Students Delegation from USF, Tampa at S-VYASA on an Educational Tour to learn 'Indian Healing Traditions'

VYASA Movement wishes all the best to the new government led by Sri Narendra Modi to make Bharat reach the pinnacles of its ancient glory to even higher heights to translate the prophecy of Swamiji!
WORLD YOGA DAY CELEBRATION

21st June 2014, Venue: BMS College of Engineering, Bull Temple Road

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<tr>
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</thead>
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<tr>
<td>6.00 am</td>
<td>Assemble at the Venue</td>
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<tr>
<td>6.30 - 8.30 am</td>
<td>Mass Suryanamaskara (Suryathon)</td>
</tr>
<tr>
<td>9.00 - 10.30 am</td>
<td>Rally / Walkathon to spread the message of WYD</td>
</tr>
<tr>
<td>11.00 - 1.00 pm</td>
<td>Seminars (Yoga for Health, Stress Management and Yoga as a Career)</td>
</tr>
<tr>
<td>11.00 - 5.00 pm</td>
<td>Exhibition, Yoga Olympiad (competition)</td>
</tr>
<tr>
<td>6.00 - 8.00 pm</td>
<td>Concluding session, Yogic Cultural program</td>
</tr>
</tbody>
</table>

OTHER ATTRACTIONS

- Free Yoga therapy consultations for Asthma, Diabetes, Hypertension, Back ache, Headache etc..
- Stress Management sessions
- Yoga for Students to improve Perfection & Performance etc..
- Yoga for Promotion of Positive Health
- Yogic Literature
- Yoga Products
- Yoga techniques from many Institutions
- Many more useful Takeaways...

COME AND AVAIL THE BENEFITS OF YOGA FOR HEALTH, HAPPINESS AND HARMONY

Organized by
Swami Vivekananda Yoga University, Bangalore

Co-hosted by
BMS College of Engineering, Bangalore
In association with many Yoga institutes

CONTACT: 994 535 2383 / 988 057 8471 / 080 2661 2669
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To see challenges as opportunities is the way of the wise or a visionary. Mother of Pandavas, Kunti prayed to lord Krishna that she should be kept always in difficulties and not in comforts. She saw in it an opportunity to remember lord Krishna all the time and grow towards Moksha. In comfort zone of sense pleasures, she knew that she will forget Him and deteriorate.

A leader converts these opportunities to reality in a practical world and achieves results. But often such success and praises invoking ego leading sometimes to arrogance. A role model of a leader, however, converts that opportunity of success to enhance his humility and surrender to the Institution, society, country, world and to the Divine. He transfers all credit of such success to his team members to build a better, stronger and cohesive team to reach higher success. He takes on himself the brickbats of failures protecting his team mates and learns to use those to transform himself and his team to raise higher by finding ways and means for success next time whereby inspiring his team members and energizing them.

While Mahatma Gandhi used Charaka and Satyagraha as the tools to get Independence to India, Sri Eknathji Ranade pioneered in his vision towards a mission to build the Rock memorial to Swamiji by bringing all forces in the country to make it a reality in India. In US, John Kennedy used space mission to put man on the moon as a target to synergize all intellectual capacities and creativity of science and technology to meet the challenge.

Swamiji’s teachings of combining the best of the East with that of the west was demonstrated in the recent elections in India by gross root work of Karyakartas with a Command center on one hand and modern tools of aggressive marketing using the best of technological tools of electronic social media on the other hand to achieve the results much beyond expectations and predictions.

Whether the leader takes this opportunity to take India to its roots of Renunciation and Service as the twin ideals of India to make India reach the pinnacles of its ancient glory to even higher heights is to be expected by the role model of a leader that has emerged in Sri Narendra Modi; Probably to translate the prophecy of Swamiji that India will be raised and will reach its highest glory by 2020 to contribute to the world at large to bring Vasudhaiva Kutumbakam through its concept of universal love.

Let us all look forward to that and contribute towards it to build ideal global social orders.
This domain of harmonising process (Samanvaya) is distinct in its nature, logic and results. Every domain in Brahmasūtra is examined in terms of its starting, ending and repeated references and utility.

Here, Pūrvapakṣi takes up a thread of doubting from the previous domain. According to him Brahmacarya presupposes specific requirements like अर्थं समयं विद्यान्।

अर्थं - Man of intense aspiration. समयं - Culturally competent. विद्यान् - Man of highest level of cognition. All these expected pre-requisites are already present in mankind. So, it is evident that those who don’t possess cultural human nature cannot go for Brahmacarya. At the same time species of highest divine order like Indra, Yama, Varuna etc also cannot achieve Brahmacarya that results in ultimate liberation.

But there are many clear references that Agni, Vāyu, Yama and Indra all these deities also aspire for Brahmacarya and approach great masters like Prajāpati.

According to Mimāṃsā school of thought, all these deities have no forms, norms and shapes. With this notion, Indra and others cannot prepare themselves for Brahmacarya as they cannot perform karma practices and yoga practices which are the main pre-requisite for Brahmacarya.

In order to find out about salvation, Vyāsa the great master of Vedānta initiates a new domain for deliberation.

The word तुष्यम् adhikarana sūtra must be properly understood. Those who are above humans are more qualified for Brahmacarya because all the required pre-requisites are evidently very high in those Gods like Indra, Yama etc. In fact, human capability is more earth oriented, causing very limited mental and intellectual sādhana. As one makes more penance and internalises Yoga siddhis, one invokes divine qualities like high level of concentration, mental equilibrium, bodily trasferrency, unhindered movability etc. According to Kenopaniṣad God Indra "नेतिनेत्र प्रमणिः" realized Brahman by more proximity. Referring to these facts available in all major Upaniṣads, the spiritual master Vyāsa reaffirms that all these Gods are real spiritual masters striving hard for the ultimate liberation and for this they have energetic body which is more suitable for ŚAMA, DAMA anuñöhāna. Gods also have there own suitable body for sādhana. This was emphatically declared by Veda Vyāsa. As their bodies are energetic in norm and form, we cannot degrade them to humanistic level. Imagining them and adoring as human royal authorities is not śāstra based. The latest literature in Samskrita Epics overplayed human-like stories and metaphorical personifications; these created lots of confusion about Gods like Indra, Yama etc. Devatādhikaraṇa in Brahmasūtra discards all these doubts and projects the real image of Gods.
Aspiration to know his true nature with discrimination (nyaguru) and renounce worldly desire.

At the same time, aspirants may cultivate the three main aspects of yoga, namely, meditation, concentration, and knowledge.

YS 6

Yoga can be practiced in various forms, such as:

- Physical exercises such as Ashtanga yoga
- Spiritual practices such as meditation
- Mental exercises such as Pranayama
- Ethical practices such as Ahimsa

YS 5

In conclusion, yoga is a holistic practice that aims to bring about physical, mental, and spiritual well-being.

YS 4

For more information, please refer to the comprehensive guide on yoga.

YS 3

Yoga is a way of life that promotes self-realization and spiritual growth.
The fire that warms us can also consume us; it is not the fault of the fire.

Swami Vivekananda
Stop Diabetes Movement has a nationwide recognition and reaching thousands of people across the country. Keeping the long term sustainability of the project in mind, we have started to train the local yoga instructors in proximity to the areas were SDM camps are being conducted. This facilitates the participants of the SDM camp to continue their practice of yoga over a long period. The formal training would be starting in Parbhani, Maharashtra were around 25 of the yoga instructors are to be trained to specialize in the exclusive IAYT module for diabetes. Many such ‘Trainers training’ programs are to be conducted at our Prashanthi Kutiram campus and also in different parts of the country in the future.

SDM is looking forward to expand in the rural parts of the country as well, made possible through partnerships with Gramothon foundation (AYUSHGRAM project) and Karuna trust. A team from VYASA visited DB kuppe district earlier in the month of May to get in touch with the local community and build rapport. Apart from conducting SDM camps, the team would be involved in health education, yoga for women and yoga for children. There would be regular yoga classes happening for children.

