"Ano bhadra kratavo yantu vishwatah"

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

- Rig Veda

Vivekanananda Vibhuti Award to Dr. Nagaraja

Happy Happenings in Jubilant July
Value Driven Leadership through

- Quality that is Infinite
- Service that Cares
- Hardwork that Endures

Making a Positive Difference to lives across the globe

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Higgs Boson: A new insight towards Creation

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

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

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

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

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

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

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

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

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

THE INDIA CONNECTION
DOES NOT STOP AT BOSE:
Scientists from all over the country were at the Saha Institute of Nuclear Physics in Kolkata on Wednesday, watching a live telecast from Geneva and cheering Indians’ contribution to the discovery of a particle consistent with the fabled Higgs boson.

There was a cheer also in Mumbai’s Tata Institute Fundamental Research where Saranya Ghosh, 23 and Rajdeep M Chatterjee, 24 and five of them were from SINP, working on it for more than a decade.”

ANNAHYA KOSHA AND BEYOND:
With these facts, now it is clear that our Physical universe, Annamaya Kosha still needs further understanding about creation. Then scientists will have to go towards the discovery of Prana and its manifestations in higher Koshas.
It is mandatory in the Shastric tradition to substantiate everything by Lakshana (characteristic trait) and Pramanā (proof). Once some thought is presented, its dimension, definition and scopes must be cleared. It will be followed by probing and proving.

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

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

"आप्रायस्य क्रियार्थवात्तु आधारस्य भवति प्राचार्यो "………….".This aphorism of Jaimini makes this point clear. The Veda goes on giving various sermons for good deeds to be followed. In the same time if emphatically gives the direction for giving bad deeds like Pancha Maha Patakas. So, Dharma and Karma are the central themes of the Vedas for Jaimini.

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

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

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

In the whole Vedic literature Atman or Brahman are the understanding formulas. This very understanding takes Sadhakas to the ultimate result with Moksha.

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

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

So, the awareness of Brahman is the ultimate of all the Hindu scriptures according to Veda Vyasa. This Sutra summarizes this theory.
Hundreds of Yoga enthusiasts from all over the world had gathered from 21st June to 24th June at the city of Beja/Pax Julia at Portugal to commemorate the WORLD YOGA DAY – 2012, Organized by the YOGA PORTUGUESE CONFEDERATION, with the support of the CITY HALL OF BEJA, INATEL FOUNDATION and the PORTUGUESE OLYMPICAL COMMITTEE.

The representatives of all major religions and philosophies, all major Yoga paramparas, all major Yoga schools and organizations of the world had joined hands in the name of Yoga and peace, and blessed the planet together, on the firm goal to appeal their leaders to stop the bloodshed in humanity (in the name of a creative Principle), emphasizing the richness of diversity, tolerance and making the appeal that we highlight what we have in common, in the name of Human Fraternity. H.H. Jagat Guru Amrta Súryánanda Ji Mahá Rája – President of the Yoga Portuguese Confederation is the main force behind the whole idea and the event.

Canon António Domingos Pereira – General Vigar of Beja’s Diocese – in representation of the Bishop of Beja and the Catholic Church; Father Robin – representing India’s Catholic Church; Guruji Dr. H.R. Nagendra, Vice Chancellor of S-VYASA Yoga University and former scientist of NASA, representing India; Imam Umer Ahmed Ilyasi, Chief Imam of India and President of the All India Organization of Imams and Mosques; Abd Al-Latif representative of the Sufi Order Naqshbandi; Dr. Mary Nelson – representative of the Parliament of the World Religions, of USA; Minister Miriam Lopes – Evangelic Presbyterian Church of Portugal; Rietske van Rey – representative of Universal Brotherhood
of the Portuguese Buddhist Union; Palmira Bastos Ferreira –Bahá’I Faith Community, representatives from ISKCON, Kailvalyadhama, Brahma Kumaris and other schools were few amongst the galaxy of Yoga stalwarts. CAO of S-VYASA, Sri Shatrughan ji also participated in this great event.

