

YOGA SUDHA

A Monthly Journal of SVYASA (Deemed to be University)



Recently,
A Delegation from S-VYASA
led by the Chancellor,
Dr. H R Nagendra
met the Hon'ble President of India,
Smt. Droupadi Murmu
in Rashtrapati Bhavan,
New Delhi



New Delhi: Recently, a **delegation from S-VYASA**, led by the Chancellor, Dr. H R Nagendra met the Hon'ble Lieutenant Governor of Jammu and Kashmir, **Shri Manoj Sinha ji**; Secretary of Ministry of AYUSH, GoI, **Dr. Rajesh Kotecha**; Minister for Social Justice and Empowerment, GoI, **Shri A Narayanaswamy**.

Last is the view of **VYASA - Delhi Executive Committee Meeting**

तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

योगसुखा सुखा

Vol.XXXVIII No.10 October, 2022

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Printed by Chandrashekar V and published by Mahadevappa B on behalf of Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), No. 19, Gavipuram Circle, Kempe Gowda Nagar, Bangalore - 560 019 and printed at Sharadh Enterprises, No. 51, Car Street, Halasuru, Bangalore - 560 008 and published at SVYASA, No. 19, Gavipuram, KG Nagar, Bangalore - 560 019. Editor Dr. H R Nagendra

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EDITORIAL

My dear Brothers and Sisters,

In continuation of my editorial in September, 2022 about the three dimensions of Karma (Sancita, Prarabdha, and Agami Karmas) a combination of which show up as the natural frequency of our body when we are born.



What is meant by natural frequency?

Natural frequency, also known as eigenfrequency, is the frequency at which a system tends to oscillate in the absence of any driving or damping force. The motion pattern of a system oscillating at its natural frequency is called the normal mode (if all parts of the system move sinusoidally with that same frequency). The natural frequency of the simple harmonic oscillator is calculated by the following formula: $f = \omega / 2\pi$.

How do we calculate the natural frequency of physical objects in physics?

The natural frequency f of the simple harmonic oscillator above is given by $f = \omega / (2\pi)$ where ω , the angular frequency, is given by $\sqrt{k/m}$. Here, k is the spring constant, which is determined by the stiffness of the spring. Higher spring constants correspond to stiffer springs. M is the mass of the ball.

What are body frequencies?

Frequency - definition. "The number of occurrences of a repeating current flow per second". The subject of body frequencies is little known and/or studied and understood by modern western science. Body Frequencies: Feeling great... on top of the world... or down, exhausted and sick, etc.

Is it possible to measure the frequency of the human body?

Accordingly, there is a need for improved methods of measuring in real-time the frequency or frequencies of electromagnetic

fields emitted by and mechanical vibrations generated by the human body as a whole and/or specific human body tissues.

A healthy human body resonates at a frequency of 62-78 MHz, and diseases start when the frequency drops to 58 MHz.

Individual part frequencies:

- Head 30 Eye Ball 20 to 25 Chest 4 to 6 Thorax 3 Heart 4 to 5
- Trunk 3 to 6 Spine 3 to 5 Shoulders 2 to 6
- Stomach 4 to 7 Colon 20-25

When the frequency drops because of physiological or emotional or environmental factors,

the immune system becomes weak, so viruses, bacteria find it easier to do their work, so as

NIKOLA TESLA said if you could eliminate certain outside frequencies that interfered with

our bodies, we could have greater resistance toward disease.

A heart rate monitor measures the frequency at which the heart beats, and a blood pressure monitor measures the force exerted on the arteries both when the heart beats and is at rest. Frequency devices are not only used for diagnosis but are also used to help manage various health conditions.

■ Dr H R Nagendra



Message from the Vice Chancellor

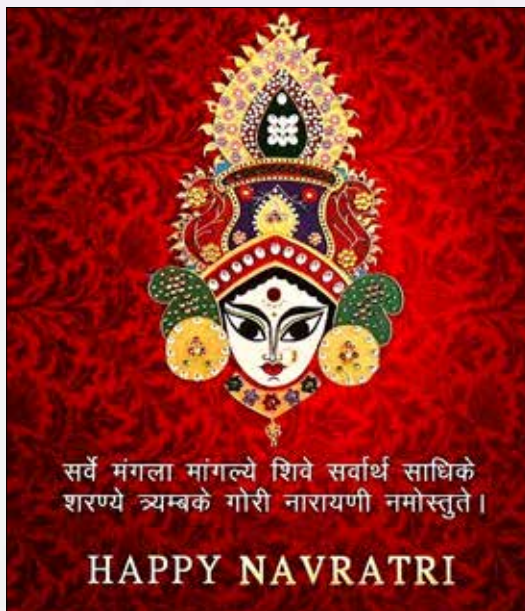
Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

Wishing you all a very happy and prosperous Dashehra and Navaratri festival.

As you all aware the religious, regional, political and international unrest is increasing everywhere in the world. The so called Super powers are posing the threat of war like circumstances. Still the war situations are continuing in Ukraine and Taiwan. There is a huge protest in Iran about the compulsory practice of Hijaab and other forced religion related practices. In Japan which is said as the land of Buddhists, assassination of the Prime Minister protest against the dictatorial attitude of the Premier of the people's Republic of China have happened. Anti-national and religious intolerance activities of PFI and SDPI in our country have crossed all the limits. Such activities are totally against the hormonal and peaceful living of people. The cause for such an attitude is religious fanatics, territorial expansionism and dictatorial mind-set.

Everyone should note that God has created this beautiful world and the people for a meaningful



living with universal brotherhood and divinity in every one.

Today this is missing everywhere. We need to revive this noble attitude to save the community and the whole world from the evils of hatredness, enmity, intolerance, non-violence and destructive approach.

Yoga the Science and philosophy of Unity, Integrity and Unification

has the power to revive and establish this.

During this Navaratri season wherein we see lots of positive vibrations in and around, let us pray the Universal protectors Sri Mahalakshmi, Mahasaraswati and Mahakali to bless everyone with proper discriminatory Intelligence to develop divine qualities to accept every one as the most sacred and divine. Also, to resolve within ourselves to establish *Sarva Dharma Sama Bhava* and *Ekaatma maanavata* Darshana the inner crust of Sanatana Dharma well interpreted and taught by Sri Swami Vivekananda the great monk of India and Pandit Deendayal Upadhyaya, a versatile philosopher of modern society.

With Pranams

Vaidya Dr. B R Ramakrishna

Vice Chancellor, S-VYASA Deemed to be University, Bengaluru
Editor in Chief 'RAJAS' Journal of AYUSH, RGUHS, Bengaluru





S-VYASA
Deemed to be University
Bengaluru, India

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Navaratri

Sept 28th- Oct 5th, 2022
Prashanti Kutiram, Bengaluru

या देवी सर्वभूतेषु बुद्धिरूपेण संस्थिता ।
नमस्तस्मै नमस्तस्मै नमस्तस्मै नमो नमः ॥

*To that Devi Who in All Beings
is Abiding in the **Form of Intelligence**
Salutations to Her, Salutations to Her,
Salutations to Her, Salutations again and again.*

HAVANA MALIKA during NAVARATRI celebrations

Sept 28, Wed : Dhanvantari with Madhumeha Parihara

Sept 29, Thu : Vishnunamatrayi Homa & Veda Dakshinamurti Homa

Sept 30, Fri : Maha Mrtyunjaya Homa

Oct 1, Sat : Purusha Sukta Havana & Sarpa Shanti (for Ketu Preeti)

Oct 2, Sun : Sudarshana Homa

Oct 3, Mon : Rudra Archana & Homa

Oct 4, Tue : Chandi Homa

Oct 5, Wed : Navagraha Shanti & Ayushya Homa

ALL ARE CORDIALLY INVITED



ब्रह्मसूत्रम् (Brahmasūtram)

■ Prof. Ramachandra G. Bhat
Former Vice Chancellor
S-VYASA Deemed to be University, Bengaluru



सहकार्यन्तरविधिः पक्षेण तृतीयं तद्वतो विध्यादिवत् (ब्रह्मसूत्रम्-३-४-४७)

Sahakāryantaravidhiḥ pakṣeṇa tṛtīyaṁ tadvato vidhyādivat (Brahmasūtram-3-4-47)

Meaning: *There is the injunction of something else, i.e., meditation, cooperation (towards knowledge) (which is) a third thing (with regard to Balya or state of a child and Panditya or scholarship), (which injunction is given) for the case (of perfect knowledge not yet having arisen) to him who is such (i.e., the Sannyasin possessing knowledge); as in the case of injunctions, and the like.*

This Adhikarana focuses on a discussion about a statement from Brihadaranyaka Upanishat in the fourth Pada of the third chapter. The means for internal Darshana (vision) or Sakshatkara (realization) is the subject dealt with in this Adhikarana. Acharyas belonging to three Matas (traditions) opine different means for this. Acharya Ramanuja declares that total surrender (Prapatti) to Bhagavan is the primary means for the goal of Samsara Mukti. Acharya Madhva proclaims that Bhakti (devotion) is the most important means. In Shaiva Parampara, Panchacharyas claim that selfless devotion is a primary tool for Mukti. Coming to the integral humanism, in the Advaita approach, Nididhyasanam (contemplation, pondering upon) is the critical step after Shrivana (gathering information from a learned teacher) and Manana (analyzing the subject learned from a teacher), having total integration with divinity as a precursor to Nididhyasanam is the way for absolute freedom.

