

योगा सप्तिका

A Monthly Journal of Swami Vivekananda Yoga Prakashana



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S-VYASA Decennial Celebrations Yoga Sangam Conference at USA



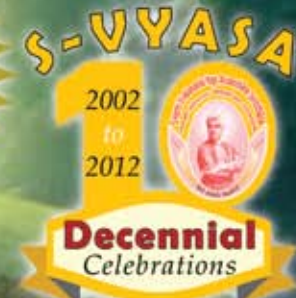
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150 Birth Anniversary of
Swami
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YOGA SUDHA

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EDITORIAL

Added feathers to the crown of Prashanti Kutiram **Sushruta Ayurvedic Medical College & DEC, S-VYASA**

As our Yoga Sudha is being liked by all of you which is evident with the type of responses and feed backs of appreciations being received from all over the world, we continue to embellish the same with more facts, good articles and news from all over.

We are heading for our conferences in Singapore and Australia about which we will report in the next issue. As you can see in this issue our San Francisco conference, 'Yoga Sangam' in Palo Alto was a great success with nearly 400 delegates and top researchers in the field of Yoga making their presentations. The readers will find it fascinating to go through the same in this issue of Yoga Sudha.

We are now taking the next major step of bringing Ayurveda degrees also into our campus Prashanti Kutiram. Headed by the principal Dr B R Ramakrishna, the '**Sushruta Ayurvedic Medical College and Hospital**' will soon be moving to Prashanti campus with nearly 250 BAMS students and about 100 students of Nursing College. We have just signed a MOU with them. The readers will be happy to know that this will enhance our opportunity to go ahead with Ayurveda research to bring it to the forefront through in-depth research to be published in top indexed journals in the next ten years. As we have done and are continuing to do with Yoga therapy. As a first step we will be having a number of conferences to consolidate the research done so far in various institutions of Ayurveda and by the famous Vaidyas all over the country. Our ensuing

'**International Conference on AYUSH for Diabetes**' is being organized in January 2013 from 11th to 14th in Prashanti Kutiram campus.

As we got permission from Distance Education Council of India after their inspection of our infrastructure and facilities a few months back, we march ahead to register more and more people to the seven courses: YIC, PGDYT, PGDYTD, BSc (Yoga Education) and BSc (Yoga Therapy), MSc (Yoga Education) and MSc (Yoga Therapy). The readers can communicate this message to all concerned and get the advantage of this set of programs.

As you are all aware, our mission is based on the teachings of Swami Vivekananda who defined '*Education as the manifestation of Perfection*

already in man'. It should be both '*man making and bread earning education*'. We are translating this vision into action through our S-VYASA University, the students who join us should be clear that we have incorporated both these dimensions and appeal to all parents to support this movement by sending their children join our courses. It is only this that can bring about the real change needed in the country to make Mother Bharat grow to greatest heights of glory to bring peace on earth through Universal Brotherhood. Your children will become the pioneers of this movement. Please ask them to go through our web www.svyasa.org for fuller details.

Dr H R Nagendra





ब्रह्मसूत्राणि (Brahmasūtra)

- Dr. Ramachandra Bhat

Dean, Div. of Yoga - Spirituality, S-VYASA Yoga University
Director, Veda Vijnana Shodha Samsthanam, Channenhalli, Bangalore

आनन्दमयोऽभ्यासात् ॥ १११२

Ānandamayo'bhyaśāt ॥ 11112

Meaning: Ānandamaya means Para Brahman on account of the repetition (of the word 'bliss' as denoting the Highest Self).

Brahman is the intended object for a seeker on the path of liberation. *Brahman* makes the wheel of the cosmos to rotate. The creator *Brahman* is *Sat* and *Cit* in its original norm and form. While examining the world out side, every time one comes across the cosmic dance taking place for ever. For any type of dance, strong existence supported by ever vibrating energy is the most important thing.

These two main features are substantiated by the permanent bliss ĀNANDA. So, Ānanda becomes one of the evident features of *Brahman* (स्पष्टब्रह्मलिङ्गम्). In this contest *Saccidānandam* becomes the real definition of *Paramātman*.

In this 6th *Adhikaraṇam* of *Brahmasūtram*, sage *Vyāsa* gives more emphasis on *Ānanda* quality of *Paramātman*. *Ānanda* is not the quality in the general sense. For some school of thought in *Vedānta*, *Ānanda* is the paramount. For *Ādyaśaṅkara*, *Ānanda* has no self existence. It can not be compared to fragrance in flowers. For normal understanding we can refer this case to a toy made up of sugar in which the sugar and toy are one and the same.

In *Ānandavallī* of *Taittirīyopaniṣat*, a seeker of *Ātman* starts his journey from the domain of *Annamaya*. In the process of cognitive expansion when he goes to *Prāṇamaya* sheath he discards the previous one. While proceeding to the subsequent sheath level, the seeker discards the previous one and proceeds further. This mechanism is called *अध्यारोपापवाद* in *Vedānta*.

ब्रह्मपुच्छं प्रतिष्ठा is the main statement in the whole gamut of *Ānandavallī* text. Seeker in his ascending journey in spirituality reaches the climax of blissfulness. As long as duality persists, he will be enjoying the highest rate of *Ānanda*. After *अद्वैतसिद्धि* a seeker becomes *Ānanda* himself. A toy made up of sugar juice gets melted in sugar juice itself. In this climax *आनन्दो ब्रह्मेति व्यजानात्* Universal soul and individual soul merge into a single, whole entity. Thus *पुच्छं ब्रह्म* the pedestal of the whole world engulfs the whole cosmos by *Ānanda*, consequently making every creature to feel at least a segment of joy in his life journey in the midst of thickest layer of pathos. We see most unhappy people also becoming happy some time by forgetting their sorrow. In this type of rare moments, *Brahman* only gets reflected.

This very understanding is the unique gift of *Vedānta* for ordinary man. This formula gives guideline for modern psychological thought process. Negatively charged thought process of so called psychology must take U turn in the light of *Ānandamīmāṃsā*. This is the real guideline for Indian psychology which is essentially *Vedānta* based.

to be continued...



Delightful Decennial Celebrations

Yet another eventful day with the inauguration of 128th batch of 'Yoga Instructors' Course' (YIC) and Decennial Celebrations of S-VYASA with felicitation of eminent personalities in various fields on Sept 1.

Dr Wooday P Krishna, General Secretary, Seshadripuram Educational Trust, a blend of an engineer, educationist, philanthropist & a humanitarian who is also a recipient of number of state awards, lighted the ceremonial lamp marking inauguration of 128th batch of YIC.

Dr H R Nagendra, Vice Chancellor of S-VYASA University, gave an outline of various disciplines and activities in the field of YOGA and Human Engineering. He highlighted the degeneration of human value prevailing in India and abroad and need of Yoga education and research.

While welcoming the Chief Guest, Sri S.A Ramadass, Honorable Minister of Medical Education & District in Charge for Mysore, Gurujii appreciated the commitment of Sri Ramadass to

the field of education and his various services to the citizens of the state.

In his acceptance speech, S.A Ramdass said that the work done by this university in the field of research is exemplary and extraordinary. S-VYASA is spreading awareness and practice of yoga in different parts of India and abroad. He acknowledged that the university has become a pioneer in research and a trusted learning centre for yoga.

Dr Krishna recalled the value education he received during his school days and emphasized how important is YOGA, in the present day situation. He expressed his commitment to spread the philosophy and practice of 'Holistic Yoga' in his group of institutions and extend it beyond.

Sri Samprada Singh, the founder and Chairman of Alkem Laboratories, Mumbai, who encourages and supports VYASA Movement right from the beginning, spoke that everyone should follow



yoga in his/her life to achieve all goals. It was matter of delight that his son Sri Satish Singh, a noted industrialist in pharmaceutical industry has been following the foot steps of his father. He was one of our preferred guests on the dais. Dr K Subrahmanyamji, Pro VC, Dr Venkatramji, former Registrar and many other dignitaries were also present in the program.



Sri Sailesh Pradhan, the Coordinator of YIC gave details of the course. The number of participants in this one month course at Prashanti campus alone has crossed 27,000 yoga aspirants. They are equipped to take yoga as a career. Because of its short duration and in-depth exposure to various ways and means of yoga, the course has become popular in India and all over the globe. It is a stepping stone for doing higher studies at S-VYASA.



Sri S A Ramadass, Hon'ble Minister of Medical Education



Dr Wooday P Krishna, General Secretary, SET

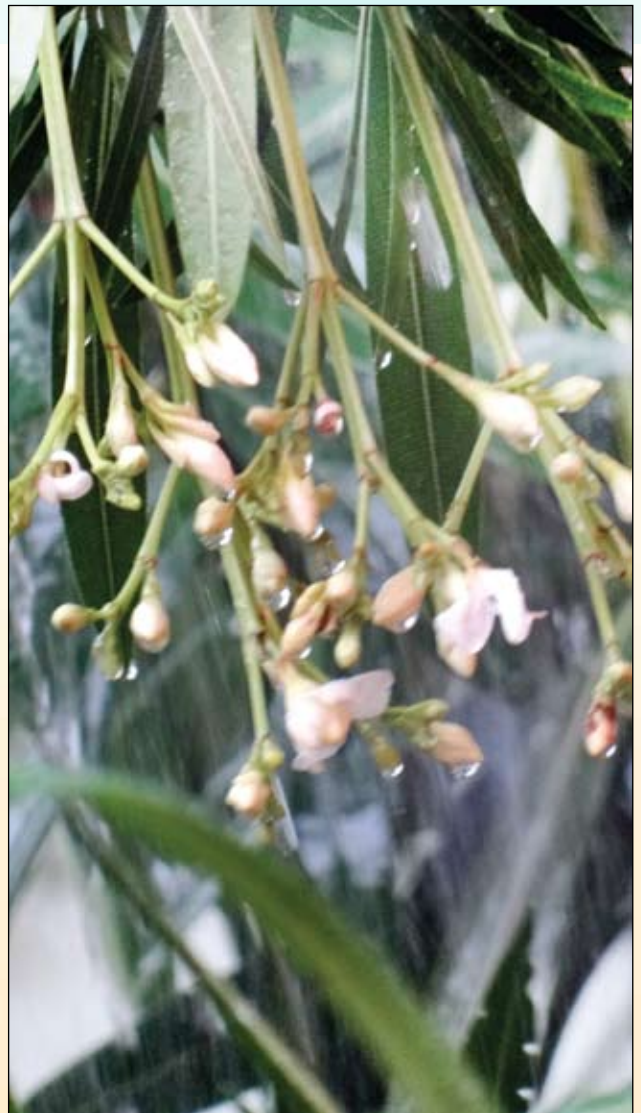


Sri Samprada Singh, Chairman, Alkem Labs

पुष्पोपरि स्थितं तोयं रत्नादपि सुशोभते ॥

Puṣpopari sthitam toyam ratnādapi suśobhate ॥

The droplet on the flower shines more than a gem!





Sri Gowri Ganesha - Chaturti Utsava:

Divine Mother was invoked in the form of Sri Swarna Gowri and worshipped by all female members of Prashanti Kutiram on 18th September 2012.

Ganesha or Vinayaka is worshipped as a remover of all obstacles in the path of one's progression in life. The annual festival of Ganesha Chaturti brings people under one roof aligning their mind to celebrate the festival with great devotion. Such a devotion was found in Prashanti too, where students and staff from every part of globe in general and India in particular assembled to offer their prayer with devotion to "Vighneshwara", the Lord who wards away impediments.



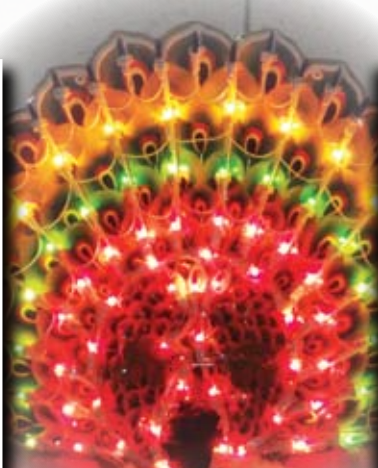
Ganapati Bappa Moriya

This time the students of Prashanti aesthetically decorated a mantapam with fruits and flowers in which a eco-friendly clay image of Lord Ganesha was installed and worshipped with all grandeur along with Mother Gowri for 3 days. On the concluding send off ceremony of Lord Ganesha, a procession was held with singing, dancing and Vedic chantings.

Slogans like "Ganapathi Bappa Moriya!!" reverberated in the sky.



