USC INTERNATIONAL CONFERENCE IN YOGA, MEDITATION, AND INTEGRATIVE HEALTH

Sept 20 & 21, 2014

Harvard’s Campus: Nanobiosym Global Initiative Summit
Dr. H R Nagendra with the CEO of Nanobiosym, Dr. Anita Goel

Special Cover Story
Commemorating World Diabetes Day 2014 | Diabetes as a Disease of Mass Threat | Integrated Approach of Yoga Therapy to Manage Diabetes | Yoga Therapy: Research Evidence | Superiority of Yoga Therapy in Diabetes Management | Challenges for the implementation of (IAYT) | Prospects for the execution at Grass Route Level & at Large Scale & many more...

www.svyasa.edu.in
Workshop on
Subtle Energy Diagnostics
through Latest Technologies
GDV/EPI, Acugraph & Nadi Tarangini

Nov 23 - 27, 2014 | Prashanti Kutiram, Jigani, Bengaluru
Organised by: VYASA, Bengaluru

This unique workshop introduces new technologies and energy-based models of the 21st Century Energy Medicine. Theory of Subtle Energy Devices; hands-on with the instruments; interpretations; precautions; application in clinical diagnostic screening will be dealt with in details. These latest instruments could be used by anyone to monitor one’s own general energy status on a daily basis. Applications in Health Screening, Energy Balancing, in Ayurveda and Yoga will also be discussed.

Techniques Covered

• **GDV/EPI – BioWell**: The latest technological innovation in Electro Photonics, Bio-Well based on Kirlian Photography, developed in Russia will be presented.

• **Nadi Tarangini**: Pulse based diagnostics procedure, developed in India, to assess Vaata, Pitta and Kapha based on Ayurveda.

• **Acugraph**: Electrodermal measurement system for energy meridian assessment based on Chinese Acupuncture system.

Course Contents

• Day 1 - 3: Electro Photonic Imaging Technique with Bio-Well
  *Theory, Practical, Analysis & Interpretation*

• Day 4: Nadi Tarangini - *Theory & Practical*

• Day 5: Acugraph - *Theory & Practical*

Resource Persons

Dr. Konstantin Korotkov, Deputy Director of Saint-Petersburg Federal Research, and Professor of Computer Science and Biophysics, Russia

Dr. Krishna Madappa, The Institute of Science, Spirituality & Sustainability, in Taos, New Mexico, USA

Dr. Aniruddha Joshi, Research Associate, National Chemical Laboratory, CSIR Lab, Pune

Dr. T M Srinivasan, Dean, Division of Yoga and Physical Sciences, S-VYASA, Bengaluru

Dr. Alex Hankey, Distinguished Professor, Division of Yoga and Physical Sciences, S-VYASA, Bengaluru

COURSE FEE

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Contact

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bioenergy@svyasa.edu.in

Register Online: svyasa.edu.in/subtle-energy-workshop-registration/
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EDITORIAL

As we reach Nov 14th, the World Diabetic Day, we have decided to strengthen the Stop Diabetes Movement in Bangalore by conducting YIDM courses to generate Yoga Instructors for Diabetes Mellitus continuously on one hand and SDM camps on the other. The SDM camps are planned to be conducted in different parts of Bangalore. Yet another initiative which is being planned is ‘Diabetes free Jayanagar’.

On the rural front, we plan to take up 30 villages surrounding Prashanti Kutiram in Anekal Taluk, screen them for DM and pre-Diabetes by involving BNYS, BAMS Doctors; train the patients of DM and pre-DM for a week in Prashanti Kutiram by the specific Yoga Module for DM well developed now; take the data, follow them up every month by calling them to Prashanti Kutiram for a day; continue the follow up for 3 to 10 years, so that DM can be controlled and also prevent pre-DM from becoming Diabetic (Primary Prevention).

On the other front, we will dwelve deep into understanding the mechanism as to how Yoga works by doing in-depth research using our High-tech Anveshana Research Lab. To track the effect of DM at Gene level, Bio-chemical level, ANS and brain levels, sleep structure, bio-energy status and changes using Nadi Tarangini tracking the Doshas, GDV to measure the Pranamaya Kosha changes, Accugraph to find out Prana changes in meridians, etc. Then we will investigate the changes in Psychological levels by using our latest Psychology lab. Also by looking at our ancient scriptures to unravel the details of Madhumeha, its varieties and how they were tackled during those days etc and see whether any of these can be usefully employed in the modern context.

1. We invite all patients who have got the benefits from Yoga to write their experiences with records and send us for updating our website and also probably publish in our Yoga Sudha monthly. And to become members of DM Friends association SDFAS which we will be launching soon.

2. Similarly, we request all Endocrinologists and medical professionals to join hands in this movement to control DM for secondary prevention and reduce the burden of DM in our health care. We want to synergise the efforts of all such Doctors. Kindly join our team by becoming members of SDYMC (Stop Diabetes Yoga Medical Council) to help this movement to grow.

3. We need many volunteers to get trained as DM teachers and join our SDYIT (Stop Diabetes Yoga Instructors Team) by becoming its members.

4. Organisers are very necessary to make this movement to grow good heights. All such management professionals, organisers are invited to become members of our SDYOW (Stop Diabetes Yoga Organisers Wing).

5. Researchers are most needed to track the changes and hence we have now a researchers Group formed. If you are a researcher or keenly interested in research, please become a member of our SDYRG (Stop Diabetes Yoga Researchers Group).

Please write to our National Coordinator Dr. Amit Rathi for fuller details. Also see the pages inside.

This issue of Yoga Sudha presents articles by persons who are involved in the SDM, sharing their experiences through these articles.

Dr H R Nagendra
Samprasadada is where Atman breaks through the material frame and merges with supreme light; there he will be in his original, native form. In the Vedantic context, the word Jyoti has got many connotations. This word is not a mere indicator of light, fire or flame etc. In the Shastric tradition every word is weighed in the context of its syntactical structure. It is a unique beauty of Samskrit language that it has multiple meanings in the context of structural varities. It is well-known to Samskrit scholars that the word Hari has more than twenty meaning, depending on its contexts. For example Sun, horse, God Vishnu, Monkey all these are the varied meanings of Hari Shabda in Samskritam.

This inbuilt potentiality of Samskrit language is its mantra shakti. Respecting this inbuilt capacity, Maharshi Vyasa gives proper guidance for earnest seekers of Vedanta pathway. The word Jyoti is examined in the first chapter also. However, here this word is taken as just a word in the context of general understanding and spiritual context. The second one is the guideline for a Brahmasutra student. य आत्मा अपहतपामा this statement comprises two important proving factors. The word Atman indicates a vital force which activates the external frame. One more proving factor denotes something which is free from the touch of sin. These two aspects lets us think afresh about the well-known word JYOTI.

The qualifying word PARAM makes us to think of breaking the verbal frame of understanding. Thus, the word Jyotि crosses its linguistics barriers and takes us to supra-mental understanding. Embodied condition always limits one’s understanding. BRAHMABHAVA is the master key which makes us to break the barrier of mundane world and its understanding. Supra-mental, Supra-clinical and Supra-physical states are highly recommended in the Vedantic study which mainly aims at PARAMAPURUSHARTHA (Supra-aspirational attainment).

to be continued...
• On **Nov 14**, The **World Diabetes Day** is been celebrated.
• All over the world the Diabetes has become a disease of mass threat and mother diseases.
• To manage the problems of Diabetes there are varieties of therapeutic approaches.
• **S-VYASA Yoga University** has adopted **Integrated Approach of Yoga Therapy (IAYT)**. As it goes to route of the cause and puts the efforts to heal from within, it has been considered as the best therapeutic approach to deal with diabetes.
• With this spirit S-VYASA has started **Stop Diabetes Movement (SDM)**.

**To spread the awareness on the Problem of Diabetes and Integrated Approach of Yoga Therapy (IAYT)**

**please join with us**

• For the latest updates on the celebration of World Diabetes Day
  
  _log on:_ [www.svyasa.edu.in](http://www.svyasa.edu.in)  |  _facebook:_ svyasayoga  |  _mail:_ sdm@svyasa.edu.in
Commemorating World Diabetes Day - 2014

Dr. Naveen Visweswaraiah
Joint Director of Research
S-VYASA

The World Diabetes Day 2014 campaign marks the first of a three-year (2014-16) focus on Healthy Living and Diabetes. This year's activities and materials will specifically address the topic of healthy eating and its importance both in the prevention of type 2 diabetes and the effective management of diabetes to avoid complications.

The latest estimates from the IDF Diabetes Atlas indicate that there are 382 million people living with diabetes worldwide. By 2035, 592 million people or one person in ten will have the disease. A further 316 million people are currently at high risk of developing type 2 diabetes, with the number expected to increase to almost 500 million within a generation. What makes the pandemic particularly menacing is that throughout much of the world, it remains hidden. Up to half of all people with diabetes globally remain undiagnosed.

