Yoga Sudha
A Monthly Journal of S-VYASA Yoga University

International Day of Yoga
21 June 2016, Chandigarh
Mass Yoga Demonstration

Dr. Pranav Pandya; Union Minister, Shri Vijay Sampla; Union AYUSH Secretary, Shri Ajit M Sharan;
CM Haryana, Shri Manohar Lal Khattar; Governor of Punjab / Haryana, Shri Kaptan Singh Solanki;
Prime Minister, Shri Narendra Modi; CM Punjab, Shri Prakash Singh Badal; Union AYUSH Minister,
Shri Shripad Yesso Naik; MP Chandigarh, Smt. Kirron Kher; Dr. H R Nagendra; Pujya Shivani

Mass Yoga Demonstration by 30,500
PM Modi Ji leads Address & Practice

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1st Asian Yoga Therapy Conference

Organised by Asian Yoga Therapy Association
Co-Sponsored by Vivekananda Yoga India
Technical Support by S-WASA Yoga University, India

15th - 17th July 2016 - Shanghai - China

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EDITORIAL

Glimpses of the tremendous responses from all over the world during the International Day of Yoga (IDY) celebrations are depicted in this issue.

The Main Program in Chandigarh attracted 30,500 persons demonstrating the common Yoga protocol for 45 minutes where Hon Prime Minister also practiced with all. All over the town, there were nearly 200 programs attracting nearly 50,000 people in all. Not only the Governments from all over India actively organised IDY celebrations, all Yoga and related organisations also celebrated the same in a big way all over the world. Yoga Olympiad organised by NCERT went down to District Level this time and 2.5 Lakh students participated in the event. Dr. Senapathy the Director of NCERT, told that we will reach all schools even at village level next year. He said that great awareness has been built among the school children.

The Outcomes IDY

1. Yoga has gone into School Education System through NCTE and NCERT
2. Yoga has made the routes in University Education System through UGC and Ministry of HRD
3. Ministry of AYUSH has been brought to main focus all over the world
4. Six Systems of AYUSH have been brought to the fore giving a big boost to Ayurveda Vaidyas in particular
5. Many Conferences all over the country in different universities of India and abroad have highlighted the research done in their respective fields bringing out the benefits of pluralistic medicine, the future of health care delivery system
6. India is becoming the destination for Yoga
7. Great interest all over the country and abroad has started bringing the Social relevance of Yoga to everyone in the society as yoga has a message for all
8. IDY has acclaimed the status of the biggest event of celebrations among all other days of UNO

And finally, the call by our PM to Control Diabetes by all Yoga Institutions in India and prevent India becoming the DM Capital of the World. So, the Ministry of AYUSH will continue its activities throughout the year for the same.

Dr H R Nagendra

International Day of Yoga at Red Fort, New Delhi. Chancellor, Dr. H R Nagendra was the Guest of Honour
This Sutra takes up cosmological thoughts which are so much graded in the second chapter of first Pada. There are many cosmological hints in all the Upanishads also. The common question in all the Upanishads is ‘Why is the world the way it is, how has it emerged the way it is expanded (in the sense of incarnations and structural diversity) with so many variable and verities and highly peculiar. As understood in the previous Sutras, the qualities and properties of a cause are carried on to the effect or the product state. The product is the reflection of the cause with little modification. कारणमातुयुः कौष्ठ्यात्मकता। - qualities of cause continue in the product. This phenomenon is very well presented by Nyaya – Indian school of logics. Clay is made into pot. It is very clear.

Purvapaksha says, human beings are capable and endowed with powers to deliver any kind work because they possess physical body. Brahma, having no physical body is incapable of doing anything. Thus Brahma possesses no powers.

Siddhanta says, the word, ‘Sarvopeta’ from Vedic verdicts about Brahma should be understood very clearly; ‘Brahma has every potentiality to become the root cause for diversified and multifarious world’. The same factor was envisioned by great sages, visionaries who were called ‘Rishis’. Rishis realized reality through deep Sadhana. Upanishad statements declared Brahma is root cause of everything and anything. Taittiriya Upanishad says, everything comes, sustains and merges with Brahma.

Next aphorism in this Adhikarana also establishes that how even with no organs and senses Brahma has the potency to create and manage everything in this world. Taking the help of Maya or Avidya, Brahma assumes different forms, permutations and combinations. He catches without hands, sees without eyes, thinks without Manas and does everything without the support of any external sources. Ultimate governing, creating and controlling factor of this world is Brahma only.

to be continued...
Chandigarh, Jun 21: The Capitol Complex here witnessed a grand ceremony with Honorable Prime Minister, Shri Narendra Modi Ji, leading the 2nd IDY ceremony in address and practice as well.

Dignitaries: Governor of Punjab / Haryana, Shri Kaptan Singh Solanki; CM Punjab, Shri Prakash Singh Badal; CM Haryana, Shri Manohar Lal Khattar; MoS (IC) Ministry of AYUSH, Shri Shripad Yesso Naik; MP of Chandigarh, Smt. Kirron Kher; MoS Social Justice and Empowerment, Shri Vijay Sampla; Union AYUSH Secretary, Shri Ajit M Sharan; Chancellor of Dev Sanskriti Vishwavidyalaya, Dr. Pranav Pandya; Chancellor, S-VYASA Yoga University, Dr. H R Nagendra; Brahma Kumaris’ Sister Pujyaa Shivani.

The Governor of Punjab and Haryana, Shri Kaptan Singh Solanki gave the welcome address highlighting “Yoga’s purpose to unite and not divide”.

S-VYASA being a Yoga University took active part in the celebration

Chancellor, Dr. H R Nagendra chaired the IDY Experts Committee, and served among the dignitaries on the dais.
Why June 21st for Yoga Day?

June 21st marks the northern hemisphere’s summer solstice or longest day in a year, and the earth’s closest point to the sun. Hence this day was internationally chosen to represent Yoga, as it connects us with this period of extended light and energy.

Statistics:

- 30,500 participants including 150 specially challenged persons selected to perform out of 1.5 lakh applicants
- Participant pool included: defense forces, ITBP personnel, Punjab University students, specially challenged, yoga foundations, school children, and select members from yoga orientation training camps
- 800 coaches conduct training
Honorable PM, Shri Narendra Modi Ji, elaborated Yoga’s grandeur emphasizing it as the need of the hour. He concluded his address by saluting the sages for their unique contribution and thanking all those striving toward spreading Yoga’s treasure.