Cleaning the mental faculty through which the actual progress towards Mukti happens is a necessary step in terms of preparation. Mind, a creative instrument bestowed only to the human beings, must be sharpened and purified for Moksha (total freedom). Guru Upadesha

(initiation from a Guru) will be fructified only when the mind is well prepared with purity. Preceptors' order cleanses only that mind which is ready to take a quantum leap towards the goal. The body of knowledge in Indian systems, namely Vedas, Vedangas, Upaveda, and Upangas contain all teachings through which cleaning of the mind happens naturally. All this knowledge base will be shared with disciples in Guru-Shishya Parampara (teacher-taught tradition). In this, Guru plays a crucial role in molding the personality of the discipline. Guru Dakshinamurthy, Guru Dattatreya, Guru Narasimha are a few examples to show that Gurus need not necessarily be in human form, but Devata themselves who are essentially divine. Further steps such as Sadhana Chatushtaya (quadrant of suitable tools of liberation) will guide further.

After learning from Gurus (Shrivana), application of the knowledge with the logical arrangement (Manana) and analysis to clarify the ambiguities would guide to the next step which is Nididhyasana (contemplation). Logics that are growth-oriented and constructive should be nourished, rather than destructive and logical fallacies towards destruction. When the mind becomes a thin layer and transparent p10 ►►



S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana
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Bengaluru, India



Division of Yoga-Spirituality



VMAC-VTR

Varahamihira
Advanced Centre of
Vedic Technology
Research

**Launching soon
in S-VYASA Headquarters, 'Prashanti Kutiram'**

While we have done our contributions for Yoga Therapy for over 30 years in the form of nearly a thousand Research Papers published in the Peer Reviewed Journals, we now are venturing into a new Project related to the Purva Mimamsa Shastra.

We are all aware of the three major contributions of Patanjali Maharshi known for Yoga, Grammar and Ayurveda.

Similarly, Varaha Mihira made three great contributions in Jyotisha: Phala Jyotisha, Ganita (Maths) and Khagola (Astronomy) Jyotisha.

Hence in his name we have now planned to open a new venture, 'Varaha Mihira Advanced Centre of Vedic Technology Research' (VMAC-VTR).

We seek your association and support for this New Research Dimension we have taken up in S-VYASA.

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Religious and Ethno medicinal Significance of Shami Tree

Every tree and every plant has a special quality in itself. Its shape, color, fragrance, fruits and flowers are related to different planets due to different effects. But some plants are also special for worship. One of these is the *Shami* Tree. *Shami* is one of the most auspicious trees whose importance has been accredited since our Vedic times. It is known as *Shami* or *Samee* in Sanskrit, *Saikanta* in Bengali, *Gonharea* in Oriya, *Khejri* in Hindi, *Banni* in Kannada, *khejri* or *Loong Tree* in Rajasthan, *Jand* in Punjabi.

Pre Vedic period: It is also referred as "*Bhruhatpalasha*", *Subhaga*, *varshavidha* and *Rutavari*.

According to Vedas *Shami* tree is endowed with the property of containing fire. As per a Rigvedic legend Pururavas, the ancestor of Lunar race of kings generated the primeval fire by rubbing the branches of *Shami* and *Ashvatta* trees together. Similarly in *Atharvaveda* it is said that, to produce fire during *Yajnas*, *Ashwatha* and *Shami* were used as '*Uttaraarani*' and "*Adharaarani*'.



■ *Dr. Divya Keshavamurthy*
Assistant Professor, Division of
Yoga-Spirituality, S-VYASA



Shami leaves are used for *Godhana* after *Annaprashana Samskara*. Saayana has defined that *Shami* is known to subside the effect of fire/burn hence the name *Shami*. It is one among *Shanta Vriksha* according to *Koushikasutra*. According to *Atharva Parishista*, to get *Putra Santana*, *Shami* leaves are used for *Snana* during *Moami*.

Post Vedic period: The *Shami* tree holds great importance in *Ramayana*, *Mahabharata*, and *Puranas*. According to *Ramayana*, Lord Ram had performed a prayer in the presence of a *Shami* tree before declaring a war on Lanka. Similarly, according to the *Mahabharata*, when Arjuna assumed the form of *Brihannala* during his exile, he and other Pandavas hid their divine weapons on a *Shami* tree. They retrieved the weapons from the tree the following year on *Vijayadashmi*, proclaimed their true identities, and defeated the Kauravas. *Shami* trees and arms have been respected since that time, and the exchange of *Shami* leaves on *Vijayadashmi* has become a sign of goodwill.

In the *Mahabharatha*, it is mentioned that the god of fire- *Agni* hid in the heart of the *Shami* tree to escape from the wrath of *Brighu Maharishi*. *Shami* Tree also represents goddess *Durga*. The twig of the *Shami* tree is used for the sacrificial fire. *Shami* leaves are also used in the worship of Lord *Ganesha* and Goddess *Durga*.

Shami leaves are offered to Lord *Ganesha* in the 21 *Patra Puja*.-" *Om Ibhavaktraya namaha, Shami Patram Samarpayami*".



Table 1: The Phyto-constituents and utility of *Shami* (*Prosopis cineraria*) Tree

SNo	Parts of the Tree	Properties (Phyto constituents)	Utility
1	Trees	Quercetin, tannin and tryptamine	Used to fix nitrogen, it improves fertility and physical characteristic of the soil. It stabilizes shifting sand dunes and as a windbreak shelterbelt in afforestation of dry areas.
2	Leaves	campesterol, sitosterol and stigmasterol, octacosanol, Tricosan1-ol, and 7,24-Tirucalladien-3- one along with a piperidine alkaloid spicigerine. Has antibacterial, antihyperglycemic, antihyperlipidemic, and antioxidant properties	As compost to fertilize agricultural fields. As nutritious feed for livestock in desert.
3	Bark	Anti-inflammatory properties. Glycoside. vitamin K1, n-octadecyl acetate, the long chain aliphatic acid. glucose, rhamnose, sucrose and starch.	Used by pregnant woman at the time of delivery. Used for the preparation of medicines to cure for Stomach, Skin and Eye problems, and to cure Rheumatism, Leprosy, Dysentery, Bronchitis, Asthma, Leucoderma.
4	Flower	Patuletin glycoside patulitrin, luteolin and rutin sitosterol, and spicigerine. Flavone derivatives Prosogerin A and Prosogerin B.	Mixed with sugar and used during pregnancy as safeguard against miscarriage.
5	Pods and Seeds	Has a hypoglycaemic effect Are rich source of protein and carbohydrate. Prosogerin C, Prosogerin D, Prosogerin E, Gallic acid, patuletin, patulitrin, luteolin, and rutin.	The pods are used in the treatment of Urino-genital diseases and for hormonal imbalance and to prevent unwanted growth of body and facial hair

Worship of *Shami* across India:

This holy plant is found in the premises of the temples, *Navagraha vanas*, and in sacred places. Along with *Tulsi* plant, this plant can also be placed in the Home. It is believed that this plant is dear to Lord *Shani Deva* and Lord *Shiva*. And according to folklore, the *Shami* tree is said to be a money-drawing tree, on which there is never a shortage of money in the family.

