Anvesana Research Laboratories
Renovated to measure the components of Pañca Kośa

Funded by Dept. of AYUSH, GoK
A pr: Personality Development Camp - 2014 was held in Prashanti Kutiram, Bengaluru.

As usual this year also conducted for children of all age groups. It was in 3 batches. Started on April 1. Each batch was for 10 days.

We found good response. Children came from all over India. Almost 500+ children participated.

Children learnt a lot during the camp. They practiced Yoga-Pranayama; chanted Mantras-Upanishads-Bhajans; performed Dhyana; played Yogic Games, participated in extra curriculars - drawing, drama, dance, song; joined in Karma Yoga and enjoyed diet.

Ultimately, they got boost to develop their personality.

Now, they gone back to their homes with the desire to participate in many more PDCs.
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EDITORIAL

As the three 84th to 86th PDC series comes to an end on 30th April with nearly 800 students participating in the camps, it was a great learning experience for all our organisers and good training to our B.Sc (Yoga and Education) students. The challenge of water was resolved by Shatrughan and team by three more bore wells dug to depths of 1000 and odd feet in the campus. The renovated Anvesana has been a great attraction to visitors who have appreciated the wonderful work done by Dr. Manjunath and team of Anvesana over the last almost one year. Heading for high end research, the instruments are being calibrated for taking data. Psychology lab has already started functioning effectively. We need many more researchers with expertise in Gene Research, Molecular Biology, Statistics, Brain Research including polysomnography, fMRI compatible EEG analysts to join our Anvesana team. All the students are being trained by the existing faculty and researchers to take up these projects on the four diseases - Diabetes, Depression, Obesity and Cancer to understand the mechanisms involved.

The SDM camps have started taking shape under the leadership of Dr. Nagarathna and has accumulated good amount of research data in both India and USA. We have started understanding the same to make the camps more effective. Other countries are also shaping up. From the next years to come, we want to have the same followed up for many years to see the long range effect of Yoga.

Singapore Center has moved to a nearby bigger place as part of a fine multi activity club under the leadership of Manoj Thakur. Sri Edward is taken as our global marketing partner and has branded our Yoga as Vivekananda Yoga. He has developed a nice brand logo to be used for our courses all over the world. The World Yoga Day is planned in a big way in Bangalore on June 21st, 2014 to bring awareness about the popularity of Yoga all over the world. Dr. Venkatram and the national Co-ordinator Smt. Chitra Rao are giving good shape to the same to attract the youth with a theme ‘Yoga as a Career’.

Sri N V Raghuram has been made the Director of VYASA, International for Spirituality. He will be going around USA and other parts of the world to bring in the dimensions of Spirituality as the basis for Yoga which we have been propagating. Yoga Bharati in Bangalore has joined hands by affiliating itself to VYASA, National. Many other organisations are also being brought to affiliate to VYASA. This will increase our synergy.

Aroyadhama continues to attract patients with very complicated ailment combinations with wonderful results. This issue of Yoga Sudha highlights these developments. We appeal to all our readers and well wishers to spread this message to bring more and more students for our August batch.

Dr H R Nagendra

Workshop on Gas Discharge Visualization (GDV) and Subtle Energy with lectures and hands-on by International faculty and Inventor of GDV from 20th to 25th November, 2014. Await for details in the next issue of Yoga Sudha
शब्दादेव प्रमितः (ब्रह्मसूत्रम्-१-३-२४)

Meaning: From the very word (viz., the term Lord applied to it) the (person) measured (by the size of the thumb) (is Brahman).

gives a balanced view for divine images which helps a meditator to contemplate on an object. Even a non-dualistic seeker of Vedanta cannot overlook forms, norms and images for the sublimation of his mind. At Karma and Dhyana levels, the two schools of Purva and Uttara Memamsa march ahead hand in hand. Vedantins never underplay the role of Dhyana and Karma. When we opt for image worship, we must have a confined place where we instal our most liked divine manifestation in the human or other forms which helps us to stabilize the modifications of mind. According to Mudra Vijnana, (The Science of gesture) thumb symbolizes the human upper chamber. Human brain is the real domain for spiritual upsurge. In our ancient treatises, two organs are highly adored viz. भुजुपरीक्षगुरु and मन्त्र्य। While starting meditation, a Sadhaka must purify his mind. For this, he must adopt image worship and image meditation. All our great masters like Adi Shankara, Madhva, Ramanuja, Shrikantha recommend image worship for spiritual upsurge. Human thumb is one of the sublimed images recommended by the spiritual master Sri Vyasa.

“तद्रूपणि वेदान्तवाच्यानि प्रवृत्ति:। क्षित्च तपाः मन्त्रात्मकपरिदीर्घायाम:। तद्रुपणि वेदान्तवाच्यानि प्रवृत्ति:।” This statement sums up the Upanishadic statements giving equal treatment to non-dualistic sentences like tattvamasi etc, on one side, and also give same weightage for worship and meditation on structured forms like those of Shiva and Vishnu which ultimately lead one to realization of Brahman.

to be continued...
მართვა მნიშვნელობით

"Pūrṇa" დღისამოკვალება რამოდგენილი ყავით, მათგან ამგვარი ღერძება, რომ არსებობს გვრცხლი დახმარება.

"Pūrṇa" გამოყენება რამოდგენილი ყავით, რომ არსებობს გვრცხლმდე სამეფო გამჭვირვალობა.

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Immoderate food system

Eight of the 10 diseases are directly related to the food system (increased food intake, increased food prices, etc.) and can be prevented and controlled by improving the food system. This includes increasing the availability of healthy foods, improving the distribution of food, and ensuring that food is safe to eat. By doing so, we can prevent the spread of these diseases and improve the health of the population.

In conclusion, the food system is a major contributor to the spread of diseases. By improving the food system, we can prevent the spread of these diseases and improve the health of the population. This requires a multi-sectoral approach, involving government agencies, NGOs, and the private sector. It also requires the involvement of the community, who can play an important role in ensuring the success of any intervention.
The following verses are dedicated to our Mothers on the occasion of the Mother’s Day, on 11th May, 2014

जीवनोऽधसर्वभाविनी प्राणधारिणी धैर्यवर्धिनी ।
पुष्टिदायिनी तुष्टिकारिणी मार्गदृष्टिपी मम जननी ॥ १ ॥

Jīvanoṣōdhassarvabhāvīnī prāṇadhārīṇī dhairya-vardhīnī|
Puṣṭidāyīṁ tuṣṭikārīṁ mārgadṛṣṭīṁ mama janāṇī || 1 ||

My mother is panacea of my life, central force of every thought of mine, sustainer of my life, increaser of my boldness, giver of happiness, beacon light of the path.

