

# YOGA SURDHA

A Monthly Journal of Swami Vivekananda Yoga Prakashana



Decennial Celebrations of S-VYASA. Chief Guest: Sri G.M. Rao, GMR Group



Srimad Bhagawata Saptaham by Pujya Prema Pandurang Ji



Bhajan Sandhya by Padmashree Anup Jalota



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# YOGA SUDHA

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## EDITORIAL

The last month was very special in Prashanti with Bhakti dominance. What is bhakti Yoga ? It is a science to gain mastery over emotions. If the person has faith in God it is fine, but is not a mandate. One may not have a faith in any god but still he/she can be a great bhakta. This is most essential in modern society as we don't have a component of emotional training in our schools or colleges. Hence, students are highly stressed up, suffer from emotional imbalances and depression has started hitting headlines. Bhakti Yoga fills this vacuum in our education system and should be added in it effectively as part of the curriculum.

The following schematic summarises the essential components of the science of emotions. The first step is to analyse ourselves recognizing our strengths and weaknesses called as Daivi ( virtues) and Asuri ( vices) Sampats with which we all are born. We may have one more than the other, but all have both of them. We then make a resolve that we develop our strengths - Virtues and reduce our weaknesses - the six enemies kama, krodha, lobha, moha, mada and matsarya (greed, anger, miserliness, infatuation, arrogance and jealousy). They are called so because of their inherent nature to bind us enslave us leading to suffering, misery and bondage. We get enslaved by them and make us lose our power of discrimination. The virtues (selflessness, sharing and giving, peace and poise, love and magnanimity, positive thinking etc) elevate us by freeing us from the bondage of emotions. Hence we should update our softwares in our super computer, the brain by a new set of habits of giving and giving.

The proverbial saying 'a friend in need is the friend indeed' becomes a reality in our behavior. This is called Prema bhava as shown above. If only most persons feature prema bhava, the society will become an ideal one. This has been the basis

of ideal India. Swami Vivekananda said that the twin ideal of India is Tyaga and Seva: renunciation and service.

Then we move up in the ladder of growth by giving up our preferences, learn the art of surrender to a role model of a person whom you appreciate and respect the most. A person having faith in god will choose his ishta devata - god of his/her choice. To give up the ego is the most difficult, as we have a notion that we lose our individual specialties. Swami Vivekananda gave us the secret "Surrender is expansion". If we know this secret we can easily give up our arrogance and turn towards self confidence featured by humility. Surrender is a process of resonance of our mind and emotions with great virtuous beings whom we revere the most. A physicist may love to emulate Prof Fineman or Einstein. Resonance brings all the great qualities - brilliance, sharpness, etc of a researcher. A bhakta of a god may develop all the grand qualities of Ishta devata: a Hanuman bhakta may develop great strength and will power. A devotee of Goddess Saraswati may gain great intelligence and wisdom. A worshipper of Lakshmi may become a billionaire, etc.

The culmination of devotion or bhakti is Sakshatkara - Realisation of Truth, God realization in form as Kali sakshatkara of Sri Ramakrishna Paramahansa and later the nirguna sakshatkara of formless all pervasive blissful silence and peace as truth. The end of Bhakti Yoga is Freedom from all tensions and stresses, diseases, miseries and finally from all bondages called Moksha.

The Bhagawat katha Saptaha by Prof Prema Pandurang and divine bhakti sangeet by Padmashree Anup Jalota brought these dimensions of Bhakti in Mangal Mandir of Prashanti Kutiram - atreat supreme to all those attended. See details inside.

*Dr H R Nagendra*



## ब्रह्मसूत्राणि (Brahmasūtra)

- Dr. Ramachandra Bhat

Dean, Div. of Yoga - Spirituality, S-VYASA Yoga University

Director, Veda Vijnana Shodha Samsthanam, Channenhalli, Bangalore

शास्त्रयोनित्वात् ॥ १।१।३।

Śāstrayonitvāt ॥ 1|1|3|

Brahman non dualistic is the main subject domain of Brahmasutram. Eligibility criteria are already confirmed in the first sutra. Viveka, Vairagya, Sampat and Mumukshutva culminated formulate the real seeker for Brahmajijnasa. Without aiming any utility no man, dwells into act. Liberation from the shackles of worldly bondages is the ultimate aim and objective of ब्रह्मजिज्ञासा.

मानाधीना मेयसिद्धिः is the guiding principle for cognitive expansion of a seeker in Vedanta pathway. 'Meya' word stands for subject domain. 'Mana' means proofs. Without proofs one cannot establish the validity of the subject. According to Vedanta there are six validity criteria. Perception is one among them. For Vedantins perception is very much superficial and lopsided as it is very much dependent of sensory organs like ear and eyes. Vedantins give at most importance to the Vedas. 'Shashtra' is the word for such purest form of verbal testimony. Generally speaking words and sentences are indirected proofs to prove anything. But for Vedantins, Rishi Vaakya got its own validity in the domain of invisible, unimaginable and unparallel thinks like a Brahman. शास्त्रं योनिः यस्य tat this is the etymology of this phrase. All four Vedas proclaimed that Brahman is the ultimate truth. That is the theory of everything. With that master key one can unlock all the mysteries of the universe. That is the grand theory of every thing. Ever since the emergence of the mankind search is going on to unearth the mystry of the universe. प्रज्ञानं ब्रह्म from the Rigveda, अहं ब्रह्मास्मि from Yajurveda, तत्त्वमसि from Samaveda and अयमात्मा ब्रह्म from Atharvaveda proclaim decisively that there is one unifying thing which activates all molecules to vibrate. Nothing is inanimate. Its vitality and energy is shrouded due to Tamas. So its look to be lifeless PRANA is the all pervading force in the whole cosmos. Prana is the manifested form Brahman. The existence of this truth is proved by the Vedic seers who could make use of there own bodies as a clinical lab. Whatever they experimented it got reflected in their sanctified words. These Vedic words are not produced by any type of logically deliberations. Such great seers who go beyond transitory world reach the transcendental realm. According to VYASA such sages could see the mystery of the universe as a cherry fruit on the palm.

Brahmasutra says that the Vedas are the revolutions of the Brahman. In this sense शास्त्रस्य योनिः is the etymology of this word. Ordinary human brain got its own inbuilt defects. Even the brightest people become the victims of illusion, confusion and hallucination. To err is human. This is called प्रमादः ion Samskrita. In the Vedas you cannot trays this type of tries the Vedas are called non human outpourings. When one climbs the transcendental upsurge, logical mind stops there. Intuition is such a power which causes innumerable flashes so; the Vedas emerge in this manner. Thus, Brahman and the Vedas reciprocally proving there state beyond all doubts, become the real concrete proofs to establish Brahman.

to be continued...



## DECENNIAL CELEBRATIONS of S-VYASA Yoga University Inauguration of Lakshmi Amma Memorial Spiritual Retreat *Srimad Bhagavata Katha*



Advanced Yogasana demonstrations adding dimensions to the Program

**Jigani, June 03:** Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) inaugurated the Spiritual Retreat with *Bhagavata Katha* by internationally renowned orator Prof. Prema Pandurang as part of its Decennial Celebrations. The program continued from 3<sup>rd</sup> to 9<sup>th</sup> June, daily between 4 to 7 pm at Mangal Mandira in loving memory of our founder member Pujya Lakshmi Ammaji.

The program was embellished by the presence of Sri G.M.Rao as the Chief Guest. Sri G.M. Rao is a global infrastructure developer and Founder Chairman GMR Group. Industrialist and Philanthropist Sri Kailash Bagaria who was the Guest of Honour and several other dignitaries and well-wishers were present on this grand occasion.

Vice Chancellor of S-VYASA, ex-NASA scientist Dr. Nagendra welcomed the gathering and enumerated the achievements of the institution. Ph.D. research scholar Kum. Meenakshi KB shared her

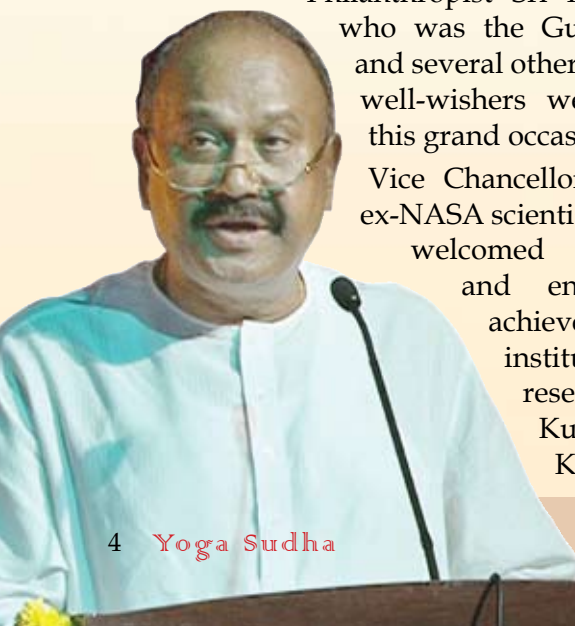
experience of having lived and studied at S-VYASA for over 9 years and how Yoga had helped in her personal and professional growth. The personal account of Sri Ashish Prakash Pathak, a printing business manager from Latur, Maharashtra who followed the Integrated Approach to Yoga Therapy (IAYT) for the treatment of cancer at S-VYASA's residential health home *Arogyadhama*, also inspired the gathering.

Sri G.M. Rao appreciated the great works of S-VYASA and its achievements over the years and conveyed that he and his company will extend all their support for the growth of this noble institution.

Well-wishers and spiritual aspirants Sri Harish Aidasani and Sri Chandru Bahirwani of Mumbai were both felicitated for their kind generosity in sponsoring the 2-storied Dhruvi Cottage which was declared open earlier during the day.

Year-long Decennial Celebrations were inaugurated in March by Dr. Vishwa Mohan Katoch (Director General, ICMR, New Delhi), followed by an exhibition entitled "*Yoga Darshan*" in May by Dr. Rangesh Paramesh, (Head - Research & Development, Himalaya Drugs).

- Anil Kumar Gajjala



A new feather added to the cap of S-VYASA...  
GMR Group extends its support



Prof. Prema Pandurang lighting the lamp  
*Symbolising removal of ignorance*



Sri. G.M. Rao & Sri Kailash Bagaria  
inaugurating the Bhagawatha Katha



Felicitations to Sri G.M. Rao by Ammaji & Guruji



Registrar Dr. Sudheer Deshpande  
felicitating Sri Kailash Bagaria



A section of audions in rapt attention.)))

## Bhajan Sandhya by Padmasri Anup Jalota

**Jigani, June 7:** It was a great surprise for all of us when Sri Ramesh Vittal from Mumbai called us and told that the world renowned bhajan and gazel performer Padmasri Anup Jalota has accepted to perform at Prashanti Kutiram on the 7<sup>th</sup> of June. A long cherished dream became true with the grand performance of bhajans and gazels by Anup Jalota. Mangala Mandira was tightly packed not only with residents of Prashanti but also with lot of music lovers from Bangalore city, Nisarga, Jigani and else where. Eminent personalities including Sri Chakravarti Sulibele, Dr Timmappa Hegde, Prof Gajendra Ghat and many others were amongst the audience.

