

YOGA SUDHA

A Monthly Journal of S-VYASA Yoga University



1st Asian Yoga Therapy Conference
Shanghai | July 15-17



The National Naturopathy Fest



Yoga University at Vishakhapatnam

The District Collector Sri Yuvaraj, IAS, has announced recently, that on the direction of Hon'ble Chief Minister, Andhra Pradesh, Sri Chandrababu Naidu, 100 acres of land is identified near Vishakhapatnam for establishing a National Yoga University. The survey of the land has also been completed.

The Chief Minister is keen in establishing the Yoga University for the last few years. Swami Vivekananda Yoga Anusandhana Samsthana University (S-VYASA), Bengaluru, has been consulted for the purpose. Prof. K Subrahmanyam, Pro-Chancellor, S-VYASA, has



Jan 12, 2016: Prof. K Subrahmanyam with CM Sri Chandrababu Naidu

visited the site six months ago and steps are being taken to establish the University on Public Private Partnership basis. ■

UGC ramps-up pilot Yoga Education in Central Universities



Bengaluru: History was made on 14th July, 2016 in Prashanti Kutiram when Dr. Sunita Siwach, Deputy Secretary, UGC made the announcement that the MHRD had accepted all recommendations of the Committee on Yoga Education in Universities chaired by Guruji Dr. H R Nagendra. Amongst these recommendations, an important recommendation was the commencement of Departments of Yoga in 6 Central Universities this academic year. Another

important recommendation was that orientation program would be given for all incumbent teachers to these Departments of Yoga at S-VYASA University for uniformity and quality.

As the next step in the implementation of the recommendations of the Committee on Yoga Education in Universities, the Committee met at Prashanti Kutiram on 24th July, 2016 to finalise the syllabus of National Entrance Test in Yoga (NET Yoga). A member who could not make it in person joined the Committee through Video Conference. After a brainstorm session, the draft syllabus was handed over to the Working Committee for finalisation on 25th July, 2016. The Chairman, Guruji Dr. H R Nagendra, emphasised the need to submit the syllabus at the earliest to UGC for further action. ■



तं विद्यादुःखसंयोगवियोगं योगसंज्ञितम्

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S-VYASA Yoga University
'Eknath Bhavan', # 19, Gavipuram Circle,
Kempgowda Nagar, Bengaluru - 560 019
ph: (08110) 3092 2900, (080) 2661 2669
telefax: (080) 2660 8645

Editor: Dr. H R Nagendra
Asst. Editor: Dr. Aarti Jagannathan
Publisher: Subhadra Devi
e-mail: info@yogasudha.com
websites: www.yogasudha.com
www.svyasa.edu.in

EDITORIAL

Diabetes Control is the focus for the year for Ministry of AYUSH. Joint secretary Sri Anil Ganeriwala, the architect of IDYs success who brought great dividends by getting two World Guinness Book Records has been entrusted with this DM Control Movement (DMCOM). Detailed plans are being worked out and the first meeting of the National Experts Committee chaired by me is on the anvil. With the Survey Data procured three years ago by Dr. Mohan and team in Chennai which showed that DM has started getting high in rural areas also (with nearly 12%) has put us to deal with rural population also. So it will be a multi-pronged approach in rural and urban areas as well. The objective of this will be to prevent Pre-Diabetics to become Diabetics first and see that we rescue cases getting to complications. Yoga Research has shown that severe DM patients can first become moderate, then mild and get free from DM by using suitable techniques of Yoga. A time has come to scale up these findings to cover bigger populations.

The first step is development of Common Yoga Protocol for Diabetes as we did the common Protocol of Yoga for IDY. With the experience of SDM over the last 5 years, VYASA has developed very effective protocols for use and will be further improvised during the interaction with the experts in yoga and modern medicine.

Essentially Yoga and Naturopathy will be used for preventing Pre-Diabetics from becoming Diabetics which will stop the raising curve of DM incidence in the country. Then, it will be given for use by all the Yoga Institutions in the country. Similar Protocols for DM should be developed by Naturopathy Experts in the country which will be done soon under the leadership of National Institute of Naturopathy in Pune and CCRYN.

We also have suggested the systems of AYUSH to develop their own protocols and we will integrate to bring the best of all health care delivery systems including modern medicine and

AYUSH systems in this National Movement.

The next step is to develop a Standard Case Sheet for collection of data from all DM and pre-diabetic patients. This should be the best one of the world to suit the Indian conditions of highest scientific rigor and acceptance. This case sheet will be standardised by modern renowned medical experts (working in the field for several decades) as Dr. Mohan of Chennai, etc along with Yoga experts of the national committee. This standard sheet will then be put into a simple APP by IT experts and made available to all persons involved in collecting data throughout the country.

Apart from this the Govt, Yoga institutions, other NGOs working in the field and medical student community will be involved in this massive effort. This will help in getting standard survey data which is lacking in the country.

If we need to track (DM accurately) the whole population of our country with the available tools of modern medicine as FBS, PPBS, HbA1c, etc, it will cost Lakhs of Crores of Rupees. Can we develop very simple cost effective modalities for the same, is the challenge. Innovative methods though not as accurate as the above for the same will be developed for the same. Talented youth from all over the country have also come forward to join hands to develop such tools. It is laudable that tremendous interest has been generated in this venture in many parts of the world. Even the top researchers from MIT are keen to join and are visiting our University to plan and do the needful.

We invite all those who are interested in joining hands as volunteers sparing their time and wisdom are most welcome to write to our Medical Director, Dr. R Nagarathna at rnagaratna@gmail.com

■ *Dr H R Nagendra*





ब्रह्मसूत्रम् (Brahmasūtram)

■ Prof. Ramachandra G. Bhat
Vice Chancellor
S-VYASA Yoga University, Bengaluru



न प्रयोजनवत्त्वात् (ब्रह्मसूत्रम्-२-१-११)

Na prayojanavattvāt (Brahmasūtram-2-1-11)

Meaning: (Brahman is) not (the creator of the universe) on account of (every activity) having a motive.

This pada has been nurturing and culturing very important scientific aspect which is very relevant to modern world, Indian cosmology. Indian cosmology is based on theory of everything (Brahma Vada) which was the main subject matter for discussion in the previous Adhikaranas. For Vedantis, Brahma Vada is very clear. Physical cause and effect relation doesn't apply between Brahma and the Created Cosmos. Inherent cause (Samavayi), indirectly inherent cause (Asamavayi) and supportive cause (Nimitta) are three varieties of causes according to Nyaya Darshana (Indian Logics) which had been the basis of all the cause and effect theory of majority of the orthodox philosophies. There are interesting and suitable examples from Nyaya to support this fact to facilitate a real seeker to understand this 'cause and effect relation theory' as clearly as possible in 31st Sutra.

Acharya Shankara straight away negates and says, 'the only suitable source of understanding of Brahma is only through Veda', and through nothing else. Human understanding has got its own psychological limitation in its own sensory perception. All sensory perception is taken to the next level of thought process. The previous understanding prevents the present, the present prevents the future, hence sense perception is prejudiced and preoccupied. In this context, one must think out of the box of limitations of thought process and general logic of 'cause and effect theory' itself for varied nature of creation and sustenance. Limitation of human understanding Paurusheya Vada never pollutes that area. Veda

based cosmology and psychology may pave way to clarify all ambiguities.

The motivation behind any creation by anyone is the Prayojana (result orientation or purpose). 'Prayojanamanuddishyana mando' pipravartate' (not even fools act without any desire for result), then what is the matter with Brahma? Does Brahma create the world which is just filled with sorrow and pain, ups and downs? According to *Purvapakshi*, cosmological theory has no basis which advocates Brahma to be 'the theory of everything'. Siddhanti negates and proves that utilitarian approach may not necessarily be suitable theory in all contexts. For example, a mother looks after the child with no motives except her nature bound duty which she follows with intense love, promptness and compassion. Similarly, Bhagavan follows duty of creating the world. World exhibits the wonderfulness of Brahma in its varied manifestations. 'Na vare sarvasya kamaya sarvam priyam bhavati, Atmanastu kamaya sarvam priyam bhavati' - the concept of affection and love has no tangible reasons to love and to be loved; everywhere and anywhere affection and love only triumphs. Divine background works everywhere. In a family, husband likes wife, wife loves husband, and under all conditions the 'Priyam' (love) concept permeates. Existence (Asti), Illumination (Bhati) and Affection (Priyam) are the three concepts that percolate everything which govern the wheeling of the world. The world is created by Brahman without any sense of utilitarianism.

Subsequent Sutra says,

p15...



1st Asian Yoga Therapy Conference

Shanghai, July 15-17: 1st Asian Yoga Therapy Conference held in Shanghai Ever bright International Hotel, XU Hui District, #66 Caobao Rd. S-VYASA has given the Technical Support for the Conference.

The Conference was organized by Asian Yoga Therapy Association with Co-Sponsorship of Vivekananda Yoga China, Vivekananda Yoga Global and Sino-Indo Yoga College, Yunnan Minzu University.

The aim of the conference was to bring together the yoga community of Doctors, Research, and Therapists & Teachers. This forum also is to enable networking, Interactions & collaboration of institutions pioneering in the field of Yoga. A total of 400 delegates participated for the conference.

Speakers from 7 Countries were invited namely:

- *from India:* Representing S-VYASA University - Dr. Nagarathna R, Dr. Manjunath N K, Dr. Vasudha Sharma, Mr. Chirag Hakked, Ms. Subbulakshmi, Mr. Charat
- *from China:* Mr. Avinash Mishra, Mrs. Yoli, Mr. Li Zhe, Mr. Mi Luo, Mr. Zhang Lin
- *from Japan:* Dr. Kimura
- *from South Korea:* Ms. Viveka
- *from Singapore:* Mr. Manoj Thakur
- *from Malaysia:* Dr. Siva
- *from Srilanka:* Mr. Vyasah, Dr. Pushpakumara
- *from Vietnam:* Mr. Danghung



Dignitaries including Dr. Manjunath N K and Dr. R Nagarathna from S-VYASA, on the dais



Dr. R Nagarathna



Panel Discussion

Glimpse of the Conference





Bob Blackman MP, Chair of APPG Indian Traditional Sciences hosts International Yoga Day at British Parliament



NIMHANS Director Dr. B N Gangadhar on Skype

“Yoga to be integrated within the NHS” was the unanimous appeal of yoga practitioners, health care professionals, community leaders, education professionals, researchers and parliamentarians at the 2nd International Day of Yoga celebrations in the Houses of Parliament, UK. The programme was hosted by Bob Blackman MP, Chair of the All Party Parliamentary Group of Indian Traditional Sciences and was joined by fellow parliamentarians, Conservative MP Matthew Offord (Hendon) and Labour MP Virendra Sharma (Southall & Ealing). The High Commissioner of India, His Excellency Mr. Navtej Sarna, the Chief Guest on the day elaborated the origins and significance of United Nations International Yoga Day. This vision was encapsulated by United Nations General Secretary, Ban Ki Moon *“By proclaiming 21 June as the International Day of Yoga, the General Assembly has recognized the holistic benefits of this timeless practice and its inherent compatibility with the principles and values of the United Nations”*.

Recognising the greater need for Yoga within the health care and school curriculums, Bob Blackman tabled an early day motion 215: *“That this House celebrates the 2nd International Day of Yoga, on 21 June 2016, adopted by the UN General Assembly in 2015; recognises that yoga is a multi-dimensional approach to encouraging well-being, which appreciates the link between physical*

and psychological health and lifestyle; appreciates that yoga is a reflective and non-invasive practice, which is appropriate in all stages of life; recommends yoga to be included as part of mindfulness and well-being initiatives for NHS staff and for yoga to be integrated within treatment for patients; and urges the Department for Education to introduce yoga in the school physical education curriculum”.

In the UK, a growing percentage of the population practices Yoga and research finds that its practice promotes lifestyle factors, which reduce risk of chronic disease, while also reducing symptoms of many chronic mental and physical conditions.

The programme was conducted by the Secretary of the APPG for Indian Traditional Sciences **Amarjeet Bhamra** who introduced the speakers and welcomed the guests, “It is absolute privilege for us to have the presence of HE The High Commissioner of India Mr Sarna with us along with the members of the All Party Parliamentary Group on Indian Traditional Sciences to move forward our agenda of Yoga into the NHS. The efforts and support received from Bob Blackman MP and his office, in this very important initiative has been incredible. I welcome Matthew Offord MP and Virendra Sharma MP for having joined in and supporting the APPG in its efforts.”