In Rajasthan - The Bishnoi community of Rajasthan worship the *Shami* tree as *khejri*, as it is a valuable source of food for them. It is a State tree of Rajasthan and is called the '*kalpavriksha of the desert*'. It is also the national tree of the United Arab Emirates. *Shami* tree is an excellent source of charcoal. Dried pods are a rich source of feed for livestock. The pods are used as vegetable in Rajasthan. The green twigs of this tree is worshipped in homes on *Janmashtami* (the birth day of Lord Krishna as per Hindu traditions). It is a symbol of Krishna in some districts of Rajasthan. The dry pods of *Shami* tree is known as "*Marwari Mewa*", which

reduces the craving of water in the summer. Because of this reason farmers use this during lean periods. They also use the pods to increase milk production in animals.

States of North Karnataka and Maharashtra: On the day of *Vijaya Dashmi*, people in the exchange *Shami* leaves, as it brings victory and prosperity.

In Uttar Pradesh: The plant decoction is used to take bath in the beginning of the summer season as they believe that it helps in preventing several possible disorders of the forthcoming season.

Telangana: It is also the state tree of Telangana. During this time people distribute leaves of this tree to their elders to get their blessings and to relatives and friends to share mutual love and respect and to forget past bitterness. Because of its auspiciousness, this tree has been given synonyms like Lakshmi, Shiva, Sita etc.

In Mysore, Karnataka: The famous Mysore Dasara procession observed on the *VijayaDashami* day since four centuries, starts from the Mysore Palace and culminates on reaching the *Banni*



Table 2: Ethno-medicinal values of *Shami* tree

SNo	Parts of the Plant	Method Of Administration (MOA)	Purpose
1	Bark	Concentrated decoction	Used as oral gargling/rinsing for Mouth Ulcers and for washing wounds, to stop bleeding and support healing.
		As powder in Hot infusion, administered in dose of 20-30ml once/twice a day	Pacifies joint pain and dysentery (used in central provinces and western India)
		As cold infusion – administered internally in dose of 20-30ml once/twice a day after food	For various bleeding disorders including hematuria, hemorrhoids and bleeding gum complaints
		As paste	Applied to the area of scorpion bite for pacifying burning and swelling
		Both bark and leaves decoction	For bathing the child to get rid of pediatric disorders.
2	Leaf	As Leaf decoction, external administration	On lesions which are oozing and itching. Useful for dandruff and itching scalp.
		As cold infusion – external application	To reduce burning of eyes, face and skin
3	Fruit	Fine Paste of the fruit	On areas where extra hair growth is found. Removes facial hair in a natural way.
4	Flowers	Fine paste with sugar candy	To avoid repeated miscarriage/abortions

Mantapa. The festivities of observing *Dasara* was started by the Vijayanagar Kings. During *Dasara*, the *Maharajah* of Mysore would send the weapons and the State sword in a procession of horses and elephants, along with the troops to the *Banni* tree. This was followed by the worship of the *Banni* tree and the *Maharajah* would pluck leaves from the *Shami* tree and keep it safely until the next *Dasara*.

Astrological Significance: It is a religious belief that worshipping the *Shami* tree reduces the ill effects of *Shani* (Saturn) and pacifies it. Worshipping the *Shami* tree during *Pradoshkaal* on *Dasara* is considered very auspicious.

Method of worshipping *Shami*:

After a clean bath, offer holy water to the roots of *Shami* and place your weapons, light an oil or ghee lamp. Perform *Aarti* with *Panchopchar* or *Shodashopachara puja* offering incense, candle, and sweets to the arms with trees. Chant the below *mantra*:

“*Samee samayate paapam Samee satruvinasanam Arjunasya dhanurdhari Ramasya priyadarsini*”

Botanical Significance:

Shami tree is also known as **White Kutch**. The botanical name of the tree is *Prosopis cineraria*. It

belongs to the pea family, *Fabaceae*.

The tree grows in dry and arid regions of India mainly in the Southern States of Karnataka, Andhra Pradesh, Rajasthan, Haryana, Punjab, Gujarat, Western Uttar Pradesh and drier parts of Deccan. *Shami* tree is also grown in Afghanistan, Pakistan, Oman, Saudi Arabia, the UAE and Yemen.

Morphology:

- Leaves: The leaves are small and bipinnate with 7-14 leaflets on each of the pinnate.
- Bark: grey, rough with deep fissures.
- Branches: slender with conical thorns.
- Flowers: Flowers are small and pale yellow to white in color.
- Twigs: zigzag at the nodes.
- Fruit, Pods: smooth and brown filled with a dry, sweetish pulp, constricted between 10-15 seeds.

The flowering happens during the month of December-April while the fruiting happens during the month of March – June.

Ayurvedic Significance:

Based on the morphology, this tree is known as *Tunga*, *Bahukantaki*, *Bhadra*, the fruit as



Shivaphala, Kacharipuphala, Shankuphala and its leaves as *Supatra, Sookmapatra, Pavitra Patra*. It is used for pacifying *Kapha* and *Pitta doshas*. Based on *Guna* it is light, *laghu* easy to digest and is *rooksha-dry*. It is *madhura* in its taste. The onomatology of *Shami* means “*Shamayati rogan iti, Shamu upashame*” – which pacifies diseases or cures diseases.

This article enumerates and concludes stating that *Prosopis cineraria* as *Shami* tree is a divine medicinal herb with several religious and medicinal properties and its therapeutic values being cited in the above Table 1 and Table 2.

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Inauguration of Sruthi Mandiram in Prashanti Kutiram



«p5 ब्रह्मसूत्रम् (Brahmasūtram)

enough to reflect the true nature of immortality within, a *Sadhaka* comes close to the stage of liberation, with the help of *Nididhyasana*.

In the opinion of *Purvapaksha*, the injunctions are not necessary once they cross the level of *Shravana* and *Manana* as the minds of *Sadhakas* will be as pure as crystal. But *Acharya Badarayana*, *Veda Vyasa* says that the human mind is unpredictable, even after the highest order of progress some *Sadhakas* have fallen apart; therefore, even the *Sannyasis* need to follow the enjoins given by the *Vedas* without fail. *Nididhyasana* is also ordered by the *Upanishads*. This specific order is called *Vidhi* (a compulsory instruction) to be followed without fail. A suffix attached to many verbs in the statements of *Upanishads* mandates the following enjoins. Thus, for a scholar or child-like *Sadhaka* these injunctions are common and need to be followed.

to be continued...



Sandhyopasana and Yoga

■ Sarangapani Bashyam, PhD (Yoga) @ S-VYASA

According to sastras we are born with five debts (Nrna) to be repaid in this birth; namely to gods, rsi's, manes, ecology and people (Devas, Rsi's, Pitr's, Bhu, and Nr). The debt to gods is repaid by worshipping them in abstract or gross form. Sandhyopasana is a mandatory daily duty (Nityakarma) to Surya ordained on sections of people to be performed three times a day- at sunrise, noon and sunset [1].

Devapitr karyabhyam na pramaditavyam- (Tr: One should not swerve from duty to gods and manes)- Taittiriya Upanishad, Sikshavalli, Pancati 19).

It is a practice of Agama sastra drawing manthrams from Veda as pramana. The three modes of prayer, Kayika (doing), Vacika (spoken) and Manasika (mental) come into play in performing Sandhyopasana. It is said that the triumvirate gods, Brahma, Rudra and Vishnu worship Surya. Surya is in three forms, Gayatri in the morning, Savitri at noon and Sarasvati in the evening. Brahma worships Gayatri reciting

Rk veda, Rudra worships Savitri reciting Yajur veda and Vishnu worships Sarasvati reciting Sama veda.

Sandhyopasana has three parts; the first is offering of water as argyam as core activity performed in Kukkutasana and a variant of Tadasana, the second part with Gayatrijapam as core in Sukhasana and third with dikvandana and abhivadana in Tadasana and Padahastasana. Surya is a pratyaksha devata (God seen by direct vision). Science holds the Sun as the only source of energy for all life forms on earth. Sun is the focal point where sastra and science meet [2].

During the process of Gayatrijapam, the deity is invoked (avahana) in sadhaka's heart, offered sixteen items (upacharas), shown mudras (one for each of the 24 aksharas) and nyasas and after japam, departing gesture (upasthana).

