19th INCOFYRA
INTERNATIONAL CONFERENCE ON FRONTIERS IN YOGA RESEARCH & ITS’ APPLICATIONS

A Confluence of Science and Spirituality
For a New Renaissance at S-VYASA,
Prashanti Kutiram
Be & Make 100% Placement Guaranteed

S-VYASA
Swami Vivekananda Yoga Anusandhana Samsthan
Deemed to be University
Established under Section 3 of the UGC Act, 1956

Offers Unique Yoga Courses

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1. M.Sc. (Yoga)
2. M.Sc. (Yoga & Management)
3. M.D. (Yoga & Rehabilitation)
4. Ph.D. (Yoga)

DIPLOMA/CERTIFICATE COURSES:
1. P.G.D.Y.T.
   (Post Graduate Diploma in Yoga Therapy)
2. P.G.D.Y.T.D.
   (Post Graduate Diploma in Yoga Therapy for Doctors)
3. A.N.T.T.C.
   (Ayurveda Naturopathy Therapist Training Course)

SPRING Semester will start on Jan 12, 2012

CONTACT: The Course Co-ordinator
S-VYASA, Eknath Bhavan, # 19,
Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019
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Yoga Sudha...

Wishes its readers
A Holy Kalpaturu Divas*,
A Happy Makarasankranti
(The Day of Celestial Changes)

And
A Happy New Year 2012

Whether we are conscious of it or not, we think the
Vedanta, we live in the Vedanta, we breathe the Vedanta
and we die in the Vedanta and every Hindu does that.

धर्मो रक्षति रक्षितः:
Dharmo Rakshati Rakshitaha
*(the day of unconditional blessings
By
Sri Ramakrishna Paramahamsa falling every 1st of January)
EDITORIAL

The conference programs this time had added dimensions of a large number of cultural programs from our division of Yoga and Humanities. Number of Yajnas were tailor made to the occasion from Division of Yoga-Spirituality. Our research team added new dimensions of measuring the changes in the participants as also on the consciousness field the programs produced. They will be working for next weeks to analyse the large amount of data and bring out the results and their implications. This issue of YS gives vivid picture of these dimensions which are unique to this conference. HIMALAYA Yoga Olympiad this time attracted the largest number of persons from 19 states. It was such a joy to see the youngsters come with such enthusiasm and vigour, performing such asanas which are fascinations to all those who watch them. The pranayama, Kriyas, theory aspects of Yoga, team assessment etc are the dimensions of HIMALAYA to convert competition into Co-operation. You will get glimpses of these in the following pages of this issue of YS. You can get better glimpses of the same by visiting our web www.svyasa.org

Compared to the earlier 18 conferences held in Prashanti Kutiram, the theme of the conference this time has been the broadest - educa-
tion, health and peace. The fascinating addresses and presentations enumerated in this issue will give a glimpse of not only the theory but also the research done so far and resolutions to take them further. The key essence of all these aspects through Yoga is based on the Consciousness based paradigm compared to the existing matter based approach. Considering human being not merely as a robot, but as a being with consciousness, capable of manifesting tremendous creativity.

Education is not merely for bread earning, but for total personality development - physical, mental, emotional and intellectual with spiritual basis on one hand and to develop in them the much needed spirit of citizenship, service urge, national awareness and spiritual quest for Reality on the other hand a time has come that we are forced to move towards the adoption of pluralistic or Holistic Health systems consisting of both modern medical system based on reductionist approach to deal with infectious and contagious diseases on one hand and surgeries for traumatic cases on the other hand; and AYUSH systems based on consciousness based paradigm emphasizing on life style changes to deal with NCDs (non-communicable diseases). The Pancha-Kosha model will fit these systems into a frame delineating the regions of their efficacy. It is laudable that the Govt of India has taken up a new approach of Cross cutting the two systems by an integrating process to give the best to all in India. The world at large is moving far away from global peace. Our defence expenses are growing as fast as NCDs! World is getting into pieces with no peace. Swami Vivekananda’s teachings offer the right direction for world peace by the dictum of Be and make, peace to be achieved inside first and then will it emerge outside. Yoga with its total perspectives at the physical, mental, emotional and intellectual levels with a spiritual basis can offer the right solution to all the three challenges.

Dr. H R Nagendra
NARADA BHAKTI SUTRAS

Garga proclaims kathadisviti garga

“One has to hear always the transcendental pass times of the Divine”.

Uddhava proclaims in Bhágawatam

दानन्तरतपो होम जपस्वाध्याय संब्रमैः।
श्रेयोभिर्विविधेश्त्रायेव कृष्णे भक्तिर्दि साध्यते।

Dānavratatapo homa japa swādhyāya saṃyamaiaḥ.
Śreyobhirvividhaiścānyaiḥ kṛṣṇe bhaktirhi sādhyaete.

‘Though charity, vows, penance, rituals, learning scriptures and samyama, bhakti is acquired as fruit.’

Hanuman proclaims

स्वेदो मे परमो राजस्वाच्य तिष्ठति नित्यदा।
भक्तिश्च परमा वीर भावो नान्यन्त्र गच्छति।

Swedo me paramo rājaṁstvayi tiṣṭati nityada,

Bhaktiśca paramā vīra bhāvo nanyatra gacchati.

“My supreme home stands always in you Oh! King (Rāmā). My devotion is always unto you. My feeling come never got trapped with any other unwanted objects”.

