Inauguration of Mananeeya Shri H V Sheshadri Memorial Stadium

Paramapujaneeya Sarasanghachalaka Shri Mohanji Bhagawat Rashtriya Swayamsevaka Sangha

www.svyasa.edu.in
S-VYASA gets 12B Status

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BY SPEED POST
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October, 2014

The Registrar
Swami Vivekananda Yoga Anusandhana Samsthan,
Bangalore,
Karnataka.

Subject: Proposal for 12-B status.

Sir,

This has reference to the proposal submitted by the University for 12-B status and subsequent visit of the UGC inspection Committee to consider the proposal. The report of the inspection Committee along with the compliance submitted by the Deemed to be University was placed before Committee of UGC members for consideration. The Committee recommended as under:-

"The Committee considered the report of the UGC’s inspection Committee along with the compliance report submitted by the Deemed to be University in respect of the observations/suggestions given by the Committee and decided to recommend approval of 12 B status to Swami Vivekananda Yoga Anusandhana Samsthan (Deemed to be University), Bangalore subject to the condition that the financial assistance under all UGC schemes shall be limited to those relating to teachers and students only."

The above recommendations of the Committee along with the Report of the UGC inspection Committee were placed before the Commission in its 504th meeting held on 17th October, 2014. The Commission considered and approved the recommendations of the Committee.

Yours faithfully,

( Charan Dass )
Under Secretary
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EDITORIAL

The biggest 6\textsuperscript{th} World Ayurveda Congress in Pragati Maidan, New Delhi was a good success with nearly 3500 delegates attending the congress and about 4 lakh people visiting the Ayurveda Expo. The scintillating speech by PM Narendra Modi\textashoveleft{Ji} calling for dedication to the science and practice of Ayurveda by the practising doctors on one hand, doing substantial research to establish the efficacy of the drugs, standardisation of procedures, regulation of the quality of drugs used, etc on the other hand would sure bring success to Ayurveda to be recognised as main stream medical system. The lecture by Union Minister Sri Ananth Kumar calling for development of quick acting drugs of Ayurveda to give immediate relief to the patients would attract people at large towards Ayurveda; this needs deep studies of the Shastras and unearthing the secrets of such formulations. Union Minister Dr. Harsh Vardhan was wonder stuck to see such intricate details described in Ayurveda and its holistic approach in the treatment of modern NCDs with life-style treatment modalities.

The World Hindu Congress 2014 in Ashoka Hotel in Delhi attracted nearly 3000 people from all over the world exchanging the principles and practice of Hindu Dharma, challenges faced by Hindus in different countries, youth, women and children the problems of conversion, etc. The Hindu economic forum brought prominent businessmen and industrialists together from nearly 50 countries. The enthusiasm of youth was clearly visible. Consolidating and appreciating the efforts of various organisations including NGOs, the congress decided to have its next one in London.

The main stream Diabetes Conference in Bengaluru with registrations crossing 5500 mark held in a very grand way in Karnataka Trade Promotion Complex in White Field. Inaugurated by Sri N R Narayana Murthy, the conference was conducted with very fine organisational excellence summarising the latest dimensions of research findings in the field by top Diabetologists of the world. The unparalleled efforts by the president Dr. Narasimha Shetty, the Director of Karnataka Diabetes Institute, was highly commended by one and all. The highlight of the conference was inclusion of Yoga Therapy as a part of the conference featured by the lecture of Dr. R Nagarathna for nearly an hour and Q&A for another 45 minutes. Our Yoga stall attracted largest number of visitors with nearly 10,000 people visiting the same in 3 days. The SDM campaign has been appreciated by one & all and many of them want to join hands with this vital movement.

The Subtle Energy Workshop in the campus was big success in training nearly 100 researchers in the field of GDV and Nadi Tarangini. The long awaited phantom leaf effect and tracking the difference between live leaf and dead leaf have been unravelled, thanks to the famous expert Dr. Konstantin Korotkov. Look for details in the next issue.

The main emphasis in all these conferences is the aspect of Holistic Approach and life style modification. The essence of Yoga way of life got resounded in various forms and languages. Yoga as a science of holistic living featured by health and wealth, peace and harmony in the society. To usher in a new era of world peace and brotherhood - the message Swami Vivekananda had given more than a century ago. With these developments, we march ahead into a new Era of Spirituality and Yoga from the Era of Science and Technology.
The word Akasha symbolizes a universal phenomena which is called Brahman in the Vedantic context. In modern physics, space has become very creative domain for research. All types of universal phenomena are within the perview of space. Brahman is considered to be beyond time and space. In the Upanishadic context, the word Akasha refers more to Brahman, less about mortal sky. Normally, Akasha represents the highest order of purity, infinity and ability to accommodate (Antaryamitva) whereas the so-called sky is confined by name and form (nama & rupa). Akasha cannot be a confined structure (A + Kasha meaning infinitely illuminating). The Vedic etymology is very much akin to the theory of everything, Brahman. So, sutrakara gives a profound spiritual waitage for this word Akasha. Samskrita lexicography approves this spiritual understanding of Akasha. In this Upanishadic context this statement substantiate the realistic understanding of Akasha phenomenon. It was very clear to me when I discussed the physical concept of space with nuclear phystist that the modern science is also trying to break away from its old concept of space. A great spiritual master in Kannada literature from Shaiva school of philosophy, Sri Allamaprabhu elaborates it in his own religio-spiritual background. Many great spiritual masters like him have taken Akasha as a nearest and dearest image of Brahman. While writing Bhashya to this aphorism Adi Shankara clearly presents his refined thoughts giving no place for dilemma, तेष यदन्तरा तद्दूष्टं स आत्मा अकाशो वै नाम नामस्योनिन्यित्तिता।

This statement also substantiate all comprehensive nature of Akasha. Thus, Akasha becomes an evident proving factor for the existance of Brahman. Thus this adhikaranam restates the proven factor in the previous adhikaranam आक्षास्त्तिदिव्यपदेशात्।

to be continued...
Inauguration of the Stadium
in memory of Mananeeya Shri H V SheshadriJi
by Paramapujaneeya Sarasanghachalaka Shri MohanJi Bhagawat

Mohanji Bhagawat in S-VYASA

The whole Prashanti family recently had a cherished occasion on 17th November 2014 when Mananeeya Sri Mohanji Bhagawat, Sarasanghachalak of Rastriya Swayamsevak Sangh visited S-VYASA Yoga University campus to inaugurate Late H V Sheshadri memorial stadium. Late Sheshadriji was the organising secretary of Sangh (Sarakaryavaah). After occupying various responsibilities at Karnataka state level and national level, Sri Sheshadriji played a very vital role while structuring many highly devoted personalities in Sangh and other organisations such as Prashanti Kutiram, Rastrothan Parishat, Janaseva Vidya Kendra in Karnataka. He was gold medallist in Chemistry in M.Sc. After having served as lecturer in a few colleges, he determined to dedicate his entire life to Sangh Karya, having drawn inspiration from Late Sri Yadavrao Joshi, who was very closely associated the founder of RSS, Dr. Keshav Baliram Hedagevar.

