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YOGA SUDHA

A Monthly Journal of Swami Vivekananda Yoga Prakashana



19th INCOFYRA

INTERNATIONAL CONFERENCE ON FRONTIERS
IN YOGA RESEARCH & ITS' APPLICATIONS



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तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम्
योगव्यसंधा

Vol. XXVIII No. 1 January 2012

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Swami Vivekananda Yoga Prakashana

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YOGA SUDHA...

Wishes its readers
A Holy Kalpataru Divas*,
A Happy Makarasankranti
(The Day of Celestial Changes)

And
A Happy New Year 2012

Whether we are conscious of it or not, we think the Vedanta, we live in the Vedanta, we breathe the Vedanta and we die in the Vedanta and every Hindu does that.

धर्मो रक्षति रक्षितः

Dharmo Rakshati Rakshitaha
*(the day of unconditional blessings)

By
Sri Ramakrishna Paramahansa falling every 1st of January)



EDITORIAL

The conference programs this time had added dimensions of a large number of cultural programs from our division of Yoga and Humanities Number of Yajnas were tailor made to the occasion from Division of Yoga-Spirituality. Our research team added new dimensions of measuring the changes in the participants as also on the consciousness field the programs produced. They will be working for next weeks to analyse the large amount of data and bring out the results and their implications. This issue of YS gives vivid picture of these dimensions which are unique to this conference. HIMALAYA Yoga Olympiad this time attracted the largest number of persons from 19 states. It was such a joy to see the youngsters come with such enthusiasm and vigour, performing such asanas which are fascinations to all those who watch them. The pranayama, Kriyas, theory aspects of Yoga, team assessment etc are the dimensions of HIMALAYA to convert competition into Co-operation. You will get glimpses of these in the following pages of this issue of YS. You can get better glimpses of the same by visiting our web www.svyasa.org

Compared to the earlier 18 conferences held in Prashanti Kutiram, the theme of the conference this time has been the broadest - educa-

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tion, health and peace. The fascinating addresses and presentations enumerated in this issue will give a glimpse of not only the theory but also the research done so far and resolutions to take them further. The key essence of all these aspects through Yoga is based on the Consciousness based paradigm compared to the existing matter based approach. Considering human being not merely as a robot, but as a being with consciousness, capable of manifesting tremendous creativity.

Education is not merely for bread earning, but for total personality development - physical, mental, emotional and intellectual with spiritual basis on one hand and to develop in them the much needed spirit of citizenship, service urge, national awareness and spiritual quest for Reality on the other hand a time has come that we are forced to move towards the adoption of pluralistic or Holistic Health systems consisting of both modern medical system based on reductionist approach to deal with infectious and contagious diseases on one hand and surgeries for traumatic cases on the other hand; and AYUSH systems based on consciousness based paradigm emphasizing on life style changes to deal with NCDs (non-communicable diseases). The Pancha-Kosha model will fit these systems into a frame delineating the regions of their efficacy. It is laudable that the Govt of India has taken up a new approach of Cross cutting the two systems by an integrating process to give the best to all in India. The world at large is moving far away from global peace. Our defence expenses are growing as fast as NCDs ! World is getting into pieces with no peace. Swami Vivekananda's teachings offer the right direction for world peace by the dictum of Be and make, peace to be achieved inside first and then will it emerge outside. Yoga with its total perspectives at the physical, mental, emotional and intellectual levels with a spiritual basis can offer the right solution to all the three challenges.

Dr. H R Nagendra



NARADA BHAKTI SUTRAS

Garga proclaims kathadisviti garga

“One has to hear always the transcendental pass times of the Divine”.

Uddhava proclaims in Bhāgawatam

दानव्रततपो होम जपस्वाध्याय संयमैः ।

श्रेयोभिर्विधैश्चान्यैः कृष्णे भक्तिर्दि साध्यते ।

Dānavratatapo homa japa swādhyāya saṁyamaiḥ.

Śreyobhirvriidhaiścānyaiḥ kṛṣṇe bhaktirhi sādhyate.

‘Though charity, vows, penance, rituals, learning scriptures and samyama, bhakti is acquired as fruit.’

Hanuman proclaims

स्वेदो मे परमो राजंस्त्वयि तिष्ठति नित्यदा ।

भक्तिश्च परमा वीर भावो नान्यत्र गच्छति ॥

Swedo me paramo rājaṁstvayi tiṣṭati nityada,

Bhaktiśca paramā vīra bhāvo nanyatra gacchati.

“My supreme home stands always in you Oh! King (Rāmā). My devotion is always unto you. My feeling come never got trapped with any other unwanted objects”.



CONFERENCE SONG

स्वास्थ्य शान्ति शिक्षा संसद्गीतम् svāsthya śānti śikṣā saṁsadgītam

शिक्षणं स्वास्थ्य संरक्षा विश्वशान्तिस्तथैरितम् ।

ध्येयं जानथ सम्मान्याः स्वागतं शुभमस्तु वः ॥१॥

Śikṣaṇam svāsthya saṁrakṣā viśvaśāntistatheritam ।

Dhyeyaṁ jānatha sammānyāḥ svāgataṁ śubhamastu vaḥ ॥1॥

Education, Health and Global Peace are the theme of International Conference Frontiers in Yoga Research and Application (19th INCOFYRA). We welcome all the dignitaries for the same.

धूमाविष्टं सलिलमरुतां सर्वतो व्योमजालं विद्युद्वाहप्रशिथिलविकारावृतं विश्वमद्य ।

पूत्याहारज्वलनमलिनो मारुतो सर्वलोके इत्थम्भूते सकलभुवने जीवकोटिः कथं स्यात् ॥२॥

Dhūmāviṣṭam salilamarutāṁ sarvato vyomajālam

Vidyudvāhapraśithilavikārāvṛtam viśvamadya ।

Pūtyāhārajvalanamalino māruto sarvaloke

Itthambhūte sakalabhuvane jīvakoṭiḥ katham syāt ॥2॥

The whole atmosphere is polluted due to omission of unhealthy smoke and untimely thundering, lightening and tornadoes. Nature became against to human race due to his misunderstanding of nature. It has



come to that stage that very survival of bio-diversity on the earth is in danger. || 2 ||

कलाकुलं भारतमस्ति तत्र शक्त्या च युक्ता सरसा जनाः स्युः ।

योगोऽस्तुशिक्षावलये सदात्र योगेन युक्तोऽस्तु सुशिक्षितोऽपि ॥३॥

Kalākulaṁ bhāratamasti tatra śaktyā ca yuktā sarasā janāḥ syuḥ |

Yogo'stuśikṣāvalaye sadātra yogena yukto'stu suśikṣito'pi ||3||

In order to solve this problem we must go to Yoga. If education is spiritually rooted and socially beneficial we can fill divine content in human beings. So, we are in need of man-making educational system, originated from Indian heritage. || 3 ||

चिकित्साविधानं शुभायुर्विधानात् व्याधिस्तथाधिः न भवेत् जनेषु ।

कोशेषु पञ्चात्मसु ये च रोगाः लयोऽस्तु तेषां शुभयोगसिद्ध्या ॥४॥

Cikitsāvidhānaṁ śubhāyurvedhānāt Vyādhistathādhiḥ na bhavet
janeṣu |

Koṣeṣu pañcātmasu ye ca rogāḥ Layo'stu teṣāṁ

śubhayogasiddhyā ||4||

Yoga detects the cause of modern Non Communicable Diseases(NCD) as Adhi due to dominance of violent negative Rajasic emotions causing Vaydhi. To deal with human being at Physical, Pranic, Mental and emotional levels a multidimensional approach is needed to solve the problem. || 4 ||