These facts and figures reiterate the importance of urgent action. Most cases of type 2 diabetes can be prevented and the serious complications of diabetes can be avoided through healthy lifestyles and living environments that encourage and facilitate healthy behavior.

The key messages of the campaign aim to raise awareness of how the healthy choice can be the easy choice and the various steps that individuals can take to make informed decisions about what they eat. Special focus will be placed on the importance of starting the day with a healthy breakfast.

All campaign activities will be continue to be informed by the slogan "Diabetes: Protect our Future".

The campaign will continue to promote the importance of immediate action to protect the health and well-being of future generations and achieve meaningful outcomes for people with diabetes and those at risk.

The Key Messages of the campaign include:
- Make healthy food the easy choice
- Healthy eating: make the right choice
- Healthy eating begins with breakfast

The Key Activities of the Campaign include:
- Go BLUE for breakfast
- Blue Monument Challenge
- Health Education Campaign Events
- Health Education Campaign Pictures
- Take a STEP for Diabetes
- Treasure Hunt for Diabetes

Dr. Naveen Visweswaraiah
Joint Director of Research
S-VYASA
Diabetes as a Disease of Mass Threat

Chronic non communicable diseases such as diabetes, heart disease, cancer have become a big health challenge although medical science has achieved fascinating advances in eradicating communicable diseases.

Diabetes Mellitus is a condition in which glucose levels in the blood are much higher than normal and hence this condition is also commonly referred to as sugar disease. The defect in this condition is either the pancreas does not produce enough insulin or it produces sufficient insulin but the cells of the body are unable to use the insulin properly.

Globally as of 2013 it was estimated that there were 285 million people with diabetes which is equivalent to about 12% of the world’s adult population and a further 316 million with impaired glucose tolerance. Diabetes is common both in the developed and the developing world. Women seem to be at a greater risk as do certain ethnic groups, such as South Asians, Pacific Islanders, Latinos, and Native Americans. This may be due to enhanced sensitivity to a Western lifestyle in certain ethnic groups. Traditionally considered a disease of adults, type 2 diabetes is increasingly diagnosed in children in parallel with rising obesity rates.

Today, the health professionals are bewildered by the rapidity with which diabetes with its associations such as obesity, high blood pressure, high cholesterol and triglycerides (metabolic syndrome) are assuming epidemic proportions. World Health Organization has called this a global epidemic. The five countries with the greatest number of people with diabetes as of 2013 are India having 65.1 million, China 98.4 million, the United States 24.4 million, Brazil 11.9 million and Russian Federation 10.9 million. This phenomenon is more prominent amongst Indians both in India and abroad (migrant), which is attributable to the rapidly changing trends of globalization and demands on coping skills leading to enormous stress.

India is threatened with the epidemic of Type 2 Diabetes Mellitus (T2DM) with second largest number (>61 million) of diabetics, expected to double by 2030. Alarming is the fact that T2DM is increasing in rural India too and its onset is shifting to younger age groups. Due to unhealthy lifestyle, a large proportion of population is at “high risk” of progression to T2DM which indicates huge burden on nation’s health and economy in near future. The national T2DM prevalence in 2011 was already 8.3 percent. In 2006, diabetic population in India was 40.9 million and it is estimated to be 69.9 in 2025 and 80 million in 2030. These observations, together with the high rates of complications and mortality associated with T2DM; demonstrate that diabetes prevention should be an urgent priority for the government and non-governmental organizations in India.
Integrated Approach of Yoga Therapy to Manage Diabetes

Diabetes is an adhija vyadhi; it is not caused by any external agent such as infection or injury; life style is the most important factor which is dependent on self discipline. The imbalance caused by stressful situations of life invokes emotional responses in the mind. These emotions are nothing but uncontrolled rapidly rewinding flow of thoughts in the mind. This excessive speed in the manomaya kosha is transferred to pranamaya kosha as excessive flow of prana. This becomes a habituated pattern of drawing out too much prana for the persistent emotional surges. At this stage the imbalance will show up as increased rate of breathing, irregular digestion, generalized body aches or weakness with no demonstrable structural abnormality. After a few more years this imbalance shows up in the physical body (Annamaya kosha) as disturbed immune or autonomic functions; this unfolds the genetic tendency for insulin resistance or autoimmunity; shows up as impaired glucose tolerance (pre diabetes) and then goes on to manifest as full blown diabetes mellitus and its complications. Thus, the entire process is that of uncontrolled speed; starting from conflicts with persistent emotional speed; then uncontrolled prana speed; then uncontrolled physical speed; violence; unnecessary fighting at cell wall (insulin resistance) and beta cell level. Hence, the entire problem has to be tackled by reducing the speed at all levels where the violence is transferred from the mind to the body level; the primary correction being at the mind level as that is the root cause. As this disease model proposes that all lifestyle diseases begin in the mind in the form of uncontrolled violent emotions that gathers enough energy to evoke violent changes in the prana and the physical structure resulting in chronic habituated patterns of neurochemical responses, it shows a possibility of complete reversal.

Based on this concept of disease according to ancient Vedic texts of yoga and Ayurveda, VYASA has adopted Integrated Approach of Yoga Therapy modules (IAYT) designed for specific diseases. The aim of IAYT is to help the participant reach this inner state of freedom by using...
intense mindfulness practices. The practices include techniques at physical level (asanas, kriyas and yogic diet), at prana level (breathing, pranayama, prana energizing technique etc), manomaya kosha level (different types of meditations, emotion culture) and notional correction about the meaning of happiness and purpose of life, stress management through counselling by using the yoga concepts. All techniques are meant to provide deep relaxation to muscles, slow down the breath and calm down the mind. The entire process is referred to as manah prasamana upayah – slow down all functions of the system to reach a state of inner silence, the state of freedom from distress and disease.

Yoga based life style intervention, an innovative form of physical activity and stress management can be considered the best intervention for community-based management programs in tackling the burden of T2DM as it has already shown its efficacy in different domains of T2DM. Yoga is also easy and inexpensive to maintain, requiring little in the way of equipment or professional personnel, with some studies indicating excellent long-term adherence and benefits. These beneficial effects of yoga seem to be due to the relaxation response that has the potential to reduce the heightened stress responses through techniques that promote mastery over the modifications of mind.

In a recent randomized controlled trial (funded by the ministry of health and family welfare, New Delhi), we recruited 277 DM2 subjects (both male and female, 28-70 years) and randomized them into two groups; one group practiced yoga based lifestyle intervention that included lecture sessions on yogic lifestyle, asanas, pranayama and meditation, while the control group followed comparable exercise based life style program that included life style education and physical exercises (one hour daily for 9 months with supervised practices for both groups). Yoga based life style modification program was better than exercise in decreasing oral hypoglycemic medication requirement and LDL; and increasing HDL whereas Yoga was found to be similar to exercise based life style modification in reducing blood glucose, oxidative stress, HbA1c, Triglyceride, total cholesterol and VLDL.

Yoga based lifestyle offers a comprehensive solution to the problem of diabetes, as a preventive program for pre-diabetes, for risk reduction and management of complications.

Yoga Therapy - Research Evidence:

S-VYASA Yoga University through its last 30 years of research has shown that yogic lifestyle can change

- Normalize blood glucose (Fasting & Post lunch)
- Normalize Glycated Hemoglobin (HbA1C)
- Reduce bad Cholesterol (LDL)
- Increase good Cholesterol (HDL)
- Normalize Weight & BMI
- Improve quality of life
- Decrease depression & anxiety
- Reduce oral medication

Superiority of Yoga Therapy in Diabetes Management

The ancient Indian art of Yoga is proves to be the best in treating one of the oldest known disease of ‘Diabetes’. The ancient scriptures by Charaka and Sushrutha mention of this diabetic condition. They had noticed that Ants get attracted to the urine of diabetes patients (glycosuria) and were also first to classify diabetes into 2 types- One, which affects lean people and the other which affects obese people which in modern terms called as Type 1 and Type 2 Diabetes. And, in this small article let us have a glimpse of why Yoga therapy is superior to other therapies.

The main aims of any therapy in Diabetes management is essentially two:

1. To correct hyperglycaemia (high blood glucose) and
2. To prevent complications of diabetes.

1. Controlling High Blood Glucose:
The time-tested ancient art of yoga is defying modern science, by managing diabetes in a holistic way, acting on different avenues associated with diabetes. We need a whole gamut of drugs to substitute the effects obtained through Yoga which has proven to reduce fasting & postprandial blood sugar, overcome insulin resistance, reduce blood pressure, oxidative stress, cortisol, inflammatory markers and improving lipid profile. You might be aware that to get similar results, you need a whole array of drugs starting from Biguanides and sulfonlyureas, all the way to statins and beta-blockers. On top of all these benefits, yoga helps to reduce the medication score. That is, the number of medicines taken by a diabetes patient could be reduced by regular practise of yoga, which means the adverse effects of drugs is also reduced to the minimum by practise of Yoga.