Ambe Gowri Mayya



Nirvighnam Kurume Deva | Sarva Karyeshu Sarvada



Sept 1-7, Srimad Bhagavata Saptaha by

Dr R Ranganji: Dr R Ranganji, visiting faculty, S-VYASA and President, Web of Life Makers (WEBOLIM) conducted a week long discourse series at Prashanti Kutiram from 1st to 7th September on Srimad Bhagavata on account of the Purushottama masa- adika batrapada masa Sadhana. In his discourses, Sri Ranganji brought out the philosophical and spiritual relevance of the scripture.

Sept 11, Universal Brotherhood Day: 11th September every year is celebrated as the “Universal Brotherhood Day” in commemoration of Swami Vivekananda’s epoch making speech at the World Parliament of religions at Chicago in 1893. This year’s celebration had an added glory of the celebrations of Swamiji’s 150th birth anniversary. Subbu Bhaiya spoke on the significance of the day and also read the famous Chicago Address of Swamiji. Swamiji’s ‘song of Sanyasin’ and other bhajans and songs were sung. The movie “Vivekananda by Vivekananda” based on the book “Swami Vivekananda on himself” was shown to all students, staff and participants at Mangala Mandira.



Vivekananda Yoga Week at Anantapur: Vivekananda Yoga Kendra, Anantapur had organized a one week program in commemoration of Swami Vivekananda’s 150th birth celebrations by Dr K Subrahmanyamji, Pro-VC and Sri Subramanian. A, Coordinator, South India from 22nd to 28th August 2012. Everyday they addressed on various motivating topics on Swami Vivekananda’s life & message, relevance of Yoga etc reaching out to thousands of students



ಯೋಗಾತ್ಮಿ ಮಾನಸಿಕ ಒತ್ತಡಿದೂರಂ



ವಾಸುದೇವರಾಯ್ ಪ್ರಸಂಗಿಸ್ವಾಮಿ, ಆರಾಧ್ಯ ಸುಬ್ರಹ್ಮಣ್ಯಂ

ಅಂತರರಾಜ್ಯ ಪ್ರವಾಸ, ಮೈಸೂರಿನಲ್ಲಿ ಯೋಗಾತ್ಮಿ ಮಾನಸಿಕ ಒತ್ತಡದಿಂದ ದೂರವಾಗುವ ವಿಷಯದ ಬಗ್ಗೆಯೇ ಈ ಸಂದರ್ಭದಲ್ಲಿ ವಿಸ್ತೃತವಾಗಿ ಚರ್ಚಿಸಲಾಯಿತು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ವಾಸುದೇವರಾಯ್ ಪ್ರಸಂಗಿಸ್ವಾಮಿ, ಆರಾಧ್ಯ ಸುಬ್ರಹ್ಮಣ್ಯಂ ಅವರ ಸಾಥ್ ಪಡೆದು ಈ ವಿಷಯದ ಬಗ್ಗೆಯೇ ವಿಸ್ತೃತವಾಗಿ ಚರ್ಚಿಸಲಾಯಿತು.

ವಾರಂ ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಈ ವಿಷಯದ ಬಗ್ಗೆಯೇ ವಿಸ್ತೃತವಾಗಿ ಚರ್ಚಿಸಲಾಯಿತು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ವಾಸುದೇವರಾಯ್ ಪ್ರಸಂಗಿಸ್ವಾಮಿ, ಆರಾಧ್ಯ ಸುಬ್ರಹ್ಮಣ್ಯಂ ಅವರ ಸಾಥ್ ಪಡೆದು ಈ ವಿಷಯದ ಬಗ್ಗೆಯೇ ವಿಸ್ತೃತವಾಗಿ ಚರ್ಚಿಸಲಾಯಿತು.



ವಿಜಯಲಕ್ಷ್ಮಿ ದತ್ತಾತ್ರೇಯ

ಈ ಸಂದರ್ಭದಲ್ಲಿ ವಾಸುದೇವರಾಯ್ ಪ್ರಸಂಗಿಸ್ವಾಮಿ, ಆರಾಧ್ಯ ಸುಬ್ರಹ್ಮಣ್ಯಂ ಅವರ ಸಾಥ್ ಪಡೆದು ಈ ವಿಷಯದ ಬಗ್ಗೆಯೇ ವಿಸ್ತೃತವಾಗಿ ಚರ್ಚಿಸಲಾಯಿತು.

covering all educational institutions in and around Anantapur and Uravakonda. In the evenings Dr K Subrahmanyam ji gave a series of discourses on “Relevance of Srimad Bhagawata in daily life” in which he emphasized that the scriptures have to be interpreted not only in the light of spirituality but also science, psychology and sociology. The audience were wonderstruck with

the logical presentations of ‘Pedda’ Subrahmanyam Garu and were moved with the devotional presentations of ‘Chinna’ Subramanian(Subbu Bhaiya), with bhajans, arati etc. Sri Krishna janana and Rukmini kalyana utsavams became highlights of the entire week long celebrations. Mass media made a wide coverage of all the week long events. The whole town appreciated the efforts of Sri Hanumantha Reddy and the dedicated team of the VYK, Anantapur in organizing such mega events.

Youth Convention at Ramakrishna Math, Madurai:

A one day youth convention was organized by Sri Ramakrishna Math at Madurai, Tamil Nadu on 12th September on account of the Universal Brotherhood day. Dr K Subrahmanyamji, Pro VC, S-VYASA and Sri Subramanian. A (Sri Krishnadas), senior faculty and South India Coordinator were amongst the invited speakers for the convention. Dr K Subrahmanyamji in his unique style brought out the significance of the day and Swamiji’s great personality. Swami Kamalatmanandaji Maharaj, Adyaksha of the math presided over. Prof Ilampirai Manimaran, a renowned Tamil scholar, Sri Dinakaran, Chairman of Ramalinga Mills, Aruppukottai and Sri Tirunavukarasu, Superintendent of Police, Madurai were amongst the dignitaries. Subbu Bhaiya conducted the program with extempore Tamil poems and inspiring quotes from Swamiji. Nearly 2000 students from various educational institutions in Madurai participated in the program.



News from S-VYASA Facilitation Centre, Chennai:

The second batch of ‘Yoga Instructor’s Course’ (YIC) at Chennai is successfully going on. After the launch of the facilitation centre at Chennai many have joined for various long term courses of S-VYASA including PhD and M.Sc. In the month of August, Dr Nagarathna Didi and Sri N V Raghuramji visited the centre. Dr K Subrahmanyamji, Pro VC visited the centre on 16th September and addressed the students of the centre.



Yoga Sangam - A Report



YOGA SANGAM

Philosophy, Health and Research



International
Conference
2012

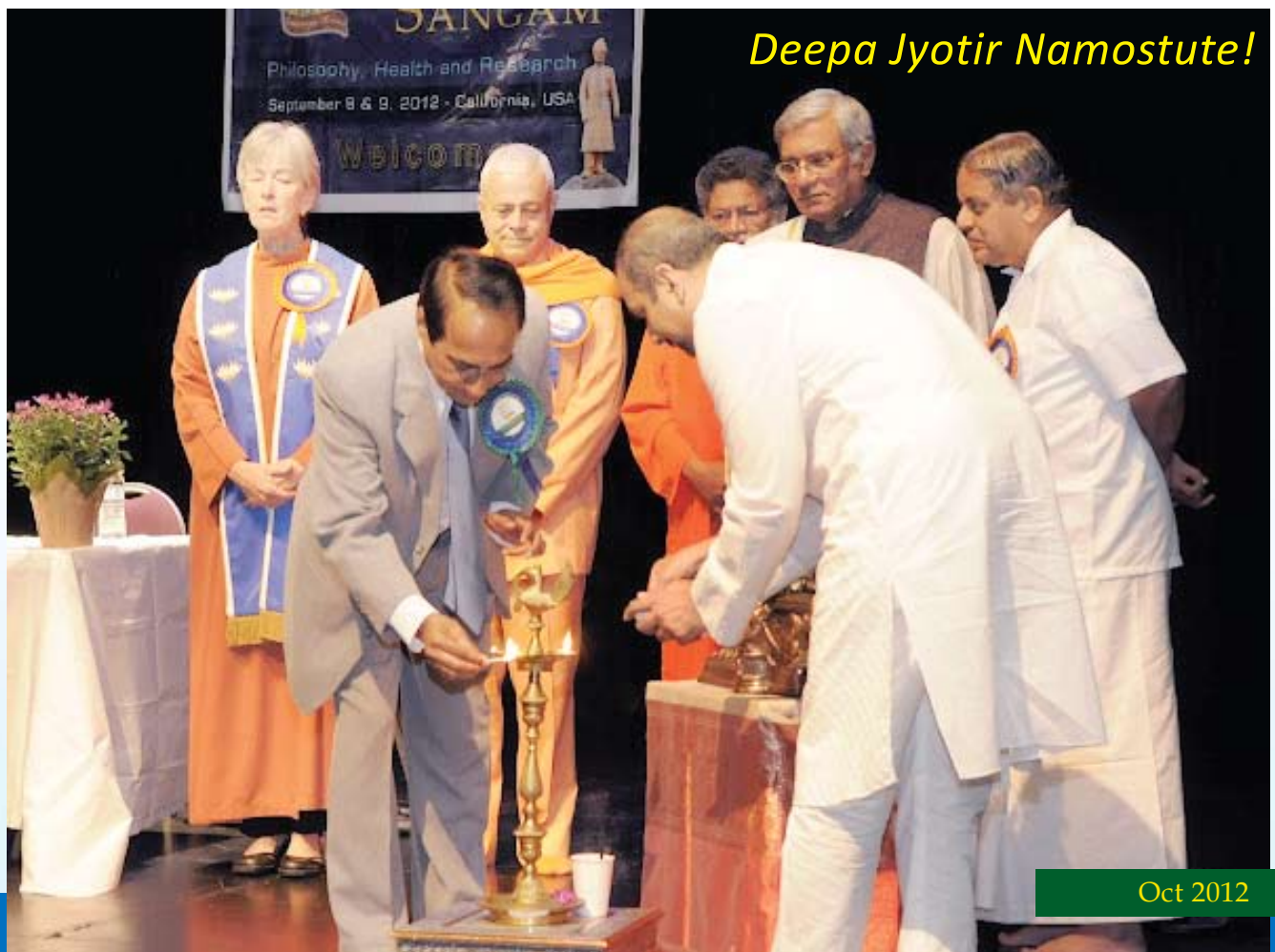
September 8 & 9, 2012 - California, USA

A CONFLUENCE OF YOGA TRADITIONS AND SCIENTIFIC RESEARCH

Yoga Bharati, in collaboration with VYASA, celebrated its 10th year anniversary and Swami Vivekananda's 150th Birth Anniversary by hosting 'Yoga Sangam' - International Yoga Conference on Sept 8th and 9th in the Jewish Community Center (JCC), Palo Alto. More than 400 delegates other than the galaxy of speakers and a whole lot of Yoga Bharati volunteers attended the conference. The conference was a confluence of different Yoga traditions from

East and West which brought a synergy of three essential aspects of Yoga - the Ganga of Yoga philosophy, Yamuna of Yoga Health dimension and Saraswathi of Yoga Research making it really a 'Triveni Sangam'.

The two-day conference presented the latest developments in the field of Yoga, its applications in health, research in Yoga therapy, and fundamentals of Yoga philosophy.



Deepa Jyotir Namostute!



Panel on Karma Yoga and Bhakti Yoga

Conference Tracks and Speakers: The conference had three tracks – Health, Philosophy and Research. Noted experts in the respective

First, I simply want to congratulate you for presenting such an outstanding event. Among many many impressive things, I was especially impressed at the large numbers and super spirit of the volunteers supporting the conference, and the fine performance of the many young people I saw in public roles. Second, I want to thank you for the generosity and kindness you showed me and IAYT. I didn't expect that at all. We simply wanted to be supportive of your conference. I am so glad I came. I learned a lot and met many folks and new collaborative efforts with SVYASA and others may come from this. I am also simply glad to learn about Yoga Bharati. Candidly, I did not know about your organization before. But now I feel much kinship. I am looking forward to staying connected! Warmly.

John Kepner, Executive Director, International Association of Yoga Therapists

world shared their knowledge and experience. Notable among them were Shri.N.V.Raghuram,

tracks spoke on various topics such as Yoga for common ailments like diabetes and heart disease, 'Yoga for Women' and Pranayama and the latest research in all these areas. There were hands on sessions on Meditation and Yoga for Stress. The philosophy track included 'Swami Vivekananda's vision and its application', Bhagavad Gita, Patanjali Yoga Sutras and 'application of Yoga in management'. The tracks represented a true meeting of East and West.