**This Day has already been officially proclaimed in India, in 2011 – December 4th and 5th – in a Yoga Summit that joined the Main Lineages of Traditional Yoga from India, with the co-organization of the Yoga Portuguese Confederation.** Since then the number of Countries and Yoga Institutions that have joined this movement has exponentially grown, and on this year of 2012, the World Yoga Day was celebrated in more than 30 Cities all over the World. Many Yoga demonstrations, workshops, discourses, cultural presentations were part of this great event. There was also a World conference of Darshana/
Philosophy and Science on 23rd June 2012.

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

“Sangachadwam, samvadadwam, samvomanamsi janatam”

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

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

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

Inauguration of SVYP Yoga Stores at Jaya Nagar, 4th Block
Prashanti Kutiram, July 6: Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) has constituted a prestigious award called ‘Vivekananda Vibhuti’ for honoring great people who have done noble contributions to the society.

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

Guruji Dr. H.R. Nagendra while welcoming the guest showered praise for Dr. Nagaraja’s contribution and appreciated him for starting an Advanced Yoga Center in NIMHANS, sponsored by MDNIY, New Delhi.

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

Padmashri Dr. V. Prakash, Former Director, Central Food Technological Research Institute (CFTRI) was the Chief Guest of the function. He mentioned that CFTRI had only two patents when he took charge. He had fought the battle of ‘Turmeric Patent’ under the leadership of Dr.Mashalkar. He had worked for the patent of “Basmati”. He also placed the concept of CFTRI viz. Patent for Service NOT for commerce.
Sri H.D.Gupta, Managing Director, Goldkist International P.Ltd. was the Guest of Honor. Sri Gupta urged the students of S-VYASA to propagate yoga in India and Abroad.

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

Dr. Sanjib Patra, currently the Co-ordinator for BNYS course shared his reminiscenes of joining as a student of S-VYASA, growing as a research scholor and becoming a faculty member.
World’s most popular festival, PuriJagannathaRathaYatra was celebrated at PrashantiKutiram as per the same calendar at Puri with Gundicchayatra on 21st and Bahuddhayatra on 29th June 2012. This time, our team of therapists and students made a larger and ratha and decorations for the ratha and puja mandap were done more aesthetically. All students, staff, therapy participants, ONGC SMET delegates and other devotees participated in the kirtan and dancing with more devotion. Everyday prasadam of Sri Jagannatha was distributed to all devotees. Participants would rather miss their MSRT session but not the Prasad. The highlights of the event are namsankirtan by Swami RaghuvireeranandajiMaharaj of Ramakrishna Vivekananda Ashrama, Hubli the Ramayana pravachana in Hindi by Dr Ranganji and kirtan led by devotees of Seshadripuram Hare Krishna Mandira.

Jai Jagannatha
26\textsuperscript{th} to 28\textsuperscript{th} June 2012 - **Ramayana Pravachana in Hindi by Dr R Ranganji:**

Dr R Ranganji, who is a great authority on Srimad Ramayana gave a three day satsangh in Hindi on the topic “Vibhishana Sharanagati” from 26 to 28\textsuperscript{th} June 2012 at PrarthanaMandira which was attended by a good number of audience. The satsangh was part of the Jagannatharathayatra celebrations.

3\textsuperscript{rd} July 2012

**Guru Poornima Celebrations at Prashanti Kutiram and Eknath Bhavan:**

Vyasa poornima, also known as Guru poornima is the teachers’ day in the tradition of Yoga and Vedanta when a sadhaka remembers the avichinna guru parampara- the unbroken lineage of teachers and pay his gratitude for the knowledge they have transferred to him. This day is the day of descend of the great soul, Vyasa Maharshi, who is the bestower of all shastras in the field of Yoga. This year it was celebrated with Vyasa puja and Guru vandana at Prashanti Kutiram on 3\textsuperscript{rd} July 2012. In the evening, students and staff at Eknath Bhavan, city centre, had organised a grand function to commemorate the occasion which also marked the valedictory of 76\textsuperscript{th} batch of non-residential YIC and inauguration of the 77\textsuperscript{th} batch thus making the event a Yoga Triveni sanghama. Participants were blessed with guruji’s ashirvachana and able guidance from Dr. Nagarathna and Dr. Sudheer deshpande. Cultural program and asana demonstrations by the YIC students entertained the gathering. Celebrations ended with the distribution of wholesome prasada to everybody. Many other centres of VYASA and S-VYASA throughout the world observed the day with great events.
1 to 3rd July 2012
Guru Poornima -
Yoga SadhanaShibir
at MathikereSamartha
Yoga Kendra:

Sri RN Iyengarji, founder and
director of Samartha Yoga Kendra
at Mathikere had organised a three
day advanced Yoga sadhanashibir
from 1st to 3rd July 2012 at the centre
on account of Guru Poornima. Mathikere Yoga Kendra is one of the strongest branches of the
banyan tree of VYASA which has been doing yeomen service for about 30 years. Sri Iyengarji is a
highly respected Yoga Guru in the city and his whole family is dedicated to Yoga. Sri Subramanian. A, Senior Faculty and South India Coordinator of S-VYASA conducted the shibir in which nearly 300
members participated on all the three evenings. The aim of the shibir was to take the Yoga sadhakas
beyond annamayakosha, from asana based sadhana to prana and manomayakoshasadhanas. The
topic of discussion was awakening of the inner hidden energy - Kundalini by removing the blocks
in nadis and shat chakras. Audience enjoyed the humorous discourse of Subbubhaiya and also the
subtle meditation techniques he taught. Sri Buddhadev’s demo of various bandhas enthralled the
audience. Subbuji also distributed certificates to students who had successfully completed their
yoga training at the centre. The area MLA Dr Ashwathanarayana graced the function on the last
day and appreciated the efforts of Sri Iyengar and Guruji Dr HRN at S-VYASA. Everybody were
excited to notice that a rare Bramhakamala lotus had blossomed for the first time at the centre which
coincided with their sadhana reaching the sahasrara lotus chakra as led by Sri SubbuBhaiya.

4th to 10th July 2012 - Ashada Yoga Sapthaha at Maruti Temple, Vijayanagar:
S-VYASA had organised Ashada Yoga Sapthahaon account of Guru Poornima at Maruthi temple at
Vijayanagar, Bengaluru. Swami NarayanandaSaraswathiji, Faculty member of S-VYASA conducted
the sapthaha with Yoga sadhana sessions in the morning and discourse on the 12th chapter- Bhakti
Yoga from SrimadBhagawad Gita in the evening. Swamiji, renowned for his exemplary oratory
skills and extraordinary musical melodies enthralled the listeners with the divine wisdom of the
Gita. HanumathChalisa book was offered to all as the yajnaPrasad. Good number of S-VYASA
Yoga publications were sold and publicity for courses was also done.
Yoga is well known to improve health, and many studies providing empirical evidence for this idea have been published. Yoga’s ability to promote a sense of well-being is probably the reason why so many people vote for it with their feet and practice it. Similarly, SVYASA’s hospital or Arogyadham on its Prashanti Kutiram campus is able to achieve cure in many cases which conventional medicine would declare hopeless examples of chronic disease, that could only receive palliative treatment for the rest of the patient’s unfortunate life.

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

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

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

1. How does this proposed influence of stress fit in with all the other effects of stress, like decreased quality of sleep, nightmares, mental problems, and the inability to focus the intellect and

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

Is some universal hormone responding mechanism like Cyclic AMP being compromised. In which case, are many other kinds of endocrine hormone response mechanisms also being compromised e.g. to thyroxine or adrenalin?
Apart from Research in Holistic Yoga therapy, how should a database be developed when a participant of a Yoga class says he is feeling better?

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

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

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

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

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

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

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

People practice Yoga on the morning of the summer solstice in New York’s Times Square June 20, 2012. The Solstice in Times Square event on Wednesday brought out thousands of participants to celebrate.
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**TOTAL NUMBER OF PARTICIPANTS** = #REF!

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

**Advanges of GDV usage:** It provides non-invasive, painless, almost immediate evaluation which can highlight potential health abnormalities prior to even the earliest symptoms of an underlying condition, and suggests courses of action, registers both static and dynamic GDV images in various modes of duration and electromagnetic intensity influence, works with a computer, enables to study human fingers, solid objects, liquids (water solutions, blood, essential oils, etc.), plants, minerals, metals, food products; etc.