2. Preventing Complications of Diabetes:
The first sign of Neuropathy (numbness or tingling sensation in feet & palms) is reduction in the speed of nerve impulses from and to brain, called Nerve Conduction Velocity. The speed of the nerve impulses deteriorate with increase in the duration of diabetes. Yoga was found to be effective in not just stopping this degeneration, but also in reversing and improving the nerve conduction velocity. Similarly, the deterioration of cognitive impairment and diabetic retinopathy are also improved by yoga practises. The cardiovascular benefits of yoga practices, including reduction in oxidative stress which are proven by many researches in the past, protects against myocardial infarction (Heart attack) and stroke.

Yoga and its benefits are well recognised and accepted by millions around the world now. It is not considered as a mere exercise anymore, and Yoga has proven to act on physical, mental, social and emotional wellbeing of an individual, helping in every aspect of a diabetes patient improving his Quality of Life.
Challenges for the implementation of Integrated Approach of Yoga Therapy (IAYT)

Though the India is bestowed with the gift of “Science of Yoga” since ancient time, its use for therapy is comparatively new trend started since last few decades. The therapy approach of yoga, popularly known as “Integrated Approach of Yoga Therapy” have been developed and experimented successfully by Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bangalore. IAYT has shown its benefits in almost each and every lifestyle related diseases ranging from allergy, migraine to Diabetes, cancer, etc. In spite of proven benefits of IAYT, the major challenge remains to implement this therapy easily and effectively in the community.

S-VYASA University and VYASA Trust have initiated an ambitious program – ‘Stop Diabetes Movement (SDM)’ in 2008 for the implementation of IAYT throughout the India to tackle the increasing problem of Type 2 Diabetes. In last five years, we have conducted many yoga camps throughout the country in many states. In spite of convincing results and overwhelming response to this movement, few factors still remain as the challenges for the implementation of IAYT in the community.

1. Active Intervention and Lack of self motivation

The basic difference in medicinal treatment and IAYT is the involvement and active participation of the patient during IAYT. It needs self motivation to keep continue the practices taught during IAYT. It is one of the challenges observed during IAYT where patients fail to keep the follow up of therapy advised.

2. Lack of trained local yoga instructors

Most patients believe that it is difficult to keep practicing at home in long term at their own. Instead they prefer personal therapist or local yoga therapy classes where they can practice in group. In this regard, there is need of local yoga therapists trained in IAYT.

3. Lack of Health Education in the society

There is tremendous gap seen in the society about the awareness for health promoting and preventive practices. Major focus being on medicinal treatment, lifestyle interventions are at second priority for the patients. It is important to provide the health education and develop the

Dr. Amit Rathi
Asst. Director and National Coordinator, SDM
4. **Extra time (?) in busy schedules**
In today’s competitive world, many people give less priority to health. They go on giving “excuses for time” for the practice of IAYT, as it needs extra time from the daily schedule. Though people believe in “Health is Wealth”, but they find it difficult to provide time for health improving IAYT.

5. **IAYT not being part of mainstream healthcare**
Many patients are not aware about IAYT as it is not a part of mainstream healthcare as on date. Not being a part of medical curriculum, doctors are even not much familiar with the techniques and benefits of IAYT. So eventually they couldn’t guide their patients for IAYT.

6. **Religious beliefs**
Though yoga has been proven as a science, still there are many religious beliefs (false beliefs?) regarding it. Due to existence since ancient time and its origin in India, people consider it as a practice of particular religion. Chanting used for awareness and relaxation become a hurdle for practice many times.

In spite of all these challenges in implementation, IAYT is becoming popular among the alternative and complementary therapies. By projecting its scientific aspects in layman’s language and creating awareness about it through health education, all these challenges can be tackled effectively.

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For the years 2007-2013, the statistics of the participants of Section F. It is one of the sections in Arogyadhma which deals with Metabolic Disorders.

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**World Heart Day**

*Koramangala Indoor Stadium, Bengaluru, Sept 26-28:*
The event was organized by Rotary Centarl District (comprising of about 80 Rotary clubs under Bangalore region) and supported by Narayana Hrudayalaya. S-VYASA Yoga University being a partner showcased programs on Yoga; AYUSH in general and heart related issues in particular (prevention, rehab, integrative management). Youth awareness programs, sale of publications, cultural events also contributed to the celebration.
‘Prevention is better than cure!’ as it is famously said, stands true for the global epidemic of Diabetes. The International Diabetes Federation (IDF) estimates over 382 million people suffering from diabetes and projects over 592 million people to have diabetes by the year 2035. A more deadly fact is that more than half people suffering from diabetes in south-east Asia are undiagnosed.\footnote{International Diabetes Federation. \textit{IDF Diabetes Atlas, 6th edn}. Brussels, Belgium: International Diabetes Federation, 2013. http://www.idf.org/diabetesatlas} With India becoming the global capital of diabetes, it is mandatory to take organized steps to tackle diabetes as a public health problem. The stakeholders involved in the combat against diabetes are the patients themselves and their families, physicians, diabetologist, public health workers, experts of the allied sciences like nutrition, yoga, psychology etc.

Wrong lifestyle plays an important role in pathogenesis of diabetes. In order to prevent and manage the disease burden of diabetes, we require a holistic approach involving all stakeholders. The important components are diabetes education, promoting ideal lifestyle for diabetes alongside the medical management of diabetes.

Yoga being a comprehensive holistic lifestyle, is one of the best means of managing diabetes. The Stop Diabetes Movement (SDM) of the S-VYASA University imbibe several initiatives which could be useful at the grass root level and on a large scale since the program is simple and replicable for masses. SDM also involves various peer groups of stakeholders like the doctors, therapists and the patients. The main feature is patient education and outreach approach. Through various camps conducted across India and even globally, we have reached masses and the initial results from these camps are encouraging. We are able to scale the movement by tie-ups with local organizations, and training specialized yoga therapists for diabetes though Yoga instructor for Diabetes Mellitus (YIDM), a week long program. We also have oriented grass root workers like the village health workers since they are the primary health givers. The scientific model evolved in the SDM program is appreciated by the government agencies and proposals for scaling up the activity with the support of the government are already in place.

Overall, form the early outcomes of the SDM initiative of the S-VYASA University, we could infer that the program has tremendous potential to grow at the grass root level and could be scaled up to reach out to masses in the mission of making India Diabetes Free!
Health - Care Costs: the key concern

The burden of diabetes is ever increasing to cater to the increasing prevalence of diabetes. It is observed within the USA that the states of California, Florida, Texas, New York and Pennsylvania are amongst the top five in diabetes related expenses as shown by the figure below.

The burden of diabetes to different countries is indicated by the percentage of the budget allocated by the respective countered in its care. The table below shows that USA allocates close to a third of its budget for the same in comparison to other countries. The cost of diabetes treatment of complications occupies the second place next to CAD costs. This has become one of the key concerns for health care industry.

<table>
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Evidence for Yoga

- Scientific Literature on yoga has increased several fold
- The Yoga University has ~300 publications till date and S-VYASA has published >10% of yoga related scientific literature
**Yoga, Diabetes Evidence Summary**

<table>
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<td>Complications / Comorbidities</td>
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<td>Mechanisms</td>
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<tr>
<td>Implementation</td>
<td>19</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td><strong>81</strong></td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Study Type</th>
<th># of Papers</th>
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<tbody>
<tr>
<td>Clinical trial</td>
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</tr>
<tr>
<td>Review</td>
<td>25</td>
</tr>
<tr>
<td>Cohort Study</td>
<td>12</td>
</tr>
<tr>
<td>Meta Analyses</td>
<td>6</td>
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<tr>
<td>Survey</td>
<td>4</td>
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<tr>
<td>Pilot Studies</td>
<td>2</td>
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</table>

**Table:** Summary of Major Studies on Yoga Based Lifestyle Interventions for T2DM

<table>
<thead>
<tr>
<th>Clinical measure</th>
<th>Study design</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Uncontrolled trials</td>
</tr>
<tr>
<td></td>
<td>Indian</td>
</tr>
<tr>
<td>Reduced FPG</td>
<td>4, 18, 21, 23</td>
</tr>
<tr>
<td>Reduced PPG</td>
<td>4, 18, 23</td>
</tr>
<tr>
<td>Reduced fructosamine</td>
<td></td>
</tr>
<tr>
<td>Reduced fasting A1C</td>
<td>4, 23</td>
</tr>
<tr>
<td>Reduced Total cholesterol</td>
<td>4, 18, 23</td>
</tr>
<tr>
<td>Reduced triglycerides</td>
<td>4, 18, 23</td>
</tr>
<tr>
<td>Reduced LDL</td>
<td>4, 18, 23</td>
</tr>
<tr>
<td>Increased HDL</td>
<td>4, 18, 23</td>
</tr>
<tr>
<td>Reduced VLDL</td>
<td>4, 18, 23</td>
</tr>
<tr>
<td>Reduced Oxidative Stress</td>
<td></td>
</tr>
</tbody>
</table>

**Outreach**

Research, ultimately needs to translate into benefiting the public and thus a program that is feasible and can be implemented with minimal resources and can be self-sustaining would be ideal for large scale implementation. Thus an outreach program was launched in India in 2008, which has equipped about ~1800 diabetic individuals over the past year, with simple techniques of yoga and brought about a reduction in glycaemic indices. The movement has expanded to 52 cities and have trained about 650 teachers. Presently the program continue with ongoing follow up classes and assessments of measures.
Sustainability
For the program to globally acceptable and feasible with regard to schedule and finances, while maintaining efficacy of the practices, it is important to look at different modes of delivery in varied settings. The set of practices that are part of the module was modified with regard to its mode of delivery.