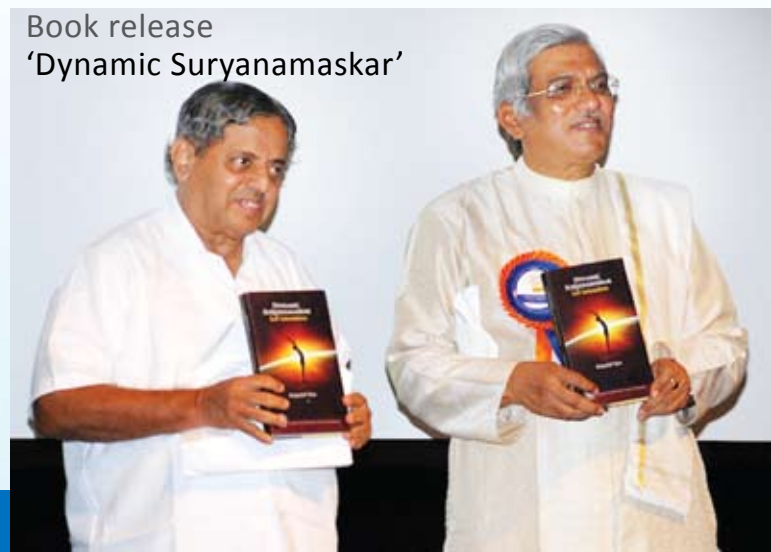
More than 30 eminent speakers from various parts of the

founder of Yoga Bharati, the team of experts from S-VYASA, Bangalore headed by Vice Chancellor Dr. H.R.Nagendra, Dr. Sat Bir Khalsa of Harvard University, Dr. Shirley Telles, Director of Research at Patanjali Yog Peeth, Haridwar, Spiritual heads of Vedanta Society (Berkeley), Sivananada Ashram (Grass Valley, CA), Chinmaya Mission (SJ), Sambodh Society USA and Swami Amruta Suryananda Maharaj of Portugal. Other key organizations represented at the conference were International Association of Yoga Therapists (IAYT), Taksha University, Niroga Institute, Vedika Global, Parliament of World Religions and the Center for Spiritual Enlightenment. Several medical professionals, authors, therapists, teachers, etc also participated in the conference.

Colourful Cultural Events: The highlight of the conference was a cultural program in the evening which featured a special yoga dance performed by Yoga Portuguese Confederation

Book release

'Dynamic Suryanamaskar'





'Uttishthata! Jagrata!' - Arise! Awake! - Grand play on Swami Vivekananda's life and message

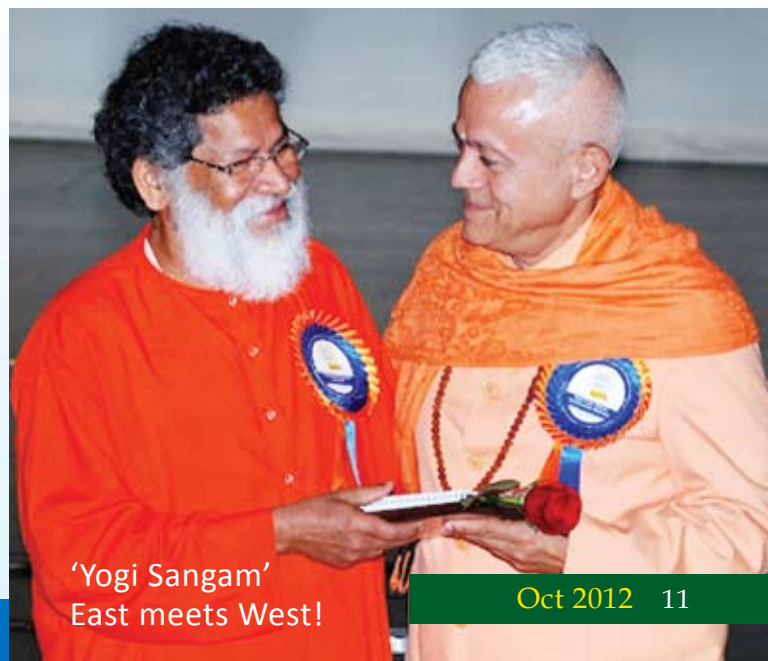
and a grand play on the 'Life of Swami Vivekananda' by over 100 children and young adults. The drama was scripted, choreographed

Congratulations on a wonderful Conference, you put together an insightful and inspiring event filled up with the deep spirit of Yoga! Thanks also specially for having invited me to present my work on grief, I felt honored and grateful to have had this opportunity and look forward to future ways in which we can collaborate to bring the knowledge of Yoga to those who want it.

Antonio Sausys,
SatYoga, San Anselmo

and executed by Yoga Bharati parent volunteers. Various dance schools of the Bay Area were represented and appropriate quotes of Swami Vivekananda as well as rare pictures connected to his life were displayed in each scene to educate the audience while entertaining them. The play ended in a grand finale. All actors and volunteers were on stage holding lights and waving the flags of all the nations represented in the conference including India, USA, Germany, Portugal, Turkey, England and Poland symbolizing Yoga's power to unify the world as Swami Vivekananda has envisioned.

Involvement of Youth Energy: Another highlight of the conference was that the youth conducted the entire conference proceedings. They were the MCs and time keepers who made sure that all sessions ran correctly on time. They prepared presentation slides on all the speakers during the introduction and felicitation, slides on Yoga Bharati's activities and the slides of all the sponsors and donors who supported the conference. Guided by Yoga Sangam adult guides, they prepared and conducted two important Surveys: One on "Yoga for Social Transformation" - how yoga helps the society in



'Yogi Sangam'
East meets West!



नमस्सदसे । सदसस्पतये ॥ namassadase | sadasapataye ॥



Sri N.V. Raghuram



Dr. R. Nagarathna



Dr. Shirley Telles



Dr. Christopher Chapple



Dr. Helen Leversky



Dr. Sat Bir Khalsa



Mr. Bidyut Bose



Dr. Dilip Sarkar



Mr. John Kepner



Acharya Shunya Pratichi Mathur

fields such as health care, education and prepares responsible citizens; and a “Karma Yoga Survey” – how one would contribute to the cause of yoga.

Several attendees said that they didn’t know which sessions to attend since all the tracks were equally appealing. Some people couldn’t believe that it was the first time Yoga Bharati was hosting a conference.

Swami Vivekananda will be very proud of your efforts and success. May YB celebrate his 200th b'day with even more enthusiasm and larger participation.

Madhulika,

Yoga Bharati Donor and supporter

lives but to also spread the universal message of Yoga far and wide.

A quick survey of the attendees indicated that they were inspired by the presentations in the conference and motivated to not only bring the practice of Yoga into their daily



Many seeds of inspiration were planted at the conference that will flower and bear the fruit of peace and well-being for all.

Ellen Grace O'Brian,

Center for Spiritual Enlightenment, San Jose



MIRACLES OF MSRT

Mind Sound Resonance Technique Designed by S-VYASA

Hello Everybody, Namaskaram!

I want to share my experience with MSRT with you all.

Eight years ago, my left side got paralyzed due to a brain hemorrhage. In May 2012, my friend Sri Bhagwat from Solapur, advised me to join Arogyadhama, Prashanti Kutiram. Dr. R Nagarathna Didi is a great person who diagnosed my real problem in fractions of seconds, which had taken several years for me to know without any solutions. I was not sure whether I can be relieved off spasticity and pain in the remaining life.

I came to Prashanti on 11th May 2012 to gain finger movements. We were introduced to MSRT on the same day by our beloved therapist Sri Haresh.

After practicing MSRT for just 3 days, I felt less tightness in my left fingers and on the 4th day, totally relaxed, so that I could insert 3 fingers of right hand into that of the left hand. Within one week's time, I could keep my left hand palm straight and do 'Namaskara Mudra' on my own by stretching left palm.

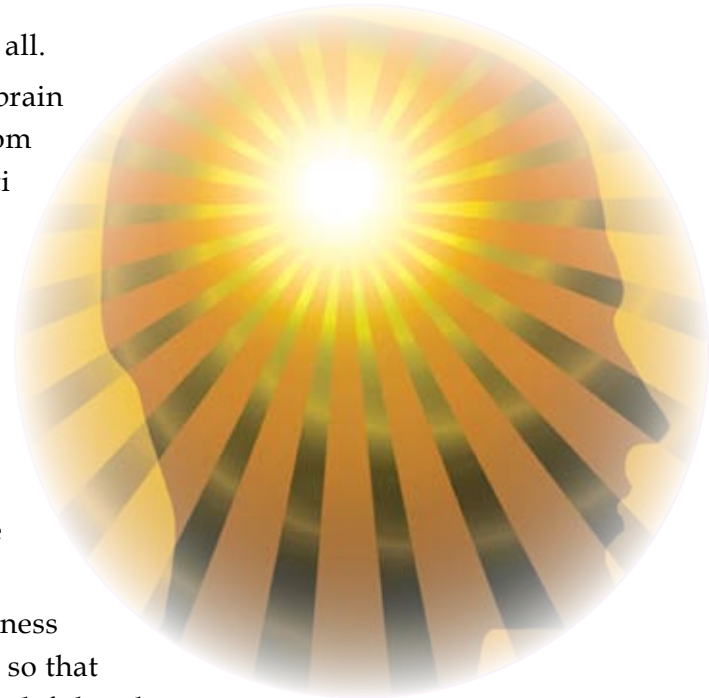
What a relief! I had observed this with my own eyes and I immediately shared this experience with my therapist and fellow participants.

I will stop not, until I reach my goal to totally regain left hand finger movements. I am sure the knowledge I learned at Prashanti will be forever with me to reach the goal. I will come to Prashanti at least once in a year.

May Yoga Vinayaka and Yoga Purusha - Bhagawan Shri Krishna bless us all with positive health.

Kedar, Solapur, Maharashtra

22-6-2012



'Leadership in the Light of Spirituality' Rotary Youth Leadership Award at Yercaud, TN:

Sri Subramanian. A, senior faculty, S-VYASA gave a presentation on 'Leadership in the Light of Spirituality' at 'RYLA-2012' (Rotary Youth Leadership Award) program organized by Rotary Club of Salem Mid Town at Sterling Resorts, Yercaud, T.N on 23rd September'12. All Rotarians and youth participants were highly inspired by the talk.





AROYADHAMA DATA (AUGUST 2012)

No. of Participants (No.)	A		B		B		C		D		E		F		G		H		PPH	
	Neurological Disorders/ Oncology	Cardio-logy	Pulmono-logy	Psychiatry	Rheumato-logy	Spinal Disorders	Metabolic Disorders	Gastroentero-logy	Endocrinal Disorders	Promotion of Positive Health										
Parameters	BY	AY	BY	AY	BY	AY	BY	AY	BY	AY	BY	AY	BY	AY	BY	AY	BY	AY	BY	AY
Respiratory Rate	18.80	16.18	17.84	15.79	19.46	15.69	18.42	18.08	19.10	17.33	16.95	15.31	18.90	16.83	16.05	11.61	17.64	16.07	18.09	13.54
Pulse Rate	81.71	76.41	73.68	68.47	83.23	74.31	75.58	76.08	78.43	77.53	72.43	70.60	79.95	74.45	67.30	66.22	76.14	74.64	78.90	73.63
Systolic BP	113.71	113.94	129.05	129.95	123.38	121.69	119.00	119.00	126.87	119.46	124.67	118.57	127.15	120.78	109.40	103.33	125.00	120.80	118.18	112.45
Diastolic BP	75.88	76.29	83.68	78.42	74.93	78.46	80.00	78.00	79.00	78.73	81.10	76.76	77.55	75.50	75.90	72.90	84.07	80.14	79.09	73.54
Weight	65.11	64.39	75.31	73.19	69.87	68.28	58.79	58.33	76.30	75.03	69.89	68.93	73.05	72.20	62.70	61.50	83.90	80.22	63.80	62.71
Bhramari Time	14.35	18.76	10.74	14.74	10.23	13.69	9.92	16.50	12.70	15.60	13.21	16.76	13.65	17.85	12.90	18.44	10.29	14.85	13.09	16.63
Medication Store	4.58	4.17	5.16	4.97	2.00	1.46	3.00	2.38	2.17	1.97	0.83	0.83	4.02	3.69	0.50	0.60	0.14	0.00	0.38	0.33
Symptom Score	7.93	5.6	3.68	0.84	5.38	2.00	5.75	2.00	8.49	3.79	6.36	1.93	4.95	1.15	2.50	0.10	1.07	0.07	2.52	0.95



BUDDHIST YOGA AND PEACE¹

- Prof T M Srinivasan, PhD

INTRODUCTION: Astanga Yoga and some of the Buddhist methods of Yoga practice follow similar paths in practice and implementation. This paper introduces certain ideas in one branch of Tibetan Buddhism since they could provide a basic operating method for improving oneself and be prepared to deal with peace than war. It is well known that the mind is the maker and it is also the slayer. In Yoga also, we understand that controlling the mind and its derivatives is important in establishing peace in oneself and in society.