Meanwhile, the SDM camps continued to happen with its usual enthusiasm, this time at the Tarachand Hospital, Pune with 102 participants. A very good response and positive feedbacks from the participants made it possible for the confirmation of yet another SDM camp at the same venue, in the near future. Dates are to be announced soon and if you are a trained yoga practitioner and alumni of S-VYASA residing in Pune, knowing the special techniques practiced in S-VYASA, kindly get in touch with us and you could be a part of this nationwide movement with additional training as well.

Not only in Pune, camps are to be conducted in Hubli (probably in June), Ichalkaranji (June 16th-25th), Aurangabad (Sep 6th-17th) and 3 camps in Bengaluru (June 28th – Aug 6th) in the near future.

### Diabetes Research
Gestational and periconceptional periods are more prone to get epigenetic modifications. Consumption of foods rich in folic acid, betaine, choline Vitamin B6 and B12 would help in reducing the risk of epigenetic modifications and familial diabetes (Vliet-Ostaptchouk et al., 2012)

Stop Diabetes Movement, Svyasa
#SDM_SVYASA

<table>
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<tr>
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<tr>
<td>June 16- June 25</td>
<td>Ichalkaranji, Maharashtra</td>
<td>Confirmed</td>
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<tr>
<td>June</td>
<td>Hubli, Karnataka</td>
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<td>Pune, Maharashtra</td>
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<td>July 12- July 23</td>
<td>Jayanagar</td>
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<td>July 26 – Aug 6</td>
<td>KR Nagar</td>
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<td>Sep 6- Sep 17</td>
<td>Aurangabad</td>
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**Introduction to Evidence**

Dr. Blakeslee first established that the brain hemispheres are chiefly responsible for different functions in his study conducted in 1980. He showed that the left-brain hemisphere is responsible for verbal memory while the right-brain hemisphere is responsible for spatial memory[1]. Next, Dr. Klein in a study done in 1986 was able to show that when subjects were spontaneously breathing more through their right nostril, verbal task scores increased while when subjects were breathing through their left nostril, spatial task scores increased [2]. This suggested that the nostrils were linked to the contralateral brain hemisphere.

Next, various research studies have attempted to show a change in the performance of verbal or spatial memory tasks by forced nostril breathing that involves plugging or closing one nostril. In a study done in 1997 by K.V.Naveen et al, [3], the cumulative effect of right and left nostril yoga breathing was measured by administering verbal and spatial tasks before and after 10 days. However, spatial memory increased from both right and left nostril when compared to a control group, but there was no increase in verbal task scores. In another study done in 2011 by Dr. Thakur, right nostril yoga breathing increased verbal recall, but left nostril breathing had no effect on spatial memory[4].

A different style of breathing called UNFB (Unilateral forced nostril breathing), which is done by placing a nose plug, has also been used in some studies. In a 1991 study by Shannahoff-Khalsa, Boyle, and Beubel on 19 subjects from 19-30 years, right UNFB increased verbal efficiency in tests modeled after the SAT as well as left hemisphere activity and conversely left UNFB increased spatial efficiency and increased right hemisphere activity. However, in a 1989 study done by Arnott and Quigley, right and left nostril breathing were shown to have ipsilateral effects (e.g., right nostril affecting right brain) in males while having a contralateral effect for females but only in spatial tasks[5].

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Stop Diabetes Movement is planning to conduct more such training programs in Prashanthi campus, from beginning of June. These would be one week intensive training programs starting on 1st of every month, aimed at equipping the yoga instructors with the much needed knowledge to teach yoga for people with diabetes and also to conduct SDM camps more effectively.
Yoga is an ancient Indian science and art of living. This includes body-work through postures; breath-work through conscious breath regulation and mind-work through guided relaxation & meditation. The relative newness of testing yogic breathing, which involves conscious nostril breathing and the closing of the nostrils with a hand instead of plugging the nostril, and the lack of definitive results, prompted us to further explore this field. Therefore, our study aims to find and try to confirm the relationship between right nostril, left hemisphere and verbal tests and left nostril, right hemisphere, and spatial tests using some of the techniques mentioned above. Since forced breathing has been more researched, we will explore the newer field of yoga based conscious breathing.

In this study, we would use different cognitive tasks and study different age group than has been done before. This study would examine the immediate effect of these breathing practices following a fixed period of training.

Swara Yoga’s Assertions on Nostril Breathing

Swara Yoga formed the basis of our study as it made assertions on the relationship between nostril breathing and brain hemispheres which we set out to prove.

Ida - Left Nostril Breathing

“Ida originates at a point just below the base of the spine where the first energy centre, known as mooladhara chakra, is located...and comes to a point of termination at the root of the left nostril....The swara yogi thus manipulates the flow of air in the left nostril in order to control ida directly.” (Saraswati 51)

Pingala - Right Nostril Breathing

“Pingala emerges on the right hand side of mooladhara, exactly opposite to ida...and terminates at the root of the right nostril. Pingala governs the whole right side of the body. To control pingala the breath in the right nostril is manipulated.” (52)

Difference Between Brain Hemispheres

“The specific functions of the cerebral region of the brain correlate with the activities of ida and pingala. The cerebrum is symmetrical, consisting of the right and left hemisphere. The right hemisphere governs the left side of the body and the left hemisphere governs the right side of the body. Ida is connected to the right hemisphere and pingala to the left.” (53)

“The right hemisphere processes information in a diffuse and holistic manner. It controls orientation in space and is particularly sensitive to the vibrational realm of existence and those experiences which are intangible to the external extrasensory perception, and stimulates creative, artistic, and musical abilities” (53)

“Conversely, the left hemisphere in relation to pingala is responsible for rational, analytical and mathematical ability. In the left hemisphere, information is processed sequentially, linearly, and logically. In this way the hemispheres, in association with the nadis, control and motivate our responses in day to day life.” (53)

Materials and Methods

Participants

This study included 16 healthy, right handed children between ages 7-12. 32 subjects had registered, but some were not qualified and some others dropped out due to illness, time commitments or various other reasons. Subjects with a deviated septum or other limiting respiratory conditions were excluded from the study. All the subjects were school going children from high socioeconomic areas. The parents of all the children were invited for a meeting where they were informed of the procedure and had an opportunity to ask questions or clarifications. A consent form was read and signed by all the parents.
Training

Eligible subjects went through ten days of training within a 20 days timeframe. For 20 days, each subject participated in 10 sessions of guided nostril breathing conducted by the experimenters at YB [Yoga Bharati] headquarters or a nearby location for 60 minutes. A trained yoga instructor monitored the sessions. These training sessions taught them the format of practice and technique of the breathing practices while building their stamina to sit for 15 minutes. All subjects did both right and left nostril breathing during the sessions. Each day, before and after the training, the nostril patency was tested to determine the baseline nostril dominance and the change in nostril dominance [if any] after the practice of conscious yoga based conscious uninostril breathing.

Testing

After the 10 sessions of training, the subjects on 4 consecutive days will perform hemisphere specific cognitive tasks immediately before and after the specific nostril breathing. This is when the data collection will take place. On both days of testing we will first ask that subjects come 1.5 hours after eating so their performance is not negatively influenced by drowsiness or hunger. Before and after the nostril breathing, nostril patency would be tested for all the subjects. As mentioned before, two kinds of cognitive tasks, those targeting the right brain and those targeting the left-brain. The right brain tasks will be spatial memory tasks and the left-brain tasks will be verbal tasks. Since we are comparing performance in the cognitive tasks pre and post nostril breathing intervention, we will be using self-as-control and will not have an additional control group.