A comparative study done in Los Angeles USA in 2014, aimed to look at differences in effectiveness and compliance, between classes conducted on a daily basis and classes conducted twice a week or thrice a week. All three modes showed a reduction in Fasting blood sugar over ten sessions. It was observed that, while daily classes brought about most effect, feedback indicated that it was too resource intensive as individuals were not able to spare time continuously. Classes conducted thrice a week, had lesser effect but was better adhered to. Individuals attending a twice weekly class had a lesser effect on fasting plasma glucose and was not very effective. Results of the described study are shown below. This threw light on the not just the effectiveness of the schedule of implementation, but also the barriers involved in complying with the program.

Impact
The ultimate goal of introducing this program to the population is to transform the society to prevent illness and progressively reach positive and perfect health. As the awareness of yoga spreads globally, the sustainability of the project, the cost effectiveness of implementing the project becomes easier. Long term and large scale implementation may bring about reduction of health care costs and would induce a change in the process of healthcare delivery. This entails holistic diabetes education and awareness, diabetes specialists and clinics suggesting yoga as an effective adjuvant to conventional care and also insurance companies accepting yoga modules for diabetes for them to cover.
Prevent India from Becoming 'Diabetic Capital'

India will be the global Capital of Diabetes:

In 2010, prevalence of diabetes worldwide among adults was 6.4% and it is estimated that by 2030 it will increase by 7.7%. By 2030, diabetes will be affecting approximately 439 million people. In this gap of 20 years (2010 to 2030), the increase will be 69% in developing countries and 20% in developed countries. In fact, the problem is worsening faster than expected as seen by these figures: in 2000, the projected figure for 2030 was 366 million and by 2010, the figure has reached 439 millions. It is now established from epidemiological studies in Asia that approximately 15 per cent or 1 in 7 adults has either increased fasting glucose or impaired glucose tolerance based on the WHO criteria of which an estimated 5 to 12 per cent develop Type 2 diabetes annually. The increasing threat of T2DM is highlighted by following facts:

- 347 million people worldwide have diabetes
- In 2004, an estimated 3.4 million people died from consequences of high fasting blood sugar
- More than 80% of diabetes deaths occur in low- and middle-income countries
- WHO projects that diabetes will be the 7th leading cause of death in 2030.

India is threatened with the epidemic of Type 2 Diabetes Mellitus (T2DM) with second largest number (>61 million) of diabetics, expected to double by 2030. Alarming things are, T2DM is increasing in rural India too and its onset is shifting to younger age. Due to unhealthy lifestyle, a large proportion of the population is at “high risk” of progression to T2DM which indicates a huge burden on nation’s health and economy in near future. The national T2DM prevalence in 2011 was already 8.3 percent. In 2006, diabetic population in India was 40.9 million and it is estimated to be 69.9 in 2025 and 80 million in 2030. These observations, together with the high rates of complications and mortality associated with T2DM, demonstrate that diabetes prevention is an urgent priority for the government and other organizations in India.

Need for Lifestyle Intervention:

In spite of great technological advancement and spending millions of dollars in research to develop drugs for the management, it has not been possible to reduce the rising trend in incidence of diabetes type 2 and morbidity and mortality associated with this health problem. Five classes of oral agents
are approved for the treatment of diabetes. Oral therapy is indicated in any patients in whom diet and exercise fail to achieve acceptable glycaemic control. Although initial response may be good, oral hypoglycaemic drugs may lose their effectiveness in a significant percentage of patients. The drug categories include sulfonylurea, biguanide, alpha-glucosidase inhibitor, thiazolidinedione, and meglitinide. These drugs have various side effects e.g. sulfonylurea causes weight gain due to hyperinsulinenemia biguanides cause weakness, fatigue, lactic acidosis, alpha glucosidase inhibitor may cause diarrhoea while thiazolidinediones may increase LDL-cholesterol level. Weight gain and hypoglycemia are common side effects of insulin Vigorous insulin treatment may also carry an increased risk of atherogenesis. Also, several studies have shown that intensive glycaemic control does not reduce the incidence of cardiovascular events or mortality. The reasons for the increased mortality with very tight glycaemic control in Action to Control Cardiovascular Risk in Diabetes (ACCORD), and lack of benefit in Action in Diabetes and Vascular Disease: Preterax and Dia 

Further, rising costs for drugs and investigations on a long term basis add to the financial burden which a large section of the poor living in India.

Lifestyle intervention has been found to be efficacious, safe, and cost-effective method the major challenge is to translate lifestyle interventions into prevention programs at the national level for which it is important to look at lifestyle interventions which are not resource-intensive and those which are nearer to the community that people live in.

Evidence for Yoga in Management and Prevention of Diabetes:
Yoga is an old, traditional, Indian psychological, physical and spiritual regimen that has been studied for several decades for its role in the management of several chronic diseases including

Table1: Summary of Major Studies on Yoga based Lifestyle Interventions for Type 2 Diabetes Mellitus

<table>
<thead>
<tr>
<th>Findings by clinical measure</th>
<th>Study design</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Uncontrolled clinical trials</td>
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<tr>
<td>Fasting glucose Reduced</td>
<td>32, 34, 40, 42</td>
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<tr>
<td>Post-prandial glucose Reduced</td>
<td>32, 34, 42</td>
</tr>
<tr>
<td>Reduced fructosamine</td>
<td></td>
</tr>
<tr>
<td>Reduced OGT maximum/AIT</td>
<td></td>
</tr>
<tr>
<td>Fasting glycated hemoglobin Reduced</td>
<td>32, 42</td>
</tr>
<tr>
<td>Total cholesterol Reduced</td>
<td>34, 32, 40</td>
</tr>
<tr>
<td>Triglycerides Reduced</td>
<td>34, 32, 40</td>
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<tr>
<td>Low density lipoprotein (LDL) Reduced</td>
<td>34, 32, 40</td>
</tr>
<tr>
<td>High density lipoprotein (HDL) Increased</td>
<td>34, 32, 40</td>
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<tr>
<td>Reduced very LDL</td>
<td>34, 32, 40</td>
</tr>
<tr>
<td>Reduced Oxidative Stress</td>
<td></td>
</tr>
</tbody>
</table>
hypertension, asthma, obesity, neuromuscular diseases, psychiatric illnesses and coronary artery disease. There are about 65 published research papers pointing to the efficacy of yoga based lifestyle programs from round the globe.

Yoga based lifestyle intervention, an innovative form of physical activity and stress management can be considered the best intervention for community-based management programs in tackling the burden of type 2 diabetes as it has already shown its efficacy in different domains of DM2. Yoga is also easy and inexpensive to maintain, requiring little in the way of equipment or professional personnel, with some studies indicating excellent long-term adherence and benefits. Table 1 summarizes the results of some of the important studies which have used yoga based lifestyle interventions.

These beneficial effects of yoga seem to be due to the relaxation response that has the potential to reduce the heightened stress responses through techniques that promote mastery over the modifications of mind.

In a recent randomized controlled trial (funded by the ministry of health and family welfare, new Delhi), we recruited 277 DM2 subjects (both male and female,28-70 years) and randomized them into two groups; one group practiced yoga based lifestyle intervention that included lecture sessions on yogic lifestyle, asanas, pranayama and meditation, while the control group followed comparable exercise based life style program that included life style education and physical exercises (one hour daily for 9 months with supervised practices for both groups). Yoga based lifestyle modification program was better than exercise in decreasing oral hypoglycemic medication requirement and LDL; and increasing HDL whereas Yoga was found to be similar to exercise based life style modification in reducing blood glucose, HbAlc, Triglyceride, total cholesterol and VLDL. Yoga based lifestyle offers a comprehensive solution to the problem of diabetes: as a preventive program for prediabetes, for risk reduction and management of complications.

Inspired by these research data and the amazing results, VYASA has undertaken an ambitious nationwide program, the SDM “Stop Diabetes Movement” to bring down the rising incidence of diabetes in India. Stop Diabetes Movement (SDM) is a community (Public – Private Partnership) effort to prevent India from becoming the world capital of Diabetes Mellitus using the Integrated Approach of Yoga Therapy (IAYT).

**Graph 1:** Yoga based life style versus Physiotherapy Based Life style on Risk Factors in Type 2 DM- Randomized Controlled Trial (n = 277; duration of intervention: 9 months)
Conclusion: Diabetes is a major health problem and a leading cause of morbidity and mortality all over the globe; it is reaching epidemic levels in India. Yoga based lifestyle, with its holistic approach, offers a comprehensive solution to the complex problem of diabetes. This article invites one and all to join hands with VYASA and “Stop Diabetes” through Yoga!!

