

YOGA SUDHA

A Monthly Journal of S-VYASA (Deemed to be University)



**Atalji's
Soul may
Rest in Peace**





S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana

Deemed to be University u/S 3 of the UGC Act, 1956

'Prashanti Kutiram', Jigani, Bengaluru - 560 105

Division of
Yoga
Spirituality

Short Term Courses Residential Weeklong (*Saptaha*) Courses: 2018

1. **Sadhana Retreat:** Sandhya, Agnikarya and Puja Vidhi - (Veda Chanting, Yoga Theory and practical Sessions, Bhagavad Gita (*Satsang*), Bhajans etc, Demo with practices) - 30 hrs
2. **Advance Sadhana Retreat:** Yoga classes, Upanishad based meditations, Samskrita Sambhashana, Veda Chanting) - 30 hrs
3. **Upanishad-s** - 30 hrs
4. **Darshana-s** - 30 hrs
5. **Yoga Texts:** (Bhagavadgita, Patanjali Yoga Sutras, Shiva sutras, Hatha Yoga Pradeepika) - 30 hrs

Salient Features of Courses: Only 25 Admissions in a Group offered in Alternate Months.

Fee structure: Residential Weeklong (*Saptaha*) Courses:

- Indian Students (25 no) - ₹ 10,000 / Week
- Foreign students - US\$ 200 / Week

Weeklong Program:

Monday to Friday - Feb, April, June, August, October, December - 3rd Week of the month

5 Members of Faculty:

Dr. H R Nagendra Ji, Dr. Ramachandra G Bhat Ji, Dr. M K Sridhar
Dr. Manjunath G & Sri Rajesha H K

Samakritam:

1. Level 1 - Samskritam Alphabet, basic sentence structure for daily conversation, selected Subhashita-s (verses) with meaning for healthy life style, commonly used selected words and their declensions) - 30 hrs
2. Level 2 - (Basic grammar, selected sections of the grammar for better structuring of sentences in Samskritam) - 30 hrs

Upanishas and Darshana-s

1. Introduction to Upanishad-s and Practices - 10 hrs
2. One Upanishad in full (Isha, Kena, Prashna, Aitareya, Mundaka and Mandukya) - 20 hrs
3. Katha or Taittiriya Upanishat - 20 hrs
4. Brihadaranyaka or Chandogya - 25 hrs
5. Darshana-s - 25 hrs (Intro to Indian Philosophy, Nyaya, Vaisheshika, Samkhya, Yoga, Purva Meemamsa, Uttara Meemamsa (Advaita, Vishishtadvaita, Dvaita), Charvaka, Bauddha, Jaina)

Minimum of
10 Students per Course
is expected

Course Coordinator
Sri Rajesha H K
+ 91 94804 78952
rajesh.hk@svyasa.org

तं विद्यादुःखसंयोगवियोगं योगसंज्ञितम्
YOGA SUDHANA

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Editor
Dr. H R Nagendra
Chancellor, S-VYASA
Bengaluru

Asst. Editor
Dr. Aarti Jagannathan

Publisher
Mahadevappa B

Printer
Chandrashekar V
Sharadh Enterprises
Car Street, Halasuru,
Bangalore - 560 008
ph: 080 - 2555 6015
sharadhenterprises
@gmail.com

S-VYASA
Deemed to be
University
'Eknath Bhavan',
19, Gavipuram Circle,
Kempgowda Nagar,
Bengaluru - 560 019
ph: 080 - 2661 2669
telefax: 080 - 2660 8645
e-mail: info@svyasa.edu.in
www.svyasa.edu.in

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EDITORIAL

Atalji had touched the hearts of all sections of the society during his tenure as Prime Minister which resounded in the tributes paid by one and all in his house after his demise. As one of the key builders of our nation, he led Bharatiya Janata Party to great heights. To continue the legacy, Prime Minister, Shri Narendra Modiji was trained by him as his dedicated disciple. In this issue of Yoga Sudha, we present some of the salient features of his personality.

The emergence of Inter University Centre for Yogic Sciences by MHRD is a great boost to the standardisation efforts of Yoga Curricula in the higher education system. We congratulate the Hon'ble Union Minister of Human Resource Development, Shri Prakash Javadekar on one hand and the Chairman of UGC, Dr. D P Singh on the other hand for this unique added dimension in Man-Making Education System in UGC. We give in this issue, the key details including the objectives, functions and the structure of this IUCYS registered as a Society in Bengaluru.

While the Ministry of AYUSH has taken over the process of Accreditation of Yoga Instructors from QCI forming a Yoga Certification Board (YCB). Dr. Ishwar Basavaraddi, the Director of MDNIY, New Delhi, who has been involved in this process of accreditation right from the beginning has been made the Member Secretary to give a big boost to this venture improvising the process of accreditation of Yoga personnel who have not got any formal education in Yoga. Level 1 (Instructor) and Level 2 (Yoga Teacher) accreditation by QCI has been expanded to three levels as a first step. More are in the offing to accredit Yoga Therapists, etc.

For accreditation of Departments of Yoga and Universities of Yoga, MHRD has set up the processes through NAAC. Thanks to the diligent and dedicated efforts of NAAC

headed by its dynamic Director, Dr. S C Sharma, the processes of accreditation has been finalised for the whole country. Some details of the same have been included in this issue. NAAC is forging ahead to become the first accrediting body for all the Programs, Departments, Colleges and Universities of Yoga coming up all over the world after the emergence of International Day of Yoga on June 21st celebrated every year all over the world. A World Summit for the same is being planned in UNO in the next few months. This issue of Yoga Sudha gives some glimpses into these new breakthrough efforts of MHRD.

S-VYASA has launched a program of a year-long Diploma Course for Training Serious Sadhakas of Yoga into its advanced techniques starting soon. We invite all such persons who are desirous of learning and practicing Yoga in its depth are most welcome to contact us. This course is essentially directed by Dr. H R Nagendra with his team of experts in the field.

Thanks to the opportunity given to S-VYASA by MHRD through UGC, the University is setting up Learner Support Centres (LSCs) of S-VYASA all over the country and abroad for scaling up its courses through Distance Education, On-line delivery processes. More details of the same will be in the October issue of Yoga Sudha.

We place on record the contributions of all Yoga Institutions coming forward to join hands with Indian Yoga Association (IYA) synergising the efforts of all Yoga Institutions in the country. As one of the founding members of IYA, The Yoga Institute of Santa-Cruz is celebrating its 100th Anniversary this year.

■ *Dr H R Nagendra*





S-VYASA
Deemed to be
University



SVYASA is starting a New Course
PG Diploma in Integrated Onco Palliative Care
with High Employability Potential

Course will be offered in Two Flavors (with Eligibility)

- for **Care Supervisors** (MBBS, BAMS, BNYS, BHMS, BUMS)
- for **Care Givers** (Nursing, Physio, PGDYT, MSc-YT, BSc-YT)

Delivery of the Course will be in Non-Residential Format

There is a huge demand for

optimally skilled Palliative Care-Supervisors & Care Givers

- It is estimated that one million new cases of Cancer occur each year in India, with over 80% presenting at Stage III and IV
- It is estimated that less than 3% of India's Cancer patients have access to adequate palliative care.

Additionally, Governments are working towards creating 10 Beds in each AYUSH Hospitals for Palliative Care

Scope for Both Type of Employment

- Self-employment
- Institutional Employment

Duration: The minimum duration of the programme will be 1 yr (2 semesters) and the maximum duration will be 2 yrs.

Contact: S-VYASA Admission Office

'Prashanti Kutiram', Vivekananda Road, Kalluballu Post
Jigani, Anekal Taluk, Bengaluru - 560 105
Ph: +91-080-2263 9968, 96327 53030

E-mail: admissions@svyasa.org

www.svyasa.edu.in

25-12- 1924

16-08-2018



From Politicians to Celebs, the Nation Mourns the Passing of **Bharat Ratna Atal Bihari Vajpayee – A Tribute**

What words do you use to describe a man whose words are quoted by millions? The passing of former Prime Minister Atal Bihari Vajpayee drowns the nation and Indians the world over, in deep sorrow and mourning.

A legendary statesman, an enthralling orator, a man whose poems could evoke strong emotions... and yet, a man oozes simplicity.

The legacy of Bharat Ratna Atal Bihari Vajpayee is that love and respect for him transcended politics. And this is evident from the tributes that poured in, in the wake of his passing.

From politicians, business tycoons, and journalists to sportsmen, Bollywood celebrities and TV actors, Vajpayeeji had managed to touch so many hearts. And all these people came together to celebrate his life and what he stood for. On Vajpayee's 90th birthday, Modi led the BJP's Govt declared as Good Governance Day.



Few Quoting on Legendry...

Extremely sad to hear of the passing of Shri Atal Bihari Vajpayee, our former Prime Minister and a true Indian statesman. His leadership, foresight, maturity and eloquence put him in a league of his own. Atalji, the Gentle Giant, will be missed by one and all.



Shri Ramnath Kovindji
President of India

में निःशब्द हूं, शून्य में हूं, लेकिन भावनाओं का ज्वार उमड़ रहा है। हम सभी के श्रद्धेय अटल जी हमारे बीच नहीं रहे। अपने जीवन का प्रत्येक पल उन्होंने राष्ट्र को समर्पित कर दिया था। उनका जाना एक युग का अंत है। लेकिन वो हमें कहकर गए हैं - “मौत की उमर क्या है? दो पल भी नहीं, जिंदगी का सिलसिला आज कल का नहीं, मैं जी भर जिया, मैं मन से मरूं, लौटकर आऊंगा, कूच से क्यों डरूं?”



Shri Narendra Modiji
Prime Minister

All of us who knew Mr. Atal Bihari Vajpayee are saddened to hear of his passing away. He was a great leader with a great sense of compassion and humor. He will be remembered fondly by a vast number of us.