A domain for Dawn

A chapter for new renaissance opened when Swami Vivekananda gave a clarion call from the source of the Upanishads, declaring that all are children of immortal bliss \((Amritasya putrah).\) That was the time when a group of people were aggravated by the shackles of slavery imposed by foreign rulers. On another side, fight for freedom led by great freedom fighters like Lokamanya Balagangadhar Tilak, Bankim Chandra Chatterji etc. were blowing the conch symbolizing the ancient Indian ethos motivated by ancient Rishis. It is a well-known natural phenomenon that as the darkness of the night gets thickened in the morning, the auspicious Brahma muhurta sanctifies the period paving way for an emergence of golden rays at the eastern horizon which is a prelude for another sun-filled day.
No nation marches forward by mere slogans, shouting and showy, noisy emotional outpourings. Swami Vivekananda said that he wanted persons who are totally loyal to the cultural backbone of this nation. Any nation marches ahead when proper organisers, skilful planners, competent and highly dedicated leaders work in harmony aiming at a single destination. This mission was taken by Dr Hedagewar, when he started Sangha Shakha- A nitya yoganushtana Kendra for developing spiritually rooted, individually vibrant, socially productive and emotionally patriotic personalities through various indigenous sports activities such as Wrestling, Yogachapa, Yogasana etc. This socio-cultural organisation inspired many people to take up their own mission for various kinds of service activities like organising learning activities for socially downtrodden people, tribal people in 7 area like Arunachal, Meghalay etc. Inspired by Sangh philosophy, great leaders like Ekanth Ranadeji, took upon themselves to launch a national movement making Vivekananda Rock Memorial at Kanyakumari. Dr. H R Nagendra and Dr. R Nagaratna, Late Lakshmi Amma all of whom drew inspiration from such great personalities, pioneered Prashanti Kutiram near Bangalore.

A stadium for Krida Yoga

Amidst various kinds of Yoga related activities here in the campus our students coming from
different countries, naturally feel refreshed by participating in different types of sports and games. In this S-VYASA Yoga University sports and games also are part of Krida Yoga activity which enables our students to grow in an all round fashion. While inaugurating the stadium, the chief of RSS Sri Mohanji Bhagawat aptly elaborated the background and dedicated the stadium to the memory of Sri H V Sheshadri. According to him Sheshadriji was a role model Yoga master through his balanced approach (SAMATVAM), skilful accomplishment of duties and control of emotions.

The above said scriptural references summarize the guidelines for Yoga oriented human journey. Sri Sheshadriji was very particular in practicing and teaching of Yoga life. He used to see that every pracharak adopts this yoga life and maintains physical and psychic health for Deerghakala (for long time), Nirantara (continuously) committed work style. Avoiding all sorts of extremities, Sheshadriji used to adopt a moderate approach while dealing with crisis. During his tenure Sangha suffered ban, political onslaught and prejudiced approach from different quarters. Sheshadriji’s insight and in-depth information could convince even the opponents who are habituated to negative approach to Sangh. A stadium in this campus reminds and perpetuates Sri Sheshadriji’s ideas, approaches and contributions in rejuvenating Hindu ethos.

A dawn for development

India’s new suprabhata (sacred dawn) is carrying a message of Yoga and Vedanta to all nooks and corners of the globe. Yoga, Ayurveda and Jyotir Vijnana are emerging as neo-prasthanatraya of modern times. Mantra of development can never be sustainable without eco-friendly health awareness. Yoga is the only panacea for all kinds of psychosomatic problems which are haunting the new generation much like terrifying ghosts and witches.

Kridayoga is very much attractive to young minds. Sangha introduced these games in its daily Shakhya long before for culturing Swayam sevaks’ total personality. Many such games are very much indigenous and originated from Indian village culture. In Kridayoga both creation and recreation are well taken care of. Authorities of S-VYASA want this newly inaugurated stadium to flourish as an active centre for Kridayoga. The Chancellor Dr H. R. Nagendra, Vice-Chancellor Prof. Ramachandra G Bhat, Sri Mohanji, Secretary of Vyasa shared the dais and exchanged their views with participants in a fully packed Mangala Mandir.
Anvesana Research Laboratories
Lab Tour by Shri MohanJi Bhagawat

Yoga Instructor Course (YIC) 152nd Batch - Nov, 2014
1.6

Perception, Misconception, Fancy, Sleep (memory) and Inference are considered as different perceptions. A correct perception is where consciousness is focused on knowledge and not on the external world. Misconception is where one’s understanding is flawed due to incorrect perception. Fancy is when one’s perception is not focused on reality. Sleep is when one’s consciousness is not focused on anything. Testimony is when one’s perception is focused on knowledge.

1.7

Perception, Inference, Testimony are considered as different perceptions. Knowledge is when one’s perception is focused on the external world. Misconception is when one’s understanding is flawed due to incorrect perception. Fancy is when one’s perception is not focused on reality. Sleep is when one’s consciousness is not focused on anything. Testimony is when one’s perception is focused on knowledge.
Bengaluru, Nov 21-23: Research Society for the Study of Diabetes in India (RSSDI) has organised its 42nd Annual Conclave at KTPO, Whitefield. Since, S-VYASA is active in Stop Diabetes Movement (SDM) got an opportunity for the active participation in the conclave.

On 23, The Chief Medical Director of Arogyadhama Dr. R Nagarathna delivered a address on Yoga and Diabetes.

S-VYASA information centre and SVYP sales counters were installed there.

A short film by S-VYASA on RSSDI: https://www.youtube.com/watch?v=MtKXglWnekg&list=UUgP0oLDcS1iQErsS5gyU0fw
Bengaluru, Nov 14: The World Diabetes Day celebrated in Prashanti Kutiram, the headquarters of S-VYASA Yoga University at Jigani. RSS Akhila Bharatiya Karyakarini member Sri Madandasji, Karnataka Ayurpark Chairman Sri JSD Pani, Businessman Sri Maheshwari, S-VYASA Chancellor Dr. HR Nagendra, S-VYASA VC Dr. Ramachandra G Bhat and Arogyadhama Chief Medical Director Dr. R Nagarathna were there.
VYASA-Hyderabad celebrated World Diabetes Day

Nov 14: VYASA Hyderabad has taken upon itself to the task of creating awareness about the causes, effects and the solutions for Diabetes. The Diabetes Awareness Campaign was during the month of November, 2014. The campaign educated the people about the main causes for diabetes being (i) Age (ii) Sedentary Life Style (iii) Obesity and (iv) Hereditary. Age and Hereditary being not in our hands, we motivated people to do what is in our hands i.e. Exercise / Yoga / Physical Activity which reduces obesity and the risk of diabetes.

