

योगा सुदीप्ता

A Monthly Journal of Swami Vivekananda Yoga Prakashana



S-VYASA

2002
to
2012



Decennial Celebrations



Inauguration
of Yoga
Darshan
Exhibition

S-VYASA
Decennial
Celebrations

Inauguration
of Suddha
Block

International YOGA Conference on Therapeutic Applications of YOGA

Date: September 29 & 30, 2012
Time: 9 am - 5 pm | Venue: Singapore

This 2 day conference first time of its own in Singapore aims to share Yoga techniques for Prevention & Management of Disease like Asthma, Nasal Allergy, High & Low BP, Ischemic, Heart Disease (HD), Anxiety Neurosis, Depression, Gastritis, Diabetes, Obesity, Migraine, Rheumatism, Low back pain, Arthritis, Menstrual disorders and many more. Followed by lecture from well known speaker like Dr. H.R. Nagendra, Dr. R. Nagarathna and Lorenzo Cohen. Meanwhile Yoga Therapy Sessions will go on for those who need.

Conference Fees

Before July 31, 2012 - S\$ 259

After July 31, 2012 - S\$ 319

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

Dr. H.R. Nagendra

ME, PhD (Mech. Engg.)
Former NASA Scientist
Consultant Harvard University &
Founder of S-VYASA Yoga University



Lorenzo Chohen PhD

Professor and Director
Integrative Medicine Program
Chief Section of Integrative Medicine

Dr. R. Nagarathna

MBBS, MD, FRCP
Chief Yoga Therapy Consultant,
Arogyadhama;
Dean, Division of Yoga & Life Sciences,
S-VYASA Yoga University



Conference Highlights

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

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by **Bhajan Samrat Padmasri Anup Jalota**

On 7th June, 2012 | 7:30pm @ Mangal Mandira Auditorium

Entry Free | All are Welcome

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YOGA SUDHA

Vol.XXVIII No.6 June, 2012

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EDITORIAL

I was amazed to see such a small thumb drive having 16 GB memory at such a low cost ! Is it not a marvel of excellence through Micro miniaturizing technology ? It all started from mathematics when scientists evolved formula to condense knowledge and information as $E= MC^2$; $F = ma$ and so on. all started way back three four centuries back. That knowledge condensation was then followed up through technological innovations from the card-read computer age to desk top, laptops and now hand held computers.

Similarly in the field of yoga, our ancient seers thousands of years back understood the usefulness of such condensation of knowledge and information. It all started by Nyaya Shastra - the science of logic akin to mathematics. When we read Tarka sangrah and move to advanced text of Nyaya Tarka Muktavali, we find such bewildering similarities between modern mathematics and ancient Tarka. This sharpening, focusing and condensing of knowledge were resorted to by those great masters by developing what they have called as sutras. Though it means thread, sutras are like formulae of our times. Sutras became the order of the day in information transport from generation to generation.

The three main streams of Yoga developed sutras to condense all knowledge of Bhakti yoga through Narada's Bhakti Sutras, Yoga of Patanjali

by Patanjali's Yoga Sutras and Jnana yoga by Brahma Sutras. Karma Yoga Sutra Shatakam (100 Sutras on karma Yoga) was developed with its fine bhashya by Swami Harshanandaji of RK Mission based on the teachings of Swami Vivekananda. Hence we have today all four main streams of yoga available in the form of Sutras bringing out all their subtleties, grandeur, etc. contained in these sutras are the dimensions of Yoga to work with emotions, will power, intellect and in our day to day activities.

With the theme that all these four streams of yoga lead to the same goal, Swami Vivekananda proclaimed thus "Each soul is potentially divine". The goal of life is to manifest that Divinity within us. By controlling nature internal and external, / do it by work or worship, philosophy or Psychic control, by one or two or more or all of these and be free " . In this proclamation Swamiji has not only condensed all dimensions of Yogic wisdom into these four categories of Yoga - to work with the intellect, emotions, will power or through action, but also see the goal of all Yoga is to be free - moksha. Freedom from what ? from all tensions and stresses, diseases, bondages, gross, subtle and causal. Going beyond all miseries to reach infinite bliss, knowledge and power on the way. It is this total approach that we have been using and propagating in our university and VYASA for the last 3 decades.

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

जन्माद्यस्य यतः १।१।२

Janmādyasya yataḥ 1|1|2

Ancient shastras have their own code of conduct and parameters to present secular and spiritual aspects of life. The main domain of ancient shastras is necessarily transcendental, In the transcendental domains subject for beginners becomes very abstract, and to make all these areas easily understandable Nyaya shastra suggests many steps. According to them Uddhesha, Lakshanam and Pariksha are the main gradual cradles to claim the ultimate one.

Uddhesha step covers very preliminary entry points of the subject domain, नाम्ना वस्तुसङ्कीर्तनम् उद्देशः, before we dwell into elaborate some subject matter we need to clearly mention the title under which we would like to develop it later. This job is not an easy one because unless we are very clear about the subject area, its limitations, dimensions and its peripheries it is difficult to decide the suitable title. With special references to Brahma sutras it is brahman vichara which is the underlying thread for the whole garland. Brahma Jijnasa word fulfills this first requirement; vichara is the main process of analyzing which was mainly undertaken by the great VedaVyasa. In order to meet this intended goal Vyasa composed 555 aphorisms in the form of Brahma sutrani.

Thinking process must fetch purest form of knowledge to sadhakas. One disparity is to be kept up in the mind that unlike karma Mimamsa here Brahma Jijnasa never takes you to any duty. जानाति (understands), इच्छति (aspirers for), यतते (tries for), these three are the normal steps through which one proceeds on the path of achievements. For example, some see a mango which will be followed by a desire to get it, once desire is concretized that will be followed by a thought full action resulting in obtaining something. This formula works well in karma mimamsa.

In the current thought process there is no place for the known result oriented performance. अवगतिपर्यन्तं ज्ञानम् (shankara bhasyam), here jignasa word implies that purest form of knowledge which is the very essence of the ultimate liberation. Brahmamarga is unique in its characteristics, norms and forms. Here Knowledge is the end in itself, Brahman also is not something from its knowledge, thus Brahman is nothing but knowledge of Brahman and knowledge of Brahman is nothing but the ultimate purushartha, Moksha.

Once this much is clear for a reader naturally he foresees the definition of Brahman, लक्षणप्रमाणाभ्यां वस्तुसिद्धिः Without definition and proofs nothing will be valid so naturally seekers ask this question, what is Brahman? Then the second aphorism comes forward to address this question.

जन्माद्यस्य यतः, that is Brahman which causes creation, sustenance and destruction of the apparent world. This definition is valid in terms of normal attributions, when we go to introduce something or when we are not in a position to introduce him directly; either we go for the cause of it or the effect of it. For example, while explaining the wind to a child one must go to its effect like shaking the trees, shifting, blowing the thing etc, because these are the normal functions of the wind. So, we the seekers are like children as far as Brahman is concerned. We are in this world which takes birth every time, maintained by individuals destroyed by the evil minded but we don't know who has created this wonderful world and who is maintaining it and one who demolished it for new construction. This unknown mysterious area of the worldly affairs indicates the very existence of Brahman.

This is called तदस्य लक्षणम्. It distinctly introduces brahman to a normal seeker. who will continue further with more questions and queries.

to be continued...



Science of Spirituality

A DIFFERENT MOON

By: **H H The Dalai Lama** on May 04, 2012
| 2343 Views | 8 Responses

Category: Science of Spirituality

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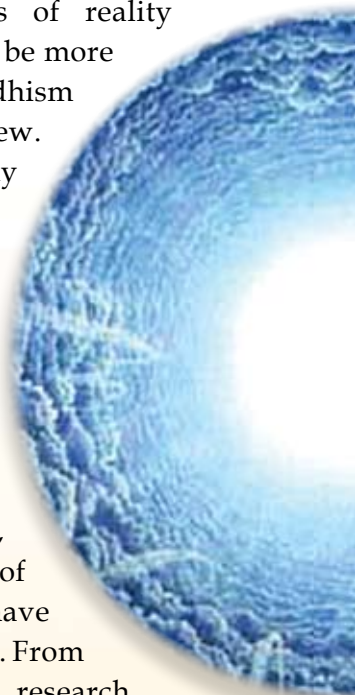
A deeper dialogue between all scientific fields and society could help us understand better what it means to be human, says H H THE DALAI LAMA

Science has always fascinated me. As a child in Tibet, I was always curious about how things worked. When I got a toy, I would play with it a bit, then take it apart to see how it was put together. As I became older, I applied the same scrutiny to a movie projector and an antique automobile. At one point, I became particularly intrigued by an old telescope, with which I would study the heavens. One night, while looking at the moon, I realised that there were shadows on its surface. I corralled my two main tutors to show them, because this was contrary to the ancient version of cosmology I had been taught, which held that the moon was a heavenly body that emitted its own light. But through my telescope, the moon was clearly just a barren rock, pocked

with craters. If the author of that fourth-century treatise were writing today, I'm sure he would write the chapter on cosmology differently.

Search For Truth

If science proves some belief of Buddhism wrong, then Buddhism will have to change. In my view, science and Buddhism share a search for the truth and for understanding reality. By learning from science about aspects of reality where its understanding may be more advanced, I believe that Buddhism enriches its own worldview. For many years now, on my own and through the Mind and Life Institute, which I helped found, I have had the opportunity to meet with scientists to discuss their work. World-class scientists have generously coached me in subatomic physics, cosmology, psychology, biology. It is our discussions of neuroscience, however, that have proved particularly important. From these exchanges, a vigorous research initiative has emerged, a collaboration between monks and neuroscientists, to explore how meditation might alter brain function. The goal here is not to prove Buddhism right or wrong – or even to bring people to Buddhism – but rather to take these methods out of the traditional context, study their potential benefits, and share the findings with anyone who might find them helpful. After all, if practices from my own tradition can be brought together with scientific methods, then we may be able to take another small step toward alleviating human suffering.