The

audiences were overwhelmed to hear their heart's favourite songs including "Maiya mori mai nahi makan kayo", "Meera hogai magan", "Rama nama ka loot hai", "Damadam mast kalandhar", and a big list of most popular ones. We were thrilled to hear him sing "Mera geet amar kardho" and a few other songs sung by legendary Jagjit Singh and dedicate them to his memory. Inspired by the youth gathered in the crowd, Anupji took them on a musical journey to some of the ever fresh and thought provoking songs of old Hindi films and inbetween interspersed even recent hit musics like "why this kolai veri" which made all audience jump in joy. The audiences were highly impressed by the humourous explanations of Anup Jalota and to see such a great celebrity to be so down to the earth.

Anup Jalota was ably accompanied by Sri Rohan Khatri in Santoor, Sri Amit Chawbe in Tabla, Sri Viren Raichura in Guitar and Sanjaana Thakur in Vocal. The combinations of Anup's raaga aalap and individual instruments were marvelous.

In short, it was an experience of joy, melody, bliss and ecstasy for all of us. The three hour long shower of musical melody would ever remain a milestone in the history of S-VYASA.

Sri Anup Jalota also declared that he would offer an album through S-VYASA on Swami Vivekananda on account of his 150<sup>th</sup> birth anniversary this year.

We are thankful to Sri Ramesh Vittal, Sri Raj Kumar and team of Securex, Mumbai for sponsoring such a memorable event.

- Subramanian A

Sa Re Ga Ma Pa...



# *Musical Melodies*

*by Padmashree Anup Jalota*



Anup Ji along with Amit Chawbe in tabla, Sanjana Thakur in vocal  
Viren Raichura in guitar & Rohan Khatri in santoor



1. Dhanyavadaha...

2. Anup Jalota  
with Ammaji





*'Pibatha Bhagawatha Rasamalayam'*  
Let us drink the nectar of Bhagawatham

## Lakshmi Amma Memorial Srimad Bhagawata Katha

by Pujya Prema Pandurang ji

**Jigani, June 3 to 9:** It was a week of devotion for all of us at Prashanti Kutiram, when Pujya Prof Prema Pandurang ji conducted Srimad Bagawatha Katha from 3<sup>rd</sup> to 9<sup>th</sup> June 2012.

Srimad Bagawatha, which is the most popular scripture amongst all 18 puranas, is considered to be the highest authority on Bakthi Yoga. Residents and students of Prashanti Kutiram had been benefitted by listening to Srimad Bagawatha from our senior faculty member Dr Ranganji earlier. But it was for the first time that a katha was organised in such a grand way with lot of elaborate arrangements. The saphaha was dedicated to the memory of our founder Lakshmi Amma who was an embodiment of Bakthi Yoga. The saphaha coincided with Snan yatra celebrations of Puri and other Vishnu temples in the country.

It is a tradition to complete the katha of entire 12 skandas of

Bagawatha in 7 days; accordingly Ammaji had covered all essential aspects of Bagawatham which began with Kunti and Uttara Sthuti, Parikshit's story, Varaha Avatharam etc on the first day which continued with all other incarnations of the Lord, stories of Kapila, Druva, Prahlada, Ambarisha, Ajamila, Jada Bharata, etc and entered the soul of the scripture, i.e, the tenth canto on Sri Krishna avathara. Audience were enchanted with the musical presentations of Amma with her mesmerising voice, methodical sanskrita slokas from Bagawatham, Narayaneeyam, Krishna Karnamrtam and other texts and soul stirring songs of her own composition. An able team of musicians led by Sri Hemant and Shyam from

Nagpur assisted her in her deliverance. The sound effects by musicians added colours to Amma's spectacular presentations.

Listeners were enthralled to see her bring the voice of her Guru Sri Sengalipuram Anantharama Dikshithar and Swami

R a n g a n a t h a n a n d a j i

Maharaj in her

own voice.

*"Sa tasmin parama prema rupa"*

Lakshmi Amma Memorial Spiritual Retreat  
SRIMAD BHAGAYATA KATHA  
by  
Prof. Priema Pandurang

3<sup>rd</sup> JULY 2012



Ecstatic experiences & expressions of Ammaji



Chappan Bhog offered to the Lord (56 varieties of Prasadam)



Arati  
Kunja  
Bihari  
Ki!



Our artist Achet presenting  
Ammaji's portrait drawn by him

Audiences were spell bound by Amma's presentation of Narasimha Avathara, Bishma Prathigna etc. We could feel that she herself could become Meera, Gopis, Yashoda and all characters by her bhavas. The nama sankirtan led by her reverberated in the sky at Prashanti and made us feel the presence of the lord with us. Devotees sang and danced in ecstasy on occasions like Sri Krishna Jananam and Rasa Leela. Not only that she made all of us to experience every event of Bagawatham, she also took us on a virtual pilgrimage to Tirupati, Kashi and Brindavana by her narrations.

People were wonderstruck with the grand stage decorations which reminded them of the rich cultural heritage of our country. Subbu Bhaiya had beautifully decorated the Lord and had arranged prasadam suiting to each day's katha events, particularly the alankarams on Krishna jananam, Raasa leela and Rukmini kalyanam are worth mentioning. Every day, all ladies joined to perform arati to the Lord and Srimad Bagawatham. Children dressed like Krishna and Gopis were an added attraction.

Whole campus was echoing with "Govinda Damodara Madaveti" throughout the week. One could hear students sing Amma's songs even in

the hostel bathrooms and dinning halls. It will not be an exaggeration to say that the whole campus was immersed in the ocean of bliss and divinity by the Bagawatha Katha of Ammaji and even today one could feel that the shraavanam (hearing) has been taken ahead to kiritanam (singing) and Smaranam (remembrance).

Ammaji could feel the presence of Lakshmi Amma during the sapthaha. Ammaji also conveyed that she is so impressed about all activities of S-VYASA and about the noble minds behind this great institution and has invited us to work in collaboration with her ashrama in Chennai to spread the wings of Yoga there.

We are thankful to Sri Chandru Bhairuvani and his family, Smt Meera Rama Rao and others who were all instrumental in making this a memorable event.

Prashanti is eagerly looking forward for many such divine experiences with Pujya Amma ji.

- Sri Krishnadas



'What else can we give her  
in return to  
what she has given us?!



Dr. R. Nagarathna explaining miracles of Arogyadhama to Sri G.M. Rao



Invoking Varuna and Ganga in the Aqua Exercise Pool in Surabhi complex



Guruji and Sri Shatrughan Singh, CAO of S-VYASA submitting 'Gujarat Diabetes Project' to Sri Narendra Modi, CM of Gujarat



Sri Susheel Modi, Deputy CM of Bihar visits Prashanti Kutiram and was highly impressed by the research dimension of S-VYASA

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## GANARCHANA



A Unique Movement for uplifting the deserving poor and underprivileged

Every religion on earth is known for a common aim of uplifting the deserving poor and underprivileged. The ways are many.

According to Sanatana Dharma of Indian origin, "Service to Man is Service to God". There is a story in Indian Mythology. Poor Sudama, a childhood friend of Lord Sri Krishna, went to him for asking help though unwillingly, prompted by his wife (being unable to feed their children). On hearing the news of Sudama coming to the palace, the Lord himself went to receive him with great honour. The Lord and his consort together washed the poor man's feet and comforted him with utmost reverence. They celebrated his visit with songs, music and dance. They also gave him abundant wealth without even being asked. SUCH IS THE GREATNESS OF THE GREAT.

A kind of worship called GANARCHANA is practiced by Saivas of Andhra and Karnataka

States. The principle behind this is worshipping the Lord in human (Guru) form. What a great value system! They perform exactly in the same manner as Lord Sri Krishna did to poor Sudama.

Now, if we too apply this practice to uplift the deserving poor and underprivileged people in our society, they really get elevated and an ideal democratic society takes shape. Violence diminishes, greed vanishes and poverty disappears.

Every category of people can serve their society by practicing GANARCHANA in some form or the other everyday, thereby elevating at least one of their own brothers. Each pair can set an example for several such pairs till the entire society gets beautifully harmonized in health, wealth and prosperity.

This unique form of worship was performed at Prashanti Kutiram on June 17.

LET NOBLE THOUGHTS COME TO US FROM EVERYSIDE

- Prof Paradesi Rao





## DIMENSIONS OF YOGA PRACTICES IN HIV

*Dr Hemant Bhargav* MBBS MD and *Professor Prasad Koka* PhD

*Department of Integrative Cell Biology, Division of Yoga and Life Sciences*

*SVYASA University Bangalore*

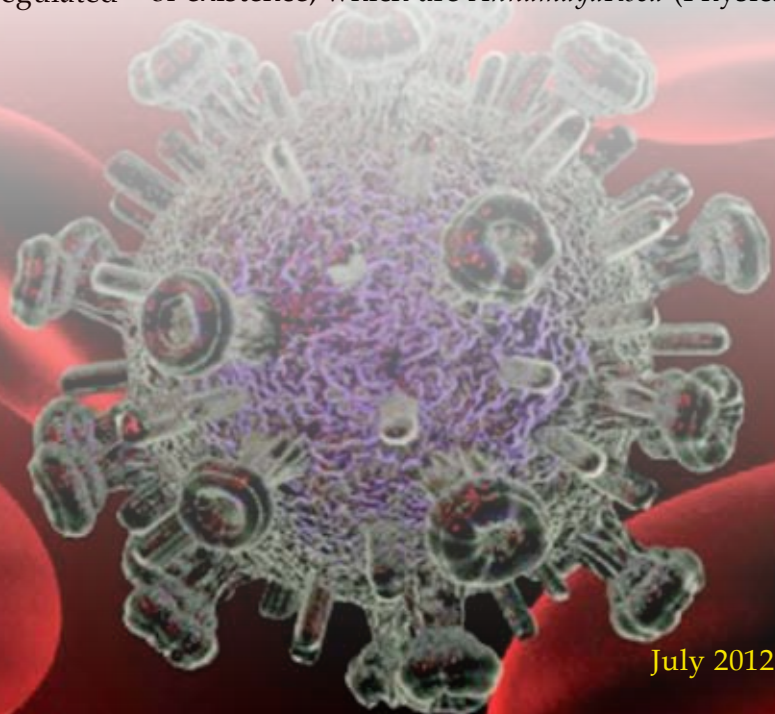
People living with HIV often use alternative or complementary therapies to manage side-effects of HIV or ART. Surveys estimate that 47–74% of HIV-infected individuals in the U.S. have used some form of alternative-complementary therapy to improve general health and well-being. One such potentially effective, low cost, safe and popular intervention is the practice of yoga. Yoga has shown its efficacy in HIV positive individuals by reducing psychological distress, anxiety and depression, improving their quality of life and increasing immunity (T cell count and natural killer cell activity).

As described in an ancient yogic scripture called *Patanjali Yoga Sutra*, yoga is a holistic science, that chiefly deals with gaining mastery over the mind through various mind-body techniques such as *āsanas* (postures done with awareness), *prāṇāyāma* (voluntarily regulated

nostril breathing), and meditations along with *kriyās* (purificatory practices) and *yoga nidrā* (guided relaxation with imagery). Being holistic, it has the potential to bring about a state of complete physical, mental, social and spiritual well being in the practitioners. All these aspects of health are taken care by five fundamental dimensions of existence in yoga therapy.