Later, the PM led 30 thousand participants in a 45-minute Common Yoga Protocol mass demonstration.

### Highlights of Modi Ji’s Address

- **2nd International Day of Yoga (IDY)** marks a rising tempo for a global movement
- Two awards, at international and national levels, mark Yoga’s remarkable achievements
- Quality Council of India’s (QCI) recent strides decide norms for Yoga training and trainers
- India’s collaboration with WHO forges scientific Yoga Protocol
- Coming year Appeal to Yoga Practitioners and Therapists, to focus on Diabetes Care
- IDY includes physical, as well as mental and social health
- Yoga provides not merely fitness, but wellness and life discipline, Jeevan Anushasana
- Yoga aims for detachment, not attainment or attachment
- Like Puja, Yoga serves both heavenly gains, Paraloka Prapti, as well as earthly gains, Ihaloka Prapti, namely physical health, mental wellbeing and social harmony
- Yoga trains in synchronizing one’s body, mind, intelligence, and soul
- Yoga tunes a lazy body into activity, a restless mind into stability, ultimately helping one achieve the will of god, Ishwara Sankalpa
- Rather than controversy, Yoga should be engaged toward social welfare
- It behooves us to preserve and disseminate the sages’ priceless gift, Yoga, in as pure a form as possible
- Yoga is a zero-cost health assurance without

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**Boosts Stop Diabetes Movement (SDM) of VYASA, started in 2008**

PM’s appeal to Yoga practitioners and therapists worldwide to focus on diabetes care for coming year
discriminating between rich or poor, educated or uneducated, theist or atheist

- Yoga as an effective and economical preventive health-care system, can alleviate the health-care budget

- Just as cell phones embed and enmesh our lives, conversely Yoga can embed and even free our lives; but it requires adequately standardized methodology and simplified delivery

- Yoga can instrumentally replenish our lost sense of self-connection and care, despite our appearing technologically “connected”

- Trend arises in cities as gynecologists advise Yoga for pleasant pregnancy and comfortable delivery

- Globally, Yoga has become a lucrative industry in which qualified trainers benefit

Career Opportunities for Yoga Scholars, Graduates

Promising careers through Quality Council of India’s (QCI) delineating Yoga training and trainer norms
International Day of Yoga

Yoga Performance on
World’s Largest Glass and Titanium Saucer Shape Sighting Platform
Beijing, China

WHO Headquarters
Geneva, Switzerland

Sydney Opera House, Australia

Dubai

Shiyan Lake, Hunan, China

Northa Beach, Durban
Celebration at Global Level

International Day of Yoga
Special Coverage

Pujya Jaggi Vasudev at UNO Headquarters, USA

Pujya Sri Sri Ravishankar at European Parliament

London Tower Bridge

Khatmandu, Nepal

Times Square, USA
Baba Ramdev leads the session at Raj Path, New Delhi

Indian Navy aircraft carrier INS Viraat
Mumbai

Srinagar, Kashmir

Mumbai
Celebration in India

**International Day of Yoga**

**Special Coverage**

**Siachen Icy Heights**

**Kargil**

**Rann of Kutch, Gujarat**

**Umrol, Meghalaya**

**Ahmedabad, Gujarat**

**Backward Class Commission members perform Jal Yoga, Madhya Pradesh**

**Lodhi Garden, New Delhi**

**Demonstration by 4001 School Children, Chennai**
June 22: Inaugural session

As part of the celebrations of second International Day of Yoga, Ministry of AYUSH organized a two-day International Conference titled ‘Yoga for Body and Beyond’. Vice President Shri Hamid Ansari, inaugurated the Conference. MoS (I/C) for AYUSH, Shri Shripad Yesso Naik was the ‘Guest of Honour’. Swami Ramdev, Dr. Pranav Pandya, Swami Amrita Suryananda, Swami Chidanand Muni and Dr. H R Nagendra graced the occasion. Delivering the Inaugural Address, Vice President Shri Hamid Ansari said that Yoga is a science which helps in reducing the stress and has numerous benefits which keeps one fit and useful in maintaining overall health profile.

June 23: Valedictory session

The International Conference was held to deliberate upon the benefits of yoga to the individual, community, the society and the world at large. It was attended by Yoga experts from India and more than 80 international delegates from 35 countries.

Speaking at the valedictory session today, the Hon. Lok Sabha Speaker, Smt. Sumitra Mahajan said that India has always believed in conquering the hearts of people, not by invasion, but by its culture and traditions. India has won the hearts of the world by giving it something extra ordinary like Yoga, she explained. Smt Sumitra Mahajan said that its a great achievement that by celebrating the International Day of
Yoga, the people have decided to create a healthy world. She said that the whole theory of Yoga is to go beyond the mind. Smt. Mahajan said that Yoga has several aspects, while some people look it as a part of medical science others consider it as a form of meditation and for yet others, it’s a source of peace and joy.

The Lok Sabha Speaker said that today the humanity is faced with several challenges like terrorism, extremism, consumerism and climate change. These challenges can be met if we adopt Yoga in our lives since Yoga teaches us to live in harmony with nature and to lead a balanced life. It is our great achievement that with the Declaration of International Day of Yoga by the United Nations, we have been successful in popularising yoga all over the world, the usefulness of yoga is universal and the whole world has accepted it eagerly, she added.

Addressing the valedictory session, the MoS for AYUSH (I/C), Shri Shripad Yesso Naik expressed his happiness that the level of participation in the International Conference has remarkably increased from India and abroad this year. “The way the world is accepting Yoga, I am sure in the days to come the world will further recognize Yoga as a vital contribution of India to rid the mankind of disease and promote peace and tranquillity amongst the various nationalities and a healthy world” the Minister said.

Shri Shripad Naik explained that the focus of yoga is basically to change the lifestyle so that the lifestyle related disorders are easily prevented and managed. Yoga is a suitable way to overcome the problem of non communicable diseases which is becoming more problematic than epidemic outbursts of earlier times, Shri Shripad Naik said.

The AYUSH Minister explained that several efforts have been made by the Government to promote Yoga including efforts to include Yoga training in the Military and Para-Military forces and developing a separate central sector scheme for Yoga Training for Police personnel. He further elaborated that the new recruits of Civil Services will now do Yoga as a part of their training programme. The primary theme of 2nd International Day of Yoga is to connect with the Youth and to inculcate the habit of Yoga at a young age. So, NCERT has prepared syllabi on Yoga for the class sixth to eighth and ninth to tenth standards and circulated to all the State Governments and School Boards, the AYUSH Minister added.