Shri Ratan N Tata
Chairman, Tata Group

ಭಾರತ ರತ್ನ, ಪದ್ಮವಿಭೂಷಣ, ಅಜಾತಶತ್ರು ಅಟಲ್ ಬಿಹಾರಿ ವಾಜಪೇಯಿಯವರಿಗೊಂದು ನುಡಿನಮನ ದೇಹ ಅಳಿಯಿತು - ವಿಚಾರ ಉಳಿಯಿತು - ಮಾತಿಗೆ ನಿಲುಕದ ಮಾಣಿಕೈ ಅಮರವಾಯಿತು

ಅಟಲ್ ಬಿಹಾರಿ ವಾಜಪೇಯಿ (25 ಡಿಸೆಂಬರ್ 1924 - 16 ಅಗಸ್ಟ್ 2018) ಯವರು ಭಾರತದ ಮಾಜಿ ಪ್ರಧಾನಮಂತ್ರಿ, ಪ್ರಾಚಾರರಾಜಕಾರಣಿ, ಪತ್ರಕರ್ತ, ಚಿಂತಕ, ದಾರ್ಶನಿಕ, ಶ್ರೇಷ್ಠ ಸಂಸದೀಯ ಪಟು, ವಾಗ್ಮಿ, ಕವಿ, ನೇತಾರ ಹಾಗೂ ಜನನಾಯಕ. ಮೂರು ಬಾರಿ ಭಾರತದ ಪ್ರಧಾನಮಂತ್ರಿಯಾಗಿ, ಇದಕ್ಕೂ ಮುಂಚೆ ವಿದೇಶಾಂಗ ಸಚಿವರಾಗಿ, ವಿರೋಧ ಪಕ್ಷದ ನಾಯಕರಾಗಿ, ಕಾರ್ಯ ನಿರ್ವಹಿಸಿದ್ದರು. ತಮ್ಮ ಸಭ್ಯತೆ, ಹಾಸ್ಯ ಪ್ರಜ್ಞೆ, ಉದಾರ ವ್ಯಕ್ತಿತ್ವ ಮತ್ತು ನಡವಳಿಕೆಗಳಿಂದ ಅತ್ಯಂತ ಜನಪ್ರಿಯ ನಾಯಕರಾಗಿದ್ದರು. ರಾಷ್ಟ್ರೀಯ ಪ್ರಜಾಸತ್ತಾತ್ಮಕ ಕೂಟದ ಅಧ್ಯಕ್ಷರಾಗಿಯೂ ಕಾರ್ಯ ನಿರ್ವಹಿಸಿದ್ದರು.



ಮೂರು ಬಾರಿ ಭಾರತದ ಪ್ರಧಾನ ಮಂತ್ರಿಯಾಗಿ ಸೇವೆ ಸಲ್ಲಿಸಿದ್ದ ವಾಜಪೇಯಿಯವರು, ನಾಲ್ಕು ದಶಕಗಳ ಕಾಲ ಸಂಸತ್ ಸದಸ್ಯರಾಗಿದ್ದರು. ಭಾರತೀಯ ಜನಸಂಘದ ಸಂಸ್ಥಾಪಕ ಸದಸ್ಯರಲ್ಲಿ ಒಬ್ಬರಾಗಿ ರಾಜಕೀಯ ಜೀವನ ಆರಂಭಿಸಿದ್ದ ಈ ಯುಗಪುರುಷ, ಆರೋಗ್ಯದ ಕಾರಣ 2005 ರಲ್ಲಿ ರಾಜಕೀಯ ನಿವೃತ್ತಿ ಪಡೆದರು. ಸುಮಾರು 50 ವರ್ಷಗಳ ಕಾಲ ಸ್ವಚ್ಛ ರಾಜಕೀಯ ಬದುಕು ಕಂಡ ಕವಿ ಹೃದಯದ ಮಾನವತವಾದಿ, ನಮನ್ನೆಲ್ಲಾ ಅಗಲಿದ್ದರೂ ಅವರ ಜೀವನ ಪಾಠೇಯ ಮತ್ತು ವಿಚಾರಧಾರೆ ಎಲ್ಲರ ಮನದಲ್ಲಿ ಶಾಶ್ವತವಾಗಿ ಉಳಿಯುವಂತದ್ದು.

ಪ್ರಧಾನಮಂತ್ರಿ ನರೇಂದ್ರ ಮೋದಿಯವರಿಗೆ ರಾಜಧರ್ಮ ಬೋಧನೆಮಾಡಿ ಮುಂದಿನ ಪೀಳಿಗೆಗೆ ಅನೇಕ ಸಮರ್ಥ ರಾಜನೇತಾರರನ್ನು ರೂಪಿಸುವಲ್ಲಿ ಯಶಸ್ವಿಯಾಗಿದ್ದಾರೆ. ಜೈ ಜವಾನ್, ಜೈ ಕಿಸಾನ್ ಜೊತೆಗೆ ಜೈ ವಿಜ್ಞಾನ್ ಎಂಬ ಧೀರವಾಣಿಯೊಂದಿಗೆ ಪೋಖ್ರಾನ್ ಅಣುಪರೀಕ್ಷೆ, ಪಾಕ್‌ನೊಂದಿಗೆ ಸಂಬಂಧ ಬೆಸೆಯುವ ಸಾರಿಗೆ ವ್ಯವಸ್ಥೆ, ಪ್ರಧಾನಮಂತ್ರಿ ಗ್ರಾಮ ಸಡಕ್ ಯೋಜನೆ, ಸುವರ್ಣ ಚತುಷ್ಟಯ ಯೋಜನೆ, ಸರ್ವ ಶಿಕ್ಷಾ ಅಭಿಯಾನ ಮುಂತಾದವು ವಾಜಪೇಯಿಯವರ ದೂರದೃಷ್ಟಿತ್ವದ ಫಲವಾಗಿವೆ. ಏಕಾಂತದಲ್ಲಿ ಸಾಧನೆಗೈದು, ರಾಷ್ಟ್ರೀಯ ಸ್ವಯಂಸೇವಕ ಸಂಘದ ಒಬ್ಬ ಸಾಮಾನ್ಯ ಸ್ವಯಂಸೇವಕನಾಗಿ ಲೋಕಕ್ಕೆ ಪರೋಪಕಾರಿಯಾಗಿ ಸಾರ್ಥಕ ಬದುಕು ಸವೆಸಿದ್ದ ಈ ಜೀವ ಅಮರವಾಗಿಲಿ. ಜನಮಾನಸದಲ್ಲಿ ಭಾರತದ ಹೆಸರಿರುವವರೆಗೆ ನಿತ್ಯನೂತನವಾಗಲಿ.



ब्रह्मसूत्रम् (Brahmasūtram)

■ Prof. Ramachandra G. Bhat
Vice Chancellor

S-VYASA Deemed to be University, Bengaluru



सर्ववेदान्तप्रत्ययं चोदनाद्यविशेषात् (ब्रह्मसूत्रम्-३-३-१)

Sarvavedāntapratyayam codanādyaviśeṣāt (Brahmasūtram-3-3-1)

Meaning: (The Vidyas or the Upasanas) described in the various Vedanta texts (are not different but identical) on account of the non-difference of injunction, etc., (i.e., connection, form and name).

This is one of the very important chapters where *Para* and *Apara* Brahma Vidya (*Upasana*) is discussed in detail. *Para-brahma* is beyond mortality and attributes whereas *Apara-brahma* is objectified by attributes and limitations, which is similar to a cube of salt or sugar, having Brahma inside and outside.

The topic of discussion here is to understand the statements regarding two types of Brahma; *Saguna* (with attributes) and *Nirguna* (without attributes). In some contexts of Upanishats, Brahma is described as *Sarvakarma* (doer of everything), *Sarvagandha* (with all fragrance), *Sarvarasa* (with all tastes), with all forms and norms. On other occasions Brahma is explained as *Ekarasam saindhavaghanam* (just like hip of salt - no shape or no form), *Nama-rupa-rahitam* (without name or form). A seeker's problem here is, whether one has to focus and perform *Dhyana* on Brahma with attributes. To resolve the issue of meditation on Brahma, this sutra presents the following idea.

Sarvavedantapratyayam: exposition of Brahman in all the Vedanta texts; *Chodanadyaviseshat*: as there is no difference in the injunctions, etc., (i.e., with respect to connection, form and name).

All these statements in the Upanishadic context are directed at only the wisdom of Brahma which is *Sat-Chit-Ananda* by its nature. Different types of meditations are offered to a seeker, as there are different ways to reach destination via

various paths. Analogies, names, methodologies, metaphors, personifications etc may differ while presenting the same destination to address multifarious audience.

Upasanas (sincere and committed deep meditation) are of two types; *Karmanga* (*Upasana* which is subordinate of Karma), *Jnananga* (*Upasana* which is subordinate of *Jnana*).

While offering *Ahutis* (offerings) in *Havanas* for Indra, Varuna, Garutman, Mitra, Vayu etc, *Upasana* is of different types all together. Regions, layers, responsibilities, functions etc are different for *Devatas*. Indra (cloud formation), Varuna (rain maker), Rudra (destroyer of satanic forces), Vishnu (protect lives) etc are *Devatas* and have primary consideration as part of *Karmanga Upasanas*. For the sake of results and fructification, diversity is inevitable, oneness cannot be method of *Upasana* in Karma.

In Vedanta, *Jnananga Upasana* is ultimately meant for *Chittashuddhi* (purification of mind). There are two ways prescribed for this process of purification of the mind; *Ahagrahopasana* (doing *Upasana* on one's own Self as the abode of all sources), *Pratikopasana* (some external object to focus such as gem stone, idol etc). Entire gamut of methods of performing *Upasanas* given in Upanishads are meant for purification.

Nature of Object of one's meditation differs from the intention and object itself. If a seeker is intending to purify himself, he chooses Vedanta



Global Seminar for Accreditation of Yoga Departments and Universities by NAAC and IUC-YS

It is proposed to organize a “Global Yoga Accreditation Summit” tentatively scheduled for a day or two days in September 2018.

NAAC will coordinate with different global and country wise accrediting agencies for the proposed International Yoga Summit.

Vision: Reinforcing global leadership role of India in Yoga Education and accreditation through harmonization of ancient principles and modern practices.

Mission:

1. To set up accreditation framework for higher education (HE) program / institutions at national level.
2. To develop framework for Yoga accreditation based on national framework for international programs
3. Networking / Co-ordinating with existing accreditation agencies and Yoga education providers around the world.
4. Provide leadership to the worldwide Yoga HE and training initiative by developing Yoga Quality Indicator Framework / Authentic Yoga Accreditation Manual (AYAM)
5. Promote health, peace and harmony through combination of ancient Yoga principles and modern scientific practices.



AoL, Bengaluru:

Recently, Vice Chancellor, Prof. Ramachandra G Bhat with Sri Sri Ravishankar Guruji at Karnataka Veda Vidwat Sammelan.

... p6 *Upasanas*; on the other hand, if a person is looking for some progress by achieving benefit of Karma, he chooses *Karmanga Upasanas*. It's unique method of doing *Upasana* of different *Devatās* such as Vishnu, Rudra, Brahma etc for purification of the mind; the result of different *Upasanas* is one, though deities are different in Vedanta.

to be continued...