THE BUDDHIST PERSPECTIVE:

Buddhism, as we call it, is over 2500 years old after the Buddha attained 'perfection' and chose to share his knowledge with the world. In the course of many centuries, Buddhism spread from India to most countries in Far East - Tibet, China, Japan and almost all countries in between. It came to Tibet rather late, around 800 CE, from India. There was the ancient practice of Bon in

Tibet at that time. This is an ancient shamanistic practice of recitation of potent formulae, nature worship and rituals. The way of the shaman is through the recognition of energies around us as well as the energies in us and means to inter-link these inner and outer energies mostly for the good. It could be used in healing the sick, mental equanimity and, control of weather and other natural phenomena. Human existence is believed to be a phenomenon wherein the external energies take shape in the human, express through his/her mind and matter. Various Beings in and around us help us in many of our activities. These were the elements of Bon tradition that existed before the advent of Buddhism in Tibet. When Buddhism came to Tibet, it got assimilated with the Bon tradition.

Buddhism in Tibet was developed as a unique branch by many masters over several centuries. Many schools of Buddhism flourished. Three specific paths were established - *the path of renunciation, the path of transformation*



and the path of self-liberation. The path of renunciation follows the traditional teachings of the Buddha, who enunciated the four noble truths: human suffering, cause of suffering, cessation of suffering and lastly, the path that leads to cessation of the suffering. We all seem to suffer pain, loss of wealth, death of loved ones, tragedies of various hues and colors, occasional bouts of happiness and finally, uncertainty of life itself with death looming large and seeming physical and mental deprivation before the end. Everything seems to perish right in front of our eyes and even the scientists have predicted a chaotic end to this solar system albeit at a distant date. All this leads to questions of validity and meaning for any activity we undertake. Should we fall a prey to the unending, meaningless activity that we seem to engage in with the hope we will be happy at some distant future or should we forget about the future and satisfy ourselves living in this passing moment?

Buddha analyzed the human predicament and sought solutions. What he found in his deep meditation, he propounded as four noble truths. It follows analytical processes (like the Hindu thought) and offers possible solutions. If one wants a formal, doctrinal solution, the teachings of Buddha may be sought. If an energy-based work is suited, as developed by shamans, one may resort to the path of transformation. If one is intellectually based - as many of us think we are - then the way of the self-liberation could be appealing.

THE TIBETAN MIND MEDICINE:

In this paper, we shall deal with the ideas of self-transformation which goes by the name Dzogchen in Tibetan phraseology, 'Dzog' stands for perfection and 'chen' means total. Thus, this method aims to offer complete perfection to the practitioner. It concerns with the human experience and a correct view to understand our predicament. Our existence is characterized by three aspects consisting of body, speech and mind. They are all of course inter-linked. These three aspects interact with each other producing myriad thoughts, intentions and actions. The actions create other thoughts and leading us to act further. We are weaving around us a never ending web of actions, thoughts and speech patterns that drag us into cyclic life and death. We have even invented a world wide web to entangle us in a never ending cause and effect of actions, thought and speech with people around the world many of whom we may not even know!.

The way around this impasse is not by looking at one's tip of the nose on top of a remote mountain, not by chanting mystical mantras nor by abstaining from eating and working, imply Dzogchen masters; for, all these in their turn constitute action of some kind. Even inaction is a form of action! Dzogchen points to our authentic condition, experiencing a state beyond the reasoning mind. Our normal, so-called analytical mind takes things apart, delimits the ebb and flow of events and separates us from each other. The true condition of the mind euphemistically



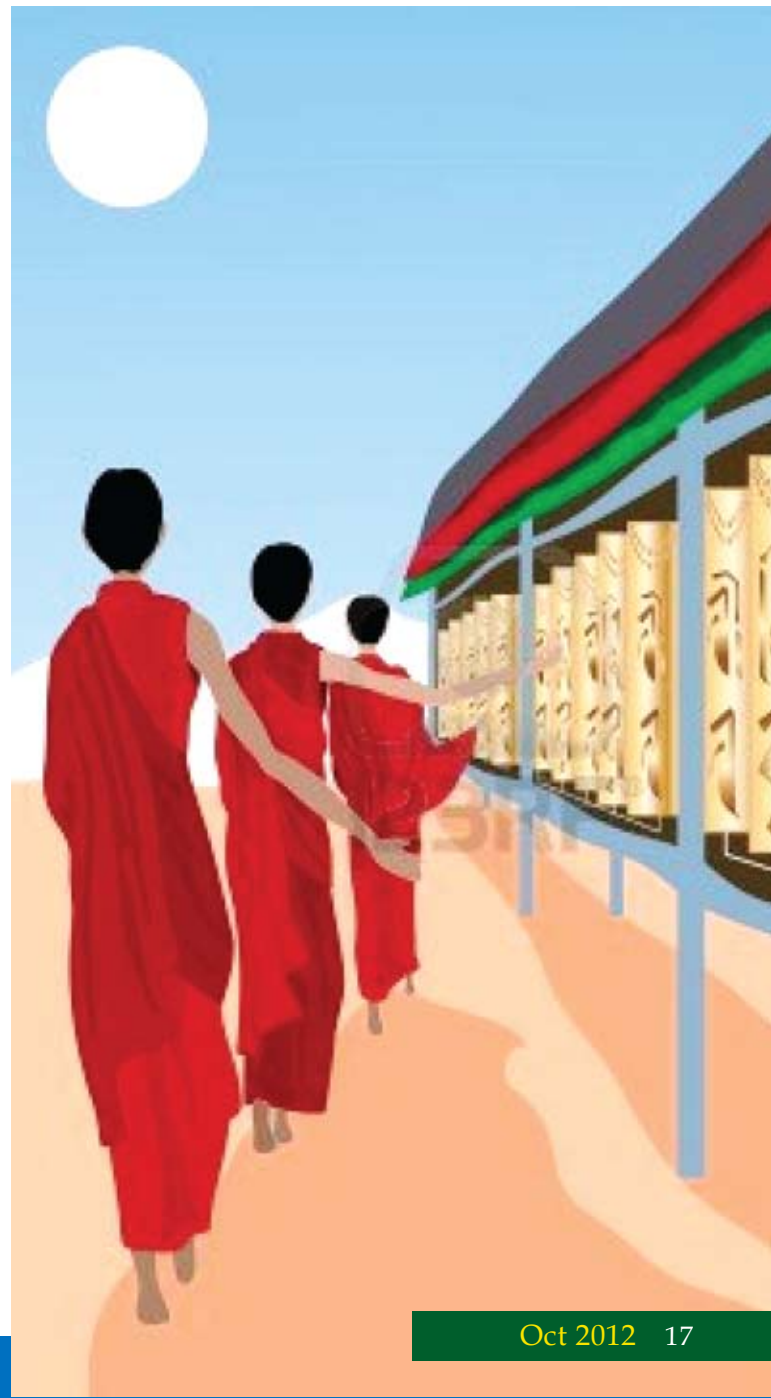
called the 'nature of the mind' is beyond the analytical mind and transcends time.

One of the important and often confusing ideas in Buddhism is the term voidness or the Samskrita term 'sunyata'. It is not an ideological and material zero, a negation of all that we see around us. Many translators, both ancient and modern, have fallen in the trap of this complex term, trying to say that Buddhists negate all existence. There is nothing farther from the truth. This concept is discussed at length by almost all Buddhist lamas since this is most fundamental to the understanding of mind itself [2]. The voidness mentioned here refers to non-substantiality or non-self-nature of all phenomena. No substance is independent of any other; if you consider the book you are holding in your hand just now, it is made of a piece of a giant tree, the sunshine that made this possible, the sweat of the woodcutter, the people at the mill who chopped it, the steel blade that ground it etc. We can go on forever analyzing how this little piece of paper is being held by a thing we call hand. Everything is *interconnected*, to use a term in the new-age lingua. Perhaps this term is also the most difficult to put into practice. If one lives by this term, there is no difference between one self and anyone else. Another man's suffering is mine own; another person's pain is also in my body. So it is with all living and even with the things we call inanimate. The world around us is a simmering life of joy and suffering and if we identify with the world, most of our own suffering could be transformed into compassion and loving kindness.

THE AUTHENTIC STATE: This then is the 'view' in Dzogchen, namely understanding our primordial state; this is followed by 'meditation' or ways to apply of this knowledge, and last, but not the least, 'conduct' or the integration of

this knowledge into our daily practices.

Once we have the knowledge, we should seek to apply the knowledge by means of 'meditation'. This is not an esoteric practice in some ancient religious text; it is at once simple and practical. When we try to solve a complex problem for example, we think intensely at the possible solutions and the mind is within a confined region of activity; this is the start of any focused meditation. There are several levels of meditation discussed in classical Yoga texts;





suffice it to say meditation simply means to 'come home'. The mind is brought home instead of constant search and analysis in the external world. In the first stage of meditation, the mind is confined in a space of activity; any symbol, picture, natural setting such as a flowing river, a view of a mountain, sea, block of wood, in fact any object could be a focus. The mind is trained to hold only that image or one thought. Some schools teach our own body sensations such the cloth touching a body part, breathing, or even the dull thud of the beating heart as a point of focus. The point of any of this is to bring our untamed, wandering mind within a region of activity. Once we achieve this amount of control, we could then let go of even this thought and stay in the moment.

The whole focus of meditation in Dzogchen is to remain aware of all that is around us. It is said the original condition of our mind is pure and untainted by the world of material and interdependent phenomena. We might call the pure state *Mind* while the transactional mind we use in every day life is termed the *mind*. Meditation helps us to attain the state of Mind that is beyond all thought construct.

In Dzogchen as in Astanga Yoga, it is the aim of the practitioner to go beyond the transactional mind. Further, in both these, it is necessary to practice the knowledge attained by such excursion in every day transactions. Thus the momentary nature of the material world is transcended and the reality of some thing beyond which always IS, is to be experienced and expressed in speech and action. It is the authentic state of our mind that is being sought. As the Dzogchen master Namkhai Norbu summarizes: "The recognition of our true State and the continuation of its presence really is the essence of all paths, the basis all meditation, the conclusion of all practices, the pith of all

secret methods, and the key to all the deeper teachings... This means not hanging on the past, not going after the future, and, without letting ourselves get involved in the illusory thoughts arising in the present moment, turning inwards and observing our own mind, leaving it in its true State beyond the limitations of the past, present and future. Without letting ourselves be conditioned by contaminating conceptualization, without passing judgment on the State itself, whether indeed it even exists, whether it will turn out to be positive or negative, etc., we must stay focused in this authentic condition and not try to correct it." [3]

Well, so much about meditation. If nothing else, this practice of remaining in the present and not judging the past nor anticipating the future will provide us with fewer traumas and associated psycho-physiological states of imbalance. The mind-body health that is the talk of the town presently can be achieved easier with such attitudes towards the past and the future. There are many methods of meditation and any of these could be helpful in taking us to the True State that Namkhai Norbu teaches. Many people meditate, but the purpose of meditation, its goal should be clear. If we come back to our normal transactional level and have not changed in our relation with those we deal with, then we are really not meditating!

Thus, the third aspect of Dzogchen, namely conduct or integrating the knowledge we obtain through meditation in our daily practice is the next important stage. This is where the role of these practices in our initial concern - namely, personal and global peace - becomes vital. If we merely tell a person to have love and concern to all around oneself, it becomes a theoretical issue. If the person realizes the innate unity and interconnection between all peoples and things, then the love and concern is no longer



hypothetical, but real and meaningful. In other words, meditation is not a task that we complete in the mornings and move on to more 'useful' things during the day. *Meditation in action is compassion; meditation in speech is uttering words of support and kindness.* Unless these are explicit and expressed, meditation has no meaning and it is only a chore. Thus, the masters say, every activity of ours should carry the stamp of meditation, of the presence that we felt in meditation. Thus, when we walk, we walk with awareness; when we sit to eat, we eat with the same awareness we had during meditation. Similarly, every activity should be an act of meditation. Thus, meditation is not an isolated incident taking place once in twenty four hours; it extends through the entire day and even during sleep. There is no distraction from the primordial state of our mind, we are in the presence of pure awareness and we express it in all our activities.

