Integrating Best of East with Best of West in Medical Practice

Mental Health
Cardiology
Oncology
Hypertension
Diabetes

Inaugural Ceremony of the
21st INCOFYRA
by
Shri Narendra Modi
Hon’ble Prime Minister of India

on Sunday, the 3rd January, 2016
at Sheshadri Sabhangan,
Prashanti Kutiram, Jigani,
Bengaluru
2016
Happy New Year

Best Wishes from S-VYASA
on the auspicious occassions of
Jan 1: Kalpataru Diwas, Jan 12: Vivekananda Jayanti,
Jan 15: Makara Sankranti, Jan 26: 67th Republic Day

Welcome to...
13th Convocation of S-VYASA
Jan 12, 2016
on the auspicious day of Vivekananda Jayanti

www.svyasa.edu.in
CONTENTS

Editorial 2

Division of Yoga-Spirituality
Brahmasutra - Etena śiṣṭaparinirādha api vyākhyātāh
- Prof. Ramachandra G Bhat 3
Thirteenth Convocation of S-VYASA 4
Mandala Ochchhû (19): वक्रवर्णस्वरूप त्रिकोणस्वरूप - हिन्दू केवल अर्था 5
A Chance Meeting with A Himalayan Sadhu - Prof. M K Sridhar 8

Division of Yoga & Life Sciences
Arogyadhama Success Stories - Case 7 & 8 11
Lifestyle Transition, towards Diabetes Prevention! - Dr. Venugopal 15
Arogyadhama Data - Nov & Dec, 2015 17

21st INCOFYRA
Pre-Conference Symposium 18
Speakers of Scientific Sessions 19
National Arogya Expo 20
Cultural Evenings 21
Scientific Sessions 22

Division of Yoga & Physical Sciences
Cardiac Assist through Yoga Practices - Prof. T M Srinivasan 27

Division of Yoga & Management Studies
SMET Program at Puttur 30
Stress Management program for MRPL Officials 31
SMET program participants from HAL, Bengaluru 32

Division of Yoga & Humanities
The Seed of Sickness - Dr. K Subrahmanyam 33
Creative Singularity in Self - Ms. Rashmi M Shetkar 34

VYASA, National
Atmaswastyashree Award to S-VYASA 38
News from VYASA Kolkata & YIC - 164th Batch - Dec, 2015 39

VYASA, International
2nd Pune International Yoga Festival 40
EDITORIAL

Have you wondered why
Our Hon'ble Prime Minister Shri Narendra Modi ji
is here for Inauguration?

Is it because...

- He likes the serene 100 acres Prashanti Kutiram with greeneries, water bodies and birds or the World Centre of Excellence in Yoga?
- Lakshmi Amma was his most respected Role Model to whom he gave Yoga Rathna Award?
- Chancellor of S-VYASA is his Yoga Guru?
- He is fascinated by the Scientific Research and Traditional Approach combined together to Yoga?
- S-VYASA is the Lone Yoga University?
- VYASA and S-VYASA has published nearly 450 Research Papers on Yoga and Modern NCDs in Top Index Journals of the world
- The Top Researchers from all over the world have participated in the last 20 INCOFYRAs
- Collaborative Research in HCG, KMIO in Bengaluru, MDACC in Houston, USA, on Cancer, Royal Free Hospital in London on DM, Mental Health with NIMHANS, Arthritis with Middlesbrough General Hospital, UK, Cardiology with Narayana Hridayalaya, have been conducted by S-VYASA?

Shri Narendra Modi ji knows that the Future of Healthcare is to Combine the Best of Western Medicine with Eastern Traditional Healthcare System, emphasizing prevention, promotion of Positive Health, controlling NCDs to prevent complications (which escalates health care costs) and

1. Prevent India becoming the DM Capital of the World
2. To make India the Holistic Healthcare destination for the world.

Dr H R Nagendra

Make India,
the health care destination
for all NCDs,
being inaugurated by
our Prime Minister
Shri Narendra Modi ji
on 3rd January 2016

Indian Yoga Association (IYA) - MEMBERSHIP CAMPAIGN

Indian Yoga Association is a self-regulatory body of leading Yoga Institutions in India. IYA is having its Registered Office at New Delhi.
To bring up all the Yoga Masters and Teachers under single umbrella has started Membership Campaign.
For the Membership Form and other details please log on to www.yogaiya.in
Contact +91 98108 00689 | iyayog@gmail.com
Etena śishṭāparighāḥ api vyākyātāḥ (Brahmasūtram-2-1-12)

Meaning: ‘By this (i.e. by the arguments against the Sankhyas) (those other theories) not accepted by the wise or competent persons are explained or refuted’.

The previous section dealt with the balance between Shruti (scriptural validation), Yukti (logical deliberation) and Anubhuti (experiential understanding), which are three important ways of validation and methods of proving any hypothesis, are generally used in any thought process in Vedanta school of philosophy. The present context is cosmology.

Nasadiya Sukta projects,

कृत आजाता कृत इत्य विसृष्टि: ।
kuta ājātā kuta iyaṁ visṛṣṭīḥ ।
"Where does this diverse world come from?"

Where has this world come from? How was it directed, and how has it expanded into vast space? These are very pertinent questions; we may call them as an eternal quest, unearthing the root of this wonderful world which continue to be examined endlessly. One depends upon the intellectual capacities while understanding deeper problems. Modern technological advancement facilitate a lot to communicate and convince any subject to the finest possible level.

On the contrary, ancient scientists, Rishis, communicated anything and everything supported by Rutambara Prajñaa (supra mind). For Rishis, internal tools were important than external gadgets which are limited for deeper communication. They understood the merits and demerits of Tarka (logics) and used it for optimal level.

Manu Maharshri says,

आर्य दर्माण्युपदेशश्च वेदाध्यायविरोधिनाः ।
यस्तकणश्च यद्यस्मात इत्य वेदं नेत्तरः ॥

He is the knower of Dharma whose logic is supported and is in harmony with Vedas and Shastras, not one who just depends on one’s own logics only. Importance is given for positive logic not for negative destructive logic. Acharya Shankara says,

छुस्काते सुविरायमताः श्रुतिमात्रस्तकानुसन्दीयताः ॥

dustarkātāsvuvirāmyatām
śrutimātrastarko’nusandīyatām ॥

Retire from negative logics and follow the logics of Vedas.

Spiritual and constructive logics are to be developed. Mere logic always mislead because they have limitations. One has to realise the factors. Mind is always very much preoccupied. Mind cannot be very objective for its indulgence in the past or future, controlled by the thoughts and stuck to unwanted objects. Yogis develop inbuilt mechanism to purify the mind at every step at every level through the practice of Japa (repetition of a mantra), Anushthana (austerity), Pranayama (healthy breathing practices) and Dhyana (spiritual...
We, the Vice- Chancellor,
The Members of the Board of Management
and Academic Council of

Swami Vivekananda
Yoga Anusandhana Samsthana

Request your esteemed presence at the

THIRTEENTH CONVOCATION

At 10 am on Tuesday, the 12th January, 2016

Chief Guest
Dr. Vijay Kumar Saraswat M.E., Ph.D.
Member, NITI Ayog, Government of India,
Former Secretary, Dept. of Defense R&D,
Former Director General of Defense Research
and Development Organization (DRDO)
and Scientific Advisor to Raksha Mantri

will deliver the Convocation Address

Dr. H R Nagendra
Chancellor

Will Preside over the Function

Prof. Ramachandra G. Bhat
Vice–Chancellor

Dr. Subramanya Pailoor
Registrar

Venue: Mangala Mandir, Prashanti Kutiram
Giddenahalli, Jigani Hobli, Anekal Taluk, Bengaluru Rural Dist.
Bengaluru – 560 105 | Ph: 080-2263 9975
Jan 2016 7
As the seed so the tree, as the environment so the logic, as the inputs so the logic, “hence, inbuilt negative thoughts from the experiences of past would create logic which is destructive in nature”, says the tradition.

In this context, Veda Vyasa concludes that Sankhya, Tarka, Nyaya and many other schools of thoughts are directed by great Maharshis, such as Kapila, Kanaada, Gautama, Patanjali, Jaimini etc. However, a major problem is the fixation of all their logics within some narrow domains. It is difficult for them to think out of box. Because they are Yogis, supra-mental personalities, having Shishtatva, some follow those schools of thoughts. While examining those schools of thoughts, one should be very objective. Veda Vyasa approves them though their relevance while reminding us of the limitations of these schools. The Rishis were open minded, ready to agree, to disagree and to disagree to agree. While presenting ‘theory of everything’, diverse theories such as Anuvada (theory of world based on atoms), Prakritivada (theory of dualism; Prakriti and Purusha) and Shunyavada (theory of world based on nihilism), are all lopsided to project ‘theory of everything’.

“परमगम्भीरस्य जगत्कारणतत्त्वस्य तर्कानवगाह्यत्वम्
paramagambhirasya jagatkaranatvasya tarkanavagahyatvam”

Cause and effect theory of creation of the world is not understood by simple and mere logics.

Ecology and cosmology, mysterious and subtle in nature, are two subjects where we cannot apply our reasoning and analysis. Analysis, synthesis and reasoning are very limited capacities of human mind which should not be relied upon for subtlety of cosmology.