Founder of The Minded Institute, **Heather Mason MA** co-conducted the programme along with the Amarjeet and gave an overview on the need for integration of Yoga into the NHS. She said, *“Yoga practice is correlated with positive health outcomes and its integration into the health services would reduce the economic burden associated with non-communicable diseases. Yoga practice is correlated with positive health outcomes and its integration into the health services would reduce the economic burden associated with non-communicable diseases. There is a large and strong corpus of research evidence supporting yoga's efficacy in the*

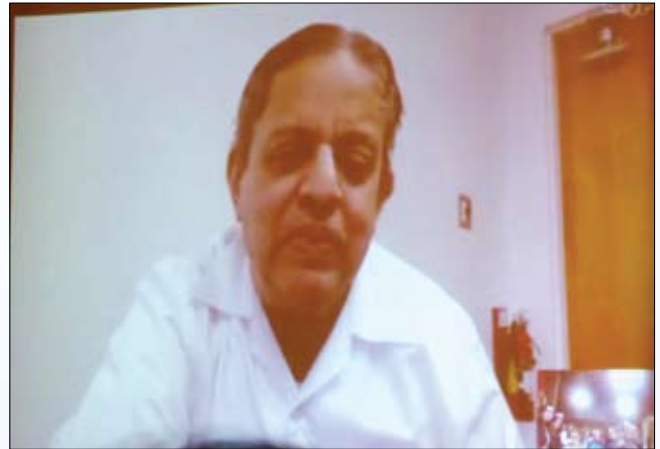


management of chronic conditions."

The evening saw a number of Yoga breathing and simple relaxation demonstrations by leading Yoga practitioners at the event with everyone chanting the Om and joining in the various relaxation, meditation and breathing demonstrations led by practitioners. The personal journey of success of defying cancer by the use of Yoga and Meditation was shared by **Neil Patel**, Founder, Director and Grandmaster at Chi Kri and Chi Kri Classes (Ltd) UK. This was followed by various contributions on the scientific evidence on the value of yoga in day to day life and its proven benefits. He asked *"why no investigation is being done by the NHS into how yoga can prevent and overcome cancer in the UK. By 2020, 1 in 2 people will get cancer in their lifetime in the UK (According to new figures from McMillian), it is time other methods were looked at. Currently it is ILLEGAL to help people with cancer in the UK other than by 3 methods (Chemo, Radio and Surgery via the NHS). Thus, even if you find a cure, you will be locked up or fined for saving or claiming to save or even help anyone."*

Satish Sharma, a yogi and secretary of National Council for Hindu Temples discussed *"the need for the highest standards of integrity from Yoga practitioners since something as powerful as Yoga Practice could harm as well as heal. Because Yoga is transformational unlike all other bodies of knowledge, knowing is not enough – one must only teach to the degree determined by one's own experience and ability, one can only help support someone else's transformation to the degree that you too have mastered that specific stage and practice. The Yamas and Niyamas of Yoga, which are the foundations of all practice, are not optional – they will determine what you can learn and thus, what you can and should teach."*

Representing the medical fraternity, **Dr. Matt Joslin**, a GP from Manchester said, *"My own personal practice of yoga has lead me to introduce yoga as a option for patients to add to their toolkits to help manage their illnesses and maintain physical and psychological wellbeing. This option is met with enthusiasm when introduced in a patient centred way with a collaborative approach. All members of the team in our primary care organisation, from reception staff through to visiting locum doctors are invited to attend a yoga class with me. This*



Chancellor Dr. H R Nagendra on Skype

broadens the base of "yoga prescribers" and creates a culture where yoga is seen as part of "usual care". An endorsement of yoga by a healthcare professional under the banner of the NHS is powerful message to patients. The social media response to my "yoga prescription" demonstrates that people are engaged with this debate."

Goran Boll spoke (via skype) about the success of Yoga in Swedish Hospitals. He said, *"Yoga has already been implemented into the Swedish NHS. From 2010-2016 more 150 hospitals, primary care- and specialist clinics have started using yoga on their patients. The projection for 2020 is 5-600 NHS units, and we see a similar development all over Scandinavia. Yoga is used on heart patients, for pain management, eating disorders, cancer rehab, in psychiatry, treatment for the elderly, and in palliative care. The yoga instructors in the Swedish NHS are mostly physic therapists, nurses and doctors, having taken up to 2 years of yoga training. The basis for this development in Sweden is scientific research on yoga, since 1998."*

Dr. B N Gangadhar from Depart of Psychiatry, NIMHANS Bangalore (via skype) discussed the present state of affairs for Yoga & Healthcare in India. He said, *"Practicing yoga lifestyle not only promotes better mental health but also reduces illnesses and their symptoms. Substantial evidence is available to objectively demonstrate the benefits of yoga and these are well documented in scientific research. Being non-invasive, it has best potential for integration with other treatments and such integration has already happened at NIMHANS for mental and neurological disorders."*

Dr. Tina Cartwright, Senior Lecturer at



University of Westminster spoke said *“Surveys in the US and Australia have shown that around a fifth of yoga practitioners report using yoga for specific health conditions, with the majority perceiving yoga as helpful in improving or managing their health.”* She added, *“Yoga is most commonly used for musculoskeletal problems, mental health conditions and stress management.”* Discussing the Big UK Yoga Survey, she said, *“There has been no equivalent detailed survey of yoga practice in the UK. The recently launched Big UK Yoga Survey investigates why people practice yoga, how they practice and how they feel it affects their health and well-being. The results of the survey will suggest where yoga might be most beneficial and what research is needed in the future.”*

Dr. Fiona Butler representing the ‘Yoga for Underserved Population’ from NHS West London Clinical Commissioning Group shared that *“the College of Medicine is pleased to be part of the collaboration looking at the cost effectiveness of bringing more therapeutic yoga to the UK and NHS, researching its beneficial impact on emotional and physical health and on chronic conditions such as back pain, depression and stress, obesity.”* She highlighted the need for prevention and self-care as key to ensure sustainability of NHS. *“We need to reduce numbers of people at risk of life style related long term conditions and return people to a state of wellness . This means thinking out of the box, being open minded and embracing new ideas for healing that are cost effective and have evidence base.”* Speaking about the Yoga for Underserved Population she said, *“We particularly want to reach underserved communities and help health inequalities, and the college is committed to research the benefits of therapeutic yoga in areas of social deprivation where lifestyle factors such as poor diet and stress, and social isolation have an adverse effect on health and people are least likely to access holistic care.”*

Dr. Ned Hartfield discussed the cost benefits of Yoga for the NHS – *“Each year the NHS loses over 5 million sickness absence days due to back pain and musculoskeletal conditions, costing the NHS more than £600 million. Recent research shows that yoga programmes - involving specific movements, breathing techniques and relaxation methods - are highly effective for reducing back pain and musculoskeletal conditions. A recent randomised controlled trial involving 151 NHS employees in North Wales showed that a yoga programme was not*

only effective in reducing back pain, but also cost-effective in decreasing the number of sickness absence days due to back pain and musculoskeletal conditions. In this study, yoga participants missed only 2 days due back pain and musculoskeletal conditions over a six month trial period, compared to 43 missed days in the control group.”

Jo Manuel speaking about the role of yoga in the education system said, *“A study conducted by NASUWT (the largest teachers’ union in the UK) in 2016 surveyed over 5,000 teachers and found that over three quarters (79%) had reported experiencing work related anxiousness; almost half (47%) of teachers have seen a doctor in the last 12 months as a result of work related physical or mental health problems, 14% have undergone counselling and 5% have been admitted to hospital. 10% of teachers say they have been prescribed anti-depressants to help them cope; shockingly, 2% of teachers say they have self-harmed as a result of work-related pressures.”*

Jo added, *“NHS Clinical commission in Havering commissioned a mindfulness programme from Special Yoga Foundation for their 6 hours of training and a daily yoga and mindfulness practise delivered with audio and visual materials created this result in 6 weeks: Increase in high wellbeing from 8 to 20 % Drop in low wellbeing from 14 to 4 %.”*

To end the evening, Venerable Dr. H R Nagendra, the Indian Prime Minister Narendra Modi’s Yoga consultant spoke (via skype) to the participants and discussed the importance of yoga. Lakshmi Kaul from Bob Blackman MP’s office extended a vote of thanks to a packed audience and read out the following resolution that was ratified by all:

“Create fraternity, a sangha, of yoga experts and leaders encompassing all schools of yoga who unify towards under the umbrella of this traditional practice. This group will collectively work within and embody the ethos of yoga. That this group will pool their wisdom and possess a communal platform to share ideas and promote the practice of yoga in the UK towards the highest good. This group will collectively act as advisor to the country on how to bring yoga to the public in healthcare, education, and the workplace to enhance public well-being. This group will liaise and development networks with India, other nations, and the World Health Organisation.” ■



VYASA to NASA

IDY Celebrations at NASA, Houston

■ *Manu Shah*, Houston

More than 300 yoga practitioners gathered at the John Space Center in the back drop of NASA's Orbiter spacecraft on June 26 to celebrate International Day of Yoga. A rapidly growing movement, Yoga is a holistic exercise that appeals to different people for different reasons regardless of ethnicity, religion or color. This was clearly evident from the broad mix of people that turned up at the event organized by the Indian Consulate in Houston.

While many like Indrani Parthasarthy came for the flexibility that yoga offered or Dustin who "found it the best way to start the day and clear the mind", some like Jorge Bonilla noticed that yoga made him "less grumpy." His wife confirmed this statement! NASA's choice of venue in the words of India's Consul General Anupam Ray was the best place "to link the ancient science of India to the present day cutting edge technology which brings the modern and the ancient together in a very interesting way."

A practicing yogi himself, CG Ray also thanked the 15 plus organizations and volunteers who "worked so hard to make the event successful without expecting anything in return." He later joined the gathering for the yoga Practice. Then IDY yoga protocol practice went under the clear and crisp instructions of Director of VYASA-Houston Vishwarupa



Nanjundappa. Emphasizing the importance of synchronizing the breathe with the body's movements and fusing insights about the instant benefits of yoga, Vishwarupa concluded the 45 minute session with some pranayama practices. The event ended with the recitation of a mantra from the Upanishad which sought blessings for happiness and peace and freedom from illness and suffering.

Interestingly, VYASA, Houston, a renowned Yoga Institute, has a collaboration with MD Anderson since 2003 conducting yoga classes every day for breast cancer patients. They are currently running the biggest study in the world with 600 patients where they offer each patient 18 sessions of yoga during chemotherapy and radiation. According to VYASA's Director Nanjundappa, the study shows that regular practice of yoga can combat the side effects of cancer treatment and helped patients improve sleep patterns and quality of life. ■



Portuguese Yoga Confederation

Portugal, Jun 26: The International Day of Yoga - IDY was celebrated by the Portuguese Yoga Confederation in Coimbra, a village where is located one of the most ancient Universities of Europe. This Celebration gathered more than 1000 Yoga Masters, Teachers and Practitioners, and more than 100 children.



National Stadium, Singapore

Singapore, Jun 21: Today it's a history in Singapore. For the first time 4500 persons performed yoga together at around National Stadium to celebrate IDY 2016. It was organized by Indian High Commission and conducted by VYASA Yoga Instructors.





AEON - 2016

The National Naturopathy Fest



AEON-2016 Inauguration - Karnataka AYUSH Director Dr. Subash Malkhade, VC Prof. Ramaghandra G Bhat & Dr. Sathish V - *can be seen*

Prashanti Kutiram, July 8-16: The idea of AEON 2016 was initiated by **Dr. Manjunath Sharma**, Director TSYNM ; and put forth to the Board of Principals during the 21st INCOFYRA in the month of January 2016. The main vision behind the fest was to create a common platform for all the blooming Naturopaths of this country. The fest was named “AEON” after a joint discussion among the students, faculty and the office bearers. The word “AEON” means **an eternal golden Natureon**, suggesting an era of Nature. Following the name, the logo of AEON was designed which signifies **the rebirth of Naturopathy in the planet.**

The dates of the fest was decided based on the examination schedules of colleges, availability of resources and appropriate weather; by a board consisting of the Director Dr. Manjunath Sharma, the management of S-VYASA University, faculty and the student representatives.

AEON being a student organized program, the conveners were elected, nominated and voted by the student themselves.

The students were guided y the faculty from

the beginning who were highly efficient in what they do. The whole planning was backed up the management and office bearers of S-VYASA University.

An invitation was designed completely by the students and was sent across to the colleges in the month of April, all over the nation. The budget being planned beforehand, we started our Fund raising campaign by deciding the privileges that we would give the sponsors which included advertisements, Yoga sessions & Nutrition consultation. We approached the corporate, promoters, alumni, hospitals, spas, friends and families.

The brochure was designed by the students which included the office bearers, tentative schedule, events that were innovated by the students and rules and regulations.

The repeated follow up with college heads were done by the faculty, while the students maintained contact via the student conveners, in the aim to join every college for the event.