योगो हि मूलं जगतो हिताय स्वास्थ्यस्य सिद्धिः निजयोगभूत्या ।

शिक्षां प्रदायाश्च विमुक्तरोगं वयं प्रकुर्मो शुभसामरस्यम् ॥५॥

Yogo hi mūlaṁ jagato hitāya Svāsthyasya siddhiḥ nijayogabhūtyā |
Śikṣāṁ pradāyāśu vimuktarogaṁ Vayaṁ prakurmo
śubhasāmarasyam ||5||

Yoga is the panacea for all health related global problems. We want well-fare state established in each and every nation by global harmony and mutual trust. || 5 ||

शिक्षा क्षयं गच्छति व्यक्तिदोषात् विवेकवैराग्ययुता च शिक्षा ।

प्रशान्तिपाठोऽस्ति हि दातुमेनां विश्वस्य विद्या भवतात्तथैव ॥६॥

Śikṣā kṣayaṁ gacchati vyaktidoṣāt vivekavairāgyayutā ca śikṣā |
Praśāntipāṭho'sti hi dātumenāṁ viśvasya vidyā bhavatāttathaiva ||6||

This international conference aims at bringing all those like minded who want Viveka and Viaragya twin qualities in education. Involving real friendship by Prema Bhava featured by giving and sharing is the solution to harmony and peace – concept of universal brotherhood. We want to revolutionize the whole educational system by bringing the value addition the YOGA || 6 ||

ज्ञाने योगो भक्तियोगे च योगः योगो राजा राजमार्गेऽपि योगः ।

योगः प्रोक्तः कर्ममार्गे विशाले स्वस्थये शिक्षाशान्तिमार्गे सुयोगः ॥७॥

Jñāne yogo bhaktiyoge ca yogaḥ Yogo rājā rājamārge'pi yogaḥ |
Yogaḥ proktaḥ karmamārge viśāle Svāsthye śikṣāśāntimārge



suyogaḥ||7||

Let us work with the Integrated Approach of Yoga featured by Jnana, Raja, Bhakti and Karma to achieve the goals of Conference – Holistic Health, Total Education and Global Peace. || 7 ||

विश्वं नव्यं च भव्यं भवतु दिनकरो गोभिरश्वैश्च युक्तो
स्वास्थ्यं शिक्षा सुमेधा सुमतिशमदमाः मर्त्यमायान्तु पुण्यात् ।
योगो वेदान्तविद्या ह्यणुकणविविधज्ञानविज्ञानशाखाः
एधन्तां विश्वसंसद्विविधमथनतो व्यासविज्ञानधाराः ॥८ ॥

Viśvaṁ navyaṁ ca bhavyaṁ bhavatu dinakaro gobhiraśvaiśca yukto
Svāsthaṁ śikṣā sumedhā sumatiśamadamaḥ martyamāyāntu puṇyāt ।
Yogo vedāntavidyā hyaṇukaṇavividhajñānavijñānaśākhāḥ
Edhantāṁ viśvasaṁsadvividhamathanato vyāsavijñānadhārāḥ ॥8॥

We envision the new world energized by GAUH and ASHWA cosmic rays originated from sun god. This Veda based transformation of Brahmanda and Pindanda causes an emergence of new society with good health, good education and technology. Let positively charged ancient science flow unhindered from the VYASA tradition being discussed in this international conference. || 8 ||

Prof. Ramachandra G Bhat
Dean, Academic Programs, S-VYASA University
Dean, Yoga-Spirituality, S-VYASA University



Homa: Resonating with Cosmic Borders



Homa everyday to keep evils away



“Nama Sri Yতিরাজয়া”



Sri Jagadish, USA, Chief Guest



Felicitation to Smt. Ramamani



Dec 12-19, 2011



Pre Conference Valedictory Program

Sl No	Representative from	NOs
1	South Korea	2
2	Singapore	11
3	Maharashtra	52
4	Karnataka	6
5	Tamilnadu	5
6	Andhra Pradesh	2
7	Orissa	2
8	Rajasthan	7
9	Punjab	2
10	Delhi	2
11	Uttar Pradesh	3
12	Madhya Pradesh	3

HIMALAYA

An International Yoga Olympiad

December 13 to 16, 2011

at PRASHANTI KUTIRAM
the head quarters of
S-VYASA University
Bengaluru

Organizer:
VYASA, Bengaluru



S-VYASA Yoga University, Bengaluru is organizing an International Conference on Yoga from 20th to 23rd Dec. at Prashanti Kutiram, Jigini. As a pre-conference program - HIMALAYA - an International Yoga Olympiad is being organized from 13th to 16th Dec. 2011. This Olympiad



Himalaya Yoga Olympiad Inauguration

is organized once in two years. 450 participants in the age groups of (i) 12 to 18 yrs. (ii) 18 to 24 yrs (iii) above 24 yrs (separate for boys and girls) demonstrated their excellent skills of performing different advance asanas, pranayama, mudras and bandhas.

Today 16 Dec. the Olympiad was concluded in a grand valedictory function. Maharashtra has been declared the Champion of Champions. The other winners list is attached herewith.

The winners gave a grand display of Advanced Asanas, and asanas in groups and combinations. The audience and the dignitaries were spellbound. Earlier to that a dance bailey was performed by a troupe Bhaskar Art Academy from Singapore.

The Chief Guest for the Valedictory Function was Prof. U.K. Sharma, Chairman, MARC Management College, Bangalore. He told the delegates, that the concept of Yoga is very much similar to the modern day management principles. Sri G.N. Srikantaiah, Director, AY-USH, Govt. of Karnataka was the Guest of Honour. He appreciated the role of S-VYASA in organizing the HIMALAYA Olympiad and



Himalaya Inauguration

appreciated the participants who came from different corners of the country.

The other guest on the occasion were – Sri Prameya Chaitanya, Vancouver, Canada; Sri Raj Natarajan, Director, Austrasia, Sydney, Australia; Prof.Rudrappa, Medical Director, Sanathana Yoga &

Maharashtra proved to be Yoga Rashtra Champion of Champions





Himalaya Valedictory in progress



Srikantaiah, AYUSH Director



Sri Praneya Chaitanya

"60 Years of Kalaseva"
Bhaskar & Shanta
Singapore being honored



January 2012

Nature Cure Hospital, Bangalore; Sri JSD Phani, Chairman, AYUR-PARK Health Care Ltd., and Dr.Veerabhadrappa, Executive Officer, Zilla Panchayat, Anekal.

Dr.H.R.Nagendra, Vice Chancellor presided over the function. He blessed the delegates and felicitated all the Chief Guest and Guest of Honour.