Secular Ethics

...Many people consider science and religion to be in opposition. While I agree that certain religious concepts conflict with scientific facts and principles, I also feel that people from both worlds can have an intelligent discussion, one that has the power ultimately to generate a deeper understanding of challenges we face

> together in our interconnected world. One of my first teachers of science was the German physicist Carl von Weizsäcker, who had been an apprentice to the quantum theorist Werner Heisenberg. Dr Weizsäcker was kind enough to

give me some formal tutorials on scientific topics. (I confess that while listening to him, I would feel I could grasp the intricacies of the full argument, but when the sessions were over, there was often not a great deal of his explanation left behind.) What impressed me most deeply was how Dr Weizsäcker worried about both the philosophical implications of quantum physics and the ethical consequences of science generally. He felt that science could benefit from exploring issues usually left to the humanities.

I believe that we must find a way to bring ethical considerations to bear upon the direction of scientific development, especially in the life sciences. By invoking fundamental ethical principles, I am not advocating a fusion of religious ethics and scientific inquiry. Rather, I am speaking of what I call "secular ethics," which embrace the principles we share as human beings: compassion, tolerance, consideration of others, the responsible use of knowledge and power. These principles transcend the barriers between religious believers and non-believers; they belong not to one faith, but to all faiths. Today, our knowledge of the human brain and body at the cellular and genetic level has

reached a new level of sophistication. Advances in genetic manipulation, for example, mean scientists can create new genetic entities – like hybrid animal and plant species – whose long-term consequences are unknown.

Towards A Larger Goal



Sometimes, when scientists concentrate on their own narrow fields, their keen focus obscures the larger effect their work might have. In my conversations with scientists, I try to remind them of the larger goal behind what they do in their daily work. This is more important than ever. It is all too evident that our moral thinking simply has not been able to keep pace with the speed of scientific advancement. Yet the ramifications of this progress are such that it is no longer adequate to say that the choice of what to do with this knowledge should be left in the hands of individuals.

Mindful Science

A deeper dialogue between neuroscience and society – indeed between all scientific fields and society – could help deepen our understanding of what it means to be human and our responsibilities for the natural world we share with other sentient beings. Just as the world of business has been paying renewed attention to ethics, the world of science would benefit from more deeply considering the implications of its own work. Scientists should be more than merely technically adept; they should be mindful of their own motivation and the larger goal of what they do: the betterment of humanity.

- Vinod D Deshmukh



YAGA @ Yoga Vinayaka Mandiram



Wishing best for
All Students



Kalasha Pooja

Decennial Celebrations of S-VYASA University - 2002 to 2012 Inauguration of "YOGA DARSHAN" an Exhibition on Yoga



Program is on. Chief Guest: Dr. Rangesh Paramesh of Himalaya Drugs Ltd.

Prashanti Kutiram, May 6: We all in Prashanti Kutiram the Campus for S-VYASA University had been celebrating the Silver Jubilee Year for its Mother Organisation VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA. This year, 2012 is the 10th year of our beloved University.

Launch of Decennial Celebrations: Earlier, the decennial celebrations were launched in a grand function on 25th March, 2012 by Dr. Vishwa Mohan Katoch, DG, ICMR & Secretary, Govt. of India who was the Chief Guest. S-VYASA's top scientific community was present viz. Dr. H.R. Nagendra, Dr. R. Nagarathna, Dr. Shirley Telles, Dr. Naveen, Dr. Manjunath and a host of Young Scientists and Researchers.

Yoga Darshan - A Yoga Exhibition: The exhibition was planned under the guidance of our beloved Guruji by Dr. Sanjib Patra, Associate Professor and Team. The exhibition is situated in the Ground Floor of the New Academic Block.

The exhibition is for the guest and students, who come to Prashanti. They will get a clear idea of what is YOGA and S-VYASA's research and therapy contributions. The objectives of the exhibition would be:

1. *Movies on our research findings*
2. *Application of Yoga*
3. *Therapeutic application of Yoga*
4. *Traditional heritage of India*
5. *A section of museum on the old instruments used during research*

Inauguration of Yoga Darshan: The Exhibition was inaugurated on 6 May 2012 at 02.45pm by Dr. Rangesh Paramesh, Head - Drug Discovery (R&D), Himalaya Drugs Ltd. Dr. Rangesh was the Chief Guest on the occasion. In a serene and simple function, Dr. Rangesh gave the definitions of Yoga by various English Dictionaries. He briefed the audience, how Yoga viz. YUJ - joining - happens in Ayurveda.

Quoting the example of TRIPHALA Churana in which three fruits - 1.Amla 2.Harda 3.Behda (Hindi Names) when mixed together, become one which cannot be separated. This coming together does not happen in Allopathic Medicines, it is the specialty of Ayurveda. He also mentioned that three fruits represent - Brahma, Vishnu and Mahesh.

Dr.S.L.Goel, Govt. of India's Nominee in the Board of Management of S-VYASA was the Guest of Honor. He said that he was a witness to the progress and development of S-VYASA. He also spoke about the simplicity and dedication of Dr.H.R.Nagendra Guruji and his Team.

Dr.Rangesh Paramesh, Chief Guest and Dr.S.L.Goel were felicitated on the occasion. Dr.R.Nagarathna, Dean, Yoga & Physical Sciences and Chief Medical Officer,

Arogyadhama spoke of the miracles happening here. She quoted the story of Su.Dipti, who joined



Dr. Rangesh Paramesh

just two months back and has gained more than 10 kgs. weight and improving. She also said that the girl would have been declared a **terminal case**. Because of Yoga she has recovered and improving.

Dr.H.R.Nagendra (Guruji) welcomed the Guest and gave a brief about the S-VYASA's journey during the last ten years. Sri Judu Ilavarusu, Research Scholar briefed the audience about the Exhibition. Dr.Sudheer Deshpande, Registrar proposed the Vote of thanks and the Master of the Ceremony was Su.Srividyaa a student of BNYS.





Inauguration by Dr. Rangesh Paramesh
Of Himalaya Drugs Ltd.



Yoga
Darshan
Exhibition



Vast possibilities of YOGA



DECENNIAL CELEBRATIONS OF S-VYASA UNIVERSITY - 2002 TO 2012 INAUGURATION OF "SUDDHA" A SUPER DELUX COTTAGE



Pooja at Suddha. Dr. H.R. Nagendra Guruji addressing

Prashanti Kutiram, May 11: The second decennial celebration during the month was held on 11 May 2012. On the occasion a residential block for guest and participants was inaugurated.

In the serene atmosphere in the morning on 11 May during the Maitre Milan at 7.15am immediately after the Geeta Chanting, the program started. All the inmates, students, participants and guest at Prashanti Kutiram were present.

Dr.H.R.Nagendra Guruji welcomed the Guests and gave a brief of the path tread by S-VYASA in the last ten years. He said that RESEARCH is the strength of S-VYASA. We could produce more than 180 research papers because of the

hard work by our Research Team, Ph.D. Scholars and M.Sc. Students.

Dr.Harshad P.Shah, Vice Chancellor of the First Children's University in India (Gandhi Nagar, Gujrat) was the Chief Guest on the occasion. Dr.Harshad P.Shah gave in brief the objectives of the Children's University. The main objective was to work to inculcate good habits, ideas and samskaras in the children to develop them into the most responsible citizens for our Nation. The university will do study, research for to-be born children and will educate the would be mothers to bring a good progeny. He appreciated the effort of S-VYASA and had for support to help the new university to attain its objectives.



S-VYASA Decennial Celebration Program in Mangal Mandir. Chief Guest: Dr. Harshad P. Shah, Vice Chancellor of the First Children's University in India (Gandhi Nagar), Gujrat

Sri Ramesh Chandak, Managing Director and CEO at KEC International Ltd., Mumbai and the donor of the Chandak Block was the Guest of Honor.

Dr. Harshad P. Shah the Chief Guest and Sri Ramesh Chandak were felicitated by dedicated luminaries of Sangh Pariwar. **Sri Madan Dasji Devi**, Ex. Sah Sar Karyavaha (RSS) and **Sri Babu Rao Desai**, a Member of the Central Governing Council, VHP . They both blessed Dr. Harshad P. Shah to achieve the objectives of the university and Sri Ramesh Chandak for his noble gesture to support the cause.

Dr. K. Subramaniam, Pro Vice Chancellor proposed a vote of thanks. Su. Sharavari was Master of the Ceremony supported by Su. Srividya and Su. Arundati Goly. Arundati also rendered a Patriotic Song on the occasion.

Later at 10.00am the Chandak Block was inaugurated by performing Ganesh Puja.

Sri Ramesh Chandak, his brother and sons were the yajamanas. Dr. Harshad P. Shah, Dr. H. R. Nagendra and other guests were present during the pooja. Inspired Sri Ramesh Chandak, his younger brother declared to sponsor the first floor of the Chandak Block.



Dr. Harshad P. Shah, Vice Chancellor, Children's University felicitated



Yoga Beats Depression A Holistic Approach Beyond Meds



Have you experienced a mood disorder lately? Commonly referred to as “the blues”, mood disorders include the feeling of anxiety, hopelessness, guilt, worthlessness or anything on these lines. Ups and downs are a regular part of one’s life. Hence, feeling low from time to time is, indeed, common. But if such a condition prolongs, it is termed as “depression”, and depression is a rage spread thin. Do not let it control your life, else it can be disastrous. The way to deal with it, as Dr. R. W. Shepherd quotes, is *“If depression is creeping up and must be faced, learn something about the nature of the beast. You may escape without a mauling.”*

Is it just the blues, or something more?

More than just the temporary blues, depression is a state of dullness and aversion to everyday activities that affects a person’s feelings, behavior and thought process. Everything seems negative and the person goes through the phases of pessimism at its peak.

This is definitely not a good sign. Depression may occur due to innumerable reasons, but what it does is that either a person’s entire attention is on that particular problem and its source, or a person may face problems in trying to concentrate on anything at all resulting in forgetfulness, clumsiness, problems in decision making and other similar symptoms. Moreover, if depression tends to prolong, it may even prove to be suicidal.

The first thing that a person does when depressed is that they restrict their movements, which not only affect emotionally but physically as well. The best thing to do in such a situation is to undertake some yoga exercises that could bring in some mobility in the depressed person’s day to day life.

How can Yoga help in Depression?

The problem is that handling depression is easier said than done. Although every person’s responses towards sorrow are unique and diverse, there are a number of common patterns or stereotypes that are observed in general. The more the depression is prolonged and left unattended, the more likely it is that it’ll reach an even more chronic stage. It must be accepted that most of the times people cannot control what happens on the outside but they can exercise some control on what happens on the inside.