January 2012
Education, Health and Global Peace are the theme of International Conference Frontiers in Yoga Research and Application (19th INCOFYRA). We welcome all the dignitaries for the same.

The whole atmosphere is polluted due to omission of unhealthy smoke and untimely thundering, lightening and tornadoes. Nature became against to human race due to his misunderstanding of nature. It has
come to that stage that very survival of bio-diversity on the earth is in danger. || 2 ||

Kalākulaṁ bhāratamasti tatra śakyā ca yuktā sarasā janāḥ syuḥ|
Yogo’stuśikśāvalaye sadātra yogena yukto’stu suśikśito’pi||3||

In order to solve this problem we must go to Yoga. If education is spiritually rooted and socially beneficial we can fill divine content in human beings. So, we are in need of man-making educational system, originated from Indian heritage. || 3||

Cikitsāvidhānam śubhāyurvidhānāt Vyādhistathādhiḥ na bhavet janeṣu|
Koṣeṣu pañcātmasu ye ca rogāḥ Layo’stu teṣāṁ śubhayogasiddhyā||4||

Yoga detects the cause of mder Non Communicable Diseases(NCD) as Adhi due to dominance of voilent negative Rajasic emotions causing Vaydhi. To deal with human being at Physical, Pranic, Mental and emotional levels a multidimentional approach is needed to solve the problem. || 4||
Yoga is the panacea for all health related global problems. We want well-fare state established in each and every nation by global harmony and mutual trust.

This international conference aims at bringing all those like minded who want Viveka and Viaragya twin qualities in education. Involving real friendship by Prema Bhava featured by giving and sharing is the solution to harmony and peace – concept of universal brotherhood. We want to revolutionize the whole educational system by bringing the value addition the YOGA.

Jñāne yoga bhaktiyoge ca yogāḥ Yogo rājā rājamārgē’pi yogāḥ!
Yogāḥ proktāḥ karmamārgē viśāle Svāsthye śikṣāsāntimārgē
Let us work with the Integrated Approach of Yoga featured by Jnana, Raja, Bhakti and Karma to achieve the goals of Conference – Holistic Health, Total Education and Global Peace.

We envision the new world energized by GAUH and ASHWA cosmic rays originated from sun god. This Veda based transformation of Brahmanda and Pindanda causes an emergence of new society with good health, good education and technology. Let positively charged ancient science flow unhindered from the VYASA tradition being discussed in this international conference.

Prof. Ramachandra G Bhat
Dean, Academic Programs, S-VYASA University
Dean, Yoga-Spirituality, S-VYASA University
Homa: Resonating with Cosmic Borders

“Nama Sri Yatirajaya”

Homa everyday to keep evils away

Sri Jagadish, USA, Chief Guest

Felicitation to Smt. Ramamani
### Pre Conference Valedictory Program

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HIMALAYA
An International Yoga Olympiad
December 13 to 16, 2011

at Prashanti Kutiram
the head quarters of
S-VYASA University
Bengaluru

Organizer:
VYASA, Bengaluru
S-VYASA Yoga University, Bengaluru is organizing an International Conference on Yoga from 20th to 23rd Dec. at Prashanti Kutiram, Jigini. As a pre-conference program – HIMALAYA – an International Yoga Olympiad is being organized from 13th to 16th Dec. 2011. This Olympiad is organized once in two years. 450 participants in the age groups of (i) 12 to 18 yrs. (ii) 18 to 24 yrs (iii) above 24 yrs (separate for boys and girls) demonstrated their excellent skills of performing different advance asanas, pranayama, mudras and bandhas.

Today 16 Dec, the Olympiad was concluded in a grand valedictory function. Maharashtra has was declared the Champion of Champions. The other winners list is attached herewith.

The winners gave a grand display of Advanced Asanas, and asanas in groups and combinations. The audience and the dignitaries were spellbound. Earlier to that a dance bailey was performed by a troupe Bhaskar Art Academy from Singapore.

The Chief Guest for the Valedictory Function was Prof. U.K. Sharma, Chairman, MARC Management College, Bangalore. He told the delegates, that the concept of Yoga is very much similar to the modern day management principles. Sri G.N. Srikantaiah, Director, AY-USH, Govt. of Karnataka was the Guest of Honour. He appreciated the role of S-VYASA in organizing the HIMALAYA Olympiad and
Yoga Sudha appreciated the participants who came from different corners of the country.

The other guest on the occasion were – Sri Prameya Chaitanya, Vancouver, Canada; Sri Raj Natarajan, Director, Austrasia, Sydney, Australia; Prof.Rudrappa, Medical Director, Sanathana Yoga &

Maharashtra proved to be Yoga Rashtra
Champion of Champions
Himalaya Valedictory in progress

Srikantaiah, AYUSH Director

Sri Praneya Chaitanya

“60 Years of Kalaseva”
Bhaskar & Shanta
Singapore being honored
Nature Cure Hospital, Bangalore; Sri JSD Phani, Chairman, AYUR-PARK Health Care Ltd., and Dr. Veerabhadrappa, Executive Officer, Zilla Panchayat, Anekal.

Dr. H.R. Nagendra, Vice Chancellor presided over the function. He blessed the delegates and felicitated all the Chief Guest and Guest of Honour.