The program concluded with Shanti Mantra

Age Group	Category	Winners	State
10 to 14 yrs.	Men & Women	First	Maharashtra
		Second	Manipur (North East)
		Third	Andhra Pradesh
15 to 24 yrs	Men	First	Maharashtra
		Second	Uttarakhand
		Third	Gujrat
15 to 24 yrs	Women	First	Orissa
		Second	Tamilnadu
		Third	Kerala
24yrs & above	Men	First	Andhra Pradesh
		Second	S-VYASA
		Third	Manipur
24yrs & above	Women	First	Manipur
		Second	S-VYASA
		Third	Singapore

Other Statistics

No	State	1a	1b	2a	2b	3a	3b	Total
1	A P	11	15	07	03	06	02	44
2	Bihar			09				09
3	Cha			04				04
4	Delhi	03	01				03	07
5	Gujrat	11	10	12	11			44
6	Haryana			08				08
7	Karnataka			04		06		10
8	Kerala	10	05	05	05			25
9	Maharashtra	07	09	09	05	06	06	42
10	M P	05	01			03		09
11	Manipure	05	03	06	05	07	06	32
12	Odisha	22	14	07	09	06	10	68
13	Puducherry		04	03				07
14	Rajastana	01	01	10	5			17
15	Svyasa			08	08	09	07	32
16	Singapur						05	05
17	T N	06	06	05	19		03	39
18	UK		06	06	06	05	04	27
19	UP	01		03	06	04	03	17
20	WB			05	06	08	04	23
Total		82	75	111	88	60	53	
Total								469

- ▶▶ Total Number of Teams (States 18) 20 including S-VYASA and Singapore
- ▶▶ **1a** (10-14yr), **2a** (15-24yr), **3a** (24yr & above) are **BOYS** and **1b** (10-14yr), **2b** (15-24yr), **3b** (24yr & above) are **GIRLS**
- ▶▶ Champions of Champions is **MAHARASTRA**.



Samuhik
Surya Namaskar



Malla Kamba &
Rope Mallakansha
by Sri Hussain &
Team, Dharwad

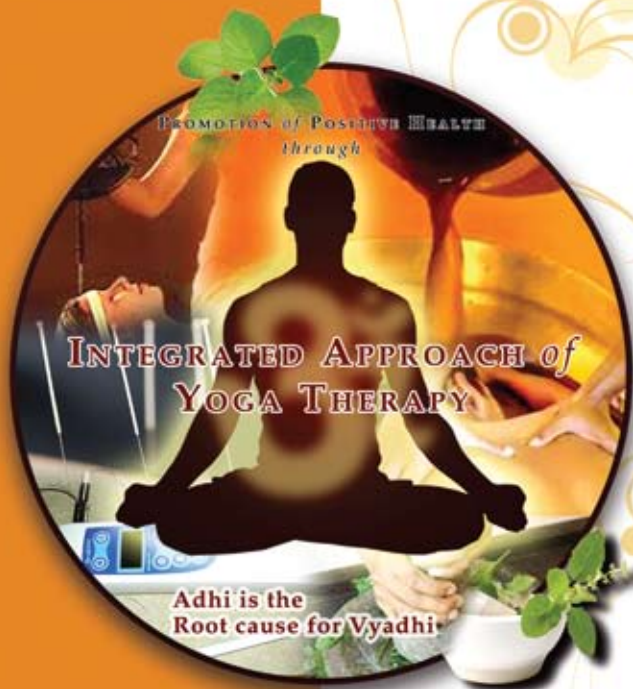




*“Vajradapi Kathorani –
Mriduni Kusumanicha”
Hard like a diamond &
soft like a flower*

*“Sthiram
Sukham
Asanam”*





19th INCOFYRA

INTERNATIONAL CONFERENCE
ON FRONTIERS IN YOGA RESEARCH
AND ITS' APPLICATIONS

Theme:
YOGA for GLOBAL HEALTH
EDUCATION & PEACE

December 20-23, 2011

Prashanti Kutiram

the head quarters of
S-VYASA University
Bengaluru

Organizer:
VYASA, Bengaluru

Inauguration

20 Dec 2011
Prashanti Kutiram





19th INCOFYRA

MAIN CONFERENCE INAUGURATION

The Dignitaries: Swami Gautamanadaji, *President, RK Math, Chennai*; Sri Sri Ravi Shankar Guruji, *Founder of Art of Living*; Padma Bhushan Raghunath Anant Mashelkar, *President Global Research Alliance*; Sri B.S. Yedurappa, *Ex-Chief Minister*; Dr. Acharaya, *Higher Education Minister, Govt. of Karnataka*

It was unique gathering in the form of the 19th International Yoga Conference on Frontiers in Yoga Research & Its' applications, being organized at S-VYASA. Yoga University, Bengaluru. The theme of the conference is "Yoga for Global Health, Peace and Education". This has evolved as a result of consequences the world has been



"Tamasoma Jyothir Gamaya"

January 2012



facing with regards to health, education and peace.

Remarkable advances in science and technology have provided powerful tools in the fields of diagnosis, surgery and target oriented pharmaceuticals and has actually taken us away from the natural and healthy living. We are obsessed by the conventional modern medical system for treating life style related disorders, which can be easily treated by mere life style changes and few healthy habits. Modern medicine is promising in managing these disorders but remains far unsuccessful in rendering a cure.

Yoga is an Art, a Science and Philosophy. More practically it is a yoga life. It was the subject of various eminent dignitaries who were present in the Inauguration of the International Yoga Conference on 20th Dec.2011 at 5.00 pm in Prashanti Kutiram. Dr.H.R.Nagendra, Vice Chancellor, S-VYASA spoke of the research base wealth of knowledge which the university has. He also mentioned about USA's huge funding on defense, which could if be utilized for health issues, it could be five years budget for the whole world. The power hunger has to be reduced. Materialized world has to be regulated.

Swami Gautamanadaji, President, Ramakrishna Math, Chennai released the book - The Evolution of Enlightenment, which explains the new relationship between the new enlightenment and moksha and gave his ashirvachanam.

The ex-Chief Minister Sri Yedurappa, wished all the delegates of the conference the greater heights of enlightenment.

Dr.Acharaya, Education Minister, Govt. of Karnataka said that Karnataka has first state to have UG and PG level Yoga Courses.

Sri Sri Ravi Shankar Ji, Founder of Art of Living said that "Science



and Spirituality” were never contradictory. He said that if you understand an atom, you will understand spirituality. Yoga is not a philosophy to be kept in a library but is to be lived. Sri Sri Ravi Sharker answered a question about Russia banning the Bhagawat Gita! He said that banning the Bhagawat Gita is injustice to the people of Russia and an insult to 1.2 billion people of India.

Yushmakam
“Swagatham
Mahabagaha”
*Welcoming
the Dignitaries*





“Well begin is half done” – Inauguration



To open the hearts

‘Art of Living’ Bhajans





'Swagatham'
Dr H R Nagendra



'Heart to Heart' – Sri Sri



Swami Gautamanandaji



V S Acharya
Higher Education Minister



Andrew Cohen



Dr Christoph Garner



Greetings from
foreign delegates



Sri B S Yediyurappa



Gratitude to the great Souls for their presence...





Launch of the face lifted website – www.svyasa.biz



Best of East: Gautamananda Ji
Best of West: Amrita Suryananda Ji



“Parasparam Bhavayantaha”





CONFERENCE REPORT

19th International Conference on Frontiers in Yoga Research
& Its' Applications (INCOFYRA), 2011

Held from Dec 20 to 23, 2011 at Prashanti Kutiram

Organised by:

Vivekananda Yoga Anusandhana Samsthana, Bengaluru

Theme: Yoga for Global Health, Education & Peace

BACKGROUND:

Since 1991, every alternate year VYASA has been conducting International conference on yoga entitled 'Frontiers in Yoga Research and Its' Applications. Each conference has a specific theme.