जीवनं च मे पोषणं च मे साधनं च मे साहसं स मे ।
भावनं च मे पालनं च मे मातृदेवता कारणं हि मे ॥ २ ॥

Jīvānāṁ ca me poṣaṁ ca me sādhanaṁ ca me sāhasāṁ sa me|
Bhāvanaṁ ca me pālanaṁ ca me māṭredevatā kāraṇāṁ hi me || 2 ||

My mother is my life, sustenance, achievement, adventure, thought, protection. Everything is due to my mother.
Mama śaktissamarthaśca vyavasāyo jijīviṣā 
Śamasvāsthyaṁca sarvāṁ mātṛdeviprasādājām ||3||

My energy, ability, initiative and desire to live, peace of mind, well-being and everything is the blessing of my mother.

Udbhavaù prabhavaśaktiù bhāvanā prāṇadhāraṇam
Cittaprasādasasaṅkalpaṁ mātāṁ me jīvanausadhiḥ ||4||

My mother is the source, force, energy, thought, life sustainer, peace, determination and panacea of my life.

Smarāmi mātārāṁ devīṁ māma cītāptrasādāṁ
Nāmāṁ mātārāṁ devīṁ māmāṇugrahaḥdāyaṁ ||5||

I remember my mother, who calms my mind. I bow to my mother, who showers her blessings.

Smarāmi mātārāṁ tāṁ māmā sannārgadādāṁ
Nāmāṁ mātārāṁ tāṁ māmā dhāiryaśivardāṁ ||6||

I remember my mother, who shows me the correct path. I bow to my mother, who augments my strength.

Smarāmi mē mātārāṁ māmā dipapradārāṁ
Nāmāṁ mē mātārāṁ māmā sāmārthyaśoṣaṁ ||7||

I remember my mother, who shows me the light. I bow to my mother, who augments my ability.

Smarāmi tāṁ mātārāṁ māmā sāṅkalpaśākṣiṁ
Nāmāṁ tāṁ mātārāṁ māmā premasvārātiṁ ||8||

I remember my mother, who watches my intentions. I bow to my mother, who is the embodiment of love.
The Anvesana research lab at S-VYASA has been recently renovated and upgraded with many research facilities. This state-of-the-art research facility in the field of yoga research in particular and AYUSH in general includes (i) Molecular Bioscience Lab (ii) Psychophysiology Lab (iii) Cognitive Neuroscience Lab (iv) Psychology Lab (v) Bioenergy Lab. We intend to use it as a central research facility to encourage researchers from other institutions in the field of Yoga & Naturopathy, Ayurveda and other AYUSH systems of Medicine to evolve an evidence base for their practice.

The *Griha Pravesham* of the renovated Anvesana research laboratories was conducted on April 10 and 11th. The vedic rituals were performed by Dr Mahabaleswara Bhat, Principal of Veda Vijnana Gurukula, Cennenahalli, and his team in the august presence of Dr Ramachandra Bhat, Vice-Chancellor, S-VAYSA, Dr H R Nagendraji, Chancellor, S-VAYSA and Dr Manjunath N K, Joint Director- R & D, S-VAYSA and other senior members of the campus. Rakshogna homa and Vastu Homa were performed on 10th April. Ganahoma, Gopuja and Graha Pravesha were performed on 11th April. Dr Ramachandra Bhat explained the significance of vedic rituals. Guruji Dr. H R Nagendra enlightened on vision and mission of yoga research at S-VYASA. Dr Manjunath gave a glimpse of the new research facilities and appreciated the members involved in this endeavour.
Dear Friends...

Stop Diabetes Movement (SDM) is a collective effort to prevent India from becoming the ‘World Capital of Diabetes mellitus’. SDM is an initiative of S-VYASA University aiming to bring down the prevalence of diabetes.

Stop Diabetes Movement is successfully conducting various evidence based Yoga Camps for diabetes across the country and proven to be effective to manage various aspects of diabetes. More than yoga camps, these camps administer ‘Yoga based Lifestyle Changes’ where the patients learn about Stress Management, Diet, Yoga and Basics of Diabetes.

Diabetes is increasing at a rate higher than expected before and it is high time that we join hands together for this noble cause through team building including Doctors, Researchers, Yoga Therapists, NGO’s and last but not the least, Diabetes Patients themselves.

To serve this purpose we have created Five Associations:

1. **SDFA** – S-VYASA Diabetes Friends Association
2. **SDDC** – S-VYASA Diabetes Doctors Council
3. **SDYR** – S-VYASA Diabetes & Yoga Researchers Group
4. **SDYT** – S-VYASA Diabetes Yoga Therapists Team
5. **SDOW** – S-VYASA Diabetes Organisers Wing
Anvesana Research Laboratories

Funded by
Dept. of AYUSH, GoK

Research Interests
- Physiological effects of yoga practices
- Therapeutic applications of yoga
- Yoga for rehabilitation
- Yoga for perception and performance
- Higher states of consciousness

Research Facilities
- Molecular Biosciences Lab
- Psychophysiology Lab
- Cognitive Neuroscience Lab
- Psychology Lab
- Bioenergy Lab

Recognitions
- Scientific and Industrial Research Organization (SIRO) - 1988
- Deemed to be University, MHRD, Govt. of India - 2002
- ICMR Center for Advanced Research in Yoga and Neurophysiology [ICMR CAR Y & N] – 2007-2012
- DST-CSI – 2010-2013
- Center for Excellence in Yoga by Dept. of AYUSH – 2011

Accomplishments
- International Journal of Yoga (IJY) the first yoga journal in PubMed
- More than 280 Research Publications in national and international journals
- 31 candidates have completed Ph.D.
- Conducted 20 International Conferences

Labs set up to measure the components of PAÑCA KOŚA

KOŚAs
- Ānandamaya Lab 6
- Viññānamaya Lab 5
- Manomaya Lab 4
- Prāñamaya Lab 3
- Annamaya Labs 1 & 2
Autonomic Function Testing and Exercise Physiology Laboratory

Objectives:
- To understand the regulatory effect of yoga practices on autonomic nervous system in normal and various pathologies
- To understand the metabolic changes during yoga practices

Research facilities:
- 16 Channel Polygraph with telemetry facility
- Metabolic and Pulmonary functions testing system
- Continuous Non-Invasive Blood Pressure (NIBP), Finometer MIDI
- Exercise Physiology Testing System
- Continuous NIBP (Finometer MIDI)
- Ergometer Bicycle
- 16 Channel Human Physiology System
Molecular Biology Laboratory

Objectives:
To understand the mechanisms underlying:
- Stress information transmission
- Prevention of NCD’s Yoga practices
- Alleviation of complications of NCD’s Yoga practices

Research facilities:
- Next Generation Sequencing – Ion Torrent PGM
- Flow Cytometer – BD FACS Verse
- RT-PCR – ABI 7500
- Protein Purification & Extraction - HPLC
- Fluorescent Microscope – EVOS FL
Bio-Energy Laboratory

Objectives:
- To track scientifically the subtle human energy field
- To establish scientific evidences for scriptural concepts like Aadhi and Vyadhi
- To develop normative data in Indian population according to various demographic parameters.
- To cater to the clinical need of patients with various ailments, especially earlier diagnosis of disease before its physical manifestation.