The program concluded with Shanti Mantra

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<th>Age Group</th>
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<td>15 to 24 yrs</td>
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- Total Number of Teams (States 18) 20 including S-VYASA and Singapore
- 1a (10-14yr), 2a (15-24yr), 3a (24yr & above) are BOYS and 1b (10-14yr), 2b (15-24yr), 3b (24yr & above) are GIRLS
- Champions of Champions is MAHARASTRA.
Himalaya
An International Yoga Olympiad

Samuhik
Surya Namaskar

Malla Kamba & Rope Mallakansa
by Sri Hussain & Team, Dharwad
“Vajradapi Kathorani - Mriduni Kusumanicha”
Hard like a diamond & soft like a flower

“Sthiram Sukham Asanam”
19th INCOFYRA
INTERNATIONAL CONFERENCE ON FRONTIERS IN YOGA RESEARCH AND ITS’ APPLICATIONS

Theme:
YOGA for GLOBAL HEALTH EDUCATION & PEACE

December 20-23, 2011

Prashanti Kutiram
the head quarters of
S-VYASA University
Bengaluru

Organizer:
VYASA, Bengaluru

Inauguration
20 Dec 2011
Prashanti Kutiram
19th INCOFYRA
Main Conference Inauguration

The Dignitaries: Swami Gautamanadaji, President, RK Math, Chennai; Sri Sri Ravi Shankar Guruji, Founder of Art of Living; Padma Bhushan Raghunath Anant Mashelkar, President Global Research Alliance; Sri B.S. Yedurappa, Ex-Chief Minister; Dr. Acharaya, Higher Education Minister, Govt. of Karnataka

It was unique gathering in the form of the 19th International Yoga Conference on Frontiers in Yoga Research & Its’ applications, being organized at S-VYASA. Yoga University, Bengaluru. The theme of the conference is “Yoga for Global Health, Peace and Education”. This has evolved as a result of consequences the world has been
facing with regards to health, education and peace.

Remarkable advances in science and technology have provided powerful tools in the fields of diagnosis, surgery and target oriented pharmaceuticals and has actually taken us away from the natural and healthy living. We are obsessed by the conventional modern medical system for treating life style related disorders, which can be easily treated by mere life style changes and few healthy habits. Modern medicine is promising in managing these disorders but remains far unsuccessful in rendering a cure.

Yoga is an Art, a Science and Philosophy. More practically it is a way life. It was the subject of various eminent dignitaries who were present in the Inauguration of the International Yoga Conference on 20th Dec.2011 at 5.00 pm in Prashanti Kutiram. Dr.H.R.Nagendra, Vice Chancellor, S-VYASA spoke of the research base wealth of knowledge which the university has. He also mentioned about USA’s huge funding on defense, which could if be utilized for health issues, it could be five years budget for the whole world. The power hunger has to be reduced. Materialized world has to be regulated.

Swami Gautamanadaji, President, Ramakrishna Math, Chennai released the book – The Evolution of Enlightenment, which explains the new relationship between the new enlightenment and moksha and gave his ashirvachanam.

The ex-Chief Minister Sri Yedurappa, wished all the delegates of the conference the greater heights of enlightenment.

Dr.Acharaya, Education Minister, Govt. of Karnataka said that Karnataka has first state to have UG and PG level Yoga Courses.

Sri Sri Ravi Shankar Ji, Founder of Art of Living said that “Science
and Spirituality” were never contradictory. He said that if you under-
derstand an atom, you will understand spirituality. Yoga is not a
philosophy to be kept in a library but is to be lived. Sri Sri Ravi Sha-
ar answered a question about Russia banning the Bhagawat Gita!
He said that banning the Bhagawat Gita is injustice to the people of
Russia and an insult to 1.2 billion people of India.

Yushmakam
“Swagatham
Mahabhagaha”
Welcoming the Dignitaries
“Well begin is half done” – Inauguration

To open the hearts

‘Art of Living’ Bhajans
Greetings from foreign delegates

‘Swagatham’
Dr H R Nagendra

Swami Gautamanandaji

V S Acharya
Higher Education Minister

Andrew Cohen

Dr Christoph Garner

Sri B S Yediyurappa

‘Heart to Heart’ – Sri Sri
Gratitude to the great Souls for their presence...
Launch of the face lifted website – www.svyasa.biz

“Parasparam Bhavayantaha”

Best of East: Gautamananda Ji
Best of West: Amrita Suryananda Ji
CONFERENCE REPORT

19th International Conference on Frontiers in Yoga Research & Its’ Applications (INCOFYRA), 2011

Held from Dec 20 to 23, 2011 at Prashanti Kutiram

Organised by: Vivekananda Yoga Anusandhana Samsthana, Bengaluru

**Theme:** Yoga for Global Health, Education & Peace

**BACKGROUND:**

Since 1991, every alternate year VYASA has been conducting International conference on yoga entitled ‘Frontiers in Yoga Research and Its’ Applications. Each conference has a specific theme.