Yoga in Sandhyopasana

The word Yoga means that which unites mind and body. In Sandhyopasana, we see that yoga is a way to unite body and mind with nature and cosmic elements in macrocosm. The triad comprising Mantra, Yantra and Tantra is used to make this union possible during Sandhyopasana.

The principles of Ashtanga yoga are verily applicable to Sandhyopasana. 'Yogah karmasu kausalam' (Sri Krishna) and 'Yogah cittavritti nirodhah' (Patanjali) provide the bedrock for Sandhyopasana as a holistic activity and not a chore. Yama and Niyama being the basic building blocks of all human endeavor, apply to Sandhyopasana also. The few asanas mentioned above are deployed. Though innumerable pranayama techniques are in vogue, only one viz Anuloma Viloma pranayama with antah

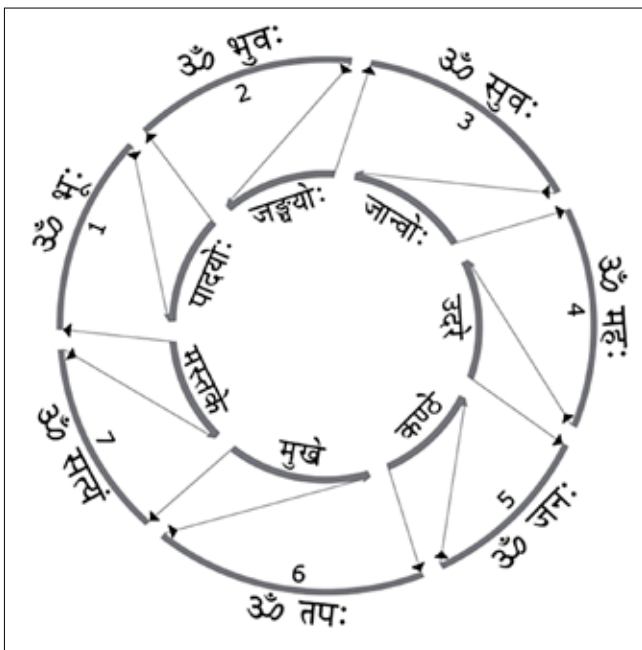


Fig 1: Vyahrti Nyasa



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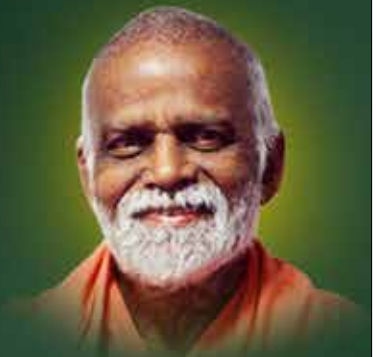


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kumbhaka and bahyakumbhaka is used in Sandhyopasana. As per one sampradaya, no mantram is recited during puraka and recaka. During kumbhaka, pranayama mantra also called Dhirgha gayatri is recited. This mantra is recited once, twice or three times depending on the sadhaka's lung capacity. Drawing the senses and mind inward (Pratyahara) and concentration on Surya (Dharana) follow. Meditation (Dhyana), a nonvolitional process may take place during the gayatri mantra japam. The author has not come across reference to Samadhi during Sandhyopasana. This may be rare.

Nyasa, author's subject of enquiry is intimately associated with Sandhyopasana - Kesavadi nyasa, Vyahrti nyasa, Rsi/ Chandas/ Devata nyasa and gayatrimantra nyasa. As many as 17 Rsi's, 12 Chhandas and 12 Devatas are visualized and uttered in the course of trikala Sandhyopasana. The rationale for nyasa is that it purifies the body (Bhuta suddhi) and helps in achieving the goals of the mantra (Mantra siddhi) [3, 4]. One more component of Sandhyopasana is Mudra, used in a limited way, Nasika mudra and Surabhi mudra for example.

Microcosm and Macrocosm

Greek philosophers have studied and written about these two aspects in a conceptual or metaphysical way. Ancient rsi's appear to have empirical evidence and given a gross link between the two [5]. Macrocosm is visualized in seven higher worlds-Bhur, Bhuh, Bhuvah, Mahah, Janah, Tapah and Satyam. Microcosm is visualized in seven parts of the sadhaka's body -Feet, Shanks, Thighs, Stomach, Neck, Mouth and Head. We see one to one correspondence between Microcosm and Macrocosm. In practice we say, 'Aum bhuh, padayoh' and visualize the whole of the physical world on the feet and so on up to Satya loka on the head. This is Vyahrtinyasa for Dirghagayatri, and is possible to experience after long practice. The link

between the seven higher worlds and the seven parts of the body is given in a Table 1.

Worlds in Macrocosm	Parts of the body in Microcosm
Bhuh	Feet
Bhuvah	Shanks
Suvah	Thighs
Mahah	Stomach
Janah	Neck
Tapah	Mouth
Satyam	Forehead

Table 1: Macrocosm and its equivalent in the human body

The journey beginning from Bhur loka in the feet and ending with Satya loka in the head is shown in a graphic form in Fig 1.

We may think the existence of seven worlds is not established by scientific reasoning. Quite true. But rsi's are believed to have the power to see all the worlds and describe them in words and mantras.

Sandhya at noon

Noon Sandhyopasana has an added feature. It is to look at the Sun at noon for a maximum of 15 seconds through the right eye using a formation of palms and fingers (though unnamed, a mudra really) reciting eight rk's. The practice is credited with excellent eyesight and general health for 100 years. Present medical opinion concurs with the idea that the visual pathway is the fastest to energize pineal gland atrophied by age seven in most people. Research on the effect of looking at the sun needs three specialists coming together, ophthalmologist, neuroscientist and endocrinologist, a remote possibility. In the meanwhile, the few people who believe that following sastra will not do any harm, continue their sungazing. (For more information on this procedure please see [2]).



Sandyopasaka, an ideal yogi

In conclusion it may be stated that Sandhyopasana interwoven with appropriate yogic practices is a pathway to holistic health. One who does Sandhyopasana in a systematic method is an ideal yogi.

Acknowledgements

The author acknowledges with deep gratitude the contributions of many Rsi's and Patanjali maharishi. I am also thankful to Prof. T. M. Srinivasan for suggesting the topic and for editorial refinements.

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3. Sarangapani Bashyam, Ph. D. Thesis on Nyasa, SVYASA. Refer to the names of Rsi's, Chhandas and Devata.
4. T M Srinivasan 'Psychopathical plasticity and yoga', *Yoga Sudha*, August 2022 p. 25 (Pl see particularly the reference to the concept of mind which is vastly different in sastras from western view of psyche, soul and mind)
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Gowri - Ganesha celebration in Prashanti





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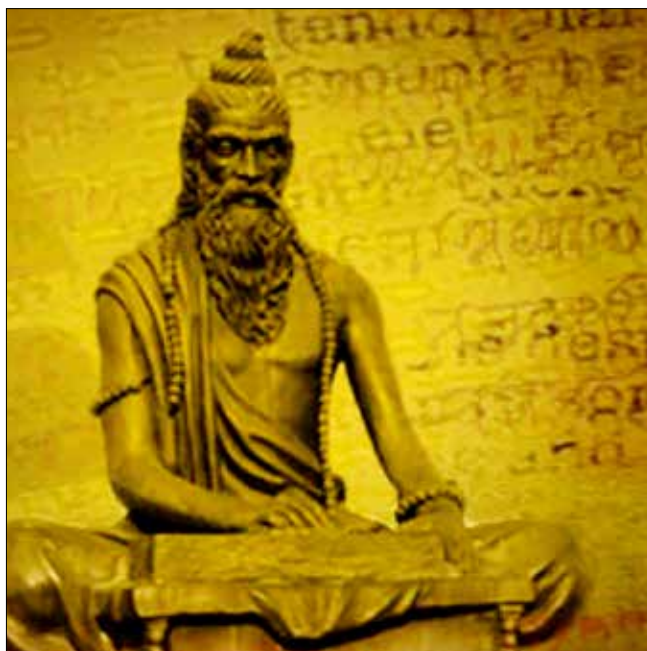
My Teacher Patanjali

Last week on 5th September was teachers' day. On this occasion I bow down to my teacher Sage Patanjali and thank him for whatever little I have learnt in Yoga.

I never met or knew Patanjali but know him through his Yoga Sutras. Just like Eklavya who learnt his archery by practicing in front of the statue of Dronacharya, I have learnt about Yoga by imagining that the spirit of Patanjali is guiding me.