The complications arising of diabetes are mainly on the most sensitive and important organs viz. Eyes (Retinopathy), Heart (Heart Diseases), Kidney (Kidney failure) and Neuropathy (Amputation of lower limbs).

VYASA Hyderabad has put before the community the 35 years of research in Yoga for the management, prevention and reversal of diabetes by VYASA, Bengaluru (SVYASA Yoga University).

The campaign started from 1st Nov. 2014 which culminated with a “Walk for Diabetes” on 14th Nov. However, the campaign will continue during the month.

Walk for Diabetes: As part of the campaign VYASA Hyderabad has organized a “Walk for Diabetes” in association with KBR Park Walkers Association and Youth for Seva. On 14th Nov.2014 at 6.30 am the program started. Sri Kamineni Srinivas, Health Minister, Govt. of Andhra Pradesh was the Chief Guest. Sri Kishan Reddy, MLA, Amberpet & President, BJP Telangana, Sri Chintala Ramachandra Reddy, MLA, Khairtabad, Dr.B.K.Sahay, Dialectologist, Dr.Aditya Bapuji, Nature Cure Consultant were the Guests of Honour. Dr.Subramahnyam, Pro Vice Chancellor, SVYASA was the speaker on the occasion. The Chief Guest and the Guests of Honour flagged off the “Walk for Diabetes” and participated in the walk. More than 200 enthusiasts participated in the walk. Namaste India Yoga Centre, Youth for Seva and Sidharamaiah Park Walkers Association participated in the work and the event. Dr.Bhaskar Rao, Chairman, KIMS Hospital was also the Guest of Honour and KIMS Hospital was also the Guest of Honour and KIMS Hospital arranged for a free Blood Glucose Test on the occasion.

The campaign was supported by Sri JaiShivshakti Health & Education Foundation, Bangalore and BSPCL Infrastructure Ltd., Hyderabad.
World Diabetes Day in Mumbai

Kalyan (west), Nov 15: Bharati Purohit Yoga Samsthana (BPYS) – S-VYASA, Kalyan with Association of Diabetes Care and Prevention (ADCP) organized Diabetes Day awareness programme at Icon hall.

Dr. Nagarathna R (M.D) – Dean, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) came from Bangalore for Inauguration. She gave insight how Yoga works for Diabetes. Her example of M-M-M (Mastery over Monkey Mind) is the key to understand and bring all together different change in ourselves to combat Diabetes. Dr Nagarathna is called didi with respect and affection. She was here for two days and had one to one session with patients like Nephrotic syndrome, CHRONIC Renal failure, Juvenile diabetes, Diabetes patients who were benefitted regular yoga session run by S-VYASA Kalyan.

Dr. Sudhindra Kulkarni M.D, D.M from Fortis Hospital guided Audience about Diabetes care from Modern Medicine perspective. Insulin resistance is the cause for raised sugar, hence Proper lifestyle measures like Yoga/Exercise, Diet, Medicine forms the basis of lifestyle.

Dr. Shashi Singh M.D ADCP President Kalyan chapter briefed about the activities of the forum. She said forum is here as a friend to guide diabetics. The team efforts are paying the result. She emphasized that she herself is benefited due to lifestyle measures with yoga. She thanked Bharati Purohit Yoga Samsthana particularly couple Dr Amit & Dr Mamta Mishra.

CHUPE RUSTAM, a street play, nukkad play was staged by yoga students of Bharati Purohit Yoga Samsthana (all ladies) on Hypertension & Diabetes. Seema Singh, Kavita Mishra, Smt. Mita Ranade, Padma, Pushpa, Miss Medha Mishra, Madhuri Patil, Leena Jadkar, Surekha Wagh, Sushma Parab, Seema Bhalerao were Participant. Director Nirmal Vaid came from Delhi with Dr. Sushrut, whose brain child was behind the act.

Sugar and Blood Pressure check up was done for 300 people who attended the programme.

Chief Guest of Programme shri Ramnath Sonawane Commissioner KDMC accepted that Ayurveda & Yoga forms the basis of his lifestyle management. He said city health barometer is measured by wellness measures taken by citizens. Hence asked everyone to take steps to keep self, society and nation clean & healthy.

Vote of thanks was given by Dr. Kakarmath.
Eknath Bhavan: The World Diabetes Day Program in Eknath Bhavan, City Centre of S-VYASA Yoga University was successfully conducted on 14th November 2014 from 4.00 p.m. to 6.30 p.m.

To run-up this event, following SDM and/or YIDm camps and awareness programs about Diabetes had been conducted in Bangalore from the past 2 Months:

1. 1 YIDM Training and 1 SDM camp at Shrirampuram
2. SDM Camps at Hulimavu and Udayabhanu Kala Sangha, Gavipuram
3. SDM Camp at ETA Gardens, Binny mill
4. One day “Yoga and Diabetes awareness” workshop at Rajajinagar College of Education, Rajajinagar
5. SDM camp at Hesarghatta VASK Centre.

A total of 80 people attended the program. Mr. Murgesh Mudaliar, Cooperator of Adugodi Ward was the Chief Guest. Program included Bhajan, Chief Guest, Talk by Prof. Raghuramji, felicitation of organizers of SDM camps in and around Bangalore, Survey training and Distribution of Study Materials to the YIDM students, Bhavageetha and some snacks.

More SDM Camps are in Pipeline in next 6 months. YIC students were motivated to do YIDM which is going to be held from 01/12/2014 to 15/12/2014 at Eknath Bhavan.
Yoga For Respiratory Disorders
Summary of Research Findings at S-VYASA

• Yoga improves lung functions.
• Yoga decreases the need for medication in asthma patients.
• Yoga increases positivity, enthusiasm and relaxation of body and mind.
• Yoga therapy is cost-effective, relatively simple to learn and carries minimal risk.
• Netikriya (warm saline nasal wash) is especially helpful as it removes excessive mucous secretions, decreases inflammation, and reduces bronchial hypersensitivity thereby making the lungs less susceptible to asthmatic attacks.
• Yoga-chair breathing helps to divert the mind and move the individual into a relaxed serene mood. It also builds up the self-confidence by observing co-participants get over their asthma attacks. It also develops internal awareness leading to a perception of the respiratory passages. The slowing down of the entire system leads to the stabilization of the nervous system thus reducing hypersensitivity.
• Kapalbhati, through forceful exhalations, improves the capacity to exhale against resistance. It is also seen to have a bronchoprotective or bronchorelaxing effect. This is very helpful in cases of bronchitis.
• Pranayama decreases anxiety by calming down the mind and reducing pulse rate.
• Yoga relaxes the muscles, and this deep mental and physical relaxation has a stabilizing effect on the activity of bronchial muscles, which reduces the broncho-spasm (constriction).
• People with tuberculosis practicing yoga have shown to have a definite decrease in their symptoms and even the level of infection and on the other hand an increase in their weight and also lung capacities.