Upanishadic statements (Mahavakyas) would help a lot in understanding the subtle aspects. Veda must be main proof for cosmological thoughts. Sutrakara and Bhashyakara make this point clear in this particular Adhikarana. But every school of thought got its own role to play in realizing cosmological subtlety which ultimately leads us to ‘theory of everything’ though this was very well projected by none other than the great scientist, Einstein. But Upanishad alone could give proper guidance to understand the ultimate theory of everything.

tobe continued...
University campus located at Prashanti Kutiram
(32 KMs from Bengaluru)
GIDDENAHALLI, JIGANI HOBLI, ANEKAL TALUK, BENGALURU - 560 105

The abode of peace, an ideal ‘home’ for calming the mind and
to lead the YOGA WAY OF LIFE

Courses Offered
BNYS (Bachelor in Naturopathy & Yogic Science)
BSc (Yoga Therapy), (Yoga & Consciousness)
MSc* (Yoga Therapy), (Yoga & Consciousness)
MBA (People & Organization Management), MPhil (Counselling & Yoga Therapy)
MD (Yoga & Rehabilitation), PhD (Yoga)
Diploma Courses: PGDYT / PGDYTD *
Certificate Courses: YIC *, ANTTC
* Courses are also available in Distance Mode

NAAC ACREDITATED, ISO Certified, Recognition from ICMR, Dept.of AYUSH, IGNOU

City Office: ‘Eknath Bhavan,’ #19, Gavipuram Circle, K G Nagar, Bengaluru - 560 019, INDIA
ph: +91-80-2263 9961 / 2661 2669 | e-mail: info@svyasa.edu.in
www.svyasa.edu.in

mission: Combine the best of the East with that of the West
I had read about the mystic powers of Sadhus and Yogis in the works of Paramahamsa Yogananda, Swami Rama, Satyakama, E.M. Forster and Sir John George Woodroffe. I had learnt that those Sadhus and Yogis generally live in the higher altitudes of the Himalayas and rarely reside in populous cities or villages. I was yearning to see and have a dialogue with them. The love of nature and spirit of adventure had prompted me to travel wildly in the deep woods, hills of South India and the Himalayas. During June 1993, an expedition to Kirti Stambh Glacier (16,300 feet) was organized by me through the National College Mountaineering Association called Arohi for which I had been made the Founder President.

A team of 36 which included 28 college youth, men, four girls and four women embarked upon this high altitude trek in the Gharwal Himalayas during June 1993. The expedition of one month had its own trials and tribulations, joys and depressions, challenges and successes. We trekked from Gangotri (10,200 ft) to Gomukh region (13,200 ft), walked on the Gomukh glacier, climbed and reached Tapovan (14,640 ft) which is in the foothills of Shivling peak and surrounded by snowy peaks of Bhrigu panth. There we met Subhadra Mataji from Karnataka (62 years) doing penance in a nearby cave. She was happy to see this big contingent from her mother state and offered hospitality to us. We stayed there for five days and also went to see the Kirti Stambh glacier which was covered by massive mud mounds owing to earthquake which had happened the previous year all around Uttarkashi and Gharwal districts (May 1992). We bade good bye to her and started our descent around 3am. Now that the return route was known to all team members, I entrusted the leadership to Mr. Prakash N and quickly came down. I was disappointed as I had not seen any mystic Sadhu during these three weeks of trek.
I reached Gomukh at 6 am and had a cup of tea offered by a Chaiwala in the only hut situated on the banks of Bhagirathi River. Only we two were present at that time. Suddenly a Sadhu in saffron robes with a gourd in his hands and rosary of beads entered the hut and sat for a while. I saluted him with prefatory words in Sanskrit. He was happy and started speaking in Sanskrit. It was more of a question – answer session which lasted for the next one and half hours thus:

Me: Suprabhatam and Namaste Swamiji. Do you live in the Himalayas?
Swamiji: I have no place to live in. I wander about in all regions of the Himalayas.
Me: Swamiji! Have you read the Upanishads?
Swamiji: Yes.
Me: Swamiji! How many Upanishads have you read?
Swamiji: I have read all the major Upanishads and minor Upanishads amounting to 360. How many have you read?
Me: I have read the major 10 Upanishads. Swamiji, is it possible to realize parabrahman as explained in the Upanishads in one’s life?
Swamiji: Yes. But one needs to think and practice a lot for a long time.
Me: Swamiji! Have you realized that brahman?
Swamiji: Yes. It is an indescribable experience. He cannot be realized by just reading the Upanishads or holy books.
Me: Swamiji, have you read the Yoga Sutras of sage Patanjali?
Swamiji: Yes. I have read with the commentary of Maharshi Vedavyas.
Me: Swamiji! Is it possible to practice the five yama-s and five niyama-s in one’s life vigorously?
Swamiji: Yes. But it needs tremendous patience and mind control.
Me: Swamiji! Is it possible to achieve the eight limbs of Yoga by a serious practitioner?
Swamiji: Why not? It is a continuous practice and sadhana for a pretty length of time. Primarily, you should have a yearning for it and dedicate your life for it.
Me: Patanjali Maharshi says that one could get some mystic powers at the time of practicing Yoga seriously. Is it true?
Swamiji: Yes. They are true like the existence of Sun, Moon and the Stars. They come and go like waves.
Me: Swamiji! Have you practiced the eight limbs of Yoga and got some powers?
Swamiji: Yes. I got some mystic powers, experienced them and submitted them at the lotus feet of Lord Shiva.
Me: Swamiji! Yoga Sutras inform that there are six states of samadhi from sabeeja to nirbeeja. Have you experienced them?
Swamiji: Yes. These have to be learnt under the strict guidance of a guru only and not just by reading sacred books.
Me: Swamiji! I am desirous of practicing Patanjali Yoga and get some powers. If I become your disciple, will you kindly teach me so that I can experience those powers?
Swamiji: (laughing loudly) How can you learn Yoga? You have come with such a big parivar to the Himalayas. One has to do sadhana alone. Then one may get those powers after several years.
Me: Swamiji!, Alright. I am desirous of practicing Yoga alone. Will you accept me as your disciple?
Swamiji looked straight into my eyes and then said:
Swamiji: Alright. If you are seriously interested, then come to Omkareshwar Temple in Mandhata in Madhya Pradesh next year on Shivaratri day. I will make you my disciple.
Me: Swamiji! On that day thousands of pilgrims and Sadhus come to that temple. How can I find you there?
Swamiji: (laughing) Why should you find me? I
will know that you have come there and I myself will come and pick you up.

Me: Swamiji ! For curiosity I am asking. May I know your good name?

Swamiji: People call me as Manikaran Swami. I have spent too much time with you. You are asking many questions. I should go now.

Saying so, he went away immediately. As he moved, I felt some strange aura covering the entire hut. There was horripilation all around my body. I was aspiring to see a mystic Sadhu in the Himalayas and it had happened accidently. I was amazed and closed my eyes for a while. I do not know how long I sat in that hut. Somebody came and touched my shoulders. When I opened my eyes, I saw my dear student Prakash speaking thus: ‘Sir, What are you doing here? We thought you had got missed somewhere in this massive Glacier. We are all anxious to see you. Come. Let us go back towards Gangotri now’.

During the return trek to Gangotri, I narrated this incident to Prakash. Even he was curious to meet such Sadhus. The next evening we reached Gangotri. After camping on the Banks of river Bhagirathi and after dinner, members slept. Prakash and myself thought Manikaran Swamiji might be staying somewhere in Gangotri and started searching for him by knocking doors of several houses and enquiring about Swamiji. The inmates of many houses having heard his name said thus: ‘Have you really seen Manikaran Swamiji? Then you are the luckiest person. We have heard about Swamiji, his extraordinary powers, his stay in the Himalayas, but have never seen him at all. We have also heard that Swamiji moves with the speed of the wind and his presence itself is an ashirvadam to this region. You may not find him again’.

Myself and Prakash were disappointed. Next year, I did not go to Omkareshwar temple owing to busy professional commitments. Even now, when I sit alone in the Sanctum Sanctorum and close my eyes, I could visualize his virtuous and smiling face and sparkling eyes. The dialogue I had with that mystic Swamiji 22 years ago is still lingering in my ears and is green in my memory.
Mrs Ramya (name changed), a 27 years old Primi Gravida (conceived for the first time), came to Prashantikutiram with 5 months of gestation (pregnancy). Though this is a natural physiological state of the female life she had a few associated complaints of giddiness especially in the early morning hours since 2 months, nausea (vomiting sensation) after taking food, mild back pain radiating to right hip region, intermittent right heel or ankle pain, bad odour from the mouth and was on regular iron, folic acid and calcium medications as per the body requirements. No history of any other major illness or surgeries in the past. Her menstrual and obstetric history was also normal. She was diagnosed as Primi with 5 months of gestation.

During her sixdays’ stay she underwent yogapractices based on Integrated Approach of Yoga Therapy (IAYT) which is a special yoga module prepared for normal pregnancy and associated complications in our campus based on yoga research. Along with this there was more focus on folded leg lumbar stretches to relieve her back pain, Pranayama (especially abdominal breathing was made to practice 4 times/day) which helped reduce her nausea and vomiting. She was made to do trataka (a technique of gazing on candle flame) to improve eye sight. It helped her to relax and reduce her anxiety, strengthen her will power and improve her quality of sleep. Counselling session focused on Bhakti yoga concept to explain her the motherhood and accept the changes in her physically and mentally as she was primi gravida. This helped her to a great extent to accept the normal physiology in her body associated with pregnancy and reduce her problems. She was very much relaxed and less anxious at the discharge time and was looking forward to the bundle of joy post her delivery. Given below are her parameters before and after yoga:

**Parameters:** Within two weeks her nausea and vomiting had reduced dramatically, her frequency of urination reduced, sleep quality improved,
fatigue reduced and she was able to tolerate the food orally. She reported considerable improvement in her overall wellbeing.