THEME FOR THE 19TH INCOFYRA: 'Yoga for Global Health, Education and Peace'.

STRUCTURE OF THE CONFERENCE:

The conference was structured under three sub themes viz.,

- (1) Yoga for Peace
- (2) Holistic Health and
- (3) Total Education





A BRIEF OVERVIEW:

- **Pre conference workshops held from Dec 12-19, 2011:**
 - o Workshop on Yoga therapy led by Dr R Nagarathna and team:
106 patients participated in the workshop
 - o Workshop on Dance therapy by Dr Rajan Narayan, USA:
- **Himalaya Olympiad held from Dec 12-15, 2011:**
 - o Groups from 13 states participated in the Olympiad with 462 participants.
 - Maharashtra won the championship
 - Manipur was the runner up
- **Inauguration:** 19th international conference on frontiers in

Yoga Research & its Applications was inaugurated on Dec 20, 4:30 pm by Sri Sri Ravishankaraji, Swami



Gautamananda ji & Dr Mashelkar. The other dignitaries present were Sri BS Yediyurappa, Former Chief Minister of Karnataka and the Minister for Higher Education Dr VS Acharya.



□ **Morning Yoga session: There were several parallel yoga options for the delegates. They are:**

- o OM meditation by SVYASA team
- o General yoga by SVYASA team
- o Therapeutic yoga by SVYASA team
- o Satsang by Sri Andrew Cohen, Spiritual Master & Founder, EnlightenNEXT, USA



□ **Conference statistics on Technical Sessions:**

Scientific Sessions:

Number of Keynote lectures	5
Total no of invited speakers	37
International speakers	9
National speaker	28

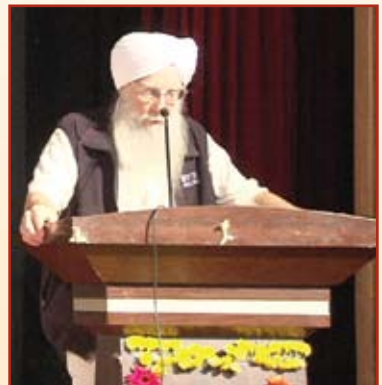
Poster and oral presentations:

No of poster presentation	40
No of oral presentation [on selection]	8



Presentation and exhibitions:

1. SVYASA Research Exhibition- recently published 12 research papers from S-VYASA (2009- 2011),
2. Yoga Therapy in Arogyadhama
3. Video show on Different nature cure modalities at Surabhi-Arogyadhama Naturopathy block
4. Poster presentation on Different state of Consciousness.
5. Exhibition of Human anatomical models.
6. Department of Naturopathy and Ayurveda served different naturopathy and ayurvedic diet like juice, herbal tea, tri - dosha tea, soups, salads etc.





□ Statistics on delegates:

- Total number of national delegates: 547
- Number of states represented: 20
- Total number of international delegates: 37
- Number of countries represented: 11
- Indian dignitaries: 45
- International dignitaries: 30
- VYASA - SVYASA Alumni: 80
- Volunteers: 250







□ EVENING SATSANGS & CULTURAL PROGRAM:

Time	PROGRAM		
	December 20	December 21	December 22
6:00 -7:30pm	<p>Satsangh lead by Sri Sri Ravishankar ji and Art of Living Devotees</p> <p>Venue: Mangal Mandir</p>	<p><u>5.00 - 6.30 pm</u> Karnataka Folk Festival "Gramotsava" by Veerabhadraraih and Team</p> <p>6:30 - 7:30 pm Satsangh by Sri Sri U. Ve. Prasanna Venkatachariar Chaturvedi Swamigal <u>Prarthana Mandir</u></p>	<p>Pashupati - Advanced Yoga Demonstrators Group & Omkara - Choir and Orchestra performance</p> <p>By Pourtugese Yoga Confederation led by Amrta Suryananda Maharaj</p> <p>Venue: Mangal Mandir</p> <p>6:00 - 7:30 pm Satsangh by Mr. Andrew Cohen Founder, EnlightenNext, Boston, USA</p> <p>Venue: <u>Prarthana Mandir</u></p>
7:30 - 8:25pm	Dinner	Dinner	Dinner
8:30 - 10:00pm	<p>Dance Ballet on "Vishwa Yogi Swami Vivekananda" by Chakra Dance Group led by Shanta Baskar, Singapore</p> <p>Venue: Mangal Mandir</p>	<p>Bharata Darshana - Cultural Programs by Students of S-VYASA, Bengaluru</p> <p>Venue: Mangal Mandir</p>	<p>Dharma Bhumi Dance Drama</p> <p>Prabhat Kalavidaru Sri Venkateshacharya and Group</p> <p>Venue: Mangal Mandir</p>

□ POST CONFERENCE WORKSHOPS:

- o A DAY LONG RETREAT BY Sri Andrew Cohenji on Dec 24, 2011
- o A week long workshop on Yoga therapy led by Dr Nagarathna from Dec 24-30, 2011



ABSTRACTS LIST OF KEYNOTE ADDRESSES

1. Adoption Of Theoretical Principles And Techniques Of Yoga To Evolve A Holistic Perspective In Modern Primary And Higher Education System - **H R Nagendra**, Vice Chancellor, S-VYASA University, Bengaluru, hrn@vyasa.org
2. Yoga For Global Health, Education And Peace - **Nagarathna Raghuram**, Dean, Division of Yoga and Life Sciences, S-VYASA University, Bengaluru, India, rnagaratna@gmail.com
3. Yoga Therapy Emphasizing The Philosophy Of Yoga As An Essential Part Of The Therapy - **Shirley Telles**, Director of Research, Patanjali Research Foundation, Haridwar, India, shirleytelles@gmail.com , www.patanjaliresearchfoundation.com
4. SWAMI VIVEKANDA'S VIEWS ON WORLD PEACE - **N V C Swamy**, Professor Emeritus, S-VYASA Yoga University, Bengaluru, nvcswamy@gmail.com
5. Emerging frontiers in nano technology and global health - **Anita Goel**, Chirman & CEO, Nanobiosym, USA



**ABSTRACTS LIST OF
INVITED TALKS
TRACK - 1: YOGA FOR PEACE**

1. Yoga for Global Peace: In the light of Sri Ramakrishna - *Swami Atmapriyananda*
2. Bhagavan Sri Ramana Maharshi's Message For Universal Peace - *Sarada Natrajan*
3. How Jyotish Muhurta Influences Biosystems: Graha Sourced Quantum Coherence Acts On Criticality States Of Regulation - *Alex Hankey*
4. Vedantic prescription for global peace - *Swami Jayendrapuri Ji*
5. Yoga for global peace: In lights from Indian Epics - *K Subrahmanyam*
6. An individuals contribution towards global peace - *Swami Prananda*
7. Quiet Yet Desirous Of Global Peace: Bhagavad Gita On The Yogi's Mind - *Sangeetha Menon*
8. Agnihotra And Homotherapy - The Effects On Human Health And On Human Mind - *Ulrich Berk*
9. Vedic Wisdom For Global Peace - *R Rangan*
10. 8 point program for peace - *Swami Sadyojatha*
11. Global Crises And Need For Wisdom And Personal Transformation - *Bishal Sitaula*