Research facilities:
- Gas Discharge Visualization (GDV)
- Acugraph
- Random Event Generator
- Nadi Tarangini

Gas Discharge Visualization (GDV)
Advanced Kirlian System to check Pranamaya Kosa

Acugraph
Tracking the Bio Impedances of all meridians

Random Event Generator (REG)
Measuring the Consciousness Field (Manomaya Kosa)

Nadi Tarangini
Measuring the Dosas
Psychology Laboratory

Objectives:
- Understanding and development of human psychological strengths
- Developing & standardizing the psychological measurement for AYUSH systems of medicine
- To measure mental processes from simple motor performance to complex problem solving skill
- To understand cause and management of psychological disorder from the perspective of traditional knowledge

Research facilities:
- Motor Function
- Perception
- Executive Function
- Attention
- Intelligence
- Memory & Creativity
- Personality Tests
- Psychosocial Assessments

Wechsler Intelligence Scale for Children - Fourth Edition
Delis-Kaplan Executive Function System
O’Connor Tweezer Dexterity Test
Mirror Star Tracing
Cognitive Neuroscience Laboratory

Objectives:
- Understanding the basic neural processes that underlie complex higher-order cognitive operations
- Understanding the functional and neural mechanisms of cognitive processes related to yoga practices
- Understand event related potentials [ERPs] while performing attention tasks related to yoga practices

Research facilities:
- 128 Channel Electro Encephalogram (EEG)
- 64 Channel Functional near infrared spectroscopy (fNIRS)
- Transcranial Doppler
- 16 Channel Evoked Potential system

Sleep Laboratory (Polysomnography)

Objectives:
- To understand the sleep architecture in meditators and non-meditators
- To understand the clinical implications of yoga for sleep disorders

Research facilities:
- 55 Channel Polysomnography
Ailments Treated in Arogyadhama (Section Wise)

A. Neurology: Epilepsy, Migraine, Parkinson’s, Muscular dystrophy, Cerebral Palsy, Multiple sclerosis, Mental retardation;
B. Oncology: Breast cancer stage 1, 2, 3, 4; Colon, Prostate, Blood, Myelomas
C. Pulmonology: Bronchial Asthma, Nasal Allergy, Chronic Bronchitis;
D. Cardiology: High BP, Low BP, Heart Disease (CAD);
E. Psychiatry: Anxiety, Depression, Psychosis, OCD, mental retardation;
F. Rheumatology: Arthritis;
G. Spinal disorders: Acute and Chronic Back Pain, Lumbar Spondylosis, Disc Prolapse, Scoliosis, Neck Pain;
H. Metabolic disorders: Diabetes;
G. Gastroenterology: Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis;
H. Endocrinology: Obesity, Thyrotoxicosis;
I. Eye Problems: Short Sight, Long Sight, Astigmatism, Squint, Early Cataract, Glaucoma;

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.
Mr. M, 43 year old male, working as a professor presented with chief complaints of recurrent lower back pain since 2010. The pain was persistent and gradually kept increasing despite taking pain killers. He consulted an orthopaedic surgeon after 24 weeks of suffering from pain. Doctor advised him x-ray lumbar spine which showed nothing significant. He was prescribed physical exercises and lumbar belt. After taking the precautions and using the lumbar belt, pain did not subside and he could not concentrate on his regular work because of this pain. After 4 months, the situation became worse and pain became more intense. This time doctor prescribed MRI scan and a diagnosis of TB (tuberculosis) spine was made. He continued to take anti-TB medication prescribed by the doctor for one month, but there was no satisfactory improvement. He approached several doctors for a second opinion on this case.

Finally he approached NIMHANS in November 2012. There, he underwent CT guided biopsy of the spine that showed the lesion and the report revealed the shocking news of secondary metastatic carcinoma (metastatic squamous cell carcinoma- multiple enhancing lesions were seen over the lumbar spine and cauda equina). This was revealed to the family members first and the patient was not aware of the same. He became frustrated and curious by the behaviour of the family members and wife. After one month, his wife shared the news with him. Realizing his responsibilities towards family, he decided to face the situation boldly with courage and patience.

In the meantime, from NIMHANS he was referred to Kidwai Memorial Institute of Oncology, Bangalore. There he underwent many investigations such as colonoscopy, endoscopy, bronchoscopy, ultra sound, and whole body CT scans. In spite of all possible investigations, doctors could not trace the primary source of the cancer and advised him for 6 cycles of chemotherapy.

In November 2012, he underwent first round of 6 cycles of chemotherapy in Kidwai. Then, second round of chemotherapy in Shankara Hospital. After second cycle of chemotherapy on 11th February 2013, he was started on radiotherapy.
In the same period first PET scan of spine was taken which showed 40% metastasis. The second report of PET scan was taken after the third cycle of chemotherapy was completed. This report showed a significant decline in the metastasis to 10%. The next PET scan was taken after the sixth cycle. This time the report actually showed an increase in the metastasis to 25%. By this time the patient lost his weight with poor appetite, developed severe constipation, hyper-pigmentation of the skin all over and loss of hair after chemotherapy and felt terribly weak. He was told by the oncologist that he may not survive long (may be about 3-4 month) as the disease was not responding to the best of the available medicines and the disease was progressing rapidly. Hence, the patient decided to give up and resort to only self healing through yoga and alternative therapies which he was already doing during these therapies.

He knew about VYASAsince last 15 years. He was in touch with Dr. Nagarathna since last 4-5 years and on her advice, he came to Prashanti Kutiram, Arogyadhama on 26 july 2013. Before coming to Prashanti, he was not able to walk without support, his muscles were wasted, skin and nails had blackish discolouration. He also had loss of hair, indigestion, knee pain and back pain. He was started with regular pranayama 3-4 times a day and Om meditation; his diet was changed to cleansing diet with fruit juices, wheat grass juice and daily enema. He gradually gained weight and started doing gentle asanas along with cyclic meditation (CM) and mind sound resonance technique (MSRT) regularly. He also started doing pranic energisation technique (PET) daily. Ayurvedic herbal preparations and anti-oxidants were also added to his routine: Aashwaganda (3 month daily after dinner), Wheat grass juice (for 3 months daily 7:20 am before breakfast), Gou mutra arka (Still taking daily 5:30 am), Ka-kambhi juice (for 3 months daily 10 pm), Silver biotics (for 2 months 5:30 am), Mixture of zeera (1/4) +pepper (1/4) + turmeric (2/4)+ honey (1 teaspoon) mix with 1 glass of water (Still taking 12 pm). He also took some Homeopathy medicine for 6 months after every 10 days interval 6 doses (May 2013-to October 2013).

At present, Mr M is surviving after 12 months of the declaration that he would survive only 3-4 months. He has improved muscle strength in his legs (can walk a few kilometers daily), hair have grown back, skin texture is normal, there is no pain in leg and spine, his bowel functions are normal, his Hb levels have improved (from 7 to 12 gm %) and he has gained 8-10 kg weight. Only problem he has is intermittent mild pain in spine which comes and goes. Recent MRI scan also showed that lesions in the spine have not progressed further. He is now working as a full time faculty in the dept of yoga and spirituality. Just completed the vidwat examination with good performance.