Vital Parameters

<table>
<thead>
<tr>
<th>Parameters</th>
<th>DOA</th>
<th>DOD</th>
<th>Parameters</th>
<th>DOA</th>
<th>DOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulse Rate(beats/min)</td>
<td>90</td>
<td>78</td>
<td>Weight (in kg)</td>
<td>45</td>
<td>45.4</td>
</tr>
<tr>
<td>Blood Pressure(mmHg)</td>
<td>98/68</td>
<td>100/60</td>
<td>Respiratory Rate (cycles/min)</td>
<td>20</td>
<td>15</td>
</tr>
<tr>
<td>Brahmari time (sec)</td>
<td>15</td>
<td>18</td>
<td>Symptom score</td>
<td>7</td>
<td>2</td>
</tr>
</tbody>
</table>

Symptoms on date of admission (DOA) and date of discharge (DOD)

<table>
<thead>
<tr>
<th></th>
<th>1st Week</th>
<th>2nd Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptoms</td>
<td>Pain in abdomen on and off</td>
<td>Pain in abdomen reduced by 100%</td>
</tr>
<tr>
<td></td>
<td>Visit to toilets reduced by about 30%</td>
<td>Nausea and vomiting stopped</td>
</tr>
<tr>
<td></td>
<td>Sleep quality Improves</td>
<td>Belching discontinued</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fatigue non-existent</td>
</tr>
</tbody>
</table>

Case 8: Ulcerative Colitis

The ulcerative colitis or inflammatory bowel disease of Mrs Surekha (name changed) was so severe that she had to be hospitalised. That was in January 2014 at age 48. She was then put on steroids for five months. This was followed by a second hospitalisation in April. The doctors first did a colonoscopy (a diagnostic procedure to see the structure of colon or large intestine using a catheter with a camera attached in it) and then a sigmoidoscopy to see the structure of sigmoid colon which is a procedure used to see the sigmoid colon (part of large intestine in gastro intestinal tract) and rectum (end part of sigmoid colon). There was internal haemorrhoids. She had pain in abdomen along with belching and flatulence. She went to the toilet about 16 times a day. She slept for about 3 to 4 hours and was in a state of fatigue and stress. Surekha went into depression. She was crying, having overcome by negative thinking. Sensitive by nature she worries a lot even over trivial matters.

Medication arrested her bleeding but her bowel movement was frequent. Two months later bleeding re-commenced. She consulted several doctors and took many treatments over a year but got no relief. Diagnosis was made as Ulcerative Colitis in sigmoid region and Irritable Bowel Disease Type - D (Diarrhoea Type).
During her one week stay she underwent yoga practices based on Integrated Approach of Yoga Therapy (IAYT) for Gastro Intestinal Disorders. She was made to do 10 step suryanamaskaras, with no acute forward bending asanas. Laghusankhaprakshalanakriya (to get mastery over the anal sphincter) and Viparitakaini with wall support with abdominal breathing of 5 rounds with “A” kara chanting of 5 rounds with ashwini mudra (the mudra was asked to hold for 10 seconds with an imagination of getting better was suggested) helped her to relieve from frequently and urgency to pass motions was taken care of. Sleep technique was practiced by her for getting sound sleep. In pranayama she was made to practice cooling pranayama, abdominal breathing and nadishodhana pranayama. Advanced techniques like Pranicenergisation technique along with cyclic meditation proved her very beneficial in reducing her anxiety levels. A bland satwik diet was given to help reduce her gastric irritation. Her mental restlessness, Anxiety and perfectionist attitude with hyper cleanliness behaviour was elicited as the reason for her physical imbalances and yogic counselling was given to reduce her ego clashes in her home, karma yoga concept was explained to remove the anxiety in her. Thus by the end of 1 week she was mentally relaxed and physically fit. The parameters are explained below says it all.

**Parameters:** During her stay of one week with us her pain in the abdomen reduced completely and the number of visits to toilet reduced dramatically.

### Vital Parameters

<table>
<thead>
<tr>
<th>Parameters</th>
<th>DOA</th>
<th>DOD</th>
<th>Parameters</th>
<th>DOA</th>
<th>DOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulse Rate (beats/min)</td>
<td>96</td>
<td>95</td>
<td>Weight (kg)</td>
<td>56.80</td>
<td>56.30</td>
</tr>
<tr>
<td>Blood Pressure (mm of Hg)</td>
<td>106/74</td>
<td>98/72</td>
<td>Respiratory Rate (cycles/min)</td>
<td>22</td>
<td>13</td>
</tr>
<tr>
<td>Brahmari time (sec)</td>
<td>24</td>
<td>26</td>
<td>Symptom score</td>
<td>6</td>
<td></td>
</tr>
</tbody>
</table>

### Symptoms on date of admission (DOA) and date of discharge (DOD)

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>1st week</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pain in abdomen ceased completely</td>
</tr>
<tr>
<td></td>
<td>Appetite became normal</td>
</tr>
<tr>
<td></td>
<td>Fatigue resolved totally</td>
</tr>
<tr>
<td></td>
<td>No of visits to toilet reduced by 80%</td>
</tr>
<tr>
<td></td>
<td>Belching stopped totally</td>
</tr>
<tr>
<td></td>
<td>Flatulence reduced 100%</td>
</tr>
<tr>
<td></td>
<td>Sleep improved by 30%</td>
</tr>
</tbody>
</table>
Who we are?
- Arogyadhama is a Holistic Health Home imparting healing through evidence based modules of Integrated Approach of Yoga Therapy (IAYT), Naturopathy and Ayurveda.
- 250 bed inpatient capacity
- More than 30 years in patient care for prevention, treatment and rehabilitation.

What we do?
- According to ancient Indian texts, the origin of the disease is in the Mind, in the form of stress (Adhi), which manifests in the body as physical ailment (Vyadhi)
- Holistic approach through IAYT, Naturopathy, Ayurveda, Satvik Diet, Physiotherapy, counseling for removing both Adhi and Vyadhi.

Scope of Services
- For prevention of diseases and promotion of health
- Management of Non-communicable diseases
- Rehabilitation of Cancer, Degenerative diseases and Mental disorders

Correspondence Address
‘Eknath Bhavan’, No.19, Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019, INDIA
ph: +91-80-2661 2669 | telefax: +91-80-2660 8645

Campus Address
Prashanti Kutiram, Giddenahalli, Jigani Hobli, Anekal Taluk, Bengaluru - 560 105, INDIA
ph: +91-80-2263 9963 / 99

a rogyadhama@gmail.com | www.svyasa.edu.in
Wish you all a very happy and prosperous new year ahead. We would like to make this New Year a very healthy and ‘diabetes-free’ year as well. Simple lifestyle modifications can help reduce the risk of diabetes by 51% and many research studies done across the globe such as the Da Qing IGT and Diabetes study (in China), Diabetes Prevention Program (DPP- in USA), Finnish Diabetes Prevention Study (DPS- in Finland), Indian Diabetes Prevention Program (IDPP- in India) and the Malmo study (in Sweden) have proven that.

In this column, we would be presenting you with simplified lifestyle changes which are evidence based and would go a long way helping all prevent type 2 diabetes. The journey would be more like a slow transition happening in your everyday life with just one lifestyle change per month and one step ahead in our goal towards a ‘Diabetes-free India’.

1. Fruit Consumption:

It is a common myth that fruits are rich in sugar (as they are sweet), and regular fruit consumption will lead to diabetes. In fact, the opposite is true. Regular consumption of fruits reduce risk of diabetes. The fibre content in fruit help reduce the glycaemic index of the fruits, providing only the healthy nutrient content and making it absolutely safe for consumption. Whole fruit consumption is preferred as a healthier option than intake of fruit juices.

Try to eat at least one fruit a day. General rule of thumb is consume fruits which are seasonal fruits and locally grown. Bananas start to rot if we keep at home for more than 3-4 days. But, the imported bananas which happens to come from Costa Rica is travelling for weeks from their farm to our home. Still, how does it look so fresh in the aisles of the super market, tempting us to buy them? The natural form and property of the fruit is almost completely lost in it and is definitely not a healthier option to eat. Eat locally grown fruits. Help your local farmers and help yourself stay healthy.

Eating 3 servings of fruits like apple, blue berries and grapes in a week, helps prevent type 2 Diabetes.

(Ref: BMJ 2013;347:f5001)
And, eat different fruits on different days of the week. Because, the antioxidants, vitamins, minerals and other micronutrients differs from fruit to fruit and our body needs all of them. Vitamin C in citrus fruits & Amla, potassium in Banana, anthocyanins in Grapes and bromelain in Pine apple are all different fruits essential in combating diabetes in their individual ways. ‘Eat the rainbow’ with all coloured fruits in your plate or fruit salad bowl to get the maximum benefit.

As responsible parents, health of our kids is in our hands & let us start thinking about their health in the long term and provide them with the best possible healthy option for a healthier tomorrow. Let fruits be the snacks for your kids, rather than biscuits, cakes or other unhealthy option. Treat your kids with fruits, rather than with chocolates. Realise that ‘hygienic’ & ‘healthy’ are two different terms. International fast food chains might be ‘hygienic’, but definitely not ‘healthy’ for our kids. Habits are something we embrace right from childhood and let us make fruit intake as a part of our regular routine, so that our children start following them and stay healthy.