IS PEACE POSSIBLE? Concepts of peace, truth and Ahimsa (non-violence) are all interrelated; they coexist in us and it is not possible to practice one without the practice of the others. Mahatma Gandhi, whose practice of nonviolence and truth is well known around the world has this to say in his autobiography: "My uniform experience has convinced me that there is no other God than Truth.....The little fleeting glimpses that I have been able to have of Truth can hardly convey an idea of the indescribable luster of Truth, a million time more intense than that of the Sun we daily see with our eyes... Identification with everything that lives is impossible without self-purification; without self-purification the observance of the law of Ahimsa must remain an empty dream; God can never be realized by one who is not pure of heart. Self-purification therefore must

mean purification in all the walks of life.... So long as a man does not of his own free will put himself last among his fellow creatures, there is no salvation for him. Ahimsa is the farthest limit of humility." [4]

Thus we see the role of self-purification, in the Gandhian terms or meditation and practice of the authentic condition in the language of Dzogchen in bringing peace and equanimity in our lives. Perhaps it is time to think of electing leaders (where this is possible) on the basis of their personal practices towards peace. "The longest journey is the journey inwards. Of him who has chosen his destiny, who has started upon his quest for the source of his being...He is still with you" says the Swedish author and one-time Under Secretary General to the UN, Dag Hammarskjold in his book *Marking* [5]. Indeed, the journey is long but not necessarily lonely. The first steps have already been taken by many around the world. Let us hope we can join them in their long march towards global peace.

REFERENCES AND NOTES:

1. Based on a paper titled "Personal Peace to Global Peace: A Tibetan Perspective" from *International Journal of Humanities and Peace*, Vol. 18, 2001.
2. I am thankful to one of my mentors, Mrs. Erma Pounds, a Yogi and a Tibetan Master, who made me understand some of the precepts introduced in this paper.
3. Namkhai Norbu "The Mirror, Advice on the Presence of Awareness", Barrytown Publishers, U.K., 1996, p. 33.
4. Mahatma Gandhi, "Autobiography: The story of my experiments with Truth", Beacon Press, Boston, USA, 1993, p. 454.
5. Dag Hammarskjold, "Markings", Alfred A. Knopf, NY, USA, 1964, p. 58.

Potential Divinity to Dynamic Divinity: A Yogic Journey

- Kannan

nature
constitute
of our mind and
its imprints, *samskara*.

External nature is the outside force which acts as triggering agent to evoke those relevant internal imprints. In the beginning, we can do very little to control our internal nature because of our gross mind, which makes internal affairs of mind intangible. What we can certainly do is to work with external environment in the beginning. If we analyze why a particular thought should come to us, why particularly one kind of *samskara* should emerge out of our mind at a given time and given place, then we may get some insight. It requires two factors to work synergistically to bring about a particular thought wave. One is the internal seed, *samskara* and other the external field, the environment. When the environment is ripe or suitable for expression of a particular kind of thought, those thoughts inside our mind will find their way to expression. However, if we carefully choose such an environment which does not encourage expression of unwanted *samskara*, then perhaps those negative thoughts would never emerge in our mind. Is it not a big thing? Hence selecting one's environment and company is very essential for one's spiritual growth. To be dynamically divine, we must win over both natures- internal and external. Is there

"Each soul is potentially divine" proclaims swami Vivekananda and says that the goal of life is to manifest that divinity within us. The process of manifestation of potential divinity is the process of *sadhana*, which blossoms into dynamic divinity, manifesting the potential divinity all the time. No doubt, Swami Vivekananda's clarion call to the youth of the nation in these words is irresistible; however there should be a guiding light to show us the path and a person who can take us through that path. Many speak about the path but very few shows the path and rare few take us through the path. Yoga promises to be that path and learned scholar show us the path and true *gurus* take us through the path.

All of us are potentially divine, but what does it mean to be dynamically divine? Potential divinity is like electricity, invisible and unmanifest; dynamic divinity is perceptible and manifest like electricity manifests in electrical appliances. To be a spiritual dynamo, like Swami Vivekananda, today's youth require, as Swamiji says, to conquer internal and external nature. Internal



a best and time tested way already available to realize this goal?

Yoga is the path, yoga is that science of self-unfoldment which shows way to this glorious path of highest self actualization. All paths of yoga lead to the same goal. Swami Vivekananda has broadly classified these paths into four: *Jnana yoga*, *Raja yoga*, *Bhakti Yoga*, and *Karma Yoga*. All attempts to do one thing: remove our wrong notion about ourselves that we are small and insignificant. It teaches us expansion. It teaches us to overcome our petty feeling of insignificance. Once this wrong conclusion of insignificance is deeply and artistically ingrained in our mind, we feel almost incapable to look ourselves without this framework. Due to these wrong conclusions of feeling small and insignificant, we always engage in activities which we think would give us a sense of *bigness* and project us as significant. If there be a threat, we feel insecure. If we fail to achieve we feel miserable and find us in a state of sorrow. If we are successful, we jump out of joy and further conclude that this action has given me happiness and further pursue in vain for it, just to stumble upon another failure. Why does it happen so? This is because we have strongly identified with our gross body, mind and intellect. What happens when this *I* identifies in this way? Once I strongly identify with my gross body, I think in order to be big and significant, I have to develop my body, take care of it, and give it utmost comfort. Any misery to body is great loss because I think it is permanent and I cannot gain back what I have lost in terms of disease, accident, or old age. However, one of these three is bound to come to anybody. A narrow minded person thinks only of his body, family, house. But a king thinks that the whole country is his and he feels great sense of bigness and significance. But the king did not

grow himself to be very large physically in order to feel that sense of bigness and significance. However the poor fellow attempts to think big physically and searches for significance. What can we expect in a process in which we have defined our success and significance wrongly? Only misery and failures! When the goal itself is wrongly defined can any path lead us to happiness? Similarly, a person identified with mind, either emotion or intellect feels that he should have those emotional comforts, in order to be significant. But until we realize that all these faculties of body, mind, and intellect are tools given to us to transact in this world, we will continue to feel sorrowful.

Each of the four streams of yoga contributes in its own way to make us perfect. Basically they are various methods of *sadhana* to educate our inner instruments, *antahkarana*, which includes *manas*, *buddhi*, *ahamkara*, and *chitta*. They all are different aspects of same *antahkarana*, inner instrument. By practicing *Jnana yoga*, *buddhi* is refined, by practice of *Raja yoga*, *chitta* is purified, *Bhakti yoga* refines our *manas*, and *Karma yoga* educates our ego and therefore annihilates *ahamkara*. All attempt to take us towards that state of expansion in one way or the other. We may take one or more aspects and proceed. In a chariot, pulled by four horses, if only the power of one horse is used to propel forward, no doubt, the chariot will progress as it will drag the other three horses also. But if we use the power of all the four horses simultaneously, then we can realize our goal sooner. Moreover, these various paths of yoga are meant for various temperaments and our mind too has its own unique combination, so each one of us has to work out our best equation for *sadhana* for best result.



Now why should I take this apparently hard path of spirituality, wherein I am asked to believe in detachment and renunciation; do selfless service? I do not feel happy doing selfless service. I only feel happy doing service to myself. I cannot detach and work; further I cannot even imagine renunciation. I need so many things to make me happy. And what does it matter even if I face success and failure couple of times alternatively, anyway they are two sides of same coin. Why should I leave my sense of mental comfort? Millions of us are very comfortably rooted in these above lines of argument. For such a mind there is no immediate scope. The divine has to intervene. It requires divine grace to even think subtly and pave way towards self-realization. The king does not grow himself physically to get a sense of great ruler of whole country, that is a state of mind which he has. Our scriptures promise us and declare that we are the emperors of this whole universe, *Aham Brahmasmi*. But do I want to realize this by shaking off my wrong conclusions or would I like to lead a life of beggar always pursuing for bigness but never achieving it, the choice is ours! Once this change in our mind comes then starts our journey to break these bondages of body, mind, and intellect. I do not think that bodily discomforts are losses; I do not think that I need to have all the emotional comforts which I desire. I do not think that I need to win over the whole world with my scholarship to feel significant. Once this new pattern of thoughts gets strengthened, then our journey towards dynamic divinity starts.

Dynamic divinity is the state of freedom from all bondages what so ever under the sky. This is a state of constant attunement with our inner self, enjoying the eternal bliss. Let us stop not until our goal of "each soul is dynamically divine" also is achieved, in this very life, in this very moment.

कुसुमानामियं भाषा सर्वचिन्तोपशामिनी ।

Kusumānāmiyaṁ bhāṣā sarvacintopaśāminī |

*The language of the flowers can nullify
even the grievous agony!*



ANCIENT SCIENCE OF YOGIC LIFE FOR ACADEMIC EXCELLENCE IN UNIVERSITY STUDENTS

- Dr Tripathi Neeraj, Dr H R Nagendra and Dr Tikhe Sham Ganapat

Background: Academic excellence is essential to provides opportunities for students to work together to improve their understanding of concepts in their academic core. Academic excellence helps students to teach problem solving and collaborative learning strategies.

Objective: To assess Guna (personality traits) in students undergoing 21 day Integrated Yoga Module (IYM).

Materials and Methods: Sixty eight YIC students with 28.03 ± 9.38 years of mean age participated in this single group pre-post study. The Personality Inventory (PI) data was collected before (pre) and after (post) the IYM.

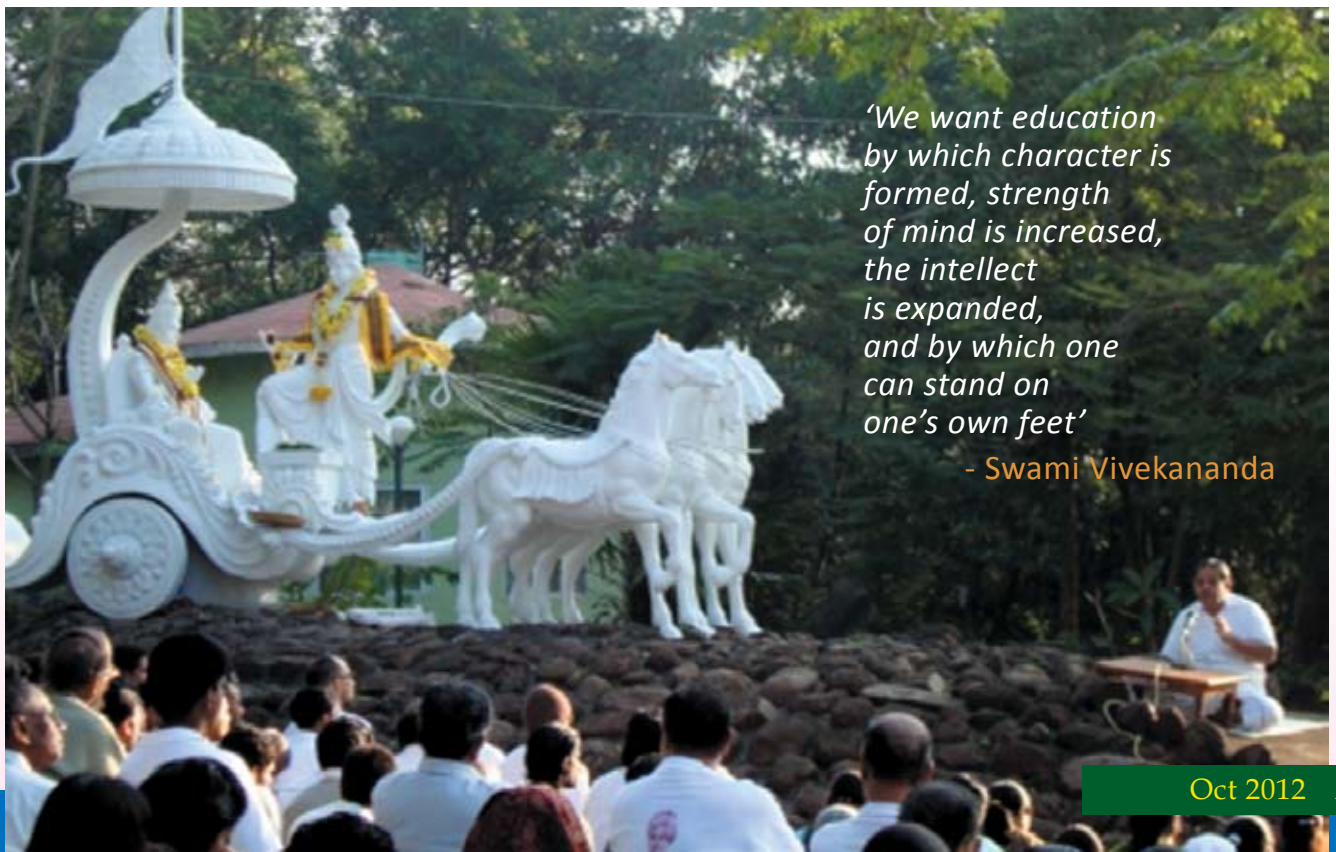
Statistical Analysis: Means, standard

deviations, Kolmogorov-Smirnov test, and Wilcoxon signed rank test were used for analyzing the data with the help of SPSS 16.