### **The *PanchaKośa* (Five Fundamental Dimensions of Existence) and Integrated Approach of Yoga Therapy (IAYT)**

The Unique contribution of Yoga to therapeutic sciences is the *PanchaKośa* (Five Body) model of existence. Found in *Taittirīya Upaniṣad*, this concept is unique in providing us a depth to the understanding of human existence. The *Upaniṣad* describes that every individual has five layers of existence, which are *AnnamayaKośa* (Physical





Body), *PrāṇamayaKośa* (Body of life force), *ManomayaKośa*(Mental body), *VijñanamayaKośa* (Body of Intellect) and *ĀnandamayaKośa* (Body of bliss).

Concept of IAYT (Integrated Approach of Yoga Therapy) says that man is in perfect health in *VijñanamayaKośa* and *ĀnandamayaKośa*. All diseases are manifestation of 'ādhi' (mental conflicts) which develops as a response to demanding situations in the mental sheath of existence (*manomayakośa*) resulting in wrong life style. The four components of life style namely diet, lack of exercise, bad habits (alcohol, smoking, uncontrolled desires) and emotional stress are all traceable to the mind. In the mind all these responses have one common factor i.e. these are distressful emotions such as depression, anxiety or anger when one gets stuck in any of these emotions due to repeatedly demanding situations he gets into a loop of habituated response. Yoga looks at these problems as uncontrolled speeded up repetition of thoughts in the mind. Hence the entire concept of IAYT is based on reducing the speed of the mind and deep rest to each and every cell of the body to promote normalcy. IAYT techniques point to the fact that gross techniques such as dynamic or slow physical practices and breathing techniques are all useful in reducing the speed of the mind. An ancient yoga text (*Yoga Vāsistha*) goes on to explain that 'ādhi' percolates in to *prāṇamayakośa* as excessively speeded up flow of *prāṇa* (life force) that blocks the *prāṇa* channels. This further manifests as uncontrolled speed at the *annamayakośa* that can be perceived as functional and structural abnormalities at the cellular level. Thus, in HIV also it is to be understood that the Psycho-Neuro-Immunological (PNI) pathway working through HPA axis is uncontrolled speed at the *annamayakośa*. Correction of these imbalances



by the trick of slowing down is the remedy. Relaxation at *annamayakośa*, slowing down the rate of breathing at *prāṇamayakośa* and calming down the mind at *manomayakośa* to establish in *ānandamayakośa*, forms the basis of IAYT.

Evidence suggests a close link between HIV disease progression and stress and depression. In this context, there may be a natural role for interventions like *yogāsanas*, *prāṇāyāma* and meditation for improving mood, quality of life, and possibly slowing the disease progression. Though, individual *āsanas*, *Prāṇāyāma*, relaxation and meditative practices can selectively affect sympathetic or parasympathetic nervous system, the overall ability of IAYT to reduce sympathetic activity and bring about a state of parasympathetic dominance forms the rationale for its use in stress management. Also, traditional yoga texts like *Hath Yoga Pradīpikā*, *GheraṇḍaSamhitā*, *Hath Ratnāvalietc* describe certain techniques to be particularly useful in such conditions.

Thus these principles may provide the logical basis for designing the following techniques of IAYT for containment of





HIV infection:-

### 1. Physical Dimension

(*AnnāmayaKośa*) for HIV

- *Surya namaskāra*
- *Āsanas*: back bends standing poses, and inversions: *ArdhaCakrāsana, Ardhakaticakrāsana, Uśtrāsana, Dhanurāsana, Sarvāṅgāsana, Sirsāsana, Śavāsana.*
- Muscle locks (*bandhās*): *moolbandhā, uddiyanabandhā* and *jalandharbandhā*
- *Kriyas*: *kapālabhāti, jalaneti, laghushankhprakśalana, trātaka*

### 2. Dimension of the Life force

(*PrāṇamayaKośa*)

- *Ujjayī*
- *Bhastrikā*
- *Nādishuddhi*
- *Cooling pranayamas* : *Sitali, sitkari, sadanta*

### 3. Mental Dimension (*ManomayaKośa*)

- *Om* Meditation
- *Prāṇic* Energisation Technique (PET)
- Cyclic Meditation (CM)
- Mind Sound Resonance Technique (MSRT) / mantram repetition
- Deep Relaxation Technique (DRT)/ *Yoga Nidrā*
- Devotional session (emotion culturing)

### 4. Intellectual Dimension

(*VijñanamayaKośa*)

- Yogic Counseling,
- Lectures and
- Notional Corrections

### 5. Dimension of Bliss

(*ĀnandamayaKośa*)

- Laughter Yoga
- Action in Blissful Awareness

Yoga techniques not only bridge psychosocial and somatic aspects of care but also address the subject's spiritual needs. Practitioners have to be actively involved in the practice with a sense

of self-control and awareness. Such awareness combined with relaxation and attention of mental phenomena will alter the perceptions and mental responses to both external and internal stimuli, reduces hyper-reactive responses to such stimuli and instills a greater sense of control over situations, thereby causing reduction in the levels of stress.

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GUEST PRESENCE:  
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President, Life Positive magazine,  
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# AROGYADHAMA

*holistic research health home*

run by V Y A S A , Bengaluru

## FEATURES

Serene, tranquil and homely atmosphere.  
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## PROMOTION OF POSITIVE HEALTH

Yoga is not only a process by which disorders and  
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from normal health to positive health and finally to  
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*There are different departments to treat stress related  
disorders.*

Neurology, Oncology, Pulmonology, Cardiology,  
Psychiatry, Rheumatology, Spinal disorders,  
Metabolic disorders, Gastroenterology,  
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E-mail: arogyadhama@gmail.com | Web: www.svyasa.org



## MIND IMAGERY TECHNIQUE (MIRT)

Mind Imagery Technique ( MIRT ) is one of the three advanced techniques of yoga working at the manomaya kosa level for strengthening immune system ; other two are Mind Sound Resonance Technique ( MSRT ) and Mastering Emotion Technique ( MEMT ). We think in terms of sound and picture, visual or imagery. Capacity our mind to think in terms of visuals is made use of in MIRT; ability to think in terms of sound is used in MSRT. Our faculty of feeling is used in MEMT.

Visuals or imagery are of two types: active visuals packed with energy and neutral or passive visuals where in energy is mastered. The active pictures are powered with lot of energy and we get lost in these thoughts: a series of connected thoughts would come, we get fully involved in the process and lose our awareness. Such thoughts can be of positive imagery or negative imagery. Positive ones can elevate us, while negative ones bind us to our vasanas and samskaras. Neutrals come and go and awareness is maintained. MIRT comprises of recognising active and neutral thoughts and converting a thought from active phase to neutral phase and neutral phase to active phase. This is done by contracting to a small size and expanding to infinite size a

imagery like OM and speeding up and slowing down a visual like OM alternately appearing and disappearing in the mind.. Contracting and speeding up are dharana while expanding and slowing down are dhyana. The mind imagery part of upasana of Istadevata, meditation on inner sun and meditation on a yantra like Sri cakra in MIRT greatly help in healing process and strengthening of immune system.

Experience of deeper layers of expansive silence bring a state of wellbeing and promote healing. The process of resolve enhances healing and achieving desired goal. Eight steps of MIRT are briefly enumerated in the following. The practice is done sitting in a comfortable posture with eyes gently closed.

**1. Prayer:** The picture of Viswarupa is recalled and retained in the mind with reverence and the prayer is chanted.  
- *Bhagavadgita Ch.11-16*

**2. Recognition of passive and active visualisations:** Thoughts coming in the mind in the form of visuals are observed. The thoughts(visuals) in which awareness of observing is kept up and thoughts come and go are neutral or passive visuals. The thoughts in which mind gets absorbed in the chain of





**MIRT**  
**MIND IMAGERY**  
**TECHNIQUE**  
 DEVELOPED BY  
**VIVEKANANDA YOGA**  
**RESEARCH FOUNDATION**  
**(VYASA)**

**PRAYER**

ANEKA BAHUDARAVAKTRA NETRAM,  
 PASYAMI TVAM SARVATO' NANTARUPAM;  
 NANTAM NA MADHYAM NA PUNASTAVADIM,  
 PASYAMI VISVESVARA VISVARUPA.

**PRAYER**

MANY HANDS, ABDOMEN, FACES, EYES,  
 I SEE YOUR UNENDING VISION  
 EVERYWHERE;  
 NO END NO MIDDLE & NO BEGINING  
 AGAIN  
 I SEE, O LORD OF THE UNIVERSE  
 YOUR UNIVERSAL FORM.

**BHAGAVADGITA**



**THE HIGH-TECH ERA**

GREAT ACHIEVEMENT

- MAN ON THE MOON
- GLOBAL VILLAGES
- SKY-SCRAPERS
- MULTI-NATION CONFERENCES
- SCANNING THE EARTH EVERY MILLI-SECOND

**PRE OCCUPATION WITH**

- MATERIAL PURSUITS
- FIVE STAR CULTURE
- MULTI CORE HOSPITALS
- CRAMMING THE BRAIN WITH INFORMATION

**MODERN ERA OF SCIENCE & TECHNOLOGY**

- NO EMPHASIS ON

IMPROVING QUALITY OF LIFE  
 PROMOTION OF POSITIVE HEALTH  
 PREVENTION OF DISEASES  
 ALL ROUND PERSONALITY  
 DEVELOPMENT  
 HOLISTIC VALUE SYSTEM  
 UNRAVELLING THE HIDDEN  
 DIMENSIONS

**MODERN ERA OF SCIENCE & TECHNOLOGY**

- NEED OF THE HOUR

DIRECTING OUR LIVES

↓

RIGHT DIRECTION

**MODERN ERA OF SCIENCE & TECHNOLOGY**

- TRIGGERS

**CANCER & AIDS**

- TOOL
- YOGA

**ADVANCED TECHNIQUES ANAMS**

MSRT  
 MIRT  
 MEMY  
 CM

ANAMS  
 VISAK  
 PET

**MIRT**  
**MIND**  
**IMAGERY**  
**TECHNIQUE**

**THE ART OF VISUALISATION**

Mind

CONGLOMERATION OF THOUGHTS

**THE ART OF VISUALISATION**

Mind

- MANIFEST : JAGRAT & SVAPNA
- UNMANIFEST : SUSUPTI, COMA

eg. OCEANOGRAPHY

**THE ART OF VISUALISATION**

Mind

SOUND (MSRT)  
 VISUALS (MIRT)

UNMANIFEST DEEP SLEEP MANIFEST

**A. VISUALISATIONS (IMAGERIES)**

- ACTIVE (ENERGY PACKED)
- NEUTRAL (ENERGY MASTERY)

**A. VISUALISATIONS (ACTIVE IMAGERIES)**

- POSITIVE (GROWTH)
- NEGATIVE (DETERIORATION)

**STEP - 2**

JUST WATCH YOUR MIND RECOGNISE THE TWO TYPES :

- ACTIVE THOUGHTS in which we are lost in the chain of thoughts loosing awareness.
- NEUTRAL PICTURES in which awareness is kept up and thoughts come and go.