TRACK - 2: HOLISTIC HEALTH CARE

1. Neurobiology Of Yoga Therapy In Psychiatric Disorders - *Gangadhar B N*
2. Presenting Vedanta For A Scientific Mind - *Thimappa Hegde*
3. Holistic Neurologic Rehabilitation Including Yoga-Therapy - *Christoph Garner*
4. Ayurveda For Global Health - *Ramakrishna B R*
5. Yoga For Global Health: An American Experience - *Dilip Sarkar*
6. Integrative Medicine In The Context Of Global Health - *Naveen K. Visweswaraiiah*
7. Naturopathy Based Lifestyle In The Management Of Non Communicable Diseases - *Prashanth Shetty*
8. Unity Of Energy Concepts In Sciences-Basis Of Holistic Approach - *Raghavendra Kulkarni*
9. The Research And Practice Of Yoga As Therapy: An American Experience - *Sat Bir Khalsa*
10. Yoga For Coronary Artery Disease - *Shantharam S Shetty*
11. Evidence Based Ayurveda For Global Health - *Ram Manohar P*



TRACK 3: YOGA AND EDUCATION

1. Mathematical Modelling Of Smart Materials To Understand The Impact Of Stretching Of Muscles Due To Hath Yoga - *Rudraiah N*
2. Role Of Yoga In Addressing Productivity & Performance Challenges Of Corporate Executives - *Mahadevan B*
3. Yoga For Global Education: Insights From Traditional Texts - *Manmath M. Gharote*
4. Yoga And The Educational Process - *Yogacharya Ananda Balayogi Bhavanani*
5. Concept Of The Yoga Intelligence - Meaningful Human Resource Management - *Predrag Nikic*
6. Application Of Yogic Knowledge To Modern Education - *Sraddhalu Ranade*
7. Yoga And Education According To Ancient Indian Wisdom - *Raghuram N V*
8. Holistic Health - Problems: Remedies By Manashakti Research Center (Mrc) - *Vijay R Joshi*
9. Integrating Traditional Gurukula Education With Contemporary Education - *Ramachandra G Bhat*
10. Towards Holistic Education - *Subhash Sharma*
11. Yoga And Education - *Alexander R Medin*



ABSTRACTS LIST OF ORAL PRIZE PAPER PRESENTATION

1. Effectiveness Of The Practice Of Yoga Therapy In Anxiety Disorders In Females - A Randomized Controlled Trial - *Annapoorna K*
2. Effect Of An Integrated Approach Of Yoga Therapy On Quality Of Life In Osteoarthritis Of The Knee Joint: A Randomized Control Study - *John Ebnezar*
3. Sun Salutation - A Biomechanical Perspective - *Omkar S N*
4. Complimentary Effect Of Yogic Sound Resonance Relaxation Technique In Patients With Common Neck Pain - *Bali Yogitha*
5. Effect Of Dynamic Suryanamaskar On Physical Fitness Of Secondary School Students - *Krzysztof Stec*
6. Yoga For Controlling C Reactive Protein In Coronary Atherosclerosis - *Gaurav Pant*
7. Connection Between Yoga Practice And Depression - *Bosiljka Janjusevic*
8. Effect Of Pranayama And Meditation In Rehabilitation Of Patients With Guillain-Barré Syndrome (Gbs) - *Ragupathy Sindhil Kumar*



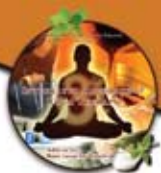
ABSTRACTS LIST OF POSTERS

1. Pyramid Effect On Growth Of Fenugreek - *Itagi Ravi Kumar*
2. A Study Of The Effect Of Specific Yoga Practices For Improving The Performance Of Table Tennis Players - *Ajit Oak*
3. Integrated Approach Of Yoga Therapy And Ayurveda As Complementary Therapy For Orthostatic Hypotension And Benign Prostatic Hypertrophy In Type 2 Diabetes Mellitus: A Case Report - *Rathi A*
4. Changes In Tridosha And Triguna In Type 2 Diabetics After Integrated Approach Of Yoga Therapy - A Pilot Study - *Amit Singh*
5. Add On Effect Of Nadishuddhi Pranayama On Hypothyroidism A Comparative Clinical Trial - *Amol Koshti*
6. P300 Responses In Diabetics Practicing Yoga Or Physical Exercise: A Cross Sectional Study - *B.V. ASHA*
7. Integrated Approach Of Yoga Therapy Clinics In America By Yoga Bharati - An Experience On Over 300 Participants - *Ashwini Surpur*
8. Clinical Evaluation Of Vyoshadi Guggulu And Hareetaki Churna In The Management Of Obesity (Sthaulya) - *Deepti Nair*
9. Yoga dance therapy: integrating art, science and philosophy. Application of yoga in the art of dance - *Soraya Franco*
10. Prevention Of Suicidal Ideation Through Yoga Among Adolescent Students - *Ghanshyam singh thakur*
11. Measuring The Effect Of *Kapālabhāti Kriyā* On Brain Blood



Flow By Fnrirs In Normal Healthy Volunteers: A Pilot Study -
Hemant Bhargav

12. Qumulative Impact Of Yoga Practice On Quality Of Life -
Jhansi N Rani
13. Implicit Cognition And Yoga Research - *Judu Ilavarasu V*
14. Evaluation Of Yoga Nidra In Patients Of Menstrual Disorder
With Psychological Problems - *Khushbu Rani*
15. An interventional trial on promotion of positive health through
seasonal purification w .s .r. To sarat ritu - *Lakshmi V*
16. Yoga, Potential To Enhance Global Peace - *Mahaveer
Khetawat*
17. The Effect Of Add-On Of Physiotherapy, And Ayurvedic
Treatment To Integrated Approach Of Yoga Therapy, On
Chronic Non-Specific Low Back Pain - *Monali Madhusmita*
18. Influence Of Integrated Approach Of Yoga Therapy On Nerve
Conduction Velocity In Type Ii Diabetes Patients - A Cross
Sectional Study - *Nagraj C*
19. Standardization Of “Ama” Questionnaire For Use In Clinical
Studies - *Narasimhan S*
20. Yoga Therapy And Serum Brain-Derived Neurotrophic Factor
In Drug Naive/Drug Free Patients With Depression: Effect Of
Regularity - *Naveen G H*
21. A Study Of The Efficacy Of Yogic Practices For Knee Pain -
Neela Tamhane
22. Efficacy Of Yoga In Sparc Initiated Green Prescription Program
- *Pooja Maddela*



23. Complementary And Alternative Medicine In Type 2 Diabetes - *More P*
24. Changes In Cerebral Blood Flow During A Frontal Lobe Task In Type 2 Diabetic Patients Following An Integrated Yoga And Ayurveda Protocol: A Pilot Study - *Purnendu Sharma*
25. From Wheels To Her Own Feet - A Case Of Amyotrophic Lateral Sclerosis (Als) After Iayt And Ayurveda Therapy - *Haldaavnekar R V*
26. Self Management Of Excessive Tension Module For Managerial Effectiveness - *Tikhe Sham Ganpat*
27. Occupational Health Status Of Ayurveda Masseurs In Kerala - A Cross Sectional Study - *Sachin Upalanchiwar*
28. Yoga For Bronchitis - *Sowmya Hegde*
29. Effect Of Disease Trajectories On Cognitive Behavior - *Sridhar Maddela*
30. A Study Of The Effect Of Specific Yoga Practices For Occupation Related Back Problems Of Professional Tabla Players - *Sushama Sauandattikar*
31. Effect Of Integral Yoga On Psychological And Health Variables - *Sushil S Khemka*
32. A Comparative Study Of Autonomic Changes During Nadishudhhi Pranayama Practices With Specific Reference To Diaphragmatic Breathing And Thoracic Breathing - *Ulka Natu*
33. A Comparative Study Of The Effect Of Performing Siddhasana And Padmasana, The Meditative Postures - *Vasant Kelkar*