One such remedy that can prove to be very helpful in order to cure the disturbed inside of the depressed ones is yoga. Yoga is a form of meditation that is therapeutic to both physical as well as mental health. People who undergo depression suffer from different kinds of physical stress as they may feel a sting in their necks or backs, or may get headaches, or feel



muscular tension build up or may experience an overall sense of physical discomfort. Moreover, depression also causes severe biochemical imbalances in the bodies of the inflicted ones. One of the best solutions for both of these physical and mental disturbances is yoga.

Yoga helps to increase and decrease the flow of blood to those areas where it targets chemical imbalances in the bodies of the depressed. It releases endorphins in the bloodstream that helps to remove stale fluids from the body and helps to flush the toxins out. This in turn removes the emotional wounds that serve as blockages in the energy channels of the body and thus gets energized, creating signs of freshness and relief, even afterwards.

Practicing yoga does not entail giving up any other medication prescribed by the doctors; however, yoga moves in conjunction with the suggested medications will provide positive results in getting over depression. Yoga works by helping people in getting rid of the stress that leads to depression by suggesting physical movements that could relax muscles and provide an outlet to mental and physical stress. Yoga

works by increasing the flow of blood along with calming the breathing and creating a rhythmic heart rate that provides an overall serene and tranquil feeling to the depressed person.

Yoga benefits both the body and mind; therefore, it does not only provide physical benefits but also mental relaxation that leads to long-term well-being. Yoga indeed is recognized as one of the best non-drug treatments that can significantly reduce depression and in some cases totally eradicate the problem and its causes. Yoga postures help in clearing the mind of any negative thoughts through meditation, thus alleviating the source of depression. Best of all, yoga being a drug-free treatment has no negative effects on the body that could be the case if using medications for controlling depression.

Regular practice of yoga will not only help to reduce depression, if kept up with, it will also help to completely eliminate depression and its symptoms, enabling the depressed to turn over a new leaf. As B.K.S. Iyengar said that *yoga teaches people to cure the problems that need not be tolerated and tolerate that which cannot be cured.*

Neuropathic Joint and the Role of Yoga

- Dr. John Ebnezar



In the International Conference at Cochin there was a talk on Neuropathic Joint and the role of Yoga. For the first time ever, I brought out the role yoga can play in treating neuropathic joints using the logic that Neuropathic joint is a common complication of diabetes and there is poor fracture union in this condition. So yoga helps to control diabetes and also accelerates fracture healing as shown by my RCT and hence is an excellent value based add on treatment for this problem. The argument was whole heartedly accepted.



Enhancement of Natural Bypass in patients with Heart diseases through Yogic life style strategies: A case study

- *Kashinath GM, Tripathi S, Amit KS, Nagrathna R, Nagendra HR*
kgmhetre@gmail.com

Background

IHD is a leading cause of the death worldwide in both developing and developed countries [1] for which bypass surgery is considered as the best treatment option available next to stenting (angioplasty). Even after many of the advancement and new coming procedures the mortality rate due to IHD is still in its progression. Many Studies has proven that bypass surgery or the angioplasty cannot stop the natural progression of the diseases [2]; therefore the search for alternate therapy has become mandatory. Coronary Angiogenesis is the process of natural formation of the new blood vessels in the heart to supply the blood when it is inadequate. The following case study has shown that yoga enhances the process of natural bypass. Although, research in the domain of angiogenesis is steadily approaching its golden age but still the study of coronary angiogenesis is in its infancy [3]. Patients in a condition where these modern procedures are contraindicated, there alternative treatment can be one of the options. Yoga as a branch of CAM (Complementary and Alternative medicine) has shown its effect in many cardiac ailments along with marked clinical improvement in systolic and diastolic blood pressure in pre-hypertensive patients [5]. There are studies showing that yogic diaphragmatic breathing increases the heart rate variability in the patients with ischemic heart diseases, where the heart rate variability is significantly impaired in the cardiac patients [6]. Transcendental meditation has also shown significant results in decreasing the blood pressure in young adults [7].

Case history

A 58 years businessman from Chennai known case of IHD came to Prashanti Kutiram to seek the yoga therapy on 01/07/11 with history of chest discomfort in the morning and again in the evening on 13/06/11 which made him consult to a cardiologist. He was advised to undergo angiogram in Fortis hospital and was finally diagnosed of having double vessel disease with 90% block in the two branches of the artery which supplies the blood to the right part of the heart. At the same time, artery supplying the left part of the heart was also found to be blocked. After the angiogram, the doctor advised him to undergo bypass surgery.

The faith on CAM made him and his family to

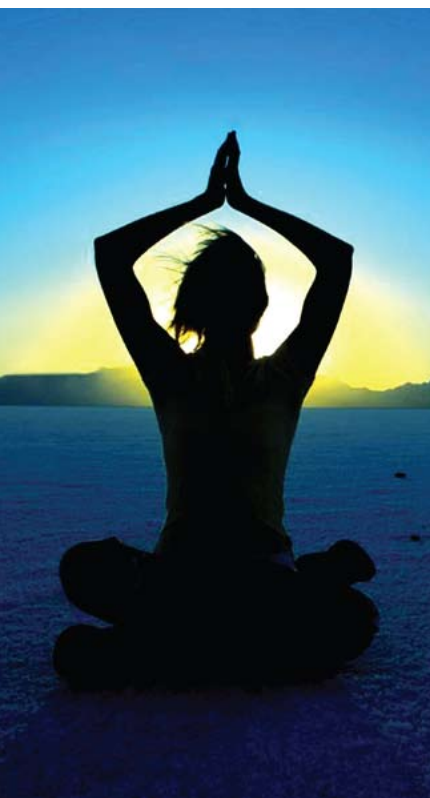




try yoga therapy once before undergoing bypass surgery. He stayed in Prashanti Kutiram for 15 days and he learned all the Yoga techniques that are designed for the cardiac diseases (specific type of Asanas, pranayamas, meditation and relaxation techniques). He learnt the Yogic lifestyle strategies based on the ancient yogic wisdom which brought a complete attitudinal transformation in his personality and also outlook towards the life. He started taking life in an easier and lighter way and later learnt to enjoy life from each moment. Yoga therapy and serene spiritual ambience of prashanti kutiram not only de-stressed him completely, but it also helped to strengthen the bond between him and his family. He went home and continued practicing yoga regularly and punctually twice a day and for an hour each.

Result

Sr. No	Variables	Before Yoga (01.07.2011)	After Yoga 1 (01.07.2011)	After Yoga 2 (15.07.2011)	Condition
1	Number of new natural bypass blood vessels in the heart (CAG Report)	Inadequate	Adequate	Adequate	Improved
2	Cardiologist opinion	Bypass surgery	Oral medication	Oral medication	Improved & Well managed
3	Blood pressure(mmHg)	102/80	110/70	116/70	Improved
4	Pulse Rate(beats/minute)	70	62	62	Improved
5	Respiratory rate(cycle/minute)	16	14	14	Improved
6	Breath holding time(secs)	9	10	15	Improved
7	Weight (kgs)	78.26	77	76	Improved
8	Symptoms score	3	0	0	Reduced



After six months of yogic practice, angiogram results on 21/02/2012 surprised the cardiologist by finding enough collateral branches of the blood vessels formed around the blocked part of the heart for bypass supply to the heart i.e natural bypass. By looking at the result of the angiogram, cardiologist changed his opinion of bypass surgery to management by oral medications without the need of surgery. This made him come again to prashanti kutiram for revitalizing and boosting the progress of health through yoga therapy. He went back to his normal life with all the positive effects including the decrease in the symptom score and improved bhrumari time. Table 1 shows the effect of Yoga in tabulation form

Conclusion

Yoga therapy is one of the best alternatives not only for those who are not fit for bypass surgery or the angioplasty but, for all the cardiac patients who have undergone the procedures. Yoga therapy helps in coronary angiogenesis, and helps in maintaining the cardiac health. It helps in the stress management which is the basic cause of the cardiac diseases. So yoga intervention can be used both as curative and preventive as well. This case has brought new hope to the cardiac patients and curiosity for the researchers in the field of Yoga and Cardiology, as well. It is reported



that natural bypass can reduce the chances of death rate by 36%. By looking at this case study further studies can be planned on intense yoga based life style, focusing on the enhancement of natural bypass processes.

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Section Feedback

Dear Haresh SIR,

Hello! good afternoon! Hope its a great day at prashanti as usual. time just flows at prashanti, Getting up at 4.30 am is never so easy as here, we are kept fully engaged with no time to think about unnecessary things with knowledgeable lectures from Dr.Nagraj, Raghuramji, Ashokji, subramanyaji.

Nagrathna Madam diagnosed my problem, Subhadra didi`s counselling was very good and practical.bhajans were too good. Even the Therapists of other sections and participants whom we met during Nature tuning time have been very kind and helpfully.

Coming to our section ,there are no words to describe, its the best thing that happened to me. Your positive energy has spread and covered the

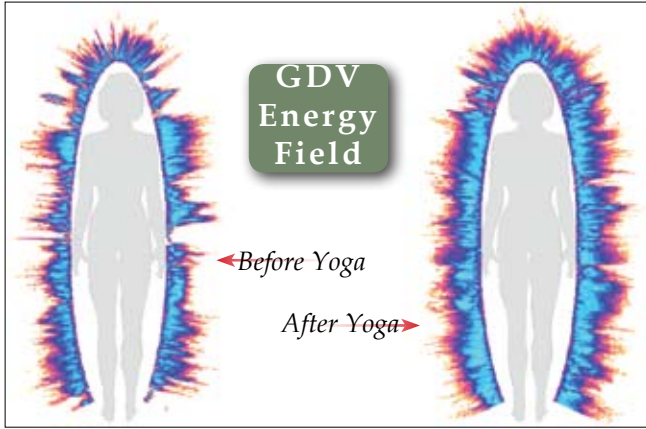
whole of PPH section including you assistants and participants, the tips and philosophy ,works on physical as well as mental level. you have made learning yoga so much fun that we forget our aches .though I came reluctantly to Prasanthi i cant thank enough to GOD for giving me such wonderful opportunity to meet such wonderful people.

I have learnt not only to live life to the fullest but all spread smiles on the faces. You have given a beautiful path to follow and be useful to others and I hope God will bless me to follow my heart and do my part .I am happy to have met you Sir, thank you for being so kind and sharing your knowledge.