Prashanti Kutiram, Bengaluru: Recently, Quality Control of India (QCI) held a meeting to decide the Competency Criteria for different categories of Yoga Certification. Dr. Ishwar V. Basavaraddi, Director of MDNIY; Smt. Kamalesh from AOL; Sri Ghazala Javed from Ministry of AYUSH; Sri Subodh Tiwari from Kaivalyadham; Sri Krishna Murthy, Assessor, QCI; Dr. H R Nagendra from S-VYASA; Swami Hariharananda from Ramakrishna Mission Vivekananda University, Kolkata; Smt. Hansa Jayadeva Yogendra from Santa Cruz, Bombay; Smt. Rajivi Mehta from Iyengar Institute; Sri Arun Pandala and many more personalities attended the meeting.
**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.
PRE-CONFERENCE SYMPOSIUM
Integrative Medicine for Common Non-communicable Diseases
Dec 27th, 2015 - Jan 2nd, 2016 | Prarthana Mandir, Prashanti Kutiram

Inauguration on Dec 27 at 9am | Valedictory on Jan 2 at 4pm

Theme for Each Day of the Symposium

<table>
<thead>
<tr>
<th>SNo</th>
<th>Date</th>
<th>Topic of Symposium</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>27-12-2015</td>
<td>Integrative Medicine for Cancer</td>
</tr>
<tr>
<td>2</td>
<td>28-12-2015</td>
<td>Integrative Medicine for Diabetes</td>
</tr>
<tr>
<td>3</td>
<td>29-12-2015</td>
<td>Integrative Medicine for Obesity</td>
</tr>
<tr>
<td>4</td>
<td>30-12-2015</td>
<td>Integrative Medicine for Hypertension</td>
</tr>
<tr>
<td>5</td>
<td>31-12-2015</td>
<td>Integrative Medicine for Ischemic Heart Disease</td>
</tr>
<tr>
<td>6</td>
<td>01-01-2016</td>
<td>Integrative Medicine for Neuroses</td>
</tr>
<tr>
<td>7</td>
<td>02-01-2016</td>
<td>Integrative Medicine for Psychoses</td>
</tr>
</tbody>
</table>

Different Tracks for Pre-Conference

<table>
<thead>
<tr>
<th>SNo</th>
<th>Name of the Track</th>
<th>Type of Track</th>
<th>Eligibility</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Yoga Therapy for Common Non-communicable Diseases (NCDs)</td>
<td>Long</td>
<td>AYUSH professionals and Yoga Therapists</td>
<td>7 days</td>
</tr>
<tr>
<td>2</td>
<td>Naturopathy for Common Non-communicable Diseases (NCDs)</td>
<td>Long</td>
<td>AYUSH professionals and Yoga Therapists</td>
<td>7 days</td>
</tr>
<tr>
<td>3</td>
<td>Ayurveda for Common Non-communicable Diseases (NCDs)</td>
<td>Long</td>
<td>AYUSH professionals and Yoga Therapists</td>
<td>7 days</td>
</tr>
<tr>
<td>4</td>
<td>Yoga Instructor Certificate Course for Diabetes Mellitus (YIDM)</td>
<td>Short</td>
<td>Only for those who have completed Yoga Instructor’s Course (YIC)</td>
<td>3 days*</td>
</tr>
<tr>
<td>5</td>
<td>Yoga Assistant Certificate Course for Diabetes Mellitus (YADM)</td>
<td>Short</td>
<td>Special offer for those participating in Yoga Olympiad above 18 years of age</td>
<td>1 day*</td>
</tr>
<tr>
<td>6</td>
<td>Self Management of Excessive Tension (SMET) Rejuvenation</td>
<td>Long</td>
<td>Open for all</td>
<td>2 days SMET + 5 days Rejuvenation</td>
</tr>
</tbody>
</table>

Note: Delegates Registering for Pre-conference can choose any Track
*After completion short tracks can merge with anyone of the long racks

Daily Schedule followed during Pre-Conference Symposium

<table>
<thead>
<tr>
<th>SNo</th>
<th>Time</th>
<th>Sessions Yoga Track</th>
<th>Other Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>6:00 am – 7:00 am</td>
<td>Yoga Therapy Special Technique 1</td>
<td>Practical (Common Session)</td>
</tr>
<tr>
<td>2</td>
<td>7:00 am – 8:00 am</td>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>8:05 am – 9:00 am</td>
<td>Maitri Milan</td>
<td>Theory + Practical</td>
</tr>
<tr>
<td>4</td>
<td>9:00 am – 10:00 am</td>
<td>Clinical Rounds</td>
<td>Practical (As per the Track and Theme)</td>
</tr>
<tr>
<td>5</td>
<td>10:00 am – 11:30 am</td>
<td>Lecture 1</td>
<td>Theory (As per the Track and Theme)</td>
</tr>
<tr>
<td>6</td>
<td>11:30 am – 1:00 pm</td>
<td>Lecture 2</td>
<td>Theory + Practical (Common Session)</td>
</tr>
<tr>
<td>7</td>
<td>1:00 pm – 2:30 pm</td>
<td>Lunch Break</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>2:30 pm – 3:30 pm</td>
<td>Lecture 3</td>
<td>Theory (As per the Track and Theme)</td>
</tr>
<tr>
<td>9</td>
<td>3:30 pm – 5:00 pm</td>
<td>Advanced Meditation Techniques for NCDs</td>
<td>Theory + Practical (Common Session)</td>
</tr>
</tbody>
</table>
Ministry of AVUSH
Government of India

Vivekananda Yoga Anusandhana Samsthana
In Technical Collaboration with
S-VYASA Yoga University, Bengaluru

Inviting the biggest Industry participation
in the Knowledge Capital of India

National Arogya Expo

at Prashanti Kutiram campus
Jigani, Bengaluru
January 3rd - Jan 7th, 2016

Where hundreds of AVUSH in general and Ayurveda in particular manufacturers, distributors, professionals, practitioners will be participating Students convery to discover the ever-growing potential of AVUSH (Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy)

Come, be a part of the exciting event and explore world-wide business opportunities in the AVUSH sector.

SPECIAL ATTRACTIONS

21st INCOFYRA International Conference
Inauguration by Hon’ble Prime Minister Shri Narendra Modi Ji on Jan 3rd
Workshops on Diabetes, Oncology, Cardiology and Mental Health
Symposia of Research Presentations by Top Experts in the field
Poster Presentations, Special Exhibitions
Special Cultural Programs

FREE
Health Check-up
Distribution of Medicines
Counselling by Experts

For Participation and Stall Booking contact
Dr. Shreyes: +91-99160 83069
Dr. Harish Babu: +91-98806 29725
Sri B Mahadevappa: +91-98805 98013
E-mail: incofyra21expo@gmail.com
Drama: **Dharmabhoomi**
by Prabhat Kalavidaru
Bengaluru
January 3, 2016
(Sunday) at 6.30 pm

Drama: **Kaathastra**
by Prabhat International
Bengaluru
January 4, 2016
(Monday) at 6.30 pm

Drama: **Viveka Knowing the Real from Unreal**
by Sai International
Bengaluru
January 5, 2016
(Tuesday) at 6.30 pm

Drama: **Chicago to Chicago**
by Artists of S-VYASA
Bengaluru
January 6, 2016
(Wednesday) at 6.30 pm
### Plenary 1: Modern Medicine
#### Venue: Main Hall

**Chair Persons:**
- Dr. H R Nagendra, Chancellor, S-VAYSA University, Bengaluru
- Dr. Naresh Trehan, Chairman, Medanta - The Medicity, Gurgaon, Haryana

**Speakers:**
- **Prof. Andrew Boulton**, Professor of Medicine, University of Manchester, UK
  - Title: Diabetes – The Epidemic of the 21st Century
- **Dr. Nagarathna**, Medical Director, Arogyadhama, VYASA, Bengaluru
  - Title: Yoga as evidence based life style intervention for the management of NCDS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00 - 10:30 am</td>
<td>Plenary 1: Modern Medicine</td>
</tr>
<tr>
<td>10:30 – 11:00 am</td>
<td>Tea Break</td>
</tr>
<tr>
<td>11:00 – 1:00 pm</td>
<td>Plenary 2: Integrative Medicine</td>
</tr>
</tbody>
</table>

### Plenary 2: Integrative Medicine
#### Venue: Main Hall

**Chair Persons:**
- Dr. Vijay Bhatkar, Chancellor of India International Multiversity, and National President of Vijnan Bharati, New Delhi
- Dr. R Nagarathna, Medical Director, Arogyadhama, VYASA, Bengaluru

**Speakers:**
- **Padmabhusan Prof. B M Hegde**, Ex Vice Chancellor, Manipal University, Mangalore
  - Title:
- **Vaidya Rajesh Kotecha**, Vice Chancellor, Gujarat Ayurveda University, Jamnagar, India
  - Title:
- **Dr. Bhushan Patwardhan**, Vice-Chancellor, Symbiosis International University (SIU), Pune
  - Title: Challenges in integrating modern medicine with traditional Indian medicine

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00 - 10:30 am</td>
<td>Plenary 2: Integrative Medicine</td>
</tr>
<tr>
<td>10:30 – 11:00 am</td>
<td>Tea Break</td>
</tr>
<tr>
<td>11:00 – 1:00 pm</td>
<td>Plenary 2: Integrative Medicine</td>
</tr>
</tbody>
</table>

### Lunch

## Scientific Sessions

### Symposia 1: Recent Advances in T2DM
#### Organized by European Association for the study of Diabetes (EASD)
#### Venue: Mangal Mandir

**Chair Persons:**
- **Prof. Andrew Boulton**, Professor of Medicine, University of Manchester, UK
  - Title: Latest EASD / ADA guidelines for the management of diabetes

**Chair Persons:**
- **Dr. Lorenzo Cohen**, Professor and Director of the Integrative Medicine Program, University of Texas, MD Anderson Cancer Center, USA
  - Title: Challenges in Integrating Modern Medicine with Traditional Indian Medicine

**Chair Persons:**
- **Dr. Darshan Shankar**, Vice Chancellor, Institute for Trans-Disciplinary Health Sciences, Bengaluru
  - Title: Challenges in Integrating Modern Medicine with Traditional Indian Medicine