List of Publications

**Arogya AdhAm A dAtA - Sept & Oct, 2014**

### 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.

### Ailments Treated in Arogyadhama (Section Wise)

- **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
- **Pulmonology:** Bronchial Asthma, Nasal Allergy, Chronic Bronchitis
- **Cardiology:** High BP, Low BP, Heart Disease (CAD)
- **Psychiatry:** Anxiety, Depression, Psychosis, OCD, mental retardation
- **Rheumatology:** Arthritis
- **Spinal disorders:** Acute and Chronic Back Pain, Lumbar Spondylosis, Disc Prolapse, Scoliosis, Neck Pain
- **Metabolic disorders:** Diabetes
- **Gastroenterology:** Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis
- **Endocrinology:** Obesity, Thyrotoxicosis
- **Promotion of Positive Health**
- **Eye Problems:** Short Sight, Long Sight, Astigmatism, Squint, Early Cataract, Glaucoma
SDM camp at Gokak

Gokak, Nov 15 - 23: With having technical support from S-VYASA Yoga University of Bengaluru, Mallikarjun Karajgimath of Manasakshi Foundation International organised a 7 days Stop Diabetes Movement camp. Around 50 participants had the benefit of the camp. In that, 30 participants were diabetics. The camp has given an introduction on Yogasana, Pranayama and Dhyana (meditation). Daily a session of 2 hrs was there.

From the University Dr. Praveen, Dr. Sushma had led the consultation and counselling. The therapist Mr. Jayant conducted Yoga sessions and Mr. Kirit co-ordinated the whole event.

Yoga Instructor Ms. Pushpa of VYASA, Singapore is getting People’s Associations Star Award 2014 by Singapore Govt.
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. On line International Journal of Yoga
8. On line 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 S-VYASA
4 Book on Organisers Manual
5 Periodic updates and training provided by S-VYASA
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 S-VYASA in Prashanti Kutiram

YOGA THERAPY

START
STOP
BE

DIABETES

HEALTHY

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
A Case Report: Reduction of Temporo Mandibular Dislocation

INTRODUCTION:

The facial area is one of the most frequently injured areas of the body, and the mandible is one of the most common maxillofacial bones dislocates because of its prominent position on the face, the powerful muscle attachments and the lack of support (Bradley, 1985; Dongas & Hall, 2002; Wanger et al 2008).

Dislocations occur when two bones that originally met at the joint detach. Dislocations should not be confused with Subluxation. Subluxation is when the joint is still partially attached to the bone.

When a person has a dislocated jaw it is difficult to open and close the mouth. Dislocation can occur following a series of events if the jaw locks while open or unable to close. If the jaw is dislocated, it may cause an extreme headache or inability to concentrate. When the muscle's alignment is out of sync, a pain will occur due to unwanted rotation of the jaw.

CASE HISTORY:

We had a participant in the section D in the month of June 2014 with pain in his left side of the face just in front of the ear.

He was unable to open his mouth properly and completely.

When we asked about the history of pain he mentioned as he got mild pain in front of the ear and unable to open mouth completely he went to dentist for his teeth check up thinking it may be a dental problem.

The dentist opened his mouth wider to look inside and advised to take soft diet. This happened for so many times as his dentist was giving him some treatment.

He mentioned he was feeling the obstruction in right side of the throat before this complaint arose. He had complaint of cough and cold frequently and allergic to dust.

He did not found any relief with that treatment and he decided to visit Prashanti.

ASSESSMENT:

As soon as he reported to me in physiotherapy department I examined the ROM (range of motion) of jaw by asking him to open his mouth. He was having pain in front of the ear of left side while opening the mouth and was unable to open wide.

It was suspected as Jaw dislocation and advised to go for an x-ray.

The x-ray showed grade 1 anterior dislocation.
MANAGEMENT:

Along with the sectional practices in section D we planned to give pain relief, reduce the dislocation and strengthen the jaw musculature.

Pain relief: - for this we choose the ULTRASOUND THERAPY around the jaw in front of the ear. Care has been taken not to touch the ear and sub mandible lymph nodes.

Intensity 1.5 MHz for 08 minutes.

Reduction of dislocation: - for this we choose the TAPING TECHNIQUE OF JAW. We supported the jaw with tape (micro pore). The sequence of taping shown below.

With this we advised the participant to have a bandage around his head to strengthen the taping.

We asked him to remove the bandage and tape in the night and we did this continuously for 06 days.

We advised him to be on soft diet and not to open his mouth wide.

STRENGTHING OF THE MUSCLELS:

We showed him some jaw strengthening exercises and asked him to do those at least 10 reputations of each.

Just before get up or go to bed. Sit upright in a chair to perform all the following manoeuvres:

1. Close mouth and make sure your teeth are touching but do not ‘clench’ you teeth, resting the tip of your tongue on your palate just behind the upper front teeth.

2. Run the tip of tongue backwards towards your soft palate as far back as it will go, keep your teeth together.

3. Force tongue back to maintain contact with the soft palate and slowly open your mouth until you feel your tongue being pulled away. Do not open your mouth any further. Stay in this position for five seconds then close your mouth and relax.

4. Repeat this whole procedure slowly but firmly.

5. Relax shoulder blades and let lower jaw relax. Proper posture ensures a better jaw workout.

6. Relax tongue and make the “M” sound. Keep jaw relaxed, and make sure teeth don’t touch. Move lower jaw up and down and side to side to warm up the muscles.

7. Open mouth as wide as possible without inducing pain and move jaw back and forth. Repeat this action at least 10 times and then relax jaw muscles.

1. Alignment:

Do this one in front of a mirror; put tongue on the roof of the mouth, rested behind top front teeth. Open mouth slowly, taking notice in any lateral (sideways) movement of teeth. Once open it to the largest can without any strain,
close it, looking for the same lateral movements. If there are any, do the exercise slower. The goal is for both of jaw joints to have equal control over mouth, which usually isn’t the case in TMJ disorders.

