Yoga Sudha

A Monthly Journal of Swami Vivekananda Yoga Prakashana

SDM Camp in Rajasthan
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Two friends from an unknown land were travelling in a train. A Banana Vendor made them buy two Banana luring them to the taste of his plantains. While they were wondering as to how to eat them, he educated them to peel the same and eat the inner soft pulp. One of those friends told the other "let us be careful, I will first eat and see how it goes; then you will take your turn" so saying with suspicion in his mind, he carefully peeled the same and started chewing the banana tasting its sweetness and enjoyed swallowing it. By that time, the train entered into a tunnel and the whole train became dark. The person who gulped the pulp cried to his next friend" Eh, dont eat. I have become blind and just vomitted what all he had eaten. As it took a few minutes to do it, the train came out of the short tunnel and the light dawned. And the person was convinced that eating Banama will turn one blind! This is called Kakataliya Nyaya which is taken as the truth. Often we do it in our ignorance, but such things can be easily remembered. The double blind studies, RCTs etc were evolved to eliminate such errors.

But what of a person involving in corruption and working it out carefully not to get caught. Does he not know that he is doing is wrong? All of us, the, intelligent ones know what is right and what is wrong, the ethics and the transparency. But why do we go the wrong way? This is the Duryodhana character i dominant in us. As Duryodhana says "Jaanami Dharmam na ca me pravrttihi, janaami adharmam na ca me nivrittiihi- I kow what is right, but I dnt do right things; I know what is wrong and I am drawn to do wrong things". What draws us? The powerful emotions of greed and hate take over our actions. Craving for sense objects becomes powerful and knowingly we committ to do and do wrong things. Prajnaparadha, as Ayurveda puts it, is the root cause of all problems in the society as also of the modern NCDs of our high tech era. In the name of economic progress and sense pleasures we have consciously amplified these emotions. In our understanding that happiness is in sense pleasures, we have resorted to sense pleasures.

Acquisition of money is connected to the same. If not by transparent ways, we resort to unethical ways. Bringing disaster in the society - the unseen Adhi and seen NCDs.

The way out? Slow down the speed of thoguhts-reduce the greed and hate; convert these wrong negative emotions to softer good and right emotions. That is what Bhakti Yoga offers. Convert all Asuri sampat to Daivi Sampat. Consciously doing acts fo good service to ourfellow beings. With a purifying heart of real love and universal brotherhood. This training of emotions is the key to growth in building ideal social orders which we had done and shown. We need to bring back the same to the forefront. Using the tool of modern scientific research. Recent studies have shown that Leptin the hormone of craving is controlled by the practice of Yoga techniques. PANAS, yet an effective Psychological instrument has shown significant improvements in Yoga group compared to the control.

The essence for OBESITY CONTROL PROGRAM (OBCOP) is to work the subtle way by reducing stress through relaxation techniques on one hand, Surya Anuloma Viloma Pranayama on the other hand, Suryanamaskar and Shavasan for Adolescent obesity and CM with SAV for the adults - th means for OBCOP. And we march ahead with these tools removing teh root cause of Obesity.

Dr H R Nagendra
Guhāṃ Praviṣṭāvātmānau Hi Taddarśanāt (Brahmasūtram-1-2-11)

**Meaning:** The dwellers in the cave of the heart are the individual soul and Brahman.

In order to address this query, the great sage Veda Vyāsa gives the following guidelines. According to counter arguer, here one is intelligence and another one individual soul. Because Paramātman is Pure by nature, he cannot go for consumption of previous performances. Intelligence can help in consumption. Though intelligence cannot work independently, it can work supported by individual soul. This argument is countered by the above said aphorism.

Here Veda Vyāsa tells that, two refers to individual and Universal soul only. By its very nature inanimate intelligence cannot be equated with the individual soul, which has very close similarity with Paramātman. Here the two are cave dwellers. In this context cave means human body; this accommodates individual soul which is nothing but Universal soul. Thus, the real consumer is compared to one, and another consumer is there to witness it. One is the performer, another one is a motivator. One is realistic like the sunshine another one is like Non-existent shadow which merely appears. This guidance of Sage Veda Vyāsa paves the way for better understanding of Kathopanisāt. This YOGA is proposed by Kathopanisāt takes us to Anandamaya level, where Brahman alone remains discarding all dualities of the apparent world. As long as there is subject-object duality or seer-seen duality, the Yoga practitioner is away from the main stream of ‘Mantra Yoga’ propounded by ancient seers.

Kathopanisāt is the work book for ‘Mantra Yoga’ projected by ancient Rishis in the whole Vedic literature. Mantra means physical and mental Strength combined. Vedic hymns are called Mantras in this sense. In this background, Kathopanisāt otherwise called YOGA VIDHI takes us to the realistic understanding of Yoga in the modern context.

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There are two, who enjoy the fruits of duties performed by a beginning less commuter i.e... Jiva. Life path is that, where mankind consumes the result of its performances covering unaccountable previous births. Atman is considered as a Performer and Consumer by many philosophers. Here our spiritual master, Great sage Veda Vyāsa takes this statement for discussions in Brahma sutra. In this mantra, quoted above duality is indicated by Sanskrit Grammar - DVI VACHANA.

1. Who are these two consumers?
2. Who are these two cave dwellers?
3. Who are these two compared to shade and sunray?

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Sept 2013 3
Introduction

Indian tradition has been adoring two cosmic bodies, namely solar and lunar. Sūrya and Chandra are not the names given to mere celestial bodies in the sky. The visible celestial bodies of the sun and the moon merely represent that cosmic governing rays, which structures and formulates the seven layered Brahmāṇḍa. For earth dwellers these two are two children playing in the playground as it is projected in the Vedas. The movements of these two visible bodies govern our time frames starting from milliseconds, seconds, minutes, hours, days, months and years etc. Time is infinite in its reality, but it is segmented into many fractions for the convenience of performance and management in our day to day transactions. Every fraction of a second is connected to some governing celestial bodies like Indra, Varuṇa, Rudra and so on. The duration of 24 hours is divided into many more small units like Ghaṭika and Pala etc... which is connected to particular God such as Brahma, Viṣṇu, Indra and Rudra etc; corresponding to this, purity and impurity of that span of time is judged. For example, the morning time is considered to be much sanctified time before sun rise, because that duration is connected to Brahma, the deity for enlightenment and Viṣṇu for sustainability and management.

Likewise, there is an arrangement of a particular deity being fixed to different segment of time such as days, weeks, fortnights, months and years.

Śrāvana for Śrāvana

It is well known to us that this whole cosmos is governed by 27 groups of stars starting from Kṛttikā to Bharaṇī. All these 27 names are generally known as different names given to different stars; really speaking they indicate a group of stars. All 27 Nakṣatras (stars) again are divided into 12 Rāśis (Zodiac signs). According to Nakṣatras the governing 9 Grahas are also fixed, For example, Śrāvana is the star which is the symbol of Lord Vishnu becomes the central permeating cosmic ray which dominates the activities of this particular span of time – Śrāvana month. On the full-moon day of this month, 20 Aug 2013, Śrāvana Nakṣatra sanctifies that day. In that context this month is called Śrāvaṇamāsa.

Human connectivity with divine personalities

As much as we human beings infuse our personality with divine personalities, our life journey will
be free from ailments, calamities resulting in alarming psychosomatic problems of the modern age. We, in the rat race of so called modern age, have forgotten to connect ourselves to those divine personalities like Brahma, Viṣṇu, Maheśvara, Indra, Varuna etc. prescribed to different celestial bodies around us. Often a word SHISHTACHARA is used by our ancestors to guide their own sons and grandsons and daughters in our family traditions. They are nothing but our systems and customs which connect us to divine personalities in order to smoothen our life journey.