Shri Shripad ji highlighted some of the other major steps taken by the Government. “One of the commendable steps in this direction is that Ministry of AYUSH has set up an effective mechanism in place by launching the Schemes for Certification and Accreditation of Yoga Professionals and Yoga Schools with the help of Quality Council of India (QCI). It’s more
heartening to know that the Schemes are getting international recognition.”

In his welcome address, Secretary, AYUSH, Shri Ajit Sharan said that Yoga has great value for preventive and promotive healthcare. The scientific developments in the field of Yoga must be encouraged and its should be cultivated as a resource for developing individual and community health, he added.

Chairman, Quality Council of India, Shri Adil Zainul Bhai and famous Yoga experts Smt. Hansa ji Jayadevi and Shri O P Tiwari also addressed the valedictory session.

During the valedictory session, Smt. Sumitra Mahajan also presented Certificates to representatives of the First Certified Yoga School in India, First Personnel Certification Body and certified Yoga Professionals from Japan under the Scheme launched by Ministry of AYUSH and managed by Quality Council of India for Yoga Professionals and Yoga Schools.

A film ‘Yoga at Antarctica’ produced by DRDO was also screened at the valedictory session.

There were 8 technical sessions on Yoga and Physical Wellbeing, three sessions on Insights from Yoga Scholars, Integration of Yoga in Healthcare Delivery System, Yoga for Mental Health, Yoga for Body and Beyond and a Panel Discussion on the subject. There was also a session on open-ended experience sharing by foreign delegates.

The countries that participated in the Conference included Iraq, Afghanistan, Algeria, Malaysia, Spain, Russia, Portugal, Australia, Belgium, China, Egypt, Iceland, Japan, Kuwait, Korea, Kenya, Slovenia, Uzbekistan, UAE among others.
Prashanti Kutiram, Bengaluru

The 2 IDY celebrated at the headquarters of S-VYASA Yoga University. The session started with the Address by Pro-Chancellor Prof. K Subrahmanyam Ji and then the Common Yoga Protocol was performed.

BMS College of Engineering, Bengaluru

The second International Day of Yoga celebration was organized by S-VYASA in collaboration with BMS College of Engineering and Rotary Club at the indoor stadium in Basavanagudi. More than 300 participants took part in the common protocol practice which was followed by advanced asana demonstrations and formations by both S-VYASA and BMSCE students.

Next was a stage program which was presided by Shri Ananth Kumar, Hon Minister for Chemicals and Fertilizers, GoI, Shri U T Khader, Hon Minister for Health and Family Welfare, GoK, Prof. Ramachandra G Bhat, VC, S-VYASA, Dr. Shekar, Vice Principal BMSCE, Dr. Shivarama Reddy, Director Physical Education, BMSCE, our beloved Dr. R Nagarathna Didi, Dr. Venkatram ji and Dr. Sudheer Deshpande ji. A book written by Dr. Sudheer Deshpande on Asanas was also released on this occasion.

Followed by this stage program, SMET session was conducted by Dr. R Nagarathna. Other activities like free health check-up, GDV scan and book exhibition was held to promote healthy yogic life style.
VYASA - Guwahati

Vyasa Guwahati has celebrated International Yoga Day at Sanatan Dharm Sabha. 59 Participants attended the function. In the program Sri Ajit Jana Ji, Jt. Convener of VYASA - Guwahati and others participated. VYASA Guwahati has given technical support for IDY program to following institutes like Assam Engineering Institute, Chandamari, North-Eastern Hill University (NEHU), Tura, Meghalaya, Telecom Department, Guwahati, Assam and D S Research Institute, Guwahati, Assam. VYASA Guwahati and Friends of Tribal Society, North East jointly organizes one month Yoga Class, from May 21 - June 21 at 93 places of Assam, Manipur and Tripura. All together around 15 thousand participants benefited by these yoga classes. VYASA - Guwahati also helped to conduct the International Day of Yoga in Assam, Manipur and Tripura. The IDY program was conducted in more than 4000 villages and towns. More than 6 lakh participants benefited by this yoga day program.

VYASA - Kolkata

At Kolkata, Sri Sanatan Mahakud conducted IDY yoga program from June 7 -13 at VYASA for the officers of Foreigner Regional Registration Offices (FRRO). IDY was also celebrated at VYASA, Tollygunge. Free Yoga Camps on Common Yoga Protocols of IDY was offered to new comers. Apart from that, IDY was observed at Horticulture Garden, Ekal Bhawan of S P Mukherjee Road, The Heritage Group of Institutions, Kolkata with ISHA Yoga Foundation, National Institute for Orthopedically Handicapped (NIOH), Sahitya Akademi, Lions Club of North Kolkata, Department of Physical Education of Jadavpur University, Birla High School for Boys, Pragyan Pyramid Meditation Centre, CSIR-Indian Institute of Chemical Biology, Departments of AYUSH, Sports and Youth Affairs of Govt. of West Bengal.
**VYASA - Hyderabad**

National Minerals Development Corporation Ltd., Hyderabad, conducted IDY programs over 5 different places and round 900 people participated with great enthusiasm.

**VYASA - Kalyan, Maharashtra**

**VYASA - Houston, USA**

VYASA, Houston observed IDY celebrations at Discovery Green Park in Down Town, Houston where 500 people participated. Consul General of India Mr. Anupam Ray was the Chief Guest.

**Washington DC, USA**
IDY was celebrated jointly by VYASA Yoga Singapore and Civil Service Club with high commissioner Ms. Vijay Thakur Singh as Chief Guest. More than 200 people participated in this event at civil service club, Tessensohn. Among others, CSC GM Mr. Charlie, VYASA Yoga Singapore founder Mr. Vashudev Khialani and VYASA Yoga Singapore MD Mr. Manoj Thakur had participated. There was also an incredible advance yoga posture demonstration by Dr. Kuldeep from S-VYASA, Bengaluru and later Ms. Yvonne led the laughter session. Ms. Ealla led ‘Jai Ho’ demonstration of derived yoga postures followed by that Ms. Archana led kids’ yoga demonstration.