The Registered Colleges were

- Govt Yoga and Naturopathy Medical College, Chennai
- JSS Institute of Naturopathy and Yogic



AEON-2016 Valedictory - Union AYUSH Minister Shri Sripad Yasso Naik



All round Academics and best Innovation Competitions award to The School of Yoga and Naturopathic Medicine (TSYNM), S-VYASA

Sciences, Coimbatore

- SDM College of Naturopathy and Yogic Sciences, Ujire, Karnataka
- Sant Hridaram Medical College of Naturopathy and Yogic Sciences, Bhopal
- SRK Medical College of Naturopathy and Yogic Sciences, Kanyakumari
- Maharshi Patanjali College of Naturopathy and Yogic Sciences, Guntukal
- Subharti college of Naturopathy and Yogic Sciences, Meerut and
- The School of Yoga and Naturopathic Medicine (TSYNM), S-VYASA University, Bengaluru

The total number of students registered were 655. Social media being the best in mass communication, a website in the name of AEON was designed and released. In order to conduct the sports event, the Chennai sports federation was contacted and under the guidance of Mr. Panneer Selvam a complete inspection was done in the premises of AEON (S-VYASA University campus) to select the appropriate events, and to make the best use of the place with the resources available.

The students of TSYNM being the organizers and the participants of AEON managed to actively work for both parallel, under expert guidance

in the field of sports, cultural, academics as well as yoga.

This journey was highlighted when National Institute of Naturopathy, Pune wanted us to host a CME program amidst the fest on “Naturopathy the way ahead”. We were strongly supported by INYGMA (Indian Naturopathy and Yoga Medical Association) and their members were in regular contact with us, connecting us to everybody. We are also proud to inform that they will officially become the organizers of AEON henceforth. All the judges of each event were outsourced and not a part of TSYNM. Special care was taken to prevent bias of any sort.

Blessings from the people in the field of Naturopathy and its supporters and promoters were collected for the success of AEON and compiled in to a “Benison “ by team benison. The word Benison means **Blessings**.

The execution of the plans was on full swing from July 1 by the students and the faculty. The final day arrived, where we received our guest with honor and hospitality on July 8. The Registrations were made followed by the Inauguration ceremony. The inauguration ceremony was presided by **Dr. Ramachandra Bhat**, Vice-chancellor of S-VYASA University, the Chief Guest being **Dr. Subash Malkhade**,



Director AYUSH Karnataka and the guest of Honor being **Dr. Sathish V**, Deputy Director of Yoga & Naturopathy, AYUSH, Karnataka. The fest torch was lit and rallied by the student conveners marking the beginning of AEON 2016. The Fest student forum registry was released. Later in the evening there was an ice breaking session where the students of various colleges interacted with one another.

The consecutive day began by the inauguration of sports. Basket ball, Kho-Kho, carom matches were conducted where the students actively participated. Next we had Tough Melon, pencil sketch continued by Yoga Pyramids.

July 10th, saw the morning by the Marathon track and field events. Afternoon we had Kabaddi and Badminton matches, continued by the academic events and yoga competitions in the evening.

July 11th, began with Table Tennis, Throw ball & Volley ball matches followed by Crack the case, Pharmaceuticals vs Naturaceuticals. Then we enjoyed the fashion show later in the evening. We also had a talk by **Dr. Dwarakanath** who motivated the young minds.

July 12th was CME meet up that consisted of the Principals and senior Naturopaths. There was a General Body Meeting conducted by INYGMA members. There was also a principal forum discussion that resulted in new resolutions. The events were Quiz, Doctor Chef and vegetable carving for the day.

This was followed by colorful and graceful evening of cultural events portrayed by various colleges.

After all that, here we are at the Valedictory ceremony of AEON 2016, which not only the end of AEON 2016, but also the beginning for the AEON 2017 graced by the presence of **Shri Sripad Yasso Naik**, Honorable Minister of AYUSH; **Dr. Ishwar Acharya**, Director, Central Council of Research in Yoga and Naturopathy and **Dr. Satyalakshmi**, Director National



Torch Baton of AEON Fest handed over to JSSINYS, Coimbatore

Institute of Naturopathy, Pune.

The AEON Fest torch baton was handed over to **Dr. B T Chidananda Moorthy**, Principal of JSSINYS, Coimbatore symbolizing the responsibility of organizing AEON 2017 at Coimbatore between 8th to 13th of July 2017.

Prizes and Awards

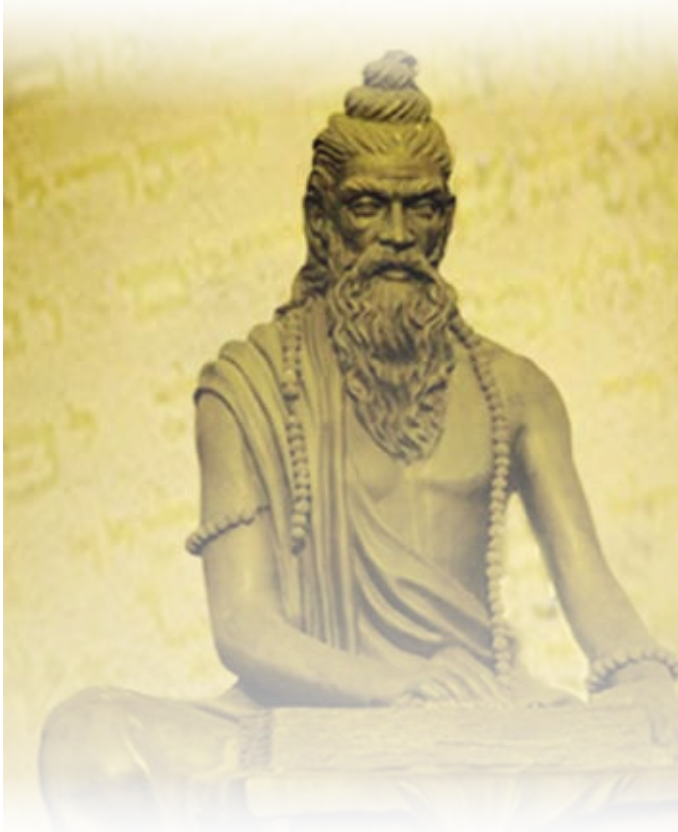
- All round Academics and best Innovation Competitions won by The School of Yoga and Naturopathic Medicine, S-VYASA University, Bengaluru
- All round Yoga Competitions won by The School of Yoga and Naturopathic Medicine, S-VYASA University, Bengaluru
- All round Sports Competitions won by JSS Institute of Naturopathy and Yogic Sciences, Coimbatore, Tamil Nadu
- All round Cultural Competitions won by The School of Yoga and Naturopathic Medicine, S-VYASA University, Bengaluru
- Over all Championship Trophy won by 'The School of Yoga and Naturopathic Medicine, S-VYASA University, Bengaluru

*Totally, it was a great run,
we overcame every obstacle
on the way to make it
a huge success*



ಪಾತಂಜಲ ಯೋಗಶಾಸ್ತ್ರ

ಸರ್ವಜ್ಞತ್ವ - ಬೀಜದಲ್ಲ ಹುದುಗಿರುವ ಹೂವು



■ ಶ್ರೀ ರಾಜೇಶ ಎಚ್.ಕೆ.
ಸಂಯೋಜಕರು ಹಾಗೂ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು
ಯೋಗ - ಅಧ್ಯಾತ್ಮ ವಿಭಾಗ
ಎಸ್-ವ್ಯಾಸ ಯೋಗ ವಿಶ್ವವಿದ್ಯಾಲಯ

ತತ್ರ ನಿರತಿಶಯಂ ಸರ್ವಜ್ಞಭೀಜಮ್

|| ಪ.ಯೋ.ಸು - 1.25 ||

ಈಶ್ವರನ ಸರ್ವಜ್ಞತ್ವವು ನೈಜ, ಪರಿಪೂರ್ಣ ವಿಕಾಸದ ಪರಮೋಚ್ಚ, ಪ್ರಸ್ಫುಟಿತ ಜ್ಞಾನದ ಭಗವದವಸ್ಥೆ

ಈ ಹಿಂದಿನ ಸೂತ್ರದಲ್ಲಿ ಈಶ್ವರನ ಸ್ವರೂಪವನ್ನು ವಿವರಿಸಿದ ಮಹರ್ಷಿಗಳು, ಪ್ರಸ್ತುತ ಸೂತ್ರದ ಮೂಲಕ ಈಶ್ವರನು ಸರ್ವಜ್ಞ ಹಾಗೂ ಜ್ಞಾನದ ಪರಿಪೂರ್ಣ ವಿಕಸಿತ ಅವಸ್ಥೆ ಎಂಬುದನ್ನು ನಿರ್ವಚಿಸುತ್ತಿದ್ದಾರೆ. ಪ್ರತಿಯೊಬ್ಬನ ವ್ಯಕ್ತಿತ್ವವು ತ್ರಿಗುಣಗಳಿಂದ ಕೂಡಿದೆ ಎಂಬುದು ಸರ್ವವಿದಿತ. ಯೋಗಿಗಳು ಮತ್ತು ಸಾಧಕರು ತಮ್ಮ ತಮ್ಮ ಸಾಧನೆಗೆ ತಕ್ಕಂತೆ ಜ್ಞಾನಪ್ರಕಾಶಕ್ಕೆ ಆವರಣಗಳಾಗಿರುವ ತಮಸ್ಸು ಮತ್ತು ರಜೋಗುಣಗಳನ್ನು ಬೇಧಿಸಿ ಇಂದ್ರಿಯಾತೀತವಾದ ಮತ್ತು ಕಾಲಸಂಬಂಧಿಯಾದ ಜ್ಞಾನವನ್ನು ಪಡೆಯುತ್ತಾರೆ. ಆದರೆ ಈ ಜ್ಞಾನದ ಸ್ವರವು ಎಲ್ಲರಲ್ಲೂ ಭಿನ್ನವಾಗಿದ್ದು ಕೆಲವರಲ್ಲಿ ಕಡಿಮೆ ಸ್ವರದಲ್ಲಿದ್ದರೆ, ಮತ್ತು ಕೆಲವರಲ್ಲಿ ಹೆಚ್ಚಾಗಿ ಪ್ರಕಾಶಿಸುತ್ತದೆ. ಕಾರಣ ಅವರವರ ಸಂಸ್ಕಾರ, ಸಾಧನೆಯ ತೀವ್ರತೆಯನ್ನು ಅವಲಂಬಿಸಿರುತ್ತದೆ. ಈ ರೀತಿಯ ಭಿನ್ನತೆ ಹಾಗೂ ತಾರತಮ್ಯತೆ ಎಂದು ಕೊನೆಗೊಳ್ಳುವುದೋ ಅದೇ ಸರ್ವಜ್ಞತ್ವದ ಪೂರ್ಣ ವಿಕಾಸ ಹಾಗೂ ಈಶ್ವರತ್ವ ಯಾರಲ್ಲಿ ಹಂತಹಂತವಾಗಿ ಸರ್ವಜ್ಞತ್ವ ಪ್ರಕಾಶಿಸುವುದೋ ಮತ್ತು ಎಲ್ಲರಿಗಿಂತ ಸಮರ್ಥನೂ, ಇನ್ನಾರೂ

ಜ್ಞಾನದಲ್ಲಿ ಸರಿಸಾಟಿಯಿಲ್ಲವೋ ಅವನೇ ಪುರುಷ ವಿಶೇಷನು ಮತ್ತು ಈಶ್ವರನು ಎಂಬುದು ಮಹರ್ಷಿಗಳ ನಿರ್ಣಯ.