A great teacher is one who allows his disciple to go through the rough and tumble of learning process, but his guiding hand is always available to show the correct path. So many times when I have been in doubt, I have again and again gone to Patanjali's Yoga sutras and discovered the hidden gems and felt his spirit guide me.

I came to know Patanjali at the age of 14 when I read his Yoga Sutras in a public library in Lucknow. Yoga Sutras is a very difficult book to read and more so since most of the commentators have explained the great science of thought and mind control in an extremely confusing way. Yoga Sutras is a very scientific book and most of



■ *Mr. Anil K. Rajvanshi*
Director and Hon. Secretary
Nimbkar Agricultural Research
Institute (NARI), Phaltan



the commentators had no knowledge of science or mind control and hence their explanations were all clothed in mythology.

A great teacher sometimes has the maximum impact when the student is very sharp. A disciple elicits information from the teacher depending upon the capacity of his/ her intelligence.

A great teacher therefore is like an ocean of knowledge. Depending upon the size of your container (brain power) you can only take that amount of knowledge.

At the time when I was first introduced to my teacher, I could hardly understand what he meant but understood that by following his teachings one could get superhuman powers like flying, omniscience, mind reading and energy of thunderbolt for one's body, among others. Which 14-year-old does not want such powers?

I then got side tracked by my technology education, but his teachings must have remained at the back of my mind, and they exerted an invisible pull so when the time was ripe I again went back to him for knowledge.

Since then every time I have doubts about some aspects of science of mind I have gone to Patanjali's Sutras and have discovered new gems. Thus, my container seems to have become bigger with time and I can collect more of his knowledge!

To me Patanjali has been a true scientist who gave the first knowledge about the control of mind.

We do not know who Patanjali was or when he



wrote the Sutras or even if what we have today as his Sutras are really his; but reading between the lines or extracting knowledge from them shows the great understanding and sparkling wisdom of his science.

Thus whether it is the definition of time; how thought could be controlled; or how a powerful mind can be used to discover the secrets of nature; all can be gleaned from his writings and by reading between the lines.

Too often we only remember our teachers on teacher's day. I feel they should be remembered every day because getting knowledge is a continuous process and the teacher should always be available whenever you want him/ her. Patanjali's Yoga Sutras are like that.



Pro - Chancellor of S-VYASA,
Dr. Prahlada Ramarao
as the Chief Guest graced the
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Visit from Happiest Health team to S-VYASA



Happiest Health is the latest entrepreneurial venture of Mr. Ashok Soota, executive chairman of Happiest Minds Ltd. Happiest Health intends to provide highly differentiated, credible and trustworthy health and wellness knowledge across formats to readers from around the globe

Mr. Ravi Joshi is the Chief Editor - Digital Site and Mr. Raghu Krishnan is the Chief Editor-Print & Publishing; who are joined by a clutch of editors, journalists, writers, graphic designers, photographers from respected media houses in India, and also healthcare professionals

A team of 12 members visited S-VYASA, Deemed to be University on 7th September, 2022 to understand the working space of the institution and establish a content partnership, wherein faculty from S-VYASA can be invited to write specific articles or guest essays; and have meetings with their Editorial staff for interviews. They also require professionally qualified doctors who can certify and validate articles appearing in their publications.

During their visit, Dr. Manjunath N K, Research Director and Pro-Vice Chancellor of S-VYASA

gave a detailed presentation to the Happiest Health team to appraise them about the vision and mission of the institution, the research focus areas, the infrastructure, the publications, the academic courses and the integrative medicine hospital set up in the campus. The presentation was also attended by few research faculties from S-VYASA. After the presentation there was a brief interaction between the teams, during which Dr Manjunath answered questions regarding clinical trials, disease specific outcomes, sourcing the subjects etc. The Happiest Health team will be reaching out to us soon to get expert views for the articles that they plan to publish. They were also given a tour of the S-VYASA campus during their visit.



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Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) recently entered into an **MoU** with **Sankara Academy of Vision (SAV)**, Sri Kanchi Kamakoti Medical Trust on 14th September, 2022.



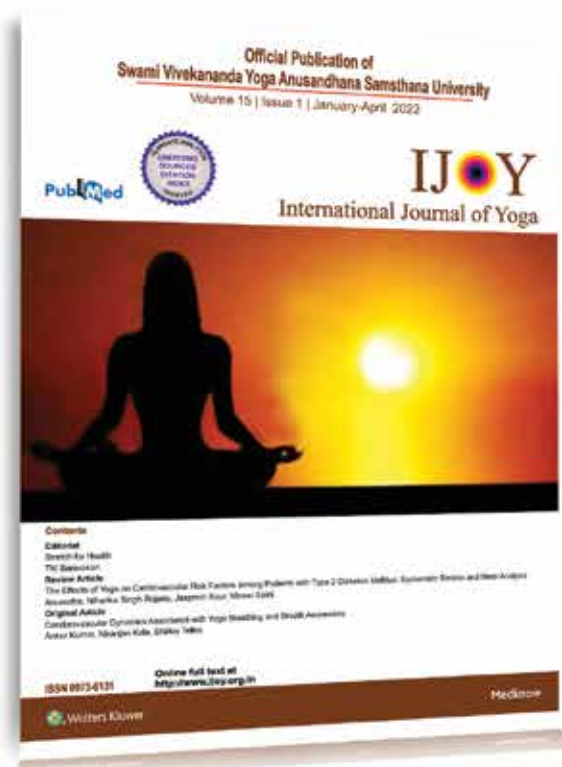
Health Check-up Camp for Staff of S-VYASA in collaboration with Narayana Hrudayala.



Prashanti Kutiram: **Blood Donation Camp** was organised by S-VYASA, Sushrutha Ayurvedic Medical College & Hospital and Sushrutha Nursing College on 13th September, 2022 in collaboration with & Narayan Hrudayala Limited.



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Evidence Based Health Benefits in Long Term Yoga Practitioners - Part 2

Part one of this article discussed the mounting evidence for the benefits of long-term yoga practice in multiple areas. Here is some more good news.

1. Yoga Slows Spinal Degeneration

An interesting study was done in Taiwan to see if yoga practice was beneficial to the spine. The study compared degenerative disc disease in spines of long-term yoga practitioners (13 - 20 years of practice) with controls who never did yoga (1). All 36 subjects were matched for age, gender, BMI, health markers, were non-smokers, etc. The study used magnetic resonance imaging to see the condition of the lumbar and cervical spine.

The overall disc scores of the yoga group were significantly lower (indicating less degenerative disc disease) than the controls.

The authors note that "it is possible, although speculative, that the various positions held by the spine during the yoga sessions retard disc degeneration by increasing the ability of

nutrients to diffuse into the disc.

It is also possible that the tension and

compression of the disc during yoga exercises stimulate the synthesis of growth factors ... residing in the disc and



■ Dr. Mary Flaherty
Author of the Book, 'Does Yoga Work? Answers from Science'



prevent senescence".

"Long-term practice of yoga may have slowed somewhat the natural aging process that occurs in the intervertebral discs."

Chin-Ming Jeng,
Department of Radiology,
Cathay General Hospital, Taiwan

Although this was a small study, it was well-controlled and all images were assessed in a blinded fashion, the two authors, both experienced in reading spinal MRI, did not know to which group each image belonged.

2. Yoga can Increase Immunity

Studies at Ohio University College of Medicine suggest **those who have practised yoga for a long time have better inflammation markers and immunity than those who have not.**

In a randomized control trial, researchers found that 25 experienced yoga practitioners (who had practised yoga regularly for more than 2 years) recovered better from stress than 25 novices (2).

Emotional and physical stressors activate immune pathways that enhance pro-inflammatory cytokine production. The experimenters put all their subjects in a stressful situation (including mental arithmetic tasks and dipping body parts in icy cold water - which may cause stress to many!) and then compared



their inflammatory and endocrine (hormonal) responses.

Even though the participants were matched on age, fitness, and various health dimensions, the novices' pro-inflammatory cytokines were 41% higher than those of the experienced practitioners in response to the stressors.

A Norwegian study found that even after a single yoga practice, experienced yogis were found to have improved gene expression, particularly in immune cells, immediately after the practice (3). This suggests that yoga asana, breathing practices and meditation result in rapid gene-expression alterations which may form the biological basis for long-term positive health effects of regular practice.