34. Effects Of Meditative States On Long Latency Auditory Evoked Potentials - *Singh Deepeshwar*
35. Blind Practice Of Asans And Pranayam Without Paying Heed To Onkar Upasana Is Not Yog; It Is Nothing But Wasteful Squeezing Of Nerves - *Swami Eknaamdev*
36. Effect Of Integrated Yoga Therapy On Body Composition In Type 2 Diabetes Mellitus, A Pilot Study - *Bilagi Ashwin*
37. A Multimodal In-Patient Approach Including Yoga, To Rehabilitation Of Chronic Neurological Diseases - A Pilot Study In Germany - *Ashwini BC*
38. Influence Of Regular Yoga Therapy On Cognitive Functioning And Blood Glucose Levels Among Adult Type 2 Diabetics - *Ashwini R*
39. Effect Of Cyclic Meditation In Psychomotor Performance On Children - *Balaram Pradhan*
40. Application Of Electrical Conductivity Of Acupuncture Meridians In Diabetes - *Sharma B*
41. Effect Of Integrated Approach Of Yoga Therapy On Quality Of Life In Patients With Chronic Illnesses - *Chaya B V*
42. Digital Meridian Tool For Yoga Research - *Meenakshy K B*
43. Changes In Autonomic Variables Following Two Meditative States Described In Yoga Texts - *Raghavendra Bhat*
44. Yoga A Biopsychosocial-Spiritual Model For Health: A Scientific Overview - *Rajesh S K*
45. Changes In Sleep Architecture Following Long Term Practice Of Meditation - *Suhas Vinchurkar*



“Melting
Melodies”
Bhakti Geet by
Sujata Guru
& team



Programs



“Gurukuladalli Sri Krishna” – by Sadhana Sangama



Mahila Yakshagana on 24th December 2011

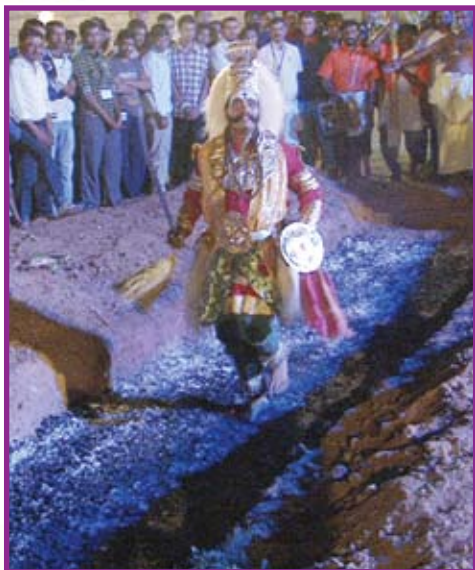




Experience of Ecstasy RASALEELA



“Face the Brutes”



“Veeragase” – Dancing on the Dazling fire



Bahu Bhuja Dharini
Bharatha Matha



Dancing with Divine – Dandiya

“Brave Women of
Bharath”





Nrithya Yoga by S-VYASA students



Guru Shishyas
from East & West
Krishna & Arjuna
Aristotle & Alexander





VALEDICTORY FUNCTION

19th INCOFYRA was concluded with the speeches of delegates from different parts of the world, speaking about their experiences. They mentioned how this conference with the theme Global Health, Peace and Education helped in getting the eminent thinkers, philosophers and spiritual teachers on one platform. Dr.Naveen an established researcher of S-VYASA put across the pre and post details of the conference. This was follow-by the book release on - Swami Vivekananda a Man of letter by Prof.K.Subramania. And another book released was Yoga Sagara Saram by Prof.T.M.Srinivasan. Swami Paramatmananda Saraswati spoke a few words about how Yoga is away from barriers of caste, creed, race and religion. Then the conference was addressed by the Guest of Honour Dr.Anita Goel.

At the end a Human Chain was made, which was symbolic of world peace, unity in diversity followed by Shanti Mantra and National Anthem.

The dignitaries on the stage:

- ▶▶ Swami Paramatmananda Saraswati,
Arsha Vidhya Peetam, Rajkote
- ▶▶ Dr. Anita Goel, *CEO Symbiosys, USA*
- ▶▶ Padmasri Dr. Alka Deshpande
- ▶▶ Dr. H.R. Nagendra, *VC SVYASA Yoga University*





“Sarve Bhavantu Sukhinah” – Praying for peace all over



Book Release – ‘Swami Vivekananda the Man of Letters’

Book Release – ‘Yoga Sagara Saram’





RESOLUTIONS OF 19TH INCOFYRA

By virtue of active presentations-deliberations and interactions on the above mentioned theme, this conference unanimously adopt the following resolutions:

GLOBAL PEACE: One World-One Hope

There is NO way to Peace; Peace is the way-AJ Muste

1. We endorse and support UN millennium goals
[\[http://www.endpoverty2015.org/en/goals/end-hunger\]](http://www.endpoverty2015.org/en/goals/end-hunger)
Goal 1 Eradicate extreme poverty and hunger
Goal 2 Achieve universal primary education
Goal 3 Promote gender equality and empower women
Goal 4 Reduce child mortality
Goal 5 Improve maternal health
Goal 6 Combat HIV/AIDS, malaria and other diseases
Goal 7 Ensure environmental sustainability
Goal 8 Develop a global partnership for development
2. We recognize and accept to use Yoga as a Universal tool in meeting UN millennium goals by commemorating June 21- the day of summer solstice in northern hemisphere of the earth as WORLD YOGA DAY as proposed by HH Jagat Guru Amruta Suryananda Maharaja of Portuguese Yoga Confederation and endorsed by all Yoga masters of India on December 2011 at the Yoga Summit held in International headquarters of The Art Living Foundation, Bengaluru
3. We realize that Yoga - a science and art of self transformation



leading to individual peace [peace within and peace outside by eliminating fanaticism and invoking Universal brotherhood as proposed by Swami Vivekananda] and thus establishing YOGA as a Universal – secular strategy for Global peace

4. We accept to commemorate 2012 as the ‘International Year of Cooperation’ to create partnerships to establish YOGA as a strategy to meet MDGs [<http://www.un.org/apps/news/story.asp?NewsID=40262&Cr=cooperatives&Cr1=>]
5. This conference pledges to establish Indian value “Vasudhaiva Kutumbhakam – the World is one family” as the goal and means to achieve lasting GLOBAL PEACE

HOLISTIC HEALTH:

1. We recognize Non Communicable Diseases [NCDs] as a Global Health Concern and Global epidemic
2. We endorse and pledge to participate in the Global Campaign against NCDs [<http://www.un.org/apps/news/story.asp?NewsID=39600&Cr=non+communicable+diseases&Cr1=>]
3. The VYASA-SVYASA as a single largest research institution specializing in yoga pledges to the Goals of Global campaign against NCDs
4. This conference resolves to build partnerships with major yoga institutions; leading medical institutions; professional organizations and government agencies to create working groups and evolve effective outreach initiatives to meet the goals of the global campaign specific to India
5. This conference recognizes the importance of STOP DIABETES