In this Śrāvāṇa Māsa the following festivities are conducted in our family domains – Nāga Pañcamī, Varamahālakṣī, Upākarma and Rakṣābandhana, Pūrṇimā, Saṅkaṣṭha Hara Caturthī, Śrāvāṇa somavāra and Śrāvāṇa Śanivāra, Kṛṣṇajanmāṣṭamī etc…

**MEANING**

**Jiva’s Yatra, Maya’s Tantra , countered by Bhakti Mantra - Bharata**

Sun arising unwittingly, bestowing energy and knowledge | In Sravana field, many stars glitter, what are they? | Festivals are they, as we call upon God to protect us | The majestic clouds float by in Sravana | Heavy rain drops slowly turning into gentle droplets | With Rangoli taking forms in our hearts and homes | With beauty of Jasmine lingering softly | Nature resplendent, our minds satiated and quietness attained | Body and mind in unison we sing, Love extending | Hē Paramesvara, your kindness is endless | Light becomes a divine glow; Ārthi becomes intense | Karma pious becomes Upākarma | You are the sole giver and provider... all that remains is this, Longing and Love
Every Saturday in this month is sanctified by the deity to DYU-LOKA solar region. The Gita says – आदिवाणाम् अहं विष्णु: - according to this Viṣṇu is that deity which is prominent among the governing solar bodies. Likewise every Monday is sanctified by Rudra, a deity which dominates lunar atmospheric region of the cosmos. Rudra is predominantly full of Soma content facilitating timely rains cloud formations and when these two Hari and Hara conjointly work together eco balance will be maintained. Śrāvaṇa month should be utilised for adoring cosmic rays every Monday and Saturday.

Nāga Pañcamī is a very holy day for worshiping Lord Shiva who controls all those negative cosmic rays called Ahi or Sarpa and Yātudhānās according to the Vedas. The famous Rudrādhyaśa tells - “जम्मययुः सबध्य यातुधानाय:”. This statement implies that as we invoke more Śvātattva, there will be less ultraviolet effects at atmospheric levels.

Saṅkaṣṭa Hara is devoted to Lord Gaṇeśa. He sanctifies our intellectual powers resulting in all round development. Varamahālakṣmī is famous for remembering goddess of wealth. Our sisters and mothers rejoice in this divine celebration visiting many temples and distributing Prasādas to brothers and elders covering the cross section of the society.

Kṛṣṇa Janmāṣṭami is the day for worshiping Lord Viṣṇu. Viṣṇu is that solar cosmic ray which is all pervading healthy solar entity. The more we meditate on all these divine personalities, our life become Yoga oriented resulting in health and development which is main Mantra of modern time.

Thus all these celebrations help us to align us to divine personalities who lift us from the daily trivial haunting and bless us with a smooth passage in our human journey.
AYURVEDA: Necessity of philosophical ideas in health Science

It is not rather difficult to answer a natural query as to why Ayurveda being chiefly a medical science, amalgamates so much in philosophy leaving an impression that philosophy forms as much an important part of Ayurveda as health and longevity are. An insight into the circumstances under which the early treatise came into being provided answer to this question.

Proficiency in Art and Science of Health

Ayurvedic Physician is known as Vaidya. The word Vaidya is derived from Sanskrit verb root विद् meaning a person of profound knowledge.

Ancient tradition demanded a physician to be truly a friend, philosopher and guide both in the spiritual and material life of a person approaching him.

Therefore he was expected to possess a thorough knowledge of various aspects of both spiritual and material life. Although spiritual self-emancipation is the goal ultimate, Ayurveda holds that this is not possible without a pre-existent healthy, whole some and contented material life. The latter forms an essential stepping stone for the former.

The Achāryas believed that Ayurveda serves as the bond of coalescence between spiritual life on the one hand and the material life on the other. This made it crucial for the physician to have a thorough knowledge of both spiritual and material aspects of life.

Flow of Beauty... from Himalaya to Dehalaya...

What is beauty? Where is it? When do we feel it? Why do we like it? We find the answers for these questions after having a look. The thing would be beautiful when feeling flows from inside. Mere outside expression doesn’t work. In the same way when we see gigantic Himalayas, we forget everything and our mind merges with that. Then Beauty starts to flow from within.

Flow of Beauty... from Himalaya to Dehalaya...

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A physician should be well-versed in all aspects of life including the metaphysical aspect which makes him really a true physician. He cannot remain isolated in the world of drugs and books, if he really wishes to attain the fruits of his knowledge. This needs educating the people about health and health problems which in turn demands, a wise communicative skill that can only be mastered by involving oneself in an exclusive study of everything that is required to be known and participating in professional discussions, debates, as well as mastering the art of elocution apart from proficiency in theory and practical training.

All the fore-going factors pertaining to knowledge were mandatory for a qualified physician to preach and practice Ayurveda. Only such physicians were considered able and eligible to treat the royal families. A physician devoid of such profound knowledge was forbidden to practice Ayurveda and was subjected to ridicule.

Under the circumstances cited above, inorder to maintain a high professional standard, the then prevalent philosophical thoughts used to discuss spiritualism or to negate it were conveniently adopted in Ayurveda not only to discuss spiritualism but material life events as well. Early codification of Ayurveda commenced in an area where philosophy was the order or talk of the day.

Let us discuss some of the qualities of royal physician in the upcoming episode.

*to be continued …*
AROGYADHAMAM DATA - July, 2013

Graph depicting % decrease in Symptom Score and Medication Score in July 2013

Graph depicting the number of therapy participants sectionwise in July 2013
A Report on SDM Camp
@ Udaipur & Chittorgarh, RAJASTHAN

UDAIPUR CAMP - 2nd-11th July, 2013
CHITTORGARH CAMP - 13th-22nd July, 2013

OVERVIEW OF BOTH CAMPS

TOTAL REGISTRATIONS 432
MORNING BATCH 214
EVENING BATCH 218
TOTAL ATTENDED COMPLETELY 312
AVAILABLE PRE-POST FBS 200
AVAILABLE PRE-POST LIPID PROFILE 53

EFFECT ON FASTING BLOOD SUGAR

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SHIFT TO NORMAL FBS

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FEW GLIMPSES

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<td>SHANKARLAL SUWLKAL</td>
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<td>RAJKUMAR PATAK</td>
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AVERAGE LIPID PROFILE

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<td><strong>After Camp</strong></td>
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NEXT CAMP
PONDICHERRY – From 29th September, 2013
If a food is packed with nutrients, do not worry about its calorie content. In the process of cutting down on calories, we have come up with a way of consuming too many calories without getting any nutrients.

**Example 1:** Mangoes. Some fruits like mangoes, chikoo, custard apple, pine apple & jack fruit are high in calories but are full of nutrients and fibre. So, do not worry. Go ahead and eat your favourite fruit. If you are a diabetic, do consume smaller portions say, half a mango.

**Example: 2:** Do not eat coconut chutney with dosa or idly is the usual advice.

**Why not:** Coconut is rich in medium chain triglycerides, which are readily burned as energy and not stored as fat. They help effect digestion and improve metabolism. It adds fat and fibre to carbohydrate rich idly or dosa, thereby actually lowering its glycemic index and increasing your blood sugar gradually and slowly. Enjoy your coconut chutney!!!

**Example: 3:** Opting low fat, high protein/fibre snacks/biscuits instead of roasted peanuts or nuts (as they are high in calories & fat) is a healthy snacking habit.

**No:** Nuts not only comes with good fats which protect our heart but also are rich in protein, vitamin B, folic acid, fibre, essential amino acids, and antioxidants along with energy. While low fat/fibre and protein enriched snacks give you nothing other than trans fats, saturated fats, emulsifiers, colours, preservatives, salts, sugars, and fortified artificial nutrients.