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00 - 10:30 am</td>
<td>Symposia 1: Recent Advances in T2DM</td>
</tr>
<tr>
<td>10:30 – 11:00 am</td>
<td>Tea Break</td>
</tr>
<tr>
<td>11:00 – 1:00 pm</td>
<td>Symposia 1: Recent Advances in T2DM</td>
</tr>
</tbody>
</table>

### Symposia 2: Oncology
#### Venue: Main Hall

**Chair Persons:**
- **Dr. Shashi Bala Singh**, DIPAS, New Delhi
  - Title: Challenges in Integrating Modern Medicine with Traditional Indian Medicine
- **Dr. Ramaswamy**, Director General, CCRS, New Delhi
  - Title: Challenges in Integrating Modern Medicine with Traditional Indian Medicine
- **Dr. Raghavendra Rao**, Senior Scientist & Head, CAM Program, HCG, Bangalore
  - Title: Challenges in Integrating Modern Medicine with Traditional Indian Medicine

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00 - 10:30 am</td>
<td>Symposia 2: Oncology</td>
</tr>
<tr>
<td>10:30 – 11:00 am</td>
<td>Tea Break</td>
</tr>
<tr>
<td>11:00 – 1:00 pm</td>
<td>Symposia 2: Oncology</td>
</tr>
</tbody>
</table>

### Symposia 3: Mental Health
#### Venue: Sushruta Medical College

**Chair Persons:**
- **Dr. Shashi Bala Singh**, DIPAS, New Delhi
  - Title: Challenges in Integrating Modern Medicine with Traditional Indian Medicine
- **Dr. Ramaswamy**, Director General, CCRS, New Delhi
  - Title: Challenges in Integrating Modern Medicine with Traditional Indian Medicine
- **Dr. Raghavendra Rao**, Senior Scientist & Head, CAM Program, HCG, Bangalore
  - Title: Challenges in Integrating Modern Medicine with Traditional Indian Medicine

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00 - 10:30 am</td>
<td>Symposia 3: Mental Health</td>
</tr>
<tr>
<td>10:30 – 11:00 am</td>
<td>Tea Break</td>
</tr>
<tr>
<td>11:00 – 1:00 pm</td>
<td>Symposia 3: Mental Health</td>
</tr>
</tbody>
</table>

### Poster Presentations
#### Venue: Main Hall

**Chair Persons:**
- **Dr. Raghavendra Rao**, Senior Scientist & Head, CAM Program, HCG, Bangalore
  - Title: Challenges in Integrating Modern Medicine with Traditional Indian Medicine

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00 - 10:30 am</td>
<td>Poster Presentations</td>
</tr>
<tr>
<td>10:30 – 11:00 am</td>
<td>Tea Break</td>
</tr>
<tr>
<td>11:00 – 1:00 pm</td>
<td>Poster Presentations</td>
</tr>
</tbody>
</table>

---

**Yoga Sudha**

Jan 4, 2016, Monday
### SCIENTIFIC SESSIONS

<table>
<thead>
<tr>
<th>Time</th>
<th>Speakers</th>
<th>Title:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 - 3:30 pm</td>
<td>Dr. Prasanna Rao Balakrishna, Manchester, UK</td>
<td>Importance of lifestyle modification in the management of pre-diabetes and diabetes</td>
</tr>
<tr>
<td></td>
<td>Dr. R Nagarathna</td>
<td>Weight management in the treatment of diabetes</td>
</tr>
<tr>
<td></td>
<td>Dr. Satish Babu, Bangalore, India</td>
<td>Newer medication for the treatment of diabetes</td>
</tr>
<tr>
<td></td>
<td>Dr. Kashinath Dixit, Manchester, UK</td>
<td>Role of Lifestyle in Differential Demographic Distribution of Cancer</td>
</tr>
<tr>
<td></td>
<td>Dr. S K Chaturvedi, Department of Psychiatry, NIMHANS, Bangalore</td>
<td>Role of Yoga in Integrative oncology: an evidence based approach</td>
</tr>
<tr>
<td>3:30 - 4:00 pm</td>
<td>Tea Break</td>
<td></td>
</tr>
<tr>
<td>4:00 - 5:00 pm</td>
<td>Dr. Lalantha Leelarathna, Manchester, UK</td>
<td>State of art devices for the management of diabetes</td>
</tr>
<tr>
<td></td>
<td>Dr. Shesha Pramod, Bristol, UK</td>
<td>Diabetes in pregnancy - challenges in the management</td>
</tr>
<tr>
<td></td>
<td>Dr. Karin Schara</td>
<td>Management of painful neuropathy and diabetic foot problems</td>
</tr>
<tr>
<td></td>
<td>Dr. B T Chidananda Murthy, Principal, JSS</td>
<td>State of art devices for the management of diabetes</td>
</tr>
<tr>
<td></td>
<td>Dr. Ishwara Acharya, Director, CCRYN</td>
<td>State of art devices for the management of diabetes</td>
</tr>
<tr>
<td></td>
<td>Dr. Ramaswamy, Director General, CCRS, New Delhi</td>
<td>State of art devices for the management of diabetes</td>
</tr>
<tr>
<td></td>
<td>Dr. Vanita, President, CCIM, New Delhi</td>
<td>State of art devices for the management of diabetes</td>
</tr>
<tr>
<td></td>
<td>Dr. Vyasah Kalyanasundaram, Director, Centre for Human Excellence, Colombo, Srilanka</td>
<td>State of art devices for the management of diabetes</td>
</tr>
</tbody>
</table>

### Panel Discussion

**Venue:** Sushruta Medical College

- Dr. B T Chidananda Murthy, Principal, JSS
- Dr. Ishwara Acharya, Director, CCRYN
- Dr. Ramaswamy, Director General, CCRS, New Delhi
- Dr. Vanita, President, CCIM, New Delhi
- Dr. Vyasah Kalyanasundaram, Director, Centre for Human Excellence, Colombo, Srilanka

### Jan 5, 2016, Tuesday

**Plenary 1: Integrative Medicine**

**Venue:** Main Hall

**Chair:**

- Dr. K S Ravindranah, Vice-Chancellor, RGUHS, Bengaluru
- Dr. Lorenzo Cohen, Professor and Director of the Integrative Medicine Program, University of Texas, MD Anderson Cancer Center, USA
- Dr. Heagarty, Professor of Medicine, Cardiac Centre lead in the Institute of Cardiovascular Sciences, Manchester University
## SCIENTIFIC SESSIONS

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 – 11:30 am</td>
<td>Tea Break</td>
</tr>
</tbody>
</table>
| 11:30 – 1:00 pm | **Plenary 2: Modern Medicine**  
Venue: Main Hall  

**Chairs:**  
Dr. S C Manchanda,  
Prof. Rhian Touyz, President, International Society of Hypertension  
**Title:** Hypertension – past, present and future  
Dr. D Prabhakaran, Vice President, Public Health Foundation of India  
**Title:**  

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>01:00 – 2:00 pm</td>
<td>Lunch</td>
</tr>
</tbody>
</table>
| 02:00 – 3:30 pm | **Symposia 1: Update on Hypertension – a global challenge**  
Venue: Main Hall  
Symposium by International Society for Hypertension  

**Chair Persons:**  
Dr. D Prabhakaran,  
Vice President, Public Health Foundation of India  
**Title:** Innovations to reduce the burden of hypertension in India  
Dr. Rajeev Gupta,  
Preventive Cardiology, Internal Medicine and Research Centre at Eternal Heart Care Centre and Research Institute, Jaipur  
**Title:** Combining old and new technologies (clinical tools) for better hypertension control in India  
Dr. Narsingh Verma,  
Secretary General Indian Society of Hypertension  
**Title:** Circadian variability in blood pressures as risk factor of complications  

**Speakers:**  
Dr. Vinayalaxmi Deshmukh,  
Founder & Chairman, HCG, Bengaluru  
**Title:** Recent Advances in Cancer Management: An Overview  
Dr. Senthil R Selvan,  
Vivekananda Yoga Research Foundation, Norwalk, CA, USA  
**Title:** Immune System and Cancer: Relationships and Alterations  
Dr. Vadapalani  
**Title:** AUYSH Research in Cancer: Past, Present, and Future  

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 02:00 – 3:30 pm | **Symposia 2: Oncology**  
Venue: Main Hall  

**Chair Persons:**  
Dr. D Nagaraja,  
Director, School of Integrative medicine, S-VYASA, Bengaluru  
Dr. Ishwar V Basavaraddi,  
Director, MDNIY, New Delhi  
**Speakers:**  
Dr. Timmappa Hegde,  
Director - Narayana Institute of Neurosciences, Bengaluru  
Dr. Balasubramanyam,  
Assistant Director & Senior Scientist, Madras Diabetes Research Foundation, Chennai, India  
Dr. B T Rudresh,  
Classical homeopathic practitioner, Bengaluru  
**Title:** Molecular dynamics of T2DM  
Dr. B T Rudresh,  
Classical homeopathic practitioner, Bengaluru  
**Title:** Integrative Medicine – Homeopathy  

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 – 11:30 am</td>
<td>Tea Break</td>
</tr>
</tbody>
</table>
| 02:00 – 3:30 pm | Oral Presentations  
Venue: Vivekananda Hall  