ಯಾವುದೇ ಒಂದು ವಸ್ತುವನ್ನು ಅವಲೋಕಿಸಿದಾಗ ಚಿಕ್ಕದ್ದಕ್ಕಿಂತ ದೊಡ್ಡದು ಬೃಹತ್ತಾಗಿ ಗೋಚರವಾಗುತ್ತದೆ. ಉದಾಹರಣೆಗೆ ಆಮಲಕವನ್ನು (ನೆಲ್ಲಿಕಾಯಿ) ಒಂದು ಬಂಡೆಗೆ ಹೋಲಿಸಿದಲ್ಲಿ ಗಾತ್ರದಿಂದ ಬೃಹತ್ತಾಗಿರುತ್ತದೆ. ಅಂತಿಮವಾಗಿ ಗಾತ್ರವು ಅನಂತ ಆಕಾಶದಲ್ಲಿ ಪರ್ಯಾವಸಾನವಾಗುತ್ತದೆ. ಹೀಗೆಯೇ ಸರ್ವಜ್ಞತ್ವದ ವಿಷಯದಲ್ಲಿ ಭಾವಿಸಬೇಕು. ತಮಸ್ಸಿನಿಂದ ರಜಸ್ಸು, ರಜಸ್ಸಿನಿಂದ ಸಾತ್ವಿಕದಡೆಗೆ ಕ್ರಮವಾಗಿ ವಿಕಾಸವಾಗುವ ಈ ಪ್ರಕ್ರಿಯೆ ಸಾಮಾನ್ಯರಿಂದ ಆರಂಭವಾಗಿ ಮಹಾಮಾನವನಾಗಿ, ಮಾಧವನಾಗಿ ರೂಪಾಂತರವಾಗುವವರೆಗೂ ಮುಂದುವರಿಯುತ್ತದೆ. ಹಲವು ಮಹಾಪುರುಷರ ಜೀವನಚರಿತ್ರೆಯನ್ನು ಗಮನಿಸಿದಾಗ ತಿಳಿಯುವುದೇನೆಂದರೆ, ಸರ್ವಜ್ಞತ್ವದ ಪ್ರಕಾಶತ್ವವನ್ನು ಅನುಮಾನ ಪ್ರಮಾಣದಿಂದ ತಿಳಿಯಬೇಕೇ ಹೊರತು ವಿಶೇಷವಾಗಿ ತಿಳಿಯಬರದು. ಬುದ್ಧ, ಬಸವ, ಕಪಿಲ, ಶಂಕರ, ಮಧ್ವ, ರಾಮಾನುಜ ಕಬೀರ ಎಲ್ಲರಲ್ಲೂ ಸರ್ವಜ್ಞತ್ವದ ಪ್ರಕಾಶ ವಚನದ ಮೂಲಕ ಹೊರಹೊಮ್ಮಿದರೂ ಅದು ಕೇವಲ ಆಗಮಗಳ ಅಭಾಸವೇ ಹೊರತು ಅದುವೇ ಆಗಮವಾಗಲು ಸಾಧ್ಯವಿಲ್ಲ. ಈಶ್ವರನ ಸರ್ವಜ್ಞತ್ವವಾದರೋ ಸರ್ವಪ್ರಮಾಣಗಳಿಗಿಂತಲೂ ಅಬಾಧಿತವಾಗಿ ಪ್ರಕಾಶವಾಗುತ್ತದೆ. ಆಗಮಗಳಿಂದ ಅಭ್ಯುದಯ ಮತ್ತು ನಿಶ್ಚೇಯಸ್ವರಕ್ಕೆ ಉಪಾಯಗಳು ಬುದ್ಧಿಗೆ ಹೊಳೆಯಬಹುದೇ ವಿನಃ, ಬುದ್ಧಿಗೋಚರವಾದದ್ದು ಆಗಮಗಳಿಂದ ತಿಳಿಯಲ್ಪಟ್ಟ



ಸರ್ವಜ್ಞತ್ವದ ಈಶ್ವರಾವಸ್ಥೆಯೆಂಬ ಸಾಧ್ಯವಿಲ್ಲ. (ಆಗಚ್ಛಂತಿ ಬುದ್ಧಿಮಾರೋಹಂತಿ ಅಸ್ಮಾತ್ ಅಭ್ಯುದಯನಿಶ್ಚೇಯಸೋಪಾಯಾ ಇತಿ ಆಗಮಃ) ಎಲ್ಲ ಶಾಸ್ತ್ರಗಳಲ್ಲೂ ಈಶ್ವರನ ನಿರತಿಶಯ ಸರ್ವಜ್ಞತ್ವದ ಗುಣಗಳನ್ನು ಕೇವಲ ಈಶ್ವರಿನಿಗಲ್ಲದೆ ಮತ್ತಾರಿಗೂ ಅನ್ವಯಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ.

ಅಸ್ತಿತ್ವದ ಪೂರ್ಣತೆ ಯಾವುದನ್ನು ಅವಲಂಬಿಸುವುದಿಲ್ಲ. ಯಮ-ನಿಯಮಗಳನ್ನು ಮೀರಿದ, ಆಸನಾದಿ ಹಠಕ್ರಿಯೆಗಳ ವಿಧಾನಗಳೂ ಸಹ ಅವಾಸ್ತವವಾಗುತ್ತವೆ.

ಕೇವಲ ಸಂಪೂರ್ಣ ಸಮರ್ಪಣೆಯ ಅಗತ್ಯವಿದೆ. ಸಮರ್ಪಣೆ ಅಂತಿಮ ಚರಣ. ಅದರಾಚೆಗೆ ಪ್ರಯತ್ನವೇ ಶೂನ್ಯ. ಪ್ರಯತ್ನಶೂನ್ಯತೆಯೇ ಭಗವತ್ಪ್ರಾಪ್ತಿ. ಜ್ಞಾನ, ವೈರಾಗ್ಯ, ಐಶ್ವರ್ಯ, ತಪಸ್ಸು, ಸತ್ಯ, ಕ್ಷಮೆ, ಧೃತಿ, ಸೃಷ್ಟಿಕರ್ತೃತ್ವ, ಆತ್ಮಜ್ಞಾನ ಮತ್ತು ಅದಿಷ್ಟಾತ್ಮತ್ವ ಈ ಹತ್ತು ಅವ್ಯಯ ಗುಣಗಳನ್ನು ವಾಯುಪುರಾಣವು ಸರ್ವಜ್ಞನಾದ ಈಶ್ವರನಿಗೆ / ಶಂಕರನ ನಿತ್ಯತ್ವವೆಂದು ಉಲ್ಲೇಖಿಸುತ್ತದೆ.

ಜ್ಞಾನವೈರಾಗ್ಯಮೈಶ್ವರ್ಯಂ ತಪಸ್ಸತ್ಯಂ ಕ್ಷಮಾ ಧೃತಿಃ |

ಸೃಷ್ಟಿತ್ವಮಾತ್ಮಸಂಬೋಧೋ ಹೃದಿಷ್ಠಾತ್ಮತಮೇವ ಚ |

ಅವ್ಯಯಾನಿ ದಶೈತಾನಿ ನಿತ್ಯಂ ತಿಷ್ಠಂತಿ ಶಂಕರೇ || 10.66 ||

ಸುಪ್ತಾವಸ್ಥೆಯಲ್ಲಿರುವ ಬೀಜವು ಪರಿಪೂರ್ಣ ವಿಕಾಸವಾಗುವ ಎಲ್ಲ ಸಂಭವನೀಯತೆಯಿದೆ. ಕೇವಲ ಪೂರಕ ವಾತಾವರಣ ನಿರ್ಮಾಣಮಾಡಬೇಕಷ್ಟೆ. ಪರಮಾತ್ಮ / ಈಶ್ವರ ವಾಸ್ತವ ಆದರೆ ಬೀಜವು ಪೂರ್ಣ ವಿಕಾಸವಾಗುವ ಸಂಭವತೆ. ಬೀಜದಲ್ಲಿಯೇ ಪೂರ್ಣತ್ವ ಅಡಗಿದೆ. ಆದರೆ ನಮ್ಮ ದೃಷ್ಟಿ ಯಾವಾಗಲೂ ಭವಿಷ್ಯದಲ್ಲಿ ನೆಟ್ಟಿರುತ್ತದೆ. ಹಾಗಾಗಿ ವರ್ತಮಾನ ಎಂದಿಗೂ ವಾಸ್ತವತೆಯನ್ನು ನಮ್ಮಲ್ಲಿ ಉಂಟುಮಾಡುವುದಿಲ್ಲ. ಪರಿಣಾಮ ಯಾವಾಗಲೂ ಭವಿಷ್ಯದಲ್ಲಿಯೇ ಘಟಿಸುವುದು. ಹಾಗಾಗಿ ವಾಸ್ತವತೆ, ವರ್ತಮಾನದಲ್ಲಿ ಪ್ರತಿಕ್ಷಣವು ಈಶ್ವರನ ಸರ್ವಜ್ಞತ್ವದ ಮೂಲಕ ಸ್ಫುಟವಾಗಿ ಗೋಚರವಾಗುತ್ತದೆ. ಪೂರ್ಣ ವಿಕಸಿತ ಹೂವು ಸೌರಭ ಬೀರಿವಂತೆ. ಹಾಗಾಗಿಯೇ ವೇದ ಉಲ್ಲೇಖಿಸುವಂತೆ ಈಶ್ವರ / ಮಹೇಶ್ವರರ ವಾಸ್ತವತೆ 'ಸುಗಂಧಿಂ ಪುಷ್ಪಿವರ್ಧನಮ್'

ಪೂರ್ಣ ವಿಕಸಿತ ಹೂವಿನ ಸೌರಭ ಎಲ್ಲೆಡೆಯೂ ಪಸರಿಸಲಿ. ನಮ್ಮಲ್ಲೇ ಸುಪ್ತವಾಗಿ ಹುದುಗಿರುವ ಬೀಜ ಪೂರ್ಣ ವಿಕಾಸವಾಗಲಿ. ಸರ್ವಜ್ಞತ್ವದ ಪ್ರಕಣೀಕರಣ ಇಂದಿನ ಶಿಕ್ಷಣದ ಗುರಿಯಾಗಲಿ.

(ಸಶೇಷ)

...p3

ಲೋಕವತ್ಸು ಲೀಲಾಕೈವಲ್ಯಮ್ (ಬ್ರಹ್ಮಸೂತ್ರಮ್-೨-೧-೧೨)

Lokavattu lilākaivalyam (Brahmasūtram-2-1-12)

Meaning: (Brahman is) not (the creator of the universe) on account of (every activity) having a motive.

Not every action of everyone is utility oriented. Some act without any *Prayojana* at all. There is more enjoy in those acts which do not have any *Prayojana*. The quantity and quality of the bliss of an action without *Prayojana* differs a lot from having *Prayojana*. It is the common experience in the world also. Some actions of great people of helping, motivating, inspiring others, are done for nothing except as an enjoyment, with no sense of intended utility. It is just an illusion to fix utilitarianism to every action. Similarly, the creation of this cosmos is duty of Brahma and for no particular reason he creates this. Those

who work for self satisfaction should emulate the selfless service of men of excellence and benevolence. The seekers of only utility and result from every action are not regarded highly in the society. 'Utilitarianism is a curse for humanity' says a saint. In this manner, Brahma the mother of all mothers, father of all fathers, Guru of all Gurus. With all creative qualities Bhagavan creates this world for others. Brahma only creates the play ground and the players as well and enjoys the play with utmost joy and bliss.

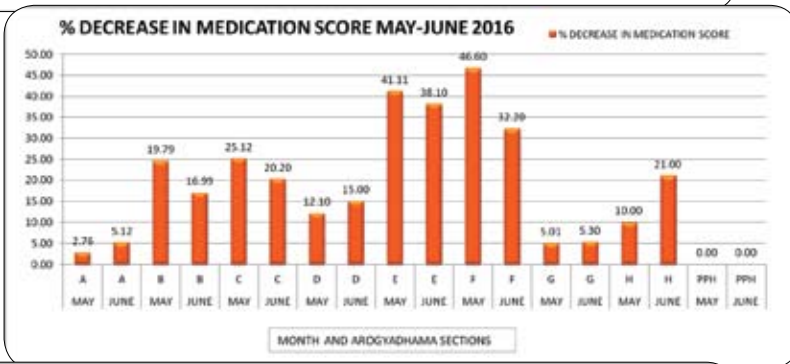
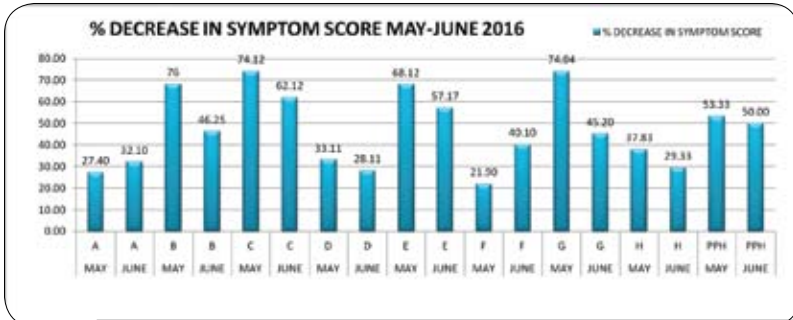
to be continued...



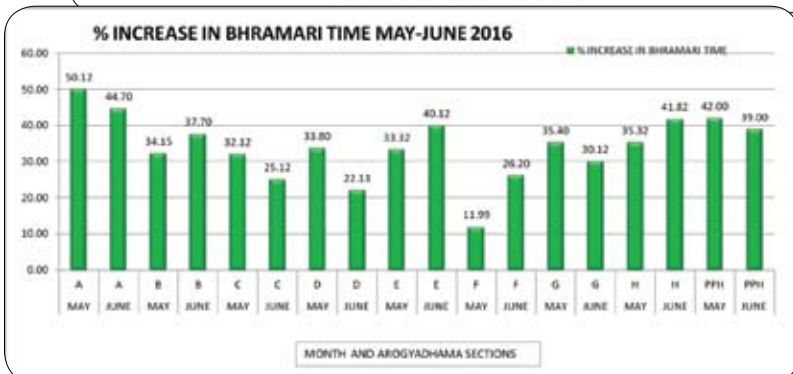
July 19: Gurupurnima was celebrated in Eknath Bhavan, Bengaluru. Dr. R Venkatram, Dr. Sudheer deshpande, Dr. M K Sridhar, Dr. Shamanthakamani were the Dignitaries on the dais.



