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No. 11

# YOGA SUDHITA

A Monthly Journal of S-VYASA Yoga University

Padma  
sangama

S-VYASA Decennial Celebrations

Jugalbandi Music Concert by  
Padmashree Anup Jalota & Suramani Pravin Godkhindi  
was held in Bangalore

Guruji and the Officials  
of S-VYASA Yoga University  
took blessings from  
Siddaganga Sri  
Pujya Dr. Sivakumara Swamiji





58ನೇ  
ಕನ್ನಡ  
ರಾಜ್ಯೋತ್ಸವ

ಎಸ್-ವ್ಯಾಸ  
ಯೋಗ ವಿಶ್ವವಿದ್ಯಾಲಯ  
ಬೆಂಗಳೂರು

Greetings of  
58<sup>th</sup> Kannada Rajyotsava

ಶುಭಾಶಯಗಳು



Puna: Recently, Chiranjivi Publications (Bhagyasanket Pariwar) falicitated Guruji with Bhagyasanket Gaurav Puraskar



### *Remembering S N Goenka Tribute to Vipassana Guru*

If you've started observing your breath to avoid mind wandering, or if you've ever tried to observe and describe your emotions with non-judgmental attitude or if you able to eat, walk, or speak with a present moment awareness. Then, the luminary Spiritual Master Satya Narayan Goenka has influenced your life.

He had given millions the experience of mindfulness and his contribution to humanity was immense. The great service that he rendered to the humanity through Vipassana programs is unparalleled. Such a great soul reached his divine abode after fulfilling his life's mission on this earth, on 29th Sep, 2013. A moment of great loss which this humanity can never replace with others. Our prayers for this legendary master.

तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम्

# YOGA SUDHA

Vol.XXIX No.11 November, 2013

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# EDITORIAL

## New Dimensions in Education

The modern era of Science and Technology has made rapid progress, every minute there is change and progress in Technology all over the globe. Continuous improvement 'KIZEN' is the watch word in TQM. Though matter-based, modern science is in quest of deeper and deeper dimensions of creation; of course, with the utmost caution to remove all confounding variables before any hypothesis is tested on the anvil of rigorous mathematical formulations and experimental evidence for the same. The finding of the 'God particle' is an example of the same. Newer and newer models of automobiles with better and better fuel efficiency, cost effectiveness on one hand and comfort on the other, have been the targets. Invention of newer and newer gadgets and support systems for surgeries to replace almost any part of our body is a fascinating growth example.

Education is trying to catch up with these inventions and growth. While it is aimed at bread earning, there is continuous change in the syllabus with students trying to learn more and more of these new dimensions of science and technology. The IT sector has been facilitating this growth greatly to bring speed and efficiency. Software is being continuously developed to encompass more and more of these requirements in all aspects of life. In education system also the role of IT has been significant. E-Books, Web, Facebook, Twitter, YouTube etc. all provide information needed by both students and the world's best teachers. In India, world of TV, Video clips and other recordings are also changing our lives very rapidly. Students hardly study books any more, as most are available in A/V form.

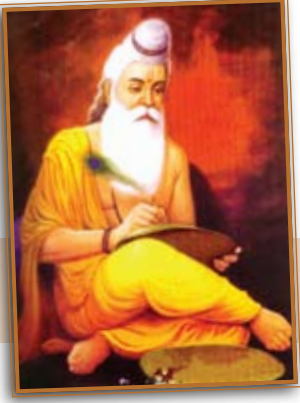
However, we have yet to fathom the real purpose of education. It is not merely for fact gathering and bread earning, but man-making, as Swami Vivekananda emphasized more than a century back. Education is the manifestation of Perfection already in Man, he said. Students need to develop total personality at physical, mental,

emotional and intellectual levels on one hand and civic sense, national awareness, service zeal and spiritual quest, on the other, as the four-fold dimensions of personality and consciousness.

So how do we do that? Swamiji said 'Combine the best of the East with the best of the West'. Student's lessons should contain dimensions of eastern wisdom within the backdrop of modern education. What is that Eastern Wisdom base? Swamiji again gave clear directions Each soul is potentially divine, The goal of life is to manifest this Divinity; by controlling nature internal and external. Do it by work or worship, philosophy or Psychic Control, by one, or more and be free'. Implicitly contained in this proclamation lie his four-fold dimensions of Yoga - Karma Yoga, Bhakti Yoga, Jnana Yoga and Raja Yoga, paths of action, emotions, intellect and will power that can bring the necessary development.

The VYASA movement is based on Swamiji's teachings. Its introduction of Yoga in schools from 1975 started the ball rolling with residential Vivekananda Kendra Vidyalayas in tribal interior areas of Arunachal Pradesh, and subsequently in the Andaman and Nicobar islands where the non-residential modes have brought great improvements. Both bring the dimension of Yoga for achievement by targeting the four-fold development of personality and consciousness. S-VYASA University, which this year is conducting its Decennial Celebrations, has brought these dimensions to Higher Education by incorporating Yoga into the syllabus of the modern higher education system. We have added an eastern wisdom base to subjects originating in the west, and scientific dimensions to subjects traditionally taught in the east. Formulating a new syllabus and working with it continuously to develop it sufficiently to attain the targets of our modern educational system. Please visit our website, [www.svyasa.org](http://www.svyasa.org) to learn more about it.

■ *Dr H R Nagendra*



# ब्रह्मसूत्राणि (Brahmasūtra)

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

## द्युभ्वाद्यायतनं स्वशब्दात् (ब्रह्मसूत्रम्-१-३-७)

Dyubhvādyāyatanam svasabdāt (Brahmasūtram-1-3-7)

**Meaning:** *The abode of heaven, earth, etc., (is Brahman) on account of the term, 'own' i.e., 'Self'.*

The entire Upaniṣads intend to project all unifying holistic single truth discarding all other appearing transitory facts and figures. Brahmasutras classified into four chapters of each one comprising, four Padas. The 3<sup>rd</sup> Pāda of the 1<sup>st</sup> Chapter goes on adding more enriching attributions to an unattributed Theory of Everthing. 'ĀYATANAM' is one such attribution to Brahman. Here in this universe, every article and particle is connected to each other. A thread unifies various types of gems and forms a beautiful garland. So, thread is that factor which holds many things together. In the Indian temple architecture one single pillar holds everything together. An inspiring towering personality holds the whole organisation or institution together. Likewise Brahman is that factor which holds the whole cosmos in an equilibrium condition. यस्मिन् द्यौः पृथिवी चान्तरिक्षमोतं मनः प्राणः सह प्राणैश्च सर्वैः । तमेवैकं जानथ आत्मानमन्या वाचो विमुञ्चथामृतस्यैष सेतुः । This statement projects something which accommodates all spheres like atmosphere and many other celestial spheres. At body level, mind, intellect and vital force all are held together by the same factor which is the main upholder at individual and universal levels. The composer of Brahmasūtras, Vyāsa Maharṣi tells that this is Brahman only. Nothing except Brahman can excel to this extent.

स्वशब्दः means Ātman. तमेवैकं जानथ आत्मानम् - this statement emphatically declares that Ātman can be the upholder. Ātman and Brahman are the two words indicating the same unifying truth. ब्रह्मैवेदममृतं पुरस्तात् ब्रह्म पश्चात् ब्रह्म दक्षिणतश्चोत्तरेण -this statement tells something which is essentially everything and beyond time and space. At the same time it encompasses all time and space, cause and effect, everything at micro and macro levels.

The following text in the Upaniṣad tells the result of this understanding. भिद्यते हृदयग्रन्थिः - all mental traumas are dissolved when they proceed towards realisation of Brahman. अत्र ब्रह्म समश्नुते- one who has attained realisation integrates himself with the universe and nothing remains for him hereafter.

By knowing nothing, if nothing else remains to be known, that knowledge must be the 'Theory Of Everything'. एतस्य वा अक्षरस्य प्रशासने गार्गि सूर्याचन्द्रमसौ विधृतौ तिष्ठतः - In its activity, both earth and atmosphere cooperate with each other, each supporting the other reciprocally. All such statements appear in the Upaniṣadic lore with the same spirit. In the context of various factors Brahman appears to be worldly; however it holds all without being held by any worldly factor.

*to be continued...*



## Another Magical Day in India by Gyana Bays



For 35 years ago, I tried to wash India out of me, but to no avail. The seven years I spent in the 70's learning Yoga practices in the Himalayas laid the foundation for much of who I am. Today India looks very different, but its undercurrent of ancient ways are as palpable now as then. Beneath the visible layer lies a vast space of unfolding, where time is suspended until you arrive, a place where you are known for who you are - where you are lifted up to the purer self that is so much more genuinely you.

I am a nurse. Relieving suffering and improving the healthcare delivery system in the U.S. has been my life's work. Last year I returned to India to reconnect with my teacher who was so instrumental in creating the foundation for my physical, mental, emotional and spiritual health. He nonchalantly gave me a phone number leading me to S-VYASA Yoga University. The inspiration of its Hospital and Research Center changed the trajectory of my life. In a few magical days, I found enough evidence of the

value of Yoga Therapy for disease management, I resigned my position as a Hospital Director of Nursing to direct my energy to developing a truly Integrated Health Model in the U.S.

Just one year later, I returned to India again to deepen my Hatha Yoga and Meditative practices and spend more time at S-VYASA. The beauty of India is to create your itinerary for you. Not planning what to do is the best way to enter its magic. The end of our knowing leaves room for true Knowing to take form. I overheard two guys talking about their adventures in Rishikesh and asked of one of them, "What do people here do that is interesting". One suggested staying at Swami Veda's Ashram. As it happened, I had been studying his commentary on Yoga Sutras and had no idea he was so close. A chance occurrence you may say, but that is exactly how I came to India years ago, and found my teacher. The flow of life is somehow present here.

Booking a flight to Bangalore to reconnect with



S-VYASA research scientists, I chose a random date, 5<sup>th</sup> October, not knowing its meaning at the time. Later I came to learn that it was the first day of Navaratri, transforming the day I left Swami Veda from ordinary to extraordinary. First a very special two hour puja to *Durga* that ended just as my taxi arrived. After arrival in Bangalore I phoned someone at S-VYASA for specific directions - Dr Naveen, who directed me to take a taxi waiting outside the terminal, and asked me to call back once in the taxi, all communicated in just a few words. I understood his directions in spirit but not in mind. I walk outside and point myself in the direction he said to go: it's a busy airport and many taxi drivers try to get my fare, but I am at peace knowing this is India and I am known. Within a minute the taxi driver finds me. All is well. I call Naveen and he asks if I want to meet him at a concert.

Having experienced some amazing encounters with him last year, I immediately say "Yes".

An hour later, I arrive at the concert, a 150<sup>th</sup> Birthday celebration for Swami Vivekananda, first to seek integration between Eastern and Western thought, and Guru to S-VYASA. All the staff and students are in the auditorium. It is no ordinary concert, two of Indian's most beloved musicians are performing. Finding Naveen in the midst of the large auditorium might have seemed impossible, but, as India would have it, my seat is in the same row as his. A great send off from Rishikesh and an extraordinary welcome to Bangalore. I know it wasn't just for me, but somehow India wants you to feel you are special: the Divine is in you, and your earnest desire to find Truth will be honored, letting you know you are welcome just as you are. ■

### S-VYASA Students – Winners of Yoga Championship

Karnataka State Amateur Yoga Sports Association organized the Second State School & Colleges Yoga Championships - 2013 on September 14<sup>th</sup> & 15<sup>th</sup>, 2013 at Bangalore.

Students of S-VYASA, Ms. Shamlee Pathare (B.Sc) and Mr. Laxmi Prasad Subedi (M.Sc) won the gold medal. They were selected for National Yoga Championships to be held in Jharkhand on November 28<sup>th</sup> to December 1<sup>st</sup> 2013.

Other winners of S-VYASA were Mr. Nagaraj (B.Sc) along with Mr. Niranjan Pirajuli (B.Sc) stood first. Mr. Karthik (B.Sc) and Mr. Avinash (B.Sc) stood second in the Yoga competition.