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

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

GDV data is stable and reproducible:

- For metal objects systematic errors are below 8-10%.
- For liquids, deviations are least for form coefficient of distilled water (about 1%) and highest for solutions of electrolytes of high concentrations (about 7-8%).
- Measuring people in a stable psychophysiological state, the GDV-gram parameters are reproduced with a 5-10% precision.
**Gas Discharge Visualization (GDV)**

<table>
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<tr>
<th>Name</th>
<th>Mr B</th>
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<tbody>
<tr>
<td>Age</td>
<td>61 yrs</td>
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<tr>
<td>Gender</td>
<td>Male</td>
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<tr>
<td>K/C/O</td>
<td>Diabetes since 20 yrs, Parkinson’s since 10 yrs</td>
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<tr>
<td>Period of Stay</td>
<td>3 weeks</td>
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</table>

**Energy Field:** Energy gaps at Urinogenital System¹, Cardiovascular System², Nervous System³, Kidney⁴ and Pancreas⁵ were not observed after 3 weeks of IAYT.

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

**Impact of IAYT on GDV measures**

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<thead>
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<th>Pre</th>
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<td>Respiratory Rate</td>
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<td>Pulse Rate</td>
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<td>Insulin Inj.</td>
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<tr>
<td>GDV Area</td>
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<td>24319</td>
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<tr>
<td>GDV Symmetry</td>
<td>83%</td>
<td>91%</td>
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</table>
The data set was divided as follows, four start times while the full eclipse was on the earth’s surface (approximately 2.15 am – 8.15am India time), and three subsequent start times after the full eclipse had come to an end. Of these seven, the last eclipse start time and the first non-eclipse start time happened to fall during Rahukala. We were thus able to compare the effects of the eclipse and Rahukala, for which we have observed significant effects in five previous experiments and so obtain an accurate estimate of the relative strength of their effects.

The experimental method was a 120 hour (five day) growth of Bluetongue virus in BHK-21 (Baby Hamster Kidney cell line 21) cells, which had previously yielded consistent and reliable differences between Rahukala and Tula Lagna start times, and which we therefore felt could be relied on to give sensitive experimental results. To the delight and excitement of all concerned, this proved to be the case: the effect of the graha (planet) Guru (Jupiter) seemed to reduce viral production i.e. protect cell life, as consistently noted in previous experiments, while every influence of Rahu, the ‘North Node’ on the moon’s orbit, where the moon passes from the southern side of the ecliptic to the northern side, was to obstruct cell life i.e. promote viral growth. In fact, the influence of the eclipse was consistently stronger than that of Rahukala in the ratio 11:7 (no significance should be attached to this number, we feel).

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

1a. all life in affected zones of umbra and penumbra will send out danger signals, and since

1b. they will influence the criticality structures of their regulatory systems, and because

1c. criticality states in different organisms can affect each other via quantum correlations,

1d. all living organisms everywhere may be influenced by the fact of the eclipse.

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

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

Shraddhanjali to SWAMI NACHIKETANANDAJI MAHARAJ

Srimath Swami Nachiketanandaji Maharaj of Ramakrishna Vivekananda Ashrama, Hubli attained mahasamaddhi on the evening of Guru Poornima on 3rd July 12. Maharaj ji along with Swami Raghuveeranandaji was very closely associated with S-VYASA. Prashanti Yoga Pariwar offers its shraddhanjali to Sri Maharaj ji.
YOGA THERAPY FOR DEVELOPING EMOTIONAL INTELLIGENCE IN MID-LIFE MANAGERS

- Tikhe Sham Ganpat¹ and H R Nagendra²

¹Lecturer and PhD scholar, S-VYASA University, Bangalore, India | rudranath29@gmail.com

Background: Business executives’ lives have become a never-ending race against time, technology, and targets. This race creates tension, which leads to dissatisfaction and frustration and eventually manifests itself as psychological and physiological stress with mental and emotional drain. This modern lifestyle intensifies the stress leading to “excessive tension” and consequent deterioration in “executive efficiency.”

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

Methods: 72 managers participated in this study which is of “single group pre-post design.” The EQ test developed by Prof N. K. Chadha from University of Delhi was administered as pre and post the 5 days of SMET program.