AROGYADHAMA DATA - May-June, 2016

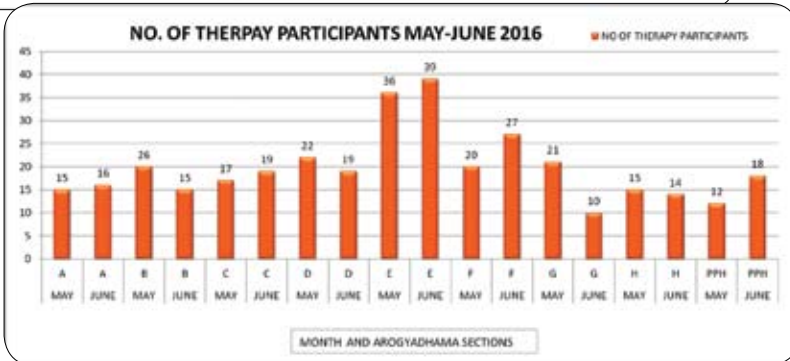


Symptom Scores:
 0 - no symptoms,
 1 - mild,
 2-moderate,
 3-severe



Medication Score:
 Score 1 for each
 medicine.

Bhramari Time:
 Number of seconds
 taken to exhale during
 a single breath while
 chanting Bhramari.



AILMENTS TREATED IN AROGYADHAMA (SECTION WISE)

- A. Neurology:** Epilepsy, Migraine, Parkinson's, Muscular dystrophy, Cerebral Palsy, Multiple sclerosis, Mental retardation; **Oncology:** Breast cancer stage 1, 2, 3, 4; Colon, Prostate, Blood, Myelomas |
- B. Pulmonology:** Bronchial Asthma, Nasal Allergy, Chronic Bronchitis; **Cardiology:** High BP, Low BP, Heart Disease (CAD) |
- C. Psychiatry:** Anxiety, Depression, Psychosis, OCD, mental retardation |
- D. Rheumatology:** Arthritis | **E. Spinal disorders:** Acute and Chronic Back Pain, Lumbar Spondylosis, Disc Prolapse, Scoliosis, Neck Pain |
- F. Metabolic disorders:** Diabetes | **G. Gastroenterology:** Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis |
- H. Endocrinology:** Obesity, Thyrotoxicosis | **Promotion of Positive Health |**
- Eye Problems:** Short Sight, Long Sight, Astigmatism, Squint, Early Cataract, Glaucoma



Stop Diabetes Movement

Activities of June – July, 2016

Seven new SDM centers were opened in the following States / UT: Pune & Nasik (Maharashtra), Mohali (Punjab), Nellore (Andhra Pradesh).

YADM Awareness Program at Kolar, Karnataka

YADM awareness camp was conducted at Kolar on June 5th at the request of Arogya Bharathi. Ms. Gayatri and Sri Basavaraj D M represented VYASA, around 35 participants took part in the camp.

YADM Program at Chickballapura, Karnataka



As a regular event the YADM camp was organized at Chickballapura on 11th and 12th of June. 10 participants were imparted training. Sri Sanjay, Sri Basavaraj and Sri Devaraj represented VYASA.

International Day of Yoga at Bengaluru

The IDY was celebrated at BMS Collage Bengaluru. Around 300 Participants took part in the event. Sri Ananth Kumar, Hon'ble Minister of Chemical & Fertilizers, GoI. Sri U T Khadar,



Hon'ble Minister for Health & Family Welfare, GoK and many other dignitaries were present on the dais.

SDM Central Office had put up stall at the venue to bring awareness about diabetes and the role of yoga in controlling and preventing diabetes. The gathering made use of the stall and similar arrangements were also made at Kantirava Stadium on the occasion of IDY 2016.

International Day of Yoga at Chickballapura, Karnataka





New Horizon School etc.

YIDM Program at Prashanti Kutiram

10 days YIDM course was organized to facilitate a specialized training for YIC participants. Totally, 22 YIC participants underwent the training.



The IDY was celebrated at Sir M Vishveshwaraiah Stadium. More than 1000 people took part in the celebrations. MLA, Dr. Sudhakar was the Chief Guest. The District Deputy Commissioner Dr. Venkatesh was the Guest of Honor. Apart from this the IDY was also celebrated at PPH School,



Start SDM Centers - An Appeal to all Alumni of VYASA & S-VYASA



We are happy to invite all the Alumniees of S-VYASA to join and strengthen our hand in fulfilling the ambitious plan for achieving the Vision and Mission of Stop Diabetes Movement (SDM), by conducting SDM camps in your vicinity.

We trust that you will respond our request and help, VYASA in achieving its objective for full details please visit www.svyasa.edu.in

Sanjay C V

SDM Central Office, VYASA, 'Prashanti Kutiram', Jigani, Bengaluru, INDIA
e-mail: vyasajainsdm@gmail.com | cell: +91-99016 01066

Sri Sathya Sai Loka Seva Institute, Muddenahalli
celebrated 2nd IDY





Swami Vivekananda's "Involution Theory" Protoplasmic Cell – Coil of Life – DNA & The Human Genome

Swami Vivekananda delivered two lectures in the year 1896 – on Cosmos – Macrocosm on 19th January and Microcosm on 26th January, both in New York.

In the "Macrocosm" lecture Swami Vivekananda asserts that "Every evolution is preceded by an "Involution".

"This involution and evolution is going on throughout the whole of nature." "Everything exists through eternity, and will exist through eternity. Only the movement is in succeeding waves and hollows, going back to fine forms, and coming out into gross manifestations."

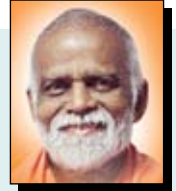
"The whole of this universe was present in the cosmic fine universe."

"The little cell, which becomes afterwards the man, was simply the involved man and becomes evolved as a man."

"...take this whole evolutionary series, from the protoplasm at one end to the perfect man at the other, and this whole series is one life. In the end we find the perfect man, so in the beginning it must have been the same. Therefore, the PROTOPLASM was the INVOLUTION of the Highest INTELLIGENCE. You may not see it but that INVOLVED INTELLIGENCE is what is UNCOILING itself until it becomes manifested in the most perfect man".

"...what is this INTELLIGENCE? If it was not present in the Protoplasm, it must have come all of a sudden, something coming out of nothing, which is absurd. It, therefore, follows absolutely that the perfect man, the free man, the God-man, who has gone beyond the laws of nature, and transcended everything, who has no more to go through this process of evolution, through birth and death, that man called the Christ-

■ Swami Prajna Aranya
Raja Yoga Peethadhipati
S-VYASA



man by the Christians, and the Buddha-man by the Buddhists, and the Free by the Yogis – that perfect man who is at one end of the chain of evolution was INVOLVED in the cell of protoplasm, which is at the other end of the same chain."

"The beginning was, therefore, INTELLIGENCE... that INTELLIGENCE becomes involved, and in the end that intelligence gets evolved. The sum total of the INTELLIGENCE displayed in the universe must, therefore, be the involved universal intelligence unfolding itself. This universal intelligence is what we call God. Call it by any other name, it is absolutely certain that in the beginning there is that INFINITE COSMIC INTELLIGENCE. This Cosmic Intelligence gets INVOLVED, and it manifests, evolves itself, until it becomes the perfect man, the Christ-man, the Buddha-man. Then it goes back to its own source."

Protoplasm – What is it?

The word Protoplasm is a Latin term and was first used (1846) by the German Botanist Hugo von Mohl to describe the viscous, jelly-like living matter in the plant cells.

But its significance and importance was made known to the public by a young zoologist professor in Royal College of Surgeons in England, by name Thomas Henry Huxley, who was popularly known as "Bulldog of Darwin" as he vehemently supported Charles Darwin's

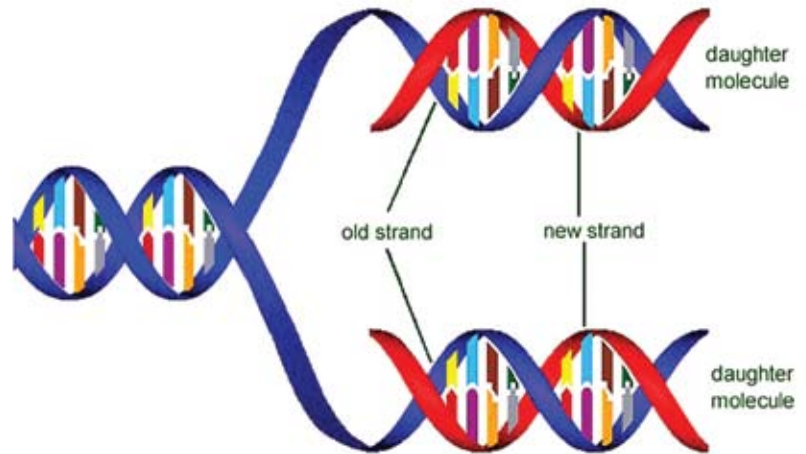


“Natural Selection” Theory of Evolution. T. H. Huxley gave a series of lectures on PROTOPLASM which he titled as “Physical Basis of Life”. It was (1869) published in a popular Journal, by name “Fortnightly Review”. These lectures created a big storm in Europe and later in America several millions of copies had to be reprinted! T. H. Huxley eloquently described this Living Matter which is manifesting as the Bodies of all Living Organisms – the structural and physiological and functional basis of the Living World in the Plant Kingdom and the Animal Kingdom.

When Swami Vivekananda went to America it was the hot talk of the town. But he immediately recognized its importance and by his yogic vision and intuition uttered prophetic words such as “intelligence lying coiled up in the protoplasmic cell and uncoiling” (etc.). He was a century ahead of his times. By the end of the next century American Scientists discovered the “Coil of Life” – the structure of DNA, the intelligent giant molecule and the four lettered ATGC universal code language – and by 2003 the entire Human Genome hidden in the 20 to 25 thousand genes has been worked out by an International team of Scientists of U.S.A., U.K., Germany, Japan, France and China.

In India “Protoplasmic Cells” are in the syllabus of 8th, 9th and 10th classes, in the high schools today. But its significance and enormous importance is yet to be appreciated.

There are about 8 million species of plants and animals in the world. In each species, countless individuals ! All These Billions and Trillions of Living bodies are made up of this same PROTOPLASM – the Unique Unity behind the Baffling Diversity of the Living World – the more they know about it, the more astonishing it appears to be !



DNA Molecule Uncoiling During Replication

For Vedanta – “Protoplasm” is the best example for illustrating the characteristics of “Sathchitananda Brahman”. It is a formless, nameless Being but is assuming all the known forms in the Living World. It is in the tiny bacteria and the giant elephant and the whale – “Anoraniyan – Mahato Mahi yan”. It is neither male nor female but it is in both.

What “Clay” is for the potter and “Gold” is for the blacksmith, so “Protoplasm” is for “Krshna Paramathma” or “Sathchithananda Para Brahman” or “Universal Cosmic INTELLIGENCE” !

Better late than never ! Vedanta Preachers in India are Hundred and odd years late compared to Swami Vivekananda ! In recognizing the importance of “protoplasm” !!

References for Swami Vivekananda’s Lecture on Macrocosm:

1. *The Complete Works of Swami Vivekananda, Volume 2, Jnana Yoga, Chapter VI*
2. *Swami Vivekananda An Intuitive Scientist by T.G.K. Murthy*

Note: Capitals and underlining are used in this paper for publisher’s emphasis and are not included in the above-referenced texts. ■



FUNCTIONAL VAGOTOMY IN GLAUCOMA

INTRODUCTION

As we all know only too well, India is emerging as a dubious capital of the world for all types of sickness and disabilities. This is unfortunate and could partly be traced to life style changes that is sweeping the country; changes in dress, work ethics (or lack of it), family dissolution and not the least, food habits. All these contribute to depression, diabetes (part of metabolic syndrome that includes obesity, hypertension, hyperlipidemia, stroke and diabetes), cardiac problems and many other stress related outcomes. While many disorders have come under focus for possible prevention and alleviation, another serious problem that is not discussed in common access such as newspapers – is glaucoma and resultant blindness if not treated. This lack of information is very unfortunate since both congenital and acquired blindness are major factors in India.

In India, it is estimated that around 12 million people could be affected by glaucoma and perhaps 30 million people with any form of glaucoma related problems [1]. This is an enormous amount and compares with USA where it is estimated there are around 3 million people above 40 years of age who have this problem.