Bottom line: Science says that **yoga can have positive effects on immunity in healthy people.**

"The ability to minimize inflammatory responses to stressful encounters influences the burden that stressors place on an individual. If yoga dampens or limits stress-related changes, then regular practice could have substantial health benefits."

*Professor Janice Kiecolt-Glaser,
Institute for Behavioral Medicine Research,
Ohio State University College of Medicine, USA*

3. Yoga Enhances Compassion and Vagal Tone

Numerous yoga charities have sprung up worldwide over the last couple of decades. Many of these are focussed on bringing the practice to disadvantaged or marginal communities, and the wider world. With such a diversity of charitable work, it is impossible to ascribe a single motivation to all yogis who 'give back'.

Science may already have some tentative indications of why a yoga practice may make us inclined to want to help others. Although the data is, as yet, sparse, there is research evidence to indicate that yoga practice, especially with an emphasis on breathing and meditation, may have an influence on our behaviour and intentions towards others by increasing vagal tone and moving in synchrony.

"The reviewed studies suggest that yoga can affect cardiac autonomic regulation with increased HRV (heart rate variability) and vagal dominance during yoga practices."

*Anupama Tyagi, PhD
School of Health Sciences,
Royal Melbourne Institute of Technology,
Australia*

A review on a total of 2,358 participants found that regular yoga practitioners had increased vagal tone at rest compared to non-yoga practitioners (4). The vagus nerve, one of the main components of the parasympathetic nervous system, is responsible for controlling or influencing a whole gamut of physical and psychological responses, such as heart rate, mood and immune response.

Interestingly, a controlled vagal tone has been associated with prosocial behaviour (5). Put simply, prosocial behaviours can be defined as those that are meant to protect or further the welfare of others (6). They can be characterised by concern for the rights, wellbeing and feelings of others, in other words increased care and



empathy for our fellows.

Other clues may come from the observation that **moving in synchrony** with others can make us more **sympathetic and compassionate** towards them (7). Simply synchronising our movements with others can make us more likely to cooperate with them, even at cost to ourselves, and this effect endures after the activity has ceased (8). University of Oxford researchers have found that when we exercise *en masse*, we actually release higher quantities of endorphins and endocannabinoids - nature's chemical pain relievers and mood enhancers - into our nervous systems, thus rewarding our cooperation as a group (9).

Whatever the pragmatic and technical reasons for the phenomenon of yogis' increasingly reaching out to help others, it should not perhaps come as a surprise, given that one of the stated goals of the practice, as it was originally framed, at least, is to leave individuality behind, and to realise something more profound - a universal interconnectedness in which all humans, indeed all life, share.

4. Transformation

"I Am a Nice Person When I Do Yoga!!!" was the title of a paper reporting results from a survey done in the USA in 2014 on 171 people who had regularly practised Iyengar yoga for an average of 12 years (10). Four themes emerged: yoga practice leads to personal transformation, increases social interaction, provides coping mechanisms to weather relationship losses and difficulties, and leads to spiritual transcendence.

Practitioners believed that their interpersonal relationships improved because their attitude and

perspective had changed, making them more patient, kind, mindful, and self-aware. They expressed an aspect of community that was both practical (they met new friends) and spiritual (they felt they belonged). They thought they could better weather difficulties such as divorce and death. Many discussed feeling a sense of purpose and that their practice contributed to a greater good.

"Yoga could be beneficial for populations at risk for social isolation, such as those who are elderly, bereaved, and depressed, as well as individuals undergoing interpersonal crises."

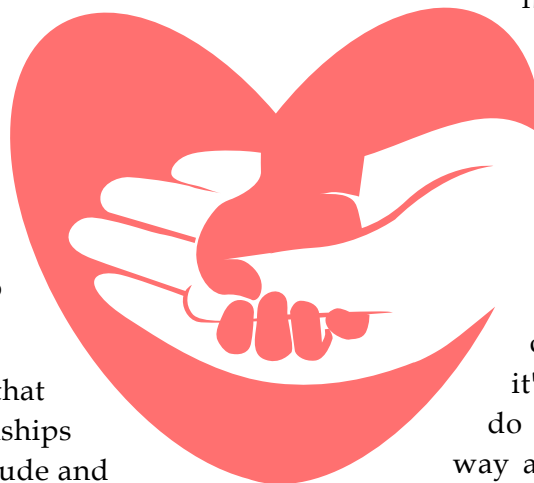
Dr Alyson Ross,
School of Nursing,
University of Maryland, USA

Points to Keep in Mind: Causation, Lifestyle Vs Practice, and Science

Causation: We don't know if the long-term practitioners had enhanced physical and mental health prior to ever starting yoga.

In a survey on 211 women who had been practising yoga for as long as 50 years, plus 182 controls matched on age, education, body-mass index, other exercise, processed-food consumption, etc. it was found that the most experienced yoginis weren't necessarily happier or healthier than the happiest and healthiest non-yoginis (11). The biggest differences were at the other end of the scale, in that the long-time yoga practitioners were unlikely to be unhealthy or unhappy.

It is difficult to untangle cause from effect. After all, it's possible that happy people do yoga, rather than the other way around, or that the discipline





necessary to maintain a yoga practice over many decades is the type of character trait that leads to a happy and healthy life, with or without yoga.

As yet, there are no long-term studies which have followed long-term practitioners from the beginning of their journey.

We don't know which aspects of the yoga practice generate the benefits. **Lifestyle** characteristics may be the primary cause of the effect, and not the yoga practice. But then we are opening another can of worms as to what is "a holistic definition of yoga", and what is the "active ingredient" that is driving the effects of yoga on health. Experienced yogis may lead a lifestyle less conducive to chronic inflammation and stress, possibly enjoy yoga-related factors such as better diet, meditation and deliberately calmer lives. However, if true, this may merely emphasise the benefits of a yoga lifestyle further.

The system of yoga has been developed over thousands of years to include a wide range of practices and a specified lifestyle. **Western science** tends to be reductionist in its methodology. It is important to highlight the challenge of evaluating a complex, holistic, spiritual practice like yoga using a scientific paradigm that requires consistency, simplification and standardization.

Such debates don't undermine the central finding. Whatever the reason, those who make a long-term commitment to yoga tend to be happier and healthier - and the benefits continue to accrue the longer they stick with it.

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For more information
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Yogi Vivekananda - 16

Yogis are very powerful. But they are not power mongers. Nor are they power thirsty. They are never mad after power. They do not want any high position they very presence is of power and position. Shree Krishna is a yogi. He does not hold any position neither in Dwaraka nor in Hastinapur. He is never a king but he is always more than a king. He is a king maker. He can do anything and everything. But he gives opportunity to others for doing great things. Though he can kill all the Kauravas in a trice, he has given the opportunity to Arjun and Bhima to kill them. He gives the credit to others. He never takes the credit to himself. Though he does everything, he gives the credit to others, himself staying behind. He is a great leader making everybody a leader. Banyan tree spreads its roots and branches all around allowing no plant to grow. That is bad leadership. A bad leader is jealous of all suspicious of all and

■ *Dr. K Subrahmanyam*
Advisor to Chancellor
S-VYASA



detrimental to the progress of all. A good leader trains everybody to be a leader. Shree Krishna allows others to become conspicuous and great. He makes everybody a leader.

Swami Vivekananda is a great yogi. He is a lion like leader but he does not deprive anybody of the leadership quality. He allows and trains everybody to be a leader. He is not after any position. Nor does he deprive anybody of the position. He does not dethrone anyone. He is not afraid of anybody. Nor does he create a feeling of insecurity in anyone. A good leader inspires. Never does a good leader frighten a good person. Yogis are always positive and





protective. They do not harm anyone. Only the escapists and harmful people cannot thrive among Yogis. In the long run either they convert themselves into good people or quit.

Swami Vivekananda right from the childhood has leadership qualities of a Yogi. He is a source of inspiration to everyone. Like a magnet he makes everybody a magnet. Both in India and abroad he has made many leaders. Aurobindo and Subhashchandra Bose are inspired by Swami Vivekananda to be great leaders. Sister Nivedita has become a powerful leader.

Swami ji has earned lot of popularity and money when he was in the west. He never became haughty. He was always humble and simple. He brought that money and gave it to Swami Brahmananda and made him the first president of the Ramakrishna order. He did not want to be the president. He never wanted any laurels. He gave position and power to others. He sent Swami Turiyananda to inspire and lead the western devotees.