**Example: 4:** Feels good to eat pizza/burgers/sandwich with low fat cheese or butter thinking you have done a great favour to yourself instead of your traditional alu parathas?

**Absolutely no:** Considering calories, both may be same, but whole wheat alu parathas are rich in nutrients, fibre, antioxidants, some minerals and vitamins not your maida based pizzas and burgers loaded with cheese and butter.

So, Make sure that the food you eat is not “empty and processed” (even if it is low in calories), but is “natural and full of goodness”. (even if it is a little high in calories)
INTRODUCTION
A new area of research and clinical implementation is emerging in the jungle of medical therapeutics, known as CyberTherapy (CT). While the name is new, its antecedents are biofeedback and visualization. Let us briefly recapitulate what these two terms mean [1]. Biofeedback is a procedure by which physiological information is given to a person and he/she manages to bring any abnormal activity (say, coldness and numbness of extremities due to poor blood flow) to proper functioning. Visualization is an additional component which is added to biofeedback to bring body and mind in unison so the therapy could be faster and more effective. Further, when a control of a physiological variable is learned (which is a physiologically based procedure), the instrument for biofeedback is not necessary; through visualization alone the person could change the autonomic parameters whenever necessary. For example, when one has trained to control blood flow to the peripheral blood vessels in the forehead area, then when an aura of migraine head ache is felt, one could invoke the successful visualization learned earlier and avoid the incidence of migraine.

VIRTUAL REALITY (VR)
Virtual Reality (VR) is a term used for creating – in a computer – an experience of one’s own self going through motions of games, sports and even for psychotherapy rehabilitation. VR is an active environment simulated by a computer and related hardware and software. In an actual VR scenario, several sensors are placed on the person experiencing VR. The subject wears gloves, a set of sensors in arms and feet, and in other places on the body as required for the display. His movements are calculated and projected on the computer screen which is an exact replication of the activities the subject goes through. For example, if the subject is undergoing a training session in tennis to serve, then his serving motion could be projected on the computer screen in 3D as he is executing the motion. Sounds and haptic (touch) information could also be integrated to give an actual feeling of hitting a ball in the above example. Hence, this projected picture constitutes the virtual reality for the person playing the game. For
the trainee, this is visual information in the virtual environment. A trainer (even in a remote location) could look into the motions and advice the player for improving performance. VR has undergone many innovative changes with head mounted displays, 3D visual contents, advanced software and graphics. However, some concepts in VR are now identified: simulation, interaction, artificiality, immersion, telepresence, full-body immersion, and network communication [2]. All these make VR an exciting presence in gaming, medicine and in training high risk jobs such as in defense and in police forces. With head mounted 3D displays and sound effects, the experience is real and the person could experience or re-live the scenes that could happen or had come to pass in his life. With precision and control, one could thus create a near real scenario for most situations one encounters in life! A feeling of presence and immersion (actively involved) are important benefits of the use of VR. This technology allows for interaction, instantaneous feedback and immerses the user’s senses. This VR is qualitatively different from other technologies such as television or books. People report as being ‘present’ in an immersive VR and further report being within and witnessing a scene actively. Their actions are reactions are portrayed in real time on the screen and a participatory effect is created; this is both a blessing and could also increase trauma. Hence the presence and control of a competent therapist is important to adjust the visuals for appropriate reaction by the involved person.

VR THERAPEUTIC APPLICATIONS

1. Experiential psychotherapies
There are several categories in experiential therapies [3]. They are somatic based, attention related and exposure based. In the first one, used for physiological distress, a control over physiological activity is achieved through somatic approach; simply touching a person or giving a hug to a child could relieve the child of distress. In attention related situation, we proceed with a cognitive based processing of trauma. In the third method of exposure based control of emotions, we tend to extinguish the arousal and re-associate with positive affect. The method to follow will depend on the trauma and the ability of the person to adapt one of the methods effectively to reduce the impact of trauma. In PTSD (Post Traumatic Stress Disorder, seen in millions of US solders returning after war from all over the world), VR is found to be very useful through exposure of the situation artificially stimulated by the VR displays and interactive graphics. These exposures are not dependent on the person’s ability (or lack of it) for imagery or recall of his/her emergence of trauma. The interaction and oversight of a therapist is important at this stage since sudden exposure to a scene whereby the actual trauma had arisen could augment the trauma. In these cases, instead of flooding type of exposure, a graded exposure could be useful for trauma reduction. Thus a trained therapist’s active oversight and control of the VR are very necessary.

This is an exciting area of rehabilitation after a stroke; experiments have shown that feedback of the arm/leg movements to the patient is essential for retraining and fast recovery. Through VR, an augmented feedback could be provided wherein feedback of salient aspects are selectively enhanced for better understanding and control by the patient. A virtual teacher is provided to give the patient an ideal movement and compare it to actual performance. A score is given to the movement to encourage the patient to achieve higher scores as training proceeds.
A cyberglove could provide real time feedback and range of motion values. Further, angle at any joint and, even strength of muscle involved could be provided to the patient for an effective rehabilitation.

3. Medical Education and training
Many surgical and therapeutic procedures are taught through VR set up. Micro-surgery with haptic feedback, training of family physicians, interactive sessions with experts in the field are some of the applications of VR technology in Medical diagnostics and therapy. Apart from the above, teaching physical diagnostic skills, adult burn pain alleviation, body image disturbance in obesity, eating disorders, fear of flying and various phobias have come under scrutiny for VR applications.

4. Pilot training, special vehicles training
All types of training in civilian use including pilots, ocean liners, special earth moving equipment etc have come under applications of VR.

5. On-sight simulated training in defense, police forces etc.
The defense training is both expensive and time consuming, especially when it comes to front line duties; presently, it is only a narration and some picture showing for troop preparedness. In a VR environment, many finer activities and situations could be presented for virtual experience and for self defense activities. Similarly, special duty forces such as deployed for bomb defusing, raiding certain critical places etc could be taught through VR.

CONCLUSION
The term artificial reality was coined by Myron Krueger and has been in use since the 1970s. The concept of Virtual Reality arose from these gaming situations to real life problem solving, education, medical diagnostics and therapy, trauma and pain reduction and training [4]. Some of these approaches bring somatic or affective sensation to the foreground in order to break cognitive-affective links conditioned by the traumatic event and re-associate a neutral or comforting sensation when considering the traumatic event. VR could be integrated with other therapeutic modalities such as dissociative trance state in hypnosis, relaxation in imagery, eye movements in EMDR [5].

“Although the field of ‘cybertherapy’ is in its infancy, researchers in this field have great passion and vision, and findings thus far are more than encouraging for an array of applications, including pain treatment” says Dr. David A. Thomas, Program Officer Division of Basic Neuroscience and Behavioral Research National Institute on Drug Abuse National Institutes of Health, USA.

