamala evolve?
- From where did the Ashta Beej mantras originate?
- What are the stories related to Ashta beej? Which Rishis were involved?
- What are the differences between "**Karan beej**" (*reason*), "**Hetu beej**" (*intention*) and "**Karya Beej**" (*action*)?

How do they work? and provide a few examples of **Ashta Beej** mantras.

The difference between various beej mantras and how "**Sanskrit**" as a language was created will also be discussed.

**Summary & Conclusion:** Every mantra has an origin and a story that provides us the significance and meaning for proper usage. Mantras work at cellular levels within our human body. They involve a specific sound vibration, resonance; the frequency and note interval of which helps activate the energy currents within our human anatomy.

Over the years this knowledge has been present only in the pages of ancient scriptures, but with the growing interest in this globalised world of ours, there was a need felt to make this knowledge available to an average human being to make their lives blissful (**mangalmal**).

The effort is not to just look at it from philosophical angle, but to make every individual understand the origins and learn how to make it useful in our daily life.



## EFFECT OF HOLISTIC MODULE OF YOGA AND AYURVEDIC PANCHAKARMA IN TYPE 2 DIABETES MELLITUS-A PILOT STUDY

Barve V, Tripathi S, Patra S, Nagarathna R, Nagendra HR

**Objective:** *Ayurveda* and *Yoga* have emerged as beneficial adjuvants in the management of diabetes. This pilot study was planned to understand the concepts and assess the effect of a combination of *Ayurvedic panchakarma* and *Yoga*.

**Design:** Observational pilot study with pre post design.

**Subjects:** Patients with type 2 diabetes with ages between 40-70 years (mean  $56 \pm 9.08$  years) with no cardiac, renal or retinal complications.

**Settings:** Residential Holistic Health Centre of S-VYASA.

**Intervention:** A validated *Ayurveda* protocol comprising of *panchakarma* followed by maintenance therapy was combined with a specific module of Integrated Approach of *Yoga* Therapy for diabetes that included selected physical postures (*asanas*), *pranayama*, meditation, life style change and yogic counseling for stress management. All subjects underwent a residential program for six weeks followed by therapy at home for 12 weeks. Results were analyzed using paired 't' test.

**Results:** After 6 weeks, the fasting blood glucose reduced ( $p < 0.05$ ) from  $129.31 \pm 58.11$  to  $103.54 \pm 40.74$  (19.93%), Post prandial blood glucose levels dropped from  $191.69 \pm 76.77$  to  $152.92 \pm 62.06$  (20.23%,  $p < 0.05$ ), total cholesterol dropped from  $209 \pm 33.7$  to  $186.92 \pm 23.36$  (10.56%,  $p < 0.05$ ), triglycerides from  $198.25 \pm 94.78$  to  $151.25 \pm 43.65$  (23.71%,  $p < 0.05$ ), HbA1c reduced ( $p = .014$ ) from  $8.79 \pm 2.12$  to  $8.07 \pm 1.77$  (8.19 %) in the 6<sup>th</sup> week and further dropped to  $7.63 \pm 2.12$  (13.19%,  $p = .001$ ) after the 12<sup>th</sup> week. Oral hypoglycemic drug score reduced ( $p < 0.001$ ) from  $2.83 \pm 0.93$  to  $1 \pm 1.27$  (64.66 %). Symptom score reduced from  $2.83 \pm 1.02$  to  $1.66 \pm 0.65$  ( $p < 0.001$ ). At baseline *guna* questionnaire showed six subjects each with *rajas* and *tamas* dominance. On post assessments, two subjects shifted from *tamas* to *rajas* dominance.

**Conclusion:** This first pilot study has demonstrated the effect of combining traditionally recommended *Ayurveda panchakarma* with maintenance herbs and *Yoga*, in reducing blood glucose and lipids. Long term four armed RCT is recommended.

**Key words:** *Ayurveda*, *Yoga*, Diabetes.

## EFFECT OF INTEGRATED APPROACH OF YOGA THERAPY ON QUALITY OF LIFE IN PATIENTS WITH CHRONIC DISEASES

Chaya B V, Nagarathana Raghuram and Hemant Bhargav  
(*ayushchaya@gmail.com*), S-VYASA University, Bengaluru

**Background:** In recent years, there has been a dramatic increase in the incidence and prevalence of chronic diseases all over the globe. Quality of life (QOL) has become a key concept in the medical community where health care places dual emphasis on treatment and quality of care.

**Objective:** To study the efficacy of a residential short term IAYT (Integrated Approach of Yoga Therapy) program on quality of life in patients with chronic diseases.

**Materials and Methods:** The subjects for the study were 91 patients (females 51) suffering from various chronic diseases, with  $47.70 \pm 14.73$  years of mean age. They were registered for a week long Integrated Approach of Yoga Therapy (IAYT) at S-VYASA Holistic Health Centre in Bengaluru, India. A single group pre-post design was followed. WHOQOL-BREF (WHO's Quality of life-brief) was administered for measuring QOL. Paired samples t test was used to analyze the data.