**STEP - 2**

JUST WATCH YOUR MIND RECOGNISE THE TWO TYPES :

- ACTIVE THOUGHTS in which we are lost in the chain of thoughts loosing awareness.
- ACTIVE - POSITIVE
- NEGATIVE

**STEP - 3**

**FOCUSING - PACKING ENERGY**

TOOL : DHARANĀ

for converting any thought to its active phase

**FOCUSING - PACKING ENERGY**

TOOL : DHARANĀ

OBJECTIVES :

- INTENSIFYING THE THOUGHTS

Helps in  
 Strengthening the Will  
 Steadfastness

HOW ?

**DEFOCUSING - EXPANSION**

TOOL : DHYĀNA (Meditation)

- ENLARGE THE PICTURES
- FEEL THE EXPANSE
- EXPAND & MERGE TO INFINITY

NEUTRAL THOUGHTS

**STEP - 3**

FOCUS - DEFOCUS  
 OR  
 CONTRACT - EXPAND

CONVERT ACTIVE THOUGHTS TO NEUTRAL ONES & NEUTRAL TO ACTIVE ONES  
 BY CONTRACT - EXPAND Combine

**STEP - 4**

**THE TIME DIMENSION**

SPEEDING UP THE THOUGHTS

HOW?

INCREASE THE FREQUENCY OF THOUGHT  
 EG: FLICKERING OF LIGHT

**SLOW DOWN - THE KEY TO GROWTH**

DHYANA involves

- Expansion (Space - dimension)
- Slowness (Time - dimension)
- Deep relaxation of muscles
- Slow breathing - Low metabolic rate
- Calming of mind

**SLOW DOWN - THE KEY TO GROWTH**

SLOW DOWN THE THOUGHTS

1 SEC 1 SEC 1 SEC 1 SEC 1 SEC

**STEP 4 SPEED UP AND SLOW DOWN**

FAST & SLOW VISUALISATIONS

eg: Flickering of Light

Choose any Imagery - INCREASE SPEED

- Reach maximum speed you can
- SLOW DOWN TO STILLNESS



# STEP - 5

CHOOSE YOUR OWN  
**MIND IMAGERY TO  
STRENGTHEN THE  
IMMUNE DEFENCE**

TO DEAL WITH

- INFECTIOUS & CONTAGIOUS DISEASES
- CANCER
- TO PROMOTE POSITIVE HEALTH

**DHĀRAṆĀ & UPĀSANA**

**DHĀRAṆĀ**

FIXATION OF MIND ON A FORM (MAINLY AT MIND LEVEL)

**UPĀSANA** → FOCUS

- WITH EMOTIONS
- IṢṬĀ DEVATĀS (Cosmic forces)
- eg: GANESA, Lord of removing obstacles
- KALJ MA, Embodiment of power
- SARASVATĪ, Embodiment of Wisdom

Choose any of the above and power thy immune system

WBC RED AND YELLOW  
BLACK CANCER BIG CELLS

BEFORE

REDUCED SIZE OF CANCER CELLS

AFTER 1 MONTH

AFTER 3 MONTHS

**DHYĀNA**

DEFOCUS EXPAND

FEATURES OF GOOD DHYANA

- 1 SINGLE THOUGHT
- 2 SLOWNESS
- 3 EFFORTLESSNESS
- 4 WAKEFULNESS
- 5 EXPANSIVENESS

In this state of deep meditation tremendous power of healing emerges

BEFORE

AFTER 3 MONTHS

- BIG LUMPS OF CANCER CELLS
- IMMUNE CELLS AS SMALL FISHES
- FISHES MORE IN NUMBER AND BIGGER
- CANCER CELLS EATEN UP
- VERY SMALL NUMBER

**MEDITATION is a field of expansive silence of mind on the inner sun continuously powering up the immune cells.**

**TANTRA SĀSTRA**  
(THE SCIENCE OF TANTRA)

TANOTI TARAYATI ITI TĀNTRĀH

- THAT WHICH EXPANDS & HELPS TO CROSS OVER TO THE OTHER SIDE IS TANTRA
- THAT WHICH RELIEVES US FROM THE BONDAGE
- ŚHĪVA ŚĀKṬĪ SAMYOGĀ
- KUNDALINĪ CROSSING SAHASRĀRĀ

**THE TOOLS**

- MANTRAS (SOUND ASPECT) PATTERNS OF SOUND RESONANCE
- YANTRAS (VISUAL ASPECT) PATTERNS OF VISUAL FORMS
- UPASANA (MIND FIXATION)
- GODS & GODDESSES EMBODIMENT OF VARIOUS COSMIC FORCES.

**SHAPES & FORMS**

BASIC SHAPES

POINT → EXPAND

CIRCLES OF INCREASING RADIUS

- ▲ TRIANGLE TO
- SQUARE
- ⬠ PENTAGON
- ⬡ HEXAGON
- CULMINATING IN
- NO. OF ARMS CIRCLE

• EFFECT OF COLOURS

- White: Purity, silence
- Blue: Peace & Calmness
- Orange: Renunciation & Detachment
- Yellow: Freshness, Energy
- Green: Service Attitude
- Red: Anger, Violent emotions
- Brown: Dullness, Drowsiness
- Black: Tamas, Inert

• PERMUTATIONS & COMBINATIONS OF THESE COLOURS, SHAPES TO BRING ABOUT SPECIAL VISUAL PERCEPTIONS & EFFECTS

**YANTRAS**

**EXOTERIC & ISOTERIC DIMENSIONS**

- EXOTERIC - GROSS, PHYSICAL EXTERNAL ASPECTS
- ESOTERIC - INTERNAL INNATE
  - HIDDEN, UNSEEN
  - SUBTLE IN BOTH MANTRAS & YANTRAS
- MOVE OR GROW FROM EXOTERIC TO ESOTERIC DIMENSIONS

CAREFULLY FOLLOW THE EFFECTS OF YANTRA MEDITATION AT :

- BODY LEVEL
- PRĀNIC LEVEL
- MIND LEVEL
- EMOTION LEVEL

AS WE PROCEED IN 'MIRT'

MALIGNANT CELLS OF CANCER

IMMUNE CELLS

IMAGERY AFTER 1 MONTH OF YANTRA MEDITATION

POWERFUL IMMUNE SYSTEM (CANCER CELLS VANISHED AFTER 3 MONTHS)

KEEP THIS YANTRA IN FRONT

MEDITATE ON THIS YANTRA

IMAGINE THAT YOUR IMMUNE SYSTEM IS IMPROVING

**STEP 5**

**5 A** UPĀSANA on Ganapaty or Kālī or Sarasvatī to grace us to strengthen immune system

**B** MEDITATION on inner sun to empower us to heal cancer

**C** MEDITATION ON YANTRA to bring the desired effect of empowering the immune defence

By the process of

Contract - Expand 3 rounds

Speed up - slow down 3 rounds

Just stay and empower

With each of the above A,B & C

Now the PRACTICE OF MIRT

STEPS IN MIRT

**1. PRAYER**

**PRAYER**

ANEKA BAHUDARAVAKTRA NETRAM,  
PASYAMI TVAM SARVATO' NANTARUPAM;  
NANTAM NA MADHYAM NA PUNASTAVADIM,  
PASYAMI VISVESVARA VISVARUPA.



STEPS IN MIRT

**2. RECOGNISE PASSIVE & ACTIVE VISUALISATIONS**

**3. CONTRACT - EXPAND (3 ROUNDS) 'OM'**

STEPS IN MIRT

**4. SPEEDING - SLOWING (3 ROUNDS) 'OM'**

5. MIND-IMAGERY

A YANTRA

b. UPASANA

c. MEDITATION (STAY AND EMPOWER IMMUNE SYSTEM)

6. SILENCE

7. RESOLVE (9 TIMES)

8. CLOSING PRAYER



5. MIND-IMAGERY

A YANTRA

b. UPASANA

c. MEDITATION (STAY AND EMPOWER IMMUNE SYSTEM)

6. SILENCE

7. RESOLVE (9 TIMES)

8. CLOSING PRAYER





connected thoughts, losing awareness, are active thoughts. They may be positive or negative. These are recognised.

**3. Contracting - Expanding OM (Space dimension):** A divine picture like that of Viswarupa or OM is recalled and retained in the mind, gradually contracted to the size of a tiny seed and then allowed to expand to infinite size. Contracting is focusing or dharana converting the thought to active phase. Expanding is defocusing or dhyana leading the thought to neutral phase. Repeated for a total number of three rounds.

**4. Speeding up and slowing down OM (Time dimension):** A divine picture like that of Viswarupa or OM is recalled and retained in the mind in the form of flickering or repetition alternately appearing and disappearing; the speed or frequency is gradually increased and then allowed to come down to almost standstill condition. Speeding up is dharana converting the thought to active phase. Slowing down is dhyana converting the thought to neutral phase. Repeated for a total number of three rounds.

### 5. Mind Imagery:

**a) Upasana of Ista devata:** One can choose Lord Ganapati, the embodiment of Cosmic force with power for removing obstacles, Goddess Saraswati the personification of Cosmic force for wisdom, or Kali ma for power ; or any other deity. The picture of Ista devata is recalled and retained in the mind with an attitude of devotion and surrender to the deity. A narrow beam of powerful white brilliant light is visualised to be coming from the deity and going over the whole body destroying cancerous cells if any. A soothing diffused light like moon light is next

visualised to be coming from the deity engulfing the whole body healing each and every cell-strengthening the immune system. The picture of the deity is then contracted to a tiny size and expanded to infinity three times. It is then visualise as flickering slowly, speeded up and slowed down three times.

**b) Meditation on inner Sun:** The imagery of bright sun is visualised in the heart centre radiating powerful rays empowering the immune system making each cell in the body healthy and strong. The imagery is contracted to a tiny size and expanded to infinity three times; it is then visualised as flickering slowly, speeded up and slowed down three times.

**c) Meditation on Sri cakra:** The picture of Sri cakra is visualised and retained in the mind feeling the influence of the yantra strengthening the immune system. It is then contracted to a tiny size and expanded to infinity three times; it is then visualised as flickering slowly speeded up and slowed down three times.

**6. Silence:** The mind would have reached a state of expansive silence which is full of bliss and peace and would be receptive for a resolve.

**7. Resolve:** Resolve is done with full faith by sowing a positive thought. ' My immune defense system is strong.' is a typical resolve statement. Resolve is done nine times for maximum effectiveness. It should be short, precise and positive. Normally the practice of resolve results in fructification gradually, but in exceptional cases almost immediately.