2. Joint Strength:

For this exercise, use palm and slowly push on one side of jaw. The bottom of hand should be pressuring chin. Push back with jaw, but make sure teeth are aligned. Start off slowly (no jerky movements!) with a small amount of pressure, and if it doesn’t hurt, push a bit harder. Do both sides; the point of this is to generally increase the strength and control of the joint.

3. More joint strength:

Push down on bottom teeth with fingers, and push up with jaw. It helps strengthen the vertical muscles around the TMJ. If one hand isn’t enough, use both hands – just don’t bite down.

After 06 days of continuation of these exercises we asked the participant to take one more check x-ray.

The x-ray showed the reduction in the joint position and looked normal.

The participant was feeling better; the pain has decreased and was able to open the mouth bit wider than initially.

Ayurveda Treatment: Facial massage in which main emphasis has given to jaw with mild pressure to decrease pain and muscle spasm, karna poorana gave for 03 days.

Naturopathy Treatment: Neutral immersion bath with epsom salt gave for 02 days and partial massage to head, neck & spine along with neutral spinal spray gave for one day.

Yoga Therapy: He learned the voice culture for strengthening of jaw special techniques along with kriyas. He learned pranayama, cyclic meditation, mind sound resonance techniques and relaxation techniques.

REFERENCES:

INTRODUCTION

In the last issue of Yoga Sudha, we saw how research in the principles of Yoga could enhance our understanding of human physiology. We continue this theme here. Brain and consciousness research with respects to different modes of meditation has converged into categorizing brain activity in meditation into three specific ways, as presented in the last issue. Entrainment and coherence are two interesting ways we could influence the body-mind complex. Let us look briefly regarding entrainment in this paper; its definition and impact while carrying out practice of Yoga angas.

Entrainment is a process by which a signal, say a flashing light from an external source could drive the electrical activity (EEG) of the brain [1]. Under such conditions, the brain wave could become entrained or locked to the external driving frequency. Early work on biofeedback from IIT, Madras showed that entrainment of alpha waves of the brain could enhance alpha activity itself thereby bringing relaxation response (as it is called presently). The initial idea of starting these experiments was to answer two questions: 1. Is it possible to ‘inject’ brain waves of experienced meditators to entrain the brain waves of novice meditators to enhance quality of meditation of the latter? 2. Is it possible to somehow ‘couple’ such brain waves to patients with epileptic tendency so that these abnormal waves (and hence their physical manifestations) could be reduced?

Well, after many experiments, it was found that one person’s EEG could not drive another person’s brain activity. However, one’s own brain waves (when properly synthesized) could enhance one’s alpha frequency providing a ‘meditation-like’ restful alertness. [Note this is presently called relaxation response (RR); it has nothing to do with dhyana. RR could confer some physiological benefit, not transport one to transcendence!] We called this Non-volitional Biofeedback which is still being used for achieving relaxation so that healing of the body could proceed unhindered. See figure 1 for details of this system. EEG is derived from standard locations from the scalp and is processed to provide only one waveform at a time; this waveform (say, the alpha wave) triggers a soft white light. Thus the light output is in synchrony with a specific ongoing EEG activity of the person. With proper adjustment of the electronics, it is possible to enhance one’s own alpha waves thus creating relaxation and restful alertness. Thus we could achieve entrainment of any particular brain wave from ongoing activity itself with some interesting clinical results [2].

![Figure 1: Non-Volitional Biofeedback System](image)
AMOLECULE FOR A MANTRA: ENTRAINMENT THROUGH CHANTING MANTRAS

While instrumental entrainment is interesting, there is perhaps easier and more effective way of entrainment through chanting mantras. Is it possible to stimulate molecules in the body through mantra chanting? Work has hardly started in this area; however, entrainment and its effect are possible if proper intonation in chanting is provided to the person. An interesting work compares chanting OM to a non-vocalized sound (saying ‘ssss’) to distinguish between the two resulting brain wave activities [3]. “In summary, the hemodynamic correlates of 'OM' chanting indicate limbic deactivation. As similar observations have been recorded with vagus nerve stimulation treatment used in depression and epilepsy, the study findings argue for a potential role of this 'OM' chanting in clinical practice”. Depression and epilepsy are results of lack of specific molecules in the brain. Hence, with OM chanting, it is perhaps possible to stimulate the availability and uptake of these molecules for reestablishing normal functioning and for alleviating the symptoms. This area needs intense study to establish the role of mantras in health and in management of specific disorders.

Another paper summarizes the effects as follows: “The utterance of Om consisting of the three letters A, U, and M covers the whole process of articulation. This sound represents the primal vibration from which all other sounds and creation emerge. It is considered that one who attains Om, merges with the Absolute. Scientific studies on Om suggest that the mental repetition of Om results in physiological alertness, increased sensitivity as well as synchronicity of certain biorhythms, and an increased sensitivity to sensory transmission” [4]. The sound should be at different tonal level for each person since the cranial cavity is of different dimension in each. It is not sure if this was followed in either of the above investigations. We may deduce at this time that the vibrations cause concomitant electrical activity in the cortex of the brain which enhances many sensitive functions of the brain through expression of specific molecules.

It is possible each specific mantra, when chanted would affect each type of molecule in the body. This effect is already studied through coupling electromagnetic fields to the cells from outside the body. Every molecule (for example, sodium) has a specific electromagnetic resonance frequency; when the cells are exposed to that specific frequency, concentration of the molecule inside cells could change. A voiced sound, as in subdued vocalization of a mantra, is expected to produce similar results. Electromagnetics effects are always very complex, a double edged sword as it where, and one should be careful in applying these fields. A voiced sound is a much
safer method of inducing proper molecular concentration within the body. Lot more research is required to bring the knowledge of vibratory mechanism of mantras both for transactional health and for transcendence. Only intense research in this area could widen our knowledge of physiology, psychology and expansion of consciousness in practitioners.

MENTAL STATES AND ENTRAINMENT

Is it possible to entrain mental states so we cantidy over negative mental attitudes and consequent emotional states of depression and dejection? Some research in this direction reports that it is possible to examine one’s emotion and readjust it towards positive outcomes. Emotional states affect autonomous nervous system activity along with changes in Heart Rate Variability (HRV) and respiration. It has been noted by some researchers that negative emotions could change HRV into a disordered outcome [5]. Positive emotional states – such as feelings of compassion and caring – enhance HRV parameters and improve cardio-respiratory entrainment. In cases of experiencing depression and anger, one needs to think of positive situations and bring in thoughts of appreciation and love. This shifts HRV values towards more healthy levels and also entrains respiratory and cardiac rhythms. In other words, intense thinking alone could bring about a positive (or negative) response in the measurable electrophysiological parameters.