- **On the day 1 of testing**, half the subjects, randomly selected, will perform right hemisphere tests and the other half will perform left hemisphere tests. After that, of the subjects who perform the right hemisphere tests, half of them, randomly selected, will practice right nostril breathing and the other half will practice left nostril breathing. Of the subjects who perform the left hemisphere tests, half of them, randomly selected, will practice right nostril breathing and the other half will practice left nostril breathing. Immediately when finished breathing, the subjects will repeat the same cognitive tests they took at the beginning.

- **On the day 2 of testing**, the subjects will take the same test they took on day 1. After that, the subjects who performed right nostril breathing on day 1 will practice left nostril breathing and the subjects who performed left nostril breathing on day 1 will practice right nostril breathing. Immediately when finished breathing, the subjects will repeat the same tests they took before the breathing.

- **On the day 3 of testing**, the subjects who took right hemisphere test on days 1 and 2 will take left hemisphere test, and the subjects who took left hemisphere test on days 1 and 2 will take right hemisphere test. After the subjects take the tests, those who practiced right breathing on day 1 will again practice right breathing on day 3. The subjects who practiced left breathing on day 1 will again practice left breathing on day 3. Immediately when finished breathing, the subjects will take the same test they took before breathing.

- **On the day 4 of testing**, the subjects will take the same test they took on day 3. After the subjects take the tests, those who practiced right nostril breathing on day 2 will again practice right nostril breathing on day 4. The subjects who practiced left breathing on day 2 will again practice left nostril breathing on day 4.
Assessments

Corsi Block Tapping test

The Corsi Block Tapping test was taken on a laptop in a separate room. Before taking the test, the children were given verbal directions and then read the instructions so that they were clear on what they need to do. To take the test, blocks would light up on the screen and the children would have to click on the same boxes in the same order that they lit up.

California Learning Verbal Test

The California Learning Verbal Test was taken in a separate room by one of the researchers. The room was quiet so they would not have any disruptions and the directions were clearly read out to them. To take the test, a list of words was read out to the child and the child had to repeat as many of the words as they could. After this was done five times, a different list was read to them and they had to repeat as many words as they could remember. Last they had to repeat all the words they remember from the first list without it being read to them again.

Intervention

Right nostril breathing - Use left index finger to gently close the left nostril. Then breathe normally through the right nostril maintaining awareness.

Left nostril breathing - Use right index finger to gently close the right nostril. Then breathe normally through the right nostril maintaining awareness.

Data Analysis

An Anova test was used to do the analysis before the subjects did the breathing and after they did the breathing. Probability of less than 5% was considered significant. Paired t-tests were also used to compare data before and after the intervention. Two tailed P values <0.05 were considered significant.

Results

For the Corsi Block Tapping test, we used the two way ANOVA test to compare before breathing and after breathing for the Left and Right uninostril breathing. We got a p-value of .27 which is relatively high so we fail to reject the null hypothesis. Though our data looks convincing, the sample size was too small to get

<table>
<thead>
<tr>
<th>Variable</th>
<th>Before Right</th>
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<th>Before Left</th>
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<tr>
<td>Corsi Span</td>
<td>5.56 ± 1.03</td>
<td>5.13 ± 1.31</td>
<td>5.38 ± 1.31</td>
<td>5.94 ± 1.06</td>
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<tr>
<td>Corsi Total Score</td>
<td>44.19 ± 21.59</td>
<td>42.94 ± 21.33</td>
<td>43.63 ± 21.52</td>
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<tr>
<td>CVLT C1</td>
<td>8.69 ± 3.63</td>
<td>12.50 ± 2.25</td>
<td>9.44 ± 4.00</td>
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<td>CVLT C1-5</td>
<td>55.38 ± 13.85</td>
<td>63.44 ± 7.63</td>
<td>52.44 ± 13.92</td>
<td>61.81 ± 11.97</td>
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</table>

Table 1: The mean values with SD for all the variables before and after the intervention
a low p-value. If we had the time and resources to test more subjects, we would have had a lower p-value and been able to validate half of our initial hypothesis that left uninostril breathing will improve right hemisphere cognitive test scores.

All the participants were aged 7-12 and were of Indian origin. Ninety-four percent of subjects were in the income group above $70,000 and all subjects resided in the Santa Clara County.

The statistical test used was a two tailed paired t-Test. The metric that we used from the right brain task is called the Corsi Block span and is the key metric from the Corsi Block Tapping Task. Before the left nostril breathing, the mean amongst the 16 students was 5.375 and after the left nostril breathing the mean was 5.9375 showing an increase. Before right nostril breathing, the mean was 5.56 and after the right nostril breathing the mean was 5.13 showing a decrease.

Each bar represents the change in score after doing the particular nostril breathing. The bigger the bar, the greater the change, either improvement or regression.

This is the data presented in another format. The graph shows that only subject “10” showed greater improvement after right nostril breathing while all the other 15 subjects showed greater or equal improvement after left nostril breathing in line with our hypothesis.

Means of the Left Brain Task increased almost uniformly increased regardless of the breathing
done. This may have been caused by the learning effect upon taking the test second time and it dominated any effect due to nostril breathing.

In contrast with the graph of the Corsi Span, there was no clear trend of subjects showing greater improvement after a certain nostril breathing.

**Conclusion**

The likely reason for such large p-values was that we only had 16 test subjects. We had significant improvements with left nostril breathing but 30 or more subjects would have been necessary to reduce our p-value. We still were able to acquire results that confirmed half of our hypothesis. Though performance on the left brain task did not yield conclusive results, the right brain task did. We saw that left nostril breathing had a helping effect while right nostril breathing had a harming effect on the right brain spatial memory test.

**Strengths and Weaknesses of Study**

Our left brain task had a significant learning effect after repeated trials and the effect dominated any effect due to breathing. In a future study, a different left brain task should be chosen to minimize or eliminate the learning effect. Also, the left brain task was human rather than computer administered adding to experimental error. Only 16 test subjects were used in the study and may have been the reason for large p-values. 30 or more subjects would have been more effective in trying to prove statistical significance and obtain a lower p-value.

**Acknowledgment**

We would like to thanks Dr. Naveen, Dr. Peper, and Ashwini Surpur for spending an enormous amount of their time to guide us through the planning and designing of the research. We would like to thank all the children and their families for participating in this research and having so much dedication towards this.

**References**

Ailments Treated in Arogyadhama (section wise)

A. Neurology: Epilepsy, Migraine, Parkinson’s, Muscular dystrophy, Cerebral Palsy, Multiple sclerosis, Mental retardation; Oncology: Breast cancer stage 1, 2, 3, 4; Colon, Prostate, Blood, Myelomas |

Symptom Scores: 
0 - no symptoms, 
1 - mild, 
2-moderate, 
3-severe

Medication Score: 
Score 1 for each medicine.

Bhramari Time: 
Number of seconds taken to exhale during a single breath while chanting Bhramari.
A 57 year old housewife from Chennai, born and brought up in middle class family came to our Arogyadhama Prashanti Kutiram. She was complaining of breathlessness on exertion, orthopnea (breathlessness even on lying down), cough since 2-3 months and bilateral pedal edema since two years. Her sleep was disturbed because she could not sleep in supine posture. She was also having mild back pain. She was a known case of CKD, congestive cardiac failure, since one and half years. Hypertension was detected 1 ½ years back. Her previous investigations done on 16/12/2013 showed left ventricular ejection fraction of 39%, Hb 7.4mg%, Sr.Creatinine 6.2mg/dl and Ultra sound scanning of abdomen showed bilateral pleural effusion. She was on medication since 1 ½ years.