When asked about what helped him the most, Mr M replied that first thing is his perseverance in practice (3 hours of yoga daily in spite of his teaching work and earnings for the family); secondly, the faith he has on the ancient wisdom of our Nation and last but not the least: his indomitable will to serve the nation as a value based educator!

Yoga is not a religion. It is a science, science of well-being, science of youthfulness, science of integrating body, mind and soul.

Amit Ray

Yoga and Vipassana: An Integrated Life Style
Background: Hypothyroidism, often called underactive thyroid, is a common endocrine disorder in which the thyroid gland does not produce enough thyroid hormone. It can cause a number of symptoms, such as tiredness, poor ability to tolerate cold, and weight gain. In children, hypothyroidism leads to delays in growth and intellectual development, which is called cretinism in severe cases. The diagnosis of hypothyroidism, when suspected, can be confirmed with blood tests measuring thyroid-stimulating hormone (TSH) and thyroxine levels. Those who suffer from hypothyroidism, need to take thyroxine tablets life long. Yoga may help in reducing the dosage of thyroxine needed by gently balancing the psycho-neuro-endocrine axis.

Aim: To assess the effect of one week of IAYT program on symptoms scores (SS), medication scores (MS), guna scores, TSH levels and other health parameters such as respiratory rate (RR), pulse rate (PR), breath holding time (BHT), blood pressure (BP) and weight (WT) in patients suffering from Hypothyroidism.

Methodology

Sample size: 31 patients suffering from Hypothyroidism since last 2 months to 12 years.

Gender: Both female (30) and male (1) subjects.

Source: From Arogyadhama, S-VYASA Yoga University between 2005 to 2010

Design: Single group pre-post design was followed. Assessments were done before and after a week of yoga therapy

Ethical Consideration: Written informed consent was taken from the subjects.

Intervention: IAYT residential program included: a) Obesity special techniques: Asanas (Halsana, Matsya asana, Sarvangasana, Viparit karni), b) Pranayama (Ujjayi, Surya anuloma viloma, nadisudhi & Sectional Breathing), c) Kriya (Jala neti, sutra neti, laghu shankha prakshalana), d) Advanced meditations (cyclic meditation, Mind sound resonance technique & pranic energistaion technique), e) Bhajans and f) Yogic Counseling.
Bhandara Camp

The Camp was inaugurated on 16th March in an informal function. 62 participants were registered. Morning Batch - 31 and Evening Batch - 31. Of these 62 participants, 16 were known diabetics and 42 pre-diabetics. Of these 42 pre-diabetics, 13 were at high risk and 22 at medium. A team of three doctors under the leadership of Dr. Amit Rathi worked for the success of the camp. The other team members were: 1. Dr. Pranav 2. Dr. Gayatri 3. Sri Kilesh 4. Sri Leelaram 5. Sri Rahul Singh 6. Su. Neeraja 7. Su. Kanchan – Therapists and 8. Sri Smit Rathi (Support Team).

The camp was concluded on 26th March 2014. Sri Rubi Chadda, MLA was the Chief Guest on the occasion. He praised the effort of VYASA and urged the people to continue the practices in future and make it a part of their lives.

Bhandara camp was organized by Sri Rambilasji Sarda, Maheshwari Yuva Sanghatan and Lions Club of Bhandara.

Aurangabad Camp

SDM Camp at Aurangabad was inaugurated on 30th March, 2014 by Dr. Archana Sarada, Diabetologist from Aurangabad. 158 persons registered for the camp. Of these 65 persons were known diabetics and 91 pre-diabetics. Of these 91 pre-diabetics, 66 were at high risk and 16 medium. The same team (Bhandara Camp) strengthened by Smt. Rupali, Therapist conducted the camp. The camp came to an end on 9th April, 2014.

Co-organizer of the Camp was Maheshwari Mahila Mandal, Aurangabad.

Diabetes Research

Da Qing study, one of the first ever diabetes prevention study showed that life style modifications could reduce diabetes risk by 51%, and a 43% lower risk of diabetic retinopathy at 20 year follow up (Frank BH, 2011)

Facebook: Stop Diabetes Movement, Svyasa

#SDM_SVYASA
Some of the Comments by the Team Members gives an Idea of the Success of the Camp:

- It was one of the best camp
- We have announced next camp from 6th September, 2014
- Conducted Seminar of Chartered Accountants Association

Feedback and discussion indicate that this camp can serve as a seed for various camps in different cities of Maharashtra.

Contact Details regarding SDM Camps

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Data Analysis:

SPSS version 10 was used to analyse the data. Data was found normally distributed, hence paired samples t test was used to analyse the data.

Results:

Following parameters showed significant (P<0.05) changes (See table 1 and 2):

a) Symptom score (SS) reduced (swelling & pain in neck, knee pain, shoulder pain, constipation, fatigue, belching, flatulence, distention of abdomen, increased forgetfulness, irregular menses, dryness of skin & weight gain)

b) Medication scores (MS) reduced

c) Breath holding time (BHT) increased (better lung capacity)

d) Systolic blood pressure (SBP) reduced

e) Respiratory rate (RR) reduced and

f) TSH reduced

h) Non-significant increase in satwa guna and reduction in rajas and tamas guna

Conclusion: IAYT helps in reducing symptoms and medications in patients suffering from Hypothyroidism. IAYT also reduces TSH levels and weight and improves general health parameters in Hypothyroidism patients.

Table 2

Effect of Integrated Approach of Yoga Therapy (IAYT) on Patients Suffering from Hypothyroidism
ENERGY PSYCHOLOGY: A YOGA BASED MODEL

INTRODUCTION

A new field and a new term are emerging in the multi-dimensional area of holistic therapies: Energy Psychology [EP]. This is defined as comprising of a set of cognitive and physical procedures designed to readjust emotional, physical and behavioral problems in individuals.

“Conventional medicine, at its foundation, focuses on the biochemistry of cells, tissue, and organs. Energy medicine, at its foundation, focuses on the fields that organize and control the growth and repair of cells, tissues, and organs, and on ways of influencing those fields. This affords energy medicine several strengths in comparison with the conventional medical model” [1].

Bioenergetic system of the body encompasses communication between neurology, cognitive and behavioral complexes and mind-body nexus. Any disturbed communication between these entities brings about trauma in the body and mind that takes many expressions: Post Traumatic Stress Disorder (PSTD), depression, pain and discomfort in parts of body, spinal misalignments and consequent neuromuscular problems etc. While the trauma and pain are in the body, the origin and maintenance are due to the above mentioned miscommunication in the energetic framework. While modern, biomedical medicine is unable to treat these traumas effectively, its negation of positive results of Energy Psychology itself is enigmatic and unscientific. There are presently more than 50 research findings to date reported in scientific journals indicating the efficacy and safety of the procedures [2].