The results of the above mentioned studies indicate that cardiac entrainment is possible. If trained in positive mental attitude and outlook, subjects feel inner peace and ‘heightened intuitive awareness’. This could be due to increased afferent baroreceptor activity. Baroreceptor activity is observed to inhibit sympathetic outflow from the brain to peripheral vasculature. In contrast, stress which increases sympathetic activity inhibits baroreceptor activity. Fig 2 gives an overview of this model.

CONCLUSION

It is seen that entrainment in the biological system could be an important offshoot of trying to understand the practice of mantra chanting and even of positive thinking. More research is needed to confirm the statements made here; however, it is appropriate to say that many innocuous and casual thinking could have profound effects on the brain-heart nexus. Simple utterances such as Satyam Vada (tell the truth) and Dharmam Chara (practice dharma) repeated many time in a day could bring profound changes in the outlook of children and contribute to one’s own inner peace and initiate global peace.

REFERENCES AND NOTES

[1] Tina L. Huang and Christine Charyton, “A Comprehensive Review of the Psychological Effects of Brainwave Entrainment”, Alternative Therapies, 2008, 14:5, pp. 38 – 49. This paper summarizes what we call open-loop EEG feedback systems that are not derived from the waveform of one’s own EEG, but are ‘free running’. A physiological model is difficult to present with that type of inputs. Further, extreme care is required to make sure photic induced seizure-like waveforms are not produced with these free running inputs.


Blessed are the pilgrims who have seen the Manasa Sarovar. More blessed are they who have had a holy dip in it. Most blessed are those devotees who understand the significance of the sacred lake and transform their own minds into a replica of the Manasa Sarovar.

Manasa Sarovar is unique because of its transparency and tranquility. A coin at the bottom of the lake there can be seen from above. Water in it is pure, clear and transparent. Since it is free from waves, it is ever still and serene.

Every human mind can be trained to be a Manas Sarovar, a mind- lake of clarity and serenity, transparency and tranquility, openness and stillness, if only one practices yoga. It is only when the mind is freed from all impurities and thought waves, it can reveal the hitherto hidden divinity within.

“Each soul is potentially divine”. All are children of God. Every person is endowed with a gift. There is love hidden in every heart. There is the Atman present in every individual. If one takes to the path of yoga, one can easily manifest that divinity. Yoga is the certain pathway to perfection. It is God-realization that is assured by yoga. The latent talents are sure to shine in the service of society, if one takes to the practice of yoga. The hidden love gets purified in the practice of yoga. The atman which is eclipsed will certainly be seen and is sure to shine when we observe the yogic practices. The only thing that we have to do is self purification for transparency and cessation of the thought-waves for serenity. If we succeed in the attempt through yoga, we are sure to be established in a state of blissful awareness.

But unfortunately, the minds that try to practice yoga are initially found to be contaminated with certain impurities such as, lust and greed, anger and conceit, miserliness and possessiveness, envy and jealousy and so on. Therefore the progress in the practice of yoga is impeded. Not only because of the impurities, but because of the persistent flow of thoughts like waves, our progress towards the goal is often obstructed. The impurities deprive us of the transparency and the thought waves disturb our poise. The net result is, we are stranded.

Pranayama and Pranavanada are sure to help solve all the problems. It is no doubt difficult to purify and pacify the minds. As Shri Krishna in the Bhagavad Gita says, it is verily very difficult to control the mind, ‘मनोविनियमं’. It is hard to arrest the mutation of the mind, but it is not impossible after all. By the rigorous practice of yoga (Pranayama and Pranava) it can be stilled and purified. These sure ways of yoga are being taught in the yoga university at Prashanti Kutiram.
Bengaluru, Nov 2: That was the Sunday morning. Ravindra Kalakshetra was glittering with the assembly of Yoga Sadhakas and Poshakas who gathered there to offer the tributes to (Late) Yogacharya Dr. BKS IyengarJi.

IyengarJi is a legend considered to be the Bheeshma Pithamaha of Yoga. Recently, on Aug 20, 2014, by completing 96 yrs of Yogic Journey, his soul passed away.

To offer tribute to the legendary soul, a program ‘Yoga Nudi Namana’ was organised by Karnataka State Yoga Academy in support of Dept. Of Kannada & Culture, S-VYASA Yoga University and all other Yoga Institutes & Yoga teachers of the state.

His Excellency the Honourable Governor of Karnataka Sri Vajubhai ValaJi was the Chief Guest of the program.

He expressed on the tragedy of the people who are marching away from Yoga based natural lifestyle to western culture which provokes...
towards the artificial way of livelihood. Gym can give physical strength, but yoga takes care of in and out of the human beings.

He was unhappy to note that nowadays people are becoming wealth centric. Money is becoming key for all.

To stop this trend and to establish the glory of Sanatana Sanskriti he advised to introduce Yoga based education from the 1st standard itself as happening in Gujrat.

Then, Dr. HR Nagendra, the Chancellor of S-VYASA Yoga University delivered a keynote address on Stop Diabetes Movement (SDM) and how Iyengar Yoga is helping to manage the crisis of diabetes.

On this holy day, Sri KA Dayanand, The Director of Kannada and Culture Dept, launched Karnataka State Yoga Academy. And ‘Yogavathari’ a biography on Iyengarji’s life and
achievement, by Dr. Raghavendra Pai released during the occasion.

Shwasa Guru Vachananda SwamiJi, Arogyadhama Chief Medical Director Dr. R Nagarathna, Dr. Raghavendra Pai of Mysore Vedavyasa Foundation, Former Director of AYUSH Dept. Sri GN Srikantaiah and many more distinguished guests, Yoga masters and patrons were graced the occasion.

As a part of the program pictorial exhibition on the life and achievements of IyengarJi was arranged.

Felicitation to Dr. H R NagendraJi  
Felicitation to Shwasa Guru Vachananda Swamiji  
A movie on Dr. BKS  
Swagatam...  
Dignitaries...  
Exhibition
New Delhi, Nov 6-9: For the first time in the history of World Ayurveda Congress, the Indian government publicly supported both the Congress and the associated Arogya Expo, which were held in three adjacent pavilions at the Pragati Maidan complex in New Delhi from 6th to 9th November. The two major cosponsors of WAC6, as it was known, were Vijnana Bharti and the Department of AYUSH, which was formally upgraded to the ‘Ministry of AYUSH’ the day that the event ended, in recognition of the vitally important role that the various AYUSH systems of medicine have to play in restoring the nation to health from its current crisis in chronic disease.