**THEME FOR THE 19TH INCOFYRA:** ‘Yoga for Global Health, Education and Peace’.

**STRUCTURE OF THE CONFERENCE:**

The conference was structured under three sub themes viz.,

1. Yoga for Peace
2. Holistic Health and
3. Total Education
A BRIEF OVERVIEW:

- **Pre conference workshops held from Dec 12-19, 2011:**
  - Workshop on Yoga therapy led by Dr R Nagarathna and team:
    - 106 patients participated in the workshop
  - Workshop on Dance therapy by Dr Rajan Narayan, USA:

- **Himalaya Olympiad held from Dec 12-15, 2011:**
  - Groups from 13 states participated in the Olympiad with 462 participants.
    - Maharashtra won the championship
    - Manipur was the runner up

- **Inauguration:** 19th international conference on frontiers in Yoga Research & its Applications was inaugurated on Dec 20, 4:30 pm by Sri Sri Ravishankaraji, Swami Gautamananda ji & Dr Mashelkar. The other dignitaries present were Sri BS Yediyurappa, Former Chief Minister of Karnataka and the Minister for Higher Education Dr VS Acharya.
Morning Yoga session: There were several parallel yoga options for the delegates. They are:

- OM meditation by SVYASA team
- General yoga by SVYASA team
- Therapeutic yoga by SVYASA team
- Satsang by Sri Andrew Cohen, Spiritual Master & Founder, EnlightenNEXT, USA

Conference statistics on Technical Sessions:

Scientific Sessions:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Number of Keynote lectures</td>
<td>5</td>
</tr>
<tr>
<td>Total no of invited speakers</td>
<td>37</td>
</tr>
<tr>
<td>International speakers</td>
<td>9</td>
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<tr>
<td>National speaker</td>
<td>28</td>
</tr>
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</table>

Poster and oral presentations:

<p>| | |</p>
<table>
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</thead>
<tbody>
<tr>
<td>No of poster presentation</td>
<td>40</td>
</tr>
<tr>
<td>No of oral presentation [on selection]</td>
<td>8</td>
</tr>
</tbody>
</table>
Presentation and exhibitions:

1. SVYASA Research Exhibition - recently published 12 research papers from S-VYASA (2009-2011),

2. Yoga Therapy in Arogyadhama

3. Video show on Different nature cure modalities at Surabhi-Arogyadhama Naturopathy block

4. Poster presentation on Different state of Consciousness.

5. Exhibition of Human anatomical models.

6. Department of Naturopathy and Ayurveda served different naturopathy and ayurvedic diet like juice, herbal tea, tri-dosha tea, soups, salads etc.
Statistics on delegates:

- Total number of national delegates: 547
- Number of states represented: 20
- Total number of international delegates: 37
- Number of countries represented: 11
- Indian dignitaries: 45
- International dignitaries: 30
- VYASA – SVYASA Alumni: 80
- Volunteers: 250
EVENING SATSANGS & CULTURAL PROGRAM:

<table>
<thead>
<tr>
<th>Time</th>
<th>PROGRAM</th>
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<tbody>
<tr>
<td>6:00 - 7:30pm</td>
<td>Satsangh lead by Sri Sri Ravishankar ji and Art of Living Devotees</td>
</tr>
<tr>
<td></td>
<td>Venue: Mangal Mandir</td>
</tr>
<tr>
<td></td>
<td>5:00 - 6:30 pm Karnataka Folk Festival “Gramotsava” by Veerabhadraiah and Team</td>
</tr>
<tr>
<td></td>
<td>6:30 – 7:30 pm Satsangh by Sri Sri U. Ve. Prasanna Venkatachchariar Chaturvedi Swamigal Prarthana Mandir</td>
</tr>
<tr>
<td>7:30 – 8:25pm</td>
<td>Dinner</td>
</tr>
<tr>
<td>8:30 – 10:00pm</td>
<td>Dance Ballet on “Vishwa Yogi Swami Vivekananda” by Chakra Dance Group led by Shanta Baskar, Singapore Venue: Mangal Mandir</td>
</tr>
<tr>
<td></td>
<td>Bharata Darshana - Cultural Programs by Students of S-VYASA, Bengaluru Venue: Mangal Mandir</td>
</tr>
<tr>
<td></td>
<td>Dharma Bhumi Dance Drama Prabhat Kalavidaru Sri Venkateshacharya and Group Venue: Mangal Mandir</td>
</tr>
</tbody>
</table>

POST CONFERENCE WORKSHOPS:

- A DAY LONG RETREAT BY Sri Andrew Cohenji on Dec 24, 2011

- A week long workshop on Yoga therapy led by Dr Nagarathna from Dec 24-30, 2011
ABSTRACTS LIST OF KEYNOTE ADDRESSES

1. Adoption Of Theoretical Principles And Techniques Of Yoga To Evolve A Holistic Perspective In Modern Primary And Higher Education System - **H R Nagendra**, Vice Chancellor, S-VYASA University, Bengaluru, hrn@vyasa.org

2. Yoga For Global Health, Education And Peace - **Nagarathna Raghuram**, Dean, Division of Yoga and Life Sciences, S-VYASA University, Bengaluru, India, rnagaratna@gmail.com

3. Yoga Therapy Emphasizing The Philosophy Of Yoga As An Essential Part Of The Therapy - **Shirley Telles**, Director of Research, Patanjali Research Foundation, Haridwar, India, shirleytelles@gmail.com, www.patanjaliresearchfoundation.com

4. **SWAMI VIVEKANDA’S VIEWS ON WORLD PEACE** - **N V C Swamy**, Professor Emeritus, S-VYASA Yoga University, Bengaluru, nvcswamy@gmail.com

5. Emerging frontiers in nano technology and global health - **Anita Goel**, Chairman & CEO, Nanobiosym, USA
ABSTRACTS LIST OF INVITED TALKS