*With best regards, bye for now.
- Shubhangi A. Rao*



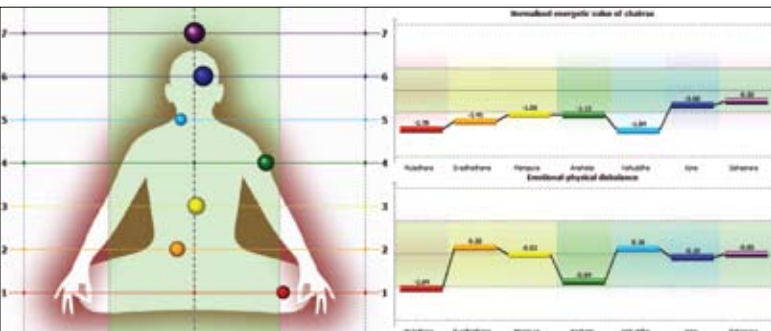
BIO ENERGY



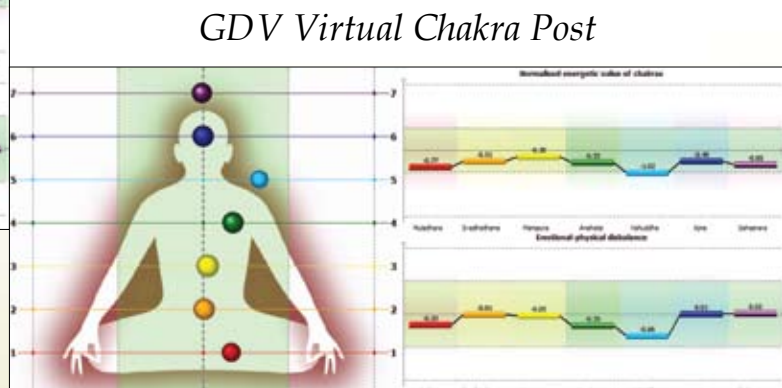
Disruption of the flow of Chi through the meridian results in pain and illness. A number of methods have been used to identify the chi energy flows through the meridian Channels. Acupuncture, one of the primary methods of treatment in tradition Chinese medicine, is based on a system of meridional theory, which incorporates a system of channels through which vital energy, or Qi flows. It deals with the chi energy, yin/yang theory, including five elements theory.

Bio-energy field is become very important in the modern time. In this context the word “energy” is a translation of the eastern word Chi, (from Chinese), Ki (Japanese) or Prana (Indian). It is related to, but not precisely the same as the scientific concept of energy. The ancient Chinese described an essential life force or -vital energy called Chi, which is present throughout the cosmos and in every living creature. Ordinarily, Chi constantly moves and changes. Chi enters the body mainly in food and in the breath, from which it is extracted and circulated throughout the body along specific pathways called meridians. As long as Chi flows freely throughout the meridians, health is maintained.

The AcuGraph “Digital Meridian Imaging” System is a computerized tool used to analyze and document the energetic status of acupuncture meridians. AcuGraph is a computerized galvanic skin response testing device used for meridian stress assessment. It is based on the traditional acupuncture meridian system. By using Acugrph we can find out whether the energy level improved after practicing different yogic techniques. Several observational studies are going on at SVYASA have shown that practice of Yoga balances the energy by using Acugraph Digital meridian Imaging tool.



GDV Virtual Chakra Pre



GDV Virtual Chakra Post



JYOTISH ASTROLOGY

New Evidence and Theory

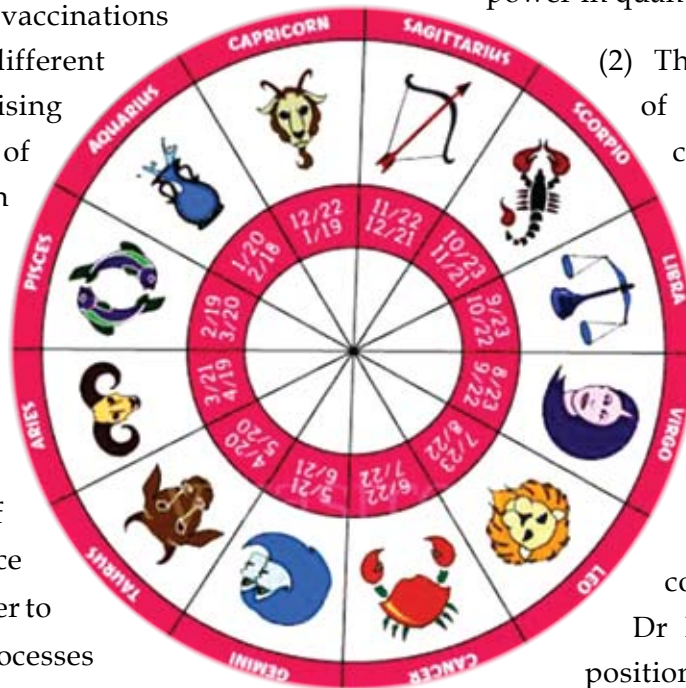
- Prof. Alex Hankey

The Department of Yoga and Physical Science is currently supervising a very unusual PhD project, in which the PhD candidate, Dr Ramesh Rao N. BVSc., has generated considerable evidence for the validity of Jyotish astrology, based on his life-long expertise in veterinary science. Dr Rao's seven experiments include measures of immune response to vaccinations performed under different Jyotish *lagnas* (rising signs), and measures of microbiological growth processes, similarly started under different Jyotish designated influences, such as different *lagnas*, and the universally feared time period of 'Rahukala'. His evidence for the power of the latter to influence biological processes now stands at a remarkable $p < 10^{-12}$. Statistics on other effects are similarly powerful: the power of *Graha Guru* (planet Jupiter) appears to be universally to protect life and living organisms, while that of *Rahu* (the 'North node' in the moon's orbit), is to oppose and obstruct it, as Dr Rao has predicted.

These extraordinary discoveries have led us to recognize the need to develop a theory to account for these effects. Dr Alex Hankey and

Vice-Chancellor HR Nagendra are therefore collaborating with other scientists to develop a theory for Jyotish. At this point our approach is proposing three distinct stages:

- (1) That, in terms of quantum physics, solar system condensation generates a huge power in quantum correlations;
- (2) That, due to the concept of 'Criticality' central to complexity biology, regulation of biological systems can be influenced by quantum correlations; and that,
- (3) These two together can account for the correlations observed by Dr Rao between planetary positions and variations in the rates of biological processes.



In more detail:

1. **Solar System condensation may generate quantum correlations:** Astrophysical systems, like any other physical system, are ultimately governed by quantum theory, and, under the right conditions, may be able to exhibit specifically quantum properties. The solar system's initial process of condensation can be described in quantum terms, which are



applied to the particle collisions taking place at the time: the quantum description shows that solar system condensation generates quantum correlations related to angular properties of the sun, moon and planets. These correlations have specific properties that enable them to survive until the present time. Therefore, given suitable processes, they could become observable, as in Anton Zeilinger's famous 'Quantum Teleportation' experiments.

2. Biological processes can be systematically influenced by quantum correlations: One of the great transformations in modern biology has been the development of our understanding of complex biological systems. 'Complexity biology' proposes that most, if not all, biological organisms are regulated according to a very simple condition: 'critical feedback instability', commonly known as 'Criticality'. Criticality is maintained by a process called self-organized criticality (SOC). Our work suggests that the criticality condition makes a regulatory system susceptible to influence by correlations of various kinds: quantum correlations as well as the well-recognized critical correlations.

3. Solar system-wide quantum correlations are continuously influencing criticality regulated biological processes: Recognition of susceptibility to influence by quantum correlations, means that biological systems may be validly considered to be influenced by many possible new kinds of biophysical phenomena, among which are solar system quantum correlations proposed in (1). It is possible to interpret Dr Ramesh Rao N.'s experimental data as evidence that both (1) and (2) are valid. In that case, these two may be said to combine to produce a general theory of Jyotish and its various effects on biological *and* human life.

Should this turn out to be true, there might be a revolution in theoretical biology. Instead of many biological processes being subject to unexplained and apparently random fluctuations, much of the hitherto unexplained variability may become attributable to ongoing influences of the various Jyotish *Grahas* and other concepts!

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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, 150th 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>

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- ▶ Call: (408) 681-YOGA

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EFFECTS OF YOGA ON BRAIN WAVE COHERENCE IN EXECUTIVES

- Tikhe Sham Ganpat¹ and H R Nagendra²

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Indian Journal of Physiology and Pharmacology 2011. 55(4):8-12.

Background: Business executives' lives have become a never-ending race against time, technology, and targets. This modern lifestyle intensifies the stress leading to 'Excessive Tension' and consequent deterioration in 'Executive Efficiency'. Swami Vivekananda Yoga Anusandhana University, Bangalore offers a holistic and integrated stress management program called Self Management of Excessive Tension (SMET) to combat this modern lifestyle problem and thereby one can lead a holistic way of living in health, harmony and happiness

Objective: Objective of this study was to assess the effect of Self Management of Excessive Tension (SMET), a yoga based stress management program on Brain Wave Coherence (BWC).

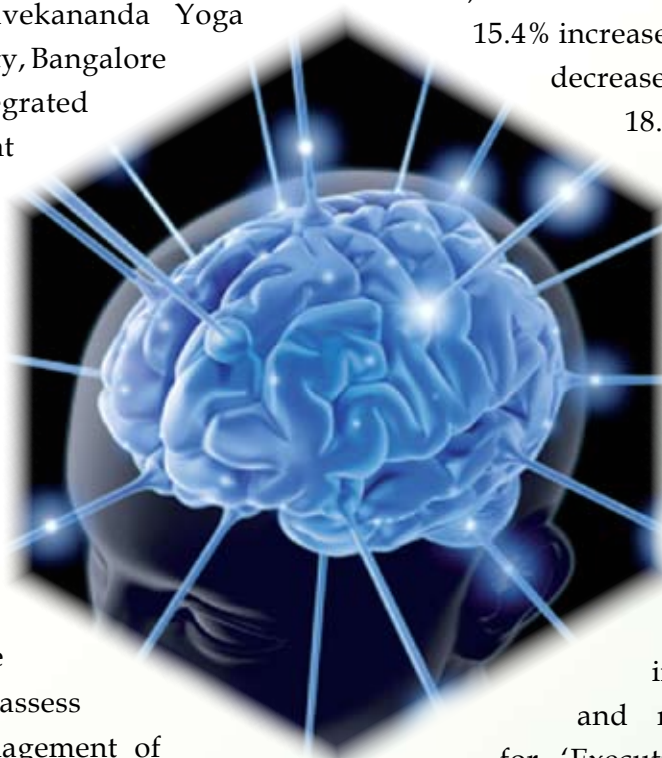
Methods: 72 corporate executives with 25.77 ± 4.85 years of mean age participated in this single group pre-post study. The BWC data was collected before (pre) and after (post) the five

days SMET program using BrainMaster (Model: 2E Part # 390-001), Michigan, USA.