Other students who participated were Mr. Ankit, Mr. Himanshu, Mr. Sanjeet, Mr. Uttam Muktan,

Mr. Mutturaj Shindhe and Mr. Nani Ram.

Dr. H R Nagendra, Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), congratulated the winners who brought laurels to the University. He stated that the success of students is a reflection of the hardwork and dedication of



the students and the expertise and support of the teaching staff.

S-VYASA has great pride in the accomplishments of our young citizens in a healthy challenge.



## PHILOSOPHY IN AYURVEDA

■ Dr Manjunath G, Assistant Professor (Senior), S-VYASA



नमामि धन्वन्तरिमादिदेवं सुरासुरैर्वन्दितपादपद्मम् ।  
लोके जरारुग्भयमृत्युनाशं दातारमीशं विविधौषधीनाम् ॥

*Namāmi dhanvantarimādidevaṁ  
surāsuroanditapādapadmam ।  
Loke jarārughayanṛtyunāśaṁ  
dātāramīśaṁ vividhauśadhīnām ॥*

ततः कर्म भिषक् पश्चात्  
ज्ञानपूर्वं समाचरेत् ॥

॥ च. सं - २०.२० ॥

The physician should examine the disease at the outset and then the medicaments. The treatment should be commenced only thereafter with prior perfect knowledge of both.

### QUALITIES OF ROYAL PHYSICIANS

The great importance attached to consummate knowledge can be very well perceived by the following statement on different occasions by the ancient Āchāryas.

1. The disciple after the completion of his formal study is advised to continuously put efforts to gain confidence in classical knowledge power of proper expression, to understand the real meaning of the terms and to gain communicative skill.
2. There is no limit to Āyurveda knowledge. Therefore one should always try to get more and more knowledge without any prejudice. The entire universe is the teacher to an intelligent and enemy to an unintelligent.
3. A wise physician will never err in adopting proper line for treatment, for they start treatment only after gaining a thorough knowledge by examining from all the angles. Āchāryas were very much against quackery and therefore did not hesitate to condemn it in very harsh terms.

4. रोगमादौ परीक्षेत ततोऽनन्तरमौषधम् ।

5. शस्त्रं शास्त्राणि सलिलं गुणदोषप्रवृत्तये ।





पात्रपेक्षीण्यतः प्रज्ञां बाहुश्रुत्येन बृंहयेत् ॥

॥ च. सू - ९.२० ॥

The sharp instruments, science and water will give good or bad effect depending on the user. Therefore a physician should always have a perfect knowledge of science to derive good effect.

The forgoing quotations are sufficient to demonstrate that Āchāryas strongly believed in absolute knowledge - practical experience and high standard of proficiency in order to save the life of the patient as well as to be respected in society and honored by the kings.

This aspiration for a high academic standard by itself led the ancient sages to think of inculcating the then prevalent means of gaining knowledge of both spiritual and material aspects in to Ayurveda.

### *How Ayurveda became gradually systematized & codified*

What concepts are to be known? How much of each of them to be known? Why and how to know? were first decided and proceeded or thereafter, for which philosophical thoughts formed the basis.

Factors that are to be known of anything worth are enumerated below.

1. **Kāraṇa** (Cause) - The cause of action - कारण
2. **Karaṇa** (करण) - The instrument which helps an agent to perform action.
3. **Kāryayoni** (Source of an action) - One which becomes an action by the process of transformation.
4. **Kārya** (कार्य) - The one whose accomplishment is kept in view before an agent proceeds to act...

*to be continued ...*

## HOME REMEDIES

### Diarrhea & Dysentery



In dysentery there are two types. Amoebic and Bacillary. For both microbes are the causes. One should try to reduce these diseases causing microbes in their home remedies.

1. By extracting juice from curry leaves & mixing in buttermilk and consuming will relieve a person from blood dysentery.



2. By intake of dry dates regularly a person will never suffer from any type of diarrhea or dysentery.



3. By intake of buttermilk mixed with pomegranate skin powder (दाडिमत्वक् चूर्ण) will surely relieve a person from dysentery.



4. Seeds of Fenugreek (मेन्त्य) soaked in yogurt (curds) and taken internally will relieve a person from dysentery.



*- coming up home remedies for Cough & Cold, Asthma*



# SDM in Year 2013

■ *Dr. Amit Rathi, MD Scholar, S-VYASA*

- ▶ Survey in Rajkot, Gujarat  
23<sup>rd</sup> May to 10<sup>th</sup> June
- ▶ Camp 1 in Rajkot, Gujarat  
31<sup>st</sup> May to 12<sup>th</sup> June
- ▶ Camp 2 in Rajkot, Gujarat  
14<sup>th</sup> May to 26<sup>th</sup> June
- ▶ Camp 3 in Udaipur, Rajasthan  
2<sup>nd</sup> to 11<sup>th</sup> July
- ▶ Camp 4 in Chittorgarh, Rajasthan  
13<sup>th</sup> to 22<sup>nd</sup> July
- ▶ Camp 5 in Chikhali, Maharashtra  
14<sup>th</sup> to 24<sup>th</sup> Sept.
- ▶ Camp 6 in Pondicherry  
27<sup>th</sup> Sept to 6<sup>th</sup> October

## Report of survey in Rajkot - Stage 1

- ▶ Total screened - 1602
- ▶ DM - 228 = 14.23%  
(Confirmed by those who said that they are taking medicines for diabetes)
- ▶ Pre-diabetics (Satisfied 5/7 score on ADA Risk test) - 199 = 12.42%
- ▶ Non DM - 1175

## Report of Camps

- ▶ Total registrations - 1180
- ▶ Morning batch - 717
- ▶ Evening Batch - 463
- ▶ Attended every day in the camp - 822

## Proposed Camps

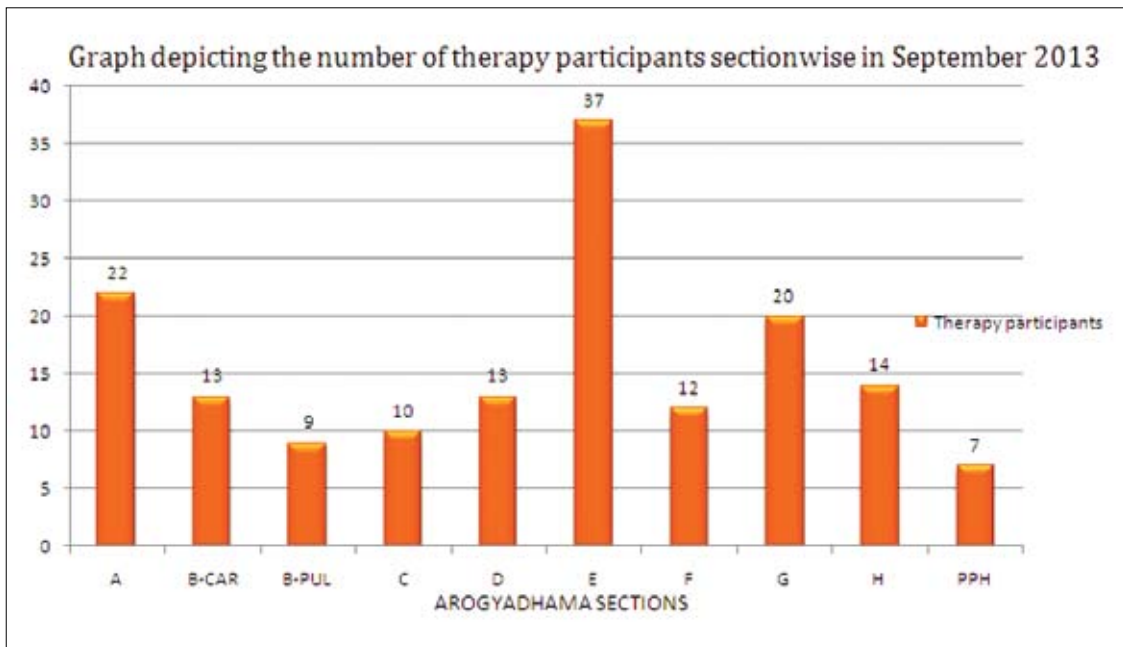
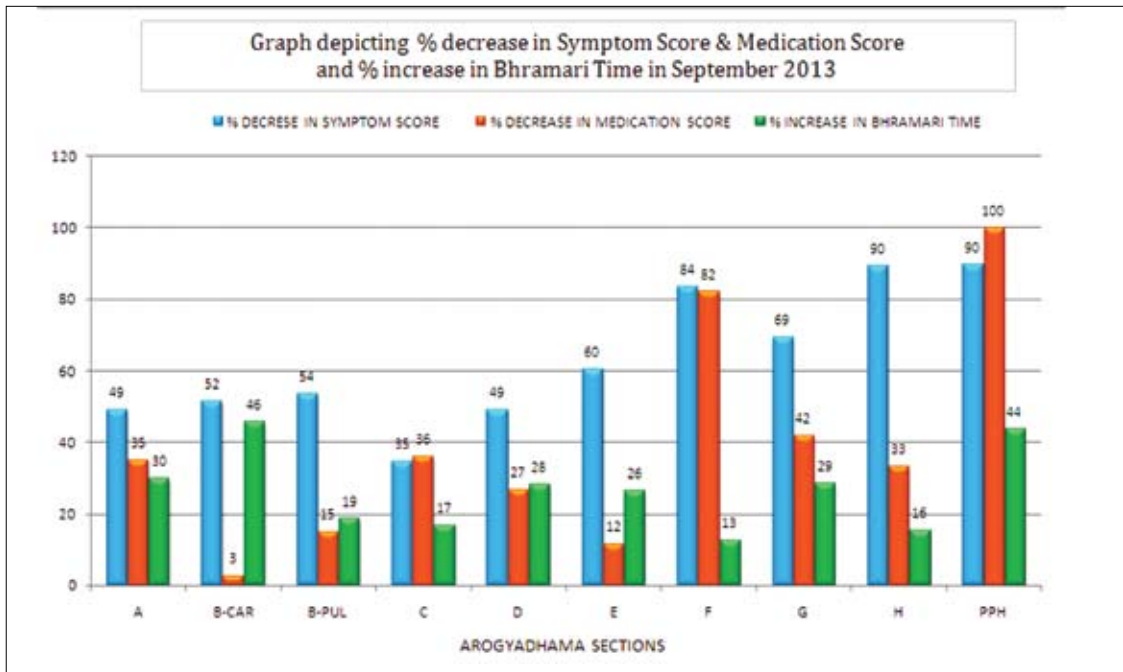
- ▶ Three camps in Sirsi, Karnataka  
10<sup>th</sup> November to 11<sup>th</sup> December
- ▶ Four camps in Asansol, West Bengal  
Date to be finalized
- ▶ Camp in Chidambaram, Tamilnadu  
Probably second half of December, 2013
- ▶ Camp in Bhandara, Maharashtra  
Date to be finalized
- ▶ Camp in Aurangabad, Maharashtra  
Probably second half of January, 2014
- ▶ Camp in Buldhana, Maharashtra  
Date to be finalized



Participants of Yoga Foundation course at Baton Rouge, Louisiana Conducted by VYASA - Houston



# AROGYADHAMA DATA - Sept, 2013



## AILMENTS TREATED IN AROGYADHAMA (SECTION WISE)

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



# ME AND MY BODY

■ Dr. Ramajayam G, PhD Scholar, S-VYASA

**Introduction:** Health, Wealth and Happiness are the three most essential sought out things. Health is the central thing out of the three. If health is lost, it has more chance to influence the level of our happiness and wealth also. Health is derived from the root words Heal + Thy (self). Health means heal yourself. Practically health is a more comprehensive term which encompasses physical, mental, social and spiritual components. Nevertheless, Spiritual component is the core framework upon which the other components form an extension network. To understand and acquire health completely, the beginning is to understand about the self.