Inter University Center for Yogic Sciences IUC-YS in the Premises of S-VYASA



Aug 16: During the First Meeting of the Governing Body and the Governing Council of the Inter University Centre for Yogic Sciences (IUC-YS) held at the Office of the UGC, New Delhi. UGC Chairman, Prof. D P Singh, IUC-YS Governing Board Chairman, Dr. H R Nagendra and other Members were present

The University Grants Commission has established an Inter-University Center for Yogic Sciences at Bengaluru. In its 532nd meeting held on 24th May, 2018 to be located on the 10 acres of land to be donated by Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA).

The name of the Society established by the University Grants Commission under Section 12(ccc) of its Act (No.3 of 1956) and Regulations (establishment and maintenance of Institutions) 1985 shall be “Inter University Center for Yogic Sciences”.

Objectives:

- a. To strengthen the knowledge base of yoga and yogic sciences by generating new knowledge in yoga education
- b. To develop a strong resource base on yogic sciences. Using general and specialized research.
- c. To build information bank about the policies and practices in yoga education in India and abroad.
- d. To develop strategies for academic empowerment and appraisal of teachers, instructors and institutions involved in yoga education.
- e. To make the facilities of the Center accessible to researchers from all over the country.
- f. To provide on-line guidance and assistance to researchers in yoga education.
- g. To develop networking arrangements with other institutions working in the field of yoga education.
- h. To promote and support yoga activities in the country through seminars and workshops.
- i. To disseminate the benefits of yoga and its practice arrived at by scientific means.



Functions:

- a. To undertake research leading to generation of new knowledge in yoga education;
- b. To undertake comparative studies of curricula of yoga education in various countries;
- c. To prepare curriculum and textbooks for teaching of yogic sciences;
- d. To provide professional inputs to policy makers to facilitate decision making.
- e. To undertake experimentation leading to development of innovative practices relating to yoga education.
- f. To undertake surveys of yoga education systems and institutions in different states of the country.
- g. To develop resource material in different areas of yoga education for the use of academic staff and instructors.
- h. To organize refresher and training programmes and yoga camps for yoga teachers/trainees.
- i. To establish networking arrangements with university yoga departments and research & development Institutions in yoga education at the central and state levels.
- j. To collaborate with foreign institutions and other international organizations in the field of yogic sciences.
- k. To publish and disseminate information relating to researches, innovations and experiments conducted by the center and also information compiled from other sources.
- l. To approach national and international agencies for grants for collaborative programmes involving substantial international participation.
- m. To develop strategies for continuing professional development of yoga teachers.
- n. To create online resources for professional support to yoga teachers, researchers and other stakeholders in yoga education.
- o. To make academic facilities of the Center accessible to researchers from all over the country.
- p. To organize national and international seminars and conferences on different aspects of yogic sciences.
- q. To perform any other function, for meeting the stated objectives, not specifically provided for.





Governing Board:

The Inter University Center for Yogic Sciences shall be governed by the Governing Board / Governing Council comprising of eminent personalities in area of relevance.

Revered Guruji Dr. H R Nagendra has been nominated as the Chairman of the Governing Board of the Inter - University Center for Yogic Sciences.

SNo	Category	Tenure	Nomination
1	Chairman, Governing Board	3 Years	Dr. H R Nagendra , Chancellor, S-VYASA, Bengaluru
	Ex-Officio Members		----
2	Vice Chairman, UGC		----
3	Secretary, UGC		----
4	Secretary, HE, MHRD		----
5	Joint Secretary, IUC, UGC		----
6	Director, IUC-YS		Yet to be appointed
	Nominated Members		
7	Vice Chancellor - Central University	3 Years	(i) Prof. R P Tiwari H.S. Gour Vishwavidyalaya, Sagar
8	Vice Chancellor - State University, Having Department / School of Yoga	2 Years	----
9	Two faculty members of the Inter University Center for Yogic Sciences		Yet to be appointed
10			Yet to be appointed
11	Three experts of national and international repute having experience in yoga education	3 Years	(i) Prof. Kambhampati Subrahmanyam Advisor, Vivekananda College, Thiruvadakam
12		2 Years	(ii) Dr. R Nagarathna Chief Medical Advisor, S-VYASA, Bengaluru
13		3Years	(iii) Prof. Ishwar Bharadwaj Professor, Department of Yogic Sciences, Gurukul Kangri Vishwavidyalaya, Haridwar

Education is not filling the mind with a lot of facts.
Perfecting the instrument and getting complete mastery of my own mind
[is the ideal of education]



Swami Vivekananda

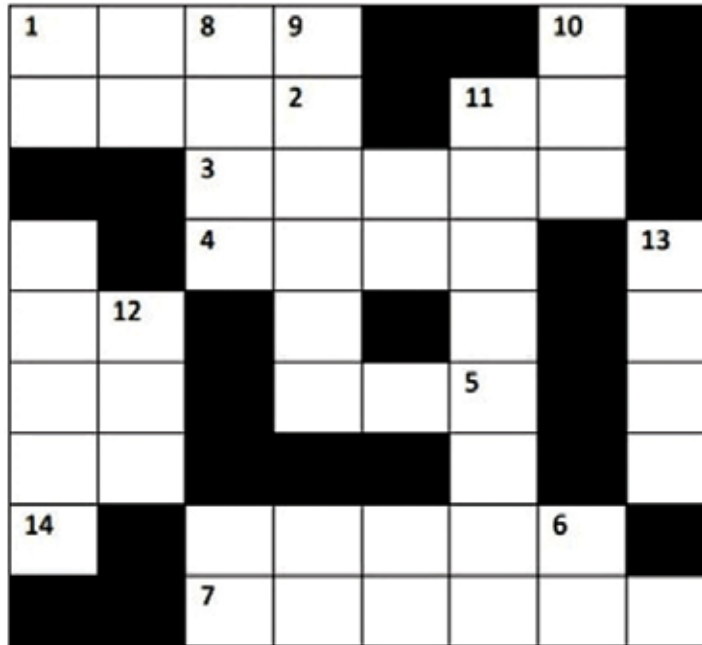


Governing Council:

SNo	Category	Tenure	Nomination
	Ex-Officio Members		----
1	Chairman, UGC (President)		----
2	Vice-Chairman, UGC (Vice President)		----
3	Secretary (HE), GOI (Member)		----
4	Director, IUC-YS (Member Secretary)		Yet to be appointed
5	More members may be added		Secretary, AYUSH
6	More members may be added		Director, NAAC
	Nominated Members		
7	Three members from Governing Board	3 Years	(i) Prof. R P Tiwari H.S. Gour Vishwavidyalaya, Sagar
8		2 Years	(ii) Dr. R Nagarathna Chief Medical Advisor, S-VYASA, Bengaluru
9		3 Years	(iii) Prof. Kambhampati Subrahmanyam Advisor, Vivekananda College, Thiruvadakam
10	Four Vice-Chancellors having Department / School of Yoga	2 Years	Swami Atmapriyananda Vice-Chancellor, Ramakrishna Mission Vivekananda University, Kolkata
11		2 Years	Dr. Ramachandra G Bhat Vice Chancellor, S-VYASA, Bengaluru
12		1 Year	Shri Sharad Pandey Vice Chancellor, Dev Sanskriti Vishwavidyalaya, Haridwar
13		1 Year	Dr. O Venkat Rangan Vice Chancellor, Amrita Vishwa Vidyapeetham, Coimbatore
14	Two faculty members of the Inter University Center for Yogic Sciences	1 Year	Yet to be appointed
15		1 Year	Yet to be appointed
16	Three experts of National and International repute having experience of working in the field of yoga education	3 Years	Dr. B N Gangadhar Director, National Institute of Mental Health and Neurosciences, Bengaluru
17		2 Years	Prof. C L Khetrapal Former Director, Center of Biomedical Research, Lucknow
18		3 Years	Brahmacharini Shobhana Program Director, Amrita Yoga, Amrita Vishwa Vidyapeetham, Coimbatore



Yoga Pada Bandha - 1



Right ↔ Left

1. Aparigraha belong to(4)
2. Classical songs are originated from_____veda(4)
3. Prakruti+Purusha together(5)
4. Physical Sheath of the body(4)
5. 3 Letters of the OM kara (3)
6. Nadis are Originated from(5)
7. According to Yoga, Lock means(6)

Above ↕ Down

8. Samana belongs to Prana(4)
9. Stiram sukham_____(5)
10. Dhananjaya belongs to_____Prana(3)
11. Yoga karmasu kausalam A/C to_____(8)
12. Yoga word originated from(3)
13. Chakra which contains 2 petals(4)
14. Root Means_____(5)

Created By:

Anusha R, Chandana S, Shubhashini K. , 2nd BNYS,TSYNM ©

Answers - Pg 27 ...



Diploma in Advanced Yoga Sadhana (DAYS)

willing to change, surrender, deidicate & explore



S-VYASA

Deemed-to-be University
Bengaluru

www.svyasa.edu.in

"Yoga is
the journey
towards
PERFECTION."

Objective: To train persons who are really interested in learning Advanced Techniques of Yoga at all the five kosha levels.

Eligibility: 10+2 / Equivalent **Duration:** 12 months

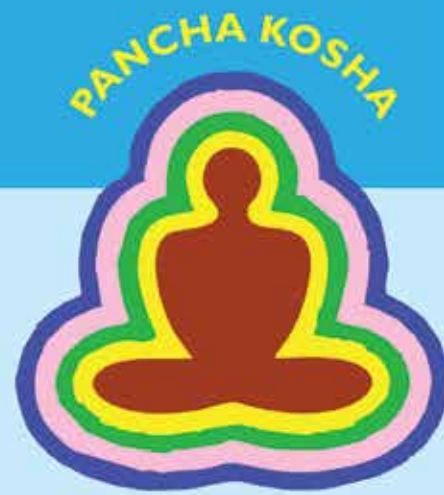
Fee: Priceless (with Gurukula style of boarding and lodging)

Preamble

Maharshi Mahesh Yogi's greatest contribution in the field of Yoga is, to bring Transcendental Meditation to the forefront, showing clearly that, the calmness of mind or silencing of the mind, do not lead to laziness or lethargy but, will enhance all our capabilities to a greater level than mere concentration.