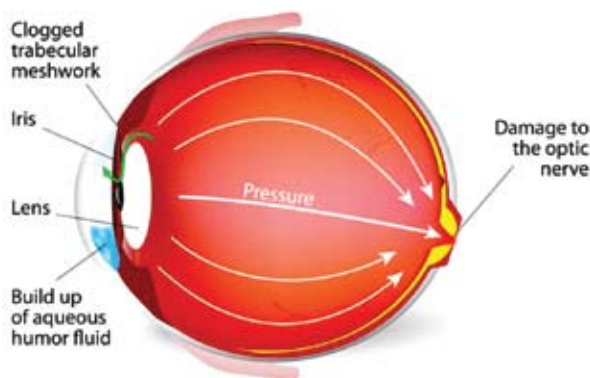


Fig 1: Section of an Eye

■ Prof. T M Srinivasan
Professor, Division of Yoga and
Physical Sciences, S-VYASA



Let us look into glaucoma first to understand what it is and the types one normally encounters. It is the increase in intra-ocular pressure of the eye(s). Normal intraocular pressure (IOP) ranges from 10-20 mm of Hg. There is a fluid within each eye that should be within a certain limit (of pressure) for the eye to function normally. If for some reason, the fluid pressure inside increases, this results in glaucoma and could lead to blindness if untreated. Anterior and posterior chambers are narrow spaces in front and behind the eye lens and a clear liquid (tears in normal parlance) that is produced in the posterior chamber flows into the anterior chamber. In glaucoma, the liquid flow out of the eyes slows or is blocked, thus building pressure inside the eyes. If this pressure is not brought to normal levels, this could result in damage to optical nerve and to the tissues inside of the eyes leading to blindness. See figure 1 for a representation.

Without going into technical details, we may say there are two major types of glaucoma, chronic and acute. The first type, chronic one, is more difficult to manage since there are hardly any symptoms. In the acute case, the onset could be sudden and since it causes pain and vision loss, it is easier to detect early. Hence, our concern is to find the chronic cases early and to treat them appropriately. Glaucoma has been called the *silent thief of sight*. There also two other ways of classification of glaucoma, primary and secondary. The cause of primary glaucoma is not known; the secondary glaucoma is related to tumor, diabetes, cataract or inflammation of

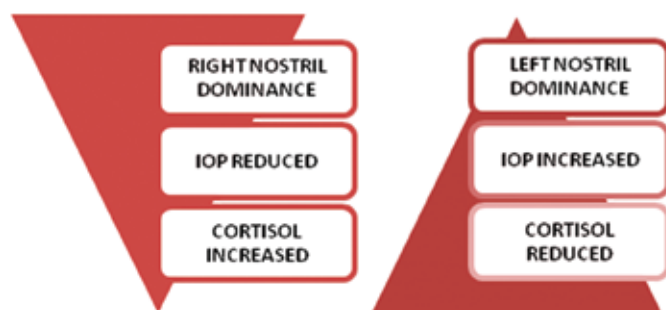


Fig 2: Salient Aspects of Nostril Dominance; note Intra Ocular Pressure (IOP) Reduction in one case

the eyes. This paper does not deal with the latter type.

FUNCTIONAL VAGOTOMY

It is possible that tone of vagus nerve is increased in glaucoma. Based on this premise, if we decrease vagal tone, we may be able to bring down intra-ocular pressure in glaucoma. One way of achieving this is through unilateral nostril breathing. It has been shown in many studies that right nostril breathing could increase left hemispheric activity of the brain and thus increase sympathetic activity; in contrast, left nostril breathing (and enhanced right brain activity) increases parasympathetic activity. This contra-lateral connection has been studied and reported many times over [2 - 4]. With one nostril dominant, the contralateral brain hemisphere is electrically more active and more interestingly, plasma catecholamines also follow this rhythm. An interesting paper in this regard reports changes in IOP due to forced unilateral breathing in people with glaucoma. It is known that IOP is regulated centrally; in other words, brain through nervous system controls IOP. It is also possible that vagal tone could be increased in glaucoma simplex. Hence the aim of any management regimen is towards reducing vagal tone in people with glaucoma. Thus, a functional vagotomy, achieving temporary reduction in vagal activation is achieved through forced right nostril breathing whereby left brain hemisphere is activated. The authors write: "Using this functional vagotomy,

we report that left hemispheric stimulation by 20 minutes of forced unilateral right nostril breathing led to a significant bilateral decrease of 4.6 mmHg (25%) in intraocular pressure in 46 patients with open and closed angle glaucoma. However, it significantly increased the IOP in three patients with neovascular, one with juvenile onset, and one with closed angle glaucoma".

A WORD OF CAUTION

It is likely some Yoga postures could increase IOP and precipitate possible complication to the eyes in sensitive population. Specifically, two asanas have come under scrutiny for IOP increase: *adhomukhaswanasana* (downward dog) and *sirsasana* (head stand). Hence before trying these positions, one has to make sure that one does not have glaucoma; for people with glaucoma these positions are contraindicated; in other words, they should not do these postures. Actually, any asana that tends to put the body in an inverted position should be avoided for glaucoma patients. In addition, avoid awkward neck positions, anything that would constrict the neck, vomiting and straining including coughing and direct pressure over the eyes. Screening for increased IOP can be performed by measuring IOP using a tonometer by an ophthalmologist at least yearly [5].

CONCLUSION

As seen in this paper, glaucoma is a universal problem and prevention is always better than cure; and through proper unilateral breathing practices, it is possible to decrease Intra Ocular Pressure (IOP). This is an exciting finding and should be replicated in our laboratories and in controlled field trials. If this is universally applicable, this method could be a boon to our rural population since there is no cost involved, no side effects and could be carried out by anyone, even if one is bed ridden.



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With the association of S-VYASA a Yoga Clinic was started in Bhopal by Ms. R H Lata. In the inaugural ceremony MP Mr. Prabhat Jha and Mr. Alok Sanjar were there.



Asian Yoga Therapy Association – Founding Members: *standing row:* Ms. Sophie, Ms. Viveka, Mr. Kook, Mr. Vyasa Kalyanasundram, Mr. Prashant, Dr. Pushpa Kumara, Mr. Ajay, Mr. Avinash Mishra, Mr. Manoj Thakur, Mr. Mori, Mr. Ronnie and Dr. Vasudha Sharma
sitting row: Mr. Tony, Mr. Edward Chang, Dr. R Nagarathna, Mr. Kimura, Dr. Manjunath Sharma
Founding Institutes: VYASA, S-VYASA University & VYASA Health Care, Benagloru, India; VYASA Yoga Singapore; Ashtanaga Yoga, Sri Lanka; Japan Yoga Society; Vivekananda Yoga China; Viveka Yoga, South Korea; Dang Hung Yoga Vietnam



Empire of the Spirit: Towards SSS (Sanskritization, Saffronization and Spiritualization) Pathway for India's Soft Power*

To understand India's empire of spirit, we suggest a creativity view of Indian history and link it with three silent forces originating from India viz. Sanskritization, Saffronization and Spiritualization. In our view, Indian history can be classified in terms of following four periods:

Vedika >>> Hindika >>> Indika >>> Extended India (India & Indiapuras)
Ancient Medieval Freedom Free India: 1947...
movement

In this framework ancient period is referred to as Vedika because of the influence of Vedas and Upanishads on Indian Thought. During this period saptasindhu (seven rivers; Ganga, Yamuna, Godavari, Saraswati, Narmada, Sindhu, Kaverai) region was known as Bharat and Vedic Rishis and Munis provided deep insights to a worldview of life, leading to a vision of life that emphasized oneness of everything and created a path way of life for the human beings. Such a world view is often referred to as 'Sanatana Dharma' as well as ancient Indian wisdom contained in the ancient noble and notable books of India.

During medieval period, India became popularly known as Hind (derived from the name of river Sindhu). Hence, this period is referred to as Hindika and most significant influence of this period is Bhakti movement, that brought out the significance of Heart in human conduct. Many saints and sages who came from all walks of life, provided a 'leadership of the heart' to guide the masses towards a holistic approach to life and living. Hinduism owes a great deal to the Bhakti period saints and sages. In fact Hinduism as we know today is a combination of Sanatan dharma and its flow through Bhakti period. Ideas of Rishis and Munis from ancient times were brought to the masses by the saints and sages during the bhakti period and thus Hinduism

■ *Dr. Subhash Sharma*
Director, Indus Business Academy
Bangalore



became a mass movement and religion of the masses through the Bhakti saints and sages. .

During modern period, Freedom movement played significant role in liberation of India and as a consequence, liberation of many nations from colonialism. This period is referred to as Indika period. Modern sacro-social thinkers, such as Vivekananda, Gandhi, Aurobindo and others provided a new intellectual leadership to the Indian society and created the idea of Indian nationalism and thereby Indianism. These thinkers had freely drawn from the ancient Rishis & Munis as well as from the saints & sages of Bhakti period. Thus, Sanatan Dharma and Hinduism and other contemporary influences became a basis for Indian Nationalism and its manifestations in Indianism. These thinkers emphasized 'spirituality based social change' and provided a touch of spirituality/ non-violence/ higher consciousness in their approach to social change. This is in contrast to purely 'matter based approaches' originating from the thinkers of the West during modern period. Subsequently with globalization of Indian thought, many spiritual gurus played an important role in spread of such ideas to social change through yoga, meditation and spirituality at the global level.

Last 30 to 40 years, saw emergence of 'Extended Indias' beyond physical boundaries of India. We refer to them as Indiapuras and with their emergence Indian history entered a new period



viz. Mini-Indias or Indiapuras period that can be referred to as Globally Extended (GE) India. With this, "India as an Idea", extended beyond physical boundaries of India through Indian diaspora that included NRIs and People of Indian Origin. This period also saw spread of "Indian Ideas" e.g. Yoga, Meditation and Indian Spirituality at the global level. Celebration of International Yoga Day, approved by UN, is a pointer in this direction. From ancient roots it has travelled through many global routes.

India Story and SSS Pathway to Soft power

In the above discussion we captured the Indian story. This is the story of India's empire of the spirit. This empire is rooted in three key ideas representing three key forces originating from India viz. Sanskritization, Saffronization and Spiritualization (SSS). These ideas have roots in Sanskrit language, Spirit of Sacrifice & Devotion and Spirit of Freedom. Discussion below elaborates these ideas which with their origin in Indian history, are finding their expression at the global level in one form or other.

Idea I: Sanskrit Language, Sanskriti & Sanskritization - Roots in Vedika period

Original sounds of nature beginning with Big Bang/ Shunya, were heard by Rishis, Munis, Saints and sages in different parts of the world. "In the beginning there was Word, by the Seers it was heard". In India, Rishis and Munis 'heard' this word in the form of Om and its manifestations at various levels. From such original sounds and light originated the Sanskrit language and this is one reason why, Sanskrit is considered as divine language i.e. a language of higher consciousness.

In due course two words originated from Sanskrit viz. Sanskriti and Sanskritization. Sanskriti refers to culture and word Sanskritization is of



recent origin (some sixty years). It was coined by well known Indian sociologist, M. N. Srinivas based on his study of Indian society and change in a village context. In his frame of thinking, it represents an 'upward movement' of people lower in social hierarchy e.g. lower castes, tribal or other groups and towards a higher position in hierarchy at least up to the middle level. Srinivas attributes the agency of this change to the efforts by the lower castes. Another sociologist, AnantaGiri, has gone beyond M.N. Srinivas and suggested that Sanskritization should be understood more in terms of Sanskriti (culture) to indicate its transformative dimension at the individual and society level.

We can have three distinct interpretations of Sanskritization, depending upon its roots in three distinct academic disciplines viz. sociology, cultural studies and consciousness studies. With respect to linguistics, Sanskritization means entry of Sanskrit words in other languages, Many Sanskrit words such as Guru, Mantra, Nirvana, Mahatma, Rishi, Nirvana etc. have entered English language leading to silent Sanskritization of English. Most Indian languages originating from their spatsindhuroots, were Sanskritized long time back through mutual interactions with Sanskrit. Thus, Sanskrit silently flows through and thereby lives through various



Indian languages in one form or other and now it is also silently influencing English and other languages through its words and mantras.

With respect to spiritual perspective and consciousness studies, Sanskritization implies a movement towards higher consciousness and a spiritual view of life. Sanskrit is considered as divine language (devvani) which implies it is language of higher consciousness. As a society moves towards higher consciousness, it gets Sanskritized. Linkage between Sanskritization and consciousness has not been explored in academic literature on Sanskritization.

Thus idea of Sanskritization has to be seen in its broader sense through the lenses of cultural studies and consciousness studies rather than only through the lens of sociology. Its meaning in terms of civilization, culture, language, learning from ancient knowledge systems and expansion of consciousness, brings out its transformative potential at the individual, society and global level. Its interpretation in terms of expansion of consciousness, suggests that Sanskritization is a path beyond Westernization/ Westernity. Academic fascination of some Western scholars with Sanskrit language is indicative of the same.

Idea II: Spirit of Sacrifice & Devotion as Saffronization – Roots in Bhakti movement/ Hindika period

In India spirit of sacrifice and devotion is represented by saffron color. This color is common to all religions of Indian origin such as Hinduism, Jainism, Buddhism and Sikhism as well as to various spiritual traditions. Thus it does not belong to any specific religion. During Bhakti movement, devotional aspect of saffron color received attention of saints and sages. In modern period, significance of saffron color is represented by Indian flag as saffron color is one of its colors, representing the spirit of sacrifice. In addition to the spirit of sacrifice and devotion, saffron color also stands for ethics and values

and good human qualities. In fact, Indian flag provides us a message of prosperity represented by green color, knowledge creation represented by white color and spirituality represented by saffron color. It also has ancient linkage with trishakti (three powers)/ yin trinity, represented by Laxmi, Saraswati and Durga, representing prosperity, knowledge and spiritual power.