## Who are we?

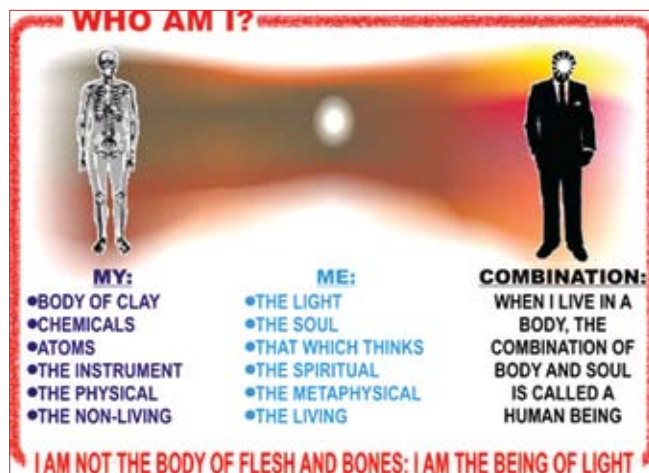


Fig-1: SOUL & BODY

In essence we say we are human beings. "Human being" is made of two words 'human'=humus (the body which becomes mud after death) and 'being'=living energy (Consciousness/soul). Out of these two entities i.e body and consciousness, who are we? Are we the body which is giving hospitality to the consciousness to reside in it? or are we the consciousness which uses the body for various actions?

If we examine this issue with common sense, it tells us that we are basically the consciousness

## EVERHEALTHY PRESCRIPTIONS

- An Article Series by Dr. Ramajayam G.

- 1 Me and My body
- 2 Existence from inside out
- 3 Different ages and different cages
- 4 Loss of inner beauty and its repercussions
- 5 Cleaning the inner space
- 6 Renovating the beauty of relationships
- 7 Nourishment and refreshment
- 8 Relax, but beware of the old enemies
- 9 Meditation as medicine
- 10 Divine routine for a deathless life.

and not the body. For example we say my hand, my leg, my face...my body. It means, "I" am different from the "body" or I am not the body (body belongs to me and I'm the owner of the body).

Another similar example to catch this subtle point is, if somebody says this is " my car", it means I/He am/is the owner of the car. Car is different from me/him. I am the master & I can use the car as I wish, not the other way.

(Note: the above mentioned explanation argues against some of the scientist's belief that consciousness is a subtle extension of brain and favours the Hindu philosophical viewpoint that, body is an extension/reflection of consciousness).

**What are we made of?** All of us are not what we appear as in front of the mirror, but a subtle non-physical living energy, the consciousness, that animates the body including the brain. Consciousness can function even in the absence of brain but not the vice versa.

It is easy to understand, what we (Consciousness) are made of, if we look into the functions of it.



Consciousness along with the body does a wide array of functions. But if we narrow down all of them in to a nutshell, it does all the functions with the help of three basic constructs/faculties. The three basic constructs are:

- i Generating thoughts. (thinking)
- ii Choosing/discerning a particular thought for action. (deciding & acting)
- iii Having what we thought & done in memory. (remembering)

The faculties of consciousness which does the above mentioned functions are generally called as mind-thinking; Intellect-deciding and hence acting; samskar-holding the memories. Remember, actually we cannot separate Consciousness into three components like this. Different names are given to the same entity based on its different functions, like electricity flowing through bulb is light, flowing through horn is sound etc.. but electricity is just electricity, it's not light or sound, etc..

## How do we function?

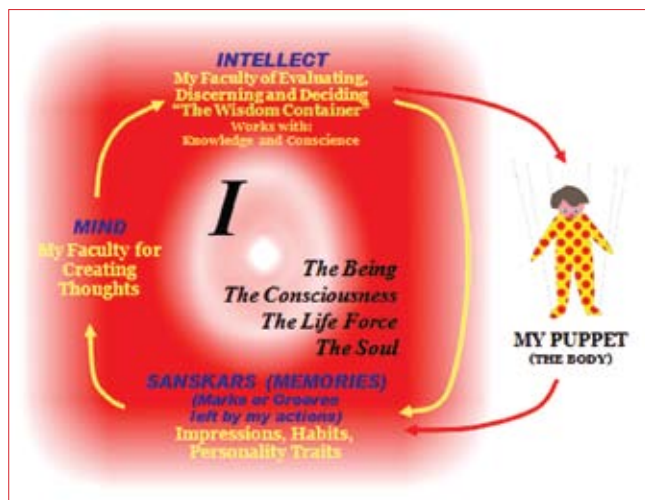


Fig-2: MIND- INTELLECT- SANSKAR FUNCTION

Thoughts are the fundamental functional units of consciousness. Thoughts have the potential energy to get converted into actions, depending on whether it is chosen or ignored by the intellect. At the level of thoughts there is no difference between a saint & and a sinner, as per the saying "Every saint has a past and every sinner has a future." More the thoughts one has, more restless the mind will be and lesser the thoughts, more

they are powerful and the mind will be refreshed and relaxed. All these thoughts together is called as mind (collection of thoughts)

Every thought that is created has to pass through the check-post of intellect for its execution. Intellect is the one that distinguishes the person as divine or devilish. But an exception is when one creates continuously waste or negative thoughts, over a period of time intellect will stop cautioning us about our negative/waste thinking. At this point even negative thoughts will be executed automatically. Because there is no scope for choosing, as there are only negative thoughts. Choosing comes only when we have more than one type of thoughts (like positive/negative)

Once the intellect has shown the green signal, then the body does the action. And all the actions we perform gets recorded either we wish it or not. The record of all that we did becomes the samskara (memories). Actions that are performed irrationally, propelled just by impulse, have the power to pull our mind and direct it to think in those lines again and again. To have control over these thoughts is bit difficult. So when we perform actions consciously, analysing its past (origin), present and future impact, it's relatively easier to have control over the thoughts coming out of these memories. In this way samskara independently becomes a powerful influencing faculty of what the mind thinks. It's like a network business, i.e., once if we created a habit, it has its influence definitely on the mind in a cyclic way. Hence it is always better to be attentive in what kind of habit we are creating.

**Conclusion:** The evolution of thoughts ends in the formation of our habits/nature. These unseen habits/nature at the core of our self is the blue print upon which the entire body will be built in flesh and bones. So what we see as a body outside in gross form is only a tip of the iceberg. But a large portion of unseen forces inside the self, in the name of memories/habits/samskaras, which constantly keeps shaping the body without our conscious awareness remains hidden. Understanding this entire process is vital to maintain good state of health and it begins with distinguishing the self as a separate entity from the gross body.



# Tensegrity in Biology: A Fullerenes Design

■ Prof. T M Srinivasan, Dean, Division of Yoga & Physical Sciences, S-VYASA

## INTRODUCTION

The mystical statement above has an interesting idea embedded in it; let us probe to get the message!

In the last issue of Yoga Sudha, a detailed introduction was given regarding Dr. Curl's work. He had introduced ideas of Dr. Buckminster Fuller, the pioneering scientist on whose principles the areas of chemistry and architecture have advanced into innovative designs. The familiar geodesic dome is Fuller's invention wherein the structure seemingly floats in air, supported by a few struts and compressive members. Refer to the beautiful pictures in the last issue. However, the application of Fuller's ideas in biology is not well known. In fact, only few papers are available in this overarching area. We shall present briefly how the concepts of Fuller could benefit understanding biological

processes, at least at a mechanistic level.

Let us take a short detour before taking up the main subject. Everyone is familiar with the area of Biomedical Engineering wherein we apply known engineering principles for understanding biological processes. For example, we know how to measure electrical voltages and currents and we try to measure the electrical activity of the heart, brain and muscles. However, there is an even more exciting area called Bionics, wherein we apply the principles of biology to improve engineering capabilities. Since biology has been around much longer than science itself, understanding and applying biological principles to engineering could optimize our designs very effectively. There are numerous examples of this. One is the radar system developed during Second World War. After studying the flight of bats and their ability to

echo locate their path and hunt for prey, engineers came up with the idea of developing RADAR (Radio Detection And Ranging) system using electromagnetic waves! This was so innovative, the world war is said to be won on this one single development since the movements of planes and ships in the high seas could now be detected and followed. Now, Fuller did not know about the mechanics of the spinal cord or the muscles that support such a unique structure. In spite of this,



Fig 1: Biosphere at Montreal, Canada, by Buckminster Fuller, 1967



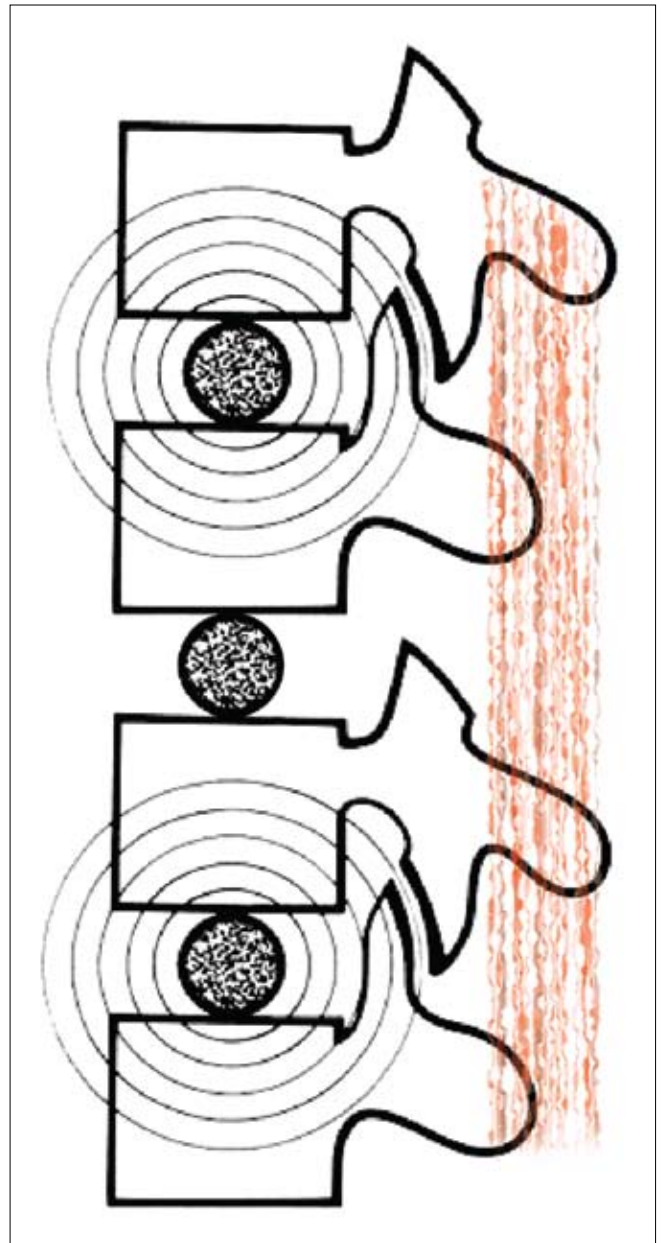
he came up with an idea which fascinated the engineers and scientists alike. Let us get back to our main concern now.

Tensegrity is a term used by Fuller to indicate the use of both compression and tension elements within a complex structure (such as a lift crane). The elements undergoing compression could be discontinuous while elements that take up the tension are continuous. His first "continuous tension - discontinuous compression" geodesic dome (a full sphere in this case, see fig. 1 for an example) was constructed at the University of Oregon Architecture School, U.S.A in 1959. These continuous tension - discontinuous compression structures featured single force compression members (no flexure or bending moments) that did not touch each other and were 'suspended' by the tensional members.

Look at the spinal system; the spinal bone segments are not connected to each other, while the muscles connect the spinal segments in a continuous and overlapping ways (see figure 2). Thus, each joint in the complex structure of the spinal cord has multiple muscles attached and each muscle of a single joint could work in synchrony as a tension element. Note 'tension' here is used as a muscle which is extended and makes way for other muscles (the antagonists) to work in synergy.