Hundreds of research papers have shown that, this dimension of silencing of the mind is the key essence to grow beyond concentration. According to the Patanjali, Dhyana or Meditation is a process of defocusing, after learning the essential feature of Dharana or focussing. Since that breakthrough research of Maharshi Mahesh Yogi, large number of meditation techniques involving these aspects of dharana and dhyana have been evolved, over the last 3 to 4 decades. Vipashana or Sakshibhava meditation and the latest Mindfulness Meditation have hit the headlines, to attract thousands of people to practice these dimensions of dhyana including dharana.

In our S-VYASA and in VYASA movement we developed Eight different advance techniques to bring about purification of the five koshas (Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya Koshas) and to manifest the innate Divinity in all of us. These advance techniques have been developed and well established in the context of treatment of various types of Cancer. While there has been a large number of research papers to establish the research on Cyclic Meditation (CM) to bring the deep rest to our Body-Mind complex. In just about 30 minutes, it has been shown that the cyclic meditation can reduce 32% in the metabolic rate in contrast to 9% reduction in good comfortable sleep. However there is a need to show the efficacy of other techniques mentioned above. In these techniques we consciously purify each of the Koshas including the pancha Pranas (.....) for the manifestation of the innate Divinity within us. The infinite Bliss, Knowledge, Power and Freedom can manifest through us, only if we purify all these koshas.



Annamaya Kosha

CM : 30 min

Pranamaya Kosha

PET : 30 min

Kundalini Yoga: 30 min

Manomaya Kosha

MSRT : 30 min

MEMT : 45 min

MIRT : 45 min

Vijnanamaya Kosha

VISAK : 45 min

Anandamaya Kosha

ANAMS : 45 min



The physical body (annamaya kosha) is also called sthula-sharira, "gross body."

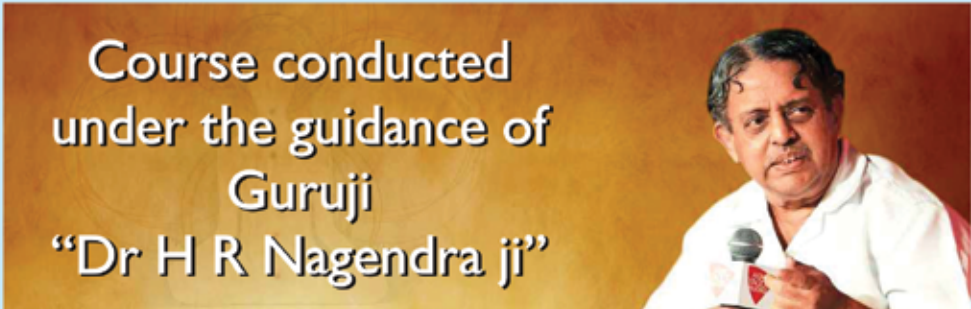
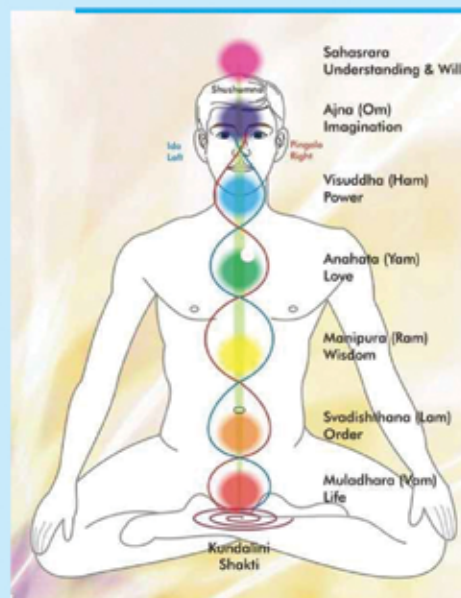
The soul body (anandamaya kosha) is also called karana-sharira, "causal body."

The pranamaya, manomaya and vijnanamaya koshas together comprise the sukshma-sharira, "subtle body"

Each one of these techniques helps to bring out the innate power of the different koshas to its blossom. We need subjects to have mastered these advance techniques systematically, to show their effects. With this in mind, a new programme of intensive sadhana for a year has been planned.

The details of the course which includes eligibility criteria of health and well-being has been put forth for selection of the subjects.

As Krishna Bhagavan says there are four types of people who come to this field of Yoga and Spirituality "Artho Jignaasuh Artharthi, Jnaani ca Bharatarshabha" The one who is in distress, one who is curiosity oriented, one who want to make it as a business and a person who is in search of reality are these types. We are searching the fourth category of the people to manifest the innate Divinity within them through all the five Koshas.



Young and energetic people above the age of 18 years, both male and female are most welcome to join this course. Only people with commitment, dedication are most welcome to apply this course. Only for those persons who are prepared to change themselves completely to become great human beings and to move beyond towards super human beings are expected to join this course. In the serene Prashanti kutiram campus, these sadhaks will be provided with a congenial atmosphere of simple living and high thinking with a healthy food for a year. These persons will undergo thorough testing before they are selected for the course, using modern techniques of diagnosis and subtle tools to measure subtle imbalances at all the kosha levels. The students should be prepared to undergo all these tests.

Annamaya kosha	Matter	Physical	Physical body and senses
Pranamaya kosha	Prana	Bio-Energy	Driving force behind the physical aspect of the senses and the operation of the physical body.
Manamaya kosha	Mind	Mental	Processing, reason, logic and emotion.
Vijnanamaya kosha	Intellect	Wisdom	Faculty which discriminates
Anandamaya kosha	Ego	Bliss	Independent of any reason or stimulus

COMPONENTS OF THE COURSE

- Walking/ Running - campus round/ Surya Namaskara
- Gau Seva/ Gardening/ Vegetables-Fruits cutting
- Asanas & Pranayama / Kriyas
- Yajna - Chanting(memorising Bhagavad gita)
- Meditation on Ishta Devata
- Third Eye opening
- Kundalini Yoga

TENTATIVE DAILY ROUTINE

3.30 am	Bath and Wash
4.00 am	Talk on Asanas, Sithilikarna Practices etc., (Kriyas - once a week)
6.00 am	Run to Swami Vivekananda Statue
6.30 am	Sun Salutation (Surya Namaskara)
8.00 am	Break-fast
8.30 am	Mauna Sadhana – writing PD Chart; Diary; Counselling by Guruji with each one
10.30 am	Talk on advance techniques,
11.30 am	MSRT (Mind Sound Resonance Technique)/ MIRT (Mind Imaginary Technique)
12.00 noon	PET (Pranic Energization Technique)
12.30 pm	Interaction
1.00 pm	Lunch
2.00 pm	Yoga Nidra
3.30 pm	Interaction
4.00 pm	VISAK (Vijnana Sadhana Kaushala)
4.45 pm	Malt
5.00 pm	Krida Yoga
6.00 pm	MEMT (Mastery on Emotional Technique)
7.00 pm	CM (Cyclic Meditation)
7.35 pm	Dinner
8.15 pm	Happy Assembly
9.15 pm	ANAMS (Anandamruta Sinchana)
10.00 pm	Sleep



Swami Vivekananda Yoga Anusandhana Samsthana
Prashanti Kutiram, Vivekananda Road, Kalluballu Post,
Jigani, Anekal, Bengaluru – 560105.

e-mail: admissions@svyasa.org

Tel: +91 080-2263 9968 | Mob: 9632753030, 9632753030

www.svyasa.edu.in



One-day Training Program on the GCP and VYASA-Jivanti CSR Study Protocol



A one-day Training Program on the GCP and VYASA-Jivanti CSR Study Protocol was inaugurated by Dr. H R Nagendra. The training program was conducted at SMET hall, VYASA, Prashanthi Kutiram, Bengaluru on Aug 9th. Chief guest was Shri Sitarama Kedilaya who inaugurated the training session and wished success for the project. Dr. Nagarathna is the Principal Investigator for the study. Dr. Arun Gupta and Dr. Shashibhushan from Jivanti Welfare and Charitable Trust have provided training on the GCP and Dr. Mithila provided the Study Protocol for 40 Ayurveda Doctors and Project Coordinators. Dr. Vetrivendan from Salem, Dr. Mamata Mishra from Thane and Ms. Lata R H from Bhopal also participated in the study.



Prashanti Kutiram:
Recently, an MoU signed between S-VYASA and Meenakshi University, Chennai



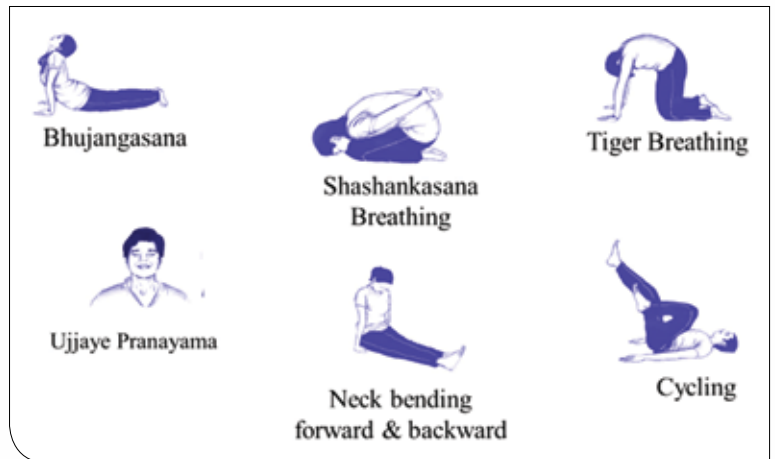
Arogyadhama Success Stories

Section E - An Improved Case of Low Back Pain, Diabetes, Dyslipidemia

At age 71 it is perfectly normal to have some health issues but for Shivaram (name changed) his cup of sorrows seemed to overflow and in September 2015 he came to Arogyadhama, a very worried man. He was suffering from chronic low back pain since a year, type 2 diabetes in the last 2 years, numbness in the lateral aspect of the leg, a gradual increase in weight, grade I prostatomegaly in the last 6 years, dyslipidemia in the last 3 years, sleep apnea since a year and using C-PAP since January 2015.

Diagnosis: CLBP, grade I prostatomegaly, dyslipidemia, type II diabetes mellitus, sleep apnea.

During his stay in Prashanti Kuteeram, the participant had the opportunity of learning and experiencing practices designed to develop a personality, health and wellbeing, the participant had the opportunity to learn special techniques and kriyas which how to do back pain and neck pain along with Kriyās. Other practices such as breathing practices, sukshnavyayama and yogāsanas were also done which are designed specifically to relax,



strengthen and make the person more flexible, relax the body and calm the mind and to move towards total well-being. Also, Pranayama, Cyclic Meditation, Mind Sound

Technique and relaxation techniques were included in the schedule. Furthermore, lectures on lifestyle and dietary management information were given to ensure better lifestyle for overall health benefit.