It may be indicated that above interpretations of saffron color, lead us to the idea of “Self-Saffronization” implying imbibing the spirit of sacrifice and imbibing good human qualities through concern for ethics and values. During Bhakti period of Indian history, saints and sages coming from all castes and classes and various spiritual traditions including Sufism, emphasized the idea of spirit of sacrifice and devotion as well as good human qualities. During modern period, Swami Vivekananda introduced the idea of saffron color and its spiritual significance to the West, during his visits to USA and other Western countries. Later many spiritual gurus from India took the idea of saffron color to not only America but also to several other nations.

Idea III: Spirit of Freedom & Spirituality – Roots in India’s Freedom movement / Indika period

During India’s freedom struggle, spirit of freedom with its roots in spirituality i.e. non-violent approach, took deep roots. It represented liberation from domination and oppression by the colonial powers. During freedom movement it became essence of Indianism and it inspired many other nations across the world. Non-violent route to liberation became its essence and Indianization of the world implied spread of non-violent philosophy across the globe. .

During freedom movement a number of sacro-social thinkers emerged that include, Vivekananda, Gandhi, Aurobindo and others, who not only focused on liberation of India from colonialism but also focused on spiritual approach to social change, as against the



prevalent Western theories of social change through matter (dialectical materialism).

It may be indicated that original sound and light, originating from Shunya/Big Bang, continue to remain a part of the matter. This provides a scientific explanation for the 'Isavasyamsarvamidam ...', (Consciousness is all pervasive ...). While consciousness is everywhere, its intensity may vary. In case of human beings, its intensity is still very high and we refer to it as 'Light in My Heart' or through similar other expressions. In fact, focus of 'Indian Spirituality' is on inner search to connect with the original sound and light for which it uses Om as a mantra, because Om represents the 'Original message' of nature expressed through Oneness and its many names and forms. In this respect, ISRON (Inner Search for Realization of Oneness with Nature) is keynote of Indian Spirituality.

While the focus of science and thereby modernity has been on the outer world, focus of Indian Spirituality has been on inner world. Many side effects of modernity can be overcome through spiritual approach. This has been realized by many thinkers. Thus, spiritualizing modernity is emerging as a new paradigm of forward and progressive thinking. In fact, writings of Swami Vivekananda, Gandhi and Aurobindo and others, have focused on the Force of Spirituality to create social transformation as well transformation of the self. Their writings are now influencing the field of Consciousness Studies.

Above discussion indicates that India's empire of spirit has emerged from Sanskritization, Saffronization and Spiritualization (SSS). This path takes us beyond Westernity, modernity and globalization. Sanskritization, Saffronization and Spiritualization of Westernity, modernity and globalization can represent the future direction of human and social development.

SSS Mantras in Corporate Corridors

New Mantras in Management with roots in SSS, are finding acceptance at the global level.

This is also reflected through an increased use of Sanskrit words such as guru, yoga, mantra, yantra, nirvana etc. in management thought and practice. New mantras in management broadly fall in following three categories:

- I. Yoga & Meditation in Management: Global acceptance of Yoga & Meditation has also led to their entry in Management field. Initially they were used as stress management tools. Now these ideas have entered mainstream of management thought as the concept of mindfulness was related to decision making and leadership in organization context. Global expansion and popularization of yoga and meditation resulted from the efforts of Maharishi Mahesh Yogi, Baba Ramdev, Sri SriRavishankar, Dr. H. R. Nagendra and others.
- II. Spirituality in Management: Thoughts of SwamiVivekananda, Raman Mahrishi, Sri Aurobindo and others are influencing the management thought in one form or other creating conditions for implementing the idea of spirituality in management and spirituality at workplace.
- III. Grounded Praxis Management: Grounded Praxis Management (GPM) is a distinctive Indian contribution to management thought. In Grounded Praxis, ideas are developed from the grassroots level and are tested and replicated at different locations. Gandhi and many others who developed grassroots institutions represent this approach.

These three streams of new management thinking provide us a foundational basis for development of new mantras in corporate corridors.

Let Noble Thoughts Go from Us in All Directions

Sanskrit word for globe is viswa. During ancient times, the idea of 'cultural globalization' was expressed through the well known



DIVISION OF YOGA & MANAGEMENT STUDIES

phrase from ancient Indian literature, Vasudhaivekutumbakam - entire world is a family.

From the word, viswa, we arrive at the idea of Viswanization which means reaching out to the world and spreading the noble thoughts from the 'Noble Books of India', across the world. While globalization has come to mean flow of ideas from the West to the rest, Viswanization means flow of ideas from East to West and the rest. It implies a new flow of ideas from sapsindhu (seven rivers region) to sapsindhu (seven seas) i.e. from local roots to global routes. First Celebration of International Yoga Day on June 21, 2015 is a pointer towards that. It is a

new metaphor for roots to routes connectivity and their crisscrossing in modern times. SSS model presented here points us towards a future direction for the three noble thoughts viz. Sanskritization, Saffronization and Spiritualization, to go from us in all directions.

* Note: This is a condensed version of author's article, Roots, Routes and Challenge of Creative Transformations of Self, Society and Management, in a New Era, Southern Economist, May 1, 2016, pp. 21-30.



Jagannatha Ratha Yatra celebration in Prashanti



Yoga Instructors' Course (YIC) Batch 170, July, 2016



Interesting Features of SMET Program

■ Sri K S Krishna Murthy, SMET Co-ordinator

In the last SMET Program conducted by us for HAL executives, there were really interesting features figured during the interaction between the participants and our faculty from Arogyadhama and some of the issues raised regarding STRESS in the minds of participants was amazing!!!

A Report...

a) Mental Tranquility and How to get relief from daily tension?

One hour for yourself daily with eyes closed-regular daily practice to be with yourself (swastha-swa-self stha- establish) by doing CM for 30 minutes after a brisk walk or gym or sports or suryanamaskaras or special technique (specific set of yogasana) taught to you for your illness. What is swa - inner Ananda - i.e. recognize, study and accept that you are made of the stuff called Ananda.

b) New Stress buster techniques:

Do QRT for 3 minutes after every two hours wherever you are.

c) How to avoid / mitigate short term surge of tensions or anger or fear?

Move out of the place first as soon as a irritating demanding situation comes - take 3 minutes off - get up and move to a place where none is seeing you (may be even wash room if no opportunity is there to go out to open place seeing the sky) - do kapalabhati (fast breathing with awareness 40-60/min) for one minute; deep slow breathing for one minute; bhramari for one minute and get back to the place -you would have achieved mastery and if not repeat one more round.

d) Stress is a silent killer. Ways to avoid:

Maintain background awareness of silence Yogasthah kuru karmani - make two compartments in your mind - maintain quietness in the inner mind while you are



SMET program participants from HAL, Bengaluru

working with full energy in the outer mind.

e) Minimize / contain / deflect stress level:

Spend at least four hours over week end for service activity / volunteering or spend four hours over weekend for sports activity.

f) Multi tasking stress levels:

Presence of mind switching off and on without hang ups is most important from multi tasking. all those said above will be good - regular practice, repeated dwelling on QRT once in two to three hours on deep inner awareness, remember japa several times in the mind, service attitude etc.

g) How to control mind to check stress level:

Stress is not the situation but it is the response. So make every situation as a gift for moving higher i.e. every demanding situation is a examination for inner stability. If not successful one need to spend more time for inner cleaning. Changing the meaning and purpose of life to move towards more spiritually oriented holidays with family; holiday should not be very tiring.

Emotionally - Satsangh - listen to geetha discourse daily by playing CDs of great masters; start learning samskrit, go to veda chanting class over weekend; avoid seeing movies that are heavily demanding on emotions or intellect, watch humorous ones. ■



Painful Perfectionism

A perfectionist has to put up with many a pain at every step. It is full of stresses and strain. A perfectionist expects everything to be systematic and methodical. There should be a proper and precise planning before implementing any idea. Nothing unexpected can be accepted. Rather, even the unexpected will be, to some extent, expected by a perfectionist. For example, if a function is to be arranged, several untoward incidents will be perceived and accordingly sufficient measures to circumvent them will be planned. A perfectionist unfortunately, very often, is stressed because others do not understand him and cooperate with him.

Kishore is a perfectionist. One day, he has gone to his friend's house. There, he finds the chappals placed in a disorderly fashion near the entrance as a hindrance at the threshold. He is so unhappy that he readily bends himself, collects them all and places them in an order. After doing that, he goes in to see his friend seated in a sofa which has a crushed cover and old clothes heaped on it. And the gentleman is able to sit amidst them and is reading a newspaper. As soon as Mr. Kishore is seen, the host welcomes him dropping the newspaper on the floor. Poor Kishore is shocked.

■ *Dr. K Subrahmanyam*
Pro-Chancellor, S-VYASA



He arranges the clothes in their respective places and keeps the sofa cover in an orderly way. Later, he picks up the newspaper from the floor, folds it perfectly adjusting the corners one over the other and then places it on the table with a paper weight over it. It is only after doing all this; he sits by the side of the host to discuss the purpose of his visit. All the while, his face is full of confusion and pain. He is certainly not at peace. He keeps everything in order at his residence. He expects everybody else to be so. He does not understand why people are unable to keep their habitats clean and tidy. If every object is placed in its allotted place, there will be no problem in finding it. If the objects are not kept in their allotted places, one has to search for them and thereby waste time and energy. Sometimes, one may have to spend money to buy the required objects because they are not found when needed. Almost in every house people waste money, energy and time because they are not observing the dictum: "have a place for everything; and have everything in its place then and there".



A perfectionist is never late. He is highly precise and punctual observing the time schedule. If everybody in the country is to be perfectly conscious of punctuality, lot of time, money and energy can be saved and they can be better utilized. Either in the house or in an organization / Institution, what is required is proper planning and perfect implementation of the



time schedule. If only punctuality is observed everywhere, we can achieve higher goals without stress and strain.

Every action is to be performed according to the procedure prescribed for it. To write a leave letter there is a procedure. And to do research also there is a procedure. If only we observe the procedural perfection, we need not be worried about the fruits. We can be free from all tensions and anxieties, if we follow the means precisely. "Take care of the means, ends will take care of themselves". Sri Krishna in Bhagavad Gita exhorts Arjuna to be a Karma Yogi observing the principle that he has to be very perfect in

following the means.

Unfortunately because of the irregularities and disorderliness of the people around, perfectionists are suffering from tensions. It is therefore necessary that a perfectionist also develops a little detachment. It is after all a dog's tail. It gets always curled back. If you hold it stiff, the dog may bark and bite. If you leave it, it may get curled back. Therefore, a perfectionist must learn the art of withdrawing from the attachment to anybody or any act. Disinterested and detached activity is essential to be free from stress and strain, pain and pressure. Sri Krishna is a role model to be a stress-free perfectionist. ■

Poland - 2nd IDY celebration

International Day of Yoga was celebrated in Warsaw. Indian Ambassador Mr. Ajay Bisaria was the Chief Guest. Mr. Krzysztof Stec, the writer of the book Dynamic Suryanamaskar – Sun Salutations which is the publication of Swami Vivekananda Yoga Prakashana, was also present.



PES University, Bengaluru - 2nd IDY celebration

Karnataka State Yoga Academy organized 2nd IDY celebrations at PES University, Bengaluru. Union Minister Sri Ananth Kumar was the Chief Guest.





Sanskrit Day Celebration

॥ *Bharatasya Pratiste doe
samskritam samskritastatha* ॥

Union Government declared in 1969 that 'Sanskrit Day' or 'Sanskrit Festival' (*Samskritotsava*) has to be celebrated all over India on the Full Moon day of *Shravana* month every year which generally appears in August and coincides with sacred day of brother and sister (*Rakshabandhan*). Since then Sanskrit scholars, universities, institutes, NGOs and well wishers have been celebrating this Sanskrit day (*Samskrita Dinam*) with great enthusiasm all over the country along with *Rakshabandhan*.

The main purpose of celebrating this Sanskrit Day is to remember the great contributions made by this language and literature to human beings since time immemorial, planning and promotion of Sanskrit related studies, publication of Sanskrit books, honoring of eminent Sanskrit scholars, organizing of varied literary competitions, dance, drama and musical performances in Sanskrit and related academic and cultural activities.