There are two primary methods through which EP is applied in clinics. One is known as Thought Field Therapy [TFT] and the second is called Emotional Freedom Technique [EFT]. EP procedures combine cognitive interventions (including focused attention and mindfulness, imagined exposure to traumatic memories and cognitive reframing) while simultaneously stimulating bioenergy points on the surface of the body available in acupuncture and Yoga theories.
TREATMENT PROCEDURES

Dr. Callahan is the originator of the technique called Thought Field Therapy; when a person thinks and associates himself with an experience, he/she is creating a thought field which is a scaffold on which the traumas get attached. The resultant thought field is thus distorted from a healthy one and is fixed to provide negative emotions and experience of trauma. We can eliminate the resultant emotional upheaval; it is necessary to tap, in precise sequence, a set of acupuncture points. It is said that tapping, similar to using needles, unblocks Qi energy that is then released to flow in the meridians in an even manner [3, 4].

The second procedure is called EFT (Emotional Freedom Technique). EFT is also referred to as ‘psychological acupressure’; the patient is encouraged to think of traumatic problem that he/she is experiencing and during this process, select acupuncture points are given a tap with the therapist’s finger. This tapping on acupuncture points seems to release blockages of energy flow through the meridians resulting in release of trauma and discomfort [5]. The method is simpler than TFT since a sequence is not required. Tapping is not the only way to release blockages and remove perturbations that are the cause of the experienced trauma. Energetic scrambling can also be used by giving continuous pressure on the acupoints; clearing blockages in the chakras and biofield; using light, music, and sound; magnetic and electromagnetic fields and visualization techniques. Traumas and energetic imbalances can also be resolved simply through intention. This is a basic principle of biofeedback: whatever you can sense, you can change. You can change and modify virtually any behavior simply by becoming aware of it, calibrating it, and intending it to change.

APPLICATIONS OF ENERGY PSYCHOLOGY

A) Post-Traumatic Stress Disorder (PTSD) is a major psychological problem in defense personal and servicemen and women returning to USA after serving in a war overseas. A recent report by the Rand Corporation estimated that approximately 20 percent of vets returning from Iraq and Afghanistan experience PTSD, while another 15 percent have traumatic brain injury. Further many others suffer from alcoholism, addictions, depression, and troubled relationships. Dawson Church and his colleagues have been instrumental in initiating research on EFT and PTSD. Their studies have documented the efficacy of EFT (which combines imagined exposure of the trauma with acupoint tapping and cognitive reframing) in alleviating symptoms of PTSD, such as anxiety, insomnia, nightmares, and hypervigilance, in only six one-hour sessions. These results have been maintained at six- and twelve-month follow-ups. It should be noted in this connection, that many traditional therapists maintain that PTSD is incurable.

B) Depression, Anxiety and Addiction: Depression is the most prevalent psychological problem that is resistant to biochemical drugs. Yoga has proved to be effective in changing the biochemical milieu of the brain through secretion of GABA, a chemical required for normal brain activity. The authors who did this pioneering research suggest that the practice of yoga stimulates...
specific brain areas, thereby giving rise to changes in antidepressant neurotransmitters such as GABA. Tapping specific acupoints could have similar effect to practice of Yoga.

C) Atrial Fibrillation: There is a least one study that claims to reduce cardiac atrial fibrillation in patients. The fibrillation - sometimes harmless, but often leading to severe cardiac problems - is related to stress apart from many other etiologies. If the fibrillation is initiated through stress only, it is likely it could be managed through the application of energy principles. This author knows at least one case wherein fibrillation and improper heart beat could be managed through pranayama alone. This will not be discussed here since the procedure is not yet validated through extensive studies. However, it is interesting to note EP could be useful at least in cardiac problems that are stress related.

TRY A SELF TEST!

An example of a Bioenergy Self-Treatment is presented below. This is a simple self-test as a first hand experience of subtle energy in the body and its simple manipulation. This is offered for educational purposes only and is not for treatment of a condition that should be looked into by a medical professional.

1. Let us say that you had a mildly traumatic emotional discomfort. This could be a painful memory of doing something that produces slight discomfort (say, a disturbing memory of something a friend said or did). Try the following procedure before embarking on more intense trauma.

2. While thinking about this incidence for a short time, say a minute or two, tap firmly with two fingers on your forehead directly between your eyebrows, at the so-called Third Eye point. You may find it difficult to keep the thought steadily. However constantly tap until it is impossible or difficult to get in touch with the negative feeling. (With a more intense emotional turmoil, after a brief memory of the incident, it is not necessary to think about it while doing this technique.)

3. Other treatment points could include: under the nose, under bottom lip, and at the center of the chest (on the upper section of your sternum). You can use these points in addition to the third eye point.

4. At this point stop tapping and notice how you feel while thinking about the issue. If you are able to detect any present discomfort, resume tapping. A few rounds of this simple treatment eliminate the negative feeling associated with the thought or action. If the discomfort returns at a future time, a few more self-treatments may be needed to permanently eliminate the problem.

This is said to be a simple way to balance the bioenergy and in the process, eliminate negative feelings and trauma. It is possible to quantify the changes in bioenergy through a proper acupuncture instrument.

CONCLUSION

Energy Psychology connects with TCM (Traditional Chinese Medicine) which is still undergoing validation through scientific verification [6]. Energy psychology acknowledges the role of bio-energetic circuits within and between people as important aspect of health and well-being. Many models have been proposed for the efficacy of EP seen in clinics around the world. The simplest and most acceptable is relating to acupuncture theory. Since most tissues of the body are piezoelectric, tapping at acupoints on the skin surface creates electrical fields that could travel through acumeridians. The blocks in the flow of energy could be released through such a procedure. In the classical panca kosa model of Yoga, if pranayama is also combined with acupoint tapping and dharana (mental concentration), it is possible that prana could flow to different parts, especially to brain and bring about release from trauma. Many of the problems presented above are related to improper pranic flow in the brain and in the Central Nervous System. Looking at Fig 1, it is
possible that attachment (an adhi response to environment and incidences) lead to kama and krodha. This in turn brings about an imbalance in pranic flow leading to diseases of the body. Since prana is the bridge that connects body and mind [7], it is important that pranayama could also be introduced to correct the imbalances. Even without pranayama, if acusystem could be readjusted, a relief of the experience of trauma could be felt. The EFT and TFT sessions last only a few minutes; this looks like a miracle cure for long lasting and intractable traumas. Only time could tell if biochemical markers, genetic expression and electrophysiological correlates could give a solid foundation for the clinical observations reported so far.

REFERENCES


[2] There is an Association for Comprehensive Energy Psychology that has been supporting this work for over 10 years. ACEP is an international nonprofit organization of licensed mental health professionals and allied energy health practitioners who are dedicated to developing and applying energy psychology methods for the treatment and relief of those suffering from emotional challenges such as addictions & compulsions, anxiety, depression, limiting beliefs, personality disorders, phobias, stress, and trauma.