Results: A complete statistical and spectral analysis showed 19.31% increase ($P < 0.05$) in Delta, 5.04% increase ($P = 0.65$) in Theta, 15.4% increase ($P = 0.09$) in Alpha, 1.67% decrease ($P = 0.54$) in Beta and 18.68% increase ($P = 0.07$) in Gamma BWC between pre and post intervention measurements.

Conclusion: The results from the present study suggest that participation in a SMET program was associated with improvement in emotional stability and may have implications for 'Executive Efficiency'. Because before and after designs limit inferences about intervention effects, further research is warranted to explore the effects of SMET program for stress management using a larger, randomized controlled trial.

Key words: Self Management of Excessive Tension, BWC, executive efficiency





READERS FORUM

Today's teenagers are facing many problems, How to turn them towards 'Yoga'? Do you have any plan for that except the 'personality development programme' conducted on the campus?

Ans:- 'Arogyadhama' -the home centre for yoga therapy at Prashanti conducted regular SMET programmes for all age groups including adolescents. Further a number of research studies conducted in Prashanti by the research student's focus on using yoga for adolescents and their problems. There are specific techniques in the 'IAYT' programme at Prashanti for adolescents with behavioral problems, addiction problems, attention problems, psychological & social problems.

Why most of the therapies are trying to correct the diseases, rather than making a strong physical / mental exercise from school life?

Ans:- Actually, it is like the base of the Pyramid- large number of Yoga teachers & schools promote positive Physical & Spiritual health. This caters to millions of people in the name of several styles of Yoga. Therapy is only a speciality catering to a very small group who are sick (a smaller pyramid above the base).

Can we have details of Institutions who carry out Holistic education to children & at what age?

Ans:- The only Institution that I am aware of is Banasthali university, where 'Panchmukhi

Shiksha' concept is being used as a framework of Holistic Education. You will get information about this organization online in the following website: www.banasthali.org

Is it possible to patent word 'Yoga', so that it can not be misused like.. Dog Yoga, Water Yoga, Beach Yoga, Nude Yoga etc?

Ans:- Not possible to patent the work as Yoga. Several styles already exist. Any style that gives some improvement will be accepted by people. We have noticed that most of these persons who advocate some new type of yoga, finally move on to comprehensive Yoga / Traditional Yoga finally.

"Health is Wealth" as it links mind and body. In this context food (plants or Vegetation) should be given importance and our knowledge about plants connected with medical value needs to be highlighted along with Yoga practice at every level. Why cannot we include Ayurveda which is a Natural Veda along with Yoga as "Life is a byproduct of Nature"?

Ans:- Yoga and Ayurveda blend naturally with each other. This suggestion is well taken. Even at S-VYASA, you can see attempts to integrate Ayurveda and Yoga. But in actual clinical practice of Ayurveda, this integration is not seen in a widespread manner. This situation needs to be rectified.

DIABETES MANAGEMENT PROGRAM

PERIOD OF STAY- 60 DAYS / 8 WEEKS



Swami Vivekananda Yoga Anusandhana Samsthana (S- VYASA) is a premier yoga research institution in the world with over 180 research papers in leading peer reviewed national and international journals on health, education, management and other fields. The residential campus of S-VYASA, Prashanti Kutiram hosts a 250 bedded research based holistic health home. As a part of its research activities, S-VYASA has come up with a

clinical research program of type 2 diabetes, which is completely based on classical literatures and supported by eminent Yogic and Ayurvedic scientists of the country. People diagnosed with Type 2 Diabetes mellitus are eligible for participating in this program. We are inviting 240 subjects with Type 2 diabetes from any part of India. Only those who fit into the selection criteria will be admitted. The time duration for the treatment is 8 weeks / 60 days which include first week of Pre-investigation and last week of Post-investigation.



Criteria for selection	Preparatory tests	Criteria for Non-selection
<ul style="list-style-type: none"> Age range of 35 - 70 years Fructosamine >317 μmol HbA1c >7 FBG <270 mg/dl 	<ul style="list-style-type: none"> ECG Eye test report Blood tests - From standard laboratory (SRL lab) FBS PPBS HbA1c Fructosamine Creatinine SGPT 	<ul style="list-style-type: none"> BMI < 20 or > 40 Renal dysfunction Heart disease Pregnancy Uncontrolled hypertension >180/100 Alcohol abuse Type 1 DM Retinopathy requiring laser therapy

The treatment at the center for selected patients will be provided by either established allopathy treatment or by Ayurveda or by Yoga or by combination of Yoga and Ayurveda (Any one treatment to each individual as per the patient's choice or recommendation of our doctor).

Contacts:

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Dr Amit - 09341854502, dramits90@gmail.com

Dr Aswin B - 09886666636, ayushashwin@gmail.com

Project Office - 08022639906, ayushprojects@googlegroups.com

Registration - Rs 250/-; Treatment - Free; Dormitory accommodation & food - Free
Normal room - Rs 10,000/- per person; Deluxe room - Rs 12,000/- per person
Address: Prashanti Kutiram, Jigni, Bangalore



Note: Interested Patients have to undergo for screening tests asked by research officers, Selection/Participation of a subject in the study is the final decision of the committee

Fate and Free Will

Dr. K. Subrahmanyam

The person of WILL is never a victim of fate. The opium of fate sometimes is soothing, very often convincing, enslaving many to a cocoon of compromise at every step.

Neither in story nor in history,

there is ever a spiritual giant lulled into serfdom. Sri Ramana and Sri Ramakrishnana were ever free despite the vagaries of nature and fluctuations of fortune. They reigned supreme in the infinite bliss of eternity. They were never the victims to the hypnotic spell of Maya or Moha.

Sri Rama and Sri Krishna of the epic fame are ever free despite the vicissitudes in life. Exile of the former jail of the latter are indeed no bondage. Nachiketa, Markandeya and Savitri were able to break all fetters of fate with their will power which worked as intellect, faith and love respectively. Mrikandu Maharshi was given the option to choose either a son of long life with unused will power of the offspring of strong and sharp will but of short life. The wise parent chose the latter who

was but the great Markandeya. The boy exercising his will power broke the fetters of fate. Fate is but a weakling's word. The one of WILL is sure to shatter the spell of destiny.

Nachiketa of Upanishadic fame, on account of

S r a d d h a and poignant will was able to overcome the hypnotic spell of birth cycle. Cosmic spell is indeed mighty like the huge balloon but vulnerable and breakable by a prick of pin of the intellect's penetrating sharpness. Savitri of mythological lore has been able to overcome fate with her love of purity and save her husband from the noose of fatal death. Man makes destiny. He weaves the web of fate and becomes a slave of what he creates, fosters and builds. How strange, Masters become servants! We allow ourselves to be fools. It is time we dehypnotized ourselves. Swami Vivekananda is not tired of repeatedly exhorting us all about the need to shatter the spell with our will through the parable of the lion's cub brought up among the sheep.

to be continued...



ಮಾನಸಿಕ ಉದ್ವೇಗ, ಆತಂಕಗಳಿಗೆ ಪರಿಹಾರ ಭಗವದ್ಗೀತಾ ರೀತ್ಯಾ ಒಂದು ವಿಶ್ಲೇಷಣೆ

- ಶ್ರೀಪಾದ ಎಚ್. ಘಳಿಗಿ

ಜೀವನವೆಂಬ ಪ್ರಯಾಣವನ್ನು ಮಾಡಲು ಭಗವಂತನು ನಮಗೆ ತ್ರಿಕರಣಗಳನ್ನು ದಯಪಾಲಿಸಿದ್ದಾನೆ. ಮನುಷ್ಯ, ಮಾತು ಮತ್ತು ದೇಹ . ದೇಹ ಹಾಗೂ ಮಾತು ಪ್ರತ್ಯಕ್ಷವಾದ ಕರಣಗಳಾದರೆ ಮನಸ್ಸು ಅಪರೋಕ್ಷವಾದ ಕರಣ ಅರ್ಥಾತ್ ಪ್ರತ್ಯಕ್ಷವಾಗಿ ಅಗೋಚರವಾದರು ಅನುಭವವೇದ್ಯವಾಗಿದೆ. ಮನಸ್ಸು, ದೇಹ ಮತ್ತು ಮಾತಿನ ಮೇಲೆ ಪ್ರಭಾವ ಬೀರುವಂತಹ, ನಿಯಂತ್ರಿಸುವಂತಹ ಬಲಿಷ್ಠವಾದ ಕರಣ. ಆತ್ಮನಿಂದ ಪ್ರೇರಿತವಾಗಿಯೂ ದೇಹದಿಂದ ಭಿನ್ನವಾಗಿಯೂ ಕ್ರಿಯಾಶೀಲವಾಗಿರುವಂತಹದ್ದು ಮನಸ್ಸು. ಇದು ಉಪಕರಣವಾಗಿಯೂ, ಉಪದ್ರವವಾಗಿಯೂ