During the stay in Prashanti, Arogyadhama the participant had the opportunity of learning and experiencing practices designed to develop a personality, health and wellbeing, Participant had the opportunity to learn how to do back pain and neck pain special techniques along with Kriyās. Other practices such as breathing practices, sukshnavyayama and yogāsanas were also done which are designed specifically to relax, strengthen and make the person more flexible, relax the body and calm the mind and move towards total well-being. Also, Pranayama, Cyclic Meditation, Mind Sound Technique and relaxation techniques were included in the schedule. Further, lectures on lifestyle and dietary management were given to ensure better lifestyle for overall health. Among the Koshas that helped him considerably help were Manomaya Kosha, Annamaya Kosha and Vignanamaya Kosha.

Condition on Discharge: The Participant is relaxed and better after his stay in Prashanti, Arogyadhama. There has been a consistent improvement in all his vital and clinical parameters. Improvement in Brahmari time and straight leg raising have been positively recorded. Details of assessments before and after yoga therapy are as under.



Vital Parameters as on Date of Arrival (DoA) and Date of Departure (DoD)

Parameters	DoA	DoD	Specific Parameters	DoA	DoD
Pulse Beats/min	60	64	Weight in Kg	81	75
BP in mmHg	120/70	100/70	Height in cm	180	
Respiratory Cycles/min	20	16	Symptom Score	4	0
Brahmari Time (Sec)	10	15	Sit and Reach Cms	30	36
Straight Leg Raising (R&L) (in degree)	80/75	85/85			

Week-wise Improvement

1 st Week	2 nd Week	1 Month
Back pain: Improved by 50% Numbness from waist to knee Dorsal pain Sit and reach: Improved by 70% Sleep disturbed	BPain persisting Numbness persisting Dorsal pain ↓ Sit and reach: Improving Sleep better	Back pain: Improved 100% Numbness ↓ by 100% Dorsal pain ↓ by 100% Sit and reach: Improved by 100% Sound sleep

Section F - An Improved Case of T2DM, Obesity and OSA

Mr. Keshav (name changed), aged 40, has been a diabetic since a year and obese since five years. He managed well with diet and medication. He came to Arogyadhama in May 2015, with complaints of weight gain having put on 20 kg in five years. He also had disturbed sleep and a problem of snoring. Among his other problems were work related stress, feels exhausted easily and acne on back and nose. He also seemed to have a metabolism problem as he frequently had a bowel movement after meals. There was no history of any other major illnesses or surgeries in the past. His Diagnosis was made as T2DM, Obesity and Obstructive Sleep Apnea (OSA).

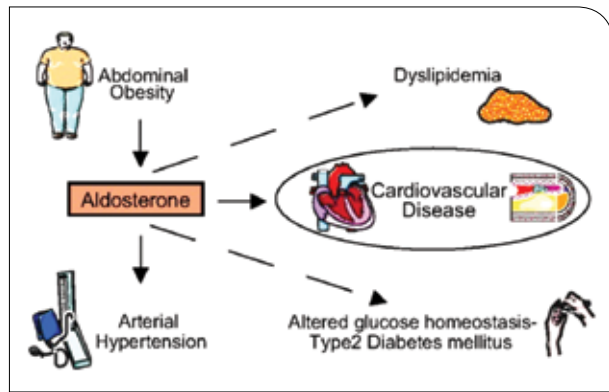


During his one week stay at Arogyadhama he underwent Yoga Practices based on the integrated approach to Yoga therapy which is a special yoga module prepared for Diabetes mellitus ailments in our campus based on yoga research.

He was made to practice breathing exercises for his Hypertension, sukshma vyayama for his multiple joint pain along with yogasanas like Ardha matsendrasana, vakrasana, trikonasana, parivrittakonasana etc, along with kriyas (Yogic external detoxification techniques) like vamana dhouti (cleansing upper gastrointestinal tract) and laghu sanhka prakshalana (intestinal cleansing technique). He was also taught Abhyantara kriyas like agnisara and nauli kriya and told to practise them to whatever extent he could for his T2DM. He was given a diabetic diet which included boiled



/raw vegetables as a major portion. In order to give total rest to his body and mind, he was made to practice Cyclic Meditation and MSRT (Mind Sound Resonance Technique). He was taught a sleep technique to overcome his disturbed sleep. He was taught neck exercises for his OSA problems. Counselling sessions were organised to sublimate his suppressed emotions. As he was a busy businessman with disorganised lifestyle, he was made to understand the karma yoga concept to overcome the unnecessary stress while working with the bureaucrats. Lectures on lifestyle and



dietary management were organised. Thus keeping his overall health condition in mind he was put through a planned yoga module most appropriate for him.

Parameters: During his stay of 1 week, there was a marked improvement in his symptoms. He lost around 4 kg within one week with the help of yogic diet. His blood sugars were under control. His medications were totally stopped. His vital parameters are as given below:

General Parameters on Date of Admission (DoA) and Date of Discharge (DoD)

Parameters	DoA	DoD	Specific Parameters	DoA	DoD
Pulse Rate (Beats/min)	80	83	Symptom Score	4	2
Blood Pressure (mm of Hg)	120/70	110/70	Medication Score (Tablets)	2	0
Brahmari Time (Sec)	14	18	FBS (Fasting Blood Sugar)	99	73
Respiratory Rate (Cycles/min)	19	16	PPBS (Post Prandial Blood Sugar)	155	89
Weight in Kg	112.7	108.2			

Symptoms as on Date of Admission (DoA) and Date of Discharge (DoD)

DoA	1 st Week
Frequent feeling of thirst Passes urine several time during day as well as night Feeling of being tired Pain in limbs Sensation of numbness	Thirst Persisting. The frequency of urination during day ↓ by 25% and during the night, it was 100% relief. Fatigue Persisting. Pain in limbs ↓ by 50%. The numbness was fully relieved.



Yoga and Shamanism

Introduction

We all know what yoga is, or at least we think we know (me included)! It is citta vritti nirodhaha, karmasu kausalam and many more ultimately leading us to Kaivalyam, a state of grand isolation from the vagaries of nature (gunas). But shamanism? "Shamanism is a practice that involves a practitioner reaching altered states of consciousness in order to perceive and interact with what they believe to be a spirit world and channel these transcendental energies into this world" [Wikipedia]. A shaman is an elder in an ancient society who leads ritualistic and healing ceremonies through him / herself moving into a state of heightened awareness of forces around. These are natural forces that we call Agni, Vayu etc. The word shaman has origin in the North Asian language of Eastern Siberia and northeast China spoken by Tungusic people and entered our languages through Russian. In the history of the world, most ancient societies have practiced shamanistic rituals of one form or other.

Mircea Eliade [1] has mentioned in one of numerous writings that shamanism is a method of reaching religious ecstasy. Shamans (those who practice shamanism) are messengers of the spirit world. Shamans treat ailments by mending the soul. They presume that alleviating trauma of the soul restores the person to health and wellness. Training to be a shaman is usually a family affair; the father or grandfather chooses one of his off-springs to be trained as the next shaman and takes the person (women were chosen as often as men) through very rigorous physical and mental regimen. These could include complete isolation from society, deep meditation on ista devata or even animal or plant spirits, putting them through near death experiences and expanding their consciousness to receive messages from the 'other side'.

■ Prof. T M Srinivasan
Professor, Division of Yoga and
Physical Sciences, S-VYASA



Shamanic Healing



Fig 1: A shamanistic experience of heightened auditory, visual and tactile awareness

One of the most important objectives of a shaman in the ancient society, is to keep everyone healthy achieved through a balance in body-mind-spirit. The shaman's training makes him / her aware of the spirit world - of departed ancestors, nature spirits, animal spirits etc. He receives the guidance of his own spirit guru; a process achieved through intense isolation, meditation and total dedication and desire to meet one's own guide. Michael Horner, who has worked with shamans over many years summarizes that a shaman *journeys to other worlds, have spirit guides and seem to perform miracles*. The miracles are usually towards curing and setting right imbalances in a person [2]. A shaman works with the help of his / her spirit guide at transpersonal level of reality as they claim. Shamans believe that most illness have a spiritual base; bringing the spiritual balance seems to cure many disorders.

It should be emphasised that these is still a difference between a shaman's model of treating illness and that of an energy practitioner who could be introducing subtle energy of prana or chi into the body from 'outside source'. Even practice of Yoga and its many angas has a



Fig 2: A Siberian Shaman with his healing tools

different proposition of sickness and health. The models differ. A shaman may know the physical and perhaps even the physiological aspects of a disorder; however, the spiritual component is the one of importance and that set right, it is thought health (both of body and mind) follows.

Shamanic States of Consciousness and the Technology of Transcendence

Shamans use many mind-body techniques to achieve altered states of consciousness (ASC); these states confer the person ability to access perhaps the hidden recesses of the mind and bring forth a natural state of receptivity through which the source of a trauma could be located. The methods adopted are fasting, sleep deprivation, sensory deprivation, hyperventilation, cleansing the body through 'sweat lodge' (a sauna-like environment) etc. These are combined with drumming and rattling, both of which could stimulate certain brain areas similar to chanting mantras. All these seem to provide other-worldly experience wherein the seed of a question (on health or social condition) provides answers to the beholder. We have also heard of certain drugs that could bring changes to brain function and provide access to subconscious information. "When this method is practiced with humility, reverence, and self-discipline, the shaman's visionary path can become a way of life, one that may enrich our everyday experience beyond measure, as

well as contribute to raising and expanding the consciousness of humankind" [3].

Yogic Components in Shamanism

It is futile to discuss if yoga came first or shamanism was the initial process that was present in ancient society. However, it might be said that Yoga proposes a model for all these extra ordinary occurrences in a person through samyama and deep meditation. Yoga Sutra of Sage Pathanjali mentions clearly that the special powers or siddhis are achieved through samyama or through birth, or achieved through the use of special drugs, mantras and austerities [4]. Samyama is a powerful method of bringing together dharana, dhyana and Samadhi into focus and resolving or finding solution to a problem. The problem could be an individual one or a social one. Looking at the list of practices that a shaman goes through in his / her achieving altered states of consciousness (ASC), they are well within the umbrella of samyama. When the pancha kosas are purified, refined and fully receptive, the kosas can give not only experience of ASC but also provide specific answers to the queries that one might pose. It is important to recall the states of parināmā that citta undergoes in the process of samyama.