MOVEMENT and accepts as the most needed campaign to address the issue of NCDs in India and across the World

TOTAL EDUCATION:

1. We recognize and accept that the Total education is the real means to achieve the goals of Global Peace and Global Health
2. We resolve that Yoga education forms the basis for Total Education
3. We pledge that on the year of 150th birth year of Swami Vivekananda- we would implement 'Man-making education through Yoga' than mere 'bread earning education'
4. We seek to work towards and establish Yoga education at all levels of education from primary education to professional education across the World
5. We seek to establish national and international working group to introduce Yoga in five dimensions i.e., spirituality; life sciences; humanities; management studies and physical sciences

SPIRITUAL RETREAT WITH ANDREW COHEN

On 24th December there was a one day spiritual retreat by Andrew Cohen, a spiritual teacher, cultural visionary, and founder of the global nonprofit EnlightenNext and its award-winning publication *EnlightenNext* magazine. Andrew being a student of a great *Advaitic* master, H.W.L. Poonja and many others, he has now developed his new approach towards spirituality. It was a day long retreat from 10 am to 6 pm, which was attended by many people from various states in the south, apart from students and staffs of S-VASA. Andrew Cohen spoke about his evolutionary ideas about spiritual enlightenment. There were three sessions in which two were interactive, in which he addressed many of the deeper queries of the participants. The retreat left behind a wave of new insight and new search in many minds.





MEDIA SUPPORT

ಆರೋಗ್ಯದ ಅರಿವಿಗೆ ಯೋಗ ಅವಶ್ಯ

ಬೆಂಗಳೂರು: ವಿಜ್ಞಾನ, ತಂತ್ರಜ್ಞಾನ ಯುಗದ ಭೌತಿಕ ಅಭಿವೃದ್ಧಿಯ ಜೊತೆಗೆ ಆಧ್ಯಾತ್ಮಿಕ ಉನ್ನತಿಗೆ ಯೋಗ ಅತ್ಯವಶ್ಯ ಎಂದು ಜೆನ್ಸೈನ್ ರಾಮಕೃಷ್ಣ ಮಠದ ಅಧ್ಯಕ್ಷ ಗೌತಮಾನಂದ ಸ್ವಾಮೀಜಿ ಅಭಿಪ್ರಾಯ ಪಟ್ಟರು.

ವಿವೇಕಾನಂದ ಯೋಗ ಅನುಸಂಧಾನ ಕೇಂದ್ರ ಆಯೋಜಿಸಿದ್ದ 19ನೇ ಅಂತಾರಾಷ್ಟ್ರೀಯ 'ಯೋಗ ಸಂಶೋಧನೆ: ಎಲ್ಲೆ ಮತ್ತು ಪ್ರಯೋಜನ' ಕಾರ್ಯಕ್ರಮ ಉದ್ಘಾಟಿಸಿ ಮಂಗಳವಾರ ಮಾತನಾಡಿದರು.

ಯೋಗದಿಂದ ಮನುಷ್ಯರಲ್ಲಿ ಬೌದ್ಧಿಕ ಹಾಗೂ ಮಾನಸಿಕ ಬೆಳವಣಿಗೆ ಸದೃಢಗೊಳಿಸಿ, ಆರೋಗ್ಯದ ಅರಿವು ಮೂಡಿಸಬಹುದು. ಸೈಜ ಅರ್ಥದಲ್ಲಿ ಜನರನ್ನು ಪ್ರೀತಿಸಲು ಯೋಗದಿಂದ ಸಾಧ್ಯ. ಚಾತಿ, ಭೇದ ಮರೆತು ಒಂದೇ ಕುಟುಂಬದಂತೆ ಬದುಕಬೇಕು. ಬೇರೊಬ್ಬರಿಗೆ ನೀಡುವ ಪ್ರೀತಿ, ದಾನ, ಸ್ನೇಹ ಎಲ್ಲವೂ ಸೈಜವಾಗಿರಬೇಕು ಎಂದು ತಿಳಿಸಿದರು.



ಸಂಸ್ಕೃತ ವೆಬ್‌ಸೈಟ್ ಉದ್ಘಾಟಿಸಿ ಮಾತನಾಡಿದ ಆರ್.ಆರ್. ಲಿವಿಂಗ್‌ನ ಶ್ರೀ ಶ್ರೀ ರವಿ ಶಂಕರ್ ಗುರೂಜಿ, 'ಪ್ರತಿ ಮನುಷ್ಯನು ಅಶ್ರಮಗಳಾಗಿ ಬೇರೊಬ್ಬರಿಗೆ ಸೇವೆ ಸಲ್ಲಿಸಬೇಕು. ಎಲ್ಲರೂ ಹಣಕ್ಕೆ ಪ್ರಾಮುಖ್ಯ ನೀಡಿ ಒತ್ತಡಕ್ಕೆ ಸಿಲುಕಿದ್ದಾರೆ. ಹಾಗಾಗಿ ಪರಸ್ಪರರಲ್ಲಿ ಪ್ರೀತಿ, ಸ್ನೇಹ ಇಲ್ಲದಂತಾಗಿದೆ. ಒತ್ತಡದಿಂದ ಹೊರ ಬರಲು ಯೋಗ ಸಿದ್ಧಿಪಥವಿದ್ದಂತೆ' ಎಂದರು.

ಯೋಗ ತರಗತಿ: ಎಲ್ಲ ಕಾಲೇಜು, ವಿಶ್ವವಿದ್ಯಾಲಯಗಳಲ್ಲಿ ಯೋಗ ಕಡ್ಡಾಯಗೊಳಿಸಲು ಸರಕಾರ ಚಿಂತಿಸಿದೆ. ಶಾಲೆಗಳಲ್ಲಿ ಸಂವಹನ ಕಲೆ ಉತ್ತೇಜಿಸಲು ಯೋಗ ತರಗತಿ ಪ್ರಾರಂಭಿಸುವುದಾಗಿ ಉನ್ನತ ಶಿಕ್ಷಣ ಸಚಿವ ವಿ. ಎಸ್. ಅತಾರ್ಯ ತಿಳಿಸಿದರು.

ಮಾಜಿ ಮುಖ್ಯಮಂತ್ರಿ ಯಡಿಯೂರಪ್ಪ, ಡಾ.ರಘುನಾಥ ಅನಂತ ಮಠೇಲ್ಕರ್, ಅಮೃತ ಸೂರ್ಯಾನಂದ ಇದ್ದರು.