ಆಗಲು ಸಮರ್ಥವಾಗಿರುವಂತಹ ಅದ್ಭುತವಾದ ಕರಣ. ಸ್ವಸ್ಥವಾದ, ಶಾಂತವಾದ, ಶುದ್ಧವಾದ ಮನಸ್ಸು ಉಪಕರಣವಾದರೆ, ಕಲ್ಯಾಣವಾದ, ಉದ್ವೇಗಕ್ಕೆ ಒಳಗಾದ ಮನಸ್ಸು ಉಪದ್ರವವಾಗುತ್ತದೆ. ಅಭ್ಯುದಯಕ್ಕೂ ನಿಶ್ಚೇಯನ ಪ್ರಾಪ್ತಿಗೂ ಮೂಲ ಕಾರಣ ಮನಸ್ಸು. ಉದ್ವೇಗ, ಆತಂಕ, ದುಃಖ ಇತ್ಯಾದಿಗಳು ಮನಸ್ಸನ್ನು ಕದಲಿಸಿ ನಮ್ಮನ್ನು ಬಂಧನಕ್ಕೆ ಒಳಮಾಡುತ್ತದೆ. ಬಂಧನಗಳಿಂದ, ಅಡಚಣೆಗಳಿಂದ ಮುಕ್ತಗೊಳಿಸಿ ರಾಜಮಾರ್ಗದಲ್ಲಿ ನಡೆಯುವುದು, ನಿಶ್ಚಿತ ಗುರಿಯನ್ನು ತಲುಪುವುದು ಕ್ಲಿಷ್ಟವಾದ ಕಾರ್ಯ¹. ಲೌಕಿಕ ಉನ್ನತಿಗೆ ಪಾರಮಾರ್ಥಿಕ

ಸಾಧನೆಗೆ ಬಹಳ ಮುಖ್ಯವಾಗಿರುವ ಮನಸ್ಸಿನ ಶಿಕ್ಷಣಕ್ಕೆ ಅಗತ್ಯವಾಗಿರುವುದು ಮಾರ್ಗದರ್ಶನ, ಇದನ್ನು ಸಮರ್ಥವಾಗಿ ನೆರವೇರಿಸಲು ಬೇಕು ಅನುಭವವುಳ್ಳ ವ್ಯಕ್ತಿ ಮತ್ತು ಮಾರ್ಗಸೂಚಿ. ಈ ದೃಷ್ಟಿಯಿಂದ ಮಾರ್ಗಸೂಚಿಯಾದ ಭಗವದ್ಗೀತೆಯಲ್ಲಿ ಯೋಗೇಶ್ವರನಾದ ಕೃಷ್ಣನಿಂದ ಉದ್ವೇಗ ಆತಂಕಗಳಿಗೆ ಪರಿಹಾರ ಮತ್ತು ದುಃಖತಪ್ಪ ಮನಸ್ಸಿಗೆ ಸಾಂತ್ವನ ಹೇಗೆ ದೊರೆಯುತ್ತವೆ ಎಂದು ಕೆಲವೊಂದು ಅಂಶಗಳನ್ನು ವಿಶ್ಲೇಷಿಸಲು ಪ್ರಯತ್ನವೇ ಈ ಲೇಖನ.

ಜೀವನದಲ್ಲಿ ಸುಖ ದುಃಖಗಳು, ಲಾಭ-ನಷ್ಟಗಳು, ಶೀತೋಷ್ಣಗಳು ಹೀಗೆ ಮುಂತಾದ ಏರು ಪೇರುಗಳು ಬರುವುದು ಸಮುದ್ರದ 1 'ಮನೋ ದುರ್ನಿಗ್ರಹಂ' ಚಲಮ್' ಭಗವದ್ಗೀತೆ - 6-35

ಅಲೆಗಳಂತೆಯೇ ಸಹಜ. ಅಲೆಗಳ ಮಧ್ಯದಲ್ಲೇ ಪಯಣಿಸಿ ದಡ ಸೇರುವುದು ಅತ್ಯವಶ್ಯಕ. ಈ ದೃಷ್ಟಿಯಿಂದ ಭಗವದ್ಗೀತೆಯಲ್ಲಿ ಯೋಗೇಶ್ವರನು ದುಃಖದ ಮೂಲ ಕಾರಣವನ್ನು ವಿವರಿಸುತ್ತಾನೆ. ಆತ್ಯಂತ ದುಃಖ ನಿವೃತ್ತಿಗೆ ಮಾರ್ಗವನ್ನು ಸೂಚಿಸುತ್ತಾನೆ.

ಸಕಲ ದುಃಖಗಳಿಗೂ ಅಜ್ಞಾನವೇ ಕಾರಣ, ಸ್ವರೂಪದ ವಿಸ್ಮರಣೆಯೇ ಅಜ್ಞಾನ, ಸ್ವರೂಪ ಸ್ಮರಣೆಯಾಗಿ ಪ್ರತಿಷ್ಠಿತವಾದಾಗ ಸಕಲ ದುಃಖಗಳ ಮತ್ತು ದುಃಖ ಹೇತುಗಳ ನಾಶ. ಆದರೆ ಸ್ವರೂಪ ಸ್ಮರಣೆಯೆಂಬುದು ಸಾಮಾನ್ಯರಿಗೆ ಸುದೀರ್ಘವಾದ ಜನ್ಮ

ಜನ್ಮಾಂತರಗಳ ಪ್ರಕ್ರಿಯೆ. ಈ ಪ್ರಕ್ರಿಯೆ ಸಕ್ರಿಯವಾಗಿ ಸ್ವರೂಪಸಿದ್ಧಿಯಾಗಲು ಬೇಕು ಶುದ್ಧ ಮನಸ್ಸು. ಆದ್ದರಿಂದಲೇ ಆಚಾರ್ಯರು ಭಾಷ್ಯದಲ್ಲಿ ವಿವರಿಸುತ್ತಾರೆ² ಶಾಸ್ತ್ರಗಳ ಉಪದೇಶದಿಂದ, ಗುರುಗಳ ಭೋಧೆಯಿಂದ, ಶಮ-ದಮಾದಿ ಸಾಧನ ಸಂಪತ್ತಿನಿಂದ ಸಂಸ್ಕರಿಸಲ್ಪಟ್ಟ ಶುದ್ಧ ಮನಸ್ಸೇ ಆತ್ಮಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ಕಾರಣವೂ, ಕರಣವೂ ಆಗಿದೆ. ಯೋಗೇಶ್ವರನೂ ಹೇಳುವಂತೆ³ ಧರ್ಮಾಧರ್ಮರೂಪವಾದ, ಪುಣ್ಯ ಪಾಪಗಳ ನಾಶದಿಂದ, ಅದಕ್ಕೆ ಕಾರಣವಾದ ಮನಸ್ಸಿನ ಲಯದಿಂದ ಪರಮಾನಂದ ಪ್ರಾಪ್ತಿ. ಈ ಪರಮಾನಂದ ಪ್ರಾಪ್ತಿಗೆ ಪ್ರಯತ್ನ ಮಾಡುವವರು ಬಹಳ ವಿರಳ. ವ್ಯಾವಹಾರಿಕ ಜಗತ್ತಿನ ಆನಂದಾಕಾಂಕ್ಷಿಗಳು

ಬಹಳ. ಇವರಡಕ್ಕೂ

ಬೇಕಾಗಿರುವುದು ನಿರುದ್ವಿಗ್ನವಾದ, ಸೋತೂಹ ಸ್ವಸ್ಥ ಮನಸ್ಸು. ಆದ್ದರಿಂದ ಈಗ ವಿಶ್ಲೇಷಿಸಬೇಕಾಗಿರುವುದು.

- ೧) ಯಾವುದು ಸ್ವಸ್ಥ ಮನಸ್ಸು
- ೨) ಉದ್ವೇಗ, ಆತಂಕಕ್ಕೆ ತುತ್ತಾದ ಮನಸ್ಸಿನ ಅಧಃಪತನ ಹೇಗೆ
- ೩) ಮನಸ್ಸಿನ ವಿಕಾಸ ಹೇಗೆ

2 'शास्त्राचार्योपदेशशमदमादसिंस्कृतं मनः आत्मदर्शने करणंशाङ्करभाष्यम्' - भगवद्गीता 2-21
 3 'सर्वधर्मान् परित्यज्य मामेकं शरणं ब्रज' - भगवद्गीता 18-66



ತುತ್ತಾದ ಮನಸ್ಸು ಅಧಃಪತನದ ಹಾದಿ ಹೇಗೆ ಹಿಡಿಯುತ್ತದೆ ಎಂಬುದನ್ನು ಅದರ ಉದ್ವೇಗಮನದಿಂದ ವಿಕಾಸ ಹೇಗೆ ಸಾಧ್ಯವೆಂದು ಗಮನಿಸೋಣ.

ಕಾಮ ಕ್ರೋಧ ಲೋಭಗಳೆಂಬ ಮೂರು ಪ್ರಕಾರದ ಬಾಗಿಲುಗಳು ನಾಶಕ್ಕೆ ಕಾರಣವಾಗಿವೆ. ಯಾವುದೇ ಒಂದು ಮಾರ್ಗದಲ್ಲಿ ನಡೆದರು ಉದ್ವೇಗ ಆತಂಕ-ಭಯಗಳು ತಪ್ಪದ್ದಲ್ಲ. ಕಾಮ-ಕ್ರೋಧಾದಿಗಳೇ ಪಾಶಗಳಾಗಿ ನಮ್ಮ ಮನಸ್ಸಿನ ಅಸ್ವಸ್ಥಿಗೆ ಕಾರಣವಾಗುತ್ತವೆ. ಮನಸ್ಸಿನಲ್ಲಿ ಅಡಗಿ ಕುಳಿತಿರುವಂತಹ

ಸ್ವಸ್ಥ ಮನಸ್ಸುಳ್ಳ ವ್ಯಕ್ತಿಗಳ ಜೀವನ ಶೈಲಿ, ದೃಷ್ಟಿಕೋಣ, ಕಾರ್ಯಗಳು ಇತ್ಯಾದಿಗಳ ವಿಸ್ತೃತ ವಿವರಣೆ ಭಗವದ್ಗೀತೆಯಲ್ಲಿ ಕಾಣಬಹುದು. ಸ್ವಸ್ಥಮನಸ್ಸುಳ್ಳ ಮಾನಸಿಕ ಸ್ಥಿತಿಯನ್ನು ಅರಿಯಲು ಕೆಲವೊಂದು ಶ್ಲೋಕಗಳ ತುಣುಕುಗಳನ್ನು ಉದಾಹರಿಸಬಹುದು.⁴