Istanbul Yoga Merkezi, Turkey

Istanbul Yoga Center, the exclusive representative of S-VYASA Yoga University in Turkey, organized the official joint-event of Consulate General India and Kadikoy Municipality in Istanbul. Despite being Ramadan and the hour restriction of "iftar" / breaking the fast, more than 500 guests had participated earnestly. Mr. Sanjay Jain, the Consul General of India, Mr. Aykurt Nuhoglu, Mayor of Kadikoy Municipality had also participated. For the first time, a Governmental Head in Turkey participated in such an international event. A book, the second volume of Yoga Vasistha, was also released. The common yoga protocol was led by 50 volunteers of YIC students from the yoga center.
Vasudeva Kriya Yoga, Melbourne, Australia

Vasudeva Kriya Yoga (VKY) organized two events, out of that one was conducted in the premises of Parliament. 350 people performed 108 Surya Namaskars. Kids from 3-10 years actively participated in Yoga Sessions. Local MPs and Shadow Ministers were also there.

VYASA - Los Angeles, USA
NIMHANS, Bengaluru

NIMHANS, the premier institute for mental health, at its Integrated Centre for Yoga (NICY), conducted various yoga programs including the common yoga protocol. Also for patients and caregivers special session was organized in the hospital premises with around 100 participants.

ISRO, Bengaluru

At the Indian Space Research Organization (ISRO), Bengaluru, IDY was celebrated in which Dr. Sharvari Rao, Ms. Arundhati Goley and Mr. Lakshmikanth were the resource persons from S-VYASA.

HAL, Bengaluru

Dr. Padmini Tekur conducted IDY program at Hindustan Aeronautics Ltd. (HAL), Bengaluru

Symbiosis Internationa College, Puna

Dr. Meenakshi from S-VYSA had participated in the IDY celebration at Symbiosis International College. Around 400 staffs and students had participated.
DRDO, Bengaluru

At Aeronautical Development Establishment (ADE), DRDO, Bengaluru, IDY was observed where Dr. Judu Ilavarasu from S-VYASA gave a talk on ‘Applying Yoga Philosophy in Daily Life’ and followed by that a demonstration session by Mr. Nirbhay Singh.

ICMR, Bengaluru

Indian Council of Medical Research (ICMR), Bengaluru organized IDY program in which Dr. Sharvari Rao from S-VYASA gave a talk on Stress Management, following which there was Yoga Session (Common Protocol). Instructions for Yoga was given by Ms. Arundhati Goley and was demonstrated by Mr. Lakshmikanth.

IVRI, Bengaluru

At the Indian Veterinary Research Institute, Hebbal, Bengaluru, IDY was celebrated in which 60 people attended, and from S-VYASA Dr. Ashween Bilagi, Mr. Rammurthy, and Mr. Yuvakishore participated as resource persons.

CCET Office, Bengaluru

At the Central Commissioner for Excise & Tax Office, Govt of India, Bengaluru, IDY was observed along with 70 officials including Joint Commissioner Mrs. Samriti Goel. Simple office based yoga practices were demonstrated.
Indira Gandhi International Airport (IGIA), New Delhi

At the IGIA Delhi, IDY was celebrated in a grand manner. Dr. Manjunath Sharma, Dr. Ragavendrasamy, Dr. Raghabendra Bhat from S-VYASA participated as Guests of Honour. 20 sessions from 7 am - 5.30 pm were conducted by Dr. Vikas Ravat, Dr. Hemant Bhargav, Dr. Purnandu Sharma, Shiva Aditya & Yoganandu. Around 360 Passengers participated in the event. Also 2 sessions for DIAL Staff (50 staffs) were conducted by Dr. Purnandu Sharma & Dr. Hemant Bhargav. And another two sessions in Udaan Nhavan (Corporate Office) for 40 staffs were conducted by Shiva Aditya & Chirag Hakked.

Singareni, Telangana

IDY-2016 was organized by the Govt. Company, Singareni Collieries Co. Ltd, in Telangana in a grand way with the support and encouragement by the C&MD, Sri Sridhar, IAS, with the collaboration of S-VYASA/VYASA. The coal mines are spread in 4 districts and yoga activities have been taken up for the last 16 years to give benefits to the workmen, staff, officers from time to time by then C&MDs with the faculty support from S-VYASA. For this IDY 2016, more than 300 centers were identified at various mines, depts, clubs, parks, grounds and with the help of around 400 local yoga teachers in the company areas, with the coordination of all officers from top to bottom, all workers' unions, S-VYASA / VYASA arranged training for 6 days with 11 teachers / 3 supervisors / 2 coordinators covering the whole Singareni area and on the final festival day of yoga, there were 61,140 persons, including Hyderabad office (officially announced by C&MD) practiced yoga in the whole Singareni in two different groups, morning and evening.
Calicut, Kerala

IDY event was organized on June 20 & 21 by Yoga Poornima, Yoga Research Centre. Dr. Praveen Angadi from S-VYASA gave a talk on Yoga for Diabetes as a part of the conference that was attended by around 400 people.

Madhapur, Hyderabad

Dr. T Indira Rao (Alumni of S-VYASA) conducted yoga program for senior citizens in Madhapur, Hyderabad as part of IDY celebration.

Devi Academy, Valasai, Chennai

Children preformed yoga in the presence of Dr. T M Srinivasan, a professor of S-VYASA.

KIIT & KISS, Bhubaneswar

At the KIIT & KISS, Bhubaneswar, IDY was celebrated along with students and faculties of the University.
Basaveshwar Nagar, Bengaluru

Samyama Yoga Mahavidyalaya in association with International Yoga Day committee, S-VYASA Yoga University and other Yoga organizations organized IDY. Dr. Dhanvanthari S Wodeyar, Hon President Samyama Trust and Yoga Mahavidyalaya, Sri P R Krishnamurty, Organising Secretary, Samskrita Bharathi, Dr. B V Rajaram, Member IDY Committee Prof. Seetharam, Dean S-VYASA Yoga University, and about 500 Govt. and Private School children and more than 100 Samyama Yoga Sadhaks had participated despite rain.

Vidhana Soudha, Bengaluru

At Vidhana Soudha grand IDY program was conducted in which more than 200 people participated.

Kanthirava Stadium, Bengaluru

Under the guidance of Dr. Karuna Nagarajan, as a part of IDY, Immediate Effect of Yoga on Concentration and Attention of School Children was assessed using Group Cognitive Tests at the Kanthirava Stadium.

Marathon Yoga Day, Bengaluru

A Marathon Yoga Day celebrated in Jayanagar Stadium, NMKRV Degree & PUC College, Oracle at Krishna Magnum and PPD Prestige Park at Marathhalli.