Results: The data analysis showed 11.33% decrease ($P < 0.01$) in Tamas Guna (dull personality trait), 0.68% decrease ($P = 0.819$) in Rajas Guna (violent personality trait) and 10.34% increase ($P < 0.01$) in Sattva Guna (balanced personality trait) scores.

Conclusion: The present study suggests that IYM can result in improvement of Sattva Guna (balance personality trait) among students, thus paving the way for their academic excellence.

Key Words: Academic excellence, ancient science of yogic life, university students



*'We want education
by which character is
formed, strength
of mind is increased,
the intellect
is expanded,
and by which one
can stand on
one's own feet'*

- Swami Vivekananda



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STRESS

Stress Stress Stress

- Prof K Subrahmanyam



A few days ago, I had been to a place where there was a ropeway to go to the top of a mountain. After observing the ropeway for a few hours, I requested the operator to tell me how often they would change the rope. He said quite casually, "As and when the rope snaps, we change and fix a new rope". I was shocked, "What would happen to the pilgrims or passengers if the rope snaps in the middle?". The operator replied "We have emergency arrangements to manage the crisis".

This is the situation with many people. They go to a doctor only when there is sickness. Similarly, when the stress is severe they search for ways to manage the stress. There are enough ways in Yoga to prevent stress and to prevent sickness. The entire Yoga philosophy is nothing but prevention of ill-health and promotion of positive health.

S-VYASA has specialized, on scientific basis, the threefold Yoga practice.

1. **Stress prevention**
2. **Stress Management**
3. **Stress sublimation**

The exercises are very simple and at the same time highly scientific. They do not consume

much of time or energy. They are least expensive. Anybody, anywhere, at any time can practise these simple techniques. They are chiefly breathing exercises. They are also called Pranayama. Normally any type of stress or sickness has its origin in the mind. Then it is called 'Adhi'. If neglected, this Adhi percolates to the physical level in the form of 'Vyadhi' such as Hypertension or Diabetes, Asthma or Migraine etc.

If preventive steps are not taken, even after the advent of the sickness or stress, there are Yogic ways to manage them, remedy them and even eradicate them. But that may be a little time taking, and the process is called Yoga Therapy. Breathing exercises may have to be augmented with some physical exercises as well. Is not prevention better than cure?

Finally, S-VYASA is able to discover excellent ways to sublimate the stress. 'What cannot be cured must be endured' is the old proverb. But in Yoga, what cannot be cured can be not only enjoyed but sublimated and divinized. This third practice is called Stress sublimation. In this technique, stress is either submerged or transcended in the abundance of peace and happiness. In short, Yoga can be resorted to for all people at all times, either to prevent the stress or to manage the stress or to sublimate it. A visit to S-VYASA will convince anybody about the need for Yoga in our day to day life.





ಯಾರು ಕುರುಡರು?

- ವಸಂತ ಶಾಸ್ತ್ರಿ



ಒಂದು ಪೇಟೆ. ಸಹಜವಾಗಿಯೇ ಜನಜಂಗುಳಿ. ಹೂವು ಮಾರುವವರು, ಹಣ್ಣು-ಕಾಯಿಯವರು, ಕಸ ಗುಡಿಸುವವರು, ದಾರಿಯಲ್ಲಿ ಸಾಗಿ ಹೋಗುವ ರಾಜಕಾರಣಿ, ಶಿಕ್ಷಕ, ಜಿಲ್ಲಾಧಿಕಾರಿ, ಹೀಗೆ ಪೇಟೆಯ ಪಟ್ಟಿ ಬೆಳೆಯುತ್ತದೆ. ಇಂತಹ ಒಂದು ಪೇಟೆಯ ದಾರಿಯಲ್ಲಿ ನಟ್ಟನಡುವೆ ಕಲ್ಲೊಂದು ಬಿದ್ದಿತ್ತು. ದಾರಿಹೋಕರಿಗೆಲ್ಲ ತೊಂದರೆ. ಸೈಕಲ್ ಮೇಲೆ ಬಂದ ಹಾಲು ಮಾರುವವನೊಬ್ಬ 'ಛಾ! ಕಲ್ಲು, ಶನಿ ಮುಂಡೇದು' ಎಂದು ಹಾಗೆಯೇ ಮುಂದೆ ಹೋದ. ಆಟೋದಲ್ಲಿ ಬಂದ ಶಿಕ್ಷಕಿಯೋರ್ವಳು 'ಅಯ್ಯೋ! ಕಲ್ಲು ಅಲ್ಲಿರಬಾರದಿತ್ತು' ಎಂದಳು. ಆಟೋ ಮುಂದೆ ಹೋಯಿತು. ದೊಡ್ಡ ಜೀಪೊಂದರಲ್ಲಿ ಬಂದ ರಾಜಕಾರಣಿ ನುಡಿದ, 'ಪರವಾಗಿಲ್ಲ, ಕಲ್ಲು ಇಲ್ಲಿಯೇ ಬಿದ್ದಿದ್ದೆ ಹಂಪ್ ಮಾಡಿಸೋ ದುಡ್ಡು ಉಳಿಯುತ್ತೆ'. ಇಷ್ಟು ಹೇಳಿ ಮುಂದೆ ಹೋದ.

ಸಿನೆಮಾ ನಟನೊಬ್ಬ ಕಾರಲ್ಲಿ ಬಂದು 'ಆಹಾ! ಐಡಿಯಾ! ಹೊಸ

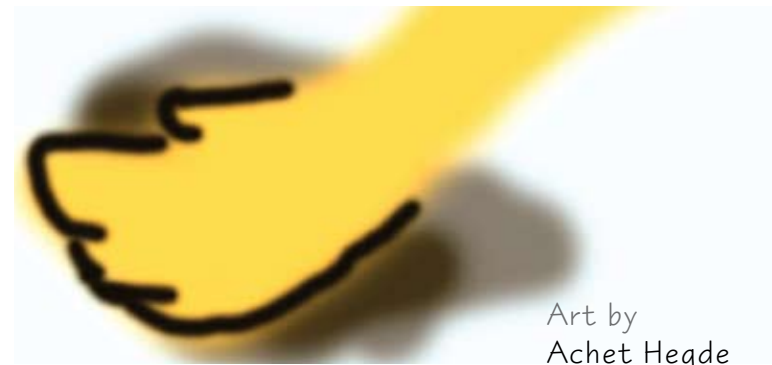
ಫಿಲಂಗೆ ಆಕ್ಸಿಡೆಂಟ್ ಅಂತ ಹೆಸರಿಟ್ಟೆ ಚೆನ್ನಾಗಿರುತ್ತೆ' ಎಂದ. ಎಲ್ಲರೂ ಕಲ್ಲು ನೋಡುತ್ತ ಮುಂದೆ ಹೋಗುವವರೇ.

ಅಷ್ಟರಲ್ಲಿ ಅದೇ ದಾರಿಯಾಗಿ ಓರ್ವ ಕುರುಡ ಬಂದ. ದಾರಿ ಮಧ್ಯದ ಕಲ್ಲು ಕುರುಡನ ಕೋಲಿಗೆ ತಗುಲಿತು. 'ಅರೆ! ಇದೇನಿದು? ದಾರಿಮಧ್ಯೆ ಬಿದ್ದಿದೆ ಕಲ್ಲು. ಸ್ವಲ್ಪ ತಳ್ಳಿದೆ ಸಾಕಿತ್ತಲ್ಲ. ಆಜೆ ಹೋಗಿ ಬೀಳ್ತತ್ತು. ಎಲ್ಲರೂ ಇದನ್ನು ಬಳಸಿಕೊಂಡೇ ಹೋಗಿದ್ದಾರೆ. ಎಲ್ಲರೂ ಎಷ್ಟು ಅವಸರದಲ್ಲಿದ್ದಾರಪ್ಪಾ! ಹೀಗೆನ್ನುತ್ತಾ ಕುರುಡ ಆ ಕಲ್ಲನ್ನು ಪಕ್ಕಕ್ಕೆ ತಳ್ಳಿಯೇ ಬಿಟ್ಟ. ಕುರುಡನೂ ಮುಂದೆ ಹೋದ. ದಾರಿ ಸುಗಮವಾಯಿತು. ಇನ್ನುಳಿದವರೆಲ್ಲರೂ

ಸರಾಗವಾಗಿ ಸಾಗಿ ಮುಂದೆ ಹೋಗಲು ಸಾಧ್ಯವಾಯಿತು. ಈಗ ಒಂದು ನಿಮಿಷ ಯೋಚಿಸಿ. ಯಾರು ಕುರುಡರು?

ನಾವೆಲ್ಲ ಸದಾ ಪಾಚಿಗಟ್ಟಿ ಕೊಳೆಯುತ್ತಿರುವ ವ್ಯವಸ್ಥೆಯನ್ನು ಮೂದಲಿಸುತ್ತೇವೆ.

ನಾವೂ ಆ ವ್ಯವಸ್ಥೆಯ ಭಾಗವೇ ಅಲ್ಲವೇ? ಈ ಕಥೆಯ ಕಲ್ಲು ಕೊಳೆಯುವ ಸಮಾಜದ ಪ್ರತೀಕ. ಪ್ರತಿಯೋರ್ವ ಪ್ರಜೆಗೂ ಕೊಳೆಯನ್ನು ತೆಗೆದುಹಾಕುವ ಕರ್ತವ್ಯ ಮೈಮೇಲಿದೆ. ದೂರುವ ಬದಲು ಕೃತಿಯಲ್ಲಿ ತೋರಿಸೋಣವೇ? 'ಇಲ್ಲಿ ಮೂತ್ರ ವಿಸರ್ಜನೆ ಮಾಡಬೇಡಿ' ಎನ್ನುವ ಫಲಕವಿದ್ದರೆ ಮನುಷ್ಯರಾದವರು ಪಾಲಿಸುತ್ತಾರೆ. ಪಾಲಿಸೋಣ. ಹಾಗೆಯೇ 'ನೋ ಸ್ಮೋಕಿಂಗ್' ಎಂದೋ, 'ಸಾಲಿನಲ್ಲಿ ಬನ್ನಿ' ಎಂದೋ ಫಲಕಗಳಿದ್ದರೆ ನಾವದನ್ನು ಪಾಲಿಸೋಣ. ಏನಂತೀರಿ?



Art by Achet Hegde



Shraddanjali to Mananiya Sri Sudarshan ji

Former Sarasanghachalak of Rashtriya Swayam Sevak Sangh Mananiya Shri. Sudarshanji breathed his last at 6.55 am on 15th September at Raipur in Chattisgarh state. He was 81. A regular practitioner of Yoga, he went for a morning walk as usual, returned and was doing his usual course of Yogasana and Pranayama, when he suffered from a massive cardiac attack. The funeral was held at Nagpur on 16th September 2012 at 3 pm.

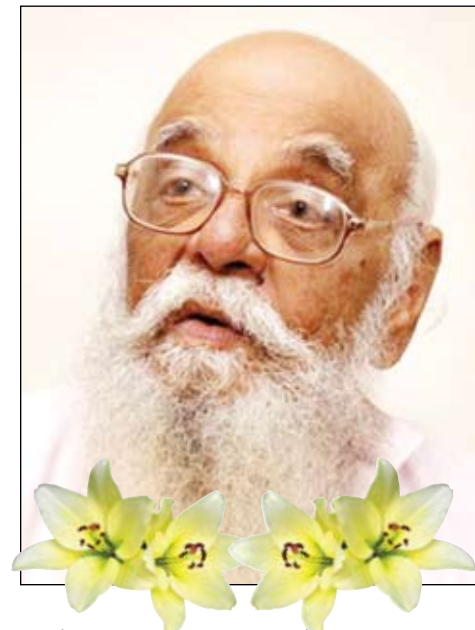
Shri. Kupahalli Sitaramayya Sudarshan ji was born on 18 June 1931 at Raipur. He started working as a Pracharak [full time worker of RSS] in 1954. In year 2000 he became Sarsanghachalak. In 2009 he handed over the responsibility to Shri. Mohan ji Bhagwat because of receding health and advancing age. Many leaders offered homage to him remembering the great services he had done for the nation.

Members of Prashanti Kutiram offer 'Shraddanjali' to the noble soul.

Shraddanjali to Prof N S Ramaswamy

Prof N S Ramaswamy, founder-director of the Indian Institute of Management, Bangalore (IIMB), passed away on 18th September; he was 87. Prof Ramaswamy was the first professor of management in the country's university system. In 1972, he was appointed as the first Director of IIM Bangalore and was responsible for establishing the institute. He held this position till July 1983 and retired in March 1986. He served on the IIMB Board of Governors from March 2006 until March 2011.