Vijnana Bharti’s Chairman, Padma Shri Vijay P. Bhatkar, also Director of IIT, Delhi, and developer of India’s 8,000 and 10,000 series of Param Supercomputers, inaugurated both events, together with the then Minister of Health and Family Welfare, Hon’ble Harsh Vardhanji. Such was the BJP Government’s emphasis on its importance that no less than 7 Government Ministers attended the event. The host of private sponsors included such lights in Ayurveda as the Puranik family’s Gujarat-based Dhoota Papeshwar, and the Kotakala Ayurveda company in Kerala. All major Ayurveda companies had large stalls at the expo: Maharishi Ayurveda, Zandu, Dabur, Himalaya from Bangalore, those belonging to Sri Sri Ravishankar, and Swami Ramdev, etc. Many friends of S-VYASA were represented such as Atreya Computing from Pune, developer of the Nadi Tarangini system of Ayurvedic pulse analysis, researched and used extensively at S-VYASA’s Arogyadhama and Anvesana Research Laboratory.

Most impressive was the huge body of international support for Ayurveda from all countries in the region. Governments of many countries sent ministers, including Bangladesh, Bhutan, Nepal Sri Lanka, Uzbekistan etc.; most of the SAARC and ASEAN nations were represented. The Government of India made it clear that the entire South Asian region regards the devastation to human health inflicted by modern drugs and their mindless use by the medical profession, as totally unacceptable to
the peoples of the region. It is time for the local systems of medicine, such as Yoga medicine practiced at S-VYASA to be integrated into a system of Integrative, Drug-Free Health Care.

The Arogya Expo was inaugurated by Bhatkar and the Minister of Health on the Thursday morning, while the more academic and scholarly WAC itself was inaugurated the following day, in conjunction with the chief foreign guests, all of whom expressed both admiration and unqualified support for natural, drug-free medicine.

The Prime Minister, Narendra Modi, reserved his participation for the valedictory function on the Sunday. Unfortunately his brilliant speech was poorly reported in the press, who have little idea of the magnitude of the undertaking that his government is undertaking to try and put an end to the disaster being wreaked on modern India by allopathic drugs. The Indian Express, for example, was particularly at fault, only reporting criticisms, and not the great and broad initiatives that the PM outlined in his government’s strategy to broaden Ayurveda’s acceptance at home and abroad and to increase exports of expertise, merchandise and personnel.

Nevertheless, with regard to allopathy, Modi emphasized that the two systems of medicine are not competing streams of science because each has its areas of strength – allopathy in extreme acute conditions, such as emergencies requiring intensive care, surgery and infectious diseases, while Ayurveda excels in chronic disease and prevention. “Ayurveda should be described in a language, which the world can understand”, he said. “Medical journals should dedicate 10-20 % of their space to Ayurveda.” The global popularity of Yoga means that Ayurveda can also attain such heights.

S-VYASA Chancellor Dr Nagendra addressed the problem of maintaining the good health of the population. The criterion to be considered ‘healthy’ should not be simply the absence of overt pathology, as used in allopathic medicine, for want of any better understanding. The AYUSH systems of medicine all contain concepts of health in the positive sense of radiant good health. This is what the nation needs to aim for in instituting Public Health programs based on Ayurveda Yoga and its other widely practiced traditional systems. India can and should lead the world in setting an example of how to attain good health for all. Diabetes, for example can be stopped; the Stop Diabetes Movement program should be promoted nationally.
The general emphasis throughout the conference was on Integrative Medicine. There is a general recognition that no one system of medicine can take care of all the health needs of a whole nation – what is needed is the integrative practice of different systems of medicine using the best of each to improve the overall quality of health care for the people. While the need for evidence is well recognized, it has yet to be acknowledged that there many conditions for which only the AYUSH systems of medicine can offer substantial treatment, for example Ayurveda for Dengue fever, and Unani for psoriasis. For the former, Dengue fever, allopathy inexplicably has virtually nothing to offer, and certain strains often prove fatal. Ayurveda treatments, on the other hand, are immediate and 100% successful using papaya leaf kshayam (boiled extract). Why has biomedicine not adopted this? The reason lies in problems on both sides: allopathic training in India indoctrinates its students that all AYUSH systems are worthless superstition, while AYUSH practitioners fail to report their successful cases. Hopefully, with the new climate of rapprochement generated by India’s Government, and its message in WAC6, the two schools of thought, ancient and modern, will begin to learn from each other. Medical Schools in India should teach respect for the AYUSH systems and ancient wisdom in general, and AYUSH practitioners should start keeping records and publishing their better cases, so that allopaths can see the effectiveness of the various AYUSH systems. The criterion for publication should therefore be not whether a case is remarkable from the perspective of the AYUSH system concerned, but whether it is remarkable from the allopathic perspective. It is modern biomedicine that demands explicit evidence, and case studies are said to form the core of medical research. In the case of papaya leaf extract treatment of dengue fever, the treatment is effective so immediately and so fully that it would be unethical to conduct a randomized control trial. This situation may well be true of many more AYUSH treatments.

**TABLE 1:** Timing of Main Meal and Occurrence of Pathology – Hypothyroidism

<table>
<thead>
<tr>
<th>Main Meal Time (Ahara)</th>
<th>Hypothyroidism</th>
<th>Non-Diseased</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within Second Prahrara</td>
<td>6 (4.4%)</td>
<td>208 (20%)</td>
</tr>
<tr>
<td>Outside Second Prahrara</td>
<td>131</td>
<td>842</td>
</tr>
</tbody>
</table>

**Table 1 Caption:** Table 1 presents the numbers of non-diseased and diseased people in the usual habit of starting their main meal within the second quarter of daylight hours (Prahrara) i.e. before the middle of the solar day, for two groups of comparable ages and genders: 137 hypothyroidism patients reporting to 4 Rasahara Kendra clinics in the City of Bhopal, and 1,050 apparently healthy persons living in the city.
Several S-VYASA students made presentations of their research to the WAC: for example, Kalyan’s Vaidya Mamta Mishra described her Ayurveda herbal treatments for type 2 diabetes mellitus, and Smt Purnima Datey from Bhopal presented the first scientific evidence for the benefits of Ayurveda Diet and Life-style disorders. Her extensive preliminary evidence won universal acclaim from the presentation judges, and caused great excitement among those who heard her describe it.

Smt Datey’s approach has been to carry out a retrospective analysis on all patients coming to her four clinics in the city of Bhopal, and compare them to data collected from 1,050 healthy individuals of similar ages and gender in the city. Comparisons like that in Table 1 below clearly showed that such health related matters as normal bed time, rising time, meal time, and habits of eating cooked breakfast or snacking have a substantial influence on individual health.

The significantly (p<0.0001) lower percentage (4.4%) of hypothyroid patients doing so suggests that following this particular traditional life-style prescription decreases the likelihood of falling ill, and acts as a protection against illness. Not following the Ahara injunction is a risk factor for disease (previous work had found this for both high body-mass index and for type 2 diabetes).