We summarize below the three parināmās mentioned in the Yoga Sutras [4]: As we achieve quietness of citta, latent impressions disappear and with further practice, even the subconscious impressions decrease [3:10]. Samādhi parināmā is attained when citta has one-pointed attention. Herein total suppression of all other thought processes (including latent impressions) is achieved [3:11]. Attention to all external stimuli reduces. One-pointed attention is the first step to reduce the chatter of the mind scattering in all and sundry directions. When citta continues to be occupied with one thought only, with past thought connecting to the present in one continuous stream, it is termed ekāgratā parināmā or one-pointed modification of citta [3:12]. To summarize the three parināmās:



Nirodha Parināmā: Only latent or subconscious impressions are present. Samādhi Parināmā: Cognized and latent impressions are present. Ekāgratā Parināmā: Cognized impressions alone are present.

A competent yogi could move from one parināmā to another without effort. Thus, he / she could enter into a trance state of a shaman through this technique. It is said by a great teacher that all answers we are seeking are already within us; if we only pause and let go of all thoughts with a focus on one thought only (of the question), then the answer will emerge of its own. A normal person without resort to samyama could achieve such a state. However, for most, aids are required such as a mantra, a drum beat, a stroke on the head by a guru or a sudden 'awakening' through a mind-body technique. However, it is important to remember that all these are still related to citta - a channelled citta perhaps; to attain kaivalya certain other practices should also be included [5]. That is another story for another occasion.

References and Notes

- [1] Mircea Eliade is a prolific writer, intellectual and introduced Yoga to the Western World through his Ph. D. thesis on Yoga in the 1940's. His book *Yoga: Immortality and Freedom* is a classic which summarises his years of training with his Guru Sri Surendranath Dasgupta in Bengal. He also visited and stayed at Sri Sivananda Ashram and learnt Yoga there.
- [2] I know of one of my students (a Native American, during my stay in USA) who had an incurable lung condition; the shaman, after a brief ceremony, lunged forward towards the person, put his mouth at his left lung position and sucked out what looked like a dark liquid and spat it out from his mouth! The problem seems to have resolved!
- [3] Hank Wesselman, *The Re-Enchantment: A Shamanic Path to a Life of Wonder*, 2016, Harper, NY.
- [4] T. M. Srinivasan, *Yoga Sagara Saram*, Sri Vivekananda Swami Vivekananda Yoga Prakashana (SVYP), 2011, p. 86.
- [5] This is not to say that all shamans are just hunters and healers. I have come across some shamans who were also highly spiritually evolved persons, leading others towards what we could describe as kaivalya.

Acharya Ratna Shiromani to Prof. T M Srinivasan

On the occasion of Golden Jubilee celebration of Ananda Asram, Pondicherry, Prof. T M Srinivasan, PhD, DSc, Honorary Senior Professor of S-VYASA, Bengaluru was awarded the title Acharya Ratna Shiromani "in recognition of his selfless service and visionary leadership for the cause of world society through the field of science, Yoga and holistic health". The other two recipients of the award were Prof. Ramesh Lal Bijlani, MD, DSc and Prof Madhanmohan, MD, DSc.





Dept. of Yoga and Physical Science

Professor Alex Hankey makes two Conference Presentations in Europe

During August 2018, S-VYASA's Distinguished Professor of Yoga and Physical Science, Dr Alex Hankey, presented two new and original scientific theories, one each at two conferences in Europe, the first on 8th August, 2018, at the 11th Vigier Symposium in Liege, Belgium, and the second at the XX Symposium in Rowlands Castle, Hampshire, north-east of the city of Portsmouth, in Hampshire, England, on 14th August, 2018.

Dr Hankey's first presentation concerned his new theory of how water can retain information. The new theory depends on a subtle mechanism involving two ways of defining entropy in water, entropy itself being an aspect of information. His second presentation concerned the nature of time, specifically, the nature of the mathematical variables, which should be employed to represent time according to new considerations from quantum theory. The main ideas in the two presentations both owed a certain amount to the thoughts of two scientists among India's greatest in the 20th century, the great engineer, Rustom Roy, on the one hand, and E.C.G. (George) Sudarshan, the great friend and supporter of S-VYASA, on the other.

The two presentations, though unrelated to each other, both proposed radical new advances to our fundamental understanding of the nature of the world around us. Another scientist attending both conferences, Physicist Professor Peter Rowlands commented pointedly on just that point: two highly original, unrelated, proposals, presented at successive conferences within one week of each other.

The 8th August presentation in Belgium proposed a way that information can be retained in water, albeit information of a completely new kind that has never been conceptualised before. It is well



Lecture at the Liege conference by the Organiser, Mr. Peter Rowlands

known that some scientists have claimed that when bodies of water are treated in different ways, the various bodies of water seem to be able to retain information about the way they were treated, a phenomenon sometimes given the now notorious title of 'water memory', an epithet Dr Hankey took pains to avoid. Water is fluid and its molecules are constantly jostling with each other. Unlike ice, in which particles can be trapped in fixed positions for short periods of time, there is no way to label particular places in a volume of water, and record information in that kind of way, familiar to us from digital information and its storage devices. However, in an article co-authored with two other radical scientific thinkers, India's great engineer, Professor Rustom Roy of Penn State University, once suggested that something about *water's structure* might be able to register information. Water is known to form large groupings of polymolecules. This idea Dr Hankey exploited in a radically new way to propose a means by which a given volume of water might be able to retain information.

Water like all material substances possesses a classical entropy defined in terms of its heat content. However, like all substances, it is also



possible to define a microscopic entropy in terms of quantum properties of the particles of which it is composed, in this case the polymolecules of water. The numbers of possible water polymolecules are so huge however, that the microscopic quantum entropy calculated from them is vastly much greater than the classical entropy due to its heat. What this means is that *the number of water polymolecules that a given sample of water can explore is severely restricted.* This fact turns out to be sufficient to define a completely new kind of information that, entirely unexpectedly, can be retained by liquid water. The possibility of Retention of Information in Water receives a scientific basis. For technical reasons, the name Dr Hankey proposed for this new kind of information was *Quantum Fisher Information.*

The second idea concerned 'open systems' and how quantum theory should attempt to describe them. Science things about systems on which, and with which, they can perform experiments. Such systems can be either 'open' or 'closed'. Open systems interact with outside world, but closed systems do not. Of course, every system in the universe is in some way an 'open system', otherwise it could not be observed. Nevertheless, treating a given system as a closed system may simplify the situation so that a theory can be developed to describe its properties. Treating the system as closed may be sufficient to develop a good theory. Just such a situation arises in quantum theory. It turns out that the theory of 'quantum mechanics', developed by Heisenberg, Schrödinger, Dirac, Einstein and others in the 1920's and 1930's is intrinsically a theory that only applies to closed systems - a deficiency that all text books on quantum theory avoid mentioning. So it is only physicists of the highest order like the University of Texas at Austin's Head of Physics, Professor E.C.G. Sudarshan, who may realize that this concealed defect exists and attempt to put it to rights. In 2012, Professor Sudarshan brought a group of theoretical physicists interested in the

problem to S-VYASA, where they held a week-long seminar that Dr Hankey was able to attend. Professor Sudarshan very kindly advised him on how to present his ideas on the topic at that time. Dr Hankey opined that Prof Sudarshan's approach was not self-consistent (it treated the left side of his equation as a closed system, but the right side as an open system). Sudarshan responded that the self-consistent equation proposed by Dr Hankey was, in principle, insoluble; in the case of his equation, at least he could find solutions for it. Dr Hankey replied that he was less interested in finding exact solutions to the equation than in writing down the correct equation. A different philosophical stance!

At the conference at Rowlands Castle, Dr Hankey showed that the solutions of the correct equation must involve a mathematically different kind of description of time. Instead of being what mathematics calls a 'real variable', it must be a complex variable. This necessarily has profound consequences for our understanding of time - and seemingly for 'space-time': instead of simply being described by real numbers, as has always been assumed, we should really be describing time in terms of what are known as 'complex numbers'. Every system in the world around us must, in principle, have a quantum description. (In reality, we only know how to achieve that exactly for relatively small systems, like atoms and molecules, or small crystals.) However, to be observed, every such system must be potentially an open system, so it must also be describable in terms of the new, expanded, theory. The passage of time, when applied to any system whatsoever, should in principle be expandable to describing time in terms of complex numbers. We should consider the physical variable 'time' to be complex valued. This radical conclusion does not seem to have been presented previously, and is therefore original.



Panchakosha Yoga Ganapati

Parvati is Shakti. She is energy personified. Also, she is ever blissful. In her state of happiness, one day she made a boy-toy from off her body's turmeric paste. The boy was very attractive but lifeless. It is like the body of every or any person: Annamayakosha or the physical body made of the five elements in nature.

The image of the boy though lifeless is very charming. The image will be much more enticing if there is life in it. Therefore, goddess Parvati infused energy, life energy into the body of the toy-boy. The image or the body has now become a live-boy, a living person with life energy: Pranamayakosha, the most important sheath to make people live.

The living being cannot do anything without mind. The person will be only a live-person, a breathing body without activity, like a person in coma. Therefore Maa Parvati wanted him to



■ *Dr. K Subrahmanyam*
Advisor to Chancellor
S-VYASA



be up and doing and carryout her instructions. For that mind is needed to be added or infused into the living boy. Soon she endowed him with mind and made him a person of activity to do her bidding: Manomayakosha is essential for anyone. The mind then received direction from Maa Parvati and the Bala Vinayaka was asked to keep watch at the threshold to prevent anybody from entering into mother's chamber.

Mechanically, like a robot, live body with the mind inset, followed the instruction literally. He is just like a computer. A programmed computer without any originality, without any ability or discretion or Budhi. That is why the boy had to face the destruction at the hands of lord Shiva.

The dear son of Parvati (Prakriti), the man acts like a robot submitting to the natural tendencies of mind. And the mind is in tune with the intrinsic instincts and impulses. It blindly obeys the nature's dictate without discretion. So it faces problems and calamities, destruction too. Bala Vinayaka of body-life-mind, the three koshas of Anna, Prana, and Manas collapsed for the want of discretion.

Now, Parvati and Parameshwara felt sorry for the dead boy devoid of Vijnamayakosha. So, they brought the large head of an elephant symbolic of budhi, ability to discriminate right and wrong, fair and foul, permanent and transient. The boy is now alive with four Koshas, Annamayakosha, Pranamayakosha, Manomayakosha, and Vijnanamayakosha.