Shree Krishna inspired Uddhava and Bhishma to inspire and enlighten people with their discourses. Krishna never wanted to be possessive. He did not want to project himself as the only wise person. He allowed others to be shining. Similarly Swami Vivekananda was never possessive. All his brother disciples are great leaders. All are great spirituals stalwarts.

To sum up yogis are never self-centered nor are they mad after power and position. Yogis are luminous and effulgent like the sun god.



Session of Youth Empowerment Workshop in Prashanti



Yoga Instructor's Course (YIC) Participants – Batch 231, Sept 2022



Felicitation to Prof. M K Sridhar and Welcoming of New Registrars



Felicitation to Prof. M K Sridhar by the Chancellor, Pro-Chancellor, Vice Chancellor and others

Bengaluru, Prashanti Kutiram: S-VYASA, Deemed to be University organized a felicitation program for Prof. M K Sridhar, who relinquished office as Registrar on Friday, 16th Sep 2022. The program was held in Samskruti Bhavan, presided by Dr. H R Nagendra ji, Hon'ble Chancellor. The function also included welcoming the new Registrar and Deputy Registrar.

Dr. Srigowri, Asst. Professor, BNYS course, sang the invocation. Dr. Sony Kumari, Registrar-Evaluation welcomed the dignitaries and traced the academic career of Prof. M K Sridhar. Prof. Prahlad Ramarao, Pro-Chancellor, spoke about the multi-lingual scholarship of Dr. M K Sridhar. Dr. N K Manjunath Sharma, Pro Vice-Chancellor and Director Anvesana Research Lab, Deans



Welcoming the New Registrar, Dr. Siva Sankar Sai



of Divisions namely Prof. R C Panda, Dr. Soumya Manjunath Chauhan, Dr. B R Ramakrishna, Hon'ble Vice-Chancellor spoke on administrative, research and humane contributions of Prof. M K Sridhar. VC ji also informed that Dr. Sridhar's services to University are invaluable and as per the decision of Board of Management, he has been appointed as Distinguished Professor. Prof. R C Panda gave tribute by composing a Sanskrit poem.

Dr. H R Nagendra ji, Hon'ble Chancellor gave glowing tributes to Prof. M K Sridhar's scholarship and magnanimity. He called upon the new Registrar Prof. Siva Shankar Sai and Deputy Registrar, Dr. Vasudev Vaidya to assume the new roles with full dedication.

Dr. M K Sridhar was felicitated by all the senior officers. In his felicitation speech, he told that everlasting human values were taught to him by his parents, Swami Ranganathananda Ji, and his mentors, which he has practiced till date. He said that Dr. H R Nagendra Ji, and Dr. R Nagarathna served as his role models and he is ever indebted to them, VYASA and S-VYASA. He heartily thanked all the teaching, non-



Welcoming the Deputy Registrar, **Dr. Vasudev Vaidya**

teaching staff and BOM for supporting him in all his endeavours in the last fourteen years.

Dr. Siva Sankar Sai and Dr. Vasudev Vaidya, spoke, and assured that they would pursue the bench mark fixed by the University. Dr. Ramesh M N, Dean Academics in-charge told that Dr. Sridhar was his teacher in college days and was very meticulous in his works. He proposed a hearty vote of thanks. The program was attended by Dr. R Nagarathna, Medical Director, Arogyadhama, Dr. N V Raghuram, President, Yoga Bharati, Sri H R Dayanandaswami, Finance Director, Dr. A R Manjunath, Advisor to Hon'ble Chancellor, Krishnamurthy, AO, Course Coordinators, all Teaching and Non-Teaching Staff. Dr. Ganga K V, Asst. Professor, BNYS course elegantly compeered the program.



New Principal
for the College of Yoga
in S-VYASA,
Dr. Vikas Rawat



Yoga in Govt. Schools of Jigani



Bengaluru, Jigani: Under the directives received from the Government of Karnataka, connected with 'Community well-being' - Arogyadhama Holistic Health Home, Jigani, Bengaluru under the aegis of S-VYASA University, Bengaluru has adopted 13 Government run schools in the villages of the vicinity. The purpose is to impart the knowledge of Yoga to the students at different levels at the schools that include lower primary, higher primary and high school students in the age group of 6 to 16 years. The aim is to build a healthy, prosperous and forward-looking nation of people capable of leading the world in the right direction.

This initiative which started in July 2022, covers about 1150 students spread over 13 Government schools in the vicinity where the classes are held on Saturdays. The initiative also includes periodical 'free health check-up' for the students.



**The future stars in the making!
S-VYASA Team - the Kingmakers!
Come Saturday!
Out we go to School the Schoolers!**

The vision coupled with the mission that has the support of enthusiastic hands is bound to succeed!

The students of BNYS, S-VYASA Yoga University, Jigani, Bengaluru, under the stewardship of a strong team of SDM Department of Arogyadhama, reached out the students of Government Higher Primary Schools students in the vicinity by spending their time and energy, teaching them yogic postures and techniques. The strategy is to build a healthy society around us by taking yoga to every home/ every school so that everyone realizes the importance of health and well-being to achieve higher goals of life, thereby build a strong nation and a stronger world.

The junior students had a very good time learning all about yogasanas from the senior students of our college who are well trained by the mentors and yoga gurus at Prashanti Kutiram campus.

We, at Prashanti Kutiram strongly believe in sharing all that we have judiciously and caring for the future generations by giving them a sense of direction in their lives, which is the need of the hour, given the stressful times all of us are in.

The researchers have proved time and again that Yoga has the right answers for everything that ails the modern society. To this end, we are putting in our efforts to walk the extra mile for the wellbeing of the community.

The entire program is put together by Advisors, senior coordinators of Arogyadhama along with a team of well-trained Yoga therapists and teachers.



Arogyadhama has futuristic plans in place that's formulated under the guidance of visionaries like Dr. H R Nagendra Guruji, Padma Shri Awardee - 2016, and Dr. R Nagarathna ji, Medical Director, Arogyadhama,

Holistic Health Home, who are heading the organization for decades. The aim is to bring together the best of the ancient wisdom of the East and the science of the West with steadfastness and missionary zeal.



Bus donated by IDRF: Prashanti Kutiram: In order to make our work easy, IDRF group, has come forward and donated a bus for easy commute. We do use this facility to commute and go around the vicinity to create awareness about yogic techniques and to spread the much-needed knowledge to the people. We heartily thank IDRF group for their kind gesture.



School Kit distribution to Govt School Children by Treewala Earth Foundation & A-von Gold Group of Companies



Bengaluru, Anekal: This adage has been amply put to practice by our generous donors - Treewala Earth Foundation and A-von Gold Group of Companies based at Bangalore.

The donation of school bags, books and stationery items were given to students of Government Higher Primary Schools of Madapatna, Indalwadi and Devasandra, Anekal Taluk, and the event was organized in association with S-VYASA YOGA University, Jigani, Bengaluru.

The inaugural event started with lighting of the lamp by the BEO, Smt. Jayalakshmi ma'am and Mr. Naveen Kumar, E.CO, graced the occasion.

Smt. Rachana Singhvi, CEO, Treewala Earth Foundation, in her speech promised to further

the cause and reach out with necessary help to as many students as possible, in the years to come.

Jilla Panchayat Member, Sri. Venkatesh Gowda, addressed the gathering.

The dignitaries who graced the occasion were Dr. Amit Singh, CMO, Arogyadhama Holistic Health Home, Mr. Basavaraju D M, Coordinator, SDM Department of Arogyadhama.

Dignitaries from Treewala Earth Foundation, Shri Bhagwandas, Advisor, Mr. Mahesh Bohra, Founder Director, Mr. Kapil Agrawal, Founder Member, Mrs. Rachana Singhvi, CEO, and Mr. Eshan Agrawal, Director A-von Gold Group, besides many educationists and teachers of respective schools, president and members of SDMC and all the students took part in the event that culminated in grand success.

Number of Schools enlisted: 13 schools. Today's beneficiaries were students from 3 schools: GHPS Madhavpatna - 250, GHPS Indalawadi - 120, GHPS Devasandra - 30 and totally 400 students got benefited.

Today's event went on to prove that with health and education by their side, our students will find a secured future and a new generation full of hope and faith in the humanity.