**Results:** The data analysis showed highly significant improvement in all the four domains of WHOQOL-BREF - Physical ( $P < 0.001$ ), Psychological ( $P < 0.001$ ), Social ( $P < 0.01$ ) and Environmental ( $P < 0.001$ ), after the IAYT intervention as compared to the before values.

**Conclusion:** Yoga has a role in improving the quality of life in major chronic diseases; this improvement is evident even within a short span of one week.

**Keywords:** yoga therapy, chronic diseases, quality of life, WHOQOL.



## EFFECT OF MIND IMAGERY TECHNIQUE (MIRT) ON BLOOD GLUCOSE LEVEL IN TYPE 2 DIABETICS

Mr Viral

**Background:** Studies have shown improvement in blood glucose levels after practice of guided relaxation (yoga nidra) and meditation (TM) in diabetics. Acute stress/anxiety (a negative emotion) can increase the blood glucose in diabetics instantaneously. The present study was designed to find out whether a positive yogic Mind Imagery Technique (MIRT) can tap the mind power to reduce the blood glucose instantaneously.

**Design:** Randomized self as control design.

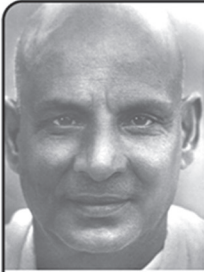
**Subjects:** Twenty one (10 females) patients with type 2 diabetes between 35 to 75 years (mean  $58.43 \pm 11.89$ ) attending a residential yoga therapy program at a holistic health center in Bengaluru, India were studied.

**Intervention:** Yogic Mind Imagery Technique (MIRT) practiced in supine posture has eight steps of guided instructions. The imageries include soothing white light, chakras as symbols of cleansing pure energy, silencing of the mind, followed by a resolve 'my blood glucose level is reducing'. The control session of guided relaxation involved different parts of the body.

**Results:** There was a significant ( $p=0.01$ , paired samples t test) improvement in post prandial blood glucose levels after an intensive weeklong residential yoga therapy program. 12 (57%) patients showed reduction in blood glucose levels after the MIRT session. There was no significant change in mean group values of blood glucose immediately after the session of MIRT or guided relaxation.

**Conclusion:** MIRT has the potential to reduce blood glucose levels after a single session and this needs to be confirmed in future studies with larger sample sizes and better imageries.

**Key words:** MIRT, DRT, glucose level, diabetes



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1887-1963



H.H. Swami  
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- \* PhD (Yoga)
- \* MD (Yoga & Rehabilitation)
- \* MSc (Yoga Therapy)
- \* MSc (Yoga & Management)
- \* PGDYT (Post Graduate Diploma in Yoga Therapy)
- \* PGDYTD (Post Graduate Diploma in Yoga Therapy for Doctors)
- \* BNYS (Bachelor of Naturopathy & Yogic Science)
- \* BSc (Yoga Therapy)
- \* BSc (Yoga & Management)
- \* MSc (Yoga & Consciousness)
- \* BSc (Yoga & Consciousness)
- \* AN TTC (Ayurveda Naturopathy Therapist Training Course)

100%  
placement  
opportunity

- Unique career opportunities in India and Abroad
- 100 % Placement Guaranteed
- Freeships, Fellowships, Assistanceships available for deserving students

**SPRING  
Semester**

starts on

**Jan 12**

**AUTUMN  
Semester**

starts on

**Aug 01**

#### Salient features of S-VYASA:

- State-of-the-art infrastructure  
-Audio-Visual Library,  
Biggest Yoga Research Digital Library
- Eminent Faculty
- Intensive Learning and Research Opportunities
- Emphasis on practical 'hands-on' experience through Intensive Training, Internship & Field work at World Class Hospitals including **MD Anderson Cancer Center, Texas, USA, NIMHANS, Narayana Hrudayalaya, St.John's Hospital, Bengaluru** and others
- Active Placement and Student Counseling Cell
- Arogyadhama - biggest Holistic Research Health Home (hospital) in the world
- Study Tours, Extra Curricular, Cultural & Sports Activities

for more details contact...

Course Co-ordinator

Ekmath Bhavan, No.19, Gavipuram Circle, Kempgowda Nagar, Bengaluru - 560 019  
Ph: 080-2661 2669, 2891 6384, 2263 9961, 2263 9997 Telefax: 2660 8645

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\*Stretch \*Breathe \*Eat \*Cleanse  
\*Relax \*Heal \*Meditate



Key Benefits:

- ✓ Promotes Weight Loss
- ✓ Relieves Stress and Anxiety
- ✓ Lowers Blood Sugar (Diabetes)
- ✓ Relieves Pain (Back Pain etc.)
- ✓ Improves Joint Health (Arthritis)
- ✓ Improves Brain Function
- ✓ Lowers Need of Medication

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**- H Modi, Pleasanton**



*"This yoga boot camp was an amazing, life changing experience for me. It helped to reduce stress, tone and build strength. Above all it has created a mindfulness to go about my work day and my family with a calm mind, kind heart and a healthy body."*

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