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

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

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

Key words: Executive efficiency, managers, Self-Management of Excessive Tension.
Yoga Instructors’ Course (YIC) - 126th Batch | July, 2012

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

- Prof. K. Subrahmanyanam

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

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

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

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

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

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

Emotions play an important role in OPS as they are directly connected to stimulation. Empowering emotions are directly related with drive, challenge, will power, perseverance, fight, energy, fortitude, enthusiasm and fun.
Disempowering emotions are associated with irritation, resentment, fear, rage, exhaustion, helplessness, bewilderment and low energy. Robustness is built with the discipline of balancing the emotions under the most difficult and demanding circumstances.

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

**Optimum Performance State for Everyone:** The Optimum Performance State (OPS) focused on athletic performance can be applied to everyone from the corporate manager, lawyer, doctor, student, parent and well, to everyone. Recently yoga researchers have addressed the spiritual dimension i.e. how deeper values and a sense of principle influence performance. A successful approach to persistent high performance for everyone, is to adopt a holistic approach that pulls together all of the Optimum Performance State elements and considers the person as a whole. Thus, an integrated approach of performance management addresses the body, the emotions, the mind and the spirit.

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

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

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

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

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

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

Yoga releases energy through a gentle process so that there is no depletion and misuse of valuable inner power. It is that inner force that inspires the body to perform. Yoga teaches coordination of the movements of all the limbs, wherefrom emerges a sense of integrity and integration with the Self and the breath. By practice, poise and endurance develop with a resulting and unmistakable feeling of lightness and renewed energy. The athletes and sportsmen should understand that a properly prepared body will always enjoy different moves and positions and that it will continue to do so for many years to come. **One needs to maintain a constant balance between stretching and relaxing, between the ‘Silence’ of the inner SELF and the performance of the gross body.**
SHRADDHANJALI TO T A M I L M A N I

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

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

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

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

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

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

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

SHRADDHANJALI TO
DR. PATANJALI J. YOGENDRA

Dr. Patanjali J. Yogendra met with an accident on 23rd July and passed away on 24th July, 2012. Dr Patanjali was the son of Dr. Jayadeva and Smt. Hansaji Yogendra of the Yoga Institute, Santacruz East. Dr. Patanjali was the Secretary and Treasurer of The Yoga Institute, Santacruz and had been actively involved in all works of the institute. S-VYASA offers its shrdhahanjali to the departed soul & conveys its condolence to the family members.
S-VYASA is the Nodal Yoga Institution for the SVDYWCs in the states of Karnataka, Andhra Pradesh, Kerala in the South and Punjab and Haryana in the North. The role of the Nodal Institution is to monitor, train and guide the NGOs selected for the support.

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

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

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

The workshop was inaugurated on 22nd June by Dr. Manjunath Sharma, Joint Director, Research. He explained the concept of stress, stress related diseases and cyclic meditation. Dr. R. Nagarathna, Dean, Div. of Yoga & Life Sciences spoke to the participants on Integrated Approach to Yoga Therapy. Dr. Padmini Tekur, Resident Medical Officer dealt on the subject – Anatomy and Physiology of Yoga. The practical sessions were conducted by Dr. Balram Pradhan, Sri Kuntal
The participants were from four states and 24 persons as under:

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

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

Prof. K. Subrahmanyam, Pro-Vice Chancellor, S-VYASA distributed the certificates and gave the valedictory address on 24th June 2012 at 2:30pm. Dr. Rajesh Padekal, Mangalore; Smt. Satyavani, Kakinada; Dr. Srividya, Mysore and Su. Anjana, Palaghat shared their experiences on the occasion.
Guruji’s Triumphant Visit To Turkey

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

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

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

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

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


Our books continue to attract Yoga community:
Just after the launch of Raja Yoga of Swami Vivekananda by Purnam Publishing, the publishing wing of Istanbul Yoga Center on June 25, we started seeing this new book also on the ranks.

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

Purnam publishing web site: www.purnamyayinlari.com
Istanbul Yoga Center web site: www.yogamerkezi.com

YIC of S-VYASA in Istanbul ongoing:
The summer YIC batch (week day program) has started by June 15 and will be over in August 16. This YIC will be memorable to everyone with Nagendraji’s first visit to Turkey!