In 1983, Prof Ramaswamy started a non-profit Centre for Action, Research and Technology for Man, Animal and Nature (CARTMAN) in to promote application of appropriate technology and relevant management to the vast unorganized and rural sector. He also set up the Indian Heritage Academy which promoted Indian cultural traditions. He was awarded the Padma Bhushan in 2006 for social service. During his long career, Prof Ramaswamy brought new dimensions to management education by taking it into hitherto neglected sectors of the economy such as transport, power, education, health, agriculture, rural development, public administration and the political system. He was closely associated with S-VYASA.



Members of Prashanti Kutiram offer 'Shraddanjali' to the 'Dear Departed' soul.



Celebrating AGE!

An active ageing Retirement Expo - 2012
Focus: Retirement a Global challenge of the 21st Century

Celebrating AGE, an Active Ageing Retirement Expo - 2012 is a joint initiative of *International Longevity Center - India and Vision India*. This Expo is being organized from 1st Sept to 21st Oct. 2012 in eight major cities of India.

Celebrating Age - India Expo 2012 in your city

City	Month	Dates	Venue
Chennai	October	6 & 7	Annai Teresa Women Complex, Valluvar Kottam High Road, Nungambakkam
Hyderabad	October	13 & 14	Expotel Hotel Hyderabad Trade Expo Centre Pvt. Ltd., Lower Tank Bund Road
Delhi	October	20 & 21	The Park Hotel New Delhi

BANGALORE - 1 & 2 Sept 2012

The First 'Celebrating Age Expo' was held at Bangalore, NIMHANS Convention Center on 1st and 2nd Sept. 2012. The Inaugural Expo at Bangalore was Inaugurated on 1st Sept. 2012 at 10.30am by Dr.R.A.Mashelkar, former Director General of CSIR, an Internationally Renowned Scientist and the President of ILC - India. Dr.H.R.Nagendra (Guruji) was the Guest of Honor and the Chief Speaker on the occasion. Guruji elucidated on YOGA - for 'Ageing Gracefully'. He spoke about the research initiatives of S-VYASA in the ailments like Diabetes, Arthritis, Back-pain and other ageing problems. Dr.Nagendra expressed his feelings - that the senior citizens should be accommodated with the general community and asked the

organizers to avoid separate old age homes. Dr.Ragavendra Samy, BNYS and a Research Scholar of S-VYASA had presented a scientific presentation on 'Yoga for Ageing Gracefully'.

Dr.Ragavendra Samy, Sri Dayananda, Faculty, Sri Prasad, Yoga Instructor, Sri Anil Kumar, Organizer, Sri Hemant and Sri Vishwas were the team from S-VYASA.

Yoga Workshops: Dr.Ragavendra Samy and Sri Dayananda conducted seven workshops during the two days viz. 1st and 2nd Sept. 2012. Yoga Workshops for Pain Management, Diabetes, Relaxation Techniques, Back Pain & Arthritis and Cyclic Meditations. On an average 35 persons participated in each of the workshops (35x7 = 245).

Over 30 prominent companies participated at the two days action packed show case. The Expo had Workshops, Free Eye Check up Sessions and Special Session on Yoga and Music. Recruitment desks for exploring job opportunities and also inviting employers to leverage this as an opportunity to seek experienced talented work force was also part of the program.

S-VYASA is showcasing Yoga for graceful AGEing at all the centers.

The program



Dr Ragavendrasamy



'How to celebrate the Age'
Dayananda

was organized at World Trade Center, Kolaba, Mumbai.

PUNE - 7 & 8 Sept 2012

The program was organized on 7th and 8th September at the Ganesh Kreedha Kala Kendra at Swargate, Pune. It was inaugurated by Dr. S D Ghokhale. Yoga Therapy sessions were conducted by S-VYASA at a separate hall. Dr. Ragavendrasamy, Research Scholar, S-VYASA Bangalore gave the Scientific Presentation on "Healthy Aging with Yoga - Its principles and Scientific Basis". Sri Nade, who was earlier a Yoga Therapy Participant of Arogyadhama managed the information center and SVYP Books stall.

MUMBAI - 15 & 16 Sept 2012

The inaugural function was presided over by Dr. Ranganathan, President, International Federation of Aging and Dr. Sharadh Chandra Gokhle.

Dr. Baghavathi Dadich, the Chairperson of VYASA, Mumbai performed Yoga-Nritya, a yogic dance program on the stage before the inaugural function which was the center of attraction for most of the speakers and audience and was an encouragement for the audience to understand the benefit of yoga practices even at her elderly age of 74 years.

The speakers in their inaugural address mentioned about the lacuna of the Indian policies towards assisting the aging community in India and the probable precautionary measures to be taken up by the people of India.

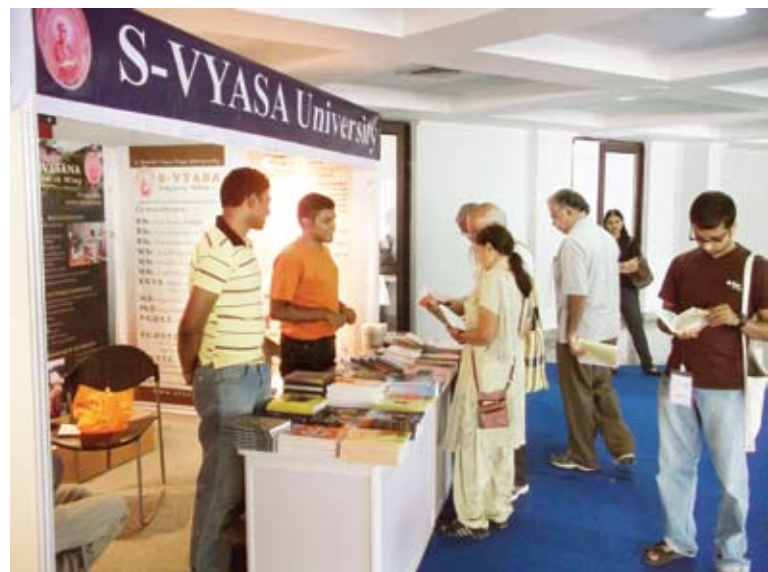
Dr Ragavendra-samy, Research Scholar, S-VYASA Bangalore gave the Scientific Presentation on "Healthy Aging with Yoga - Its principles and Scientific Basis".

There were 4 yoga therapists who organized the workshops under the leadership of Smt. Vasundhara, Coordinator, VYASA, Santa Cruz, Mumbai.

Mr. Nade from Pune also had participated in the workshop sharing his experiences of Yoga in controlling his Diabetes Mellitus, motivating people to practice Yoga. There were a total of 1500 visitors in the two days and 150 registrations for the Mumbai center.



Yoga Nritya
Dr Baghavathi Dadich



Yoga Conferences at a Glance

1. 5th Annual International Yoga Workshop - Oct 5 & 6 in Melbourne
2. Smet Workshop at Ermington - Oct 7
3. International Conference on Yoga and Education in collaboration with Tumkur University - Nov 27 & 28 in Tumkur University Campus
 - YTTC and Yoga & Consciousness - Workshop, Nov 29 to Dec 5 in Prashanti Kutiram
4. World Ayurveda Congress (WAC) - Dec 7 to 10 in Bhopal
5. Yoga Institute Foundation Day - Dec 25 to 27
6. Kaivalyadhama Conference - Dec 27 to 31
7. AYUSH and Diabetes - Jan 11 to 14, 2013 in Prashanti Kutiram
 - Post Conference Workshops - Jan 15 to 21, 2013

News from VYASA, US



Mr A J Asok Kumar & Ms Shatha Kumar conducted classes on MSRT & PET in last week of August at Sri Sri Durga Temple in Virginia USA. It was attended by some senior Yoga teachers & students. Before the advanced technique classes Ms Shantha Kumar gave Advance Pranayama lessons to the participants. Picture shows the group with the trainers.

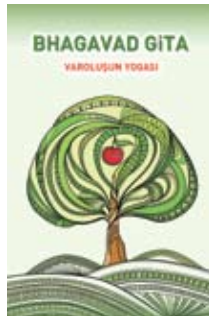
News from VYASA, Los Angeles: Sri Sarangapani Bashyam, Research Scholar, S-VYASA visited USA from 11th April to 11th August 2012. He gave a series of talks at VYASA, LA on topics including Bhagavadgita-Karma, Jnana, Bhakti, Raja yoga, Message of Vedas and Upanishads in daily life. Also he visited a few other organizations in San Diego, LA, SF, Seattle and Philadelphia and also conducted practical demonstrations of Vedic way of Surya Namaskara and Pranayama. Sri Bashyam also met a few scholars including Dr Vilayanur Ramachandran, Director School of cognitive and brain research, University of California San Diego, Dr P Patil, Harvard University and exchanged ideas regarding research on 'NYASA'.

News from Turkey

'Bhagavad Gita - Yoga of Existence'- Turkish edition is published

The Turkish Edition of "Bhagavad Gita- Yoga of Existence" is published by Purnam Publishers and is well received by the Turkish Community.

Price: 10 TL | Pages: 128 pages



Swami Vivekananda, his famous quote "each soul is potentially divine", as well as how he passed his unique message on yoga to the western countries and the world at large. Direct link: <http://archive.org/details/CekirgeninYogaHevesi-11Eylul2012>

Dr Manjunath visited Istanbul:



Dr N K Manjunath Sharma, Jt Director, R&D, S-VYASA, visited Istanbul during the first week of September 2012.

During his visit, Istanbul Yoga Center conducted a seminar "Yoga, an evidence based Science" for the Physiotherapists at 'Istanbul University Capa Medical School', one of the top medical institutes. He also conducted seminars on "yoga and anti aging" as well as "Basics of Yoga Therapy" in Istanbul Yoga Center.

International Conference for Manual & Alternative Medicine Conference:

Ayca Gurelman was invited as a speaker to the General Assembly of the FIMM conference which was conducted by Prof. Dr. Cihan Aksoy, the founder of Manuel Medicine Foundation, on September 22. Ayca Gurelman



presented the "Basis of Yoga Therapy with scientific evidence" and also made a presentation on 'VYASA Movement'. Leading medical doctors with specialty in

physiotherapy showed keen interests in joining 'PGDYT for Doctors' course a S-VYASA.

September 11 Radio Talk Show: Special tribute to Swami Vivekananda's talk in Parliament of Religion:

The one and only yoga philosophy talk show program in Turkey is on-going in Acik Radio. The talk show on September 11 was dedicated to commemorate Swamiji's 'Chicago Address' at the World Parliament of Religions 119 years ago. Ayca Gurelman and the "grasshopper" spoke about the life of

Winter YIC program: Seats already filled & Admissions are closed: The winter's weekend program for YIC certificate program will start in November 17, 2012 and will continue until June 15, 2013. The participants will be doubly benefitted by getting two certificates - one from Vivekananda Yoga Anusandhana Samsthana, and the other from Yoga Bharati (Yoga Alliance accredited) certificate. The admissions for the summer batch are going on. For more information: http://www.yogamerkezi.com/YICC/YICC_genel_bilgi.htm

News from VYASA, Hyderabad

VYASA, Hyderabad confers

7th VIVEKANANDA VIBHUTI AWARD Prof P N Murthy

The 7th 'VIVEKANANDA VIBHUTI AWARD' constituted by VYASA, Hyderabad, was conferred on Prof P N Murthy, a distinguished professor and literary stalwart, at the Institution of Engineers (I.E) hall at Khairatabad. Sri T Narayana, the Chairman of the AP Chapter of I.E presided over the function.

Prof (Dr)P N Murthy received the 'VIVEKANANDA VIBHUTI AWARD' for his life time achievements in the fields of Engineering and Literature, particularly to the translation of 'Sri Yoga Vasishtam' in English. He had also given lectures in Telugu based, on Sri Arabindo's 'Savitri' several times to an enlightened audience.

Prof Paradesi Rao read out the Citation. Prof P N Murthy in his response said that he was honored to receive the award. Exhibiting profound modesty, he said that he had been doing these works led by his inner urge to do and these achievements happened. He said he would continue to work guided by his urge.



'INDIA, THE LAND OF ENGINEERS' - Discourse by Dr K Subahmanyam



On the same occasion, Prof (Dr) Kambhampati Subrahmanyam, Secretary of VYASA, Hyderabad and Pro VC of S-VYASA Yoga University was requested by the I.E (AP), to deliver a lecture on 'INDIA, THE LAND OF ENGINEERS'.

Dr K Subrahmanyam gave an elaborate exposition quoting from Shruti, Smritis and Puranas, highlighting the role of great sages of the land who engineered

the transformation of 'MAN' from subhuman to human to Superhuman, avoiding the sidetracked inhuman stage.