TRACK – 1: YOGA FOR PEACE

1. Yoga for Global Peace: In the light of Sri Ramakrishna - Swami Atmapriyananda

2. Bhagavan Sri Ramana Maharshi’s Message For Universal Peace - Sarada Natrajan


4. Vedantic prescription for global peace - Swami Jayendrapuri Ji

5. Yoga for global peace: In lights from Indian Epics - K Subrahmanyam

6. An individual’s contribution towards global peace - Swami Pranananda

7. Quiet Yet Desirous Of Global Peace: Bhagavad Gita On The Yogi’s Mind - Sangeetha Menon

8. Agnihotra And Homotherapy - The Effects On Human Health And On Human Mind - Ulrich Berk

9. Vedic Wisdom For Global Peace - R Rangan

10. 8 point program for peace - Swami Sadyojatha

11. Global Crises And Need For Wisdom And Personal Transformation - Bishal Sitaula
1. Neurobiology Of Yoga Therapy In Psychiatric Disorders - Gangadhar B N

2. Presenting Vedanta For A Scientific Mind - Thimappa Hegde

3. Holistic Neurologic Rehabilitation Including Yoga-Therapy - Christoph Garner

4. Ayurveda For Global Health - Ramakrishna B R

5. Yoga For Global Health: An American Experience - Dilip Sarkar

6. Integrative Medicine In The Context Of Global Health - Naveen K. Visweswaraiah

7. Naturopathy Based Lifestyle In The Management Of Non Communicable Diseases - Prashanth Shetty


9. The Research And Practice Of Yoga As Therapy: An American Experience - Sat Bir Khalsa

10. Yoga For Coronary Artery Disease - Shantharam S Shetty

11. Evidence Based Ayurveda For Global Health - Ram Manohar P
1. Mathematical Modelling Of Smart Materials To Understand The Impact Of Stretching Of Muscles Due To Hath Yoga - Rudraiah N
2. Role Of Yoga In Addressing Productivity & Performance Challenges Of Corporate Executives - Mahadevan B
3. Yoga For Global Education: Insights From Traditional Texts - Manmath M. Gharote
4. Yoga And The Educational Process - Yogacharya Ananda Balayogi Bhavanani
5. Concept Of The Yoga Intelligence – Meaningful Human Resource Management - Predrag Nikic
6. Application Of Yogic Knowledge To Modern Education - Sraddhalu Ranade
7. Yoga And Education According To Ancient Indian Wisdom - Raghuram N V
8. Holistic Health – Problems: Remedies By Manashakti Research Center (Mrc) - Vijay R Joshi
9. Integrating Traditional Gurukula Education With Contemporary Education - Ramachandra G Bhat
10. Towards Holistic Education - Subhash Sharma
11. Yoga And Education - Alexander R Medin
ABSTRACTS LIST OF
ORAL PRIZE PAPER PRESENTATION

1. Effectiveness Of The Practice Of Yoga Therapy In Anxiety Disorders In Females - A Randomized Controlled Trial - Annapoorna K

2. Effect Of An Integrated Approach Of Yoga Therapy On Quality Of Life In Osteoarthritis Of The Knee Joint: A Randomized Control Study - John Ebnezar

3. Sun Salutation – A Biomechanical Perspective - Omkar S N

4. Complimentary Effect Of Yogic Sound Resonance Relaxation Technique In Patients With Common Neck Pain - Bali Yogitha

5. Effect Of Dynamic Suryanamaskar On Physical Fitness Of Secondary School Students - Krzysztof Stec

6. Yoga For Controlling C Reactive Protein In Coronary Atherosclerosis - Gaurav Pant

7. Connection Between Yoga Practice And Depression - Bosiljka Janjusevic

8. Effect Of Pranayama And Meditation In Rehabilitation Of Patients With Guillain-Barré Syndrome (Gbs) - Ragupathy Sendhil Kumar
ABSTRACTS LIST OF POSTERS

1. Pyramid Effect On Growth Of Fenugreek - Itagi Ravi Kumar
2. A Study Of The Effect Of Specific Yoga Practices For Improving The Performance Of Table Tennis Players - Ajit Oak
3. Integrated Approach Of Yoga Therapy And Ayurveda As Complementary Therapy For Orthostatic Hypotension And Benign Prostatic Hypertrophy In Type 2 Diabetes Mellitus: A Case Report - Rathi A
4. Changes In Tridosha And Triguna In Type 2 Diabetics After Integrated Approach Of Yoga Therapy - A Pilot Study - Amit Singh
5. Add On Effect Of Nadishuddhi Pranayama On Hypothyroidism A Comparative Clinical Trial - Amol Koshti
6. P300 Responses In Diabetics Practicing Yoga Or Physical Exercise: A Cross Sectional Study - B.V. ASHA
7. Integrated Approach Of Yoga Therapy Clinics In America By Yoga Bharati - An Experience On Over 300 Participants - Ashwini Surpur
8. Clinical Evaluation Of Vyoshadi Guggulu And Hareetaki Churna In The Management Of Obesity (Sthaulya) - Deepty Nair
10. Prevention Of Suicidal Ideation Through Yoga Among Adolescent Students - Ghanshyam singh thakur
11. Measuring The Effect Of Kapālabhāti Kriyā On Brain Blood
Flow By Fnirs In Normal Healthy Volunteers: A Pilot Study - Hemant Bhargav

12. Qumulative Impact Of Yoga Practice On Quality Of Life - Jhansi N Rani

13. Implicit Cognition And Yoga Research - Judu Ilavarasu V


15. An Interventional trial on promotion of positive health through seasonal purification w.s.r. To sarat ritu - Lakshmi V

16. Yoga, Potential To Enhance Global Peace - Mahaveer Khetawat

17. The Effect Of Add-On Of Physiotherapy, And Ayurvedic Treatment To Integrated Approach Of Yoga Therapy, On Chronic Non-Specific Low Back Pain - Monali Madhusmita