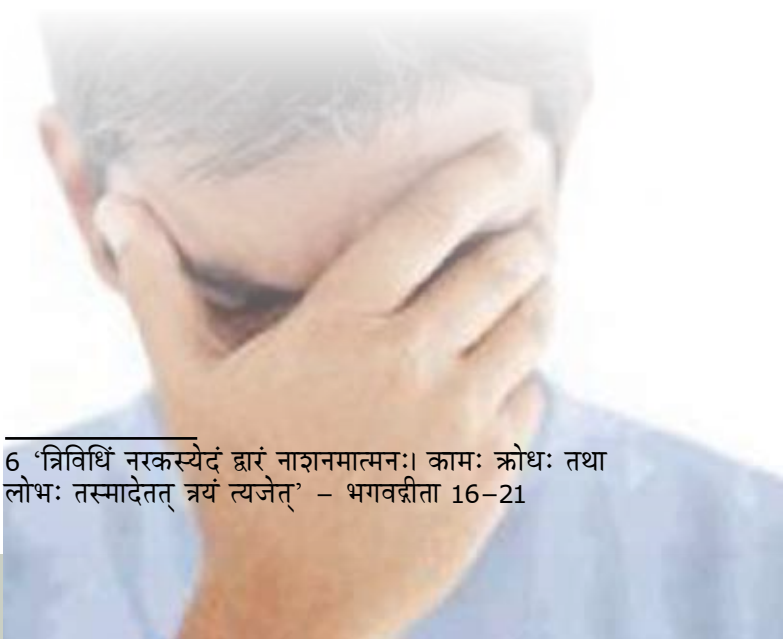
ತ್ರಿತಾಪಗಳಿಂದ ಉದ್ಭವಿಸುವ, ಕ್ಲೇಶಗಳಿಂದ ಯಾರ ಮನಸ್ಸು ಪ್ರಕ್ಷುಬ್ಧಗೊಳ್ಳುವದಿಲ್ಲವೋ ಅವನು ಸ್ವಸ್ಥ. ಇಷ್ಟವಸ್ತುಗಳ ಪ್ರಾಪ್ತಿಯಿಂದ ಸುಖ ಉಂಟಾಗುವುದು ಸಹಜ. ಸುಖದ ಸಹಭಾವಿಯಾಗಿ ಬರುವುದು ಆ ವಸ್ತುವಿನ ಬಗ್ಗೆ ರಾಗ, ವಸ್ತು ನಶಿಸಬಹುದು ಮತ್ತೊಬ್ಬರ ಪಾಲಾಗಬಹುದು ಎಂಬ ಭಯ. ವಸ್ತು ದೊರೆತಾಗ ಮತ್ತಷ್ಟು ಬೇಕೆಂಬ ಲೋಭ, ವಸ್ತು ಪ್ರಾಪ್ತವಾಗುವುದಕ್ಕೆ ಅಡ್ಡಿಯೆಂಬುದಾಗ ಕ್ರೋಧ. ಈ ಎಲ್ಲ ದೋಷಗಳಿಂದ, ಅಂದರೆ ರಾಗ, ಭಯ, ಕೋಧಗಳಿಂದ ಮುಕ್ತವಾಗಿದ್ದು ಸುಖ ಉಂಟಾದಾಗ ತಳಮಳವಿಲ್ಲದೆ ಎಲ್ಲವನ್ನು ಸ್ವೀಕರಿಸಿದಾಗ ಮನಸ್ಸು ಸ್ವಸ್ಥ ಎಂದು ಹೇಳಬಹುದು. ದೈವೀ ಗುಣಗಳ ಗಣಿಯಾದವನು ಸ್ವಸ್ಥನಾದರೇ, ಆಸುರೀ ಗುಣಗಳಿಂದೊಡಗೂಡಿದವನು ಅಸ್ವಸ್ಥನಾಗುತ್ತಾನೆ.

ಇನ್ನೊಂದು ಶ್ಲೋಕದ ವಿವರಣೆ ಹೀಗಿದೆ ಯಾರ ಮನಸ್ಸು ದ್ವೇಷಭಾವವನ್ನು ತೊರೆದು ಮೈತ್ರೀ ಭಾವನೆಯನ್ನು ಎಲ್ಲಡೆಯಲ್ಲೂ ಪಸರಿಸಲು ಸನ್ನದ್ಧವಾಗಿದೆಯೋ⁵, ನಿರಹಂಕಾರವಾಗಿದೆಯೋ ಯಾರ ಇರುವಿಕೆಯಿಂದ ಜಗತ್ತು ಉದ್ವೇಗಕ್ಕೆ ಒಳಗಾಗದೆ ಶಾಂತವಾಗಿರುತ್ತದೆಯೋ, ಜಗತ್ತಿನ ಆಗು ಹೋಗುಗಳ ರಭಸಕ್ಕೆ ಉದ್ವಿಗ್ನ ರಹಿತವಾಗಿ ಸಮುದ್ರಕ್ಕೆ ಸೇರುವ ನದಿಗಳಂತೆ ಎಲ್ಲವೂ ಅವನಲ್ಲಿ ಸಮಾವೇಶಗೊಳ್ಳುವುದೋ ಅಂತಹವನ ಮನಸ್ಸು ಸ್ವಸ್ಥ.

ಸ್ವಸ್ಥ ಮನಸ್ಸಿನ ಚಿತ್ರಣವಾದ ಮೇಲೆ ಉದ್ವೇಗ ಆತಂಕಗಳಿಗೆ

ಇಂತಹ ಶತ್ರುಗಳಿಂದಲೇ ನರಕ ಸದೃಶವಾದ ದುಃಖ ಪ್ರಾಪ್ತಿ.

ಈ ಶತ್ರುಗಳ ಉದ್ವೇಗ ಹೇಗೆ ಆಗುತ್ತದೆ ಅದರಿಂದ ಅವನತಿ ಹೇಗೆ ಸಾಧ್ಯ ಎಂಬ ಪ್ರಶ್ನೆಗೆ 'ಧ್ಯಾಯತೋ ವಧಿಯಾನ್ ಪುंसಃ ಭಗವದ್ಗೀತಾ ೨-೬೨ ಎಂಬ ಶ್ಲೋಕಗಳಿಂದ ಸ್ಪಷ್ಟವಾಗಿದೆ. ಬೇವಿನ ಬೀಜವನ್ನು ಬಿತ್ತಿ ಮಾವಿನ ಹಣ್ಣನ್ನು ನಿರೀಕ್ಷಿಸುವುದು ಅಸಾಧ್ಯ ನಮ್ಮ ಒಂದೊಂದು ಆಲೋಚನೆಗಳು ವಿಚಾರಗಳೂ ಕೂಡ ಬೀಜವಿದ್ದಂತೆ. ಆಲೋಚನೆಗಳ ಮತ್ತು ವಿಚಾರಗಳ ನಿರಂತರ ಪ್ರವಾಹದಿಂದ ನಮ್ಮ ಮನಸ್ಸು ಕ್ರಿಯಾಶೀಲವಾಗಿರುತ್ತದೆ. ಈ ಕ್ರಿಯೆಗಳಿಂದಲೇ ನಮ್ಮ ಬದಕು ರೂಪುಗೊಳ್ಳುವುದು, ಶಬ್ದಾದಿ ಬಾಹ್ಯವಿಷಯ ವಿಶೇಷಗಳಲ್ಲಿಯೇ ಮಗ್ನವಾಗಿರುವ ಮನಸ್ಸಿಗೆ ಅದರಲ್ಲಿಯೇ ಆಸಕ್ತಿ ಮೂಡಿ ಕಾಮನೆಯು ಹೆಚ್ಚುತ್ತದೆ. ಯಾವುದೇ ಕಾರಣದಿಂದ ಕಾಮನೆಯು ಪ್ರತಿಹತವಾದಾಗ ಕ್ರೋಧವು ಕ್ರೋಧದಿಂದ ಕರ್ತವ್ಯ ಅಕರ್ತವ್ಯ ವಿಷಯದ ಬಗ್ಗೆ ಅವಿವೇಕವು, ಹೀಗೆ ಸಂಪೂರ್ಣನಾಶದಲ್ಲಿ ಪರ್ಯವಸಾನವಾಗುತ್ತದೆ.



4 'ದುಃಖೇಷ್ವನುಹ್ನಿಮನಾಃ ಸುಖೇಷು ವಗಿತಸ್ಪ್ರಹಃ' - ಭಗವದ್ಗೀತಾ 2-56
5 'ಅದ್ವೇಷಾ ಸರ್ವಭೂತಾನಾಂ ಮೈತ್ರಃ ಕರುಣಾ ಏವ ಚ' - ಭಗವದ್ಗೀತಾ 12-13

6 'ತ್ರಿವಿಧಿಂ ನರಕಸ್ಯೇದಂ ದ್ವಾರಂ ನಾಶನಮಾತ್ಮನಃ | ಕಾಮಃ ಕ್ರೋಧಃ ತಥಾ ಲೋಭಃ ತಸ್ಮಾದೇತತ್ ತ್ರಯಂ ತ್ಯಜೇತ್' - ಭಗವದ್ಗೀತಾ 16-21

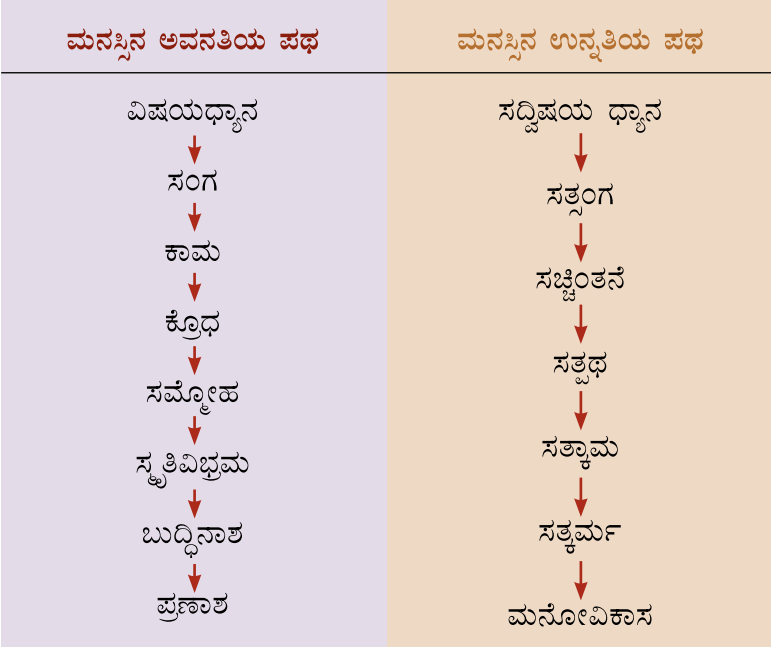


ಅದೇ ರೀತಿಯಲ್ಲಿ ಆರೋಹಣಕ್ಕೆ ಬೇಕಾಗಿರುವುದು ಸಚ್ಚಿಂತನೆ ಎಂಬ ಬೀಜ ಸತ್ಯಂಗವೆಂಬ ಪರಿಸರ. ಹೀಗಾಗಿ ಸದ್ವಿಷಯಗಳ ಚಿಂತನೆ ಆದಾಗ ಸತ್ಪಥದಲ್ಲಿ ಪ್ರಗತಿ ಸಾಧ್ಯ. ಸಚ್ಚಿಂತನೆ ಹಾಗೂ ಸತ್ಯಂಗವಿದ್ದ ಪಕ್ಷದಲ್ಲಿ ಶಾಸ್ತ್ರ ಸಮೃತವಾದ ಸತ್ಕರ್ಮಗಳೇ ಸದಾ ನೆರವೇರುತ್ತವೆ. ಆಗ ಮನಸ್ಸು ಸ್ವಾಭಾವಿಕವಾಗಿಯೇ ಸ್ವಸ್ಥವಾಗಿರುತ್ತದೆ.