Dr. Nagarathna presented on the Activities of VYASA in the Conferences of Delhi, Mumbai, Varanasi

Apr: Dr. Nagarathna, The Director of Health Services of VYASA, spoke on ‘Integrative Yoga for Holistic Health’ at MMMCON 2014 (Mind, Medicine, Meditation Conference) on 16th April, organized by the Dept. of Physiology, AIIMS (All India Institute of Medical Sciences), New Delhi. The presentation of the summary of the work done at VYASA and the new lab facility fascinated the group and the HOD Dr. Rashmi Mathur will be visiting Prashanthi in the first week of May, 2014. On 19th April, Dr Nagarathna addressed a highly charged group of Yoga loving spiritually oriented doctors (about 150) at a Conference on Holistic Medicine organized by Jupitor Multi Specialty Hospital, Thane, Mumbai. The Chief Organizer, an orthopedic surgeon, a big name in spinal disorders who knows our Dr. John Ebnezar, is an unusual person; he spends a lot of his time on music, helps people through music therapy, includes music in his OT, encourages Yoga classes and spiritual satsangs in the hospital premises which is major tertiary referral hospital in Thane. It was nice to be with Dr. Ulka Natu involved actively in organizing the conference, Dr. Shirley Telles who was also an Invited Speaker and Vyavahare Guruji. The evening program was a breath taking sight, the first hand experience with video of one of the doctors of the hospital who had been on Mount Everest Expedition.

Deva Foundation headed by very senior psychiatrists of Varanasi, Dr. Jhanwar and his son Dr. Venugopal Jhanwar, close well wishers of VAYSA, organized a CME (Continued Medical Education) for doctors in Varanasi on 20th April, attended by 350 doctors of all specialties. Dr. Nagarathna, who spoke on ‘Yoga - Role in the management of Psychosomatic Disorders’ was one of the three speakers in this CME that was followed by a quiz.
In a study correlating CM and heart rate variability, a two-day CM program decreased occupational stress levels and baseline autonomic arousal in 26 asymptomatic, male, middle managers. More clearly High frequency component (HF) percentage was higher (5.37%) and Low frequency component (LF) was lower (10.05%) in OSI>median group (subjects in whom stress was higher) than the other two groups although marginal changes were observed in the whole group. These findings clearly suggest significant reduction in sympathetic activity.

The mechanisms underlying the decrease in occupational stress levels may be related to decrease autonomic arousal (sympathetic activation) as well as psychological factors. Percentage of both the groups are graphically represented in Fig. 1.

Studies on Brain Wave Coherence

It was found that there was 19.31% increase \((P<0.05)\) in Delta, 5.04% increase \((P=0.65)\) in Theta, 15.4% increase \((P=0.09)\) in Alpha, 1.67% decrease \((P=0.54)\) in Beta and 18.68% increase \((P=0.07)\) in Gamma BWC. 72.02% increase \((P<0.001)\) was also observed in EQ.

Studies on General Health Status

Furthermore, there was 68.25% decrease \((P<0.001)\) in Somatic Symptoms, 66.29% decrease \((P<0.001)\) in Anxiety and Insomnia, 65.00% decrease \((P<0.001)\) in Social Dysfunction, 87.08% decrease \((P<0.001)\) in Severe Depression and 71.47% decrease \((P<0.001)\) in all medical complaints.

Studies on Personality Traits

Similarly, there was 81.95% decrease \((P<0.001)\) in Tamas (dull), 80.92% decrease \((P<0.001)\) in Rajas (violent) and 139.71% increase \((P<0.001)\) in Sattva (balanced) personality trait scores.

Studies on Cognitive Changes

More recently studies on SMET practice have been found to be effective in reducing anxiety and thereby increasing span of attention & Cognitive abilities suggestive of reduction in symptoms of distress in managers. Findings of SLCT, DLST, STAI and SCL-90 following SMET are below in Fig. 10, 11, 12 and 13.

These Results suggest that SMET Program has improved

1. Stress reduction shown by autonomic balance and STAI measures
2. Improved brain functioning as measured by Brain wave coherence BWC
3. Enhanced General health status as measured by GHQ
4. Brought out personality improvement by reduced Tamas and Raja and improved Sattva as measured by VPI and
5. Emotional stability as shown by increased EQ levels
6. Improved Cognitive functions as measured by SLCT, DLST and SCL-90

Conclusion: The results of SMET has shown clearly its all-round beneficial effects in just 5 days in ONGC managers which will play a vital role for their managerial effectiveness, social cohesiveness and leadership.
Background: A number of behavioral, psychological and physiological interventions have been suggested for managing stress, including increased physical activity, diet modification and cessation of smoking. Yoga has been demonstrated to reduce stress and induce relaxation that could aid in managing stress related symptoms of Information Technology (IT) professionals.

Objective: To study the effect of yoga-based Self Management of Excessive Tension (SMET) program on Guna (personality traits), general health status, Emotional Intelligent (EI), spiritual energy level and different body compositions: Weight (Wt), Fat, Visceral Fat (Vfat), Resting Metabolism (RM), BMI, Body Age (BA), Subcutaneous Whole Body (SubWB), Subcutaneous Trunk (SubTrunk), Subcutaneous Arms (SubArms), Subcutaneous Legs (SubLegs), Skeletal Whole Body (SkeWB), Skeletal Trunk (SkeTrunk), Skeletal Arms (SkeArms), Skeletal Legs (SkeLegs).

Materials and methods: In this single group pre-post study, 29 IT professionals (24 males and 5 females) with age ranging from 22 to 41 years referred from Ilantzus Company, Bangalore were participated. The subjects were received SMET of 8 hours duration daily for 2 days. The measurements were taken before and after the intervention of SMET using Vedic Personality Inventory (VPI), General Health Questionnaire (GHQ), Emotional Intelligent Quotient (EQ), Gas Discharge Visualization (GDV) and Karada Scan body composition monitor HBF-375 from Omron Healthcare Singapore Pvt. Ltd.

Results: The data analysis using SPSS-16 showed significant change in the form of 12.52% decrease ($p=0.028$) in Rajas Guna (violent personality trait) and 11.56% increase ($p<0.0001$) in Sattva Guna (balanced personality trait). Similarly, it was observed that there was 56.25% decrease ($p=0.039$) in somatic symptoms and 57.58% decrease ($p=0.009$) in social dysfunction. Furthermore, the EQ analysis revealed that there was 4.88% significant increase ($p<0.001$) in EQ. The GDV analysis showed that there was shift from low energy level towards normal energy level and in subjects in whom there was normal energy level were found to move towards higher energy level in the normal energy range of healthy volunteers. The analysis of specific body compositions showed that 0.50% decrease ($p=0.012$) in Wt, 4.52% decrease ($p=0.012$) in Visceral fat mass, 1.37% decrease ($p<0.001$) in Body Mass Index and 3.86% decrease ($p=0.034$) in Body Fat Mass.
A
fter a whirlwind tour abroad lecturing on yoga, I returned to my place in India. At home, my wife received me with penetrating looks of search. I was a little surprised. She asked me question after question regarding the various things I brought. She was very particular about my belongings. She was afraid that I might have forgotten some of my personal things such as mobile, pen, watch etc. She repeatedly asked me, like a police officer, whether I brought back all those things safely. I nodded my head patiently in affirmative language. But when she asked me whether I brought back my legs & hands safe, I was not only shocked but annoyed as well. I felt, it was a silly question. She added to my anger by raising the next question whether I brought back the toes of my feet and the fingers of my palms safely. I found it to be too much on her part to ask such silly questions. She also asked whether my heart and the head were properly brought back in entirety. I shouted at her,” what a woman you are!” Do you mean to say that I can come without the legs, toes and hands and fingers; they are the parts of my body. So is my heart or head. Can there be a man without a body? Can there be a body without a heart? They are all but parts of a person. The complete man cannot be without any part of the body.