REFERENCES AND NOTES
[4] There are numerous web sites dealing with this technology.
[5] Eye movement desensitization and reprocessing (EMDR) is psychotherapy towards alleviating symptoms of PTSD and other disturbing memories that constitute major portions of psychopathology. During intense and uncontrolled traumatic experience, normal cognitive and neurological coping mechanisms fail. In EMDR, the patient is asked to recall the traumatic experience while receiving bilateral sensory inputs along with side by side movements of the eyes. Hence the name.
The milk man rang the bell at the door in the morning. I opened the door and took the milk from him in my container. Straight, I went to the kitchen and placed the vessel containing the fresh milk on the stove. Within a few minutes, I found to my dismay, the entire milk totally spoiled. It was unfit for use. I cursed the milk man for giving me impure milk. Maybe, the milk was of the previous day. I was terribly annoyed with the supplier for giving me rotten milk. In my building all the people of all the flats were buying milk from the same fellow. Therefore I wanted to know if others also got the same spoilt milk. I asked everyone and to my surprise everybody was happy with the milk man because in no house the milk was spoiled on any day. But in my case very often the milk was spoiled. The reason was very simple. My container was not clean. It was impure. Impurity of the vessel makes the milk impure and useless. Similarly, any practice should be sincere without any impurity at any level - physical, mental, intellectual and spiritual. Else, all the efforts will be futile. Sometimes they may produce evil effects as well. Yoga is no exception. Sri Krishna, therefore insists upon Chitta Shuddhi - purity of mind as a precondition to any righteous pursuit.

Sri Krishna was a small baby of just six days and the demoness Putana came to kill him. Putana denotes impurity. Unhygienic physical conditions are 'Putana'. Ill feelings of the mind are 'Putana'. Illogical and irrational thinking is 'Putana'. All germs, evils and sins are but 'Putana'. Jnana, Tapas and Puta are advocated by Krishna in the Gita. Puta is purity, Tapas is austerity, Jnana is knowledge through discrimination. Putana is impurity to contaminate our austerities
with desires, and our knowledge with blurred vision.

Unless the container is clean, the contents cannot be kept pure. Cleanliness at the body level is the first requirement. And that can be obtained and sustained by Ganga and Asanas, the killer of all the infections and germs. Mind is the next container spoiling even the best of the feelings with selfishness and possessiveness, lust and greed, conceit and cunningness, pride and envy. Unless minds are cleansed, there cannot be any righteous progress. The way is Govinda nama smarana and Pranayama. Intellect is often unable to shine with knowledge because of blurred vision or distorted vision born of egoism. The purifying antidote is Gita and contemplation. If only one can be free from the foul and poisonous selfishness, one can progress towards divinity.

Sri Krishna is divine, since he is basically pure. He is free from all impurities and that is indicated symbolically by his killing Putana (impurity).

Ego pollutes charity. Vanity vitiates divinity. Even the best of thoughts is adulterated by selfishness. Yoga is a pathway to perfection. It is the sure staircase to take us to the top of excellence. It makes us divine. But it should always be on the firm foundation of overall purity. Its progress should be through purity.

Sri Krishna is Yogeshwara and so is divine. He is ever free from all impurities at every level. To be a devotee of Sri Krishna, one has to be free from impurities such as selfishness all through. To be free from all impurities one has to worship Krishna. Only a heart of purity blossoms in divinity.
On the weekend of 20th and 21st July, SVYASA Senior Faculty member, Professor Alex Hankey was invited to address the Founder’s Day celebrations of the Institute of Post-Graduate Training and Research in Ayurveda (IPGT&RA) at India’s foremost institution of Ayurveda education, Gujarat Ayurveda University (GAU) in Jamnagar, Gujarat. Guest of Honour was University of Pune’s Professor Bhushan Patwardhan, Dr Hankey’s close friend and former colleague at the Institute of Ayurveda and Integrative Medicine in Yelahanka, where they were respectively Director and Dean for Foreign Students. Even before the main celebration began, the two were invited to answer graduate students’ questions in a session lasting two hours on the afternoon of 19th July. Professor Patwardhan spoke particularly of the need to reassess the ways that Vaidyas and scientists set out to assess Ayurveda, particularly to make sure that it is not merely a scientific interpretation of the field that is being investigated, and that the research is true to Ayurveda’s holistic approach to physiology and etiology, a theme he has strongly emphasized in a recent editorial in the Journal of Ayurveda and Integrative Medicine (JAIM), and which was also the principle theme of his talk the following day, and of his recent JAIM editorial.

The celebrations included a conference on the Saturday afternoon and Sunday morning concerning the writing of scientific papers on Ayurveda, and all the precautions and caveats that may be needed, such as avoiding the solicitations of journals on Beall’s List of Predatory Publishers, since publishing in them will not only cost unnecessary money, but may also harm authors’ reputations, particularly if their review process is inadequate, as seems to be the case, for example, with India’s group of IOSR Journals, which solicits constantly.

Dr Hankey’s main address was entitled, “Writing Scientific Papers from the Gestalt Perspective”, an elaboration of his lecture on writing scientific papers, which he has been teaching to students of Yoga and Ayurveda since the World Ayurveda Congress in Pune in November 2006, where Professor Patwardhan was Secretary and chief organizer. The prime emphasis is on maximizing
clarity of communication, and that to do so requires use of the mode by which the human mind naturally cognizes new ideas. Unlike digital information processing which starts with bits, which are at most parts of the whole, the mind starts with whole entities and then cognizes their parts. This was how Wolfgang Amadeus Mozart, one of the most gifted musicians in European history, described the way he wrote his beautiful symphonies – the creation would come to him as a whole, and he would then unwind it like a ball of string. This indeed is the common experience of all of us with speech, the idea of what to say next comes to us as a whole, and we then translate it from that level, know in the Vedic sciences as ‘Pashyanti’ to the level of thought that precedes speech, ‘Madhyama’. The same principle must be adopted in every section of a scientific paper, from the organization of the whole paper, wherein the title encapsulates the whole, and the Abstract expands on it, setting the context (the wider whole) in its first sentences, and stating conclusions at the end, a point well illustrated by the famous Journal, Nature, in its Instructions to Authors.

Adopting this procedure also accelerates an author’s construction of the paper. Starting from the outline of principle sections, Introduction, Methods and Materials, Results, Discussion, and Conclusions, each section conceived as a whole, made up of Bullet Points expressing its ideas. At this point, it is easier to manipulate the order of presentation by changing the outline than when the paper is approaching its final form with each idea expressed in one or more paragraphs. The bullet points can then be developed into single sentences, which are further elaborated into paragraphs, finally presenting the whole as a smoothly connected form.

The following afternoon, Dr Hankey participated in a panel discussion of how to improve modern Ayurveda practice. Dr Manoj Nesari, Joint Director of the Department of AYUSH in the Ministry of Health emphasized the need to publish more evidence for the value of Ayurveda to Public Health. IGPT&RA Director M.S. Baghel emphasized the need to publish case studies and case series from Ayurveda practice, acknowledging that Dr Hankey had previously drawn his attention to this need. Dr Hankey asked members of the audience to raise their hands if they had had cases where a patient taking modern drugs had been able to reduce their dosage after starting Ayurveda, and had also experienced improvements in quality of life (QoL) and sense of well-being. All raised their hands. This, he said, all Vaidyas take for granted, but, being news to the biomedical community is worthy of publication – particularly if changes in QoL can be substantiated by questionnaires.

On the Monday, Dr Hankey was asked to meet with students twice; in the morning to offer advice on research projects by individual students, when he met with some 8 to 10 students, and at 4pm when he gave a two hour lecture covering the first three of his eight stages of ‘Decoding Ayurveda’ – a research program relating theoretical Ayurveda concepts such as Tridosha and its imbalances to modern science in the most general and insightful manner. The lecture was well received and he was asked to give a full series of lectures on the topic during the next academic year.

Finally, on his last morning, Dr Hankey demonstrated the essential effortlessness of achieving a quiet or even silent mind to four instructors and lecturers from GAU’s Department of Yoga, three of whom expressed interest in joining SVYASA’s Distance Education program in order to complete their PhD’s.
Prashanti Kutiram: 15th August is a day that is always awaited at S-VYASA University to celebrate the occasions of Independence Day and Prashanthi Day. S-VYASA University celebrated India’s 67th Independence Day with great joy, enthusiasm and patriotic fervour to express the feeling of Unity.