She got admitted in our Holistic Health Home Arogyadhama, S-VYASA University, Bangalore, where we provide the best of Integrative therapies such Yoga, Ayurveda, naturopathy and physiotherapy along with conventional medical care depending on the need of the patient. She stayed at S-VYASA for 15 days during her stay she underwent Yoga therapy as given below:

**Table 1: List of IAYT practices given**

- Sukshma Vyayama
- Breathing Practices
- Pranayama: Nadishudhi, Bhramari etc.
- Om Meditation
- Deep Relaxation Technique (DRT)

**Quick Relaxation Techniques (QRT)**
**Sleep Special Techniques: after dinner 15 minutes walk, 27 rounds of Nadishudhi Pranyama, 10 rounds of Bhramari and DRT Practice on bed.**
**Diet: Renal Diet (low in protein and low potassium diet more fresh fruits and vegetables)**

**After one week**

Patient’s breathlessness reduced and she could sleep in the night without breathing problem, her sleep quality improved, pedal edema came down, blood pressure came down; she lost 2 kgs of weight and felt light and relaxed Sr. Creatinine level decreased from 5.7 mg/dl to 5.2mg/dl.

**At the end of two weeks**

There was a further improvement in her symptoms. There was clinically significant decrease in pedal edema, sleep quality and breathlessness reduced. There was significant change in all parameter [Table 1].
Conclusion

CKD is becoming a common a health problem these days especially due to large number of diabetics in India. Unfortunately, modern medical system has no permanent solution for this condition. This has increased awareness of other alternative therapies like yoga, ayurveda, naturopathy etc. IAYT (Integrated Approach of Yoga Therapy) is a holistic approach to treat the ailments. Where the all aspects of human existence like physical body, vital force, psychological conflicts and notional errors are considered and managed. This helps in removing the disease at its root. This case study has brought a new hope for the patients suffering from CKD. This case study finds preventive and therapeutic role of lifestyle modification through yoga way of life in chronic kidney disease.

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<td>Pulse Rate</td>
<td>98</td>
<td>70</td>
</tr>
<tr>
<td>3</td>
<td>Weight</td>
<td>64.24</td>
<td>56.64</td>
</tr>
<tr>
<td>4</td>
<td>Symptoms score</td>
<td>8</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Sr. Creatinine</td>
<td>5.7</td>
<td>4.5</td>
</tr>
<tr>
<td>6</td>
<td>Hb %</td>
<td>9.8</td>
<td>11.2</td>
</tr>
<tr>
<td>7</td>
<td>Urine albumin</td>
<td>+++</td>
<td>++</td>
</tr>
</tbody>
</table>

Table 2: Showing the changes in objective parameters after two weeks of IAYT

Ask nothing; want nothing in return. Give what you have to give; it will come back to you, but do not think of that now.

Swami Vivekananda
INTRODUCTION

The human body is a well-tuned self-organizing system. This means that the body is always organizing the impact of environmental inputs into life-enhancing procedures. For example, we drink water, eat various kinds of food and breathe air; all these are converted into cellular matrix of necessary ingredients and life-promoting products. It is known from the days of early evolutionary theory that changes in organism’s behavior to the demands of environment enhance chances of survival of the organism itself.

Life is about creation, adaptation, and self-organization. Creation is reproduction; a cell reproduces itself. Adaptation to environmental stimuli and response are characteristics of living entities. The above responses imply that there are many feedback systems in the body to keep physical parameters (such as temperature of the body) within well-defined limits. Thus a living system is a dynamic system, and when disturbed, it tends to go back to its original state. In a dynamic living system, the system tends to evolve towards a set of physical properties when disturbed from its normal conditions. We see this in many purely physical (life-less) systems also. For example, when there is a wide fluctuation in a financial system, the systems after days or months, tends to settle to the earlier model of a more controlled and less fluctuating system.

However, most dynamical systems need inputs to continue to exist; there are always losses in the system, losses that are related to dissipation of energy through many outputs; in humans it could take the form of movement and muscular activity and even simply maintain the physical system functioning. Thus, we eat food, breathe air and ingest water to sustain life processes going on all the time within the body and for many physical and mental activities.

Apart from inputs from outside, a living system should have information exchange within parts of itself [1]. For example, for meaningful activity, say walking, many coordinated movements of a series of muscles are necessary; when one muscle contracts, its antagonist should relax and let the contracted muscle accomplish the activity. Any motor function involves feedback and stabilization of a series of muscular activities in synchrony. Hence feedback and information transfer becomes prime factors in smooth control and useful action in a biological system. If feedback in a group of muscles is lost, it could result in tremor in the muscle, rigidity or complete loss of muscle activity leading to muscle wastage.

Information transfer is hence an important property of a living system. Actually, life responds to information in unique ways and this response give raise to form and function. In fact,
information is the basis of all material aspects of the world we see around us. A small seed responds to gravity and a plant starts to sprout breaking the ground. Information within the seed provides form and content taking energy from water, nutrients from earth and sunlight. This same information provides growth to the plant into a palm tree or a mango tree. Thus proceeds evolution and when information is lost due to some reason, the tree withers away and we term the tree dead.

**INFORMATION TRANSFER BETWEEN CELLS**

Information transfer and decoding was demonstrated in a fascinating manner by Professor V.P. Kaznachyev at Novosibirsk Hospital in Siberia, Russia during the early 1980’s. Briefly, two groups of cells were selected from the same cell culture and the samples placed on each side of a window joining two adjacent rooms. The cell cultures were in quartz containers. One cell culture was used as an experimental sample and was subjected to a deadly mechanism - virus, germ, chemical poison etc. The second cell culture in the adjacent room was observed for any effect from the first group of dying cells.

When the window was made of ordinary glass, the second sample remained alive and healthy. When the window was made of quartz, the second sample sickened and died with the same symptoms as the primary sample. Over 5,000 experiments were carried out in darkness as reported by Dr. Kaznacheyev and his colleagues. The onset of induced sickness and death in the second culture followed a reasonable time - say two to four hours - after sickness and death in the primary culture.

The explanation given by Dr. Kaznacheyev is as follows: “Specifically, every cell emits mitogenetic radiation in the ultraviolet twice: when it is born and when it dies. The UV photon emitted at death contains the exact virtual state pattern of the condition of the cell at death. The healthy cells are bombarded with death messages from those that are dying, and this diffuses the death pattern throughout the healthy culture, eventually kindling the same death pattern there” [2].

Another set of even more interesting experiments were performed by that group. Now a laser light was made to graze the top of both the cells carrying subtle information of the dying cells in the first culture to the second culture. It was found with this arrangement, healthy cells also started to die rapidly! Information of unknown kind was thus transported from one cell to another through the laser light! See figure 1 for details.

The major transmission difference between window glass and quartz is that quartz transmits both ultraviolet and infrared frequencies well, while ordinary glass is relatively opaque to ultraviolet and infrared. Both quartz and glass transmit visible light. Thus glass is a suppressor of the paranormal information transfer, while quartz is not.

It is possible to delay the death of the cells in the first dish if the laser is reversed to graze the dish containing healthy cells first and then over the dying cells. Life enhancing information is now transferred from the dish containing healthy cells to dying cells and cell death could be reduced
in that dish. This fascinating experiment was also repeated many times with similar results indicating subtle information transfer between two cells through laser light.

INFORMATION TRANSFER THROUGH YOGA AND RELATED ACTIVITIES

Is it possible to transfer information through practice of Yoga? The answer is yes, both within the body and outside. At the subtle level of the body, Yoga seems to clear nadis for smooth transfer of pranic information. Further at gross level, biochemical, nutrient and blood flow enhances in various parts of the body and hence health restoration is possible. Feedback mechanisms in the muscles and Central Nervous System are also facilitated so that better control of the internal environment is achieved. There is a huge body of literature regarding these effects while practicing Yoga.

It is possible that information could be transferred between living systems over large distances also. Many studies now report that long distance healing is possible wherein distance is not a limiting aspect; information and healing energy transfer is possible over many thousand kilometers [3].