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

Summer Yoga vacation in Prashanti Kutiram:
Although the first official S-VYASA Tour program is announced only in June, 2012, there will be around 10 Turkish students as well as 3 yoga therapy patients and 1 PGDYT student visiting Prashanti Kutiram accompanied by Ayça Gurelman in August 18, 2012 to deepen their yoga practices.
**News from VYASA, Tollygunge, Kolkata**

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

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

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

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

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

On 12th June 2012 at 1.00 PM a special meeting with few teachers held at Chairman’s corporate Office.

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

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

On 25th June 2012, up gradation/renewal work of VYASA Kolkata website (www.vyasacal.org) for the session 2012-2013 is done.

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

**FUTURE PLANS:**


2. On 14th July 2012, *Executive Body Meeting (EBM)* of the VYASA will be held at Tollygunge Branch.

3. Another *Yoga Awareness Programme (YAP)* would be conducted at International Management Institute (IMI) campus.

*Email: stopdiabeteskolkata@gmail.com*

*Mobile: +91 9339610168*
A one day visit to Vivekananda Yoga Kendra, Ulhasnagar was organised for the YIC students and therapy participants. The activities for the day long visit were Skit preparation and presentation, Group discussion and presentation and Yogic games. The lunch hour was a unique experience for them where they served food and also chanted mantra before food.

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

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

A workshop on Dynamic Energizing Yoga (DEY) was conducted at Sathaye College affiliated to the University of Mumbai on 29th June 12 for their under graduate students of Philosophy and Mass Media. The Principal Dr Mrs Kavita Rege inaugurated the workshop and Ms Sunita Jeswani, head of the department of philosophy coordinated the program.

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

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

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

Dr Bhagwati K Dadhich, chairperson was also present.
Yoga Conferences at a Glance

1. Yoga Sangam – Sept 8 & 9 in California, USA
2. Singapore Yoga Conference – Sept 29 to 30
3. International Conference on Yoga and Education in collaboration with Tumkur University – Nov 27 & 28 in Tumkur University Campus
   • YTTC and Yoga & Consciousness – Workshop, Nov 29 to Dec 5 in Prashanti Kutiram
4. World Ayurveda Congress (WAC) - Dec 7 to 10 in Bhopal
5. Yoga and Management Conference – Himalaya Yoga Olympiad, Dec 21 to 23 in Bahal, Haryana
6. Yoga Institute Foundation Day – Dec 25 to 27
7. Kaivalyadhama Conference – Dec 27 to 31
8. AYUSH and Diabetes – Jan 11 to 14, 2013 in Prashanti Kutiram
   • Post Conference Workshops - Jan 15 to 21, 2013

CONFERENCE OBJECTIVES:
- Celebrate two important milestones: 10th anniversary of Yoga Bharati, 150th birth anniversary of Swami Vivekananda.
- Promote global health and peace by integrating eastern philosophy with modern scientific research.
- Enable Yoga Bharati to become a catalyst in bringing together and building a community of like-minded organizations to promote global health and peace.

PROGRAM DETAILS:
- Three parallel symposium tracks, poster sessions, talks by selected experts and panel discussions focused on the objective of the conference - Philosophy, Health and Research. The theme for each track is:
  - Philosophy - Yoga philosophy, Patanjali yoga sutras, Bhagavad Gita and a panel discussion.
  - Health - Yoga practices, Ayurveda, Naturopathy - Workshops, Applications, Therapy and audience education
  - Research - latest developments in yoga therapy and applications, Research methodologies for Yoga and Yoga education
- Apart from these three tracks, you can expect cultural programs, yoga demonstrations, poster presentations on research topics and other celebrations.

CALL FOR PAPERS & REGISTRATION:
- Papers and posters on Philosophy, Health and Research as related to Yoga and its applications are invited.
- Last date for submission of abstracts: May 30, 2012
- The abstracts will be peer reviewed and acceptance (or otherwise) will be intimated before: June 20, 2012.
- Last date for submission of full papers: July 30, 2012
- For more details on paper submissions please visit http://yogabharati.org/newconference

CONTACT:
- e: conference2012@yogabharati.org
- Call: (408) 681-YOGA
5th International Yoga Conference
On
“Therapeutic Application of Yoga”

The two day Conference, first of its kind, aims at sharing Yoga Techniques for PREVENTION AND MANAGEMENT of diseases like Asthma, Nasal Allergy, High and Low BP, Ischemic Heart Disease (IHD), Anxiety Neurosis, Depression, Gastritis, Diabetes, Obesity, Migraine, Rheumatism, Low Back Pain, Arthritis, Menstrual Disorders etc. followed by lectures by well known authorities in Yoga/Alternative Systems of Medicine like Dr H.R. Nagendra, Dr R. Nagarathna and Prof Loranzo Cohen.