The festivities began with the hoisting of the Indian National flag and singing the National Anthem. This was followed by “Dhwaja Pranam” and singing of “Vande Mataram”. The entire atmosphere of S-VYASA University was filled with students singing patriotic songs which set the audience in a spirited and patriotic mood. The ceremony was followed by speeches from the Chief Guests Shri N Harihara Subramaniyan, CEO, Mayura Group of Companies & Shri Rohit Tandon, Partner, M&A Tax and Regulatory, KPMG India, Dr. H.R. Nagendra, Chancellor, S-VYASA University and Prof. Vidwan Dr. Ramachandra G Bhat, Vice- Chancellor, S-VYASA University on matters of National importance. At the end everyone raised the slogan 'Bharat Mata Ki Jai' which energizes us to serve the motherland.

Every year S-VYASA University celebrates the Prashanthi Day on 15th August as Laxmi Amma was the Founder of Prashanti Kuteeram. On this occasion the Karyakartas and Donors are felicitated for their dedication and commitment.
The 39th Prashanthi Day programme began with a Prayer Song by Shri Shusrutha and Shri Tyagaraj followed by lighting of lamp by the honorable dignitaries. Prof. Vidwan Dr. Ramachandra G Bhat, Vice-Chancellor, S-VYASA University delivered the Welcome Address. Dr. R. Nagarathna, Chief Medical Officer, S-VYASA University spoke about the significance of Prashanthi Day. Speech by the Guest of Honors, Sri Gopal B Hosur, IPS, IGP, Additional Commandant HG, Sri K.S. Nagendra, Rotary District Governor, Sri D.H. Shankarmurthy, Hon. Chairman, Karnataka Legislative Council and Shri M.L. Sarogi enlightened the audience with enormous knowledge and wisdom by sharing their experience and inspiring words. Our distinguished guests spoke about the significance of Yoga in modern times, praised the activities at S-VYASA & expressed their wholehearted support.

The Chief Guest, Shri Ramkumar Rathi, Partner, Beharay- Rathi Group delivered an inspiring speech stressing the importance of Yoga and on the point that strong will power and commitment can overcome any kind of impediment.

In the concluding ceremony, many well-wishers working for S-VYASA University like Shri Amarnath B, Shri A.C. Raju, Shri Basavaraj S, Shri Chandrashekar, Ms. Ayca from Turkey, Shri Rangan R & Prof. Bhaskar Harinath were felicitated to honour their contributions.

A book “Yoga for common ailments” by Dr. H.R. Nagendra, Dr. R. Nagarathna, and was released. Prizes, Medals and awards were presented to students of S-VYASA University for their achievements in Sports.
FELICITATION
Independence Day
Sports Competition

Champions

Prashanti Day
Aug 15, 2013, Thursday
Kutiram, Bengaluru
Homa in Academic Complex

Prashanti Kutiram, Aug 15: The new venue for BNYS students to conduct class was inaugurated in the first floor of Sushrutha Ayurvedic College block. All BNYS students invoked Goddess Saraswati with Saraswati Mantra in Saraswati Homa. Manya Krishnappaji gave an idea of an ideal doctor; the one who does not have a single patient in 3 km radius. He suggested two important values Tyaga and Seva to deep root in students’ life for divinizing rest of the life.

Rakshabandhan Celebrations
Prashanti
Kutiram, Aug 20
In the series of festivals
in the month of Shravana Masa,
on 20th of Aug, we had an Upakarma
Homa to adapt new thread to start
and enhance our study of Scriptures. In
the same day our Vice Chancellor gave
the message of National Integrity and the
protection of Women Hood to the students
community. The program was held in
Mangal Manir where all the sisters
tied the Rakhi to all brothers and
took the guarantee to protect
Dharma on the spiritual
base.

Rakshabandhan Celebrations

Bond of Love... Band of Brotherhood
RAKSHABANDHAN
Prashanti Kutiram, Aug 20

In the series of festivals in the month of Shravana Masa, on 20th of Aug, we had an Upakarma Homa to adapt new thread to start and enhance our study of Scriptures. In the same day our Vice Chancellor gave the message of National Integrity and the protection of Women Hood to the students community. The program was held in Mangal Manir where all the sisters tied the rakhi to all brothers and took the guarantee to protect Dharma on the spiritual base.

rakshabandhan Celebrations Sept 2013 27
The fourth Commencement (Convocation) Ceremony of Hindu University of America (HUa) was conducted at its extension centre at VYASA, Prashanti Kutiram campus, Bangalore on 24th July 2013. HUA was started at Orlando, Florida, USA with a vision to establish a world class institution of learning and research in Hindu wisdom, values and traditions allowing unfolding of spiritual dimensions of human beings. The first extension centre of HUA was established at Prashanti Kutiram and a good number of students had completed Masters and Doctoral Degree programs through the centre. Currently Prof N.V Raghuramji is the President of HUA.

Sri Braham Aggarwalji, the Chairman of HUA presided over the commencement ceremony and awarded the certificates. During his presidential talk, he emphasized that Hindu concepts are very scientific and logical by explaining the symbology of Hindu Deities and mythological characters. Guruji Dr Hr.Nagendraji gave the convocation address bringing out the importance of spiritual education and the need for an academic body for Hindu wisdom especially at USA where Swami Vivekananda gave his message for the entire world on the need for universal brotherhood. Sri Subramanian. A, Faculty and Co-ordinator, HUA Courses, welcomed the gathering and introduced the dignitaries on behalf of the President, Prof Raghuramji who is currently at the HUA campus. Dr Sudheer Deshpande, Registrar S-VYASA and Doctoral Committee Member, HUA presented the candidates. Four candidates – Sri Y. Chitharanjan Rao, PN. Ganesh Kumar, Vijayakrishna Padukone and DS Wodeyar who had completed their course and thesis works were awarded the degree of “Doctorate in Yoga Philosophy and Meditation”. Chitharanjan Rao
had done his research “Efficacy of Yoga & Naturopathy on Asthma Patient”, PN Ganesh Kumar on “Influence of Integrated Yoga Module on Health and Personality in Women”, Vijayakrishna Padukone on “Effect of Yoga & Naturopathy on Obesity Patients” and DS Wodeyar on “A Comparative Study of Wellness Index of Yoga & Non Yoga Practitioners”. Dr Ramachandra G Bhat, Vice Chancellor of S-VYASA and Director, HUA Extension Centre gave the Acharya Upadesha from Taitriya Upanishad –Shiksha Valli and ashirvachana. Dr Christoph Garner, Director, KWA Klinik, Munich, Germany was the Guest of Honour. Earlier the candidates participated in the Saraswathi Homa performed as a part of the commencement ceremony at Yoga Vinayaka Mandira and took sankalpa. Hundreds of well wishers and students participated in the event.
With Best Compliments from

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In Commemoration of 150th Birth Anniversary of Swami Vivekananda

International Conference on Frontiers in Yoga Research & Its Applications

20th INCOFYRA

20th International Conference on Frontiers in Yoga Research and Its Applications

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

Jan 2 - 5, 2014
Prashanti Kutiram, International Headquarters of VYASA, Bengaluru

Organised by:
Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru

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

www.vyasa.org  www.svyasa.org
My dear brothers and sisters...

We are heading for our 20th INFOFYRA programs this year with the main conference from January 2 to 5th, 2014. The theme of the conference is “Yoga: A Public Health Strategy for Diabetes – Prevention and Education”.