It is important to note that nature has provided us with laser-like radiation grazing the earth twice a day – both early morning and at sunset. Sun is the information transferring laser-like radiation and the sandhyas – both sunrise and sunset times – provide means of information transfer over parts of the earth. Hence if we perform vandanam or prayer at Sandhya time, it is likely that positive information could be transferred to pervade the entire horizon! It has been observed that large ‘organizing energies’ are measured at Sandhya time while performing Yajnas [4]. These paranormal events are being studied using sensitive subtle energy devices that are available at S-VYASA.

CONCLUSION

As seen above, a living system is a dynamic one; it processes information and energy from the environment into life promoting biochemical and electric activity. Both these form the matrix through which the living expresses itself and interacts with the environment. If there is a deficiency in any of these two major controlling systems – namely biochemical and electrical – then equilibrium will be lost and a person goes into what we term illness. All healing methods try to restore the original equilibrium and bring healing to the body and mind. There are many ways to bring back health; through practice of Yoga, Ayurveda, Naturopathy etc. These practices directly or indirectly impact the two primary control systems setting the body clock back to normal. Information is the key to changes back to normal. Once we understand the methods of controlling and enhancing informational interaction within the human body, health is simply a byproduct of such control. Other manifestations of information control include siddhis, complete mastery over environment and higher achievements seen in Yogis.

REFERENCES AND NOTES


2 Professor V.P. Kaznechyev, Private communication during the author’s visit to Novosibirsk. A fascinating account titled “Death Transmission via Paranormal Channel” was presented to the author.


4 Susrutha, Ph.D. research.
Part 2 of the recently completed S-VYASA Mind-Body Medicine Course for graduate students concerns a new theory of the mind-body connection based on Yoga and Samadhi, and its various applications, such as to Mind-Body Medicine. The course shows how it leads to a theory of the Panchakoshas, the theoretical basis for the practice of S-VYASA’s Integrated Approach to Yoga Therapy (IAYT), expounded in the Taittriya Upanishad. The Panchakosha theory, Lectures 19 and 20 of the whole course, is the content of the final, fifth weekend of Part 2.

The five lecture pairs of Part 2 concern, (1) a new, complexity-based model of the mind-body connection, introduced because it specifically builds on the insights of Part 1 of the course. It shows how Yoga and meditation practice can, when correctly performed, help allow mental peace (shanti) restore health to the whole psychophysiological complex (Lectures 11 & 12). (2) The subtle means of cognition, so brilliantly documented by Dr Rupert Sheldrake in his books on ‘Seventh Sense Perception’. These two lectures use new cognitive states introduced in Lecture 12, to show that animal cognition is generally capable of this kind of direct perception, and that it has been capable of it at least since the split between reptiles and dinosaurs. (Lectures 13 & 14). (3) The remarkable work of my recently graduated PhD student Dr Rameshrao Narayan is the topic of the weekend. His data shows that certain types of single cells are specifically controlled according to complexity, and therefore that the principles of criticality are central to life. His work also indicates which parts of the body benefit most from deep rest at each time of day. (Lectures 15 & 16) (4) This pair of lectures represent possibly the most remarkable section of the course because they show, first, that the cognitive states introduced in Lectures 11 and 12 exist independently of the physiology to which they couple i.e. when the physiology is sufficiently shocked, or ceases to function, they decouple and exist as independent quantum fields – albeit of a most unusual kind. Lecture 17 specifically...
shows that these novel quantum fields have all the properties one would associate with departed spirits (i.e. ghosts), while Lecture 18 presents 10 kinds of observational evidence for this kind of behavior occurring. (5) The final pair of lectures of the course, Lectures 19 and 20, apply the highlights of the previous pair to identify the locations where each kosha couples to the physiology. This is based on the fact that both genetic networks and networks of neurons have the correct properties. They can support biophysical structures of the complexity required for cognitive states that decouple from the physiology. In this way, the Mind-Body Medicine course provides a new theory for S-VYASA’s traditional explanation of the efficacy of Yoga and Yoga medicine.

The key ideas introduced in Part 2 are as follows. Lecture 11 first returns to material of Lecture 5 and shows that, regarded as information states, the critical fluctuations at feedback instabilities have the remarkable property of having a feedback loop integral to their structure, which can be used to explain how the information they support carries an associated sense of ‘self’. It also can be used to show why, (a) such states do not form simple quanta, and (b) they are not quantizable and are not part of normal quantum theory. The Lecture shows how the excitations possess all the properties required to represent experience, and must therefore be the information states at the foundation of subjective cognition. The next lecture, Lecture 12, shows that critical instabilities obey non-reductive physics, and are holistic, leading to their representing holistic cognitive states i.e. gestalts. A mathematical basis for gestalt cognition has at last been achieved!

Lecture 13 tells the story of ‘Dogs that Know when their Masters are coming Home’, and other forms of direct mind-to-mind communication like ‘Telephone Telepathy’. Two properties of the cognitive states from Lecture 12 are then used to explain how these experiences is possible: High quantum coherence means that different states can communicate directly through a form of ‘quantum teleportation’ (due to physicist Anton Zeilinger), with gestalt encoding of information in both systems. Sheldrake’s Seventh Sense Communication receives a full physical theory in terms of the complexity-based cognitive states.

Lecture 14 considers Sheldrake’s evidence for ‘The Sense of Being Stared At’, and supplies a theory for that also. The Universe is a ‘thought in the cosmic mind’, an idea compatible with quantum theory, and derivable in a certain interpretation of it.

Lecture 15 presents Dr Rameshrao’s observations of growth processes of microbes of veterinary importance. Several batches per day were started at specific times of day on each of several days, growth times being equal to whole numbers of 24 hour time periods. Variations in growth could therefore not have been due to biorhythms. Observations show that variances are not random, but depend on starting times, with significant dependence on both the days and times of day. The only explanation is regulation by complexity states that couple to external sources of quantum coherence. This confirms the existence of quantum phenomena of the kind described in Lectures 13 & 14. Lecture 16 presents Dr Rao’s data taken on days of total solar eclipses. His highly significant results suggest that quantum coherence coupling between organisms creates such coherence in the biosphere that it can respond ‘as a whole’ to events like eclipses - a new kind of evidence for a more sophisticated Gaia hypothesis.

Lecture 17 considers the behavior of critical fluctuations when a physical expansion takes place: instead of becoming weaker as do normal quantum fields, they become stronger! If we consider the critical fluctuations as fluctuations of quantum fields, this implies that a quantum field’s fluctuations become stronger when the field itself is made weaker. A field’s fluctuations
seem to exist independently of the field itself. This new, and completely counter-intuitive behavior is justified by showing that the fluctuations have their own degrees of freedom, justifying their proposed independent existence.

In physiological terms, these ideas are shown to imply that criticality fluctuations continue to exist when the physiology ceases to function: the fluctuations merely decouple from it, assuming the form of complex quantum fluctuation fields. They are then shown to have all the properties popularly attributed to ghosts: form, seventh sense communication, the ability to move and pass through matter, and, clearly to couple to suitable life forms. Since fear of death often makes diagnosis of a potentially fatal pathology a significant factor in patient morbidity, this idea has profound implications for mind-body medicine. It may be able to reverse one of life’s most life-threatening factors.

Lecture 18 considers the various classes of evidence for this possibility, (1) Out of the body experiences (OOBE’s), (2) Near death experiences (NDE’s), (3) Clairvoyance, with its highest form in the communications from Tibetan Rimpoches and Masters like London’s Michal Levin, (4) Spiritualism formalized in Gary Schwartz’s book, ‘The After Life Experiments’; (5) The work of University of Chicago psychiatrist, Dr Elizabeth Kubieler-Ross, summarized in ‘On Death and Dying’ and her other numerous books. (6) Work on past life regression based on deep hypnosis originating with Miami psychiatrist Brian Weiss, and many others who have confirmed his basic results. Finally, (7) the many accounts of spontaneous past life memories by various kinds of people, from children to preceptors and leading religious figures like Krishna, the Buddha and Pythagoras, not to speak of the Essenies. Lectures 17 & 18 provide all the evidence for Life-after-cessation-of-physiological-function and a full complexity biology based theory to support it.