Bosch and Samsonite, Bengaluru

IDY was celebrated in Bosch and Samsonite companies where Dr. Swathi and Ms. Pallavi, from S-VYASA had participated.
Celebration in Bengaluru
Free IDY Camps conducted at different parts of Bengaluru
Central Council for Research in Yoga and Naturopathy (CCRYYN)
S-VYASA Yoga University

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<th>No.</th>
<th>IDY Camp Name</th>
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<td>1</td>
<td>Parivartana Yoga KJA</td>
<td>Crescent Road</td>
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<td>2</td>
<td>Shri Chaitanya Yoga Academy</td>
<td>Guttahalli</td>
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<td>3</td>
<td>Dhanvantri Holistic Health Center</td>
<td>Kengeri Satellite Town</td>
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<td>Shri Chaitanya Yoga Academy</td>
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<td>Samyama Yoga Mahavidyalaya Institute of Yogic Sciences and Research</td>
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Chandigarh, June 9-12: Chandigarh Administration in collaboration with Mumbai University, Panjab University and Annals of Neuroscience organized ‘Chandigarh Yoga Festival’ as a prelude to International Yoga Day Celebration held on June 21st. The Festival celebrated invaluable gifts of tradition and ancient wisdom of Yoga which embodies the unity of mind & body, of thought & action, of man & Nature.

The Festival comprised of an academic conclave named ‘Yoga for Good Life’, an exhibition named ‘Yoga & Healthy Lifestyle Exhibition’ of products & services that promote a healthy lifestyle, street plays named ‘Yoga Charcha’ across various locations in the city and gala nights where eminent personalities like Sri Sri Ravi Shankar, Baba Ramdev, Prof. Kaptan Singh Solanki, Dr. H R Nagendra graced the occasion with their presence for deliberation on convergence of science, spirituality and yoga for meaningful application for social good and harmony.
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[Image 0x685 to 582x795]

[Image 475x598 to 532x667]

[Image 0x43 to 373x270]

29

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[Image 379x615]AiÉÆÃUÀ - CzsÁåvÀä «¨sÁUÀ

[Image 351x604]J¸ï-ªÁå¸À AiÉÆÃUÀ «±Àé«zÁå®AiÀÄ

[Image 43x647]AiÉÆÃUÀ ±À§ÝªÀÅ 'AiÀÄÄfgï' JA§ zsÁvÀÄ«¤AzÀ ¸ÀªÀiÁzsÀåxÀðzÀ°è

[Image 43x632]AiÉÆÃUÀ ¨sÁµÀåPÁgÀgÁzÀ ªÁå¸ÀgÀÄ CxÉðʹzÁÝgÉ. AiÀÄÄfgï

[Image 43x617]zsÁvÀÄ«UÉ AiÉÆÃUÀ (¸ÀAAiÉÆÃUÀ) JA§ CxÀðªÀÇ EzÉ. ¥Àæ¸ÀÄÛvÀ
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[Image 43x587]«©ü£Àß jÃwAiÀÄ°è ¥ÀæPÀnÃPÀgÀtUÉÆ½¸ÀÄwÛzÁÝgÉAiÉÄà «£ÀB

[Image 43x572]EzÉÆAzÀÄ ±ÀÄzÀÞ AiÉÆÃUÀ «eÁÕ£À ([Pure Yogic Science])

[Image 43x557]ªÀÄvÀÄÛ D£ÀĨsÀ«PÀ ¸ÀvÀå JA§ ªÁ¸ÀÛªÀvɬÄAzÀ §ºÀÄzÀÆgÀ

[Image 43x542]¸ÁézsÁåAiÀÄeÁÕ£ÀAiÀÄeÁÕ±ÀÑ AiÀÄvÀAiÀÄB¸ÀA²vÀªÀævÁB

[Image 209x441]¨sÀUÀªÀ¢ÎÃvÉAiÀİè G¯ÉèÃT¹gÀĪÀAvÉ 5 AiÀÄdÕUÀ¼À°è AiÉÆÃUÀªÀÅ

[Image 43x474]zÀæªÀåAiÀÄeÁÕ, çÀeÁÕ£ÀAiÀÄeÁÕ±ÀÑ AiÀÄvÀAiÀÄB¸ÀA²vÀªÀævÁB

[Image 43x417]¥ÀæzsÁ£ÀªÁV AiÀÄdÕªÀÅ ªÀÄÆgÀÄ ¨sÁUÀUÀ¼À£ÀÄß M¼ÀUÉÆArzÀÄÝ

[Image 43x387]¿ÀåQÛAiÀÄ ªÀģɯÃzsÀªÀÄð, ¿Àé¨sÁªÀ ¿ÀÄvÀÄÛ ¥Àj¹ÜwUÀ£ÀÄUÀÄtªÁV DZÀj¸À®àqÀÄvÀÛzÉ.

[Image 43x364]¿ÀæªÀåAiÀÄdÕ - £Á®ÆÌ CªÀ¸ÉÜUÀ¼À°è (§æºÀäZÀAiÀÄð, UÀȺÀ¸ÀÜ, ¿À£Áå¸À zsÀªÀÄðªÀ£ÀÄß ¿ÉÆgÀvÀÄ ¥Àr¹) ¨ÉÃgÉ ¨ÉÃgÉ

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[Image 43x242]ªÉÃzÀ ¿ÀÄvÀÄÛ ªÉÃzÁAvÀUÀ¼À CzsÀåAiÀÄ£À

[Image 297x573]G¥Á¹¸À®àqÀÄvÀÛzÉ.