For a nation like ours with its vast cultural heritage to have the distinction of being named the Diabetic Capital of the world, is an alarming predicament. It is high time for us to resort to our own treasure house, Yoga, and utilize its extensive resources to fulfill the mass health care needs that have manifested along with our changing life-style. Yoga’s benefits, time tested over millennia, have now been scientifically studied. Evaluation over the past four decades has vindicated their ancient status. Now is the time to advocate their systematic use in Public Health programs throughout India.

VYASA from 1986 and S-VYASA University from 2002, with its worldwide reputation for scientific research on Yoga, has committed itself to elucidating the basis for Yoga’s benefits for Diabetes. Possible mechanisms ranging from psycho-physiological to molecular are being extensively explored. Findings from over 70 published studies suggest that Yoga practices provide health benefits improving quality of life, well-being, and memory, and may even prevent premature cellular aging. Diabetes has been shown to be benefitted even in individual having other additional diseases.

Most diabetes is a lifestyle illness. The diabetic population of India is projected to reach 70 million by 2050. Refining our scientific understanding of Yoga’s benefits for diabetes is the need of the hour. Its clinical safety is established. We now need to understand the underlying mechanisms which make its practice so effective. Once this is achieved, Yoga can be widely used to prevent, manage, and in some cases even reverse, the pathology.

At this time our aim is to engage the collective wisdom of researchers from all areas: physicians, professionals, policy makers, industry partners, and form a partnership, which will integrate Yoga into mainstream health care delivery systems to address the problem of diabetes.

The Nation-wide “Stop Diabetes Movement” (SDM) originated at S-VYASA University. It aims to prevent the spread of diabetes, improve diabetes health care, and reduce the demands (and thus costs), which it places on India’s health care resources. Yoga adds not just life to years, but ‘health’ to years of life for the diabetic population. SDM has been implemented in over 50 cities treating 15,000 or more people. It presents a successful model of health care delivery for the whole population. The 20th INCOFYRA will establish a national platform for us all to fight the diabetes epidemic.

With Love

Dr H R Nagendra
President, VYASA and Chancellor, S-VYASA University
# CONFERENCE PROGRAMS AT A GLANCE

## PRE CONFERENCE

<table>
<thead>
<tr>
<th>Date</th>
<th>Program</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 21, 2013</td>
<td><strong>World Yoga Day:</strong> Conference Curtain Raiser</td>
<td>9:00 am - 5:00 pm</td>
<td><strong>Vyasa Affiliates, Associates and Branches all over India and Abroad</strong></td>
</tr>
<tr>
<td>Sept 11, 2013</td>
<td><strong>150th birth year of Swami Vivekananda &amp; Universal Brotherhood Day:</strong> Diabetes Screening Camps</td>
<td>9:00 am - 5:00 pm</td>
<td><strong>Vyasa Affiliates, Associates and Branches all over India and Abroad</strong></td>
</tr>
<tr>
<td>Nov 14, 2013</td>
<td><strong>World Diabetes Day:</strong> Diabetes Education Workshops</td>
<td>9:00 am - 5:00 pm</td>
<td><strong>Prashanti Kutiram</strong></td>
</tr>
<tr>
<td>Dec 26-30, 2013</td>
<td><strong>Spiritual Retreat by Swami Dayananda Saraswati ji</strong></td>
<td>7:00 am - 9:00 pm</td>
<td><strong>Prashanti Kutiram</strong></td>
</tr>
<tr>
<td>Dec 27-29, 2013</td>
<td><strong>Himalaya Yoga Olympiad</strong></td>
<td>5:00 am - 5:00 pm</td>
<td><strong>Prashanti Kutiram</strong></td>
</tr>
<tr>
<td>Dec 27-31, 2013</td>
<td><strong>Pre Conference Workshop</strong></td>
<td>9:00 am - 5:00 pm</td>
<td><strong>Prashanti Kutiram</strong></td>
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</tbody>
</table>

## MAIN CONFERENCE

<table>
<thead>
<tr>
<th>Date</th>
<th>Program</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Jan 2-5, 2014</td>
<td><strong>Arogya-Expo: Health Exhibition</strong></td>
<td>Jan 2 @ 4:00 pm</td>
<td><strong>Prashanti Kutiram</strong></td>
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<tr>
<td></td>
<td><strong>Inauguration</strong></td>
<td>Jan 3, 4, 5 @ 5:00 am - 6:30 am</td>
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<td></td>
<td><strong>Morning Sessions</strong></td>
<td>Jan 3, 4, 5 @ 7:00 am - 8:00 am</td>
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<tr>
<td></td>
<td><strong>Pre breakfast Common Sessions</strong></td>
<td>Jan 3, 4, 5 @ 9:00 am - 10:30 am</td>
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<tr>
<td></td>
<td><strong>Pre-lunch Common Sessions</strong></td>
<td>Jan 3, 4 @ 1:30 pm - 2:50 pm</td>
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<tr>
<td></td>
<td><strong>Post-lunch Common Sessions</strong></td>
<td>Jan 5 @ 1:30 pm</td>
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<tr>
<td></td>
<td><strong>Multi Track Special Sessions</strong></td>
<td>Jan 3, 4 @ 11:00 am - 1:00 pm &amp; 3:00 pm - 5:00 pm</td>
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<tr>
<td></td>
<td><strong>Paranormal Phenomena and Special Yajnas for DM</strong></td>
<td>Jan 5 @ 11:00 am - 1:00 pm &amp; 2:30 pm - 3:30 pm</td>
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<tr>
<td></td>
<td><strong>Yoga Nights</strong></td>
<td>Jan 3, 4 @ 6:00 pm - 7:30 pm</td>
<td></td>
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<tr>
<td>Jan 5, 2014</td>
<td><strong>Valedictory Function</strong></td>
<td>3:30 pm - 5:30 pm</td>
<td><strong>Kanteerava Indoor Stadium, Bengaluru</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Special Yoga based Cultural Evening</strong></td>
<td>6:30 pm - 8:30 pm</td>
<td><strong>Kanteerava Indoor Stadium, Bengaluru</strong></td>
</tr>
</tbody>
</table>
POST CONFERENCE WORKSHOPS

Jan 6–10, 2014
CME for Yoga Therapists
CME for AYUSH Researchers
Professional Meetings:
IYA Meetings, S-VYASA Alumni
meet, CYA Meet, Meetings of
VYASA India &
VYASA International
5.00am - 7.20am;
10.30am - 1.00pm;
3.00pm - 5.30pm &
8.30pm - 10.00pm
Prashanti Kutiram

In MAIN CONFERENCE

CHOICE OF MORNING SESSIONS:
January 3, 4, 5; 2014 (5.00am - 6.30am)
1. General Yoga Classes
2. Advanced Ásanas
3. Yoga therapy (3 Tracks including diabetes)
4. Advanced Techniques (5 Tracks: ÁVARTAN, PET,
   MSRT, VISÁK and AÁNAMS) for Diabetes
5. Naturopathy treatments
6. Ayurveda for rejuvenation
7. Gopuja and Agnihotra in Goshala
8. Special Yajnas tailor made for DM control in
Yoga Vinayaka temple

COMMON MORNING SESSION: 7.15am - 8.00am
Jan 3, 4, 5; 2014 - Maitri Milan in Mangal Mandir Auditorium

COMMON EVENING SESSIONS: 6.00pm - 10.00pm
1. Jan 2, 3, 4; 2014 - Satsangas: 6.30pm - 7.30pm
2. Jan 3, 4; 2014 - Paranormal/Magic Shows:
   6.00pm - 7.30pm
3. Jan 3, 4; 2014 - Yajnas (Resonating with Cosmic Forces): 6.00pm - 7.30pm
4. Jan 2, 4; 2014 - Yoga Nights: 8.00pm - 10.00pm