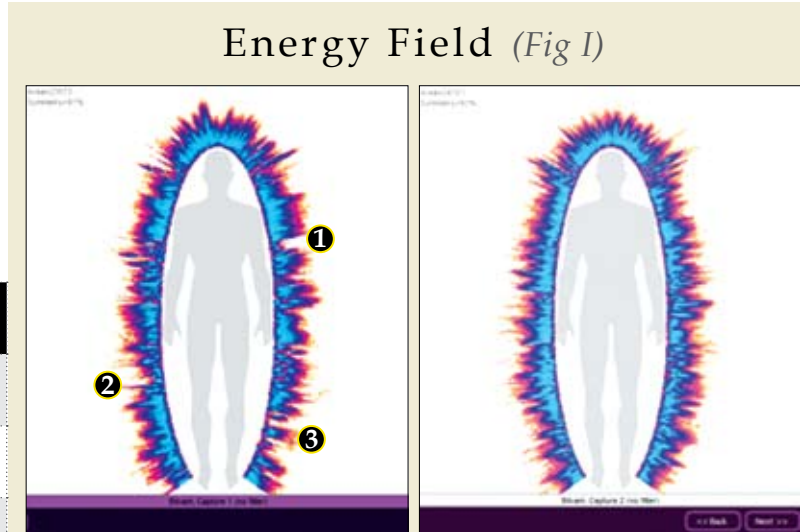
**8. Prayer:** Sarve bhavantu ----- *The practice is concluded with a prayer for the welfare of one and all.*



# Impact of 1 week of IAYT on diabetes: GDV MEASURES

**Name** - Mr X  
**Age** - 53 years  
**Gender** - Male  
**Period of diabetes** - 17 years  
**DOA** - 4/5/2012  
**DOD** - 11/5/2012

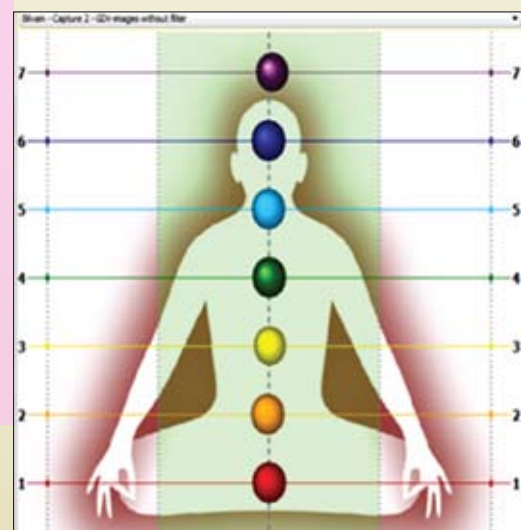
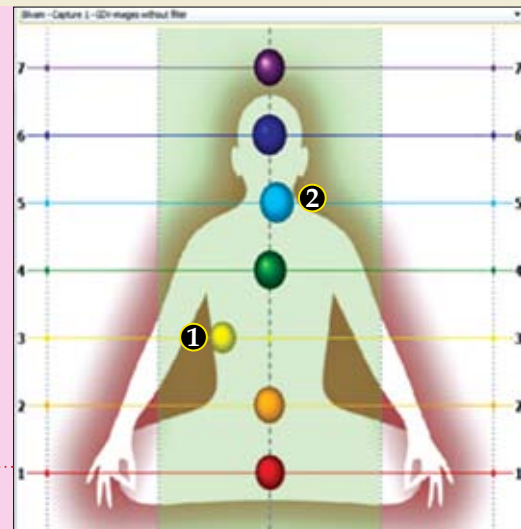
Particulars	Pre	Post
Respiratory Rate	22	12
Pulse Rate	76	66
SYS BP	126	120
DIA BP	78	80
Weight	77	76
Breath Holding Time	14	20
Medication Score	5	5
Symptom Score	1	0
FBS	120	84
PPBS	145	102
General Health Questionnaire	7	2
Somatic Symptom%	14.28	0
Anxiety%	14.28	14.28
Social Dysfunction%	71.28	14.28
Severe Depression%	0	0
GDV Area	23573	24701
GDV Symmetry	91%	93%



**Fig I:** Energy gaps at Spleen<sup>1</sup>, Urinogenital System<sup>2</sup> and Cardiovascular System<sup>3</sup> were not observed after 1 week of IAYT

**Fig II:** Manipuraka Chakra (associated with diabetes)<sup>1</sup> and Vishuddhi chakra<sup>2</sup> deviation from normal were corrected after 1 week of IAYT

## Virtual Chakra (Fig II)





## Research on Jyotish Astrology and associated Astrological Influences on Biological Organisms suggests an enhanced form of the Gaia Hypothesis

- Prof. Alex Hankey PhD and Ramesh Rao BVSc. M.A.

Since December 2007, SVYASA has been associated with and helping supervise experiments on Jyotish astrology, which have consistently produced very significant results. Motivated by this success, we published an account of a general physiological and astrophysical theory that can be used to theoretically support our data in last month's Yoga Sudha, June 2012.



As it happened, a solar eclipse occurred at the time we were submitting the article, and that provided a rare opportunity to test several ideas associated with eclipses in the South Asian tradition: firstly, that an eclipse exerts profoundly disturbing influences on life; and secondly that this influence

on life is felt at great distances from the path of the eclipse itself. The first idea is obvious, because animals of all kinds are well known to exhibit anomalous behavior during a solar eclipse, manifesting varying degrees of panic as the sun's light fades and disappears at an inappropriate time of day; while the second, that the influence spreads to the edges of the penumbra and beyond is a plausible hypothesis, because animals are socially linked on a deep level and such linking might well show up in

some biological parameters.

In collaboration with the Institute of Animal Health and Veterinary Biologicals (IAHVB) in Hebbal, North Bengaluru, and its Director C. Renukprasad who also helped in experimental design, we selected an experimental protocol, which had previously been used to test the effects of *Rahukala* starting times (*Jyotish Mukurtas*) on viral growth *in vitro*, and produced significant results in August-September 2011. Whereas that experiment had been designed to test differences between *Rahukala* and *Tula Lagna* (*Jyotish* Libra rising) by two methods on four different days, this experiment used seven different *Muhurtas* (start times) on a single day, the first, slightly after the full eclipse had touched the earth at dawn in Southern China, and the last some six hours after it had left its easternmost point on the earth's surface at sunset in the US South-West. Four trials were started at each starting time.

But, you may object, the line of the eclipse hardly touched the Asian / East Asian landmass at all, so how could one expect any influences to manifest? Clearly, the hypothesis that viral growth in India can be affected by such a remote occurrence, and tested by experiment, is as contrary to contemporary scientific thought as the hypotheses that *Jyotish muhurtas* can exert an influence on bacterial growth, viral infections, and other processes like immune response. But since experimental tests of all these hypotheses have produced consistently excellent results, with statistics good enough to satisfy pundits in elementary particle physics, we saw no reason not to test a similarly far out experimental possibility.

**to be continued...**





## HI! I AM 'FAST'ING, HOW CAN I HELP YOU?

- Dr. B Ragavendrasamy, PhD Scholar

Swami Vivekananda Yoga Anusandhana Samasthana, Bengaluru

### The ArogyaRakshaPanchatantra

Naturopathy gives us the golden 5 principles towards overall health and well-being of the human society. They are,

1. Fasting once in a week
2. Drink 8 glasses of water every day
3. Exercise daily
4. Prayer once a day
5. Eat twice in a day

These 5 principles have shown to be highly effective in the sincere followers. However, this article will deal in general with the outline of fasting and its therapeutic significance.

**Fasting** is defined as the act of voluntary abstinence from food over varying lengths of time. Types of fasting include abstinence from all food or liquid for a defined period of time long or short or restricting oneself to a specific kind of a food source. They are,

- Dry fasting
- Water fasting
- Juice fasting
- Mono diet

And it can also be classified based on the purpose why one does fasting, like, Religious fasting, political fasting and therapeutic fasting.

### What happens in my body when I fast?

Glucose is the body's primary fuel source

and is essential for the brain's functioning. When denied glucose for more than 4-8 hours, the body turns to the liver for glycogen, a storage form of glucose, to be used for fuel. A process called glycogenolysis converts glycogen into a usable form of fuel. At this point, the body also uses small amounts of protein to supplement this fuel. This fuel will last for up to 12 hours before the body needs to turn to glycogen stored in muscles, lasting for a few more days. If glucose is still denied at this point, muscle wasting is prevented by temporarily switching to fat as the primary fuel source, with glucose made as a byproduct during ketosis. The brain can then use this glucose or even ketones as a fuel source, while the rest of the body thrives on primarily fat.

The body

TASTE AND FASTING



continues to use fat for as long as there is fat to consume.

### What benefits do I get of fasting?

Research suggests there are major health benefits to caloric restriction. Benefits include reduced risks of cancer, cardiovascular diseases, diabetes, insulin resistance, immune disorders, and more generally, the slowing of the aging process, and the potential to increase maximum life span. Certain other studies also suggest the beneficial effect of fasting in chemotherapy. Huge database of studies over aging has concluded that decreasing the caloric intake one can delay the process of aging by promoting anti-oxidant effect over the free radicals generated by Stress. It is also through the short fast, one can lower insulin resistance, however, diabetic patients should undergo the regimen strictly under the supervision of a licensed Naturopath and also it may prolong lifespan and attenuate diseases associated with inflammation, and aging. Fasting has been shown to be an effective treatment for hypertension. Adherence

to fasting contributes to an improvement in the blood lipid profile, including a decrease in total and LDL cholesterol, and a decrease in the LDL to HDL cholesterol ratio suggesting a possible positive impact on the obesity levels of individuals.

### Therapeutic application of Fasting:

Prolonged fasting also has a long, albeit controversial, history as a form of medical treatment. Since the 1900s, hundreds of thousands of human fasts have been supervised and recorded. Doctors of the twenty-first century who supervised thousands of patients studied the effects and results, and found that water fasting helped eliminate a variety of diseases, and helped to maintain health afterwards as long as the patient followed Natural Hygiene.

Hence, knowing the significance of this simple, zero cost remedy, let us follow it and get ourselves benefitted out of it but, with the suggestion of a Nature Cure Physician. Come, let us join our hands together and be a part of the natural revolution!!t

## WHERE IS GOD?

- Manjeet Singh

He is in the womb of the Earth  
That nurtures unseen living beings  
He is in the vast sky that showers rain  
To quench the thirst of millions of human beings

He is in the silence of the deep dark night  
And in the thunder and lightning of a mighty storm  
He is in the birth of a new born child  
And in the death that transforms a body into a corpse

He is in the tears and suffering of millions of men,  
women and children  
And in the smiles and laughter of joyful beings  
He is in the sweet chirping of a beautiful bird  
And in the dancing of leaves moving gracefully in  
A silent, gentle breeze

He is in the peace and tranquility of quiet lake  
And in the mighty ocean waves rushing forth  
ceaselessly  
Towards the waiting shore  
He is in the fiery rays of the burning sun  
And in the cool, soothing light of the luminous moon

He is in the melody of devotional music and chanting  
And in the deep peace of silent meditation  
He is limitless, boundless, formless, nameless  
Not belonging to any country, race or region

He is beyond human thought and intellect  
For this pure cosmic energy is eternal  
Transcending both birth and death  
It is like the vast open sky  
Infinite, infinite, infinite



## READER'S FORUM

*Are previous Conference proceedings available (soft or hard copies)?*

**Ans:-** Yes Available. Please contact the SVYASA Publications sections for the same.

*What is the extent of Research done or being done on the Ayurveda sutras composed by sage charak & waghbhett?*

**Ans:-** If you ask whether these texts are being validated sentence by sentence, word by word, the answer is no! But many important concept and formulations mentioned in these texts have been evaluated. For example, Brahma Rasayana, a formulation mentioned in these texts has been found to be effective in preventing DNA damages in Drosophila.

*When do you think that the COST towards "Yoga Therapy" will be accepted by insurance companies?*

**Ans:-** Not far from now. It has started happening.

*The basis of scientific studies is to generalize the result of a study involving a particular sample size to the whole population. But the treatments, particularly in Ayurveda, are individualistic – catered to the need of the particular patient. How do you account for this during extrapolation of results.*

**Ans:-** This is one (among) many difficulties in Ayurveda Research. However we now are trying to categorize patients / healthy persons based on their doshas as well as the conventional diagnosis.