Practical sessions of Yoga Therapy for a few selected diseases will also be conducted for participants.

Date: 29 - 30 September 2012
Time: 9.00am To 5.00pm
Venue: Singapore

Conference Fees:
Before 31 July 2012 S$ 259
After 31 July 2012 S$ 319

(Includes Conference Kit, Website Membership, Practice CD, Lunch, Tea & Snacks)

Conference Highlights

1. Lectures & Practical Sessions
2. Advance Yoga Practices
3. Yoga Therapy Sessions
4. Interactive Sessions
5. Therapy Consultation
6. Free Health Management Tips
7. Health Screening Sessions

Disease
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Yoga Sudha

Yoga in Education

Namaste... Greetings from Prashanti Kutiram!

Tumkur University, a State University in Karnataka and S-VYASA, a unique Yoga University situated near Bengaluru will jointly organize an International Conference in 2012 on "Yoga in Education - Emerging Opportunities and Challenges", a first-of-its kind. The Conference is scheduled to be held on 27th and 28th November, 2012 in Tumkur University campus, Tumkur. The Post-conference workshop is scheduled from 29th November to 5th December, 2012 at the bountiful, Prashanti Kutiram, the residential headquarters of S-VYASA, Bangalore

"Yoga in Education - Emerging Opportunities and Challenges" will focus on Education including Tracks on Yoga in Primary & Secondary Education, Yoga in Higher Education and Yoga as a Professional Education. The conference also includes Pre-conference consultative meetings/seminars with target groups to prepare national policy on Yoga in education and Post conference workshops to plan national capacity building initiatives through training programs. The conference looks to address Educationists, Yoga Experts, Yoga Researchers, senior Yoga Teachers in education and Policymakers.

As you are aware, S-VYASA has been declared deemed-to-be University by the University Grants Commission, GoI (since 2002) now has 213 research papers on Yoga for different diseases and its applications published in indexed, peer-reviewed journals. We have also received the prestigious Rajyotsava award from the Government of Karnataka. S-VYASA has been recognised as a Center for Excellence in Yoga by the Department of AYUSH, Ministry of Health and Family Welfare, GoI. S-VYASA has already conducted 19 International Conferences in Yoga and related fields.

Tumkur University, under the leadership of Prof SC Sharma, has a vision "To create a generation of Human Resources to successfully meet the Global Challenges.” TU has conducted about 80 workshops during 2011-12.

You may participate as a delegate for the Main Conference and the Post Conference. Please find attached the brochure of the main event and the write-up about the Post-Conference Workshop along with registration forms for the same at

Registration Form: http://www.svyasa.org/download/icye_regform.pdf

We look forward to your kind confirmation for the same.

Please pass this message to all your contacts.

Contact Details: S-VYASA ICYE Office, Sri Anil Kumar Gajjala, #19, ‘Eknath Bhavan’, Gavipuram Circle, K G Nagar, Bengaluru - 560 019 | Mobile: 09483467443 | Ph: +91 80 22639960/03/75 | Telefax: +91 80 22639905
Email: icye@svyasa.org | Website: http://www.svyasa.org/event/2012/icye.asp

Tumkur University ICYE Office: Dr. Parashurama.K.G. Tumkur University, Tumkur – 572 103
Mobile: 09900412819, 08162271924
Email: yogatumkuruniversity@rediffmail.com | Website: http://tumkuruniversity.in/index.php/icye2012
The World Ayurveda Foundation (WAF) is one of the major outcomes of the 4th World Ayurveda Congress. Initiated and mooted by Vijnana Bharati, the Foundation has the backing and blessings of the dignitaries and Ayurveda practitioners, from both within the country and overseas. This umbrella organization will focus on furthering the cause of Ayurveda, and popularizing it across the world.