21 Dec 2011

Vijaya Karnataka, Bengaluru

YOGA:
A SCIENCE FOR WORLD PEACE
4 & 5 December, 2011;
The Art of Living, Bengaluru



YOGA PRESENTATION TO THE GRAND MASTERS, BY THE "PASHUPATI" – ADVANCED YOGA DEMONSTRATORS, WITH THE SUPPORT OF THE "OMKÁRA" – MANTRA CHOIR ORQUESTRA– BOTH DEPARTMENTS OF THE YOGA PORTUGUESE CONFEDERATION



SOME OF THE GRAND MASTERS AND LINEAGES PRESENT AT THE CLOSING CEREMONY (from left to right):

DR. RAMESH BULANI / VICE PRESIDENT OF THE SHRI AUROBINDO ÁSHRAMA, NEW DELHI; DR. NAGENDRA / S-VYASA - VIVEKÁNANDA YOGA UNIVERSITY; SVÁMIN YADUNANDANA MAHÁ RÁJA AND H.H. SVÁMIN RADANÁTH MAHÁ RÁJA / GBC - ISCKON, HARE KRISHNA; H.H. SVÁMIN PARAMATMÁNANDA JI / GENERAL SECRETARY OF THE HINDU DHARMA ACHARYA SABHA; SHRI SHRI RAVI SHANKAR / ART OF LIVING FOUNDATION (HOST); H.H. SVÁMIN RAMDEV / PATANJALI YOGPEETH - DIVYA YOG MANDIR - HARIDVAR - HARIDVAR; JAGAT GURU AMRITA SÚRYÁNANDA MAHÁ RÁJA (GR. MASTER JORGE VEIGA E CASTRO) / PRESIDENT OF THE YOGA PORTUGUESE CONFEDERATION, (CO-ORGANIZER); D.R. KÁRTHIKEYAN / ADVISOR OF LAW-HUMAN RIGHTS-CORPORATE AFFAIRS; DR. GANGÁDHAR / NIMHANS - BENGALURU; DR. SUBODH TIWARI / ADMINISTRATOR OF THE KEVALYADHAMA YOGA INSTITUTE - LONAVALA

NEWS FROM VYASA, KOLKATA

VYASA, Tollygunge (Eknath Bhawan)

Report of Yoga Participants in NOVEMBER 2011*

Sl.No	Heads	Courses/ Programmes					Total
		FCYScW	YAP	YPGW	RYTP		
					Male + Female	Total	
01		-	-	-	21+45	66	
02							
03							
04							
	New	-	-	-	2		
	Old				64		66

* Report is based on the SVDYWC guide line.

SL. NO	PROGRAMMES IN THE MONTH OF NOVEMBER 2011	NO. OF PARTICIPANTS
01	Yoga Therapy (YT)	26
02	Yoga at Residence (YR)	9+3**
03	OPD (Modern Medicine)	94

Daily Bhajans at 6.00-6.30 PM and weekly Kriya classes are going on every Saturday at 6.30-7.30AM.



Apart from Kolkata seven participants from Ireland (6) & U.S.A (1) took part in the Yoga classes of VYASA.

On 6th November a teacher's meet held at Eknath Bhawan for the teachers of VYASA Tollygunge & VYASA Salt Lake. Chairman Mr. B.K Dhanuka presided the meeting. On this occasion Mr. B.L Chandak (Vice Chairman) and Mr. S Kejriwal (Member) were also present.

On 13th November, Sunday at 7.30AM, "WALK FOR HEALTH" (An Initiative by M.P Birla Group) Programme was organized to celebrate World Diabetes Day (November 14, 2011) by walking from M P Birla Planetarium to Belle Vue Clinic, Loudon Street. Some of the SDM volunteers of VYASA also participated in this programme.

On 23 November Mrs Puspa Rath & Mr. Suraraj Rath have rejoined VYASA Kolkata as Yoga Therapist.

On 28th November a five day Yoga Awareness Programme(YAP) was started at International Management Institute (IMI)Kolkata for its trainees.

FUTURE PLAN:

1. 2nd batch of “Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)” is going to start from 1st December 2011.
2. On the eve of New Year (1st January 2012) a mass “Vishnu Sahasranam Archana” programme would be conducted by Chinmaya Mission. [Time-9.00-11.00 AM, Venue-Vivekananda Hall of VYASA]

VYASA, Salt Lake (Lakshmi Kripa):

SL. NO	PROGRAMMES IN THE MONTH OF NOVEMBER 2011	NO. OF PARTICIPANTS
01	Regular Yoga Training Programme for General Public (RYTP).	35
02	Yoga Therapy (YT)	02
03	Yoga at Residence (YR)	17+3**

Along with this regular out door **group classes**** are going on in the different parts of the city.

On 26th November, **Dr R Nagarathna** had a visit to Kolkata, during her tour to Assam for a Yoga Programme.

* Email-stopdiabeteskolkata@gmail.com

* Mobile: +91 9339610168

NEWS FROM VYASA, MUMBAI

Workshops

No.	Date	Topic	Faculty	No. of Participants
1	Nov 3	Yoga for Self Perfection	Subramanium Swamy	20
2	Nov 10	Face Yoga	Minal Potnis	21
3	Nov 12	Meditation (MSRT)	Vasundhara Maheshwari	41
4	Nov 14	Random Blood Sugar Test Free Blood Test on Diabetes Day		18

Yoga Classes

No.	Yoga Classes	Timings	No of participants
1	For Diabetes, High BP, Back Pain-Knee Pain, Vertigo, Thyroid, Varicose, Vein, Migrane, Spondylitis	6:30-7:30 am & 7:30-8:30 am	11
2	MSc Study Classes	9-11 am (Mon, Tue, Thu & Fri)	1
3	For High BP	11-12 noon	2
4	Dynamic Energizing Yoga Teacher Training Course	12 noon-2 pm (Every Thu)	12
5	For Weight Reduction	1-2 pm	1
6	For Back Pain & Knee Pain	2-3 pm	4

7	For Depression	4-5 pm	1
8	For Weight Reduction	7-8 pm	11
9	Yoga Instructor's Course	11 am-3 pm (Sat), 9 am-1 pm (Sun)	6

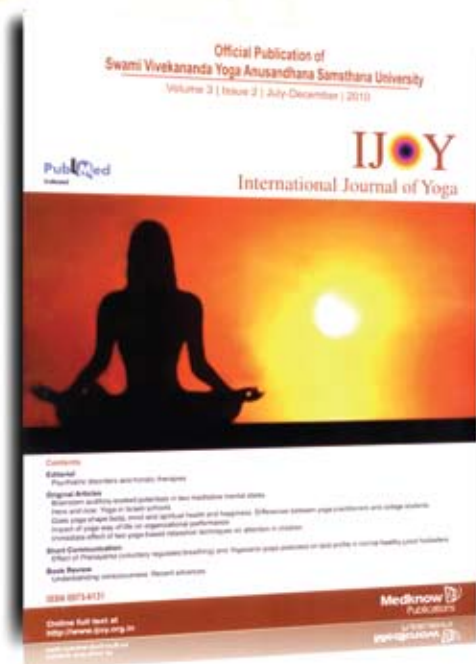
- » Yoga at residence - 2 participants
- » Yoga classes at Khar Gymkhana is being conducted by one of our YIC student as a replacement.

Future Activities:

- » SMET workshop to be conducted at the center on 3rd Dec, 2011. Yoga classes for kids (Age Group: 2-14 yrs) starting from 8th Dec, 2011.
- » Bhajan Sandhya to be conducted at the center every Saturday starting 10th December, 2011.
- » Attending 'The International Conference' at VYASA, Bangalore from 20th - 23rd December, 2011.
- » VYASA - Mumbai YIC students will be attending 1-week YIC orientation program from 24th - 31st December, 2011.
- » 'Yoga during Pregnancy' Teacher's Training Course to be started.
- » Starting regular motivational workshops under the name of 'Joy of Living' from 10th December, 2011.

We thank you all for your constant support.

Contact: VYASA, Mumbai, 9769563699



- ▶ IJOY is a multidisciplinary Semiannual scientific Yoga journal, dedicated to Yoga research and applications.
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