**(a) What is Epilepsy and its causes?**

**Ans:-** Please Google for the first question.

**(b) How IAYT (Yoga) is effective in epilepsy?**

**Ans:-** Avoid all practices that involve fast breathing.

**(c) Can anxiety lead to epilepsy?**

**Ans:-** Yes. Anxiety can trigger an attack and not cure the disease.

**(d) Any Research finding?**

**Ans:-** Ref:- Dr. Satyaprabha & Dr. Satish Chandra in NIMHANS.

Dr. Rajesh Iyer from Narayana Hrudayalaya.

*Is there any standard teaching methodology in Yoga? Eg:- I found different steps and procedure / Methods in Yoga practice life. (1) Suryanamaskar (2) Bhashriba in Pranayama (3) Kapal Bhati in (Kriya) please can you comment on these?*

**Ans:-** Generally we proceed from gross level practices to subtle level practices, i.e. order may be :-loosing practices, Suryanamaskar, Asanas, Pranayama, Meditation.

*Why are we not are trying to test Yoga & Ayurveda in laboratory?*

**Ans:-** There are many laboratories round the globe doing research in Yoga. 50,000 books have been published about the benefits from several laboratory studies.

*You mentioned about leptin in obesity? Have you made any measurements of the above?*

**Ans:-** Leptin is a naturally produced appetite suppressant produced by the fat cells. We have measured leptin following 15 days of Yoga and 15 days of walking. Leptin significantly increased with Yoga.



# YOGA FOR CHILDREN

- *Tikhe Sham Ganpat<sup>1</sup> and H R Nagendra<sup>2</sup>*

<sup>1</sup>Lecturer and PhD scholar, S-VYASA University, Bangalore, India

<sup>2</sup>Vice-Chancellor, S-VYASA University, Bangalore, India (rudranath29@gmail.com)

**Background:** Excessive stress is harmful to academic performance in children and may lead to dropping out of school. To meet the demands of a modern life-style which is full of speed, stress and tension, an all-round child health program is crucial.

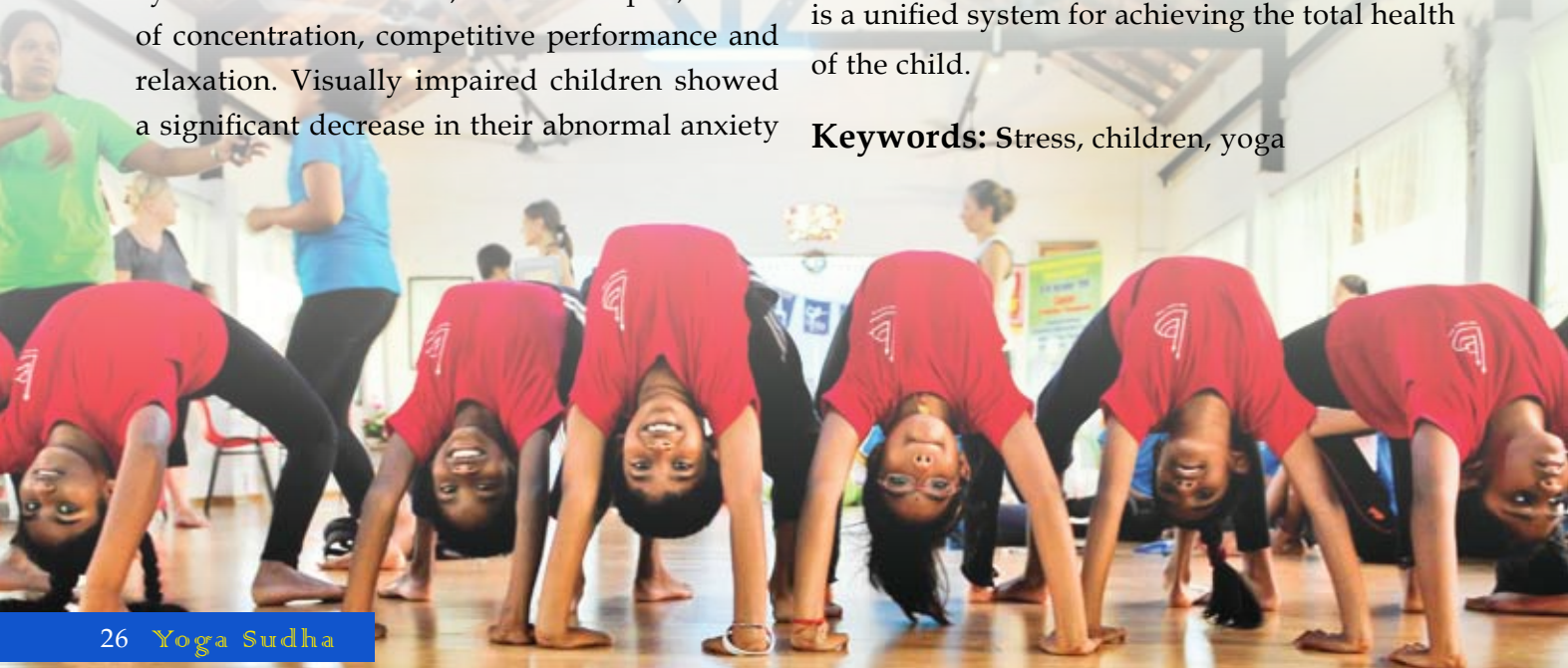
**Objective:** To explore the use of yoga for children

**Yoga for children:** The use of yoga for children has diverse applications in maintaining and developing their physical, mental, intellectual, emotional and spiritual levels. Yoga, through its physical postures (asana), breathing practices (pranayama), cleansing techniques (kriya), meditation therapies (dhyana) and relaxation training (yoga nidra) yields a positive effect in the management of stress in children. Yoga practice benefited children by improving their eye-hand coordination, attention span, levels of concentration, competitive performance and relaxation. Visually impaired children showed a significant decrease in their abnormal anxiety

levels when they practiced yoga for three weeks, while a program of physical activity had no such effect. Socially disadvantaged children in a remand home showed significant improvements in sleep, appetite and general well being, as well as a decrease in physiological arousal after yoga. In one study, it is found that a 4-week program of asana and meditation lowers the aggressive behavior of children. Meditation helped to reduce problems related to maladaptive behavior, increase emotional and physical health and psychological well-being in children. Finally, the possible role of yoga in improving the mental state and general well-being of children with cancer is being explored.

**Conclusion:** Yoga is a form of complete education that can be used with all children because it develops physical stamina, emotional stability and intellectual and creative talents. It is a unified system for achieving the total health of the child.

**Keywords:** Stress, children, yoga





Yoga Instructors' Course  
**(YIC)** - 125<sup>th</sup> Batch  
*June, 2012*



Self Management  
Excessive Tension  
**(SMET)**  
for ONGC Troup  
*June 11-15, 2012*





For all details of the Scheme visit us at  
[www.vyasa.org](http://www.vyasa.org) - click Arogyadhama

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**Mail:** [sj6474@gmail.com](mailto:sj6474@gmail.com)



# Feel Free

- Dr. K. Subrahmanyam

Freedom is but a feeling. Amidst pains and pleasures, and a host of polarities it is possible for a person of WILL to feel FREE. India for centuries was not politically free. But spiritually, it was ever free. Many a spiritual giant of total freedom was able to reign supreme in the kingdom of spirituality even during the days of foreign yoke. Sri Ramakrishna was one among them.

There are people who feel worried without any reason. And there are people who despite all difficulties keep cool and composed, tranquil and serene. Misery is a making of mind. So is peace. "A mind in its place can make a heaven of hell or hell of heaven. And that mind should be but a slave, subservient to our WILL. Never should it be allowed to take an upper hand. For aeons we have all submitted ourselves to the whims of mind, not to the firmness of will. It has resulted in the supremacy of the psyche's sheath over the sword of will. How unfortunate! Tail wagging the dog and sheath commanding the sword! In the parable of Swami Vivekananda, we find a strong soldier catching a Titan heroically but ultimately feeling helpless in the clutches of the same Titan. What an irony, he catches the Titan only to be caught in the same Titan's grip. We feel strong but unconsciously fall a prey to

mind. But the people of WILL never allow the sword to rust or to be kept unused in the sheath. And that is what is meant by 'Arise, awake ...' of Swami Vivekananda. One has to be alert and wakeful always keeping the sword of WILL ever sharp and vigilant. To be so is to be ever established in Consciousness. Religiously and mythologically we find the bull gazing at Siva, lion looking at Durga, peacock and rat facing Kartikeya and Vinayaka respectively, lest they should be lost in illusion or delusion, *moha* or *maya*. The vigilance of the WILL, the awareness of the consciousness should never be divided, reduced or eclipsed.

Any amount of intellectual exercise and the consequent awareness of Truth is futile without the strong will of *vairagya* to extricate oneself from the net of Moha, Maya or the charm of hypnotic nonself, which is sheer nonsense, since it is non-existent like the illusion of a snake causing fear. Only rope is present and snake is never there. But the non-existent snake casts a spell of fear and helplessness. That spell can be overcome in two ways. 1. Know the truth that there is only a rope 2. Face the false snake with strength and courage. Let not the snake, real or unreal, cause fear. Let not the fate or world hold any one captive.

**to be continued...**



# Dance Karaṇās

## Perfection of Bharatha Nātya through Yoga

- Mrs Karuna Nagarajan, Faculty DDE, SVYASA University

Karaṇās are beautiful aspects of dance, believed to have originated with Lord Natarāja's Tāndava. While Tāndava is a vigorous dance that is the source of the cycle of creation, preservation and dissolution.

Karaṇa has the root in Sanskrit verbal noun, 'Krit' meaning "doing". According to Sarangadeva in the Sangeeta Ratnākara, a beautiful classical pose, formed by changing the hands and legs in dance, conditioned by the mood or flavor, is known as a Karana. Bharata, in the Nātya Shastra, merely defines a Karana as a combined movement of the feet and the hands that, though momentarily static, is a dynamic series of movements, which culminates in a specific pose. Nātya śāstra states that Karaṇās are the framework for the "Mārgi" (pan-Indian classical) productions which are supposed to spiritually enlighten and transcend the spectators, as opposed to the "desi" (regional folk or pop dance) productions which can only entertain the spectators.

Historically it is believed that Lord Shiva in the form of Natarāja performed these Karaṇās in the Holy place of Chidambaram. It is mentioned in the encryptions that Lord Shiva himself ascends to earth on the back ground of raising sun, performed Natarāja Nrithya with the divinity of lāsyā and Tāndava along with his wife Pārvati. The form of Natarāja dance is an allegory of the five principal manifestations of eternal energy: 'Sriṣṭi' - creation, evolution 'Stithi' - preservation, support 'Samhāra' - destruction, evolution 'Tirodbhava' - life cycle 'Anugraha' - emancipation or moksha.

'Lasya', is the dance of aesthetic delight revealed

beauty, grace, love, bhakti and all tender aspects of existence. It is an extremely feminine and fluid type of dance that goddess Pārvati performed as a response to the male energy of the cosmic dance of Tāndava performed by Shiva.