Sanskrit is one of the oldest languages in the world and it belongs to Indo-European language community. The language has an accurate ancient oral tradition and a very systematic grammatical tradition established by renowned grammarians such as Panini, Patanjali, Katyayana, Bhartruhari and hence has survived in our country all these millenniums. Swami Vivekananda once remarked that the very sound of Sanskrit words give a prestige and a power and strength to the race. This language is like a flowing river. The Indian consciousness (*bharatiya chaitanya*) is shining eternally in the light of Sanskrit from the Vedic times to the



■ Prof. M K Sridhar
Dean of Academics and Division of
Yoga & Humanities, S-VYASA



present day as told by Dr. G. Ramachandra Bhat, Hon'ble Vice - Chancellor of S-VYASA Yoga University. The cultural, social, ethical, spiritual and political ethos of ancient India or *Bharat* have been preserved in this language and literature even amidst foreign invasions owing to its intrinsic merit. 'The culture represented in this language has been responsible for uniting and integrating India and her people across the length and breadth of this country even amidst the multi-cultural, multi - racial, multi-lingual, and regional set ups' as told by Justice Dr. M Rama Jois, former member of Rajya Sabha and former Governor.

The sister languages of Indo-European community such as Latin and Greek disappeared by 17th century from their homelands with the dawn of modern age but only Sanskrit language and heritage survived in India or as a cultural entity. There is hardly any aspect of Indian life that has not been influenced and impacted in some way or other by Sanskrit scriptures, epics, myths, legends, fairy and folk tales and also by great philosophical ideas like non-dualism (*Advaita*), devotional movements (*bhakti*), and eternal values such as selfless work (*nishkama karma*), service (*seva*), detachment (*asanga*), sacrifice (*tyaga*), renunciation (*sanyasa*), equality for all religions (*sarvadharmasamatva*), truth (*satya*), righteousness (*dharma*), non-injury (*ahimsa*), universal brotherhood (*vishwabhratrutva*) and many more. The principles of *Sanatana Dharma* are embedded in this language along with ethical code for the welfare (*shreyas - hita*) and development (*abhyudaya*) of an individual,



society, nation and the world at large.

Sir William Jones, Chief Justice of Calcutta High Court who translated *Abhijnana Shakuntalam* of Kalidasa into English in 1789 declared thus: 'Understanding India involves understanding of Sanskrit language and culture'. Sanskrit language, literature and culture are like two faces of the same coin. It is the primary responsibility of all educated Indians to protect and preserve this ancient language and culture. If we forget Sanskrit, then it is as if we have forgotten Indian internal essence (*bharatiya antahsatva*). Sanskrit has been included in the 8th schedule of the Indian constitution. It is a classical language and a computer language (*Samganaka Bhasha*). Approximately two crore people are studying Sanskrit from first standard to Ph.D degree in this country. There are 17 Sanskrit universities in India including our State. Sanskrit is an international language. Around 50 nations are teaching Sanskrit in 250 Universities all over the world.

Dr. B. R. Ambedkar who was the architect of Indian Constitution and a thinker had told at the time of drafting the Indian constitution that Sanskrit should become the administrative language of India and had even suggested that there should be a decision in this regard by the Union Government.

In the Karnataka context, there has been a symbiotic relationship between Sanskrit and Kannada from several centuries in the past. Ancient and medieval literature of Kannada is replete with poets and scholars who had established supremacy in both the languages. Pioneering efforts of Akhila Karnataka Samskrita Parishat in propagating Sanskrit among schools and colleges from 1977 and that of *Samskrita Bharati* (1980) in popularizing Sanskrit as a spoken language in India and abroad are too well known to be recounted here again. In such a healthy scenario, the Union and State governments, NGOs, Sanskrit fraternity have several formidable challenges to be undertaken for the preservation and propagation of this pristine language of our country. The oral traditions of the Vedas are still current and they

havetobepreserved for posterity using latest digital technologies (both audio - visual) and scholarshipsshould be exclusively introduced for



students keen in maintaining the oral Vedic tradition. Precious Sanskrit Manuscripts which have a wealth of knowledge should be preserved in digital medium for posterity. Scholarships should be introduced to encourage scholars for translating award winning works from other Indian vernaculars into Sanskrit language. This augments the further growth of Sanskrit language. Several seminars, symposia, poetry and creative writing workshops could be organized in collaboration with various language Academies, institutes and organizations working for this cause. Sanskrit Universities established by State and Central governments should serve as a Global Sanskrit Study Forum catering to people of various nations with diverse cultural backgrounds. The emphasis of these Universities should be research oriented and they should fully engage in the creation of Knowledge base in Sanskrit. These Sanskrit Universities should become a role model for the whole world on the lines of Nalanda, Taxashila, Kashi Universities which had enhanced the prestige of India world over for several centuries. *Panchatantram* of Vishnusharma, *Charaka* and *Sushruta Samhita* -s, the *Bhagavadgita*, *Abhijnana Shakuntalam* gave us a global reckoning in the last 1500 years. Now with the untiring efforts of Dr. H R Nagendra Ji, Hon'ble Chancellor of S-VYASA University and peerless support from State and Central governments, Yoga is on the world center stage in an unprecedented manner. This is the right moment to showcase the matchless and unfathomable knowledge preserved in Sanskrit language globally through various media and ICT format. Let us dedicate ourselves and contribute our mite in enhancing cultural and spiritual capitals through Sanskrit language and literature on this momentous occasion.

॥ Jeeyaat Geeroana Bharatee ॥



National Yoga and Naturopathy Board meeting

Bengaluru, July 13: National Yoga and Naturopathy Board meeting was held in Prashanti Kutiram, S-VYASA. Dr. HR Nagendra, Chancellor S-VYASA welcomed the Sri Sripad Yasoo Naik, Hon'ble Minister for AYUSH, Government of India and all the other members present for the meeting. The meeting started with Shanti Mantra. Sri Anurag Srivastava,

Joint Secretary, AYUSH began the proceeding of the meeting with the permission of Chair. The Joint Secretary apprised the members present regarding the purpose of the meeting and also the gist of the agendas that is placed before the committee for decision. Sri Ajit Sharman, Secretary, Ministry of AYUSH, expressed his views on the subject. ■



Shree Yoga Vijnana Kendra, Bengaluru - 2nd IDY celebration

2nd IDY was a very busy and happy day for all yoga teachers of Shree Yoga Vijnana Kendra (SYVK) at Yelahanka New Town. SYVK conducted yoga practices as per the protocol on IDY at as many as 12 places in and around Yelahanka. People participated with full enthusiasm in hundreds of numbers in most of the places.

SYVK conducted series of yoga classes at ISRO to prepare the employees of ISRO Satellite Centre for IDY 2016 celebrations in a grand way. About 290 scientists took part in this practice with great enthusiasm. Shri Gopalakrishna Hegde, Sri Shivprakash and Mrs. Seema Venugopal imparted the training.

SYVK conducted IDY protocol at Rail wheel Factory, Yelahanka. Senior Yoga teacher of SYVK, Shri Guddad spoke on the occasion about the importance of yoga.

Another senior teacher of SYVK, Mr. Chandranna,



imparted yoga protocol training for BSF at Yelahanka. About 350 people participated during IDY 2016 at BSF.

SYVK organised mass yoga practice at Shankar nag Park, Vivekananda Park, Yelahanka, Allalasaandra, NCC and Heritage Apartments at Yelahanka. All trustees and Teachers of SYVK whole heartedly supported this event.

Students of SYVK participated in IDY protocol at New town centre and Kogilu centre in good numbers. Senior Teachers Mr. Srikanth and Mrs. Chanchala took the lead. ■



41st Academic Council Meeting of S-VYASA held on July 24, 2016; at Prashanti Kutiram

- **Padma Shri** award to Chancellor, **Dr. H R Nagendra**, placed on record.



The following Points were Discussed in the Meeting:

- 1 The proposed Integrated PhD Program.
- 2 The Eligibility Criteria for PhD Program.
- 3 Existing and proposed System of Evaluation in the process of Examination and Attendance.
- 4 The newly proposed Skill Oriented Courses in the Division of Yoga & Humanities and Division Yoga-Spirituality.
- 5 Dr. H R Nagendra Ji's visit to the International Conference held at Harvard Medical School, Boston, USA.
- 6 S-VYASA's participation in the 2nd International Day of Yoga held on June 21st, 2016
- 7 Proposed establishment of New Yoga University in Andhra Pradesh at Vishakapatnam by VYASA.
- 8 'BRICS' presentation of Arogya Expo at Palace Grounds, Bengaluru from September 9-12, 2016.
- 9 'AEON -2016', the first ever National Naturopathy Fest. ■



Gurupurnima celebration in Prashanti



Prashanti Kutiram, July 19: On the auspicious day of Ashadha Masah, Purnima Tithihi Gurupurnima was celebrated.

The program started with Bhagavad Gita chanting, followed by Guru Astakam & Guru Bhajans.

After the Bhajan sessions, our Honorable Vice Chancellor Prof. Ramchandra G. Bhat talked about Guru Parampara & Acharya Parampara. Pro-Chancellor Prof. K Subrahmanyam Ji talked about the disciplines prescribed by Vyasa Rishi to his disciples - a disciple should avoid loneliness, idleness & association with the opposite gender in the formative period. Then Honorable Chancellor Dr. H R Nagendra spoke about the Guru's spirit who has the inquisitiveness to learn new unknown dimensions of truth.

The program was followed by the custom by giving fruits to the Honorable Gurus and Prasadam was distributed by Gurus to the students, participants & guests. ■





Special Yoga Instructors' Course for foreigners under Indian Technical and Economic Co-operation Program by Ministry of External Affairs, Govt. of India



YIC participants of 38 Countries with Dignitaries

Bengaluru: Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) successfully completed the II batch of Special Yoga Instructors Course (YIC), organized by the Ministry of External Affairs, Government of India, under Technical and Economic Cooperation Programme, during May 2016.

S-VYASA University takes the pride in successful completion of the II batch. The II batch of Special Yoga Instructors Course (YIC) was inaugurated on 16 June, 2016. 54 participants drawn from 38 different countries attended one month residential course at Prashanti Kutiram, campus Jigani, Bengaluru, the abode of love, peace and harmony. It was a great experience in connecting the world wide people with

diversified culture under the one roof and to enjoy and enthrill "The Knowledge of Yogic way of living".

The participants were widely receptive for accepting wisdom of yoga irrespective of cast creed, religion and nationality and established that Yoga is beyond the man made boundaries. Yoga for the Health at all the level of human existence and for the sick to return to the state of wellbeing has been trained to the participants under the syllabus prepared by the wide research studies conducted by R&D department S-VYASA.

All the participants were encouraged to exhibit their talents during the cultural session; participants were taken to ISKON temple to get an idea of the rituals normally followed in Hindu temple. In order to get the glimpse of shopping prevailing in the city, the participants visited M G Road and Royal Meenakshi mall. As a part of study tour, the participants visited heritage city Mysore and surrounding historical places including Srir nagapatna.

The graduation day as a mark of conclusion of the Programme was held on 12 July, 2016 and for the graduation day, all the participants were dressed in typical south Indian Saree (ladies) and Kurtha & Dothi (Gents). Karnataka High Court Justice Sri Kumar S N, presided as the Chief Guest of the function. ■



Valedictory Program: Chief Guest Justice Sri Kumar S N was felicitated

तं विद्यादुःखसंयोगवियोगं योगसंज्ञितम्
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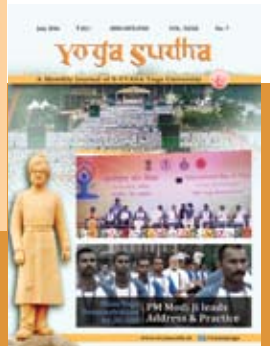
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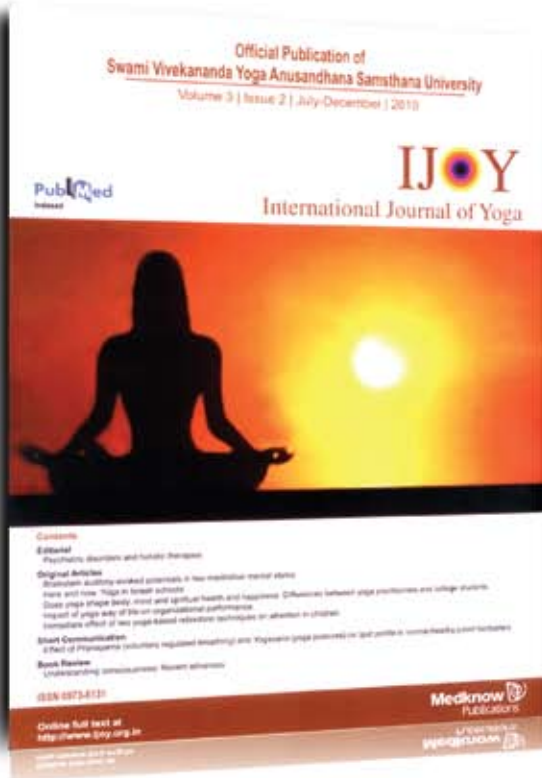
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Editor

Dr. Manjunath N K
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Dr. Srinivasan T M
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Editorial Office: +91-080-2263 9906

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