CONFERENCE VENUE

Prashanti Kutiram (Abode of tranquility) The
international headquarters of VYASA is the
spacious, 100 acre, campus of S-VYASA
(the Yoga University), with its serene
atmosphere and natural beauty in a rural
setting some thirty kilometers south of the
city of Bengaluru. Under VYASA there are
six major activities:

a. Arogyadhama - a 250 bed holistic
   health home and research center
b. Avesana - a world class yoga research
   facility
c. S-VYASA - Yoga University
d. SVYP - an exclusive yoga publication
   house
e. VYASA India - the national network
   of VYASA centers &
f. VYASA International - the growing
   network of VYASA centers around
   the world

In addition, VYASA campus houses an
ayurvedic medical college (Sushruta Ayurvedic
Medical College and Hospital) with emphasis
on high quality practice of Ayurvedic medicine
and research.
CONFEREECE OBJECTIVES

1. Disseminate research findings in the field of Yoga for Diabetes Mellitus and give directions to future research

2. Provide the evidence required to integrate Yoga therapy with conventional care for Diabetes Mellitus

3. Establish national and international working groups comprising Universities, health care providers and policy makers to initiate collaborative research programs

4. Enhance health care provider – industry partnerships to develop programs integrating diabetes careproducts with yoga based lifestyle

5. Thus, evolve and engage in a nation-wide Stop Diabetes Movement (SDM) for diabetes prevention and education to unseat India from its deplorable position as the ‘Global Capital of Diabetes’

WHO SHOULD PARTICIPATE?

a. Yoga researchers, Yoga & Naturopathy physicians, Yoga & Rehabilitation consultants, Diabetologists, Endocrinologists, Yoga therapists, Health psychologists, Public health professionals, Health educationists and Nutritionists

b. Professional Associations; Centers of Excellences; Specialty Diabetes Centers; Government Institutes; Policy Makers; Representatives of Industry; and Diagnostic laboratories

c. Vendors of lifestyle products; Herbs and organic foods and diabetic food & supplements and such other professionals

d. Patients with diabetes and people at large

BENGALURU

Bangalore, renamed Bengaluru, the tech Capital of India, has been the Capital City of Karnataka State since 1830. A fast growing metropolitan area of over 8 million people on southern India’s Deccan Plateau, the city is the 3rd largest in India and 27th in the world. It is home to large numbers of IT industries from round the globe. As the ‘Silicon Valley of India’, it contributes one third of India’s IT exports. In 2009, the Globalization and World Cities Study Group and Network ranked Bengaluru “Beta World City”. It is also a ‘Garden City’, noted for its green beauty, and/or having beautifully maintained its rich cultural heritage alongside its new technical and industrial status.

Situated about 1000 meters above sea level, Bengaluru enjoys moderate weather throughout the year: summer temperatures up to 36°C and winter temperatures only down to 7°C. It enjoys a mix of cultures including both Carnatic and Hindustani traditions - 62% of the city’s population are from other parts of India, with different religions and diverse cuisine.

Welcome home to experience Bengaluru!
DATES TO REMEMBER

<table>
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<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Registration to avail early bird offer</td>
<td>before &amp; up to Sept 10, 2013</td>
</tr>
<tr>
<td>Last date for Abstract submission</td>
<td>Sept 30, 2013</td>
</tr>
<tr>
<td>The Papers will be peer reviewed and acceptance or otherwise will be intimated by</td>
<td>Oct 15, 2013</td>
</tr>
<tr>
<td>Last date for submission of Full Papers</td>
<td>Dec 1, 2013</td>
</tr>
</tbody>
</table>

PRE CONFERENCE

PRE-CONFERENCE WORKSHOPS
Dec 27-31, 2013 at Prashanti Kutiram,
The International headquarters of VYASA

Theme - Diabetes Prevention and Education
The workshop calls on all those responsible for diabetes care to understand diabetes and take control. For people with diabetes, this workshop aims at empowerment through education. For healthcare professionals, it is meant to improve knowledge so that evidence-based recommendations are put into practice. For the general public, it is a call to understand the serious impact of diabetes and know, where possible, how to avoid or delay diabetes and its’ complications.

Learning objectives:
✓ To understand the importance of education and an evidence-base for the prevention and management of diabetes and its complications
✓ To recognize warning signs of diabetes and promote action to encourage early diagnosis
✓ To understand dimensions of primary prevention for pre-diabetes, secondary prevention for mild and moderate diabetes and tertiary prevention for severe diabetes with complications respectively
✓ To raise awareness of and promote action to reduce the main modifiable risk factors of type 2 diabetes, and to prevent or delay its complications
✓ To use evidence-based yoga therapy to prevent, manage, and reverse type 2 diabetes mellitus

SPIRITUAL RETREAT by Swami Dayananda Saraswati ji
Dec 26-30, 2013

Swami Dayananda Saraswati is a contemporary teacher of Vedanta and a scholar in Sanskrit in the tradition of Sankara. Swamiji has been teaching Vedanta in India for more than five decades and around the world since 1976. His deep scholarship and assimilation of Vedanta combined with a subtle appreciation of contemporary problems make him that rare teacher who can reach both traditional and modern students. Swami Dayananda Saraswati is peethadhipati for jnyanayoga peetham at S-VYASA University. Swamiji will be conducting a five day comprehensive spiritual retreat from 26th to 30th Dec, 2013, which involves lectures and meditation sessions by Swamiji. Delegates registering for the pre-conference will get a free entry to cherish the retreat.

‘Yoga: A Public Health Strategy for Diabetes – Prevention and Education’
HIMALAYA YOGA OLYMPIAD

Dec 27-29, 2013 at Prashanti Kutiram

[ Himalaya will be held at the Conference venue from December 27-31, 2013. For more details see our website: www.svyasa.org ]

The objectives of HIMALAYA (A Yoga Olympiad) is to promote the awareness of yoga and build up a network of yoga students, practitioners, teachers and sadhakas at the national and international levels. We hope to spread the message of yoga as a science of Holistic living to be achieved through Jnána Yoga, Rája Yoga, Bhakti Yoga and/or Karma Yoga, as proclaimed by Swami Vivekananda. The syllabus, therefore, cannot end with physical demonstration of yogasanas only. It also assesses knowledge and grasp of concept and definition of yoga and its various techniques, for total growth of the individual, including physical, mental, emotional and intellectual development and their spiritual basis. HIMALAYA thus aims at helping the youth of our country grow together, and expand their vision, so they leave behind the mad rush of cut-throat competition and selfishness and engage in co-operative, harmonious pro-active living.

AROGYA EXPO: HEALTH EXHIBITION

Jan 2-10, 2014 at Prashanti Kutiram

AROGYA Expo will bring consumers into close contact with Physicians, Industry and knowledge resources concerning best options for health care through Yoga and Holistic living. Arogya Expo is an initiative promoted actively by the Department of AYUSH, Government of India. It aims to support professionals, institutes and industry in Indian Medicine (AYUSH) to showcase their products and services and thereby make people aware that AYUSH systems form safe, effective modes of health care which constitute first choice for large sections of India. For several years, Arogya Expo is being organized by Karnataka Manufacturers Association (KIMMA), this time in collaboration with the Department of AYUSH, Government of Karnataka and S-VYASA University.
**MAIN CONFERENCE: 20th INCOFYRA**

Jan 2-5, 2014

Theme - ‘Yoga: A Public Health Strategy for Diabetes - Prevention and Education’

The theme addresses the urgent need for collaborative actions involving health professionals from physicians of conventional medicine and traditional medicine, policy makers, government organizations and Industries to the protection of the health of our future generations. Particular focus is placed on highlighting the importance of education - for health professionals and diabetes patients alike as well as those at risk for diabetes. Thus aim at reducing the impact of diabetes throughout the world and to articulate the role of yoga as a safe and effective public health strategy in the prevention and management of diabetes and its complications.