## SPINAL MECHANICS

Integration and smooth movement are required for the entire body for pain free activity and smooth execution of movements. Anyone who has observed a tennis player or any other sport for that matter - will notice the coordinated and smooth flow of the body parts that gives an aesthetic appeal, apart from effective muscle use for best results. We are always working in the field of gravity; sometimes against it and sometimes aided by this unseen force. The spinal cord is an especially finely balanced and dynamic system with many muscles and segments that aid and promote flexibility. Most



**Fig 2:** Separation and Mobility in A Spinal Segment

asanas are related to spinal twist, spinal weight bearing and extensions. This provides integrity as well as health to the spinal system and hence for the whole body. The spinal cord is a pathway for nerves - sensory and motor as well as pain fibers - that carry electrical signals from and to many parts of the body. It also carries nutrients and biochemicals that provide for healthy functioning of the entire body [2]. This is known as the tropic function of the spinal cord. Thus, spinal cord is not a simple passive building block like a stone or a brick used in the construction of a home.



Further, anatomically, the central portion of the cord itself is not mechanically very strong. The spinal processes that protrude from the central portion are much stronger and made of dense bone (see figure 2). Why did nature provide this type of construction? Carefully conducted studies [3] show *muscles that connect to the spinal process actually lift the spinal segment from collapsing on one another!* Thus, nature seeks to protect the core of the cord through this lifting of the segments so nerves are normally not compressed, as long as specific muscles are active, taut and functional. When the muscles become loose due to disuse and misuse, then the spinal segments tend to fall on each other resulting in pain and various traumas since now the nerves are compressed. This is a new way of looking at the role of spinal cord and muscles attached to them and useful in treating spinal compression. All of us know the excruciating pain that follows this collapse and misalignment resulting in inability to carry out even simple daily tasks.

Thus, the normal picture that spinal cord is like a building block stacked on each other is not correct! The short muscles connected to the 'sling' portion of the spinal processes lifts the spinal segment from above so the segment does not touch each other as shown in figure 2. Therapies that are able to bring back the ligaments and muscles at each segment could relieve pressure on the discs and relieve pain.

## ALIGNMENT AND STRUCTURAL INTEGRATION

Thus, it is obvious that alignment and integrated functioning of the spinal cord - actually the entire body - are mandated for healthy living. If the weight of the body shifts due to internal injury or even psychological trauma (surely you have noticed people with psychological problem carry themselves differently) then neural activity, blood and lymphatic flow, and flow of nutrients will be compromised and physical problems could manifest. It is said that chronic problems such as cardiac, autoimmune, and

even incidence of cancer may be associated with such trauma and improper alignment. Many therapies such as hands-on work (example, deep tissue massage and osteopathic/chiropractic manipulations and yoga) could change these misalignments and bring about a positive response. Physiotherapy could also do this very effectively.

## ROLE OF BODY THERAPIES

It is proposed that cells and nuclei are also form tensegrity systems. Molecules known as integrins act like glue in connecting cells with other cells and with connective tissues. Integrin molecules connect through tension members the cytoskeleton and give a tensegrity matrix to the cells. It is possible these cell structures are able to work and shape the cells and interact during load bearing and in gravity related activity [4]. Integrin seems also to play a decisive role in arthritis, osteoporosis and many other life style diseases [5]. It is possible that integrins are also involved in repair and long range interactions with cells in maintaining health. Thus, the role of integrin and its repair ability while practicing Yoga and other body related therapies could be of interest in providing a pathway for management of many disorders. Only time and much research could tell the importance these ideas in epigenetics and for maintaining health in people.

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## S-VYASA conducts SMET program for Corporate Executives

Self-Management of Excessive Tension (SMET) is a Yoga-based stress management program developed by Swami Vivekananda Yoga Anusandhana Samsthana, S-VYASA, Bangalore, India, through extensive research (published in peer reviewed and indexed international journals).

Today's professionals are expected to be brilliant, creative, dynamic with the ability to perform multi-task and yet be sensitive and empathetic, which results in stress and deteriorating health. Stress is a response to demanding situations - any situation, whether good or bad. Stress by itself is neither good nor bad. There should be stress to carry on your day to day life but when stress goes beyond your control, it leads to distress and puts us under a lot of pressure. When stress is taking you towards mental restlessness, then that leads to problems.

The basis of SMET is from Mandukya Upanishad on Yogic science and Vedic ideology for combating stress and ensuring all round health of the body and mind combined. SMET is a very effective program for the management of stress. It is easy to learn and practice at home and workplace. It is a series of successive stimulations and relaxations that can solve the complex problems of the mind. It helps to release stress at deeper levels.

S-VYASA conducted SMET program for the executives of Hindustan Aeronautics Limited (HAL) at Prashanti Kuteeram. The training program was designed to the needs of the participants who came in batches to attend the two-

day and a five-day programme. It comprised of interactive working sessions and lectures were delivered by expert resource persons. Each participant showed great enthusiasm in understanding the principles of stress management through cyclic meditation. The participants were provided with a Yoga kit for supplementing the practices.

The participants expressed their appreciation to the organizers for a very productive and excellent program.

Another program that was conducted by S-VYASA was at IICM, Ranchi. It was an in-house program conducted at their premises. Prof. Acharya Rabindra and Prof. Pallavi Pandey conducted the program.

Participants gave the feedback that S-VYASA University has the perfect solution for companies that want to provide their employees with the best training in stress management.

For more details of SMET program write to *e-mail id:* [coor.ms@svyasa.org](mailto:coor.ms@svyasa.org) or visit our *website:* [www.svyasa.org](http://www.svyasa.org)





## Valedictory and inaugural function of non-residential YIC batches

The valedictory function of 83<sup>rd</sup>& 84<sup>th</sup> batches and inaugural function of 85<sup>th</sup>& 86<sup>th</sup> batches of non-residential Yoga Instructor's course was organized on 29<sup>th</sup> September 2013 at 11 AM in Eknath Bhavan, the City office of S-VYASA University. 12 students of morning batch and 21 students of afternoon batch participated in this event. Dr. Eshwaran, a noted philosopher & speaker, a disciple of Sri. Parthasarathy was the chief guest. He enlightened about the importance of "desire to know one self" as a prerequisite for any spiritual training. Dr. Sudheer Deshpande, Registrar spoke about the uniqueness of YIC as a first course towards all higher courses offered



by S-VYASA. Mr. Anil kumar, Mr. Govindraj, Mr. Shivaram, Ms. Kavitha and Ms. Sharada and about 100 friends and relatives participated in this event. The cultural program included Bharatanatyam performances, bhajans and songs, a skit depicting the transformational experience of YIC and a couple of asana formations were conducted by both the batch students.

## Yoga Instructors' Course (YIC), 139<sup>th</sup> Batch, Sept, 2013





## Generate and Regulate Energy

■ *Dr. K. Subrahmanyam, Dean, Division of Yoga & Humanities, S-VYASA*

Without the electrical power or energy, fan does not give wind. Without power, bulb does not give light. Without energy, stove does not produce heat, and without the electrical energy refrigerator does not keep things cool. Similarly, without enough energy, eyes cannot see, ears cannot hear and legs cannot walk. For every activity, energy is essential. This energy is the vital power or Prana shakti.

Sometimes the electrical appliances break down and do not work well, if there is fluctuation in the electrical supply. It does not matter if there is no electrical energy; the appliances at least are safe and they function when the supply is resumed. But if the electrical supply is highly erratic, it damages the appliances irreparably. There is no

use if the electrical supply is normal, when the appliances are already ruined. Therefore, two things must be ensured. 1) There must be energy incessantly being supplied to the appliances and 2) It should be normal and steady without fluctuations.

In the human body, the required energy is generated and distributed to all the sense organs. They are all like the electrical appliances. For the continuous and uninterrupted generation of energy, and the regulated distribution of energy, one has to observe the functioning of the Pranayama. Pranayama is nothing but breathing in and breathing out. It is this simple process of Pranayama which is the source of energy to the entire human structure of various limbs and sense organs. If this is practised very methodically, one can peacefully live for a very long period. Erratic breathing practices ruin the power generating system and the power distributing system. Therefore, a person given to Yoga sadhana breathes in gently and slowly, and breathes out methodically and gradually. A person who practices Pranayama is sure to lead a life of positive health without any sickness or damage to any of the sense organs. Longevity too will increase in proportion to the best practices of Pranayama. Tortoise is supposed to breathe in for a long period slowly and breathe out for a longer period much more slowly. Therefore, it lives for a long time. Prashanti Kuteer has been able to teach the best practices of Pranayama for the welfare of mankind. A visit to the Prashanti Kuteer with an eye on Pranayama will convince everybody about the significance of the breathing exercises. ■





## The Story of Mastery

■ Vasudeva Rao



the requirement comes." Well, I would slightly bother about the future of this young programmer. Because when the time comes, the untested modules, although simple, will fail with plenty of bugs. And by that time the programmer would vaguely remember about

this old project of his. And to make things worse, there is no documentation available with him about these modules.

Now, something that was ignored because of its simplicity, becomes a very hard nut to crack.

We always function with the 'activity' module and 'inactivity' module is totally ignored. And we say that we are active out of free will, we enjoy sense pleasures out of free choice etc. But is it true? Have we tested ourselves fully? Or have we done something similar to the programmer above? We say we do not sit quietly because we '*don't want to sit quietly*'. But the hard truth is that we '*can't sit quietly*'. There is a world of a difference between the two. Even as we go to bed, when we are supposed to be calm and quiet, mind is going around the world - office, restaurant, theatre and everywhere else. Even after retirement, when we can peacefully relax or contemplate, we cannot sit quiet for a day. Let us face it. We are addicted. We are active out of obligation, not choice. The untamed mind-horse is jumping without control, and we, sitting on it, are yelling "Situation is under control". We want to portray as if we are controlling the horse and are willingly tossing ourselves up and down. But the fact is that it is the horse that is tossing us. We always focus only on the 'activity' module,

I could not accept when spiritual texts said "We have become slaves of sense pleasures". I didn't find anything logical with this. I am not bound by my senses. After all, I earn money and I spend it on sense pleasures. I do that out of free will. I am completely free. What is the use of sitting idle? I don't want to be lazy. Looks sensible? Yes, it did seem right to me. But, not for long.

Suppose a programmer has created a software application which has several modules. He likes some of the modules more as they have challenging design. So, he creates very detailed documentation regarding the functioning of these complicated modules and neglects the details of the simple modules. Also, when the time for testing comes, he thoroughly tests the complicated modules and leaves the simpler modules untested. And this is the explanation the programmer gives: "I am not testing some parts of the application out of my free will. It is a waste of time to test them. They are so simple and straightforward and don't even require documentation. I know that those simple modules will run just fine whenever



and so, when the genuine requirement comes, the 'inactivity' modules fail miserably, because it was untested and taken for granted. We only focused on switching on, but never learnt to switch off, because we always thought that is very easy and can be done whenever we need it. Again, something that was ignored because of its simplicity, becomes a very hard nut to crack. This is precisely why "Stress Management" is in great demand today! The two most basic instincts of a living being - sleep and food - are being taught in classes! Do animals need diet or relaxation classes?

Similarly there may be some of us who are addicted to the other extreme - laziness. And we will have all the arguments as above - but with 'activity' and 'inactivity' interchanged, justifying laziness in the name of free will. Extremes seem to be always bad, and the middle path is always good. I can't help getting surprised again and again at this simple message of the Buddha. We always look at only two aspects - activity or inactivity - and we brand the former as 'good' and latter as 'bad'. But bad, in the real sense is inclination due to obligation to either of them. Obligated inactivity is Tamas and obligated activity is Rajas. And good, in the real sense is moderation of both of them due to mastery over them - a nice balance. Scriptures clearly indicated this third possibility - Sattva - moderation. And to be able to be moderate, we need to have command over the senses. This alone, in the real sense, is freedom and mastery. Not helplessly running behind sense objects.

Meditation is not laziness, it is intense activity. What is easier? Getting tossed up and down in the powerful current of the mind, or keeping this powerful current under your command? Meditation is inactivity out of choice, not out of obligation as in Tamas (laziness). Obligation is shackles and Freedom is power, a power like no other. The obligations are never external, but only internal. External obligation looks like an obligation only because of the eventual internal obligation. If we learn to be inactive out of

choice, if we learn to calm our mind at our will, then we will soon see that automatically our activities also take place out of our free choice. We will immediately feel a tremendous current of energy flowing in us. This sense of freedom and power makes the work highly efficient. A Rajasik person cannot compete with a Sattvik person. Because a Rajasik person is active with the shackles of addiction to work. Rajasik person cannot relax even after the activity, let alone amidst activity. He is restless all the time. He is bound to get fatigued soon. Whereas Sattvik person is active out of free will. He can forget work and stay calm and quiet the next moment if required. Why next moment, he will begin to see that even as he performs work, he is relaxed, a sense of calmness is pervading him from the inside.