19. Standardization Of “Ama” Questionnaire For Use In Clinical Studies - Narasimhan S


21. A Study Of The Efficacy Of Yogic Practices For Knee Pain - Neela Tamhane

22. Efficacy Of Yoga In Sparc Initiated Green Prescription Program - Pooja Maddela
23. Complementary And Alternative Medicine In Type 2 Diabetes - More P
24. Changes In Cerebral Blood Flow During A Frontal Lobe Task In Type 2 Diabetic Patients Following An Integrated Yoga And Ayurveda Protocol: A Pilot Study - Purnendu Sharma
25. From Wheels To Her Own Feet – A Case Of Amyotrophic Lateral Sclerosis (ALS) After Iayt And Ayurveda Therapy - Haldavnekar R V
26. Self Management Of Excessive Tension Module For Managerial Effectiveness - Tikhe Sham Ganpat
27. Occupational Health Status Of Ayurveda Masseurs In Kerala - A Cross Sectional Study - Sachin Upalanchiwar
28. Yoga For Bronchitis - Sowmya Hegde
29. Effect Of Disease Trajectories On Cognitive Behavior - Sridhar Maddela
30. A Study Of The Effect Of Specific Yoga Practices For Occupation Related Back Problems Of Professional Tabla Players - Sushama Sauandattikar
31. Effect Of Integral Yoga On Psychological And Health Variables - Sushil S Khemka
32. A Comparative Study Of Autonomic Changes During Nadishudhhi Pranayama Practices With Specific Reference To Diaphragmatic Breathing And Thoracic Breathing - Ulka Natu
33. A Comparative Study Of The Effect Of Performing Siddhasana And Padmasana, The Meditative Postures - Vasant Kelkar
34. Effects Of Meditative States On Long Latency Auditory Evoked Potentials - Singh Deepeshwar

35. Blind Practice Of Asans And Pranayam Without Paying Heed To Onkar Upasana Is Not Yog; It Is Nothing But Wasteful Squeezing Of Nerves - Swami Eknaamdev

36. Effect Of Integrated Yoga Therapy On Body Composition In Type 2 Diabetes Mellitus, A Pilot Study - Bilagi Ashwin

37. A Multimodal In-Patient Approach Including Yoga, To Rehabilitation Of Chronic Neurological Diseases - A Pilot Study In Germany - Ashwini BC

38. Influence Of Regular Yoga Therapy On Cognitive Functioning And Blood Glucose Levels Among Adult Type 2 Diabetics - Ashwini R

39. Effect Of Cyclic Meditation In Psychomotor Performance On Children - Balaram Pradhan

40. Application Of Electrical Conductivity Of Acupuncture Meridians In Diabetes - Sharma B

41. Effect Of Integrated Approach Of Yoga Therapy On Quality Of Life In Patients With Chronic Illnesses - Chaya B V

42. Digital Meridian Tool For Yoga Research - Meenakshy K B

43. Changes In Autonomic Variables Following Two Meditative States Described In Yoga Texts - Raghavendra Bhat

44. Yoga A Biopsychosocial-Spiritual Model For Health: A Scientific Overview - Rajesh S K

45. Changes In Sleep Architecture Following Long Term Practice Of Meditation - Suhas Vinchurkar
Cultural

“Melting Melodies”
Bhakti Geet by Sujata Guru & team
Programs

“Gurukuladalli Sri Krishna” – by Sadhana Sangama

Mahila Yakshagana on 24th December 2011
Experience of Ecstacy
RASALEELA

“Face the Brutes”
“Veeragase” – Dancing on the Dazzling fire

Bahu Bhuja Dharini Bharatha Matha

Dancing with Divine – Dandiya

“Brave Women of Bharath”
Guru Shishyas from East & West
Krishna & Arjuna
Aristotle & Alexander

January 2012
19th INCOFYRA was concluded with the speeches of delegates from different parts of the world, speaking about their experiences. They mentioned how this conference with the theme Global Health, Peace and Education helped in getting the eminent thinkers, philosophers and spiritual teachers on one platform. Dr. Naveen, an established researcher of S-VYASA put across the pre and post details of the conference. This was followed by the book release on - Swami Vivekananda a Man of letter by Prof. K. Subramania. And another book released was Yoga Sagara Saram by Prof. T. M. Srinivasan. Swami Paramatmananda Saraswati spoke a few words about how Yoga is away from barriers of caste, creed, race and religion. Then the conference was addressed by the Guest of Honour Dr. Anita Goel.

At the end a Human Chain was made, which was symbolic of world peace, unity in diversity followed by Shanti Mantra and National Anthem.