[Image 297x549]AiÉÆÃUÀAiÀÄdÕªÀÅ, «±ÉõÀªÁV PÉʪÀ®åªÀ£ÀÄß ¥ÀqÉAiÀÄ®Ä

[Image 297x534]EaÒ¸ÀĪÀªÀ£ÀÄ ªÀåQÛUÀvÀ fêÀ£ÀzÀ°è CµÁÖAUÀ AiÉÆÃUÀ

[Image 297x519]ªÀiÁUÀðªÁVzÀÄÝ, C£ÉÃPÀ ±Á¸ÀÛçUÀæAxÀUÀ¼À »£É߯ɬÄAzÀ AiÉÆÃUÀ ±À§ÝªÀ£ÀÄß «±ÉèõÀuÉ ªÀiÁrzÀgÉ EzÀÄ

[Image 297x489]PÉêÀ® D¸À£À, ¥ÁæuÁAiÀiÁªÀÄUÀ½UÉ ¹Ã«ÄvÀªÁUÀzÉ §zÀ¯ÁV

[Image 297x474]EzÉÆAzÀÄ fêÀ£À±Éʰ JA§ÄzÀÄ ¤¸ÀìA±ÀAiÀÄ. ¨sÀUÀªÀ¢ÎÃvÉAiÀÄ

[Image 297x459]DgÀ£Éà CzsÁåAiÀÄzÀ°è G¯ÉèÃT¹gÀĪÀAvÉ AiÀÄÄPÀÛ fêÀ£À

[Image 297x429]±ÉʰAiÉÄà zÀÄBRUÀ½AzÀ ¤ªÀÈwÛ ¥ÀqÉAiÀÄĪÀ ªÀiÁUÀðªÁVzÀÄÝ,

[Image 297x414]CzÀĪÉà AiÉÆÃUÀªÉAzÀÄ ¨sÀUÀªÀAvÀ£À ªÁtÂ. DºÁgÀ, «ºÁgÀ, PÀªÀÄðUÀ¼ÀÄ ªÀÄvÀÄÛ JZÀÑgÀ ¤zÉæUÀ¼À°è CAiÀÄÄPÀÛvÉUÀ¼ÀÄ £ÀªÀÄä

[Image 340x245]Immoderate food system

[Image 344x230]ªÀåªÀºÁgÀUÀ¼À°è ªÀÄvÀÄÛ QæAiÀiÁPÀ¯Á¥ÀUÀ¼À°è MvÀÛqÀ,

[Image 371x200]GAlĪÀiÁr, C£ÉÃPÀ gÉÆÃUÀUÀ¼À£ÀÄß vÀAzÉÆrتÉ. AiÀiÁªÀ fêÀ£À±Éʰ £ÀªÀÄä£ÀÄß J®è vÁ¥ÀUÀ½AzÀ zÀÆgÀ«qÀ¨ÉÃQvÉÆûà

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INTRODUCTION

Meditation practices centre on thought processes, either observing a thought (through another thought, of course) or observing an event with focussed awareness. Dhyana is going beyond these processes. Dhyana ultimately goes beyond all thought, to that thoughtless space and timeless moment. First, let us look what thoughts are and how to bring them under control. It is said that thinking makes or breaks a person; it can take a person to an eternal existence or bring him again and again into this samsara, this world of limited means and impermanent existence.

BUDDHI VRITTI NIRODHA

The idea of aswatha tree and its existence in the phenomenal world is presented in Bhagavad Gita. The inverted tree has Vedas as its roots – which are above – and the branches and leaves indicate the world as we know, being connected to the earth below. In Uddhava Gita (which follows Bhagavad Gita by many years), another image is provided by Sri Krishna. “The tree of samsara is ancient and activity is its nature” says Sri Krishna [Ud. Gita 7:21]. Sri Krishna continues that this tree has two seeds, the seeds of virtue and vice. It has innumerable desires which are the roots of the tree, sustaining it in samsara. The tree has also three trunks, represented by the gunas of satva, rajas and tamas. There are eleven branches consisting of ten organs and manas. The fruits of happiness and misery are offered by the tree. Nests of two birds are seen in the tree, one for Jivathma and the second for Paramathma. The greedy taste the relative existence while the swans (liberated ones) taste the eternal fruits of the tree [1].

Thus, here we have a picture that is presented in Upanisads and in the two Krishna Gitas themselves. Ultimately, with steadfast and intense bhakti towards Guru, sharpen the axe of knowledge and cut the tree of samsara, says the Guru of all Gurus.

In describing thoughts, their origin and gunas, Sri Krishna says to Uddhava: “The gunas belong to buddhi (intellect), not to the Self. Subdue both rajas and tamas through satva; and ultimately, subdue the satva by satva alone” [Ud. Gita 8:1]. Then, Sri Krishna goes on to explain to His devote Uddhava the means to transcend buddhi by controlling the gunas. He says one should follow only those scriptures that pave the way for nivritti marga or the path of ultimate merger with Brahman [2] and not those that give us pleasant but impermanent stay in worlds that are themselves not enduring. One should use only sanctified and holy water for worship; not water tainted with perfume. One should move with satvik people and not with those who are eternally enmeshed in worldly affairs. One should live in a solitary place without attractions.
and distractions. Dhyana should be on Sri Krishna Himself, not on any object or event. Mantras such as AUM should be preferred; these purify the mind of the practitioner [Ud. Gita 8:6].

**MEDITATION**

It is important to understand the term meditation. In Yoga Aphorisms of Sage Patanjali, many words are used precisely to indicate various stages of dhyana and the stages associated with kaivalya or transcendence. In English, words such as meditation, freedom, consciousness, self, awareness etc, are used in very general terms. Meditation (as used in English) is a generic term, having many connotations. It may mean sitting quietly observing a scene, repeating a few words or phrases, closing eyes and listening to music, breathing in a patterned way, and many more. Even closing one’s eyes and repeating a word such as ‘three’ goes by the name meditation! Thus, it becomes important to define what meditation is and use the right terms (using Sanskrit ones when English words are not adequate) in a consistent manner.

**REQUIREMENTS FOR DHYANA**

What normally passes as meditation in English language is really concentration or focused awareness [3]. Focused awareness should be termed dharana. Dhyana - usually translated as meditation in English - has very specific meaning in Sanskrit. Dhyana is a word used to define a method to reach an internal state of the mind wherein the mind is made to seek its origin within us. In contrast, focused awareness is applying the mind to a task that could be in our external environment. For example, in focused awareness, a person might be solving a mathematical task or read a book intently or listen to music deeply. In dhyana, on the other hand, the mind seeks its source within the body or actually within the ‘heart’ (i.e., center of being). In terms of Raja Yoga, this state may be approached only after intense practice of the stages earlier to this step.

Those who desire liberation have already practiced the initial stages of yama, niyama, asana, pranayama and pratyahara and have achieved proficiency in these areas (as overseen by a competent guru). Several points should be noted at this stage. First, the practitioner should ideally go through all the above stages to start an inward journey. Proficiency at each stage is a prerequisite for progress to the next stage. We should note that at every stage, there is an allusion to the eternal principle, namely Purusha; the overall model of Prakruti and Purusha should be kept in mind with a focus on the goal to be achieved.