Lord Shiva introduced Karaṇās and Mudras as mark of perfection of human body. It was said that those who have an integrated approach to Sadhana in all five sheaths (Annamaya Kośa, Prāṇamaya Kośa Manomaya Kośa Vignānamaya Kośa Ānandamaya Kośa) were able to perform Karaṇās. Karaṇās demonstrate holistic approach of yoga as perfection of complete human being.

In Karaṇās there are 108 key transitions. Karaṇās range from simple postures to most difficult posture, where the dancers need to master yoga, especially the āsanās. All the Karaṇās are well preserved in the stone carvings and temple pillars in South India. In the Chidambaram temple all the 108 Tāndava Karaṇās are well depicted along with appropriate verses from Nātya Sastra. These stances are very similar to yogāsanās, and in the Gopuram walls at Chidambaram, at least twenty different classical yogāsanās are depicted by the dancers, including Poorṇa Dhanurāsana, Cakrāsana, Vrikshāsana, Natarajāsana, Uttitha pāda anguśtāsana, Trivikramāsana, Ananda Tandavāsana, Vasiśthāsana, Padmāsana, Siddhāsana, Kakāsana, Vrishchikāsana and others.

Similarly we find idols in 108 postures of Karaṇās installed at Tiruvaṇṇā malai in the main entrance or Mahā dvāra. We can see the Karaṇās in various temples such as Kumbakonam, Kanchipuram, Madurai, perur and Virdachalam.





*Karaṇās or Dance Postures in Line  
with Advanced Āsana*





It is understood that Karaṇās are performed with speed, agility and facial expressions. We find the sense of perfection of yoga sādhana or practice when we observe the facial expressions of the performer and also the strength of articulations and elasticity of the vertebral column in these most difficult postures. There are four types of Bhaṅgas (postures), the deviations of the body from the central erect position. Those are: Abhaṅga, Samabhaṅga, Atibhaṅga and Tribhaṅga. Abhaṅga is slightly leaning standing position, where the weight is more on one foot with a slight movement or deflection away from the centre. Samabhaṅga is the equal distribution of the body weight on both the feet, whether standing or sitting. Atibhaṅga is the great bend where the head, torso and limbs move in opposite directions to each other. Tribhaṅga is the triple bend with one hip raised, the torso curved to the opposite side and the head tilted at an angle. We could find that yoga practitioners could perform these postures with ease, which is extremely challenging for others.

Dance or Nritya is that manifestation of dancing that includes both Rasa (aesthetic flavour) and Bhāva (human emotions), as in the dance with Abhinaya, the art of expression.

There are nine major classical categories of emotions or Rasa, called Nava Rasās that are depicted in the Abhinaya of Bharatanatyam. These are Shringara (erotic love), Hāsya (humour and laughter), Karuna (compassion), Roudra (anger), Veera (heroism), Bhaya (fearful terror), Bheebatsa (disgust), Adbhuta (wonder-awe) and Shānta (peacefulness).

The Nava Rasas are a major form of emotional catharsis and Natya (dance) helps cleanse the negative aspects of human emotions and sublimate them for higher emotions of Divine Bhakti. The movement of micro-muscles of the face and eyes during the Abhinaya (mimic) describes the high concepts of oriental philosophy; this, in

addition to the physical development and facial mobility, turns into a real knowledge leading to personal spiritual growth.

The gestures of the hands (Mudra) and the whole body allows an exceptional ability to control movement and coordination, serving to develop and synchronize both cerebral hemispheres, which is useful in achieving psycho-physical balance.

Finally, it is mentioned in the scriptures that these Karaṇās are to be learnt from Gurus instructions and performed only in temple in service of the Lord. Bhakti is the yoga way of action, in which to channel one's art into the service of Lord simply by engaging oneself in a mood of devotion. Dance requires spiritual depth for the exquisite beauty of the movements. Anyone who has seen great dancers will have realized that their fame has come about not because of their physical technique, as there are many technically perfect dancers, but for the way in which their portrayal of divinity can make a two-hour performance seem like two minutes. A true artist is one who also forgets himself and in such absorption achieves bliss which is called Ānanda.

Abhinaya Darpaṇa, Nandikeṣvara, mentions the important inner qualities of the dancer which are as follows.

javah stīratvam rekha brahmari driṣṭi aṅgamāu medha ṅradha vāco geetam

javah –swiftness or speed; stīratvam –composure or steadiness; rekha –symmetry; brahmari –versatility and circular movements; driṣṭi –glances of the eyes; aṅgamāu –ease and tirelessness; medha –intelligence; ṅradha –faith with love and reverence; vāco –clear speech; geetam – art of music.

All of these inner qualities can be developed and maintained through the regular practice of Yoga.

**Reference :** Lāsya Ranjana by Simha Bhupala

## Pratishtapana of SRI MUNISHWARA @ Giddenahalli

Jigani, June 16 & 17: Prashanti Kutiram, the international head quarters of S-VYASA, is situated in a place surrounded by many villages. Major part of Prashanti belongs to the village Giddenahalli and hence right from starting days we have a close relationship with that village. It is the native village of Prof A S N Shastryji one of the founding pillars of Prashanti. Our founder Lakshmi Amma knew almost each and every individual of that village and citizens of the village had a great love for her and would run to her in times of difficulties and joy as well. Nine years back the local villagers had rebuilt a ruined temple of a local deity Sri Munishwara just near the Om building gate of Prashanti. For some reasons, the villagers couldn't come together to install the deity and start the worship. As Munishwara is the deity for village protection, for a long time, all elders at Prashanti, particularly Dr Nagarathna, had been insisting on the matter, but the time came only when our Deputy Registrar Sri Dayananda Swamy took the whole responsibility



on his shoulders to gather all sects of the village and village chiefs and did all needful for the ceremonial installation of Sri Munishwara. Thanks to the efforts of Dayanandaji, the whole village, irrespective of their sect, family and political differences, especially the youth, joined hands to do the finishing work of the temple and made the statue of the deity. Prashanti took the entire responsibility of the rituals and food distribution. Sri Aravind Bhat from Veda Vijnana Gurukula and team of our Division of Yoga-Spirituality led by Sushrutha and Rajesh Acharya performed the entire pratishtapana ceremony. Sri Subbu Bhaiya, who is considered by all to be the ashthana priest of Prashanti, did the first day's puja and arati. A galaxy of Sadhus led by Mudukuthurai Swamiji and Rajapuram Swamiji graced the occasion. Sri Mudukuthurai Swamiji appreciated the efforts of Guruji and Dayanandaji not only in successfully organising the temple installation, but all great achievements of Prashanti. Guruji Dr HR Nagendra ji spoke on the significance of the temple, Sri Munishwara and the importance of all villagers being together. MLA Sri Krishnappa and many other dignitaries graced the occasion and partook the blessings of Sri Munishwara. Everybody appreciated the efforts of Sri Dayananda and local village head Sri Nagaraj and team.

May Sri Munishwara bless all of us and protect us from all negativities and obstacles in our sadhana!!

## Project Management - AYUSH Grama

*A training program for the Implementing agencies (NGOs)  
District AYUSH Doctors and District Nodal Officer  
28, 29, 30 May, 2012*



### AYUSH GRAMA:

Government of Karnataka under Department of AYUSH has envisaged a program named as AYUSH GRAMA. The main aim is to create a healthy, harmonious and happy village. The objectives for the program are mainly to provide preventive, curative and promotive health care to the villages through AYUSH modalities of treatment and to make the community self-reliant in primary health care. The program covers the community from the child in the mothers' womb to the eldest in the village.

### PILOT PROJECT:

Dr.Srikantaiah, Director who had visited the training on 29 May said that the success of the project will be when both the **implementing agency** and the **monitoring agency** sit together, to draft the project. This give, a clear understanding of what are expected from each other. This Pilot

Project will be implemented in TEN panchayats of Karnataka. The following reputed NGOs have been identified to implement the project.

S. No.	Name of the NGO / Implementing Agencies	District
1	Vivekananda Girijana Kalyana Kendra	Chamraj Nagara
2	JSS Mysore	Mandya
3	Grammothan Foundation	Mysore
4	Nisarga Trust	Sirsi
5	Parivartan Pariwar	Belgaum
6	Soukya Foundation	Bangalore (Rural)
7	Vivekananda Yoga Anusandha Samstha	Belgaum
8	Sri Sri Ayurvedic College	Ramnagara
9	Shanti Vana Trust	Udipi
10	BKSSNT Bellur	Kollar

## TRAINING:

The representatives of the implementing agencies and the respective district AYUSH Officer were present for the training. The participants were trained in -

- (i) Project Cycle Management
- (ii) Introduction to Health Care Plannings
- (iii) Introduction to Health Care Planning
- (IV) Logical Framework Approach
- (v) Monitoring and Evaluation
- (vi) Frameworks
- (vii) Quality Assurance
- (viii) Graphical Representation of Quantitative Data
- (ix) Team Building



Each NGO at the end of the training, prepare a proposal and gave a power point presentation.

The training was conducted by the **Indian Institute of Public Health, Bangalore**. The expert faculty were Dr.T.N.Sathyannarayana, Dr.Raghupathy Anchala, Dr.Vivek Singh and Dr.Shamanna B.R.,

The was organized from 28 to 30 May, 2012 in the serene atmosphere of S-VYASA Yoga University Campus - Prashanti Kutiram, Bangalore. A total of 53 persons participated. Representatives of the NGOs, Doctors / Nodal Officers from AYUSH and Faculty Members lived together in the Campus during the training.

On 30<sup>th</sup> evening at 4.30pm the trained was concluded. Padmashri Dr.Sudarshan, Vivekananda Girijana Kalyana Kendra, B.R.Hills gave the participants some very important practical suggestions. He urged them to gear-up for the task. Dr.H.R.Nagendra (Guruji), Vice Chancellor in his concluding remarks asked the NGOs and the Govt. Officials to put their sincere efforts to make the program a success.

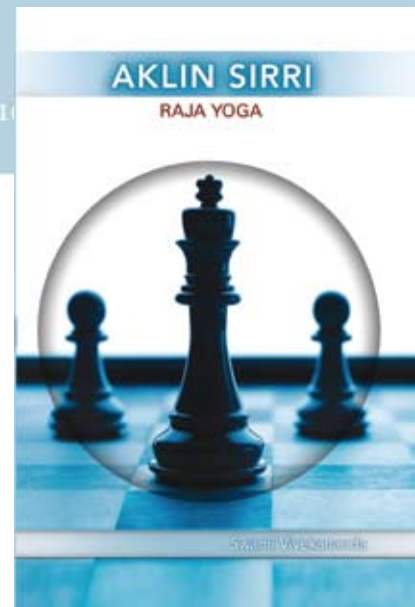


India will be raised, not  
with the power of flesh,  
but with the power of the  
spirit; not with the flag of  
destruction, but with the  
flag of peace and love

SWAMI VIVEKANANDA

तैयार हैं हम बेंत की मार खाने के लिए  
तैयार हैं हम बैल बन कोल्हू चलाने के लिए  
जब तक नहीं स्वाधीन भारत स्वर्ग में भी सुख नहीं  
तैयार हैं हम यातनाएं कष्ट पाने के लिए  
यह सदा होठों पे गुंजे प्यार वन्दे मातरम्

"शहीद उल्लासकर इत्त"



## NEWS updates from Turkey

### Turkish edition of Raja Yoga by Swami Vivekananda is in print

Purnam Publishing, the publishing wing of Istanbul Yoga Center launched the fourth book of Swami Vivekananda's four yogas by June 25. To make the book easier to read Patajali's Yoga Sutras commentary portion of the book will be printed separately by September 2012.