Just as there cannot be a person without the parts of the body, yoga cannot be complete without the eight parts enunciated by the great sage Patanjali. The ‘angas’ or parts of Patanjali’s Yoga are eight in number. They are Yama (discipline), Niyam (principle), Asana (settled way of life), Pranayama (regulated way of life or regulated breathing), Pratyahara (elimination of the unwanted aspects in life or removal of the distractions), Dharna (assimilation of the wanted aspects of life or single pointed focus) and Dhyana (flow of the concentrated mind towards the chosen ideal), Samadhi (a state of total peacefulness in life). Just as every part of the body is essential from the tip of the toe to the top of the head, every part of the Yoga is essential. Nobody can say only eyes are sufficient and not any part of the body. Similarly nobody can say only Dhyana is necessary not Yama & Niyama. They all are very significant and important in Yoga.

As the palm has five fingers in the human structure, there are five sub parts in Yama in Yoga. Each of the sub parts is essential, as every one of the finger is. Each finger has a significant role to play. All the five fingers are necessary to take food from the plate to the mouth conveniently. All the five sub parts are very essential to transform an individual into a Yogi.
Those sub parts of Yama are Satya (truth), Ahimsa (non-violence), Aparigraha (non acceptance of anything from anybody or self-reliance), Astheya (trusteeship) and Brahmacharya (self control). There cannot be a Yogi or there cannot be a Yogaabhyasa (practice of Yoga) without any one of these qualities. An untruthful person of hypocrisy cannot claim to be a practitioner of Yoga. So also, a person of violent nature and harsh words cannot practice Yoga successfully. Grabbing tendency, feeling of ownership and egoism are never a trait of a Yogi. Above all, a person of indulgence in sense pleasure cannot call himself a Yogi. Sense control and self-control are essential.

Unfortunately now, Yoga is confined to the physical exercises which may make the body fit for more pleasures. Yoga is not only a physical discipline but psychic and intellectual as well. At every level one has to be disciplined, to be spiritually evolved. We cannot afford to remove any part of the body. Similarly no body can ignore any aspect of Yoga. My wife asked me not a silly question. It was indeed a wise query when she asked whether I brought all my parts of the body safe and healthy. Similarly no person practicing Yoga can afford to ignore and eliminate any of the parts and sub parts of Patanjali’s Ashtang Yoga.

in BA. Furthermore, the analysis of general body compositions showed that there was significant change in the form of 2.94% decrease (p=0.004) in SubWB, 2.54% decrease (p=0.004) in SkeWB and 1.11% decrease (p=0.001) in SkeLegs. There was a non-significant decreased trend was observed in the form of 7.59% decrease (p=0.220) in Tamas Guna (dull personality trait), 34.21% decrease (P=0.223) in anxiety and insomnia, 43.48% decrease (p=0.096) in severe depression and 41.82% decrease (p=0.079) in all medical complaints. A non-significant decreased trend was observed in Fat (4.80 % ↓, p=0.187), RM (0.03 % ↓, p=0.685), SubTrunk (1.47 % ↑, p=0.710), SubArms (0.66 % ↓, p=0.412), SubLegs (2.64 % ↓, p=0.242), SkeTrunk (0.95 % ↓, p=0.316) and SkeArms (0.30 % ↓, p=0.838).

**Conclusion:** The present study suggests that 2 days SMET reduces Rajas, somatic symptoms, social dysfunction, Wt, VFat, BMI, BA, SubWB, SkeWB, SkeLegs and increase in EQ and energy level in IT professionals. Thus the SMET has a great promise for the management of stress for IT professionals. Additional well-designed studies are needed before a strong recommendation can be made.

**Key wards:** Self Management of Excessive Tension, Guna, general health, body compositions
Prashanti Kutiram: Lakshmi Amma Memorial Prashanti Premier League (PPL) Cricket Tournament was held at Prashanti Kutiram. On March 8 tournament started and the final was held on March 26. Ten Teams fought for the PPL Trophy. Teams are formed by the S-VYASA students, VYASA & S-VYASA staff members and Sushrutha Ayurvedic Medical College. Ten teams were divided into Two Groups. Each team played 4 matches in the group stage. Sushrutha College and S-VYASA Staff 2 were dominant throughout the group stage in their respective groups. At the end of the group stage, they were ranked first in respective groups. The top two teams from each group went to Semifinal. Sushrutha College has won the First Semifinal to S-VYASA Staff 1. Further S-VYASA Staff 2 has won the Second Semifinal to BSc First Year. Final was between S-VYASA Staff 2 & Sushrutha College. The toss was won by S-VYASA Staff 2. Their captain Pavan described the pitch and also have good batting lineup wanted to ball first and chase the target. S-VYASA Staff 2 defeated Sushrutha Ayurveda College by 7 wickets. Attributed to striking bowling of Jayasimha which took crucial wicket of Sushrutha Ayurveda College earned him the Man of the Match award in the Final. Man of the Series was attributed to Rajesh of S-VYASA Staff 2. Further, emerging star was awarded to Bharat BSc First Year.
Weekly Kriya classes are going on every Saturday at 6.30 - 7.30 am.

Apart from Kolkata there was a participant from Spain in the yoga programs of VYASA, Kolkata.

On 1st March 2014, 26th batch of Foundation Course in Yoga Science for Wellness (FCYScW) was started.

On 2nd March 2014 - The Dream Camp, an annual event of the youth organization called Make a Difference (MAD), held at Ibiza Resort of Joka. As a part of Corporate Social Responsibility (CSR) a Special Yoga Programme for General Wellbeing (YPGW) was conducted by Swami Vivekananda District Yoga Wellness Centre (SVDYWC), South 24 Parganas. The session was attended by 115 children from three centers attached with Make a Difference - ACTT, DKS and CMO - Boys. On this occasion free Yogasana, Suryanamaskar & Pranayama sessions were conducted by three senior Yoga Therapists, Mr. Sanatan Mahakud, Mr. Suraraja Rath and Mr. Sasank Sekhar Kamila of Vivekananda Yoga Anusandhana Samsthana (VYASA) Kolkata and Swami Vivekananda District Yoga Wellness Centre (SVDYWC), South 24 Parganas.

On 13th March 2014, Dr. H R Nagendra, Chancellor and Mr. R M Acharya, Senior Asst. Professor of S-VYASA University, Bengaluru had a visit to Kolkata.

From 18th - 31st March 2014, a group Yoga Awareness Programme (YAP) was conducted at “Vidyanjali International School.” for its employees & parents. The classes were conducted by Mrs. Nirupama Acharya.

On 22nd March 2014, monthly teachers meet held at VYASA Kolkata. It was presided by Mr. B.K. Dhanuka, the chairman of VYASA, Kolkata.