The great achievers like Arjuna and Sri Rama owed their achievements and success to the direction and wisdom received from sages. Sri Krishna was the Yogi Guru of Arjuna and Sri Rama received immense powers from sages Sharabhanga, Sutikshna and Agastya. Quoting several other examples, he illustrated the art of transformation of ' Human Engineering ' practiced to perfection in our sacred land in ancient times.

News from VYASA, Tollygunge, Kolkata

SN _o	PROGRAMMES IN THE MONTH OF AUGUST 2012	PARTICIPANTS No
A	Regular Yoga Training Programme for General Public (RYTP)	62
B	Foundation Course in Yoga Science for Wellness (FCYScW)	01
C	Yoga Awareness Programme (YAP)	-
D	Special Yoga Programme for General Wellbeing (YPGW)	-
01	Yoga Therapy (YT)	27
02	Yoga at Residence (YR)	37+3**
03	OPD (Modern Medicine)	137

Weekly Kriya classes are going on every Saturday at 6.30-7.30AM. | From 1st August 2012, 10th Batch of *Foundation Course in Yoga Science for Wellness (FCYScW)* was started. | On 1st of August 2012 *Swami Vivekananda District Yoga Wellness Centre (SVDYWC)*, South 24 Parganas of West Bengal has started its second year work ,with **VYASA** Kolkata & **MDNIY** New Delhi under PPP scheme. | On 2nd August *Rakshaya Bandhan* Festival was celebrated. | On 6th August 2012 a group of six students of **PGDYT** course from Department of Physical Education, Jadavpur University was deputed to SVYASA University, Bengaluru for their *one month yoga internship course*. | On 9th August *Sri Krishna Janmasthanmi* was celebrated by the teachers and participants of VYASA, Kolkata. | On 15th August Independence Day was celebrated by Team VYASA. On this occasion National flag was hoisted by Mr M Ramkrishnan a senior RYTP participant & General Manager of Paharpur Cooling Tower. | On 31st August 2012, 10th Batch of *Foundation Course in Yoga Science for Wellness (FCYScW)* was concluded.



VYASA, Salt Lake (Lakshmi Kripa)

SN _o	PROGRAMMES IN THE MONTH OF AUGUST 2012	PARTICIPANTS No
01	Regular Yoga Training Programme for General Public (RYTP).	35
02	Yoga Therapy (YT)	03
03	Yoga at Residence (YR)	15+2**

Along with this regular **outdoor group classes**** are going on in the different parts of the city. On 15th August Independence Day was celebrated by Team VYASA.

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** Mobile: +91 9339610168*

News from VYASA, Mumbai

1st August: Shri Bhismaraj Bam, retired IGP, delivered a lecture on “Kautilya’s foreign policy with special reference to South East Asian and on 1st August in the center. The 42 participants thoroughly enjoyed the program. The speaker also highlighted the value of Tapas, one of the Niyamas in Ashtanga Yoga, for today’s youth.



19th August: One day picnic was organized on 19th August to Vajreshwari and Ganeshpuri. 28 people joined the fun and frolic of the picnic. A meditation session at Swami Muktananda Ashram at Ganeshpuri gave the picnickers the experience of silence and peace. Besides, a Bhajan program at Vajreshwari gave them the experience of ‘Yoga Ananda’.

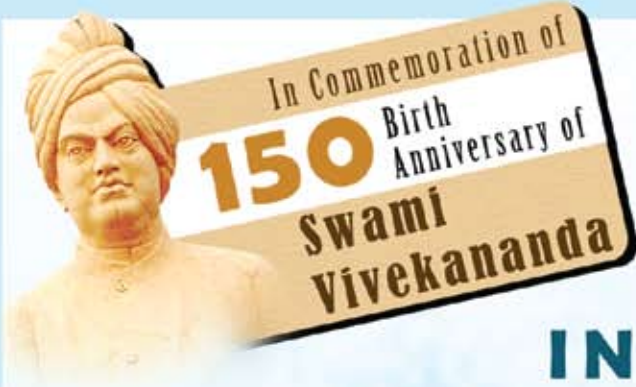
23rd August: A talk on “Diet and Nutrition” was arranged for the DEY students and participants on 23rd August at the center.

6 students who completed the YIC course at VYASA, Mumbai attended the one week residential PCP at Prashanti Kutiram from 23rd to 30th August.



A group of 20 high profile people who are friends and relatives of the committee members of VYASA Mumbai visited Prashanti Kutiram for one week program at Arogyadhama. The feedback was overwhelming. Dr. Shyam Agrawal, one of the participants and a renowned eye surgeon expressed that he learned the art of action in relaxation and time management at Prashanti..

A visit to Shanti Niketan Sadhana Kendra, Tithal - Valsaad gave VYASA, Mumbai an opportunity to interact with group of Yoga teachers and inform them about S-VYASA University and VYASA, Mumbai activities.



Welcome

INTERNATIONAL CONFERENCE

2012

Theme: YOGA IN EDUCATION

November 27-28, 2012 | Tumkur University, Tumkur

Post Conference Workshop

Nov 29 - Dec 5, 2012 | Prashanti Kutiram, Bengaluru



Jointly Organized by
TUMKUR UNIVERSITY
Tumkur
S-VYASA YOGA UNIVERSITY
Bengaluru



Inauguration H H Dalai Lama



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Mobile: +91 99004 12819, +91 81622 71924
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Sri Anil Kumar Gajjala
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K G Nagar, Bengaluru - 560 019
Mobile: +91 94834 67443
Ph: +91 2263 9960/03/75 | Telefax: +91 80 2263 9905
Email: icye@svyasa.org

website

<http://tumkuruniversity.in/index.php/icye2012>

www.svyasa.org



YOGA IN EDUCATION

International Conference organised jointly by

S-VYASA and Tumkur University



Yoga in Education - A need of the hour

POST CONFERENCE WORKSHOP

(29th November to 5th December 2012 at S-VYASA

Prashanti Kutiram Campus, Bangalore)

Objectives:

- To build awareness among faculty about the role of Yoga in Higher education
- To outline the Educational Philosophy
- To impart basic and advanced Yoga training
- To impart training in Indian ethos in Education
- To develop skills for appropriate Instructional Design and Delivery
- To review/ monitor and evaluate the intended outcome
- To promote Research temperament

Intended Outcome:

- Enhanced effectiveness in the Teaching - Learning process
- Better empowerment of students for personal, national and societal growth
- Build a team of highly motivated, dedicated and empowered faculty

Indicative Contents:

- Yoga Philosophy
- Yoga practices, Advanced Yoga techniques
- Total personality development - Memory development, Emotion culture, Yoga games etc.
- Yoga education in traditional Gurukula education
- Teaching, Learning and evaluation methods
- Yoga and Education research

Post
Conference
Workshop fee:
Rs 5000/-
(International
amount: \$ 350)

Contact Details: S-VYASA ICYE Office, Sri Anil Kumar Gajjala,

19, Eknath Bhavan, Gavipuram Circle, K G Nagar, Bengaluru - 560 019

Mobile: +91 94834 67443 | Ph: +91 80 2263 9960/03/75 | Telefax: +91 80 2263 9905

Email: icye@svyasa.ogg | Website: <http://www.svyasa.org/event/2012/icye.asp>

5th Annual International Yoga Workshop

Yoga & Non Communicable Diseases

The event will be a combination of both theory & practice

Venue: St Anthony's Parish Hall, Cnr of Neerim Road & Grange Road,
Glenhuntly Vic 3163 Mel Way: 68 F4

Date & Time: Friday, October 5; from 2pm to 6pm
Saturday, October 6; from 9am to 4pm

You will

- experience simple and effective techniques which you can incorporate into your daily yoga practice
- learn about preventable cardiac, urology, cancer diseases and how simple life style changes helps in preventing the non communicable diseases
- energise, harmonise and de-stress your system and unveil the Self with the practice of Yama, Niyama, asana and pranayama
- discover the basics of a safe and skilful asana practice
- learn and practice the delicate art of meditation
- enjoy a tasty vegetarian lunch
- meet other people on the yoga path

Speakers

Dr H R Nagendra
Shri Rajendra
Swami Samnyasananda
Dr Ghanshyam Thakur
Shri Bala
Dr Arunothayaraj
Dr Sudhakar Devan
Dr Santosh Yadav
Dr Ranjit Rao
Dr Sanjay Raghav

Enjoy 2 days of theory and practice of yoga including asana, pranayama and meditation facilitated by experts from yoga and medical fields.

This unique event will give you an informative and practical experience of yoga as medicine.

Cost

- » 5 Oct \$40 per person Children under 13: \$25
- » 6 Oct \$85 per person Children under 13: \$55
- » Both days \$115 Children under 13: \$75
- » The cost includes: lunch on the 6th & snacks on both days

Oct 2012 37

Contacts & Bookings: Vasudeva Kriya Yoga: 0410 527 904

E-mail: vasudevakriyayoga@gmail.com | Youtube/facebook: Vasudeva Kriya Yoga | www.vasudevakriyayoga.com



The World Ayurveda Foundation (WAF) is one of the major outcomes of the 4th World Ayurveda Congress. Initiated and mooted by Vijnana Bharati, the Foundation has the backing and blessings of the dignitaries and Ayurveda practitioners, from both within the country and overseas. This umbrella organization will focus on furthering the cause of Ayurveda, and popularizing it across the world.

As the first step WAF is organizing the fifth edition of the World Ayurveda Congress and AROGYA Expo with its theme as 'Enriching Public Health through the Ayurveda'. Scheduled to be convened in Bhopal (Lal Parade Ground), Madhya Pradesh, from 7 to 10 December 2012, the Foundation looks forward to consolidating the momentum of this forum and providing a robust boost to the global popularity of Ayurveda and associated fields. With nearly half a million visitors and about 5000 delegates expected to attend this year, the Congress is reinforcing its identity as a global summit that brings together diverse stakeholders of Ayurveda on to a common, meaningful, and popular platform.

In the associated expo, Arogya 2012, the spotlight this year will be on traditional and tribal knowledge in health-care systems from India's rural and tribal communities, especially from Madhya Pradesh and the north-eastern states.

The Government of Madhya Pradesh and WAF invite all interested delegates to the academic and business sessions and to all associate events of the 5th WAC.

Organizers



Partner State



Focal theme

'Enriching Public Health Through Ayurveda'

7-10 December 2012, Bhopal, Madhya Pradesh, India

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Chaired by Dr Vijay Bhatkar
President, Vijnana Bharati &
Chairman, Board of Governors, IIT Delhi

Log on www.ayurworld.org for...

Regional Coordinators details | 5th WAC Main and Associate Events
Details of the Call for Papers | Details of the Registration of Delegates

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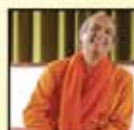
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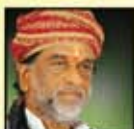
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for more details contact...

Course Co-ordinator

Ek Nath Bhavan, No.19, Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019

Ph: 080-2661 2669, 2891 6384, 2263 9961, 2263 9997 Telefax: 2660 8645

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Oct 20-24, 2012



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Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

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& lot more....

all are welcome to receive the Divine blessings of the Cosmic Mother Sakthi

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PROGRAM DETAILS

Morning

Evening

20.10.12 Saturday	SRI DURGA PUJA Begins Maha Sashti, Bodhan, Amantran	Bhajans & Stotra Parayanam Sri Ramakrishna Bhajan Mandali, B'lore
21.10.12 Sunday	Maha Sapthami Puja Sri Saraswathi Puja	Bhakti Sankeertanam Vidushi Sujata Gurav Kammar, Dharwad Shakti Darshana - Students & Staff of S-VYASA
22.10.12 Monday	Durgaashtami Puja Sri Durga Puja, Kumari Puja Navachandi Maha Yagam	Durga Nama Sankeertanam Sri Swami Yogeshwaranandaji Maharaj, Sri Ramakrishna Yogashrama, Bengaluru Drama - Mahishasuramardini Students & Staff of S-VYASA
23.10.12 Tuesday	Sandhi Puja, Maha Navami Puja, Aayudha Puja	Odissi Dance Performance Guru Prajna Paramita Mishra & team, B'lore Yakshagana - Mahishasuramardini Vidwan Gopalakrishna Bhat & team, Udupi
24.10.12 Wednesday	Vijayadasami Puja	Visarjana, Shanti Jal

Contributions for the Celebrations will be thankfully acknowledged

For More Details contact: 080-2263 9999; 080-26612669, 26608645

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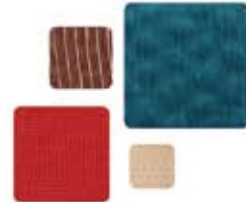


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