**Chair Persons:**  
Dr. Sat Bir Khalsa,  
Brigham and Women’s Hospital, Harvard Medical School, Boston, US  
Dr. Naveen K V,  
Doctor, Yogaksema - Stress & Lifestyle Clinic, Bangalore  
Dr. Sathyaprabha T N,  
Professor, Dept. of Neurophysiology, NIMHANS, Bengaluru
## SCIENTIFIC SESSIONS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 – 5:00 pm</td>
<td><strong>Panel Discussion</strong>&lt;br&gt;Title: Innovative community based approaches to improve hypertension prevention and management in India&lt;br&gt;Venue: Sushruta Medical College</td>
<td></td>
</tr>
<tr>
<td>09:00 - 10:30 am</td>
<td><strong>Plenary 1: Modern medicine: Sessions</strong>&lt;br&gt;Title: Prevention of Diabetes through Community Empowerment - Some success Stories from Chennai&lt;br&gt;Venue: Main hall</td>
<td></td>
</tr>
<tr>
<td>10:30 - 11:00 am</td>
<td><strong>Plenary 2: Integrative Medicine</strong>&lt;br&gt;Title: Yoga for physical and mental wellbeing&lt;br&gt;Venue: Main hall</td>
<td></td>
</tr>
<tr>
<td>11:00 - 1:00 pm</td>
<td><strong>Symposia 1: Diabetes Mellitus</strong>&lt;br&gt;Title: Scientific approach to understand mental health benefits of YOGA and MEDITATION: fMRI studies&lt;br&gt;Venue: Mangal Mandir</td>
<td></td>
</tr>
<tr>
<td>1:00 – 2:00 pm</td>
<td><strong>Symposia 2: Oncology</strong>&lt;br&gt;Title: Serious Mental Illness and Yoga&lt;br&gt;Venue: Main Hall</td>
<td></td>
</tr>
<tr>
<td>2:00 – 3:30 pm</td>
<td><strong>Symposia 3: Cardiology</strong>&lt;br&gt;Title: Ex Professor, Department of Medicine and Head of ART Centre, Grant Medical College, Mumbai&lt;br&gt;Venue: Vivekananda Hall</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Symposia 4: Mental Health</strong>&lt;br&gt;Title: Founding Director and Medical Director, Milann, Bengaluru&lt;br&gt;Venue: Sushruta Medical College</td>
<td></td>
</tr>
</tbody>
</table>

### Jan 6, 2016, Wednesday

- **Dr. Devi Prasad Shetty**, Chairman and Founder, Narayana Health, Bengaluru<br>Title: Modern medicine: Sessions<br>Venue: Main hall
- **Dr. V Mohan**, Chairman & Chief Diabetologist, Madras Diabetes Research Foundation, Chennai<br>Title: Prevention of Diabetes through Community Empowerment - Some success Stories from Chennai
- **Dr. Shirley Telles**, Director, Patanjali Research Foundation, Haridwar<br>Title: Yoga for physical and mental wellbeing
- **Dr. Khetrapal C L**, Distinguished Professor, Centre of Biomedical Research, Uttar Pradesh<br>Title: Scientific approach to understand mental health benefits of YOGA and MEDITATION: fMRI studies
- **Dr. Ananda Pandurangi**, Medical Director & Chairman, Inpatient Psychiatry and Director, Schizophrenia and ECT Programs<br>Title: Serious Mental Illness and Yoga
## SCIENTIFIC SESSIONS

| 2:00 – 3:30 pm | **Speakers:**
|                | Dr. G Gangadharan, Director, M S Ramaiah Indic Centre for Ayurveda and Integrative Medicine, Bangalore
|                | Dr. V Guruprasad, Consultant in Rehabilitation Medicine at Central Manchester Teaching Hospitals and Salford Royal hospital.
|                | Dr. Montu Saha, Scientist, DIPAS, New Delhi
|                | **Title:** An integrative model of healthcare pivoted around Ayurveda to meet current healthcare challenges: an example of Diabetes mellitus (DM)
| 3:30 – 4:00 pm | **Tea Break**
| 4:00 – 5:00 pm | **Panel Discussion**
|                | **Venue:** Sushruta Medical College
|                | Prof. M A Siddiqui, Director, National Institute of Unani Medicine
|                | Dr. Prashanth Shetty, Principal, SDMCNYS, Ujire
|                | Dr. H Sudarshan, Karuna Trust

### Jan 7, 2016, Thursday

| 09:00 – 11:00 am | **Plenary:** Integrative Medicine
|                  | **Venue:** Main Hall
|                  | Dr. C N Manjunath, Director and Professor of Cardiology, Sri Jayadeva Institute of Cardiology, Bengaluru
|                  | **Title:**
|                  | Dr. B N Gangadhar, Professor of Psychiatry, NIMHANS, Bengaluru
|                  | **Title:** Science of Yoga as Therapy on Psychiatry: Depression
|                  | **Tea Break**
| 11:30 – 1:00 pm  | **Valedictory Program**
| 1:00 – 2:00 pm   | **Lunch**
INTRODUCTION

Before we discuss cardiac assist, let us briefly look into cardiac perfusion (blood supply to heart muscle). The muscle of a normal, healthy heart, like any other muscle of the body, needs oxygenated blood for its normal functioning. There is, however, an interesting difference between blood perfusion to organs and skeletal muscles as compared to cardiac muscle. All organs and skeletal muscles receive oxygenated blood during the systolic phase of the cardiac activity (when the blood pressure is at its peak). The left ventricular cardiac muscle in contrast, receive oxygenated blood during diastole, when the heart muscles are expanding and relaxing in contrast to right atrium and right ventricle where blood flow occurs during systole also because of the pressure differential is greater between aorta and these sites (Ganong’s Review of Medical Physiology, 25th edition: 2016, chapter 33). This is an important and exciting observation. During systole, the cardiac muscles are contracted and blood supply to them will be minimal. During diastole, however, the vessels in the cardiac muscle expand along with the cardiac muscle and hence are able to receive the blood. Further, there is a suction action by the blood vessels as the heart expands facilitating blood flow to the cardiac muscle.

Hence, if we want to increase blood supply to heart through external means, we should time the event to coincide with the diastolic phase. Most cardiac assist devices derive EKG from the person and achieve cardiac perfusion in a timely manner.

Worldwide, heart failure is one of the major causes of morbidity and mortality in adults. Transplantation is not a solution in most cases since the availability of donor heart and the procedures are complex and legally difficult to go through. In the United States, only about 4 per cent of around 50,000 patients who die each year from heart failure undergo heart transplantation. Another exciting method for supporting a failing heart that is unresponsive to maximal medical therapy is through circulatory support using implanted or extra-corporeal devices.

INTRA- AND EXTRA-AORTIC BALLOON PUMPING

The most promising procedures are known as intra-aortic balloon pumping [1] and C-Pulse [2]. Intra-aortic balloon counterpulsation is a method of temporary mechanical circulatory support for a failing heart. It assists cardiac function through reduced load on the heart during systole, at the same time providing diastolic augmentation (increased cardiac perfusion). Due to this procedure, cardiac perfusion is increased, with decrease in left
ventricular wall stress (afterload) which is good for the cardiac muscle. It reduces the pumping burden of a failing heart by about 25 per cent so that the patient could be ambulatory and does not have the symptoms of cardiac failure. The method is to insert a catheter into the aorta and inflate and deflate the balloon using an inert gas. See figure 1 for details. The inflation of the balloon is synchronized through R-wave of the EKG. Note this is an invasive procedure with balloon contacting blood in the aorta; hence, its use must be carefully monitored in a hospital and the materials used should be bio- and blood compatible. However, it is used infrequently because of the development and use of assist devices.

The second method, which is under trial, is called C-Pulse and is a non-blood-contacting counterpulsation using an inflatable cuff around the ascending aorta and thus is an extra-aortic balloon (EAB) counterpulsation device [2]. This overcomes some of the problems of the earlier devices since there is no blood contact. This seems to be a promising device.

There are other methods for augmentation and support of a failing heart. There is an indirect method wherein pressure cuffs are mounted on lower limbs and they are activated during diastole of the heart so that back pressure could be induced in the aorta thus enabling increased cardiac perfusion. This method is of interest to all since there is no surgery, no failure of power supply to the device itself and no need for intensive care monitoring of the patient.

The indirect procedure – called External Counter-Pulsation therapy (ECP) – is performed on individuals with angina or heart failure. It also improves functional capacity and quality of life. In clinical studies, ECP seems to relieve angina or heart pain which occurs due to reduced supply of blood to the cardiac muscles.

The ECP system consists of three pressure cuffs which are inflated and deflated in synchrony with the person’s electrocardiogram (EKG). See figure 2. The cuffs surround each upper and lower thighs and calf muscles. The cuffs inflate during start of diastole and deflate during start of systole. The cuffs are normally inflated to around 200 mm Hg, high enough to occlude the major arteries of the lower limbs. While normally this is a simple procedure, it is thought by this writer that adjustments in the timing are required based on the length of the limbs and - a more complicated factor – the elasticity of the arteries which is difficult to measure and implement.

When properly implemented, this procedure could decrease load on the heart, increase cardiac perfusion and cardiac output (amount of blood supplied by the heart). Thus, ECP is a rehabilitation procedure to support a failing heart, restore oxygenated blood to the cardiac muscle and could also possibly repair damaged portions of heart muscle. This is a hypothesis that needs to be investigated. Improvements in ability to exercise, reduction in angina pain and shortness of breath are some of the benefits seen in patients using ECP routinely.

It is possible that even healthy people could benefit by using ECP similar to going to a gym! It is thought that regular use of ECP procedure – which is by the way, safe, non-intrusive and an at-home procedure – could keep cardiac muscle oxygenated and healthy. Of course, a
good exercise regimen such as brisk walking or a workout could support cardiac function by maintaining a healthy cardiac muscle. Sri Manoj Bhargava is one of the proponents of ECP and proposes to supply these devices to many rural and semi-urban hospitals in India so that people could use them and improve their cardiac health [4, 5]. While his idea is laudable, cardiac health could also be obtained through Yoga practices as described below.