As the first step WAF is organizing the fifth edition of the World Ayurveda Congress and AROGYA Expo with its theme as 'Enriching Public Health through the Ayurveda'. Scheduled to be convened in Bhopal (Lal Parade Ground), Madhya Pradesh, from 7 to 10 December 2012, the Foundation looks forward to consolidating the momentum of this forum and providing a robust boost to the global popularity of Ayurveda and associated fields. With nearly half a million visitors and about 5000 delegates expected to attend this year, the Congress is reinforcing its identity as a global summit that brings together diverse stakeholders of Ayurveda on to a common, meaningful, and popular platform.

In the associated expo, Arogya 2012, the spotlight this year will be on traditional and tribal knowledge in health-care systems from India’s rural and tribal communities, especially from Madhya Pradesh and the north-eastern states.

The Government of Madhya Pradesh and WAF invite all interested delegates to the academic and business sessions and to all associate events of the 5th WAC.
S-VYASA
Swāmi Vivekānanda Yoga Anusandhāna Samsthāna
(deemed to-be-University under Section 3 of the UGC Act, 1956)

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- MD (Yoga & Rehabilitation)
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- MSc (Yoga & Management)
- PGDYT (Post Graduate Diploma in Yoga Therapy)
- PGDYTD (Post Graduate Diploma in Yoga Therapy for Doctors)
- BNYS (Bachelor of Naturopathy & Yogic Science)
- BSc (Yoga Therapy)
- BSc (Yoga & Management)
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Salient features of S-VYASA:
- State-of-the-art infrastructure
- Audio-Visual Library, Biggest Yoga Research Digital Library
- Eminent Faculty
- Intensive Learning and Research Opportunities
- Emphasis on practical ‘hands-on’ experience through Intensive Training, Internship & Field work at World Class Hospitals including MD Anderson Cancer Center, Texas, USA, NIMHANS, Narayana Hrudayalaya, St. John’s Hospital, Bengaluru and others
- Active Placement and Student Counseling Cell
- Arogyadhamam - biggest Holistic Research Health Home (hospital) in the world
- Study Tours, Extra Curricular, Cultural & Sports Activities

August 2012 39

Be & Make

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ACADEMIC BLOCK

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(Physics, Chemistry and Biology)

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Our survey report says that one hundred percent of our Alumni’s have been placed with a respectful job.

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Dr. Sanjib Patra, Co-ordinator, BNYS Courses
Mo: +91 94833 90476 | Mail: svyasabnysinfo@gmail.com

Address for correspondence
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Ph: 91-080-2661 2669 | Teletex: 91-080-2660 8645 | e-mail: svyasa@svyasa.org

www.svyasa.org
Dear Sir,

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

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

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

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

The service to humankind by your institute is unparallel.

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

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

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

REFLECTIONS

You are invited for
Sri Krishna Janmashtami Utsava
at Prashanti Kutiram
9-8-12 Thursday & 10-8-12 Friday
Sri Krishna Janaanam, Nandotsava, Puja, sankirtana, Sri Krishna Katha, Arati, Matki Podi(Dahi Hundi), Cultural Programs and a lot more

Division of Yoga –Spirituality
S-VYASA, Bangalore invites you for

Srimad Bhagawata Katha
by Dr R Ranganji, MBA, PhD
s/o Sri Sri Krishnapremi Swamigal
1-9-2012 Saturday to 7-9-2012 Friday
On account of Sri Krishna Janmashtami and Purushottama Masa

Navarathri Sadhana shibira
20-10-2012 Saturday to 24-10-2012 Wednesday
The program includes grand Durga puja, Nava Chandi Homa, bhajans, satsanghs, Spiritual exhibition, Yoga sadhana sessions, music, dance and a lot more

Jnana Yoga Peetham
Vedanta Retreat
by Pujya Swami Dayananda Saraswathi
Arsha Vidyaa Gurukulam, Rishikesh & Coimbatore
1-12-2012 Tuesday to 6-12-2012 Sunday
All at Prashanti Kutiram campus of S-VYASA near Jigani Industrial Area, Bangalore
Each Retreat Donation: ₹ 5,000/- (including food & shared accommodation; rooms can be availed by prior booking)

Contact: Manager, S-VYASA, # 19, Eknath Bhavan, Gavipuram Circle, K.G Nagar, Bangalore - 560 019
Ph: 080-2661 2669, 080 2263 9955 | Email: subbu.vyasa@gmail.com
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