So, I understood that addiction to work will not make me efficient - this is a mistaken notion. In fact, it will only deteriorate me over time. Only detached and free action can be efficient - the greatest message of the Bhagavadgita. The very first step towards this goal is to throw away the mask "What is the use of sitting idle? Let me be of some use to others" and accept that I am working for my sake alone. It is to acknowledge the fact that I am working only because I get some happiness out of it. Helping others, serving others is just happening as a side effect. Action is not bad by itself, being active after retirement is not bad by itself. What is bad is the mask we wear saying we work for others' sake, hiding our addiction to action. Once this mask is forsaken, then we do not have to *do* Karma Yoga. Whatever we do with this knowledge within, that all we do is only for the self, is automatically Karma Yoga. We will no more count how many got benefited by our action, or wait for an appreciation by others. As a consequence this will eventually reduce our addiction to activity, bring about mastery over activity and inactivity, and elevate us towards Sattva and beyond.

**Author's Blog:**

<http://explorersforum.blogspot.in/>



'If music be the food for love, play on'  
William Shakespeare

## Divinity a Musical Approach

■ Prof. Rashmi Shetkar  
Asst. Professor, S-VYASA University

Shakespeare certainly summed up the audience's feelings at Padmashree Anup Jalotaji's concert, as they sipped the cup of musical delight and the bliss flowing from his magnificently melodious voice. Divine ambrosia made addiction immediate; everyone flowed with the flow of Music. His touch caressed our hearts and minds into submission. No one remained the same after that "Brush with Divinity", our faith in Meera, Shri Krishna, and Lord Rama were deeply strengthened. His foray into their lives brought the audience into the presence of Omnipresence.

Jalotaji's rendition of Ragas Hamsadhwani and Malkauns spread soothing vibrations among all. His choices created an enduring chemistry, affecting mood and emotion, 'Yogas' acting on the human organism, awakening its proper function of self-realization. Bhagavad Gita gives us the Supreme Mantra and ultimate knowledge of Self "Raja Vidya" deeply penetrates the human system through Ajna Chakra, the 'third eye' point, the intellectual center, encouraging self-reflection in its mental clarity, where intuition and imagination blossom. The right music helps us **See, Observe, Understand, and Learn (SOUL)** from Nature.

The great musician, Kollegal R. Subramaniam, wrote, "According to Sangita Sastra, the 72 Melakarta Ragas control the 72 *nadis*. When sung with devotion adhering to *lakshana* and *srutisudhi*, their Raga Devatas shower blessings, injecting the *nadi* with relief". Each Raga is associated with a definite mood, relating to different times of day, changes in nature, and emotional development.

Music thus has the power to make us feel happy, excited, or calm and balance our mind, to cure. Emotions, feelings and thoughts are deeply influenced. Musical activities enhance imagination and creative thinking. Music is the best tranquilizer in our anxiety-ridden world. Breathing and heart-rates are slowed by soothing music. Research has shown us that music has healing effects. Music stimulates the brain, eases tension and removes fatigue. Its power as a therapy depends on factors like the subject, mental condition, environment and type of Music. Music Therapy depends largely on individual needs and taste. Its success depends on correct intonation and right use of basic elements like *Swaras*, *Tal* etc, Different Ragas apply to different cases. Modern clinical research documenting usefulness of music therapy is impressive. It has been identified as a valid aspect of complementary and alternative medicine (CAM) by the National Institutes

of Health (N.I.H.) and other organizations. In hospitals, together with anaesthesia and pain medication, it is used to help alleviate pain and increase post-surgical healing, often dramatically effective in elevating mood, alleviating depression, inducing sleep and decreasing hospital stay.

Music with a strong beat can stimulate brainwaves to synchronize, faster beats bringing increased alertness, slower tempos promoting calm, meditative states; heart and breath rate respond accordingly. Listening to music can counteract effects of chronic stress. Ragas soothe body and mind. Repeated listening results in a network of sound vibration. Energy from the universal energy field, *Loka Prana*, energizes the human energy field, *Sharira Prana*, affecting all parts of the system as follows. The human body is ensheathed by a field governed by the seven *chakras*, each of which resonates with a particular *swara*. Singing each *swara* with due focus on *shruti*, its *chakra* is enlivened. Sung with due devotion, adhering to *raga-lakshana* (norms) and *shruti-shuddhi*, (pitch purity) each *raga* stimulates a

particular

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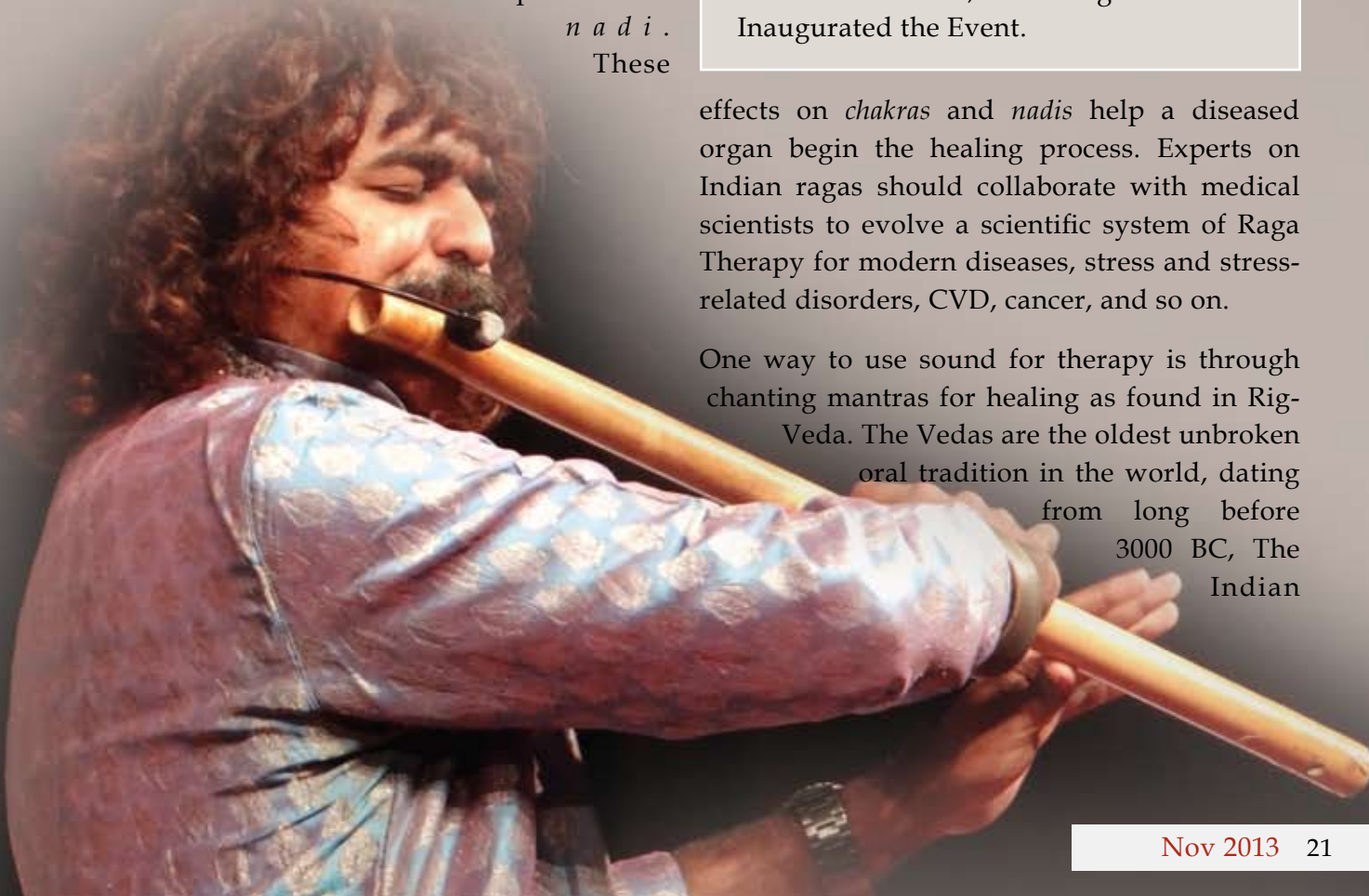
These

**Oct 5:** S-VYASA Yoga University in collaboration with Bliss, a non-profit organization has organized a – soulful foray into musical bliss with the world renowned maestros – Hindustani Ghazals & Bhajans by Padmashree Anup Jalota and Grant Flute recital with Suramani Pravin Godkhindi at Sri Premachandra Sagar Auditorium, Dayananda Sagar College, Kumaraswamy Layout, Bangalore between 6pm to 9.30pm. The soul stirring flute recital of Pravin Godkhindi took the audience to much elevated heights. With Anup Jalota’s Bhajans and Ghazals, the audience were transported into the higher levels of devotion and trance. The program was concluded with a Jugalbandi (fusion) of Sri Anup Jalota’s vocal and Sri Pravin Godkhindi’s flute. It was as if the Aatma and Paramatma were coming together.

On this occasion, S-VYASA felicitated Smt. Bhanumathi Narasimhan, The Founder of Art of Living Foundation for her dedicated service to field of art through her dance. Sri Anant Kumar, MP Bangalore South Inaugurated the Event.

effects on *chakras* and *nadis* help a diseased organ begin the healing process. Experts on Indian ragas should collaborate with medical scientists to evolve a scientific system of Raga Therapy for modern diseases, stress and stress-related disorders, CVD, cancer, and so on.

One way to use sound for therapy is through chanting mantras for healing as found in Rig-Veda. The Vedas are the oldest unbroken oral tradition in the world, dating from long before 3000 BC, The Indian





Jugalbandi of Great Musicians of Sangeetha Lore

Raga system originated at that time. The Vedic science of sound was used in every stage of life: healing, teaching and to promote achievement. Its chants and music were intoned with utmost care as each inflection of voice has beneficial or adverse effects. Some Vedic mantras are chanted for knowledge, devotion and wisdom, others for spiritual and physical purification. Using sound to transcend is a primary way to attain higher, spiritual consciousness.

In the West, the philosopher, mathematician and musician, Pythagoras of Samos (c. 580 BC), first brought awareness of the power of sound for healing. He declared that the soul could be purified from irrational influences by songs sung to the lyre, saying: "*Music is a stimulus that needs to be processed by the brain because we have receptors for sensing and reacting to music. The act of processing ... in turn affects outputs of the body.*"

Indeed, processing various aspects of music activates multiple brain areas. Appreciating music requires processing by many areas of the brain as its components are broken down, processes utilizing many neural pathways, resulting in large outputs from the nervous system to the various organs.