The last and the final is the Anandamaya kosha, the core kosha, which is bestowed upon him by



the parents when Narada arrived with a fruit to be given to the one who goes around the universe and reaches first the parents. Vinayaka of budhi used his discretion and was able to know the truth: Prakriti and Purusha, Parvati and Parameshwara to be the ultimate truth. They are also the inseparable couple of Ananda. They only constitute the entire universe therefore he went around them and claimed the fruit of wisdom, fruit of victory, fruit of fulfillment,

fruit of Sidhi, fruit of bliss or the fruit of Ananda. This is Anandamayakosha. He has attained and is established in it.

It is from the Ananda of Parvati or Prakriti that he has come into being and he has attained or returned to that highest Ananda with the budhi gifted to him by Parameshwara. All the five koshas are thus beautifully presented by mythology in Panchakosha Yoga Ganapathi.

Anantha Padmanabha Temple: Recently, Adviser to Chancellor, Dr. K Subramanyam has led the Satsung organized for YIC Students of VYASA Affiliated Centers in Hyderabad.



Recently Appointed
Shivaraj Sajjan
BE E&C from Bijapur
as an ERP Developer
in S-VYASA

Answers:- Yoga Padhabanda -1

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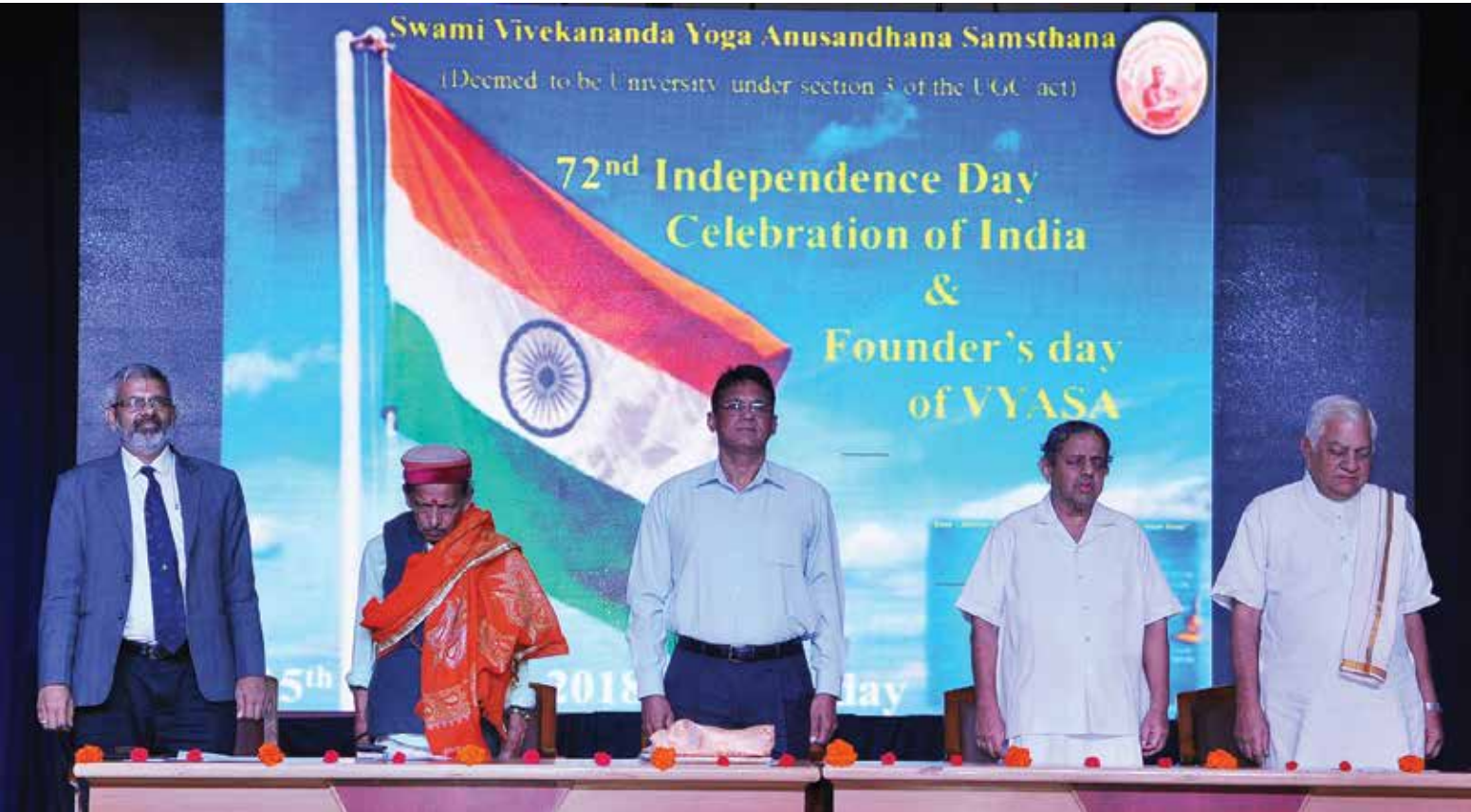
... Padhabanda - Pg 12

A nation is advanced in proportion to education and intelligence spread among the masses

Swami Vivekananda



72nd Independence Day & Founder's Day celebrations in Prashanti



On the radiant morning of 15th August, 2018 S-VYASA has celebrated 72nd Independence Day in the serene ambience of Samskruti Bhavanam, the residential campus of Yoga University. It was a matter of pride for all campus inmates.

The celebration was held in the presence of the chief guest of the day Sri Baljit Kasana, the Deputy Inspector General at BSF and another distinguished guest. All the faculty members

and students assembled in Sanskriti Bhawan at 6:30 a.m. The program began with the divine song Bhagavadgita Geeta chanting at 6:40 a.m. The whole environment reverberated with the mantras. And in this highly vibrated atmosphere, we welcomed our chief guest and other dignitaries. After that the flag hosting was done by honorable chief guest and other dignitaries. Welcome address given by the Registrar Dr. Srinidhi K Parthsarthy.





Sri Baljit Kasana



Dr. H R Nagendra



Prof. Ramachandra G Bhat



Dr. Srinidhi K Parthasarthi



Dr. K Subrahmanyam

Prof. Ramachandra G Bhat, Vice Chancellor of the University brought out the Glory of Mother Bharath in his lucid way quoting Rabindranath Tagore's poetry. Also reminded the fundamental rights of the constitution. After that, students presented a patriotic song which enthused everyone's heart. The chief guest was felicitated in vibrant environment of Patriotism. In his motivational speech, the Honorable chief guest spoke about the importance of bravery in everyone's life.

The honorable Chancellor, Dr. H R Nagendra has mentioned the importance of the foundation

day of VYASA, Prashanti Kutiram and also the inspiration behind its Foundation Pujya Lakshmi Amma.

The speech was followed by the soul invoking patriotic songs sung by the students of S-VYASA. The song gave the audience enthusiasm and energy. Vote of thanks was given by the pro chancellor Dr. K Subrahmanyam. The program was concluded by singing Vande Mataram. Mr. Kiran Kumar lead the flag Hoisting followed by Flag Salute. Division of Yoga- Spirituality students organized the whole event with meticulous plan.



MSc - Y&C Student **Ms. Jyothi Mukherjee** won 3 Gold Medals in State Level Shooting Event

Recently, Ms. Jyothi Mukherjee of MSc-Yoga & Consciousness, has won 3 Gold Medals in Karnataka State Inter-School, Inter-Collegiate and Open Category 10 Mts. Open Sight Air Rifle Shooting Competition - 2018, held at Sheshadripuram Institute of Commerce and Management, Bengaluru. For the remarkable achievement Guruji and Dr. Nagarathna congratulated her.





Exhibitions by The School of Yoga and Naturopathic Medicine



Inauguration of Exhibition by Dr. H R Nagendra



Pancha Tattva Therapy Model in Exhibition

There were two exhibitions organized by third and final year Bachelor of Naturopathy and Yogic Sciences (BNYS) students on Thursday, 23 August, 2018. The objectives of the expo were to encourage the creativity of the students and to transform the theoretical knowledge of the subjects of Naturopathic medicine into hands on practical tools for therapeutic applications. The exhibitions were inaugurated by the Hon'ble Chancellor Dr H R Nagendra by watering the Holy Tulasi. The invited dignitaries of the expo

who graced the occasion were Dr R Nagarathna, Prof. K Subramanyam, Prof. Prahalada Ramarao, Dr Srinidhi K Parthasarathi, Dr Manjunath NK, Dr Chandrashekar R. Among other dignitaries included Dr B S Madhukar, the Advisor, NAAC, Members of Indian Army, Principal and faculty members of Sushrutha Ayurveda Medical College. The expo was visited by the students and staffs of S-VYASA, therapy participants, the participants from International YIC. The visitors found the expo innovative, thought provoking.

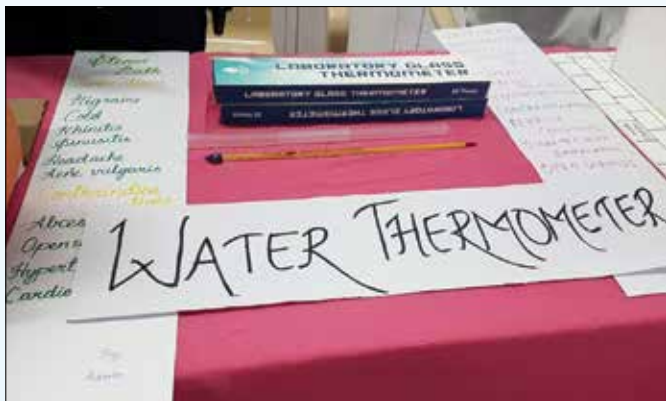


----- Exhibition and Demonstration by BNYS Students -----



Jalasya Tatvam Mahat:

Water being an important part of the ecosystem and being the most important factor in the evolution of the mankind, the therapeutic vision of it as a part of the naturopathic medicine. The expo by final year BNYS students depicted the development of hydrotherapy from the past centuries. It was presented in the form of working and nonworking miniatures of hydrotherapy treatment modalities such as baths, packs and douches. The introduction of various Hydriatic measures were colourfully exhibited in artistic manner through "The Hydros Tree", Holistic healing wall art, The Metallic Art and the roof was innovatively decorated by showering cloud, rain drops & various thought provoking and informative chart-works were presented covering the history, different types of temperatures, effects, indications and contra-indications of Hydriatic applications.