Lectures 19 and 20, the course’s final pair, consider what physiological locations are available, for Lecture 17’s cognitive states to couple to. In addition to genetic networks, three cortices are available, each more complex than the previous one, which it can also control: the neocortex which can model and control the palaeo/archaeocortex, which can in turn control the neuronal network in the viscera – the ‘visceral brain’. The parallels between this control structure and that of the pancha koshas, the Anandamoayokosha, which controls the Vijnanamayokosha, which in turn controls the Manomayokosha, leads to the tentative identification of a correspondence, for further investigation. What emerges is a pointer to the theoretical foundation for the Integrated Approach to Yoga Therapy, the form of Yoga Medicine practiced at S-VYASA, with the advantage of being based entirely on the biophysics of complexity biology.
Self-Management of Excessive Tension (SMET) is a Yoga-based stress management program developed by Swami Vivekananda Yoga Anusandhana Samsthana, S-VYASA, Bangalore, India through extensive research (published in peer reviewed and indexed international journals).

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

SMET program was organized for the top executives of Hindustan Aeronautics Limited (HAL) at Prashanti Kuteeram. The training program was designed for three days from 2nd to 4th May 2014 comprising of interactive working sessions and lectures delivered by expert resource persons.

Each participant showed great enthusiasm in understanding the principles of stress management through cyclic meditation. The participants were provided with a Yoga kit for supplementing the practices. It is easy to learn and practice at home and workplace.

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

Another program that was conducted by S-VYASA was at Indian Institute of Coal Management (IICM), Ranchi from 24th to 26th March 2014. It was an in-house program conducted at their premises. Prof. Acharya Rabindra and Prof. Pallavi Pandey conducted the program.

Participants gave the feedback that SMET is an extremely valuable training course for their employees in stress management.

For more details of SMET program write to... e-mail: coor.ms@svyasa.edu.in visit our website: www.svyasa.edu.in
Background: The Suryanamaskara (SN) is a comprehensive yoga technique which incorporates physical activity, breath regulation, relaxation and awareness. Apart from improving physical stamina and endurance, SN has been shown to influence an individual’s perception and performance. But its immediate effect on sustained attention (SA) was not reported adequately.

Objective: The study was designed to assess the immediate effect of 108 SN on SA, efficiency and speed of visual scanning in subjects participated in Rathasaptami day (the seventh day following the Sun’s northerly movement).

Methods: In this single and mixed group pre-post study, 96 subjects with mean age 33.15 ± 13.61 years participated. The Six Letter Cancellation Test (SLCT) and Digit Letter Substitution Test (DLST) data were collected immediately before and after the practice of 108 rounds of SN.

Statistical Analysis: Means, Standard Deviations, Kolmogorov-Smirnov test and Wilcoxon Signed Ranks Test were used for analyzing the data with the help of SPSS-16.

Results: When compared with pre data, the SLCT analysis showed 30.61% increase (P < 0.001) in Total Attempted (TA), 81.58% decrease (P < 0.01) in Wrongly Attempted (WA) and 31.87% increase (P < 0.001) in Net Score (NS). Similarly, the DLST analysis showed 38.71% increase (P < 0.001) in TA, 13.64% decrease (P = 0.001) in WA and 35.44% increase (P < 0.001) in NA. Thus, the analysis of SLCT and DLST scores shows that SN was associated with increase in TA and NS and decrease in WA scores. This is a sign of enhancement of SA in the participants.

Conclusion: The present study showed that the SN was associated with increase in TA and NS and decrease in WA scores. Thus, the SN may be useful in enhancing SA in healthy individuals. Additional well designed studies are needed before a strong recommendation can be made.

Key words: Suryanamaskara, substitution test, cancellation test, sustained attention.
I was to go to Delhi. The travel time from Bangalore city to Delhi is about 36 hours. However, I decided to go by a train. I booked a ticket and I got the confirmed berths for me and my family people, comprising six, including my wife and grandchildren. We all went to the railway station about half an hour before the departure of the train. But unfortunately, a few minutes after my arrival at the railway station, we heard the announcement saying that the train to Delhi by which we had to travel was delayed by 120 minutes. The delay was due to the late arrival of the incoming train. We did not know why the incoming train was delayed. However, the announcer regretted profusely for her inability to explain. The delay was there and it was now our headache to spend time till the train arrived. I bought a few snacks and tried to eat as slowly as possible to kill time. I was restless. I ate all the snacks. I looked at the watch and noticed that I took only eight minutes to eat them, and still I had to spend two hours. We bought a few cups of coffee to reduce the restlessness and to consume the time. The process of taking coffee took only another few minutes. The restlessness was mounting up. It was really a headache to while away the time till the train arrived. Meanwhile, there was another announcement that the train was further delayed by another 45 minutes. I was cursing myself, my wife, members of the family, station master, Indian railways, and the government at large. All my coursings were of no avail. My problem was to while away the time somehow. I took a newspaper, began to read the headlines and it took only a few minutes. There was nothing interesting to remove my restlessness. There were only crime, sex and cheap politics in the newspaper. Reluctantly, I went through them all to kill time. However much I tried to spend my time, I was unable to be successful. The watch was running slow, sometimes it appeared to be stuck or stagnant as well. I walked up and down the platform to be free from restlessness. It was of no use. My anxiety was visible in my face, words and walk. Everything in me and around me began to irritate me. Somebody on the way asked me for time and I shouted back for no reason. My wife showed the silk sari of a lady on the platform. I was unable to look at her, nor was I able to appreciate the sari. On the other hand, I gave vent to my restlessness by shouting at my wife. Poor lady, she understood my anxiety and kept quiet. The time was not at all moving. Still two hours more for the train to arrive if it was not further delayed. I involved myself in various activities like eating, drinking, walking, talking, and reading without any worthwhile fruit of obtaining peacefulness. I had to wait, wait, and wait restlessly all the while doing something or another.

At last, by God’s grace, the train had arrived.
and we boarded the train and we occupied our seats. The journey from Bangalore to Delhi is for about a day and a half. My waiting on the platform was only for two and half hours. But, I was restless on the platform. In the train I had to spend more than 36 hours, but I was not restless. I felt peaceful, secure, safe and restful. It was because I was in the train which would take me to the destination. In the train there are four major classes such as AC first class, AC two-tier, AC three-tier, and the sleeper coach. Whatever may be the coach I entered, it was only a part of the train and it would invariably reach the destination along with the train. The train and its coaches are not separate. They all move together, run together and reach the destination together.

I compared myself with my stay on the platform and the stay in the boarded train. Tough the stay on the platform was for a very short time, it was full of restlessness. No activity on the platform was free from my tension. Whatever I did was only an activity of anxiety. But when I was in the train, I had to spend more time and I was engaged in all the activities such as eating, reading etc. The same activities in the train were peacefully performed and securely done. And no activity irritated me because I was attached to the train going to my destination. Similarly, yoga is the train to which we connect ourselves securely. Once we take to the life of yoga, there will be no tension or anxiety, fear or restlessness. We feel safe and secure, peaceful and happy. As the train has four classes, yoga also has four divisions: Raja Yoga, Bhakti Yoga, Karma Yoga and Jnana Yoga. All the yogas take us to the same destination and each of the yogas is capable of giving us restfulness and peace. As long as we do not take to the path of yoga (train), we are on the platform, restlessly engaged in worldly activities. When once we take the train of yoga, irrespective of the class, we undertake, we feel safe and secure and we are sure of staying peaceful while performing all the worldly activities, like eating, reading, writing etc.

Yoga is a sure way to make our lives safe and serene, peaceful and purposeful.

