

SMET

**SELF MANAGEMENT OF EXCESSIVE TENSION
FOR TOTAL HEALTH**

A STRESS REDUCTION PROGRAM

Man's quest for knowledge and freedom since time immemorial has led him to become an intellectual giant but also added dimensions of stress and hypersensitivity resulting in deterioration of the quality of life with many social and health hazards.

'SMET' - THE NEED OF THE HOUR!



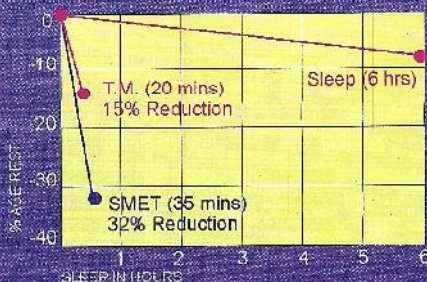
Health is not mere absence of disease or infirmity but is a state of well being at the physical, Mental and Social (as well as Spiritual) levels WHO

How many of us, so called healthy people, satisfy WHO's criteria of total health? Are the present health systems adequate to achieve this? Is there any other scientifically acceptable path for total health that has been unearthed?

Yes!! Say medical and yoga experts at the Vivekananda Yoga Anusandhana Samsthana (VYASA), Bangalore exuding confidence of over 20 years of sustained research in this area, SMET being one such.

WHAT IS 'SMET' ?

- + Easy postures with slow rhythmic breathing.
- + Releases deep seated stresses by stepwise journey into oneself.
- + 35 min. Session of very deep relaxation and rest.



SMET BENEFITS

- Promotion of positive health at physical, mental, emotional and social levels
- Improved efficiency
- Prevention and self management of stress ailments like Hypertension, Angina, Insomnia, etc.
- Emergency of effective team spirit
- Happy homes and neighbourhoods with peaceful living

WHAT IS STRESS ?

STRESS IS DISHARMONY. The rapid pace of life evokes uncontrollable emotional surges of anxiety, aggression, depression, etc. Suppressed stresses lead to psychosomatic ailments and psychiatric problems. Regular practice of SMET to give very deep physiological rest and release of stresses at subler levels is the answer, say scientists.

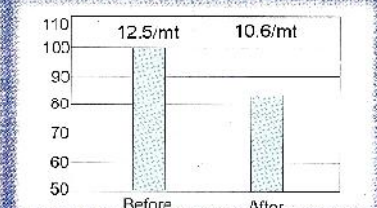
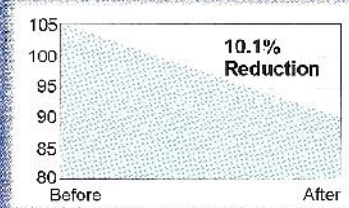
STRESS INCREASES Energy Expenditure
Heart Rate
Breathing Rate
Oxygen Consumption
Blood Pressure
Sensitivity level

EXCESSIVE STRESS disturbs homeostasis **SMET** restores it

RESEARCH' 98

SMET - PART I Deep Relaxation Technique (25 minutes)

Work done at Prashanti
Kutiram - residential campus
of Swami Vivekananda Yoga
Research Foundation,
Bangalore



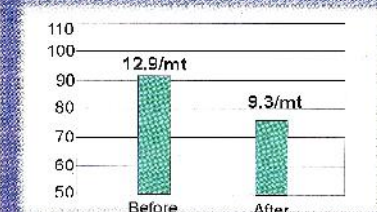
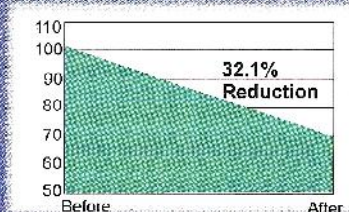
Oxygen used per minute

Breathing rate per minute

SMET - PART II

Cyclic Meditation (25 minutes)

Number of subjects = 40
Percentage changes.
Statistically highly
significant reduction in
BMR and breathing rate



Oxygen used per minute

Breathing rate per minute

FACULTY

- Dr HR Nagendra** - PRESIDENT - VYASA Former researcher at NASA Marshall Space Flight Center and Consultant Harvard University, USA. Author of many books and 48 research papers on Basis and applications of yoga.
ME, Ph.D.
- Dr R Nagarathna** - CHIEF MEDICAL OFFICER - VYASA - Co-author of 10 books and 50 research papers on Medical applications of yoga.
MD, FRCP
- Smt Subhadra Devi** - INTERNATIONAL TEACHER - VYASA - taught yoga therapy in UK, Kenya, Far East, & USA.
Dr S Telles - ASSISTANT DIRECTOR, Research - VYASA - Recipient, "Young Scientist" award. Author of 6 books and 50 research papers on psychophysiology of yoga.
M.B.B.S, Mphl, Ph.D.
- Sri T Mohan** - SECRETARY - VYASA - Trained about 2000 yoga teachers. Travelled in twelve countries conducting SMET and other Yoga related classes.
BA, YTIC
- Sri NVRaghuram** - INTERNATIONAL CO ORDINATOR - VYASA - Travelled round the globe conducting SMET workshops, yoga research and meditation classes.
B.E.

TRAINING

- o For Professionals, Executives, Managers.
- o 10 - 40 participants per batch
- o Theory and practice
- o Duration : 6 Hrs per day for two days or 2 Hrs per day for seven days



CONTACT

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