Peripheral Reflexology (Foot & Art Bath)



Full Body Exfoliation (Steam)





Prakritika Nandana Marga:

An expo based on the Integration of Massage therapy with the theme of Natural Path to Paradise, in which varieties of therapeutic oils for Massage therapy were exhibited. The exhibits included aroma oils, colour charged oils, magnetized oils, solarized oils, and herbal oils. Various preparations such as herbal soaps, herbal powders, aromatic soaps, aroma lip balms, pain balms, aromatic candles, yogic chromo - thermoleum, incense sticks, room freshener, shampoos, body spray etc., which were prepared by the third-year students were displayed and sold. The other attractions of the exhibition included charts presenting different types of massage techniques such as hot stone massage, powder massage, Shiatsu, Thai-yogic, Balinese, dry brush and mechanical massage. All the visitors could experience the healing touch of massage, administered by the students.



Chromo Massage Team



Colour Therapy



Chromo Team



Massage Room Model



Pain Balm Preparation



Aroma Soaps



Aroma Products



Aroma Candles



Aroma Incense Products



Aroma Lip Balms



Recently, **DG & IG of Karnataka, Ms. Neelamani N Raju** visited **Prashanti Kutiram** and had a meeting with Chancellor, **Dr. H R Nagendra**, Chief Medical Officer of Arogyadhama, **Dr. R Nagarathna** and Director of Research & Development, **Dr. N K Manjunath**



Recently, **Quality Control of India (QCI)** meeting was held in Prashanti Kutiram. Chancellor of S-VYASA, **Dr. H R Nagendra** chaired the meeting.



Orientation Program was held for the **Students of Aug, 2018 Batch**. Chancellor, **Dr. H R Nagendra**, Pro-Chancellor, **Dr. Prahlada Ramarao**, Vice Chancellor, **Prof. Ramachandra G Bhat**, Registrar, **Dr. Srinidhi K Parthasarathi** and Dean of Academics, **Dr Chandrasekhar R** were there on the dais.

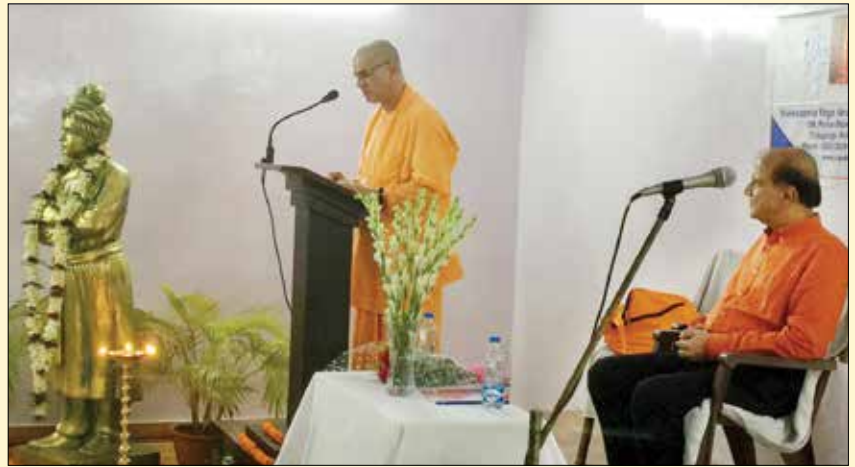


Yoga Instructor's Course (YIC)
 Batch 193, Aug, 2018
 Participants: 59 out of which
 Male - 24, Female - 35, Foreigners - 5



VYASA - Kolkata

Recently, New Yoga Hall was inaugurated by Vedaswarupanandaji Maharaj from Goalpark Ramakrishna Math.



Mysuru:
 Recently, VYASA started the **Yoga Program at National Institute of Engineering (NIE), Mysuru.** Dr. Ganesh Kumar has taken the lead.





Jagadguru Ramabhadracharyaji's visit to Vedavijnana Gurukulam, Channenahalli, Bengaluru



Most of us would be excused for thinking that the world's most ancient tradition of Rishis and Mahatmas is only accessible in dusty libraries and ancient texts or that a rare cross-legged hermit with towers of hair on his head sit in unreachable Himalayan caves.

It was therefore rather refreshing to have a visit on Sunday 22 July around midday from a live Rishi called Jagadguru Ramabhadracharya in Bengaluru's outskirts in Vedavijnana Gurukula, who blew all these ideas out of the water.

This sixty-eight-year-old sage became blind after two months, but that didn't stop him from learning the three great texts by heart, namely Upanishads, Bhagavadgita and Brahmasutra. He also knows Panini's Ashtadhyayi comprising almost 4000 grammar rules and just by the way, he knows twenty-two languages to boot. He is a philosophical leader, poet, composer, singer, playwright and Ramayana story teller. He founded a university for handicapped students. He has published over a hundred books. All this without ever reading a book, never using braille

or any other aid to learn or compose... This is not short of a miracle in my eyes.

He was light-hearted and bubbling over with happiness from the moment he arrived. He was helped out of an SUV and made his way through a crowd of Gurukula students and teachers chanting Shanti-mantras.

In the deafening silence of expectation that followed the clear voice of the two-year-old Abhirama (Mahabalacharya's son) was heard. The Swami-ji immediately took action and sat him on his lap, where he immediately felt at home. The Swami-ji told Abhirama he would like to play with him. Full of laughter and a razor-sharp mind, he explained briefly, with examples, why study of Vedantic wisdom without grammar doesn't amount to much, sang a few devotional lines in praise of Rama and everyone joined in. Before long he said good bye, patted some scholars vigorously on their heads to show his approval and chuckled his way down the driveway.



Unveiling of the Annual Magazine 'Prabodhana'



Sri Mukul Kanitkar, Dr. S C Sharma, Dr. S Pujar, Dr. Sameera Simha, Prof. Ramachandra G Bhat & other dignitaries

The maiden issue of the annual magazine 'Prabodhana' of Bharatiya Shikshan Mandal - Karnataka (Dakshin) Prantha was unveiled on June 3rd 2018 at 'Kuchalamba Samskrutika Mandira', Ragigudda, Bengaluru. This volume contains scholastic articles by educators and experts highlighting the various dimensions of the present and past education systems. This thematic magazine contains several proposals on the reformation of education system towards a resurgent Bharath.

Prof. Ramachandra G Bhat, Vice Chancellor, S-VYASA University and Gurukula Prakalpa Pramukh of Bharatiya Shikshan Mandal was the Chief Guest. Prof. Bhat in his address, explained how the ancient system of education mentioned in the Upanashids was a composite of physical and metaphysical learning.

Shri Mukul Kanitkar, Organizing Secretary of Bharatiya Shikshan Mandal in his key note address emphasized on the inculcation of Bharathiya values in every aspect of life and learning. This exercise in resurgence will no doubt reinstall Bharath as the Vishwaguru.

The function was presided by Dr. S Pujar who

sought support and co-operation from all likeminded people for furtherance of Bharatiya education. He explained how individuals and institutions could have formal and casual association with Shikshan Mandal. Of the seventeen authors who contributed articles, six attended the ceremony. The Prakalpa Pramukhs and members of the Dakshin Pranth were all present. The audience was made up of about 150 members from public.

Dr. SC Sharma, Director, NAAC and Dr. Sameera Simha, eminent educationist, Dr. K B Akhilesh from IISc, Bengaluru graced the occasion. The publication was also supported by institutions and businesses who offered advertisements.





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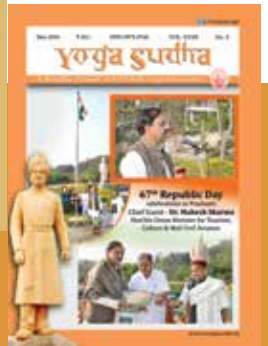
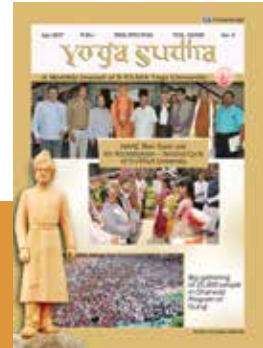
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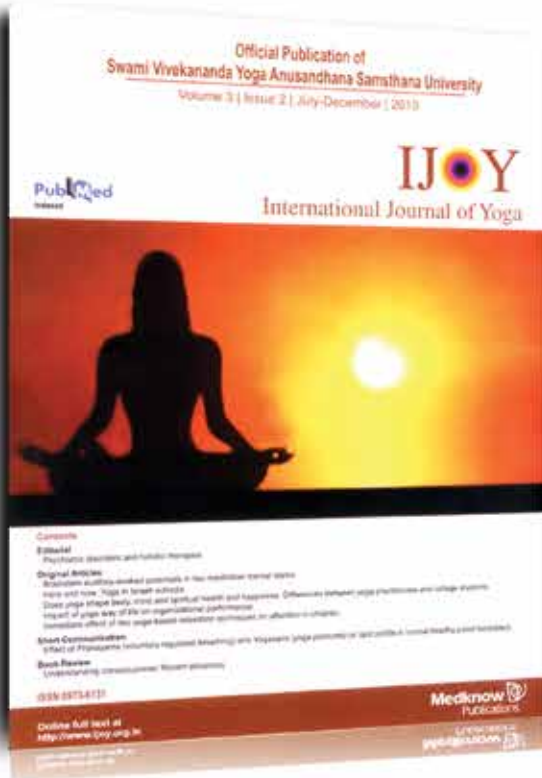
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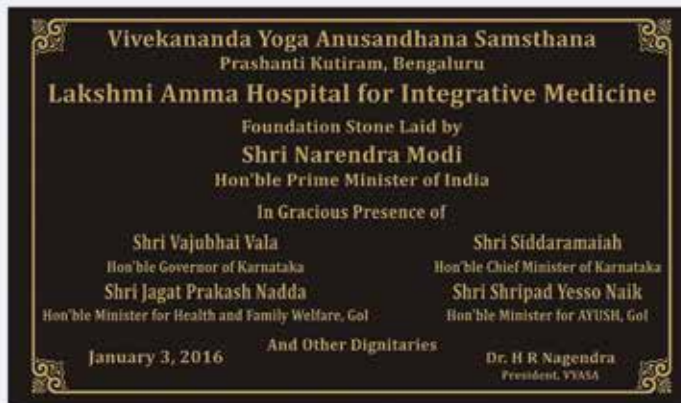
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