**The dignitaries on the stage:**
- Swami Paramatmananda Saraswati, *Arsha Vidhya Peetam, Rajkote*
- Dr. Anita Goel, *CEO Symbiosys, USA*
- Padmasri Dr. Alka Deshpande
- Dr. H.R. Nagendra, *VC SVYASA Yoga University*
“Sarve Bhavantu Sukhinah” – Praying for peace all over

Book Release – ‘Swami Vivekananda the Man of Letters’

Book Release – ‘Yoga Sagara Saram’
Resolutions of 19th INCOFYRA

By virtue of active presentations-deliberations and interactions on the above mentioned theme, this conference unanimously adopt the following resolutions:

GLOBAL PEACE: One World-One Hope

There is NO way to Peace; Peace is the way-AJ Muste

1. We endorse and support UN millennium goals


   Goal 1 Eradicate extreme poverty and hunger
   Goal 2 Achieve universal primary education
   Goal 3 Promote gender equality and empower women
   Goal 4 Reduce child mortality
   Goal 5 Improve maternal health
   Goal 6 Combat HIV/AIDS, malaria and other diseases
   Goal 7 Ensure environmental sustainability
   Goal 8 Develop a global partnership for development

2. We recognize and accept to use Yoga as a Universal tool in meeting UN millennium goals by commemorating June 21– the day of summer solstice in northern hemisphere of the earth as WORLD YOGA DAY as proposed by HH Jagat Guru Amruta Suryananda Maharaja of Portuguese Yoga Confederation and endorsed by all Yoga masters of India on December 2011 at the Yoga Summit held in International headquarters of The Art Living Foundation, Bengaluru

3. We realize that Yoga – a science and art of self transformation
leading to individual peace [peace within and peace outside by eliminating fanaticism and invoking Universal brotherhood as proposed by Swami Vivekananda] and thus establishing YOGA as a Universal – secular strategy for Global peace

4. We accept to commemorate 2012 as the ‘International Year of Cooperation’ to create partnerships to establish YOGA as a strategy to meet MDGs [http://www.un.org/apps/news/story.asp?NewsID=40262&Cr=cooperatives&Cr1=]

5. This conference pledges to establish Indian value “Vasudhaiva Kutumbhkam – the World is one family” as the goal and means to achieve lasting GLOBAL PEACE

HOLISTIC HEALTH:

1. We recognize Non Communicable Diseases [NCDs] as a Global Health Concern and Global epidemic

2. We endorse and pledge to participate in the Global Campaign against NCDs [http://www.un.org/apps/news/story.asp?NewsID=39600&Cr=non+communicable+diseases&Cr1=]

3. The VYASA-SVYASA as a single largest research institution specializing in yoga pledges to the Goals of Global campaign against NCDs

4. This conference resolves to build partnerships with major yoga institutions; leading medical institutions; professional organizations and government agencies to create working groups and evolve effective outreach initiatives to meet the goals of the global campaign specific to India

5. This conference recognizes the importance of STOP DIABETES
MOVEMENT and accepts as the most needed campaign to address the issue of NCDs in India and across the World

TOTAL EDUCATION:

1. We recognize and accept that the Total education is the real means to achieve the goals of Global Peace and Global Health

2. We resolve that Yoga education forms the basis for Total Education

3. We pledge that on the year of 150th birth year of Swami Vivekananda- we would implement ‘Man-making education through Yoga’ than mere ‘bread earning education’

4. We seek to work towards and establish Yoga education at all levels of education from primary education to professional education across the World

5. We seek to establish national and international working group to introduce Yoga in five dimensions i.e., spirituality; life sciences; humanities; management studies and physical sciences

SPIRITUAL RETREAT WITH ANDREW COHEN

On 24th December there was a one day spiritual retreat by Andrew Cohen, a spiritual teacher, cultural visionary, and founder of the global nonprofit EnlightenNext and its award-winning publication EnlightenNext magazine. Andrew being a student of a great Advaitic master, H.W.L. Poonja and many others, he has now developed his new approach towards spirituality. It was a day long retreat from 10 am to 6 pm, which was attended by many people from various states in the south, apart from students and staffs of S-VASA. Andrew Cohen spoke about his evolutionary ideas about spiritual enlightenment. There were three sessions in which two were interactive, in which he addressed many of the deeper queries of the participants. The retreat left behind a wave of new insight and new search in many minds.
Media Support

21 Dec 2011
Vijaya Karnataka, Bengaluru
YOGA: A SCIENCE FOR WORLD PEACE
4 & 5 December, 2011;
The Art of Living, Bengaluru
SOME OF THE GRAND MASTERS AND LINEAGES PRESENT, AT THE CLOSING CEREMONY (from left to right):

**News from Vyasa, Kolkata**

Vyasa, Tollygunge (Eknath Bhawan)

---

**Report of Yoga Participants in NOVEMBER 2011**

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Heads</th>
<th>Courses/ Programmes</th>
<th>Total</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>FCYScW</td>
<td>YAP</td>
<td>YPGW</td>
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<tr>
<td>Old</td>
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</table>

* Report is based on the SVDYWC guide line.

**SL. NO** | **PROGRAMMES IN THE MONTH OF NOVEMBER 2011** | **NO. OF PARTICIPANTS**
---|---|---
01 | Yoga Therapy (YT) | 26
02 | Yoga at Residence (YR) | 9+3**
03 | OPD (Modern Medicine) | 94

Daily Bhajans at 6.00-6.30 PM and weekly Kriya classes are going on every Saturday at 6.30-7.30AM.
Apart from Kolkata seven participants from Ireland (6) & U.S.A (1) took part in the Yoga classes of VYASA.

On 6th November a teacher’s meet held at Eknath Bhawan for the teachers of VYASA Tollygunge & VYASA Salt Lake. Chairman Mr. B.K Dhanuka presided the meeting. On this occasion Mr. B.L Chandak (Vice Chairman) and Mr. S Kejriwal (Member) were also present.

On 13th November, Sunday at 7.30AM, “WALK FOR HEALTH” (An Initiative by M.P Birla Group) Programme was organized to celebrate World Diabetes Day (November 14, 2011) by walking from M P Birla Planetarium to Belle Vue Clinic, Loudon Street. Some of the SDM volunteers of VYASA also participated in this programme.