In another series of studies Smt Datey tested the influence of various Ahara-Vihara factors on whether hypothyroidism occurred with other associated pathologies or not i.e. the level of severity of overall pathology. Contingency tables like Table 1 yielded the following results:

<table>
<thead>
<tr>
<th>Life Style Factor (Vihara)</th>
<th>Odds Ratio</th>
<th>Significance p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early / Late to Bed</td>
<td>18.4</td>
<td>0.0019 Good</td>
</tr>
<tr>
<td>Early / Late to Rise</td>
<td>3.66</td>
<td>0.0718 Strong Trend</td>
</tr>
<tr>
<td>No Afternoon Sleep</td>
<td>3.24</td>
<td>0.106 Weak Trend</td>
</tr>
<tr>
<td>Yoga Practice vs. No Yoga</td>
<td>26.3</td>
<td>p &lt; 0.0001 Excellent</td>
</tr>
</tbody>
</table>

Table 2 Caption: Table 2 presents Odds Ratios and p value Significances for four contingency tables similar to Table 1 summarizing lifestyle habits for 96 Hyperthyroidism patients, 86 with associated pathology and 10 solely with hypothyroidism. Practicing Yoga and going to bed early are clearly indicated as important Vihara factors in determining the quality of health of individuals. Conclusion: failure to obey Ayurveda diet and life-style advice constitute important risk factors for various levels of pathology.
59th Kannada Rajyotsava celebrations in Prashanti

Recently, S-VYASA celebrated 59th Kannada Rajyotsava in Prashanti. Celebration was graced by Prof. Raghuramji, Prof. Swami, Dr. R Nagarathna and Sri Mohanji.

As a part of the celebration the sports event was also organized.
Felicitation to...
Sewa Vrati Sri Muniraj

Cultural Evening

Anna Daana Sewa
From 30th September to 8th October 2014 all the Yoga classes of VYASA Kolkata was closed on the occasion of Durga Puja.

Weekly Kriya classes are going on every Saturday at 6.30-7.30AM.

On 11th October 2014, a teacher’s meet held at Tollygunge. It was presided by the Chairman of VYASA Kolkata.

On 22nd October 2014 at 7.00 to 9.00 pm a Special Yoga Programme for General Wellbeing (YPGW) was conducted by Sri Sanatan Mahakud for the under privileged children of Vivekananda Adarsh Milan Mandir (VAAM), Tollygunge branch.

On 29th October at 4.00 pm there was a lecture cum Satsang session on Yoga and Value Education by Sri Hariprasad Swami of Sri Vishun Mohan Foundation, Chennai.

Recently, Dr. Prahlada, Advisor, S-VYASA received the ‘FICCI R&D Award 2014’, from Shri Kalraj Mishra, Hon’ble Minister MSME, on Nov 12th, at New Delhi, for indigenous design, R&D, engineering and production of AKASH Missile System.
SDM camp by VYASA-Houston

Houston, Nov 6: VYASA, Houston started 4th SDM camp at DAWN (Diabetes Awareness & Wellness Network) centre.

Workshop in Australia - ‘Yoga & Wellbeing’

Carrum Down, Australia, Nov 1: Vasudeva Kriya Yoga held 7th Annual Yoga Workshop in Hindu Society of Victoria. This year it was on ‘Yoga and Wellbeing’.

The event was inaugurated by the Council General Smt. Manika Jain. It was a full day event and people got immersed in yoga and got inspired from the speakers. Shri Rajendra Yenkannamoole, the founder of Vasudeva Kriya Yoga led the event with Surya Namaskara, Pranayama and Meditation. Shri Kiran Tatpalliwar delivered on Koshas and led the participants in asana. The speakers Dr. Santosh Yadav (Ayurveda), Dr. Sanjay Raghav (Neurology), Dr. Arun Dhir (Gastro Surgeon), Mrs. Michella (Dietician), Shri Acharya Chandra Prakash and Mrs. Anna Peters inspired the audience as well.

With the wishes from S-VYASA, the event had big success and it was sponsored by Ayurveda Yoga – Wellness Clinic.
INTERNATIONAL CONFERENCE ON YOGA AND NATUROPATHY 2014

Theme
"HEALING AND HAPPINESS WITHIN"
"RETURN TO NATURE"

December 12th - 14th 2014

Chief Patrons
Sri. Siddaramaiah, Honorable Chief Minister, Govt. of Karnataka
Dr. D Veerendra Heggade, Dharmadhikari, Shri Kshetra Dharmasthala

Sponsored by
Sri Dharmasthala Manjunatheswara Educational Society ®, Ujire & Dept. of AYUSH, Government of Karnataka & India

Organized by
Sri Dharmasthala Manjunatheswara college of Naturopathy & Yogic Sciences & Hospital, Ujire

Commemorating Silver Jubilee Year

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
SDMICYN- 2014

Co-organized by
Indian Naturopathy & Yoga Graduates Medical Association ® [IMYGMA]
For more details please visit the conference website www.sdmicyn.com
& contact for any further information on sdmicyn@gmail.com
BOOKS ON YOGA THERAPY FOR DIFFERENT AILMENTS:
» Yoga and Memory
» Yoga for Anxiety and Depression
» Yoga for Arthritis
» Yoga for Asthma
» Yoga for Back Pain
» Yoga for Hypertension and Heart Diseases
» Yoga for Digestive Disorders
» Yoga for Pregnancy
» Yoga for Obesity
» DVDS on all the above mentioned ailments are also available

DELUXE EDITIONS:
» Yoga for Common Ailments
» Yoga for Diabetes Mellitus
» Yoga for Depression
» Yoga for Obesity
» Yoga for Cancer

BOOKS ON YOGA:
» Yoga its Basics & Applications
» Raja Yoga
» Bhakti Yoga
» Notes on Karma Yoga
» Secret of Action - Karma Yoga
» Yoga- Breathing Practices
» Jnana Yoga
» Pranayama

BOOKS ON YOGA AND ITS APPLICATIONS:
» New Perspectives in Stress Management
» Yoga in Education
» Yoga for Positive Health
» A Glimpse of the Human Body
» Vyasa Pushpanjali
» Research Methods
» Research Contributions of VYASA Vol. 1
» Research Contributions of VYASA Vol. 2

ADVANCED TECHNIQUES IN YOGA:
» Pranic Energisation Technique (PET)
» Mind Sound Resonance Technique (MSRT)

CHARTS:
» Om Chart
» SMET Chart
» Yoga Chart

OTHER BOOKS:
» Yoga titles - 138
» Spiritual & other titles - 300
» Ayurveda & Herbal titles - 105
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