Purnam publishing web site: [www.purnamyayinlari.com](http://www.purnamyayinlari.com)

### Dr. HR Nagendraji's first Turkey visit

Turkish team is excited to hear the news Dr. Nagendraji's plan to visit Turkey in the last week of June. The program included the radio talk show, discourse to current YIC batch, meeting with Istanbul Yoga Center's students and graduates of previous YIC batches, as well as a visit to the major touristic attractions of Istanbul.

### Yoga Philosophy Radio Talk Show program is on-going

The first yoga philosophy talk show program in Turkey is continuing fortnightly in Acik Radyo, a national radio station with high profile listener base. The program is co-hosted by the

'student grasshopper' named as in the famous movie Kung-Fu and the 'teacher' Ayca Gurelman, founder of Istanbul Yoga Center and Purnam Publishing.

The radio talk show continued its show by the topics "What is yoga" and "What is Health according to yoga" in June 2012. Topics "Happiness according to Yoga" and "What is karma, what is destiny" has already been covered in May 2012. The listeners can participate the program via their questions through facebook and twitter.

### Summer yoga vacation in Prashanti Kutiram

The first official sVYASA Tour program is announced in June, 2012. There will be around 10 Turkish students visiting Prashanti Kutiram accompanied by Ayca Gürelman in August 2012 to deepen their yoga practices.

### YIC of sVYASA in Istanbul

The winter YIC batch and Yoga Bharati TTC (weekend program) has ended by June 15, 2012. The participants will be awarded with sVYASA Certificate and Yoga Alliance approved Yoga Bharati certificate, after they finish writing their essays, in addition 20 hr internship.

The summer YIC batch (weekday program) is started by June 15 and will be finalized in August 16.

Istanbul Yoga Center is the exclusive sVYASA Center in Turkey.

Istanbul Yoga Center web site: [www.yogamerkezi.com](http://www.yogamerkezi.com)





## News from VYASA, Tollygunge, Kolkata

SL. NO	PROGRAMMES IN THE MONTH OF MAY 2012	NO. OF PARTICIPANTS
A	Regular Yoga Training Programme for General Public (RYTP)	60
B	Foundation Course in Yoga Science for Wellness (FCYScW)	03
C	Yoga Awareness Programme (YAP)	00
D	Special Yoga Programme for General wellbeing (YPGW)	00
1	Yoga Therapy (YT)	23
2	Yoga at Residence (YR) + Group Classes*	37+3*
3	OPD (Modern Medicine)	73

Weekly Kriya classes are going on every Saturday at 6.30-7.30AM.

Apart from Kolkata **two** participants from **Spain** took part in the Yoga classes of VYASA.

On 1st May, 2012 Seventh batch of "*Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)*" was started.

In this month two **teacher's meets** were held at Eknath Bhawan for the teachers of VYASA Tollygunge & VYASA Salt Lake. It was presided by the Chairman of VYASA, Kolkata.

On 31<sup>st</sup> May Seventh batch of "*Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)*" was concluded.

## VYASA, Salt Lake (Lakshmi Kripa)

SL. NO	PROGRAMMES IN THE MONTH OF MAY 2012	NO. OF PARTICIPANTS
01	Regular Yoga Training Programme for General Public (RYTP).	35
02	Yoga Therapy (YT)	04
03	Yoga at Residence (YR) + Group Classes*	17+3**

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

In this month a **teacher's meet** held at Lakshmi Keipa for the teachers of VYASA Tollygunge & VYASA Salt Lake. It was presided by the Chairman of VYASA, Kolkata.

\*Email-stopdiabeteskolkata@gmail.com | \* Mobile: +91 9339610168

## Yoga Conferences at a Glance

1. Yoga Sangam – Sept 8 & 9 in California, USA
2. Singapore Yoga Conference – Sept 29 to 30
3. Australia Yoga Conference – Oct 5 & 6 in Melbourne and 7 & 8 in Sydney
4. Japan Yoga Conference – Oct 13 & 14
5. International Conference on Yoga and Education in collaboration with Tumkur University – Nov 27 & 28 in Tumkur University Campus
  - Ekashila – Yoga Olympiad, Nov 23 to 25 in Prashanti Kutiram
  - YTTC and Yoga & Consciousness – Workshop, Nov 29 to Dec 5 in Prashanti Kutiram
7. Yoga and Management Conference – Himalaya Yoga Olympiad, Dec 21 to 23 in Bahal, Haryana
8. Yoga Institute Foundation Day – Dec 25 to 27
9. Kaivalyadhama Conference – Dec 27 to 31
10. AYUSH and Diabetes – Jan 12 to 14, 2013 in Prashanti Kutiram



### CONFERENCE OBJECTIVES:

- ▶ Celebrate two important milestones: 10th anniversary of Yoga Bharati, 150<sup>th</sup> birth anniversary of Swami Vivekananda.
- ▶ Promote global **health** and peace by integrating eastern **philosophy** with modern scientific **research**.
- ▶ Enable Yoga Bharati to become a catalyst in bringing together and building a community of like-minded organizations to promote global health and peace.

### PROGRAM DETAILS:

- ▶ Three parallel symposium tracks, poster sessions, talks by selected experts and panel discussions focused on the objective of the conference - Philosophy, Health and Research. The theme for each track is:
  - ▶ **Philosophy** - Yoga philosophy, Patanjali yoga sutras, Bhagavad Gita and a panel discussion.
  - ▶ **Health** - Yoga practices, Ayurveda, Naturopathy - Workshops, Applications, Therapy and audience education
  - ▶ **Research** - latest developments in yoga therapy and applications, Research methodologies for Yoga and Yoga education
- ▶ Apart from these three tracks, you can expect cultural programs, yoga demonstrations, poster presentations on research topics and other celebrations.

### CALL FOR PAPERS & REGISTRATION:

- ▶ Papers and posters on Philosophy, Health and Research as related to Yoga and its applications are invited.
- ▶ Last date for submission of abstracts: **May 30, 2012**
- ▶ The abstracts will be peer reviewed and acceptance (or otherwise) will be intimated before: **June 20, 2012**.
- ▶ Last date for submission of full papers: **July 30, 2012**
- ▶ For more details on paper submissions please visit <http://yogabharati.org/newconference>

### CONTACT:

- ▶ e: [conference2012@yogabharati.org](mailto:conference2012@yogabharati.org)
- ▶ Call: (408) 681-YOGA

[www.yogabharati.org/conference](http://www.yogabharati.org/conference)





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Anusandhāna Samsthāna

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- \* BSc (Yoga)
- \* BSc (Yoga & Management)
- \* MSc (Yoga & Consciousness)
- \* BSc (Yoga & Consciousness)
- \* AN TTC (Ayurveda Naturopathy Therapist Training Course)

**AUTUMN  
Semester**  
will start on  
**Aug 01**

### Salient features of S-VYASA:

- State-of-the-art infrastructure  
-Audio-Visual Library,  
Biggest Yoga Research Digital Library
- Eminent Faculty
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at World Class Hospitals including  
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USA, NIMHANS, Narayana  
Hrudayalaya, St. John's Hospital,  
Bengaluru and others
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Counseling Cell
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for deserving students

for more details contact...

Course Co-ordinator

Eknath Bhavan, No.19, Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019  
Ph: 080-2661 2669, 2891 6384, 2263 9961, 2263 9997 Telefax: 2660 8645

e-mail: [svyasa@svyasa.org](mailto:svyasa@svyasa.org) website: [www.svyasa.org](http://www.svyasa.org)

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# DIRECTORATE OF DISTANCE EDUCATION

under swami vivekananda yoga anusandhana samsthana  
(declared as Deemed University under Section 3 of the UGC Act, 1956)



*Vision*  
Yoga through Education

*Mission*  
Yoga to Every Doorstep

## *Study Yoga Any Place Any Time*

Directorate of Distance Education (DDE), S-VYASA was initiated in 2007. We received Provisional Approval to run Distance Education Programme in September 2007. We are now approved by DEC as a centre to launch programmes through the Distance Mode.

### COURSES

Bsc (YEd)

Bachelor of Science in Yoga Education

BSc (Y)

Bachelor of Science in Yoga

MSc (YEd)

Master of Science in Yoga Education

MSc (Y)

Master of Science in Yoga

PGDYTD

Post Graduate Diploma in Yoga Therapy  
for Doctors

PGDYT

Post Graduate Diploma in Yoga Therapy

YIC

Yoga Instructor's Course

### High Standards in Teaching / Learning/ Evaluation System

#### TEACHING:

- » Specialised Eight-stepped Method for Asanas
- » Hands-on field training for Therapy
- » Internship in Arogyadhama (Residential Health Home) or best hospitals/ yoga organisations across the Globe
- » Externship in PHC (Primary Healthcare Centers)
- » Online teaching using A-View - MHRD-developed Virtual Learning Tool
- » Personal Contact Programs (PCP)
- » Network of Alumni around the world

*For details contact... Course Co-ordinator*

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Ph: 080-2661 2669, 2891 6384, 2263 9903, 2263 9901

Telefax: 2660 8645; e-mail: de@svyasa.org

[www.svyasadde.com](http://www.svyasadde.com)

# 5th International Yoga Conference On "Therapeutic Application of Yoga"



The two day Conference, first of its kind, aims at sharing Yoga Techniques for PREVENTION AND MANAGEMENT of diseases like Asthma, Nasal Allergy, High and Low BP, Ischemic Heart Disease (IHD), Anxiety Neurosis, Depression, Gastritis, Diabetes, Obesity, Migraine, Rheumatism, Low Back Pain, Arthritis, Menstrual Disorders etc. followed by lectures by well known authorities in Yoga/Alternative Systems of Medicine like Dr H.R. Nagendra, Dr R. Nagarathna and Prof Loranzo Cohen.

Practical sessions of Yoga Therapy for a few selected diseases will also be conducted for participants.

Date: 29 - 30 September 2012  
Time: 9.00am To 5.00pm  
Venue: Singapore

## Conference Fees:

Before 31 July 2012 S\$ 259  
After 31 July 2012 S\$ 319

(Includes Conference Kit, Website Membership, Practice CD, Lunch, Tea & Snacks)



Dr.H R Nagendra M.E., Ph.D. (Mech. Engg.)  
NASA Scientist  
Consultant Harvard University &  
Founder of SVYASA Yoga University



Lorenzo Cohen, Ph.D.  
Professor and Director  
Integrative Medicine Program  
Chief, Section of Integrative Medicine



Dr Nagarathna MBBS, MD, FRCP  
Chief Yoga Therapy Consultant,  
Arogyadhama Dean, Division of Yoga and Life  
Sciences, SVYASA Yoga University

## Conference Highlights

1. Lectures & Practical Sessions
2. Advance Yoga Practices
3. Yoga Therapy Sessions
4. Interactive Sessions
5. Therapy Consultation
6. Free Health Management Tips
7. Health Screening Sessions

Disease  
PREVENTION & MANAGEMENT



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