If we want to control samskaras (results of our previous karmas), we should know the states or levels that they could take. Purification of the mind in the real sense is indeed purifying the samskaras alone. There are many methods suggested for this purification. Tapas is one method. Another method for purification is to perform good deeds such as giving alms or supporting people who are on the path to realization, students and others. Another way recommended in the Yoga Sutras is the attitude of pratipaksa bhava. This is an attitude to be cultivated which oppose our attraction to material things and desire to possess them. This is a difficult method for most of us; often we know we need to curb the feelings that are inappropriate but cultivating an opposing attitude at that time is not easy.

The commentators to the Yoga Sutras have
explained the methods presented above for restraining and ultimately transcending all desires. When we rise above our desires, we have reached purity of thought and action, known as smruti parisuddhi. In dhyana, we require a strong resolve to maintain the state of dhyana. When we get up from dhyana, we say I was in dhyana. In samadhi however, resolve is not involved; it is a natural state to which a trained mind precipitates. In samadhi, the meditator, meditation and the object of meditation all merge into one single entity. All relative concepts disappear and only one activity of the mind persists. This is called samprajnata samadhi, a state in which the mind is still immersed in an object of dhyana. The next higher state of samadhi is asamprajnata samadhi wherein the mind is totally still and Purusha is established in its own pure and unsullied state.

CONCLUSION

Thus it is necessary to distinguish dhyana from meditation; meditation is dharana, a stage earlier to dhyana. Once we are proficient in meditation, we can proceed to dhyana through a competent guru and with faith in Purusha who is beyond buddhi and who is eternal. A practical application of these principles is brought out powerfully and beautifully in the last issue of this magazine. This is a report by Dr. Nagarathna who has provided a method of bhakti visualization to a patient with motor neuron disease. As many of our seers have said, there is nothing impossible for the mind to achieve. Total dedication to God, surrender along with a firm resolve to overcome the problem is required. Once we surrender, apply the correct technique and enter into dhyana, the result is not far away. Going deeper into dhyana, we achieve the highest levels of consciousness and reach kaivalya, as the Yoga Sutras say.

REFERENCES AND NOTES


2. “This Nivritti is the fundamental basis of all morality and all religion, and the very perfection of it is entire self-abnegation, readiness to sacrifice mind and body and everything for another being. When a man has reached that state, he has attained to the perfection of Karma-Yoga. This is the highest result of good works” says Swami Vivekananda.


4. Dr. Alex Hankey, distinguished professor, SYYASA compares three categories of meditation, namely, Open Monitoring, Focused Attention, and Self-Transcending (as taught in Transcendental Meditation); he says: “Only the third class, ‘Self-Transcending’, conforms to Patanjali’s prescription of introducing a focus that inherently guides the mind into Samadhi, the universally recognized state of peace. Specific instructions in open monitoring and focused attention may prevent this happening, as in the mistakenly named ‘relaxation response’. Such techniques do not lead to Samadhi, and do not conform to Patanjali’s concept of dhyana”. This quote is from Samatvam, A Quarterly Newsletter of NIMHANS Integrated Centre for Yoga, Jan 2016, p. 3.

Good News for Yoga Practitioners

- Madhya Pradesh Govt. has declared to appoint Yoga Teachers in all the schools
- Baba Ram Dev, Sadguru Vasudev Jaggi Maharaj and Sri Sri Ravishankar will take part in the initiative
- For Sanskrit Education the aid has been increased from ₹ 75 lakhs to ₹ 3.75 crores
Puttaparti, June 16: Prof. Alex Hankey and Shri Rajesh H K were invited by Sri Satya Sai Institute of Higher Learning Centre to inaugurate the sessions of 2nd International Day of Yoga.

Yoga Instructors’ Course (YIC) Batch 169, June, 2016

Self Management of Excessive Tension (SMET) program participants from HAL, Bengaluru
Dumb Distress

Stress is due to various reasons. Prolonged distress, pointed distress or repeated distress may cause stress. Sometimes the distress is violent and powerful as well. Sometimes, it may be soft and prolonged. When it is not very intense and poignant, it can be called dumb distress. Very often people in distress may not have the strength or courage to express their sorrow and grief. They may not have right and sympathetic people to listen to their grievances. Even if they are present no body may be in a position to help them or console them. Very often verbal consolation serves no purpose. Therefore the distress remains dumb for a long time damaging the nervous system slowly and steadily. It may ultimately result in hypertension, diabetes and such other non-communicable diseases.

Johnson is a friend of mine. He is a normal person with a wife and two children. He is well settled with a comfortable job and handsome salary. I moved with him for a long time. One day, when there was a medical checkup it was detected that he had high levels of sugar and Blood Pressure. I was surprised. I never expected him to have these two ailments because he was a calm and methodical man. He would wake up about forty five minutes before sun rise; perform his morning exercises; offer his prayers; attend to the domestic duties like going to the market, bringing the milk and vegetables etc.

In the office too, he would keep nothing pending. He would do all the work very systematically. He was able to be in the good books of the boss, colleagues and subordinates. Everybody liked him. There was nothing deficient in him.

Now and then, I found him making remarks. One day, I travelled with him and on the way he found a happy couple in the train. After observing them, he commented on them “blessed ones; they are lucky”. On another occasion, we met a friend whose sons are well settled in U.S. and one of them, sent a substantial amount to the father for buying a car. And my friend Johnson once again commented “blessed person; a lucky man”. On many occasions, whenever my friend sees people who are happy with wives, children, jobs, homes etc. he is accustomed saying “lucky person”; or “fortunate people”.

Beyond that he would not say a word. I am very happy with his comments because, he is a positive person admiring the society. But now, I am able
to see his boiling heart of envy within. Repeated comparison with others who are better placed perhaps is a sign of jealousy. It is Duryodhana’s envy which is persistently working in him. Othello’s jealousy is hidden in him. It is his psychic weakness that he is unable to be content with what he has. After all, he is not deprived of good and comfortable life. There is nothing specifically lacking in him, monetarily or otherwise. There are thousands of people worse placed in life. He is certainly much better placed in life than many, many people. Instead of comparing with the people who are less placed and be content with his own position, he compares himself with the people who are better placed and feels jealous of them. But he would not express that jealousy. Concealing his envy, he would make a positive remark of admiration. This hidden envy and assumed admiration were the cause of his distress which was always dumb.