* Significant between group differences (p<0.05)

Abbreviations:
- **HbA1C**: Glycosylated Hemoglobin,
- **LDL**: Low Density Lipoprotein,
- **HDL**: High Density Lipoprotein

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**Subtle Energy Workshop**
Promotional Material release
Prashanti Kutiram, Oct 14

A Resource Person Dr. T M Srinivasan released the Promotional Materials of the Workshop. The event was organized in the premises of Anvesana Research Laboratories. S-VYASA Faculty & Research Scholars were also present during the occasion.
Arogyadhama Success Story - 1

A 53 years old insurance adviser with of known case Type-2 diabetes and Gout came to Prashnati Kutiram on 5/5/2012, seeking Yoga therapy, with a history of three attacks of gout. In 1994 he was diagnosed with Diabetes Mellitus and mouth ulcers on and off since 15-20 years.

Results: He practiced and experienced the subtle concepts of self-healing through special techniques of integrated yoga therapy, designed specifically for him. These practices spread out over the whole day included: Special technique focused to improve the pancreatic function and to control blood sugar levels, pranayama, OM Meditation, Cyclic Meditation, Mind Sound Resonance, Trataka and other relaxation techniques. Lectures discourse and yogic counseling sessions were focused on stress management and lifestyle management after discharge.

He was provided with holistic vegetarian satvic diet based on Prakruti & Vikruti concepts from Ayurveda was provided.

Conclusion: Yoga therapy is a cost effective and feasible add on therapy to the present conventional modalities for chronic diabetes to prevent the complications and to promote the healthy lifestyle.

<table>
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<td>76</td>
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<td>20</td>
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<tr>
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<td>84</td>
<td>PPBS</td>
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<td>Sattva</td>
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<td>Somatic Symptoms</td>
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<td>Rajas</td>
<td>24</td>
<td>2</td>
</tr>
<tr>
<td>Anxiety/insomnia</td>
<td>14.28</td>
<td>14.28</td>
<td>Tamas</td>
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<td>Pitta</td>
<td>45</td>
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<td></td>
<td></td>
<td></td>
<td>Kapha</td>
<td>0</td>
<td>10</td>
</tr>
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</table>

Arogyadhama Success Story - 2

A 38 years old advocate with of known case Type-2 diabetes, hypothyroidism, and Obesity came to Prashnati Kutiram on 4/5/2012, seeking Yoga therapy, with a history of overweight since 12 years, hypothyroidism since 6 years, and diabetes since 5 years her sugar levels are fluctuating. She practiced integrated yoga therapy, designed specifically for her. These practices included: Special technique focused to improve the pancreatic function and to control blood sugar levels, pranayama, OM Meditation, Cyclic Meditation, Mind Sound Resonance, Trataka and other relaxation techniques. Lectures discourse and yogic counseling sessions were focused on stress management and lifestyle management after discharge.

She was provided with holistic vegetarian diet based on Prakruti & Vikruti concepts from Ayurveda.

Conclusion: Yoga therapy is a cost effective and feasible add on therapy to the present conventional modalities for chronic diabetes to prevent the complications and to promote the healthy lifestyle.

<table>
<thead>
<tr>
<th>Parameters</th>
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<th>Parameters</th>
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<td>100.58</td>
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<td>Pulse Beats/min</td>
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<td>78</td>
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<tr>
<td>Respiratory Cycles/min</td>
<td>20</td>
<td>12</td>
<td>Brhamari Time (Sec)</td>
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<td>18</td>
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<tr>
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<td>86</td>
<td>PPBS</td>
<td>380</td>
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<td>4</td>
<td>Sattva</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>Ayurveda</td>
<td>4</td>
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<td>Rajas</td>
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<td>0</td>
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<tr>
<td>Somatic Symptoms</td>
<td>48.85</td>
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<td>Tamas</td>
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<td>0</td>
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<tr>
<td>Anxiety/insomnia</td>
<td>14.28</td>
<td>14.28</td>
<td>Vata</td>
<td>25</td>
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<td>Kapha</td>
<td>15</td>
<td>39</td>
</tr>
</tbody>
</table>
I. ARE YOU A DIABETIC?

Join our SDFA - SVYASA Diabetes Mellitus Friends Association

Are you a Diabetic?
Become a member of SDMFA by paying a membership fee of Rs 150 per year.

What do you do?
1. Meet your doctors/consultant and go for regular check up as per the advise of your doctor/consultant
2. Attend 15 days every day - 5 days a week in the designated centers chosen by you
   Attend 3 days a week and practice the rest of the days in house based on the DVDs and audio VCDs given to you. However, you are welcome to the center for practice daily by pay the prescribed fees every month

What will you get?
1. Total care of Diabetes by your consultant, S-VYASA team of certified Yoga Instructors, organizers, researchers and doctors for preventing secondary complications of DM, move towards normalcy from disease state and promote positive health.
2. Book on Diabetes of your choice (Languages Eng, Hindi, Kan) DVD and VCDs on DM; DM Yoga chart.
3. Email information on DM & Yoga will be sent to you by the co-ordinator of SDM project of S-VYASA and other brochures.
4. Regular correction of Yoga practices for continuing the benefits and to avoid stagnation by introducing training through graded Yoga modules depending on the progress you have made towards normalcy.

sdm@svyasa.org
II. ARE YOU A DOCTOR WILLING TO SERVE YOUR DIABETIC PATIENTS?

What do you do?
1. Become a member of SDYMC of S-VYASA (by paying Membership fee of Rs 1000 per year)
2. Send patients to Yoga classes run by authentic Diabetic Yoga Instructors certified by S-VYASA and to Prashanti Kutiram for In-patient Yoga Therapy treatment if found necessary
3. Give usual consultations to them and guide them for check up as usual. Collect the data and send the same to S-VYASA.

What will you get?
1. Pride of being in a national team of doctors trying to reverse the trend of DM increase in the country
2. One orientation program by Dr. Nagarathna MD, FRCP, the Chief consultant of S-VYASA and other experts associated with S-VYASA
3. One day CME on diabetes from experts on DM once a year
4. Referrals of patients from S-VYASA team to you
5. Support from S-VYASA team of researchers, consultants and organisers
6. Email update of Yoga Research
7. Online International Journal of Yoga
8. Online Yoga Sudha monthly Names in Yoga Sudha
9. Online yoga conference details

III. ARE YOU TRAINED YOGA TEACHER OR WILLING TO TEACH DM PATIENTS? AGE NO BAR

Join our SDYIT - S-VYASA Diabetes Yoga Instructors Team by paying a membership of Rs. 2000 per year and get initial training and updating as a teacher from S-VYASA. Take regular classes for them one hour per day, six days a week (2 batches). Get your remuneration from S-VYASA if needed to cover your travel and time. You will get all material published by S-VYASA.

What do you do?
1. Become a member of SDYIT of S-VYASA (by paying a Membership fee)
2. Get trained as a certified Yoga therapy instructor for SDM project
3. Take classes 1.5 hours per day 6 days a week
4. Collect the prescribed the fees collected from patients Pay 5% to S-VYASA.

www.svyasa.edu.in
Initiative by: SVYASA University, Bengaluru

What will you get?
1. 15 days training (2.5 hours per day) by S-VYASA team and a certification as a Yoga therapy instructor for SDM project
2. Remuneration to cover travel and time.
3. Secure place for 5 to 10 years.
4. Meetings with coordinator of S-VYASA and Support from doctors Council SDDC
5. Book/s on DM, DVD on DM and VCD; DM Yoga chart
6. Periodic updates and training provided by S-VYASA
7. Online – Yoga Sudha International Journal of Yoga - IJOY

IV. SDYRG - Diabetes Yoga Researchers Group

Do you want to become a researcher in this project?
Join our SDYR Diabetes Yoga Researchers group by paying a membership Rs. 1000 per year and get trained as a certified Yoga Researcher of SDM; you have to collect data on DM patients enrolled in SDFA and also inspire patients and doctors for SDFA and SDDC you will be paid an honorarium to cover your travel and time if you need.

Qualification: Graduates; retired but not tired to work full or part time with good communication skills.