YOGA PRACTICES AS CARDIAC ASSIST

Any abdominal pressure from outside could compress the descending aorta and reduce or block the flow of blood to the extremities similar to principle used in ECP. In a normal person, if we could bring this about in a natural way, it is possible that cardiac perfusion will be promoted and cardiac health could be maintained. This is where the role of asanas and pranayama as possible enhancer of cardiac perfusion is of great interest. Asanas such as pavanamuktasana and all inverted poses (ex. Sarvangasana) could facilitate improved circulation to cardiac muscles. Any asana that compresses the abdomen could achieve a back flow that could improve cardiac blood supply.

Similarly, pranayama that is practiced with abdominal compression – such as kapalabhati (kb) – could be of interest to investigate for this effect. Some Yoga programs recommend practice of kb for say 5 minutes, with a frequency of one cycle (inhalation and exhalation) a second, which is almost the normal heart rate for a young, healthy individual. With today’s technology, it is even possible to synchronize one’s kb period to EKG [6].

CONCLUSION

It is an exciting idea that pranayama and some asanas could improve cardiac perfusion. This needs a systematic search and careful analysis so that an app in a cell phone could be used to time the breathing rate to achieve this goal. It has been shown at least in one study that there is no perceptible cardiac load while doing sarvangasana in normal, healthy individuals [6]. It is possible cardiac perfusion could improve through these simple procedures. Of course, there are other benefits of yoga practice as described by numerous studies reported in scientific literature. Hence, investigation regarding this particular benefit should be undertaken so that people carrying out these practices at home and at their own time could benefit and improve their cardiac health.

REFERENCES AND NOTES

3 Andrew D. Michaels, MD et.al., “Left Ventricular Systolic Unloading and Augmentation of Intracoronary Pressure and Doppler Flow during Enhanced External Counterpulsation”; Circulation September 3, 2002, pp. 1237 – 1242. Yoga research in this area needs to follow the extensive clinical investigation reported in this paper.
4 USA Today, October 04, 2015 reports: “5-Hour Energy creator plans more game changers”. The article goes on to explain: Michigan (USA) billionaire Manoj Bhargava, founder of the 5-Hour Energy Company, has already pledged to give away most of his wealth. Now Bhargava is going public for the first time with work he’s been funding on inventions to alleviate global suffering by attacking problems in the areas of water purity, energy availability and health”.
5 Sri Manoj Bhargava explains the extra-corporeal counterpulsation device as follows: “It’s safer than a treadmill,” he said, of the ECP device, which functions as an auxiliary heart to assist blood circulation as a person lays down with cuffs around the calves, thighs and hips, timed to inflate and deflate between heartbeats. “Even for something as benign as this, it still takes five years and $40 million to get approved in the U.S. On a treadmill, you can fall off and break your neck. On this thing, you just lie down.” His YouTube lectures are of interest in this connection.
6 With a latest app for a smart phone, it is possible to get one’s own EKG and heart rate. We can easily sync our breathing to the pulse appearing on the smart phone screen!
Puttur: Recently, Dr. H R Nagendra Ji took part in SMET program organized for Library Professionals with Special Reference to Yoga – SMET LIB 2015 at Govt. First Grade College, Bettampady, Puttur and also in Adhyatma Sourabha program, organized by Puttur Yoga Kendra.
Managalore: Two Days Stress Management program was organized in MRPL (Mangalore Refinery and Petrochemicals Limited). The program was there on Nov 30 and Dec 1.

This was the unique program, in which all the participants were female.

The program was led by Dr. H R Nagendra ji. Senior Personalities of VYASA Sri T Mohan Ji, Smt. Subhadra Devi and Dr. Satyapriya Maharana accompanied him.
SMET program participants from HAL, Bengaluru
The Seed of Sickness

My friend is a senior executive in a big organization. He has a boss who is a great task master. My friend’s subordinates are sometimes disobedient and very often reluctant to work. His colleagues too are not very much forthcoming to cooperate with my friend and form a good team. Amidst all these problems, he has to work with a genial face. He cannot punish anybody, nor can he swallow his anguish and anger.

One day, I visited him in his office. He was shouting at the attendant for not keeping the room clean and for not keeping the files in an order. The table was full of materials scattered all around. When he was thus restless, there was a phone call from his boss. Immediately, my friend changed his tone and in an obedient voice replied very gently to the queries. Immediately after the conversation, he resumed his angry voice and scolding words to set right the attendant.

His smile was superficial, only on the surface. But his anger was from within. He was like a soft and smooth balloon with boiling water within; like hot iron bar suddenly dipped into cold water; like a speeding car with brakes suddenly applied on the speed breakers. I was only a silent and sympathetic spectator to the plight of my friend. I saw at that moment, the seed of sickness (Aadhi) being sown into his mind.

Within a few minutes, one of his subordinates presented a file for perusal and signature of my executive friend. At the very first sight, my friend saw blunders in the file and so he started shouting at the clerk. He took the file and threw it away on the face of the subordinate person. It was at that time, he received a call from his wife complaining against the absence of the servant maid in the house and also the failure of electrical supply in the house. My friend was irritated. He was unable to reply calmly, nor could he show his bad temper. Controlling his emotions, he was trying to console her and make alternate arrangements for the work at home. I only pitied my friend. He could not be quiet; nor could he show his anguish.

I was able to see the seed of sickness being watered with restlessness. The seed of Aadhi (sickness) began to sprout. Day after day, situations and conversations of conflicting nature were clashing in his mind. It was with these frequent disturbances, the sickness started growing larger and larger into a big tree of physical ailment called Vyadhi. His face gradually became pale. There was no more smile and he fell sick. The doctors after conducting various tests discovered him to be a person of hypertension and diabetes. His B.P. was high and his sugar levels were also high.

Many, many people do not know that it’s a calm mind which is capable of maintaining good health. When the mind is disturbed and restless with many many conflicting and smothered ideas and expressions, the seed of sickness is sown. Gradually, it percolates into the body and becomes a physical ailment. It is Yoga which maintains the calmness of mind in such a way that it will never allow any seed of sickness to be sown or to be fostered.

Yoga is the only preventive way to all ailments.
Creative Singularity in Self

A “great chain of Being” extends from the past in the present to our generation. As if, a stream of consciousness is flowing through the nature and working through its extra-ordinary style of personified ‘Stillness in Action’ through Creative Human Minds. So may I say we all are the evolution that the Nature is experiencing and if this experience is in presence and silence, it can be personified as if; “The Stillness itself, is in Action within Human”

Some hundreds of years ago our ancestors observed, experimented and somehow manifested the unique skill for Creativity. They identified principles of geometry and the physics of force, its mechanisms and built pyramids and temples. They carved, painted in caves and later in temples using natural colours such as charcoal, ultimately moving on to fresco, oil, and acrylic. They developed the capacity to pass information on to future generations by telling oral tales and cultural activities. Ultimately, developed ways to record these tales in written form or literature. These ancestors are widely known as human beings, due to their brains. In the yogic terminology, we may call them ‘Yogicus’, in traditional era called as Rishis, and now in modern times, the Researchers, curious to find something Nobel for the society. Over a period of time the quest could have progressed from being Yogicus to being creative innovators.

I wonder if they might have developed this capacity for search and re-search, to save it for future generations, by seeing a grinding tool in a stone, a piercing projectile weapon, like a bow and an arrow or any mechanism used for moving things; more easily in a round, wheel-shaped objects, during the stone age and iron age. Some of our current creative people discovered biological principles, such as the role of telomerase, developed computers and digital imaging, design techniques for unmanned space research. Imagine new worlds such as those of ‘Star Wars’. Or pass on their feelings, emotions and experience via aesthetics, art, literati, beauty or morality through novels and essays.

Let us ponder on their curious minds and creative brains for a second. Their capacity to pass on events, experience and experiments in the innovative form, for the human kind till
modern times. These experimentations so called as Innovations in modern times, I wonder studying from a scientific perspective. What must be the nature of such experimentations in the beginning?

What must be the nature of the process inside their minds itself? Was it in flash or in a series of some stages or processes? Like what we think is the history of the Universe from the big bang to black holes. While we recollect past ideas about the universe and how we got our present picture; one might call it history, of the history itself of the evolution of our Universe, in several stages and processes.

Recollecting, Newton’s and Einstein’s theories of gravity led to conclusion that the universe could not be static; it had to be either expanding or contracting. Also there must have been time between 10 and 20 billion years ago, when density of the universe was infinite, which is called the big bang, which would have been the beginning of the Universe. This discovery was not instant but in series of events.

In such scenario, it raises a daunting series of questions, on the process in our brains for these creative stages. As posed by the right side of our brain to aesthetics and in the left brain the logic, calculations and analysis. I recall upon the theory of Multiple Intelligences by Howard Gardner, who argues that there is more than one intelligence and they are called the Multiple Intelligences. For example T. S. Eliot’s or Jon Donne’s spontaneous flash and an instant inward inspiration for writing poetry. Or as Ramanujam and Einstein, with high levels of creativity, a continuum between what is called “big C” i.e. creators like Genius or ordinary creators “little c”. C.P. Snow, who was both a physicist and respected novelist, published a book, debating about the creative styles about the creative process in science and arts. He says, the capacity to be creative is one of the most important characteristics that human beings possess.

How do we study this journey? What processes do we employ to explore the secret towards this journey, for being creators of something novel and useful to society? How do we ignite Creative Innovation for the current generation through our current Education System? These are the general pathways I take a walk through, in my leisurely Autobiographical Self.

Many philosophical and contemplative traditions teach us that “living in the present moment” increases happiness. Such state is conducive for the coupling and ground for getting healthier brain wave coherence. Besides the activities that what one loves to do, something likes walking, sitting, but not ruminating, bringing unevenness in breathing. Exercising, Playing, Relaxing are few activities, we do as per one’s brain’s configuration widely called upon as ‘Selfing’ activities. However, meditation is the most effective way by which one can have wonderful coupling and coherence within.