In all these ways, Anup Jalota's concert was highly enlivening to subtle energy levels. His talent is supreme. He is a great entertainer; a master performer of long experience. To watch him work the audience was a delight. Hindustani music is more than mere nightclub style entertainment, its roots in ancient tradition bring it a power to enliven and heal, absent in other cultures. Understanding those roots and how *Swaras* and *Ragas* relate to our subtle energies may explain how music can be so enlivening and healing to mind and body. ■



(from left) Sri Rabindra Acharya, Dr. Sudheer Deshpande, MP Sri Ananth Kumar, Pujya Guruji, Dr. Nagarathna, Sri AnupJalota, Sri Lahari Venu, Sri Praveen Godkindi, Dr. Manjunath Sharma, Sri Shatrughan Singh



1

Photo 1:  
Pujya Guruji awarding  
Sri Manimaran



2

Photo 2:  
Felicitating  
Smt. Bhanumati  
founder of Art of Living



3

Photo 3 & 4:  
Pujya Guruji  
felicitating a great  
Musicians Sri AnupJalota  
and Sri Praveen Godkindi



4

## Sangeeta Samaradhana





## Healthex International 2013, Arogya Mela 2013 & Yoga Therapy goes to Main Stream

*Witnessed participation of four countries, 120 healthcare companies,  
R&D centers with a growth of 35% in exhibition size and 30% in exhibitor participation*



Healthex International Arogya Mela in International Exhibition Center, Nelamangala, Bangalore

**Bangalore, September 22, 2013:** The fourth edition of Healthex International 2013 and First Edition of Arogya Mela which is organized by Bangalore International Exhibition Services and Association of Healthcare Providers of India (AHPI) was inaugurated by Dr. Sharanaprakash Rudrappa Patil, Minister for Medical Education, Government of Karnataka and H.E. Hans Raj Bharadwaj, Governor of Karnataka and Mr. U.T. Khader, Minister for Health & Family Welfare, Government of Karnataka respectively. The three day seminar-cum-exhibitions were organised from September 5 to September 7, 2013 at Bangalore International Exhibition Centre, Tumkur Road which served as a platform for networking and knowledge sharing, which witnessed participation of national and international companies. The theme of the conference is 'Improving Patient Safety and Reducing Cost of Healthcare'. 'Innovation Pavilion', part of Healthex International 2013 was a key attraction which showcased healthcare innovations by R&D organizations, healthcare

start-up companies, academic institutions, public health institutions, venture capitalists and angel investors. The inaugural ceremony was also graced by eminent personalities such as Dr. Sriprakash. K.S., Vice Chancellor of Rajiv Gandhi University of Health Sciences, Dr. Devi Shetty, Chairman Healthex International 2013, Dr. Prem Nair, Medical Director, Amrita Institute of Medical Sciences and Dr. Giridhar Gyani, Director General, AHPI.

4<sup>th</sup> edition of HEALTHEX INTERNATIONAL 2013 has achieved another milestone by having more than 5000 delegates, healthcare professionals and visitors attending the event. The 4<sup>th</sup> edition of Healthex International has also grown by 35% in terms of exhibition area occupied and 30% in terms of participating exhibitors. The exhibition witnessed participation over 25 - 30 hospitals, 120 healthcare exhibitors which includes healthcare equipment manufacturers, 25-30 R&D companies, diagnostic centers from India, Italy, China, and Singapore. The



innovation pavilion showcased innovative healthcare technology products, equipments, unique procedure methods by high-end research organizations.

Addressing an audience of eminent doctors, physicians and medical students at the inaugural ceremony of Arogya Mela **Chief Guest H.E. Hans Raj Bharadwaj, Governor of Karnataka**, said "Medical profession is one of the noblest ones, doctors should devote some attention and money to the poor. Everything cannot be left to Government, Doctors from private practice should invest time by participating in Government sponsored medical camps to serve the poor."

Speaking on the occasion **Guest of Honor, Mr. U.T. Khader, Minister for Health & Family Welfare, Government of Karnataka** said "I am happy to see all the hospitals coming under one roof and participating in Arogya Mela. This would enable to exchange thoughts and ideas. We can avoid many complexities through preventive care rather than curative care."

On this occasion Governor and Minister for Health & Family Welfare released the book on Patient Safety brought out by AHPI.

Addressing the inaugural ceremony of Healthex, **Chief Guest Dr. Sharanaprakash Rudrappa Patil, Minister for Medical Education, Government of Karnataka**, said "Starting new medical colleges in districts will help to large extent in addressing the needs of people at the district level, who visit primary health centers and community health centres for treatment. With new colleges opening up the need for more doctors can be met. The Karnataka State Government's plan of starting more government medical colleges will take effect from 2014-15, with 6 new ones opening across districts."

**Dr. Devi Shetty, Chairman - Healthex International 2013 and Chairman of Narayana Health**, said, "Most of the clinics in India lack blood banks and at emergencies the hospital staff donate blood to the patients. Whereas under the clinical establishment act this is not permitted. These kind of exhibitions will provide information about the facilities available in the hospitals and the common man can understand the necessity of best healthcare facility, thus enabling the development of society."

### **New at Healthex International**

**Arogya Mela:** Healthex International 2013 had a parallel exhibition on Hospitals, "Arogya Mela"



Governor of Karnataka HH Sri Hansaraj Bharadwaj ji releasing the Souvenir



Healthex Exhibition Lounge

where more than 30 leading hospitals both allopathic & AYUSH participated and offered free medical check-ups to the visitors. It was a joint initiative of Association of Healthcare Providers of India (AHPI) and Times Foundation to spread health awareness and facilitating the interaction of the leading & speciality healthcare providers with the visitors.

**Innovation Pavilion:** India is NOT a leading innovating country in Healthcare, hence we depend heavily on imported products in healthcare. Dr Naveen Visweswaraiyah, an established health researcher & Dr Chinamya Chigateri, a public health professional came up with this idea of adding innovative Pavilion to the fourth edition of Healthex 2013. This new feature of Healthex International provided the platform to Indian start-ups and SME healthcare companies for showcasing their innovative products, ideas, concepts and research to the healthcare professionals. It helped them finding Investors, spreading awareness about “Made in India” Innovations among healthcare industry and connecting with healthcare professionals. More than 25 companies showcased their products, ideas and concepts under this umbrella and was well received by the attendees/visitors.

**Innovation Awards:** To encourage the start-ups and SME companies with Innovations, a parallel conference was organised giving them opportunity to present their case studies and awarding the best innovations during Healthex

International. This year the awards were given to IBIS Healthcare from Ernakulum, PSG Technology from Coimbatore, M S Ramaiah School of Advanced Studies, S-VYASA University and FRLHT from Bangalore.

## Conferences/ Workshops

Healthex International always stands out from other healthcare exhibitions because of its approach to bring the healthcare professionals of different domains and specialities on single platform by multiple conferences and focused workshops. This year Healthex organised three major conferences and two focused workshops on “Involving clinicians for patient safety through clinical audit” & “LEAN HEALTH: for improving efficiency and profitability of a Hospital”. More than 45 speakers shared their knowledge and experience during this sessions.

**“Improving Patient Safety and Reducing Cost of Healthcare”** - Organized by Association of Healthcare providers of India (AHPI), the conference focused on Clinical Governance, Patient Safety, Assessing cost of Healthcare Delivery in Hospital, Maintenance of Equipment and more.

**Startup Spectacle** - With the increase in number of start-up companies in the areas of clinical care, medical devices and other ancillary areas in the healthcare domain, industry experts have recognized that innovation and entrepreneurship have become necessities, rather than just needs, in-order to face the challenges this sector has been demanding, The StartUp Spectacle brought together innovators and entrepreneurs of exclusively the healthcare domain with funding agencies and established companies at the event.

**Realize IT** - Realize IT the healthcare IT



workshop focused on enabling Universal Healthcare in India by 2020. The workshop was organised together with Invest2Care which provided insights on the technological f in Healthcare IT for Doctors, Hospitals and Patients thus covering the entire value chain of the healthcare. Eminent speakers from leading Hospitals, Healthcare IT Companies and consultancy firms delivered lectures and they were well received by delegates.

### **Some of the other Key Features of 4<sup>th</sup> edition were:**

- New Product Launches from leading Healthcare Companies
- International pavilion with a group participation from China
- Visitor Delegations from Tamil Nadu, Andhra Pradesh, Kerala and Karnataka State Government Hospitals and Leading Hospitals of Bangalore

The event was supported by the leading govt. bodies like Department of Health & Family Welfare, Government of Karnataka, NSIC. International bodies like Indian-China Chamber of commerce & Industry, Embassy of Denmark (Trade Council) and Industry associations like AHPI, AIMED, ASIDA, SMTA & MEDSSPA.

### **Notes to Editor:**

#### **Bangalore International Exhibition Services**

BIES is a leading trade fair organizing and managing organization in India delivering quality, efficiency and cost effective solutions for trade fair organizers. BIES offers superior customer service, strategic innovations quality and commitment for profitable growth. BIES combines aggressive strategic marketing at competitive prices to provide the best exhibition organizing

experience for the clients.

BIES believes in developing partnerships with the organizations that are equally passionate about supporting businesses in the rapidly expanding technological world. BIES organizes exhibitions on various industry sectors through a strong exhibition team and powered by the passion of committed employees. BIES has PAN India presence to provide outstanding services to clients

#### **About AHPI:**

AHPI is a conglomeration of entire healthcare providers i.e. hospitals/nursing homes/clinics, diagnostic centres, medical equipment companies, insurance providers and all others that are accountable to the community. The association also works closely with the key stake holders i.e. the Government and the Society to realize the universal health coverage. The association also collaborates and partners with other associations, accrediting bodies, regulatory agencies, councils, research institutions and academic institutions. It also actively works with the government, policy making institutions, various commissions and committees on proposed legislations/regulations and other reforms, which can enable healthcare providers to deliver affordable healthcare services. It will also promote and recognize the highest professional and ethical standards, healthcare service delivery, innovative medical technology and applied research for the betterment of patient safety and community Well Being.



Anvesana Joint Director Dr. Naveen K V  
in Organizing Committee



## SAMANVAYA: CONFERENCE ON ALTERNATIVE MEDICINE



Honorary Guests on Conference on Alternative Medicine at Kolar

**SAMANVAYA** conference on Alternative Medicine was organized on 20<sup>th</sup> & 21<sup>st</sup> September 2013 by Department of Community Medicine, Sri Devaraj Urs Medical College (SDUMC), Kolar, Karnataka, constituent institution of Sri Devaraj Urs Academy of Higher Education and Research - A Deemed to be University (SDUAHER) with the theme **“Enriching Health Care by Integrating Alternative Medicine with Conventional Medicine”**.

Conference was inaugurated by Dr. R. Nagarathna, Ex-Dean, S-VYASA Yoga University, Bangalore, Dr. Ram Manohar, Director, AVP Research Foundation, Coimbatore, Shri R.L. Jalappa, President, Dr. P.F. Kotur, Vice-chancellor, Dr. M.H. Chandrappa, Coordinating Officer, Dr. A.V.M. Kutty, Registrar, of SDUAHER Dr. M.B. Sanikop, Principal, SDUMC, Dr. C. Muninarayana, HOD, Dept. of Community Medicine, Dr. Anil. N.S, Organizing Secretary presided the function.

Dr. P.F. Kotur in his inaugural address highlighted the need of evidence based integrative medicine; SDUAHER is keen to establish the same.

Shri R.L. Jalappa in his

presidential address, narrated his personal experiences, as he benefited by Ayurveda treatment for his poor vision where Boston treatment failed.

Dr. R. Nagarathna, in her keynote address mentioned that, China has successfully integrated its Medicine in Conventional Medical Education curriculum. She also highlighted about AYUSHGRAMA, a public private partnership program initiated by the Government.

Esteemed speakers from AYUSH specialties - Dr. Ram Manohar., Dr. G.G. Gangadharan., Dr. B.S. Prasad, Dr. Manoj Naik, Dr. G. Shivaraman., Dr. Prassana Kumar., Dr. Muninarayana C., Dr. Ramamurthy, Dr. Naveen K.V., Dr. Shyamaraj, Dr. Roohi Z. and Dr. Patil N. J. enlightened through their talk in length of two days conference.



Inauguration by Dr. R Nagarathna Didi



# Geeta Jnana Yajna

In the commemoration of 150<sup>th</sup> birth anniversary of Swami Vivekananda, a special program was conducted in Prashanti Kutiram.

Akash Vedomurthy from Bangalore and Manasmitha from Orissa participated in the recitation of Bhagavadgeeta competition organised by Prof. Ramachandra G. Bhat (Vice chancellor, S-VYASA) at veda Vijnana Gururkulam in Dakshinamury temple, Channenahalli on 8<sup>th</sup> September 2013. Six chapters of Geeta were recited by them and a cash award along with a certificate of Laxmi Amma Memorial was conferred to them on the eve of Ganesha Chaturthi at Prashanti Kutiram with great applause and encouragement.