Sri Suresh – A Memory

Unfortunately, we lost a good friend and sincere worker, named Sri Suresh on April 20. He was working in MSc Course Office and was known to all the students because of his friendliness.

Sri Suresh, hailing from a small village near Raichur, ten years back joined Prashanti Kutiram. He was serving in the kitchen and by recognizing his efficiency was transferred to MSc Course Office.

On last 20th night when he was going to his native met with an accident and lost his breath and left his wife, two kids and other family members.

God may bless the departed soul to rest in peace and give enough strength to his family to sustain pain and loss.

Sri Suresh

Prashanti Family extended it’s help to Sri Suresh’s family. The Fund amount handed over to Smt. Nirmala by VC Dr. Ramachandra G Bhat
Guruji's Visits

Chennai: Department of Philosophy, University of Madras along with Swami Vivekananda Centre for Higher Research & Education, Chennai and Vishnu Mohan Foundation, Chennai conducted a two-day National seminar on “The Social Philosophy of Swami Vivekananda” on 29th & 30th April 2014 in the University Campus where Guruji was invited to give the Keynote Address. Sri Sadguru Swami Gnananada Saraswathi and Sri Hariprasad Swami also graced the occasion. Dr. Paneer Selvam and Dr. Verma were also present. Guruji eloquently spoke on Yoga for Positive Mind and Body, and also about Yoga as a career which was very well received.

IISc: Recently, Dr. Nagendra and Dr. Kashinath gave a visit to Yoga and Biomechanics Lab and Dept of Aerospace Engineering at IISc, Bangalore. Dr. Omkar and team had a detailed discussion on breathing exercises and the devices developed to extract temperature, pressure and many other key aspects of breathing were applauded and later on Dr. Nagendra and Dr. Kashinath suggested to develop the device still more and they assured Dr. Omkar full support in this regard.

Yoga Instructors’ Course (YIC) - 146th Batch, May, 2014
Now, there is a need to spread the knowledge of our ancient wisdom to bring back the past glory of this country. But the question rises how? To convince the present youth with modern context, it should be supported by scientific apt. In this regard S-VYASA Yoga University, is a pioneer in the field of yoga research to unravel the subtle things which relate mind-body medicine by measuring the effects of subtle energy.

To take Yoga as a life style to every door step, we need to enter the education field. We can revolutionize the whole country by inculcating the human values which are very much emphasized in all ancient knowledge based scriptures.

Our esteemed Vice Chancellor, Dr. Ramachandra G Bhat had various presentation, discourses and interactive sessions with the teachers and students of Vidyabharathi group of institutions which are well established in spreading the cultural and traditional based education system at all over India.

A discourse and interactive session on ‘Indianness in Education’ with students and taught was conducted by him on April 25th and 26th at Gita Niketan, Kurukshetra, Haryana. On the same day a workshop on ‘Upanishad based Learning Methodologies’ was also conducted for all faculty members of vidyabharathi education institutes of Haryana state and Kurukshetra University.

On April 27th at Prajna Sadana, New Delhi, there was a discourse on ‘Bhagavadgita based Yoga Psychology’ for Akhila Bharata Shiksha Samsthan of Vidyabharathi. The entire session was emphasized on self-evaluating (Mind Analysing Technique) and solace for all kind of Non-Communicative disorders causes due to the haphazard life system (Mind Tranquilizing Technique) in the light of Triguna concept.

On 28th at Barsana, the birth place of Sri
Radha Rani, a spiritual discourse and discussion was held at Swami Ramesh Ji Baba’s ashram. Everybody witnessed the ecstasy of Para bhakti at the premises of Ashram with swamiji’s bhajans.

Next day there was an interactive session on Yoga, Ayurveda and its education system with the students and staff of Saraswati Vidyamandir, Mathura. The students were guided and inspired to continue their future education in the field of yoga as **Human Engineering**, instead of going to normal engineering studies.
Justice MN Venkatachalaiah releases
Let Go – book of Prof ASN Śāstryji

Prof A Satyanarayana Śāstryji had been a pioneer and motivating force behind Vivekananda Yoga Anusandhana Samsthana (VYASA) movement, giving the wisdom base for all its research contributions, spiritual and therapeutic applications of Yoga. Being a prolific speaker on Upaniṣad-s, Yoga-Vāsiṣṭha and Bhagavad-Gītā, he enchanted thousands of listeners with his scientific exposition and guided them in the path of spiritual enquiry. It is not an exaggeration to say that Śāstryji was one of the most influential spiritual masters of his times who could create an impact upon scientific brains like Prof ECG Sudarshan and Dr Amit Goswami. His key note address used to be the highlight in all our international conferences.

This year happens to be the 90th year of Śāstryji’s birth and the tenth year of his mahasamadhi. As a tribute to this great master, Yoga Bharati had published a book “Let Go – Discover Lasting Happiness”, which has the transcribed lectures of Sri Śāstryji, compiled and edited by Sri GS Radhakrishnan. The book was launched in a grand function held on 18th May, Sunday at Gokhale Institute of Public Affairs, Bṣavanguddi, Bangalore. The book was launched by Honourable Justice MN Venkatachalaiah, former Chief Justice of India. Justice MNV spoke on the uniqueness of the book “Let Go” comparing it with other great works on Vedanta. The first copy was received by Dr Ann C DeBaldo, Professor Emeritus, University of South Florida, Tampa and an ardent follower of Śāstryji who recalled her learning experiences with Śāstryji. Dr Ramachandra G Bhat, Vice Chancellor of S-VYASA presided over the function who emphasized on practical Vedanta- Anushtana Vedanta and Universal Vedanta- Vishwa Vedanta. Sri Raghuramji not only highlighted the greatness of Śāstryji, but congratulated the efforts made by Sri GS Radhakrishnan, Prof Nagabushan and the team who compiled and edited the book.

The function also coincided with the anniversary of Yoga Bharati’s Bangalore Chapter. Smt Shakuntalamma Śāstry and all others who were involved in the release of the book were all honoured. The function was well attended by all disciples of Śāstryji, well-wishers and students of VYASA and Yoga Bharati. The audience were thrilled to hear Śāstryji’s voice at end of the program. They all opined that the program and the book were apt tribute to the memory of the great master. Sri NV Shantaram is collecting and compiling another book with the reminiscences about Śāstryji and articles are welcome from people who have been benefited from Śāstryji’s teachings.

The book is priced Rs 300 (along with a CD containing the original talk of Śāstryji) and can be ordered by mailing to:

yogabharati.bangalore@gmail.com

Subramanian A.
Director, Yoga Bharati
A beautiful rendition of Bharatanatyam and Yoga amalgamated on the stage at The Art of Living Ashram, Kanakapura Road, Bangalore on April 30th 2014. The dance drama “Sahasra Sheersha Prursha” directed by Shri Raghavendra of Prabhat Kalaviduru cleverly incorporated the bharathanatyam dance form along with yoga which was performed by the S-Vyasa Students, Eknath Bhavan. “Purusha Sooktam” was performed with perfect precision and synchronization by the 12 S-Vyasa students which was coordinated by Shri. Jagadish and Shri. Nagaraj. S. The item showcased various formations perfomed as a group as well as individual advanced asanas.


Along with Dr. Sudheer Deshpande, Shri. A. Subramanian, Shri. Srinivas Murthy

Pune, May 6: S-VYASA, Pune has conferred YIC Certificate (Yoga Instructor's Course) to the first batch. In this batch 28 students were there. The batch was started in April, 2014. Yogacharya Ramesh Agarwal, Padmashree Sharad Hardikar, Vishwas Shende, Vidula Shende, Trupti Kale and Suchata Shrungarpure were graced the ceremony.
PDC Non-Residential Camp in Eknath Bhavan
Organized by Ms. Aruna and Ms. Soumya

Benjamin Franklin said: “Tell me I forget; teach me I remember; involve me I learn”

Under the initiative of the staff of Eknath Bhavan the first ever Personality development Camp 2014 was held in Eknath Bhavan, Gavipuram from 1st May to 15th May 2014.