On 23 November Mrs Puspa Rath & Mr. Suraraj Rath have rejoined VYASA Kolkata as Yoga Therapist.

On 28th November a five day Yoga Awareness Programme (YAP) was started at International Management Institute (IMI) Kolkata for its trainees.
FUTURE PLAN:

1. 2nd batch of “Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)” is going to start from 1st December 2011.

2. On the eve of New Year (1st January 2012) a mass “Vishnu Sahasranam Archana” programme would be conducted by Chinmaya Mission. [Time-9.00-11.00 AM, Venue-Vivekananda Hall of VYASA]

VYASA, Salt Lake (Lakshmi Kripa):

<table>
<thead>
<tr>
<th>SL. NO</th>
<th>PROGRAMMES IN THE MONTH OF NOVEMBER 2011</th>
<th>NO. OF PARTICIPANTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Regular Yoga Training Programme for General Public (RYTP).</td>
<td>35</td>
</tr>
<tr>
<td>02</td>
<td>Yoga Therapy (YT)</td>
<td>02</td>
</tr>
<tr>
<td>03</td>
<td>Yoga at Residence (YR)</td>
<td>17+3**</td>
</tr>
</tbody>
</table>

Along with this regular out door group classes** are going on in the different parts of the city.

On 26th November, Dr R Nagarathna had a visit to Kolkata, during her tour to Assam for a Yoga Programme.

* Email-stopdiabeteskolkata@gmail.com

* Mobile: +91 9339610168
# News from Vyasa, Mumbai

## Workshops

<table>
<thead>
<tr>
<th>No.</th>
<th>Date</th>
<th>Topic</th>
<th>Faculty</th>
<th>No. of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Nov 3</td>
<td>Yoga for Self Perfection</td>
<td>Subramaniam Swamy</td>
<td>20</td>
</tr>
<tr>
<td>2</td>
<td>Nov 10</td>
<td>Face Yoga</td>
<td>Minal Potnis</td>
<td>21</td>
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<tr>
<td>3</td>
<td>Nov 12</td>
<td>Meditation (MSRT)</td>
<td>Vasundhara Maheshwari</td>
<td>41</td>
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<tr>
<td>4</td>
<td>Nov 14</td>
<td>Random Blood Sugar Test</td>
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<td></td>
<td></td>
<td>Free Blood Test on Diabetes Day</td>
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<td>18</td>
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## Yoga Classes

<table>
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<th>Timings</th>
<th>No of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>For Diabetes, High BP, Back Pain-Knee Pain, Vertigo, Thyroid, Varicose, Vein, Migrane, Spondylitis</td>
<td>6:30-7:30 am &amp; 7:30-8:30 am</td>
<td>11</td>
</tr>
<tr>
<td>2</td>
<td>MSc Study Classes</td>
<td>9-11 am (Mon, Tue, Thu &amp; Fri)</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>For High BP</td>
<td>11-12 noon</td>
<td>2</td>
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<tr>
<td>4</td>
<td>Dynamic Energizing Yoga Teacher Training Course</td>
<td>12 noon-2 pm (Every Thu)</td>
<td>12</td>
</tr>
<tr>
<td>5</td>
<td>For Weight Reduction</td>
<td>1-2 pm</td>
<td>1</td>
</tr>
<tr>
<td>6</td>
<td>For Back Pain &amp; Knee Pain</td>
<td>2-3 pm</td>
<td>4</td>
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<tr>
<td>Yoga Sudha</td>
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<tr>
<td>7 For Depression</td>
<td>4-5 pm</td>
<td>1</td>
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</tr>
<tr>
<td>8 For Weight Reduction</td>
<td>7-8 pm</td>
<td>11</td>
<td></td>
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<tr>
<td>9 Yoga Instructor’s Course</td>
<td>11 am-3 pm (Sat), 9 am-1 pm (Sun)</td>
<td>6</td>
<td></td>
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</tbody>
</table>

- Yoga at residence - 2 participants
- Yoga classes at Khar Gymkhana is being conducted by one of our YIC student as a replacement.

**Future Activities:**
- SMET workshop to be conducted at the center on 3rd Dec, 2011. Yoga classes for kids (Age Group: 2-14 yrs) starting from 8th Dec, 2011.
- Bhajan Sandhya to be conducted at the center every Saturday starting 10th December, 2011.
- Attending ‘The International Conference’ at VYASA, Bangalore from 20th - 23rd December, 2011.
- VYASA - Mumbai YIC students will be attending 1-week YIC orientation program from 24th - 31st December, 2011.
- ‘Yoga during Pregnancy’ Teacher’s Training Course to be started.
- Starting regular motivational workshops under the name of ‘Joy of Living’ from 10th December, 2011.

**We thank you all for your constant support.**

**Contact:** VYASA, Mumbai, 9769563699
IJJOY is a multidisciplinary semiannual scientific Yoga journal, dedicated to Yoga research and applications. The journal is an official publication of the Swami Vivekananda Yoga Anusandhana Samsthana. This journal is published by Medknow Publications, Mumbai, India. Indexed in PubMed. Open access online journal and it can be accessed at www.ijjoy.org.in.

Subscription Rates for the year 2012

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<td>1500</td>
</tr>
<tr>
<td>Online</td>
<td>1200</td>
</tr>
<tr>
<td>Print+Online</td>
<td>1900</td>
</tr>
<tr>
<td>Single Issue</td>
<td>938</td>
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