Also Sri Karibasappa, a teacher of Arogyadhama, Prashanti Kutiram, was blessed by Sri Shankaracharya Mahasamsthanam, Sringeri,

Sharada Peethm: On 29<sup>th</sup> September 2013, at Sringeri Math, all 18 chapters of Bhagavad Geeta was recited in the Sannidhanam. Sri Mahasannidhanam blessed him with Prashasti Patram (Certificate) and a cash award for गीता ज्ञानयज्ञ contest. ■



Award to Akash Vedomurthy



Award to Manasmitha



# Vice Chancellor tour

**Oct 4 & 5:** In the commemoration of 150<sup>th</sup> birth anniversary of Swami Vivekananda, a two day seminar was organised by Vivekananda Educational Society, Chennai on “**Value building is Nation building**”. On the second day of seminar, Dr. Ramachandra G Bhat, VC of S-VYASA, delivered the talk on **Traditional System of Education - Its System, Philosophy and Practice**.



**Oct 8:** Philips International centre for Innovation, Bangalore sector was organized a workshop for all corporates of its centre. VC of S-VYASA addressed the huge gathering through interaction session on Mind Reading and Mind calming technique in the light of Patanjala Yoga Philosophy. This workshop brought out the light of ancient Indian science for modern problems to manage the stressful life.



**Oct 12:** On the occasion of Navaratri celebration, a week long program on “Devi Bhagavata Purana” was organised by Neelakanteshwara Trust, Bagalkot, Karnataka, in the memory of Jagadguru Sri Shankara Shivacharya. Every day, there was a preaching by Sri Vinod, a student from Veda Vijnana Gurukulam as well Yoga and Consciousness of S-VYASA. Dr. Ramachandra G Bhat, VC,

**॥ विद्वान् सर्वत्र पूज्यते ॥**

**स्वगृहे पूज्यते पिता स्वग्रामे पूज्यते प्रभुः ।  
स्वदेशे पूज्यते राजा विद्वान् सर्वत्र पूज्यते ॥**

*svagr̥he pūjyate pitā svagrāme pūjyate prabhuh ।  
svadeshe pūjyate rājā vidvān sarvatra pūjyate ॥*

Swagruhe (In His own House) Parents are respected and adored: Swagraame (In his own village) a landlord or a rich man is respected and adored. Swadeshe (in his own kingdom) the king is respected and adored. But a Vidhwan (a scholar) is respected and adored all over the world.

The Parents provides all the needs of the children, and the children love their parents, and respect them. (A conditional Love)

The landlord in the village is very rich, and influential, and as such the villagers respect them. (Prabhu). Here again that respect is conditional.

The king is very powerful, and as such the countrymen fear and respect the king, but only within that kingdom.

Whereas the Vidhwan not just a scholar. A man who is very proficient in any skill, whether in Vedanta, Art, Literature, Games, an exponent of Religious matters, Music etc. can be classified as Vidhwan. Such vidhwan’s fame and respect cross all borders, irrespective of which country they belong to.



S-VYASA, addressed the gathering on the



day of valedictory, brought out the spiritual significance in the light of Devi Bhagavata Purana for present family system of society.

**Oct 15 - Children University:** The University exclusively dedicated for the research, education, training and extension to extend the hands to all round development of a child to maintain the purity of progeny in India. Dr. Ramachandra G Bhat is a member of chief advising committee, delivered the talk on child education based on the scriptures stressed on **Adhisheela, Adhichitta** and **Adhiprjna**, the three stages of learning process. The Vice Chancellor Sri Harshad Shah and all other members involved in this discussion session with the invocation of Saraswati Prayer.



**Oct 16 - Maheshananda Giri Advaita Peetha, Mount Abu, Rajasthan:**

It was a sense of satisfaction when we entered the premises of Swami Maheshananda Giri, one of the most revered Paramhansa saint of

the twentieth century, a great exponent of Vedanta. We had the discussion with Swami Mitrananda on the greatness of Swamiji. On the same day, Dr. Ramachandra G Bhat, delivered the talk on ancient education system in the light of Advaita Vedanta at Adarsha Vidyapeetha.



**Oct 17 - Lakulesh Yoga University:** We had the discussion with the president and Vice Chancellor of the University. The mutual talks between Prsident Sri Dinesh Ameen and Vice Chancellor Sri Bansidhar Upadhyaya appreciated S-VYASA for its world class achievements in the field of Yoga research, therapy and education. In future, it would like to have memorandum of understanding (MOU) with research, education and therapy.



Prashanti Kutiram, Oct 1:  
Yakshagana performance,  
**Veera Abhimanyu**  
by Sri Mahaganapati  
Yakshagana Mandali, Nidle



## Vanamahotsava

Sept 23 - 30: A Weeklong Program



Prashanti Kutiram, the H.Qrs. for S-VYASA Yoga University was once a green hub. Over a period of time due to cyclonic effect, development & construction of buildings etc., we have lost some of the greenery. It was decided not only to replace but to add some more to these numbers. Accordingly, some of the saplings were bought from Nurseries. Cuttings from our own collections were mobilized. All the students lead by respective Faculty assembled at the outer-ring-road of the campus on 23 Sept

2013, prepared ground for planting by clearing bushes, leveling etc.

On 23.09.2013, Monday at 4PM all assembled at the main entrance of Prashanti Kutiram with all enthusiasm. Mr. Ramesh Kapur ji (well-wisher of Prashanti) inaugurated the Vanamahotsavam by planting a Jackfruit Sapling, Prof. K Subramanyamji (Pro-vice-chancellor), Dr. Sudheer Deshpande (Registrar) and all other Faculty, Students, some of the staff members followed and planted more than 200



saplings like Jackfruit, Neem, Papaya, Atti, Nerale, Amla etc., On the double road divider more than 250 flower plants were planted. The students joined the event with very enthusiasm. The experience encouraged the organizers to continue the event every year. ■





# Walkathon

Mahathma Gandhi and Lal Bahadur Shastri Jayanti  
150<sup>th</sup> Birth Anniversary Celebrations of Swamiji

Oct 2: S-VYASA organized a 'Walkathon' to celebrate Gandhi Jayanti, Lal Bahadur Shastri Jayanti & 150<sup>th</sup> Birth Anniversary Celebrations of Swami Vivekananda. Prof. Ramachandra G Bhat, Vice Chancellor, Dr. H R Nagendra, Chancellor of the University inaugurated the walkathon by offering flowers to the photos of the three great patriots, mounted on a truck. All the Students, Teaching & Non-Teaching staff of Prashanti Kutiram commenced the walkathon at 9am under the leadership of Guruji, walked through North Gate covered Giddenahally, Kallabalu, Manchenahally and reached the main gate by 11.30am.



The Walkathon was to create awareness about the 'Stop Diabetes Movement - SDM' and the S-VYASA activities viz. Courses, Arogyadhama to the people of villages around Prashanti Kutiram. Literature regarding Stop Diabetic Movement, Arogyadhama activities, Ayurveda treatment by Sushrutha College Hospital etc. were distributed to each household on the route, with slogans by the students, teachers. VASK, Yoga Center's Students were singing Bhajans, Patriot Songs throughout the procession which spread a patriotic fervor around the area.

In the midst of the walkathon, Mr. Rajesh Acharya and others spoke about the activities of the Prashanti Kutiram, Sushrutha College etc. which are beneficial to the villagers and requested them to make best use of the same.



It was a great satisfaction that the Birth Anniversaries were celebrated meaningfully. ■



# Durga Puja



(from left) Ganeshji, Maa Lakshmi, Maa Durga in the middle Maa Saraswati and Subrahmanya Swami

**Prashanti Kutiram, Oct 10-14:** In India, more significance has been given to the festivals because of the day on which a particular festival is celebrated has a special astrological significance. So, the sadhaka can easily tune himself to a particular diety or God or goddess. There are many festivals which are very famous in India like Ganesha Chaturti, Navaratri, Dipavali, Sri Rama Navami and Ugadi etc. Among all the festivals, Navaratri is the longest and very important festival.

The literal meaning of Navaratri is Nava

means nine and Ratri means night, nine nights festival in which nine forms of Goddess Durga is worshipped. These navaratri can be celebrated five times in a year. They are **Vasanta Navaratri, Ashadha or Gupta or Shakambhari Navaratri, the Sharad Navaratri, the Paush and Magha Navaratri.** Among these, the Sharad Navaratri is most important.

Sharad Navaratri is celebrated in the first day of the bright forth night of the Lunar Ashwina or Ashwayuja month, as it is celebrated during Sharad (beginning of winter, September-October).



Devas and Devatas arrived to have a look of Dussera

These Navaratri are categorized into three different aspects. Each three days for each three different goddesses namely Durga, Lakshmi and Saraswati. The first three days are for the worship of Goddess Durga, also known as Kali who destroys all Asuri gunas and imbibes daivi gunas. Next three days for Lakshmi who is the giver of worldly wealth and spiritual wealth and the last three days for Goddess Saraswati who is the Goddess of wisdom.

In Prashanti Kutiram, with blessings of Mother Goddess, the celebrations of Sharad Navaratri has taken



Chandi Havanam



Ayudha Puja

the chandi homa has been performed. All the weapons (Ayudhas), starting from stethoscope to generator set up, motor vehicle to immovable Anveshana instruments in the respective places on Navami (13 october 2013), were worshipped. On 14 oct 2013, Dashami, in order to call her back next year we left her in Viveka Sarovara.



Vande Saraswati Mataram

The entire celebration was so colorful that all the students, staff, Sevavratis and Arogyadhama participants participated and enjoyed immensely. The idol exhibition (Bombe pradarshana) was most attractive piece with full of lights and colors. It was the integrated effort of spirituality division, program committee of VYASA, especially group of festivals from West Bengal, Odisha and so on. It would not have been successful without the support of Acaryas from Gurukula. We thank all the Bhakta Mahashayas and pray Durga ma again to bless us for growth and peace.

place with tremendous energy, devotion and dedication. The Durga Pratishthanam (Installation of Goddess Durga's statue) was done on Shashthi tithi (10 october 2013). It was powerful evening on Saptami when the Purohitis recited Durgasaprashati for nine times in Prayer hall followed by Saraswati Puja and next day (12 Oct 2013) on Ashtami



Jaya Jaya Durga Maa



## News from VYASA, Tollygunge, Kolkata September, 2013



A look of Holistic Health Conference

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

From 2<sup>nd</sup> September 2013, 21<sup>st</sup> Batch of *Foundation Course in Yoga Science for Wellness (FCYScW)* was started.

On 7<sup>th</sup> September 2013, a **teacher's meet** held at Eknath Bhawan for the teachers of VYASA Tollygunge and VYASA Salt Lake. It was presided by the Chairman of VYASA Kolkata.

On 9<sup>th</sup> September Shree **Ganesh Puja** was celebrated by Team VYASA.

On 17<sup>th</sup> September **Sri Viswakarma Puja** was celebrated.

On 27<sup>th</sup> & 28<sup>th</sup> September **VYASA Kolkata** took part in a **Holistic Health Conference** organized by **Indian Chamber of Commerce** at Hotel Hyatt Kolkata. On its inauguration day **Dr Than Zaw Myint**, Director General, Department of Medical Science, The Government of Republic of the Union of Myanmar was the chief Guest and **Mr. Imkong L Imchen**, Hon'ble Minister, Health & Family Welfare, Govt. of Nagaland and **Ms. Chandrima Bhattacharya**, Hon'ble Minister, Health & Family Welfare, Govt. of West Bengal were the Guests of Honour.

On the valedictory function **Mr. Goutam Ghosh**, IAS, Director General AYUSH, Department

of Health & Family Welfare, Govt. of West Bengal and **Dr Jayaram Hazra**, Director National Research Institute of Ayurvedic Drug Development held the special sessions. The Main focus of the sessions were building a Holistic community with greater role for preventive Health Care practices, Holistic Health Care using AYUSH, Global trends in alternative medicines, Investment opportunities for healthcare ventures, Quality Assurance certification & Standardization and Models for educating masses on AYUSH etc.

Yoga publications stall of SVYP books, VCDs, MP3s and **Gas Discharge Visualization (GDV)** check up arranged by **S-VYASA University** was the main attraction of the programme.

On 29<sup>th</sup> September 2013, a **teacher's meet** held at Eknath Bhawan for the teachers of VYASA Tollygunge and VYASA Salt Lake. It was presided by the Chairman of VYASA Kolkata. Committee member Mr. Suresh Kejriwal was also present.