What will you get?
1. 15 days training (2.5 hours per day) by S-VYASA team and a certification as Yoga researcher for SDM project of S-VYASA
2. Suitable monthly remuneration, if needed.
3. You can use the data for your dissertation or thesis after taking permission from S-VYASA.
4. Book/s on Research methodology Research contributions of S-VYASA
5. Periodic updates and training provided by S-VYASA
7. Meetings with coordinator and other researchers of S-VYASA
8. Support in the form of data collection from the doctors of SDMDC

Qualification
Graduation BSc, BCom, BE, MBBS or equivalent, S-VYASA any one or more of the long term courses

V. Do you want to be a part of our SDYO - Diabetes Yoga Organizers Wing

What do you do?
1. Become a member of SDYO of S-VYASA (Membership fee)
2. Get trained as a certified Yoga Organiser for SDM project of S-VYASA

sdm@svyasa.edu.in
3 Organise and facilitate regular conduct of classes by talking to the patients and doctor / consultants of SDDC
4 Contact and collect DM patients for enrollment for the project
5 Inspire patients to go to Prashanti Kutiram for intensive training in Yoga

What will you get?
1 15 days training (2.5 hours per day) by S-VYASA team and a certification as Yoga Organiser for SDM project of S-VYASA
2 Suitable monthly honorarium, if needed
3 You can use the data for your dissertation or thesis after taking permission from SVYASA
4 Book on Organisers Manual
5 Periodic updates and training provided by SVYASA
6 Online - Yoga Sudha International Journal of Yoga - IJOY
7 Meetings with coordinator and other organisers of S-VYASA
8 Support from the doctors of SDDC

Qualification
Graduation BSW, BBA, BE, MBBS or equivalent, S-VYASA any one or more of the long term courses. Experience in Organisation in social service projects.

DATA COLLECTION
- Clinical Case sheet
- No of working hrs list
- Biochemical tests – (LB)
- Diet data collection
- Psychological - GHQ, Guna Questionnaire, Dosha Questionnaire, DM-WHOQOL
- STRESS – HSS, PANAS
- Collection of Research data from Doctors, Yoga Researchers
- Checking the quality of data by Research Co-ordinator of SVYASA in Prashanti Kutiram

YOGA THERAPY

Register at
SVYASA UNIVERSITY
Eknath Bhavan, No 19, KG Nagar,
Bengaluru - 560 019
Telephone: 080-2263 9982/ 2263 9966
email: sdm@svyasa.edu.in
website: www.svyasa.com

Initiative by: www.svyasa.edu.in
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 |

B. Pulmonology: Bronchial Asthma, Nasal Allergy, Chronic Bronchitis; Cardiology: High BP, Low BP, Heart Disease (CAD) |

C. Psychiatry: Anxiety, Depression, Psychosis, OCD, mental retardation |

D. Rheumatology: Arthritis |

E. Spinal disorders: Acute and Chronic Back Pain, Lumbar Spondylosis, Disc Prolapse, Scoliosis, Neck Pain |

F. Metabolic disorders: Diabetes |

G. Gastroenterology: Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis |

H. Endocrinology: Obesity, Thyrotoxicosis |

Promotion of Positive Health |

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.
INTRODUCTION

Can movement produce changes in molecular concentration and its expression in the body? We now know that emotions are associated with expressions of molecules in the brain [1]. However, we are slowly realizing that practice of asanas and pranayama could also provide certain molecular expressions within the body, a fact made available through research in Yoga and its applications in clinical medicine. There are many studies that border on these ideas and we shall present some of them in this brief summery.

Yoga asanas constitute movements of the body; pranayama moves prana in the subtle body. Moving the body and prana in a controlled way and at the same time, restraining movement of the mind are the initial practices of Yoga. Movement by itself may or may not create molecules in the body; however, movement could selectively modulate the migration of molecules in and out of cells. This could bring health and stability to the body. It is now known that muscle stretch as in asana practice could provide much needed feedback to the brain and to various muscles thereby improving control of the stretched muscles. This is very important in cases of improper muscle control as in Parkinson’s tremor, post-stroke rehabilitation and in many childhood problems related to autism, brain deficiency and damage. Physiology of muscle stretch is important and interesting; it is useful in sports practice and in sports injury rehabilitation. Such wide spread applications of yoga asanas combined with simple pranayama techniques are both exciting and useful.

Yoga practices bring about changes in concentration of certain important molecules in the brain. It was shown that yoga practitioners had more of a biochemical known as GABA (gamma-aminobutyric acid) than non-practitioners. Meanwhile, it is noted that people with depression have deficiency of GABA. It is further known that anti-depression tablets are most sold ones in the world today! Is there an easy way to prevent this modern epidemic, mental depression? We think so, for sure. Regular practice of yoga asanas, pranayama and some kriyas followed by life style modifications as suggested in Gita and other scriptures could benefit immensely in these cases.

BRAIN AND CONSCIOUSNESS

Practice of meditation and its positive impact on the brain has opened new doors of perception in the working of the brain itself. Way back in 1961, Drs. B.K. Anand, G.S. Chinna and B. Singh, at All India Institute of Medical Sciences in Delhi, revealed the ability of a meditator in deep yogic meditation to control sensory input to the nervous system. This was the first work in meditation from India. Other works on meditation showed the importance of alpha waves in the cortical layers of the brain as an important indicator of parasympathetic activity with relaxed attention. Advanced work in understanding the brain during meditation threw light on many areas of brain activity. An interesting paper [2] categorizes types of meditations based on the types of cortical electrical activity as a result of these practices as seen in Table 1.
First, it is necessary to distinguish between dharana, dhyana and samadhi. These three Yoga angas have specific psycho-neuro-physiologic correlates not discussed here since the focus of this paper is somewhat different. It is possible to model the behavioral and cognitive aspects of brain functions during meditation. Different parts of the brain are involved in these activities and they are brought in synchrony through the process of meditation. “During meditation, when situational conflicts, desires, and needs are resolved, and when there is no need to attend to anything specific, one can return to a naturally restful state of undistracted, nonspecific (nirguna) awareness, with no sense of ego or authorship. Such spontaneous, self-absorptive, nondual state of being is known as Turiya. It is the primal ground of all of our conscious experience. It is nonverbal, ineffable, and indefinable, but it is verifiable intuitively by personal experience” [3].

**MOLECULE OF MEDITATION**

Does practice of meditation produce molecules of ananda in the brain? Yes, says a renowned researcher, after practicing meditation in India for a while! The technical name for this molecule is: N-arachidonoylethanolamine. See Fig 1 for the structure of the ananda molecule. Well, this may not give one an eternal ananda; however, a specific mood is experienced as a result of this chemical expression in the brain during meditation. Anandamide plays a role in the neural generation of motivation and pleasure, also seems to inhibit human breast cancer cell proliferation [4]. Release of anandamide could be a mechanism of analgesic effects induced by exercise including practice of Yoga! So here we have an outstanding example of Yoga research leading into new scientific territory not investigated otherwise.

**ESOTERIC OF YOGA PRACTICES**

Siddhis are a result of profound practice of Yoga angas. From yama and niyama to samadhi, sincere and intense practice results in movement of prana at all levels (including in the subtle body). Unfortunately, we do not have any instrument to date that could measure prana in the body. An indirect method of measuring...
prana could be monitoring chi as done in Traditional Chinese Medicine (TCM). There are of course, numerous ways of measuring chi and the work at S-VYASA has thrown light on the use of Acugraph, a chi measuring instrument in monitoring disorders such as diabetes and other chronic problems [5].

Another Yogic competency is related to knowing the contents of other people’s mind and even controlling the thinking process of another. There are some interesting experiments conducted to find if any non-verbal communication is possible between two individuals separated by many rooms inside a laboratory. A flashing light in front of the closed eyes of one person could vary the brain electrical activity of another person who has ‘interacted’ with the first. “The data indicate that the human brain is capable of establishing close relationships with other brains (when it interacts with them appropriately) and may sustain such an interaction even at a distance” [6, p. 424].

CONCLUSION

Normally, we apply methods of science to understand the effects of Yoga in the mind/body complex in an individual. However, it is time to look for the contributions of Yoga research in extending and widening ideas and concepts in physiology of humans. The above experiments are the veritable tip of a proverbial iceberg; areas in science that could be enriched by investigating the effects of Yoga practice are many. New models and mechanisms would emerge; the quantum processes that are taking place while understanding states of consciousness and the definition of life itself will be enriched. From such an understanding, we can pursue the dictum ‘Know Thyself’ and ultimately reach the mahavakya which is the apex of them all, namely ‘Know Thy Self’ [7].

REFERENCES AND NOTES

[7] Sri Paramahamsa Yogananda in his classical book “Autobiography of a Yogi” has brought out the subtle nuance of knowing oneself (as the Greeks seemed to have said) and knowing one’s Self as an Advaitic philosopher would say!
A student of mine gave me a gift on my 75th birthday. It is a beautiful mobile. It is very sleek, thin, and attractive. A few months after gifting it to me, he returned to me and asked me, if I liked it and whether I used it well. I replied to him in affirmative and once again I described its beauty. The ring tone is very enticing, the color is very captivating. The size is very small, thin, slim, and handy. Consumption of energy also is very little. You need not charge it every day. It is enough, if you feed it with electricity once a week, that too for a few minutes. The sound box is very sensitive and the voice is very clear. The mobile indeed is really very wonderful.