As there will be dust accumulated in a house locked for a few months, there is dumb distress accumulated in his narrow heart/ mind. He is unable to be happy in the happiness of others. Every time he compares himself with others, he feels sorry for his position. Also, there is the slow poisoning of the cancerous envy eating away his mind. Jealousy hangs heavily on his heart. Duryodhana in Mahabharatha or Othello in Shakespeare is never happy and peaceful. Similarly in society many people unconsciously submit themselves to the onslaught of envy. Over the years, this jealousy gets accumulated and becomes heavy and unbearable. Then, it causes stress making people gloomy and miserable. The only remedy is Yoga - generous Yoga, positive Yoga admiring Yoga and loving Yoga. If only Duryodhana was able to love Pandavas, there would not have been a personal or public disaster in the Kurukhetra war. Similarly Othello too would have lived happily with his wife Desdemona if there was no jealousy. Envy is a silent and a slow poison.

Prashati Kutir has evolved a wholesome Yoga to overcome every type of stress and thereby keep everyone peaceful and joyful.

**IDY celebration at BLDE University, Vijayapur**

On the eve of second IDY, Dr. Subramanya Pailoor from S-VYASA was invited to give a talk on “Yoga” by BLDE Deemed University and Medical College, Vijayapur. The program was inaugurated by President BLDE Group of Institutions Shri M B Patil, Hon Minister of Irrigation, GoK. The dais was shared by the President and other Dignitaries of the Institution for the auspicious event. It was a well received talk on the awareness of Yoga by the students of the BLDE Institutions. Post noon they have organized an intellectual session on the progress of research going in Yoga. The session was well organized and participants were the research team and medical doctors. The session went through with more focused and insightful discussions in the arena of research and Yoga.
New Delhi, June 18: Chancellor Dr. H R Nagendra participated in National Seminar on Yoga where Union Minister for Human Resource Development, Smt. Smriti Zubin Irani was the Chief Guest.

Prashanti Kutiram, June 12: Rotary International District 3190 and IFYPR honoured Dr. H R Nagendra with Rotary Seva Rathna award for the service in the field of yoga. PDG Rtn. Panduranga Shetty graced the event.
Founders Day and 8th Convocation of SAMC&H

June 13: Founders Day and 8th Convocation of Sushrutha Ayurvedic Medical College and Hospital (SAMC&H) was held in Prashanti Kutiram.

Dignitaries: Vaidya Vedaprakash Tyagi, President CCIM; Padmabhushana Vaidya Devendra Triguna; Dr. Prasanna N. Rao, Principal, SDM Ayurveda College, Hassan; Dr. Sarasvati, Joint Director Department of AYUSH, GoK and Dr. H R Nagendra, Chancellor, S-VYASA Yoga University

50 students were awarded with BAMS degree.

Puna, Jun 18:
Dr. R Nagarathna participated in the inaugural ceremony of ‘Dept. of Research in Yogic Science’ at ACE Hospital and Research Centre.
Workshop on “Orientation of Doctors / Yoga Instructors in Public health on Yoga”

Port Blair, June 9: On the note of International Day of Yoga celebrations, Directorate of Health Services and National AYUSH Mission in Andaman & Nicobar Administration have invited S-VYASA to conduct a workshop on “Orientation of Doctors / Yoga Instructors in Public health on Yoga”. Dr. Subramanya Pailoor and Dr. Raghavendra Bhat from S-VYASA have organized the one day workshop. It was a well organized and participants were the Medical fraternity of Andaman & Nicobar associated with AYUSH and the health aspirants. It was well received by the participants and shared their happiness in organizing such workshops to bring awareness on Yoga and its benefits to the common people and also shared their interest to organize such awareness programs conducted on Yoga in the future.

Bengaluru: Chancellor, Dr. H R Nagendra was felicitated by Ajit Kumar Memorial Yoga Research Centre for being honoured with Padma Shri award.
Prashanti Kutiram, Bengaluru: Continuing with the Vision of the Hon PM Shri Narendra Modi ji, the Ministry of External Affairs under the prestigious Indian Technical and Economic Co-operation program selected S-VYASA University to train about 32 participants from various countries to undergo the special Yoga Instructors' Course training between May 16 – June 12.

YIC has been a flagship course of S-VYASA since more than 3 decades and has completed 169 batches.

This was the first time a dedicated batch consisting only International Participants was organized. The batch consisted participants from Syria, Srilanka, Iraq, Mali, Madagascar, Russia, Mongolia, South Africa, Senegal.

During the program a two day study & cultural tour to Mysore and Srirangapattana was organized on June 7 & 8. The participants thoroughly enjoyed and took back memories for a lifetime.

With the guidance of Guruji Dr. H R Nagendra, the one month-long program was very well conceived and co-ordinated by Dr. Gayathri, Dr. Meenakshi, Shri Chirag Hakked, Shri M S Surendra, YIC team.

The Valedictory Event of the same was held on June 12 at Mangala Mandira auditorium. Chief Guest of the ceremony Shri Dinkar Asthana, Joint Secretary, Ministry of External Affairs, addressed the participants eloquently. The event was presided over by Guruji.
The idea of conducting Fest for creating a common platform for the union of blooming Naturopaths has taken its shape in the name of Aeon 2016. Aeon is an eternal golden Natureon, suggesting the era of nature, amalgamating the systems of Yoga and Naturopathy for BNYS students.

**Vision and mission of the fest**

* A journey in the Pursuit of knowledge...

Aeon is destined to avidly explore the world of science, embracing the traditional wisdom with the new dimensions. It aims at the endorsement in the perception of knowledge by divulging the radiance of talent, intellect and creativity. The forum intends to unite all the BNYS colleges together through the medium of fun learning and enjoyment. This event promotes the system of Yoga and Naturopathy medicine not as a measure of profession or livelihood but as the aspiration and the mission for every BNYS student. It creates platform for combing best of the east with that of the west, emerging the science in spiritual temperament.

Aeon 2016 is been planned to be conducted between 8th to 13th July 2016. The fest encompasses four mega events like sports, cultural, academics (innovation & research) and yoga bestowing the wonderful opportunity to unite the students from all BNYS colleges (15) across INDIA.

Aeon 2016 is exclusively organized by the students of TSYNM under the guidance of Director – Dr. N K Manjunath and Deputy Director- Dr. Kavitha V. The elections among the students of BNYS were conducted on 2nd of March 2016 for selecting the office bearers and organizers for the fest. With bountiful blessings from Guruji and Prof. Ramachandra Bhat ji, the spirit of each and every student of BNYS community would stay enlightened to serve the purpose of this mega event.
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