On 30<sup>th</sup> September 2013, 21<sup>st</sup> Batch of *Foundation Course in Yoga Science for Wellness (FCYScW)* was concluded.

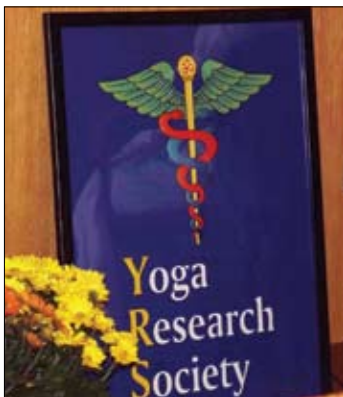


VYASA in HHC



## Dr. H R Nagendra accompanied by Prof. Alex Hankey

Advising  
VYASA Centers in the USA



**Fig 1:** Yoga Sutras Seminar in Jefferson College Phildeophia

The One Day Seminar on Yoga Sutras held on 7<sup>th</sup> September at Jefferson College in Philadelphia organized by Jefferson's Yoga Research Society (Figure 1) under Dr. Pratap, Marc Goldberg, and

Barbara, ably assisted by Dr. Veena Gandhi and Dr. Senthamil Selvan, was truly one of the highlights of Dr. Nagendra's US tour from 20<sup>th</sup> August to 9<sup>th</sup> September (see Yoga Sudha, October 2013). It gave Dr. Nagendra (Figure 2) the chance to transmit the full depth of his wisdom to an audience already familiar



**Fig 2:** Dr. Nagendra Lecturing on Patanjali's Yoga Sutras

with some of the essence of Maharshi Patanjali's teachings (Figure 3).

One result of the success of the seminar was great demand for S-VYASA books and DVD's



**Fig 3:** Seminar Participants follow Guruji's instructions on how to attain Samadhi

describing the application of the Integrated Approach to Yoga Therapy (IAYT), its bespoke system of Yoga Medicine, to various pathologies. (Figure 4)

A highlight of the day was the meeting (Figure 5) between Dr. Nagendra and the redoubtable Dr. Pratap, a staunch proponent of the



**Fig 4:** Increased Sales of S-VYASA's Books and DVD's



wisdom of the Veda's, and one of the stalwarts responsible for promoting the seminar and ensuring its success.

Another highlight of the stay in Philadelphia was meetings held with Dr. Selvan Senthamil of Jefferson's Department of Oncology whose interest in Yoga particularly stems from meeting Guruji, and who stayed with team, spending the day before the seminar discussing how to progress.

Flourishing S-VYASA research programs on Yoga therapy to improve quality of life of cancer patients to higher levels of understanding and efficacy. As a promoter of Jefferson's Yoga Research Society, Dr. Selvan gave a persuasive account of his proposals for new programs and research on Yoga and Cancer during his talk at the Yoga Sutras Seminar (Figure 6).

Finally, the seminar was addressed by Prof Alex Hankey (Figure 7) who showed how the same processes in complexity biology explain optimization of biological regulation, how meditation improves health, and the sensitivity of biological systems to quantum correlations. The latter he has used to account for the extraordinary new research results obtained by



Fig 5: Dr. Nagendra and Dr. Pratap

S-VYASA PhD student Ramesh Rao Narayan, indicating that the Jyotish Grahas can influence microbiological processes, specifically that almost 80% of their natural variations are due to the influence of Chandra, Guru and Rahu

The seminar seemed a fitting ending to a long and fruitful tour, supported by the hard work and enthusiasm of so many S-VYASA stalwarts, as reported at length in the previous issue.



Fig 6: Dr. Selvan Senthamil addresses the Yoga Sutras Seminar Audience



Fig 7: Professor Alex Hankey speaks on the Theme: Optimal Regulation is Optimal Health

### Erratum

In the Yoga Sudha October Issue, our picture from Dr. Dilip Sarkar in Norfolk VA wrongly identified Dr. Abha Gupta at the left hand side of the picture, as the Dr. Adarsh Deepak's wife, who was, in fact, taking the picture. Dr. Abha Gupta teaches Yoga with Dr. Sarkar in the Tidewater area of Virginia.





# YOGA FOR HEALTH

Physical, Mental, Social and Spiritual

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

Nov 23 -24, 2013 | Melbourne, Australia

**TOPIC:** Yoga and Mental Health  
*The event will be a combination of both theory and practice*

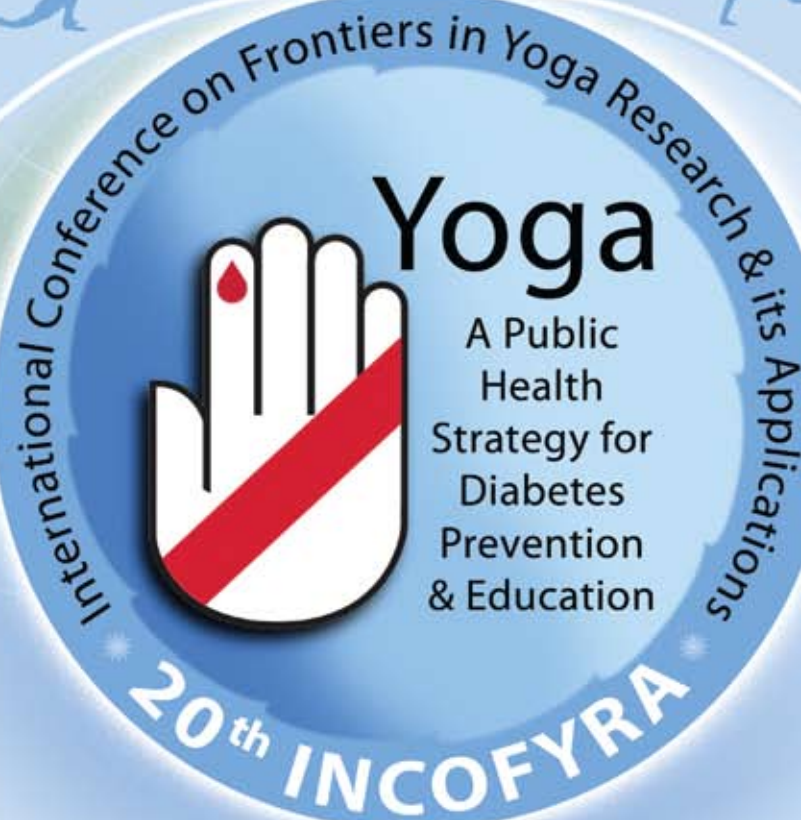
## New Short Term Courses of S-VYASA

SNo	Course	Code	Days	Time	Fee Rs
<b>1 Day Module</b>					
1	Stress Management Module	SMM	Saturday	9am - 4:30pm	1500
2	Pranic Energisation Technique 1	PET 1			1500
3	Mind Sound Resonance Technique 1	MSRT 1			1500
4	Mind Imagery Technique 1	MIRT 1			1500
5	Mastering Emotions Technique 1	MEMT 1			1500
6	Vijnana Sadhana Kaushala 1	VISAK 1			1500
7	Anandamruta Sinchana 1	ANAMS 1			1500
<b>2 Days Module</b>					
1	Self Management of Excessive Tension	SMET	Saturday Sunday	9am - 4:30pm	6500
2	Pranic Energisation Technique 2	PET 2			6500
3	Mind Sound Resonance Technique 2	MSRT 2			6500
4	Mind Imagery Technique 2	MIRT 2			6500
5	Mastering Emotions Technique 2	MEMT 2			6500
6	Vijnana Sadhana Kaushala 2	VISAK 2			6500
7	Anandamruta Sinchana 2	ANAMS 2			6500
<b>3 Days Module</b>					
1	Advanced-Stress Management Technique	A-SMET	Friday - Sunday	9am - 4:30pm	10,000
2	Advanced-Pranic Energisation Technique	A-PET			10,000
3	Advanced-Mind Sound Resonance Technique	A-MSRT			10,000
4	Advanced-Mind Imagery Technique	A-MIRT			10,000
5	Advanced-Mastering Emotions Technique	A-MEMT			10,000
6	Advanced-Vijnana Sadhana Kaushala	A-VISAK			10,000
7	Advanced-Anandamruta Sinchana	A-ANAMS			10,000
<b>7 Days Module</b>					
1	SMET Rejuvenation		Monday - Sunday	9am - 4:30pm	15,000
2	PET & Health Rejuvenation				15,000
3	MSRT & Health Rejuvenation				15,000
<b>1 Month Module</b>					
1	Teachers Training Course <i>(for SMET, PET, MSRT, MIRT, MEMT, VISAK, ANAMS)</i>	TTC	2 <sup>nd</sup> of every Month to 30 <sup>th</sup>		25,000

**Contact ADDRESS:** Vivekananda Yoga Anusandhana Samsthana, The Manager, 'Eknath Bhavan', #19, Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019, INDIA

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*In Commemoration of 150<sup>th</sup> Birth Anniversary of Swami Vivekananda*



International Conference on Frontiers in Yoga Research & its Applications

# Yoga

A Public Health Strategy for Diabetes Prevention & Education

20<sup>th</sup> INCOFYRA

## 20<sup>th</sup> International Conference on Frontiers in Yoga Research and Its Applications

THEME

**YOGA: A Public Health Strategy for Diabetes - Prevention and Education**

Jan 2 - 5, 2014

Prashanti Kutiram, International Headquarters of VYASA, Bengaluru

Organised by:

Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru

In technical collaboration with



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

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

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## CONFERENCE PROGRAMS @ A GLANCE

DATE	PROGRAM
June 21, Sept 11 & Nov 14; 2013	Pre-Conference Programs (All over the world)
Dec 26-30, 2013	Spiritual Retreat by Swami Dayananda Saraswati ji
Dec 27-31, 2013	Pre-Conference Workshops
Dec 27-29, 2013	Himalaya Olympiad
Jan 2-5, 2014	Main Conference
Jan 6-10, 2014	Post- Conference
Jan 2-10, 2014	Arogya Expo: Health Exhibition

## CALL FOR PAPERS

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

Last date for submission of Abstracts	Sept 30, 2013
The Papers will be peer reviewed and acceptance or otherwise will be intimated before	Oct 15, 2013
Last date of submission of Full Papers	Dec 1, 2013

- Send your abstracts to **incofyra20@gmail.com**

## CONFERENCE REGISTRATION

Register earlier before July 30<sup>th</sup> to gain maximum concession

Individual Programs	Dates	SAARC Centers	
		Before Oct 10 in ₹	After Oct 10 in ₹
Pre-Conference	Dec 27-31, 2013	7,000	9,000
Main Conference	Jan 2-5, 2014	3,500	4,500
Post Conference	Jan 6-10, 2014	7,000	9,000
All 3 Programs	Dec 27, 2013 & Jan 10, 2014	12,500	15,000
Day Rate for Conference		1,100	1,500
Special Event	Jan 5, 2014	500	700

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

## FOR MORE DETAILS CONTACT

- Organising Secretary: Dr Hemant Bhargav | cell: +91 87620 19348
- Address: The Manager, 'Eknath Bhavan', #19, Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019  
ph: +91-80-2661 2669 | telefax: +91-80-2660 8645 | e-mail: incofyra20@gmail.com

## CONFERENCE OBJECTIVES:

1. Disseminate research findings in the field of Yoga for Diabetes Mellitus and give directions to future research
2. Provide the evidence required to integrate Yoga therapy with conventional care for diabetes mellitus
3. Establish national and international working groups comprising universities, health care providers and policy makers to initiate collaborative research programs
4. Enhance health care provider - industry partnerships to develop programs integrating diabetes care products with those of yoga lifestyle
5. Thus, evolve and engage in a nation-wide Stop Diabetes Movement for diabetes prevention and education to unseat India from its deplorable position as the 'Global Capital of Diabetes'



## PRASHANTI KUTIRAM

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The international

headquarters of VYASA

is a spacious campus of 100 acres with a serene atmosphere and natural beauty in a rural setting thirty kilometers south of the city of Bangalore.

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