The Universal Brotherhood Day celebrated on 11th September 2022



The Special Guest Lecture on Sri Aurobindo's Integral Yoga was organised on 13th September, 2022. Mr. Subrat Mishra & Ms. Swetapadma gave the special lecture.



ANTTC Students 2021-22 (Ayurveda Naturopathy Therapist Training Course)



Workshop for Youth Empowerment
held at Prashanti Kutiram
by Essae Foundation
from 2nd to 4th September,
9th to 11th September &
16th to 18th September, 2022.



Events @ Sushrutha Ayurvedic College & Hospital



Sushrutha Kala Sourabha

Prashanti Kutiram: Recently, Sushrutha Kala Sourabha was conducted by Sushrutha Ayurvedic College and Hospital. The two days event was conducted on Aug 26 & 30. Pic & Act, Just a minute, Dumb charades, Debate, Essay writing, Crossword, Treasure hunt, Best out of waste, Doodles, Go in a flow, Shloka writing and few online events were there.

Sushrutha Kala Shrunkhala

From 2nd to 5th Sept, Sushrutha Kala Shrunkhala - create, connect, cultivate was organized. The event was on 3 Themes, Mythological, Festival and Twinning.

Sushrutha Kreedotsava 2022

From 6th to 8th Sept, Annual Sports Events of SAMC&H was held. All the students from Sushrutha Ayurvedic College and Hospital participated with zeal and zest. Students were with great enthusiasm.





My ITEC - YIC Experience

■ Ms. Aizhan Dossymbekova (ITEC - YIC Aug 2022)
Trainer - Coordinator in Paralympic Training Center, Kazakhstan, Astana



This yoga trip happened so suddenly that I did not even have time for expectations. From the very starting point, my flight experience brought me lessons for which I am very thankful. My thoughts were: “Karma cleansing procedures started. Welcome to India!”.

I liked the rich flora and fauna of Bharat Mata. Various fragrant flowers, different kinds of palm trees, colorful birdies, musical sounds of nature, and mantras were pleasing my eyes and ears. You can see chipmunks, bats, and monkeys of course. Some of these nimble animals made me give them coconut and another one came to my



room. Seating on the table near my study materials, eating papaya the monkey did not have any fear. I will never forget this funny situation.

I was so blessed to see God's images literally in every corner. To be around the people who knew and followed Vedas was an indescribable feeling. Even “Om kara” chanting in Kazakhstan is rare while every Indian does it every day. Every Hindu seems creative, talented, and hard-working if you look at the way how people decorate altars, streets, buildings, dresses, hair, and everything without having special university qualifications.

I sensed the Bhakti from people who did not even call themselves Bhaktas. Also, women with full baskets on their heads amazed me with their strength, balance, and grace. Indians are very good singers since they chant mantras from the cradle. What’s more, they learn slokas by heart and it builds a strong memory.

The University campus is wide, green, and pleasant. Our rooms were comfortable – I even had a queen size bed. The workers showed hospitality.

S-VYASA’s equipped laboratories and treatment rooms are another magic: they



target an integrated approach to yoga therapy. Furthermore, doctors heal all Pancakoshas not concentrating only on the physical body. University has scientists who work on various projects that help the world understand yoga scientifically. Also, they find different helpful health techniques and Cyclic Meditation is one of them. Through stimulation and more relaxation patient reaches a peaceful condition.

I was so surprised by the discipline of our teachers, who came so early, organized, and fresh despite their busyness. I became more shocked when I found out that they do not have hot water in their rooms while we (students) had it. Once I heard from Dr. H R Nagendra's lecture about Hindu simplicity. During any discontent or misunderstanding, a person usually blames someone for his misfortune, while the Indians think that they themselves have done something wrong and will be the first to apologize. Another statement that I remembered said by one of our lecturers was about the fire of digestion which is Agnidev - The God of Fire. Every time we pass food to our stomach we feed this God inside us. That's why we should be caring, picky, and careful of what we eat.

I wanted to go to ISKCON mandir for Janmashtami - an enormous and one of the most important celebrations in Krishna Consciousness. I have never seen the organizations and scale of the event in such big temples, moreover, we do not have temples in our country. I had a special VIP pass, so I came to my coordinator to ask for permission. Tears came up to my eyes when I heard "NO!" for a reply. Passing thousands of miles to reach India and especially Bangalore and not attending the day of The Lord's appearance was crushing. But then, the teacher told me one thing: "Krishna is everywhere, you know it!" - he said. I was mad and sad and lost for a moment, but then suddenly I felt the depth of his words. I think, I tasted that phrase in a way I did not before, so very thankful for the spiritual realization. We had a wonderful Janmashtami evening on

the campus and I tuned myself to come again to India. "Why am I acting myself like it is the last time?!" - I thought.

"Love your paper" - said our teacher before the exams that seemed difficult. I rolled my eyes, feeling nervous and unprepared. The more I studied the more I realized that I know nothing. But then, my inner voice said "Relax, take a deep breath, be happy. What will happen even if you fail? You will keep moving on...". And then we have been told to do "Nadi suddhi" pranayama. In the 21st century people usually bite their fingernails, shake their legs, shout, cry, getting depressed when they are nervous. But not in the place where *yoga* was born. It would have been a miracle if everybody in the world were aware of yogic practices and true knowledge which you can take only if you are in a shishya (disciple, learner) position.

I liked eating with my hands, all the tastes on one plate which came in small portions but satisfying all your tongue and stomach needs. I liked the prayer before eating. It showed reverence for food and reminded us of how are we getting it, reminded us of Higher Powers.

I liked walking barefoot. Sometimes I do that in my country even if it looks strange and unusual but in India, it is so natural. I tried to seize each and every day, enjoying the experience I had with its ups and downs. Unfortunately, I cannot place every minute with emotions in one review but I definitely was in Vaikuntha (spiritual world) when I visited India.

I came with light luggage, but carried a heavy one - the knowledge that I received from Swami Vivekananda University is just priceless and no thief can steal it. It gave us more than an internationally recognized certificate.

Now, that I am gone, I miss past days with tears in my eyes, but I am definitely inspired to take a full course. I hope that this inspiration will make me come there again!



Reality is Finally better than Your Dreams

■ Dr. Zahraa Raad (ITEC - YIC Aug 2022)
Baghdad, Iraq



"One day reality was better than my dreams" With these words I describe my journey to India. Today, I write about the country of magic, yoga, and love. Magic is a language that captivates our minds and souls with its poetic expression beauty, and delicacy... Bangalore - Karnataka city is considered a good example of this characterization. The city casts a spell over you when you look at its natural landscapes, the heavy rains, and its welcoming people. India is one of the world's oldest and richest civilizations. This is reflected in all life aspects there. There is a great diversity in culture, sciences, languages, architecture, customs and traditions, rituals, art, music, fashion, and food. Yoga sport offers a unique way to cultivate the mind and the soul. It also goes beyond the physical side to touch your soul and create a spiritual bridge between the for a more conscious, stable, and peaceful person with yourself and everyone else. I have finished successfully a "Yoga Instructor's Course" at (Swami Vivekananda University), which is considered one of the first universities around the world that pays great attention to the study of Yoga and its impact on mental and physical health using the newest instruments and laboratories that enable the scholars to make researches and scientific studies

I have lived a unique adventure every day, these adventures were full of knowledge and entertainment. A Yoga class with Mr. Dharanesh is your chance to feel alive as if you were born again. Life streams across your body and fill it with joy and energy. The class of the one and only Mr. Sailesh is a whole other story. He was able to make a group of 30 participants from all over the world for only one purpose of learning Yoga with such a lot of love and devotion. I have been to so many places and I always come back loaded with rich gifts and souvenirs, this time was different and I came home with more valuable values of love, knowledge, and peace. I feel that a part of my soul fell in love with the spiritual life of India. The country that will always surround its visitors with happiness and giving.

Sometimes I wonder if I really came back from there? Or is part of me still in India under the bamboo tree? Or under the wild rain showers? Or among the smell of its buildings and corridors? Or among the joyful faces and kind souls that I've met? I can only extend my thanks and gratitude to the Indian Embassy, Honorable Indian Ambassador, Yoga teacher Dr. Dheeraj Joshi, Dr. B R Ramakrishna, the Vice Chancellor of Swami Bangalore Karnataka University and all its staff and to Great India for their hospitality.



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