When I was thus describing its charming features, slimness and grandeur, the boy who gifted it to me told, ‘Sir, that’s ok. You are telling about its appearance and voice. My question is about its very many functions. Are you not using them all?’ Apologetically, I replied to him in the negative and told him that I had used it only to answer the phone calls. For nothing else’. The gift maker was shocked to hear my answer ‘Sir, it can be used for many purposes. There is a camera in it, there is also a video camera in it; it can work like a tape recorder, CD player, calendar, and so on. You can make PNR enquiry from it, and you can use it as an alarm time piece; it has the internet facility also. While travelling, it will show where you are and it can give you the road map. If needed, it gives you necessary direction to your destination. You need not ask anyone on the way for the route. Above all, when you are talking to a person, it will show you the listener on the screen. You need not go to a library for book; all the books you need are available in it. If you cannot read the small print, it will show you the pages, in enlargement. Anywhere and everywhere, you can use it for many a purpose. You can see me in it. And you can see yourself also in it. I am sorry to note that you are not using it fully’.

Same is the case with Yoga. My sister uses Yoga only at the physical level to keep herself slim and thin. A friend of mine uses it only to preach. Another student of mine uses Yoga only to run a beauty parlour. Yoga is of higher potentialities. Not only does it keep us hale and healthy at the physical level, it can also ensure tranquility of mind under all circumstances. Cognitive skill will improve. Concentration will be better. Decision making capacity will be excellent. Managerial skill will be wonderful. Administrative efficiency will be astounding. Amidst all activities, one can enjoy the peace of mind always. Intellect will be sharp, and research insight will be very precise. The most coveted memory among the students will be strongly developed. One can be intuitive and certainly can attain a state of everlasting bliss. If only one practices Yoga one can see God and talk to God. Yoga is not only the means, but the goal as well. It is the Godly way to Godhood.
Oct 14 & 15: There have been some attempts at reviving the traditional approaches through the department of AYUSH and have been noteworthy. Society has begun to accept these as formal disciplines in health care and the renewed interest in these methods as alternative/complementary/rejuvenating or mainstay services (in select conditions) is encouraging.

More importantly, allopathic academicians are beginning to explore these systems with modern rigorous research methods and technology. Yet there is a need to accelerate these steps and facilitate integration in a rapid manner. The AYUSH department has set up an expert committee meeting headed by Dr. HR Nagendra, held in Prashanti Kutiram.
committee to address these questions and evolve a Holistic medical system under the leadership of Dr HR Nagendra, Chancellor of S-VYASA Yoga University.

The Objectives set forth by the Department for the committee and the terms of reference of the committee were to:

1. Review of the current status of the traditional systems of medicine
2. Plan a holistic health program taking help of all systems of medicine
3. Suggest appropriate training/orientation courses
4. Any other Items which may be essential to promote holistic health

These aspects were discussed in depth by the experts of the committee.

Anvesana Research Laboratories:
Committee members are on lab tour. Dr. H R NagendraJi headed the troup and showcased the latest research facilities at the lab.
Deepavali

The Deepavali festival marks the victory of good over evil. The Sanskrit word “Deepavali” means “an array of lights” and signifies the victory of brightness over darkness. On Deepawali, the goddess Laxmi, a symbol of prosperity, is worshipped. The North Indian business community usually starts their financial new year on Diwali and new account books are opened on this day.

In the North, Deepawali celebrates the return of Lord Rama, King of Ayodhya, with his wife Sita and brother Lakshmana from a 14-year exile and a war in which he vanquished the demon king Ravana. It is believed that the people lit oil lamps all along the way to light the royal family’s path in the darkness.

In South India, Diwali festival often commemorates the conquering of the Asura Naraka, a powerful king of Assam, who imprisoned tens of thousands of inhabitants. It was Krishna who finally subdued Naraka and freed the prisoners.

In Prashanti, we celebrated the festival of light in simple lucid manner. On 23, Goupuja was performed at Goushala with traditional manner. On 24th at Yogavinayaka temple, all the students took part in the celebration by lighting the lamps. Balindra puja along with bhajans created the serene ambience around the temple.

Navratri, literally interpreted as ‘nine nights’ is the most celebrated Hindu festival devoted to Goddess Durga symbolizing purity and power or ‘shakti’. Navratri festival combines ritualistic puja and fasting and is accompanied by resplendent celebrations for nine consecutive days and nights. Each day, a different form of the goddess is worshiped. Following the nine days of rituals and worship, the 10th day is celebrated as Dussehra, which is also known as Vijay-Dashmi. It is celebrated to mark the victory of mythical King Lord Rama over the King of Sri Lanka, Ravana.

In Prashanti Kutiram, the Durga statue is installed on 5th day and followed by Goddess Lakshmi puja, Saraswati puja and Ayudhapuja. On AshtamiChandihoma was performed by Dr. Mahabaleshwar Bhat and team of Veda Vijnana Gurukulam.

Every day during 6 to 7.30 pm, bhajans, Lalita Sahasra Nama Parayana, Satsanga, Arati were part of celebration. On October 3, Maa Durga was taken with grand procession followed by Musical drums beat, Keertans, Bhajans and dance etc. for Visarjana at Viveka Vihar.

Sri Subrahmanian A, faculty, Yoga Bharati and students of S-VYASA played a key role for the grand success of celebration. The Division of Yoga-Spirituality organized the whole event.
Prashanti family is proud to share with you all that **Devendra Benakappa**, who is working as Physiotherapy Asst. in Prashanti Kuteeram, has participated in the 8th **Paralympic National Athletics and Games for the Disabled** and has won 3rd place in the 100 meter wheelchair race event. The event was held in Chennai’s St. Joseph's college of engineering on 24th - 26th September.

Devendra hails from Yeganur (Raichur) and has been a part of Prashanti since 2004 and has served (in seva vritti) in various departments such as Security, Transport, Computer lab and currently in the Physiotherapy dept. An unfortunate accident injured his spinal cord in 2005 disabling his legs and he has been on wheelchair ever since. But his dynamism, steadfastness and can-do attitude stay more alive than ever, and his current achievement is a testimony of that. He has rapidly flown from being disabled to differently-abled and now to specially-abled!

He plans to participate in many more athletic events such as the one to be held in Delhi in the coming year. May Lord Shiva shower his blessings on him and guide him in his Tapas.

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It is a waste of time to get angry about my disability. One has to get on with life and I haven't done badly. People won't have time for you if you are always angry or complaining.

**Stephen Hawking**
**LOS ANGELES**

**Sept 18 & 19:** Sadhvi Ritambara Didi’s satsang was organized in Sanatana Dharma Mandir. Guruji has taken part in the Satsang and on 19th he was introduced to the participants.

**Sept 20:** In USC International Conference in Yoga, Meditation and Integrative Health, he presented a key note on Evidence based Yoga Therapy for Metabolic Syndrome and that evoked tremendous response by the young students community.

In the conference, Dr. Christopher Key Chapple, Navin and Pratima Doshi Professor of Indic and Comparative Theology at Loyola Marymount University; Dr. Philip Clayton, Ingraham Professor, Claremont School of Theology; Ms. Sara Ivanhoe, MA in Yoga Studies Program, Loyola Marymount University; Dr. Rita D. Sherma, Swami Vivekananda Visiting Faculty in Hindu Studies, School Of Religion, USC; Dr. Varun Soni, Dean, Office of Religious Life, University of Southern California; Dr. Anshu Vashishtha, Clinical Faculty of the University of California, Irvine; Dr. Fred Davis, Director, Center for Brain, Consciousness, and Cognition | Dean of the Graduate School, MUM; Dr. Marc J Weigensberg, Director, Institute for Integrative Health at the Keck School of Medicine, USC; had given the presentations.

**Sept 21:** In an Workshop, he presented on IAYT, Pranayama and PET practices. Interactive session made it interesting to all.

**Sept 22:** He took part in discussions with Narayana Swamy in Thousand Oaks.

**Sept 23:** On VAYU had the detailed discussion with BU Patel and team of VYASA.

**EDISON**

**Sept 24:** In the morning had the interaction with Ram Kamath on the use of VSOFT for SDM projects. Evening had meeting with the Co-ordinators of VYASA, Dr. Shadara and Ms. Veena Gandhi.

**Sept 25:** Satsang on Upanishads, interaction on

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**Aug 31, 2014: Communication to VYASA from the CEO of Nanobisym, Dr. Anita Goel**

Nanobiosym will work closely with VYASA to design and develop custom apps for its Gene RADAR platform to perform real time quantitative monitoring of various Ayurvedic and Yoga interventions. Gene RADAR(R) is a proprietary nanotechnology platform invented by Dr. Anita Goel, MD, PhD and winner of the 2013 X Prize that enables real-time gold standard diagnosis at a price point that is 10-100 times cheaper than anything comparable available on the market today.

The first phase will be a feasibility study in Boston where Nanobiosym located in the Harvard and MIT nexus will demonstrate feasibility of an app that can be used to assist VYASA in its Stop Diabetes Movement (SDM).
Anandamaya Kosha, analysis of happiness and meditation mastered by him.