On 31st March 2014, 26th batch of Foundation Course in Yoga Science for Wellness (FCYScW) was concluded.
Los Angeles: The first SDM camp for United States of America was conducted at Sanatan Dharma Temple, Norwalk, California between 8th -16th March 2014. Dr H R Nagendra visited Los Angeles in January and gave a series of talks on SDM motivating public to initiate lifestyle changes with the support of yoga therapy. With his blessings Vivekananda Yoga Research Foundation, Los Angeles effectively organized the camp with the support of Dr. Amritanshu Ram & Dr. Nidhi Ram, visiting from SVYASA, Bangalore. An SDM teacher training was conducted for interested YIC certified alumni over the weekend.

A total of 12 participants registered for the camp. Sessions were arranged in the evening during the weekdays and morning for the weekend. Two sessions were dedicated to theory of diabetes and understanding yogic concepts. Participants gave positive feedback after the camp and many people showed motivation and interest to continue the practice. Following this, review sessions were arranged every Saturday morning for all camp participants.

Below are the results after 20 hour supervised sessions indicating individual and group average changes over time for fasting blood sugar.
Table 1

<table>
<thead>
<tr>
<th>SNo</th>
<th>Gender</th>
<th>Age</th>
<th>BMI</th>
<th>Pre FBS</th>
<th>Post FBS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>F</td>
<td>46</td>
<td>31.55</td>
<td>129</td>
<td>100</td>
</tr>
<tr>
<td>2.</td>
<td>M</td>
<td>74</td>
<td>28.66</td>
<td>145</td>
<td>124</td>
</tr>
<tr>
<td>3.</td>
<td>M</td>
<td>70</td>
<td>25.37</td>
<td>146</td>
<td>110</td>
</tr>
<tr>
<td>4.</td>
<td>F</td>
<td>70</td>
<td>32.61</td>
<td>108</td>
<td>100</td>
</tr>
<tr>
<td>5.</td>
<td>M</td>
<td>54</td>
<td>24.79</td>
<td>126</td>
<td>80</td>
</tr>
<tr>
<td>6.</td>
<td>F</td>
<td>57</td>
<td>25.32</td>
<td>125</td>
<td>119</td>
</tr>
<tr>
<td>7.</td>
<td>M</td>
<td>64</td>
<td>21.92</td>
<td>160</td>
<td>120</td>
</tr>
<tr>
<td>8.</td>
<td>M</td>
<td>67</td>
<td>29.05</td>
<td>195</td>
<td>70</td>
</tr>
<tr>
<td>9.</td>
<td>F</td>
<td>58</td>
<td>37.98</td>
<td>100</td>
<td>93</td>
</tr>
<tr>
<td>10.</td>
<td>M</td>
<td>70</td>
<td>26.46</td>
<td>105</td>
<td>100</td>
</tr>
<tr>
<td>11.</td>
<td>F</td>
<td>60</td>
<td>20.67</td>
<td>180</td>
<td>99</td>
</tr>
<tr>
<td>12.</td>
<td>M</td>
<td>46</td>
<td>21.89</td>
<td>140</td>
<td>106</td>
</tr>
</tbody>
</table>

More camps are advertised and arranged for Brea and Buena Park, which are in Southern California, with the support of Bhartiya Seva Sangh and Gayatri Chetna Centre respectively. Also, another SDM camp is being organized in Simi Valley with the support of Yoga Bharti.

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Health of the Nation
a forum for health policy advocacy at Hyderabad

The stalwarts of the Doctors fraternity of Hyderabad gathered on 13th April at Hotel Fortune Katriya, at an event organized by "Doctors for NaMo" - "Health of the Nation". The dignitaries included Dr. Harsh Vardhan, former Health Minister, Prof. N V Raghuram, Director (Spirituality), VYASA International, Dr. T V Krishna Rao, Dr. Dayasagar Rao, Dr. Raja Reddy, Dr. Sudarshan Reddy and Dr. Tripura Sundari. The meet was organized for Advocating better healthcare policies for both the Center and for the State. Dr Harsh Vardhan presented the vision of BJP in health sector which was well appreciated by all the medicos and doctors gathered in huge number. Sri Raghuramji brought out that Indian traditional health systems emphasized on Healing and not on sickness and that’s what WHO has adopted bringing the whole focus on health and healing and not on sickness and diseases. He also added that Yoga has an integrated approach which encompasses all other traditional healing systems of the lore! Highlighting the research contributions of VYASA/S-VYASA, Prof. Raghuramji extended a warm support to the health vision policies of Sri Narendra Modi, Dr Harsh Vardhan for a healthy, happy and harmonious nation.
We had two seminars at Stift KWA Klinik Griesbach Germany on 7 – 9th and 14 -16th March 2014. This time the topic of seminars was “Yoga and Meditation in Alltag or yoga and Meditation in Daily life”. The seminar covered apart from different types of meditation practice such as Cyclic meditation, Trataka meditation and sessions of practice of yoga, lectures and discussions on topics such as moving from not doing to non doing, Meditation is not what you do with mind but it is what you do to the mind, Silence beyond words and meditation – to be in touch with fourth state of existence” etc. Fifty people attended the seminars Dr Garner and Markus Stegh translated the talks.

Between 15th and 20th of March discussions and seminar on “Not what gives but what is Happiness” in Zurich and number of meetings with interested people in the areas of Yoga knowledge and application. One of the important contacts during the visit is Prof. Prabhu Guptara an authority on the impact of technology on globalization, on strategy, on knowledge management, on corporate social responsibility, on comparative and cross-cultural ethics, and on management and leadership issues based in Zurich. On my return, visited long time friend of VYASA Dr Horia Crisan in Bad Seckingen. A seminar was organized in the headquarters of KWA House in Konstanz organized by Marina Gernard and visited the first churches in Germany and beautiful castles in Mainau and Raisenhau along with Priest Carl Karrenbou and Countess Sandra.
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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.
Dear Yoga Bandhu,

It is a matter of joy and privilege that June 21st is celebrated as “WORLD YOGA DAY” propagating the glory of ancient Indian wisdom. As a means to attain the paramapurushartha (ultimate goal of life), YOGA, as a way of life, was the corner stone of our forefathers in this part of the world. Today, its relevance and benefit for all sections of the society to promote health, happiness and harmony is imperative for establishing a prosperous and peaceful global order. As a Yoga bandhu you have been promoting this wisdom within your reach to a large number of individuals and communities. It is a great service to humanity and the social order at large.

“WORLD YOGA DAY” is an occasion for all of us to get together, consolidate our efforts of propagating the message of yoga, spread the beneficial techniques and systems to every section of the society, share our experiences and build a strong and vibrant group through synergy and ‘sankalpa’.

I appeal to you to kindly participate in the proposed WORLD YOGA DAY celebrations on June 21st, 2014.

With Love...
Dr. H R Nagendra
President, VYASA &
Chancellor, S-VYASA University
The deliberations at the three day symposium include hydrogen matter interactions effects on:

- Physical & mechanical properties of materials
- Energy transfer systems
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