Incorporating Guruji’s ideas of 4-fold personality development in children (mental, physical, emotional and intellectual) the syllabus included yoga, Pranayama, Art and craft, Dance, Bhajans, yogic games and also preparing snacks.

On May 10th 2014 the children visited Prashanthi Kuteeram, Jigani and spent the whole day enjoying the serene surrounding along with participating in activities.

They also visited Meenakshi Temple and Brahma Kumari Ashram on their way back.

The valedictory program was held on the last day of the camp, May 15th 2014. Shri C.D. Nagraj (K.G. Nagar Inspector) and Shri D.S. Anand (artist) were the chief guest for the event. Shri Raghuramji, Dr. Nagarathna, Dr. Venkatramji, Dr. Sudheer Deshpande also graced the event. The children showcased their talents through dance, asanas and singing in front of their parents and the esteemed guests.

It was very well appreciated by the parents and all the guests.

This was Eknath Bhavan’s first step towards a journey of many miles.

We reap what we sow. We are the makers of our own fate. The wind is blowing; those vessels whose sails are unfurled catch it, and go forward on their way, but those which have their sails furled do not catch the wind. Is that the fault of the wind?... We make our own destiny.

Swami Vivekananda
American Students learn about India

22 students from University of South Florida, Tampa had a 10 day educational tour to India under the leadership of Dr Ann C DeBaldo, Professor Emeritus of the university. The tour was jointly organized by Yoga Bharati and FAITHS, Bangalore as a part of their course on “Indian Healing Traditions”. The places of their visit included Bangalore, Mysore, Shravanabelagola, Beur-Halaibedu, Kushal Nagar, Coorg and Mudukkuthurai forests. The team was given orientation and exposure to Yoga and other healing traditions by eminent faculty like Prof Raghuram, Dr Nagendra, Dr Nagarathna, Dr Shirley Telles and Dr Naveen KV. They had exposure to Yoga Therapy at S-VYASA, Naturopathy at Jindal Nature Cure, Ayurveda at JSS Mysore along with an introduction to Tibetan medicine and music therapy as well. FAITHS team led by Dr Naveen organized the health dimensions and YB team led by Subbu guided them on aspects of Indian Culture and Spirituality. The students also experienced Yoga sessions guided by Subbuji and Dr Namrata. The students along with their mentors Dr Ann and Daniel were all fascinated to go around India with such cultural and natural beauty and appreciated the concepts of “Vasudaiva kutumbakam” and Unity in diversity. The team thanked Dr Naveen and team for the wonderful arrangements and making the trip a life time memory.

On 19th and visited Jefferson’s Medical College Center in Philadelphia discussing several aspects of our collaboration with the Center. On same day Dr. Ganapathi Rao had organised a nice talk in New Port Virginia at Jefferson Atomic Energy Center and nearly 50 of their employees and well wishers had gathered to make a very interesting session on Beyond Quantum Physics - the basis for an Intergrated Approach of Yoga Therapy. In the evening he had a nice interactive dinner meet with Dr. Dilip Sarkar, the President of IAYT and his friends.

On 20th he reached Boston by evening. Had good talks with Dr. Anita Goel, the MD of Nano BioSym about our possible collaboration.

On 21st he conducted a full day SMET workshop in Satsang Hall in Woburn with about 30 attending the same.

On 22nd he conducted a PET Program for about 35 persons in a College in Manchester.
"Patanjali’s Yoga Sutras" with Swami Vivekananda’s commentaries is released in April 2014

In April 2014, Patanjali’s Yoga Sutras with Swamiji’s commentaries is published, with the title ‘Yoga Science’ of Patanjali, Yoga Sutras. With this latest publishing, we are proud to announce that all the major books of Swami Vivekananda and Sri Ramakrishna is published and available in Turkish language by our publishing house, Purnam Publishing. www.purnampublishing.com

‘Sports for All’ Federation visited our Yoga Center

Yoga is assigned to be regulated by the governmental federation ‘Sports for All’ and regulations about yoga instructors and yoga centers will be issued soon.

The president of the federation Prof. Dr. Erdal Zorba and the officer responsible of yoga Süleyman Gönülateş visited our yoga center to meet up with our team and students.

We presented our activities and discussed the issues and our suggested solutions for the yoga sector. Mr. Erdal Zorba introduced the federation to our YIC students and explained us how they want to carry yoga further in Turkey.

‘Yoga at Home’ series is expanding

We are building a strong yoga community practicing yoga at home.

So far, we published PET Audio CD, SMET book and Pregnancy Yoga book of sVYASA, under the ‘Yoga at Home’ umbrella brand.

We will continue expanding our series with the yoga therapy books of SVYASA by September 2014.

YIC Winter Batch is finalising, Summer Batch Admissions started

Our weekend YIC program (winter batch)
is about to be finalised in June. We started introducing other disciplines to our YIC students with guest speakers. Psychology professor Dr. Davut Ibrahimoglu, who is also the founder of Quantum Learning and Positive Thinking Foundations gave a speech about Prana and Bioenergy to our YIC students.

The summer batch of YIC (weekday program) is about to begin in June 2014.

**Pregnancy Yoga is started in 25 different State Hospitals**

With the initiative of delivery nurse Gülhan Yılmaz, one of our YIC student we got an invitation to be a part of training series given by Istanbul City Health Office of Ministry of Health. This is the first time we got an invitation from Ministry of Health officially.

At Kartal Training and Research State Hospital, We made a half day pregnancy and yoga workshop for 50 delivery nurses working in 25 different State Hospitals. Delivery nurses train expecting mothers about how to have a healthy pregnancy and they will add practices we give at ‘Pregnancy and Yoga’ book to their recommendations.

**Vivekananda Yoga University is recognised by Turkish UGC and it is registered as a Trademark in Turkey**

Swami Vivekananda Yoga Anusandhana Samsthana is officially recognised by turkish UGC as of January 2014. It is the first yoga university to be recognised by Turkish UGC.

We are also happy to announce that we reserve the brand rights of Vivekananda Yoga University in Turkey. The trademark registration is completed as of May 9, 2014.

**PGDYT of S-VYASA is ready to be launched in Turkish language!**

With the tremendous efforts of Mrs. Ece Gökayar, one of our YIC students, 9 text books of PGDYT distance education of SVYASA is translated and edited into turkish language. **We will be launching the first diploma program of Yoga in Turkey by August 2014.**

**Prashanti Kutiram**

For IT Solutions S-VYASA has entered into an MoU with Vaps Technosoft Pvt. Ltd, Bangalore. 

*From left - Dr. Manjunath NK, Sri Siddesh of Vaps, Guruji, Sri Dayananda HR, Dr. Sudheer Deshpande - can be seen*
M.Sc (Yoga Therapy) is of 2 years programme.

The objective of the course is to bring all round personality development of the students at all levels and to train them in Yoga Therapy and education.

After completion of the course, the student can join the hospitals/wellness centres etc. they can also start their own Yoga Centre etc. They can also start their own Yoga Centre and give yoga therapy for patients under the guidance of a qualified doctor.

Tuition fees for the course is Rs.25,000/- per year + Registration fees + Hostel fees etc.

It is a residential course where students are exposed to Arogyadhamma Therapy Training. Not only students get the opportunity to learn yoga therapy but also can unravel the hidden potentialities in them.

*The educational system in S-VYASA is holistic, based on the consciousness-based approach of yoga systems and spiritual lore. It is not merely a bread-earning educational system but a personality-developing and world-building tool through yoga.*

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NO COURSE FEE CHARGED
Interested Sadhakas may contact for details and registration before June 15th, 2014

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