**BOSTON**

**Sept 26:** Had discussion with Mr. Sudhir and Ms. Smita on proposed SDMs.

**Harvard’s Campus, Sept 27-28:** Participated in ‘Nanobiosym Global Initiative Summit’ to democratize health care. In line with Dr. Anita Goel’s vision, the summit was created focus on personalization and decentralization of the next generation of health care practices and the early adopters and change agents across various siloes within our ecosystem that are driving this transformation on a global scale. The summit was hosted in collaboration with Scientific American.

Recently, a delegation from Korea visited the headquarters of S-VYASA Yoga University, Bengaluru. Chancellor Dr. HR NagendraJi, Joint Director of R&D Dr. NK Manjunath & Registrar Dr. Sudheer Deshpande along with the delegation.
Body is The Bow - Asana is The Arrow - The Soul is The Target
Introduction: The global Hindu society, beset by very serious challenges stands at a critical crossroads. It is absolutely necessary that Hindus assemble to reflect the issues in front of a Hindu population which is more than a billion. The Christian and Muslim populations of the world, which now stand well over a billion strong themselves, have consistently held global forums and conferences to deliberate issues of global importance and quickly form global initiatives rooted in their religious traditions to tackle these issues. The Hindu community, on the other hand, standing as the world’s third largest civilisation group as well as the oldest and the world’s most deeply rooted Dharma tradition, does not have a consistent global platform to address and resolve the relevant issues that affect both the Hindu population as well as the entire global population. The global Hindu community has only held such forums and conference at intermittent times, with the implementation of resolutions and proposed policies being sporadic at best. The fatal convergence of these developments has greatly undermined the effectiveness of any gains made at previously held conferences. It is time to break this inconsistency.

The new century demands that Hindu society come together on a common platform with a common purpose and a shared vision to march ahead confidently into the future. In this context, the World Hindu Congress will be held on 21 - 23 November, 2014 in the city of New Delhi. The World Hindu Congress will be organized in a joint manner consisting of all like minded Hindu groups every four years, with each Congress being held in a different part of the world. The Congress is an informal organisation, solely dependent on the efforts of associated Hindu organisations and activists. The Congress will consist of delegates from around the world. The delegates will consist of individuals who committed to working for the Hindu resurgence as well as men and women of achievement and accomplishment in a wide range of professions and human endeavors.

The Congress, will consist of seven different conferences. Each conference will specifically deal with an area of strategic importance to the global Hindu community, holding detailed deliberations (both pre-conference and post-conference) and articulating specific solutions to deal with any obstacles that are blocking the Hindu community’s ability to progress in the respective area concerned.

The Conferences proposed are:

1. Hindu Youth Conference (Conducted by the Hindu Students & Youth Network)
2. Hindu Economic Conference (conducted by the World Hindu Economic Forum)
3. Hindu Political Conference (conducted by the World Hindu Democratic Forum)
4. Hindu Educational Conference (conducted by the Hindu Education Board)
5. Hindu Organizational Conference  
   (conducted by the Hindu Organizations, Temples, & Associations Forum)
6. Hindu Women Conference (conducted by the Hindu Women Forum)
7. Hindu Media Conference (conducted by the Hindu Media Forum)

The findings and resolutions of each Conference will be presented to the Congress as a whole, where the entire Congress’ delegates will have an opportunity to critically examine the work of the Conference and offer their input as well. After the conclusion of Congress, the individual organisations that conducted each of the conferences, will monitor and assist the implementation of the findings and resolutions of each conference and will report at the next Congress the progress made coupled with starting deliberations anew on any remaining and new challenges confronting Hindu society.
Until now five editions of the Congress have been organised at Cochin, Pune, Jaipur, Bengaluru and Bhopal. The highest number of delegates, numbering more than 4200 attended the WAC at Bengaluru. The largest number of visitors who participated in the AROGYA Expo was at Pune where more than 500,000 individuals took advantage of the Forum. The highest number of foreign delegates numbering 264 attended the Bengaluru Congress.

World Ayurveda Foundation now plans to hold the 6th edition of the Congress at Delhi in Pragati Maidan from 6th to 9th November 2014, when it is expected that the number of delegates and visitors would double the Bengaluru experience. In keeping with the past practice, it is proposed to hold four plenary sessions, 25 parallel sessions as well as providing scope for poster presentations. The associated events which are being planned include a Seminar on Medicinal Plants, a business meet coordinated by Pharmexil, an Editors Conclave, and international Delegates Assembly and a Guru shishya meet.

Goals of WAC

Having established itself as a vital platform for Ayurveda, WAC has set itself the following goals for the future:

- To facilitate acceptance and recognition for Ayurveda as a complete health system adoptable in all countries across the world
- To create appropriate platforms for ‘scientific backing’ of Ayurveda along with suitable infrastructure to popularize the outcomes
- To make Ayurveda an integral part of health-care management

Within the larger objectives, the specific key achievable identified are as follows:

- To create interest groups in 30 countries including those in the European Union, Association of South-East Asian Nations, the United Arab Emirates and North America
- To formulate international peer-review panels in basic and medical sciences for credible guidance and validation of research
- To initiate the creation of a network of medical institutions, laboratories, and universities across the world for aiding joint research and creating a database of management efficacy of Ayurveda
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About the Conference: Health has many facets – physical, mental, emotional and spiritual. The ancient Indian science of Yoga and Naturopathy has been found to be an effective strategy for health promotion, management of non-communicable diseases and for medical and psychiatric rehabilitation. This conference would cover both traditional insights and scientific evidence for Yoga and Naturopathy as a healing system. This conference would serve to be a blend of various cultures of Yoga and Naturopathy practices across the globe and their proven health benefits. It is specially organized to unite the qualified Yoga and Naturopathy Physicians and show the world as well the government and policy makers of our country, the strength of Naturopathy, avail government facilities like central registration, apex body, fill up the key posts in government sector, etc., and to create better opportunities for the Yoga and Naturopathy graduates.

Objectives of the Conference:

• Creating a global platform for all stake holders to engage in intellectual exchange to strengthen the evidence based practice of Yoga & Naturopathy
• To network with each other and to reaffirm their sense of purpose to establish Yoga & Naturopathy as a system of choice to deal with challenges of lifestyle diseases
• It showcases advances in relevant fields, orients students and facilitates interaction between health care professionals, therapists, academicians, policy makers, saints and health educators.
• A single largest platform to unite Yoga & Naturopaths across the world together; thereby capitalize on each other’s strengths and work towards evidence based traditionally authentic education and clinical practice of Yoga & Naturopathy.
• There is a desperate need to engage in high quality research to demonstrate the clinical benefits of Yoga & Naturopathy, thus meet the regulatory requirements in establishing Yoga & Naturopathy as a recognized system of healing.

Dr. Prashanth Shetty
Executive chairman
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Dr. Sudheer Deshpande
Registrar, S-VYASA

Dr. H R Nagendra
Chancellor, S-VYASA

Dr. Ramachandra G Bhat
Vice-Chancellor, S-VYASA

Mananeeya Shri H V Sheshadriji was born in 1926 in Bangalore. He completed his masters degree in Chemistry from Bangalore University. Having been inspired by the ideals and principles of the RSS from his childhood, he became a Pracharak (full-time worker) of the RSS in 1946 and played a pivotal role in the growth of the RSS in Karnataka. He held various responsibilities in the RSS such as Prath Pracharak, Kshetra Pracharak and finally became Sarkaryavah of the RSS in 1987. Due to his failing health, he retired as Sarkaryavah in 2000 and became Akhil Bharatiya Pracharak Pramukh, a post he held until his death.

An excellent writer, he received the Karnataka State Sahitya Akademi Award in 1982 for his work Torberalupe deep into the understanding. He also wrote several articles for the Vikrama, Uthana, Organiser, Panchajanya and other periodicals. His book "The Tragic Story of Partition" was praised by Sita Ram Goel and quoted by Prime Minister Vajpayee.

He was one of the most senior and respected leaders of the Sangh Parivar and inspired thousands of RSS workers. He commanded respect from the entire Sangh spectrum ranging from the top BJP leadership to the ordinary RSS worker. He made a major contribution in communicating nationalistic thoughts and RSS ideology to the masses through his brilliant speeches and writings. In late years of his life, he spent considerable amount of time in Prashanti Kutiram not only for his treatment but also to understand and practice several dimensions of Jnana Yoga, Bhakti Raja and Karma Yoga. He wrote regular articles every month and compiled the book on Yoga for social transformation. His precise language coupled with depth understanding made us take him as a guide of our research and books. His positive critique inspired us to grow to greater heights of excellence. He inspired and guided large number of Pracharak to come to Prashanti essentially for treatment; in the process he knew he is introducing them to the art of working in relaxation on one hand and to understand the essence of Indian culture. That trend of senior and other Pracharak who get burnt in their zeal, commitment, enthusiasm and hard work for years and years continues.

We believe in Prashanti that it is our great opportunity as an offering to the great personalities of our country. After leading a life devoted to the service of his nation and his countrymen, he left his body in 2005. His funeral was attended by thousands of people. It is our privilege to name our play ground in his memory by the present Chief of RSS, Paramapujaneeya Shri Mohanji Bhagawat.
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