One amongst the several 100’s of meditation techniques is Loving Kindness towards Self. Commonly accepted and easier method of meditation than others. One of the Beautiful characteristics of Loving-Kindness type of meditation is ‘Not Minding’, “Being Selfless” and “Doing Selflessly”, which foster acceptance, both of oneself and others, as well as to increase awareness and attention. Through directed wishing and praying well for all humanity, typically by repetition of phrases such as “may (You / We / I) be happy. Just recently, even “His Holiness the 14th Dalai Lama” in Symposium at the Garden of Samadhi at NIMHANS said education of loving kindness, compassion and going deeper in to the dimensions of mind is the only reality and truth to be taught, practiced and made part of our education system to know and to go to our Self.

Centuries ago Great Indian ‘Saint Gyaneshwara’ wrote Pasayadaan, a prayer for the whole humanity. For the welfare, fulfillment, prosperity, of the whole world requesting God...
for happiness and peace for the self and for all. Even today Pasayadaan is practiced, recited and followed in many parts of our country, one of the dos’ of the Ashtangayoga given by great sage Patanjali. Which broadens the scope of individual awareness, to be in presence and silence with all aspects of experiences, whether during meditation or routine activities of our everyday life.

Fine tuning the configuration of our conscious field; such tuning of conscious field reciprocates with the creative spark, which is already present as divine innate nature in each one of us and refines our senses to become inward to the Inner Field, our Inner Space into the heart. It also refines our cognitive states and synthesizes our emotional responses, which enhances our Self control mechanism in brain. Processing of the emotional stimuli and entering the inner space is the basic step towards one’s Self and a screen for Creative journey, a journey towards one’s home, a journey towards our real Self. This phenomenon brings synthesis in the brain waves and results in the coupling and coherence, highly responsible for the igniting creative flow. Where the sensitive areas in our brain, are in sync with the frontal brain i.e. a forehead, remarkable for Buddhi or intellect or executive side of our brain.

This is what our beloved Guruji and my parampujya Swamiji (Dr.Madhav Nagarkar - Swami Madhavananda, hailing from Saint Gyaneshwara’s Natha or Sohum Meditation Tradition, Pune) says in their talks,

‘Going back to our real Home... Going to the Self’

Maharshi Patanjali puts this beautifully in following sutras –

**Tada Drastuh Svarupe Avasthanam** 1.3 (PYS)

Which means, by daily practice of Ashtangayoga, the seer dwells in his own nature; perceiver is now situated in his own form. Which is a step towards Samadhi state.

Vedanta gives the origins of this Creative journey towards Self,

**Ritambhara tatra prajna** 1.48. (PYS)

i.e. expression of ‘R’tambhara Pragya’ is the supreme wisdom and the Self personified, as the *Stillness in Action*. First entrance of a Samadhi, before one enters the enchanting Garden of Samadhi.

This phenomenon is being closely studied in individuals. The related phenomena corresponding to great Patanjali’s idea of thoughts rising from unconscious, deeper layers of our mind, processes as highest wisdom, creative flow or Buddhi.

Creative individuals frequently and quite consistently report that they get best ideas intuitively via flash and from unconscious reservoirs. For example, Honourable Abdul Kalam mentions in his book, *Wings of Fire*, I have done most of the work in ignited flow mode. Neil Simon stated:”I don’t write consciously. It is as if the muse sits on my shoulder. I wonder if there is some *Unconscious Divine Fire*, which ignites creative minds to become enlightened and do the work. Ignited Flow Mode or the Focused Attentiveness Mode is also the cognitive state described in Bhagvad Gita about the Karma yogi (Sthitapragya). Where one is in the sync and in continuous linkage with this Self, to do any kind of creative work.

‘The Brain’s dark energy’, the field of pure consciousness, or FA mode, is also referred to in popular maxim of Vedanta, that this “**Knowledge is structured in Consciousness**”, which is the key to human consciousness and creative intelligence. The corresponding Vedic principle describes how experience of the unmanifest field of pure consciousness is the key to complete knowledge of all manifest values of existence and Self:
So, what is the “Theory of Everything. Know that by which everything becomes known”, Self = mc\(^2\), where m is Me and Myself and c is Consciousness, which gives us Self. This principle is expressed in many parts of the Vedic literature. See for example Brihadaranyaka Upanishad (II. 5, 14 and V.1, 1); Mundaka Upanishad (I.1-9); Prashna Upanishad (V.10 -11); and Bhagvad Gita (VII.2). The nature and characteristics of the Self, modern and traditional we will see in next article.

References:

1. Dr. Madhav Nagarkar, (Swami Madhavananda), Science of Meditation, Swaroopyog Pratishthan, Pune

New Delhi: During the meet with Sri Rajyavardhan Rathore, Hon’ble Minister of State, Information and Broadcasting. During the meet he appreciated the upcoming 21st INCOFYRA led by Guruji.

Bengaluru: Recently, Dr. Padmini and Mrs. Kadambini Acharya conducted a Stress Management workshop for Sigma Aldrich personnel.
Belgaum: Recognizing the contributions made by Swami Vivekananda Yoga Anusandha Samsthana (S-VYASA Yoga University) to Yoga research, health and education, Naganur Sri Rudrakshi Math of Belgaum awarded this year's Atmaswastyashree award to Dr. H R Nagendra. Every year Rudrakshi Math gives the award in memory of Naganur Swamiji Dr. Shivabasava Swamiji, the founder of Rudrakshi Math. The Math has been contributing to education, health and spirituality for a long time. It has helped innumerable poor students through free education. The Math is also striving hard in social, spiritual and cultural upliftment of the people.

The award was received by the Vice Chancellor Prof. Vidwan Ramachandra G. Bhat on behalf of S-VYASA on December 7th, 2015. The award included cash prize of Rupees Fifty Thousand. The Vice Chancellor also gave a highly motivational speech on ‘Yoga & Health’. The programme was attended by huge number of selected audience and dignitaries from various fields.
Weekly Kriya classes are going on every Saturday.

On 14th and 21st November 2015 Teacher’s Meets were held at the Eknath Bhawan. Programmes were presided by the Chairman of VYASA Kolkata.

From 17th to 19th November 2015 a special Yoga Programme was conducted for the Sa Re Ga Ma Pa participants of Zee Bangala. On behalf of VYASA Nadia programme was conducted by Mr. Subhendu Acharyya & Team.

On 25th Evening there was an Annual Get Together (Kartika Poornima) of all new and old Yoga Participants of VYASA Kolkata. Programme was concluded with a moon light dinner.

On 26th & 27th November Dr. H R Nagendra and Dr. R M Acharya of S-VYASA, Bengaluru had a visit to Kolkata. During their visit they met with some of our well wishers.

Along with this Regular Yoga Training Programme (RYTP) & Yoga Therapy (YT) classes at VYASA and Yoga Awareness Programmes (YAP) in the different schools, community halls and Corporate Houses are going on.
2nd PUNE INTERNATIONAL YOGA FESTIVAL
‘द्वितीय पुणे आंतरराष्ट्रीय योग महोत्सव’

"Yoga for All"

Workshop, Health Expo., Yoga Film, Yoga Demo.

About The Festival
Experiential and revitalizing Programs on holistic health by yoga gurus and yoga teachers of great eminence. Sessions on Yoga for Stress Management, Yoga for Critical Ailments, Yoga for Women, Yoga for Researchers, Different Meditation Techniques, Dynamic Meditation, Hasya Yoga, Midbrain Activation, Unlocking, Hidden Potential.

Our Mission
We believe that by inviting fellow yogis to practice with us here on this fragile pit of sand, which represents the ephemeral nature of existence, we can create positive energy for our community that will enable grow – which in turn will catalyze the kind of shifts we want to see in the world. We believe that yoga is a unique way to connect with other human beings from diverse backgrounds, unified for a common to improve ourselves and thus contribute to our world. We are inspired by the natural beauty surrounding us, and by the strength of our yoga community here and beyond.

Organizing Committee
Padmabhushan Dr. Vijay Bhatkar
Smt. Vidula V. Shende
Dr. Milind Modak

HH Swami GovindaDev Giri
Yogaratana Dr. Samprasad Vinod
Dr. Ramchandra Dekhane

Padmashree Dr. Sharad Hardikar
Shri. Vishwas Shende
Dr. Anil Jayawant

Our Associate

Venue:
Pune International Yoga Festival, Abhijeet Auditorium, New Law College, Bharati Vidyapeeth Paud Road Campus, Erandwane Pune - 411038. (MH) INDIA
Mob.: +91 7028021871 / 9049296539 Email to : booking@puneyogafestival.com
Value Driven Leadership through

- Quality that is Infinite
- Service that Cares
- Hardwork that Endures

Making a Positive Difference to lives across the globe
FOR INTERIORS THAT EVOKE ADMIRATION

For over two decades, Centuryply has been effortlessly redefining interiors into designer spaces with the most stunning range of products that reflect the very best of style, innovation and functionality.

CENTURYPLY
Quality that’s a class apart!
Fortifying interiors with innovations like the first flexible ply, a 7 year termite-proof, pay back guarantee and many more...

CENTURYVENEERS
Exotic designs in wood!
Beautifying Interiors with an exclusive and wide range of Decorative veneers (only BWR available in India) & Senzura Styles, handpicked from around the world...

CENTURYLAMINATES
Style that stands out!
Trendsetting interiors with the widest range of laminates having myriad textures, stunning patterns and exquisite designs...

Also available: CENTURYMDF CENTURYPRELAM

CENTURYPLY®