**ABOUT THE THREE TRACKS AT THE MAIN CONFERENCE**

<table>
<thead>
<tr>
<th>Track</th>
<th>Track Name</th>
<th>About the track</th>
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</table>
| 1     | **YOGA AND DIABETES RESEARCH**           | Therapeutic Applications of Yoga:  
» Evolution of disease specific yoga therapy modules for diabetes  
» Research evidences for the safety and clinical efficacy of yoga for diabetes  
» Application of yoga in the management & prevention of diabetes  
Mechanism of Action:  
» Evidences unraveling mechanisms for reported clinical benefits for yoga therapy in diabetes from psycho-physiological to molecular level  
Future Trends in Research:  
» Leads for future research in the field of yoga for diabetes mellitus in view of emergence of Integrative Diabetology |
| 2     | **COLLABORATIVE CHANNEL-OF PROFESSIONAL BODIES AND POLICY MAKERS** | » Formulating a National and International Working Group comprising Universities, Health care providers and policy makers to initiate Collaborative Research activities, to improve patient care in diabetes and applicability of yoga therapy  
» Professional bodies and centers of excellence include: MV Mohan Diabetes Center, Karnataka Diabetes Institute, Diabetes Technology Society, Nutrition Society of India and professional bodies for Endocrinologists, Diabetologists, YOGA & Naturopathic physicians, physicians from AYUSH systems and Nutritionists  
» The policy makers to be involved are: Regional Center-World Health Organization (WHO), NCCAM of National Institutes of Health (NIH), U.S.A.; International Diabetes Federation; Indian Council of Medical Research (ICMR), Govt. of India; Department of Science and Technology (DST), Govt. of India; Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India |
| 3     | **PARTNERSHIP MEET WITH - INDUSTRY AND BUSINESS HOUSES** | » Focuses on enhancement of Industry partnership and development programs that integrates products and services with yoga based lifestyle  
» Industry partners may include Karnataka Indian Medicine Manufacturers Association (KIMMA); Quality control for organic food; Vendors of Self-monitoring tools, Nutritional supplements, Medicinal herbs and Diabetes specific lifestyle products; Diagnostics Laboratories |
PROGRAMS IN BENGALURU CITY: JAN 5, 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Program</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 5, 2014</td>
<td>Suryathon</td>
<td>6:00am - 9:00am</td>
<td>Bangaluru city</td>
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<td></td>
<td>Breakfast</td>
<td>9:00am - 10:00am</td>
<td>venue: Kanteerava Indoor Stadium</td>
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<td></td>
<td>Cultural Programs: 5 events; ½ hour each</td>
<td>10:00am - 1:30pm</td>
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<td></td>
<td>Bhajans</td>
<td>2:30pm - 3:30pm</td>
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<td></td>
<td>Valedictory Function</td>
<td>3:30pm - 5:30pm</td>
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<td>Music and Dance Ballet on Swami Vivekananda</td>
<td>6:00pm - 7:30pm</td>
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POST CONFERENCE WORKSHOPS: Jan 6-10, 2014

**Evidence based Yoga Therapy for Type 2 Diabetes Mellitus**

1. **For Patients with Diabetes Mellitus:** To offer integrated therapy including Integrated Approach of Yoga Therapy (IAYT); Naturopathy & Ayurveda under the expert guidance of Dr R Nagarathna MD, FRCP. (5.00am to 7.20am; 10.30am to 1.00pm; 3.00pm to 5.30pm and 8.30pm - 10.00pm). Specific yoga modules for primary prevention of pre-diabetes, secondary prevention of mild and moderate diabetes and tertiary prevention of severe diabetes with complications respectively will be advised.

**Venue:** Árogyadháma complex. The session will focus on addressing the following three issues concerning diabetes:

- **Diabetes Prevention:** On the role of lifestyle modification in preventing diabetes, by reducing risk factors.
- **Management of Diabetes:** Diabetes with its multifactorial causation is comprehensively addressed by a multi-faceted approach of integrated yoga therapy at physical, mental, social and spiritual levels along with conventional approaches.
- **Rehabilitation for Diabetic Complications:** Retarding the progression of illness through integrating yogic lifestyle modification strategies with conventional approaches and technological tools to prevent development of diabetes related complications such as neuropathy, nephropathy, retinopathy, coronary atherosclerosis, stroke etc.

2. **CME for Yoga Therapists:** This is a Continued Education for Yoga Therapists with evidence based yoga therapy training for diabetes mellitus.

3. **CME for AYUSH Researchers:** This is specially intended for researchers to explore the safety; efficacy and cost effectiveness of AYUSH systems in the prevention & management of diabetes mellitus.

4. **Indian Yoga Association (IYA) meetings:** India's first umbrella organization of the entire yoga community established to evolve standards for education; teaching; practice and therapy.

5. **Special Meetings:** Council for Yoga Accreditation (CYA) Meetings; Meetings for VYASA India, VYASA International and S-VYASA Information Centers
CONFERENCE REGISTRATION

Register earlier before Sept 10th to gain maximum concession

<table>
<thead>
<tr>
<th>Individual Programs</th>
<th>Dates</th>
<th>SAARC Centers</th>
<th>International</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Before Sept 10</td>
<td>After Sept 10</td>
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<tr>
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<td>in ₹</td>
<td>in ₹</td>
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<tr>
<td>Pre-Conference</td>
<td>Dec 27-31, 2013</td>
<td>7,000</td>
<td>9,000</td>
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<tr>
<td>Main Conference</td>
<td>Jan 2-5, 2014</td>
<td>3,500</td>
<td>4,500</td>
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<tr>
<td>Post Conference</td>
<td>Jan 6-10, 2014</td>
<td>7,000</td>
<td>9,000</td>
</tr>
<tr>
<td>All 3 Programs</td>
<td>Dec 27, 2013 &amp; Jan 10, 2014</td>
<td>12,500</td>
<td>15,000</td>
</tr>
<tr>
<td>Day Rate for Conference</td>
<td></td>
<td>1,100</td>
<td>1,500</td>
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<tr>
<td>Special Event</td>
<td>Jan 5, 2014</td>
<td>500</td>
<td>700</td>
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- Includes Board and Lodging in shared accommodation and entry for special events
- Students can get 50% Reduction
- Organising Secretary: Dr Hemant Bhargav
  cell: +91-87620 19348  | e-mail: incofyra20@gmail.com ; incofyra@svyasa.org
- Payment by Cash or DD payable to VYASA ‘Vivekananda Yoga Anusandhana Samsthan’
- **Online transfer details for Indian Nationals:** A/C Name: Vivekananda Yoga Anusandhana Samsthan; A/C No: 31004780111; Bank & Branch: SBI, Jigani; IFS Code: SBIN001355
- **Online transfer details for Internationals:** A/C Name: Vivekananda Yoga Anusandhana Samsthan; A/C No: 0405101028355; Bank & Branch Name: Canara Bank, Chamarajpet; IFS Code: CNRB000405; MICR Code: 560015010

**note:** After online payment, please mail a copy of payment receipt to incofyra20@gmail.com for registration procedure

CALL FOR PAPERS

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

<table>
<thead>
<tr>
<th>Last date for submission of Abstracts</th>
<th>Sept 30, 2013</th>
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<tbody>
<tr>
<td>The Papers will be peer reviewed and acceptance or otherwise will be intimated by</td>
<td>Oct 15, 2013</td>
</tr>
<tr>
<td>Last date of submission of Full Papers</td>
<td>Dec 1, 2013</td>
</tr>
</tbody>
</table>

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