ಗೀತೆಯು ಹೇಳುವಂತೆ ಯಾವ ಮನುಷ್ಯನು ದೇಹವನ್ನು ತ್ಯಜಿಸುವ ಮುನ್ನವೇ ಕಾಮ ಕ್ರೋಧಾದಿಗಳಿಂದ ಉಂಟಾಗುವ ವೇಗವನ್ನು ತಡೆಗಟ್ಟಲು ಸಮರ್ಥನೋ ಅವನೇ ನಿಜವಾಗಿಯು ಸುಖಿ⁷. ನಾನಾ ಕಾರಣಗಳಿಂದ ಉದ್ವೇಗಕ್ಕೆ ದುಃಖಕ್ಕೆ ಒಳಗಾಗುವ ಮನಸ್ಸಿನ ಮೇಲೆ ಪ್ರಭುತ್ವವನ್ನು ಸಾಧಿಸುವುದು ಕಷ್ಟಸಾಧ್ಯ. ಆದ್ದರಿಂದ ಅದನ್ನು ಪಳಗಿಸಲು ಹಲವು ಉಪಾಯಗಳು ಗೀತೆಯಲ್ಲಿ ಉಪಲಭ್ಯವಾಗಿವೆ.

ಹಸಿವಾದಾಗ ನಮ್ಮ ಉದರಪೂರ್ಣವನ್ನು ನಾವೇ ಮಾಡಿಕೊಳ್ಳಬೇಕು. ಬೇರೆಯವರು ಆಹಾರವನ್ನು ತರಲು ಅಥವಾ ಸಿದ್ಧಪಡಿಸಲು ಮಾತ್ರ ಸಾಧ್ಯ. ಹಾಗೆಯೇ ನಮ್ಮ ಉದ್ಧಾರ ನಮ್ಮ ಪ್ರಯತ್ನವನ್ನೇ ಅವಲಂಬಿಸಿದೆ⁸. ಶಾಸ್ತ್ರಾಚಾರ್ಯ ಉಪದೇಶಗಳು ದಾರಿದೀಪವಾಗಿವೆ. ಮಾರ್ಗಸೂಚಿಯಾಗಿವೆ. ಪಯಣಿಸುವುದು ನಮ್ಮ ಕರ್ತವ್ಯ. ನಮ್ಮ ಶಕ್ತಿ ಸಾಮರ್ಥ್ಯಗಳ ಮತ್ತು ಕೊರತೆಗಳ ಅರಿವು ನಮಗಿರಬೇಕು. ಹೀಗಾಗಿ ಆತ್ಮನಿರೀಕ್ಷಣೆ ಅತ್ಯಗತ್ಯ. ಶಕ್ತಿ ಸಾಮರ್ಥ್ಯಗಳ ಅರಿವಿನ ಜೊತೆಗೆ ಇರಬೇಕಾದದ್ದು ಜೀವನದಲ್ಲಿ ಏನು ಸಾಧಿಸಬೇಕೆಂಬ ಗುರಿ (ಮಹಾತ್ಮಾಂಕ್ಷೆಗಳು) ವೈಯಕ್ತಿಕ ಗುರಿಗಳಾಗಲಿ, ಸಾಮಾಜಿಕ ಗುರಿಗಳಾಗಲಿ, ರಾಷ್ಟ್ರೀಯ ಗುರಿಗಳಾಗಲಿ ಧರ್ಮ ಸಮೃತವಾಗಿರಬೇಕು⁹. ಗುರಿಯನ್ನು ಸಾಧಿಸಲು ಬೇಕು ವಿಧಿನಿಯಮಗಳು. ಆದ್ದರಿಂದ ಶಾಸ್ತ್ರವಿಧಿಯನ್ನು ಅನುಸರಿಸಿ ಕಾರ್ಯತತ್ಪರಾಗಬೇಕು¹⁰. ದೇಹ ರಕ್ಷಣೆಯಾದರೆ ಆಯುರ್ವೇದಾದಿ ಶಾಸ್ತ್ರಗಳು, ದೇಶದ ರಕ್ಷಣೆಯಾದರೆ ರಾಜನೀತಿ ಶಾಸ್ತ್ರಗಳು, ಸಮಾಜದ ಸಾಮಾನ್ಯದ ರಕ್ಷಣೆಯಾದರೆ ಧರ್ಮಶಾಸ್ತ್ರಗಳು ಇತ್ಯಾದಿ. ಈ ಇಲ್ಲ ಕಾರ್ಯಗಳ ಸಿದ್ಧಿಗೆ ಬೇಕಾಗಿರುವುದು ಉದ್ವೇಗ ರಹಿತ ಉತ್ಸಾಹ ಮನಸ್ಸು ಮತ್ತು ಸತತ ಅಭ್ಯಾಸ¹¹. ನಿಶ್ಚಯಪೂರ್ವಕವಾಗಿ, ವೀರ್ಯವತ್ತರವಾಗಿ, ಸೋತಾದಿಂದ ಗುರಿಯಿತ್ತಸಾಗಬೇಕು¹². ಸೋತಾದಿಂದ ಸತತಾಭ್ಯಾಸವು ಉತ್ತಮ ಜೀವನ ಶೈಲಿಯಿಂದ ಮಾತ್ರ ಸಾಧ್ಯ. ಉತ್ತಮ ಜೀವನವು

7 'ಶಕ್ನೋತಿಹೈವ ಯಃ ಸೌತಂ ಪ್ರಾಕಶರೀರವಿಮೋಕ್ಷಣಾತ್ | ಕಾಮಕ್ರೋಧೋದ್ಭವಂ ಸ ಯುಕ್ತಃ ಸ ಸುಖೀ ನರಃ' - ಭಗವದ್ಗೀತೆ 5-23
8 'उद्धरेदात्मनात्मानं नात्मानमवसादयेत्' - ಭಗವದ್ಗೀತೆ 6-5
9 'धर्माविरुद्धो भूतेषु कामोऽस्मि भरतर्षभ' - ಭಗವದ್ಗೀತೆ 7-11
10 'तस्मात् शास्त्रं प्रमाणं ते कार्याकार्यव्यवस्थितौ' - ಭಗವದ್ಗೀತೆ 16-24
11 'अभ्यासयोगयुक्तेन चेतसानान्यगामिनि' - ಭಗವದ್ಗೀತೆ 8-8
12 'स निश्चयेन योक्तव्यो योगो निर्विण्णचेतसा' - ಭಗವದ್ಗೀತೆ 6-23



ಸ್ವಸ್ಥ ಆಹಾರ-ವಿಹಾರ-ವ್ಯವಹಾರಗಳನ್ನು ಅವಲಂಬಿಸಿದೆ¹³. ಉತ್ತಮ ಜೀವನವು ನಮ್ಮದಾಗಬೇಕಾದರೆ ದೇಹಕ್ಕೆ ಸೇರುವಂತಹ ಆಹಾರವು ಮನಸ್ಸು ಸ್ವೀಕರಿಸುವಂತಹ ಆಹಾರವು, ದೇಹವು ಬಯಸುವಂತಹ ವಿಹಾರವು ಅದರಿಂದ ಮನಸ್ಸಿನ ಮೇಲೆ ಆಗುವಂತಹ ಪರಿಣಾಮವು ಶುದ್ಧವಾಗಿರಬೇಕು. ಮನಸ್ಸು ರೂಪಿಸುವಂತಹ ಯುಕ್ತವಾದಂತಹ ಕರ್ಮಗಳು, ದೇಹ ಮತ್ತು ಮಾತುಗಳಿಂದ ಸರಿಯಾಗಿ ಅಭಿವ್ಯಕ್ತವಾಗಬೇಕು.

ಆಹಾರ-ವಿಹಾರ-ವ್ಯವಹಾರಗಳ ಮುಂದಿನ ಸೋಪಾನವೇ ಮೂರು ವಿಧದ ತಪಸ್ಸುಗಳು ತ್ರಿವಿಧ ತಪಸ್ಸಿನಿಂದ ಶುದ್ಧಯಾಗುವುದು ದೃಷ್ಟಿ (attitude) ದೃಷ್ಟಿಯು ಬದಲಾದಾಗ ದುಃಖವು ಸುಳಿಯದು, ದುಃಖವು ಆಗಮಿಸಿದರು ಅದು ಏಳೆಗೆ ಬೇಕಾಗಿರುವಂತಹ, ಸದೃಢ ಮಾಡುವಂತಹ ಅವಕಾಶವಾಗಿ ಮಾರ್ಪಡುತ್ತದೆ. ಭಗವಂತನ ಭರವಸೆಯ ವಾಕ್ಯಗಳಂತು ನಮಗೆ ಶ್ರೀರಕ್ಷೆ ಆಗಿದೆ¹⁴. ಭಗವಂತನ ವಾಕ್ಯಗಳು ನಮ್ಮ ಪ್ರೇರಣೆಯು ಆಗಿದೆ¹⁵. ವರ್ತಮಾನ ಕಾಲದಲ್ಲಿ ಮಾಡುವ ಕರ್ಮಗಳೇ ಭವಿಷ್ಯದ ಭದ್ರ ಬುನಾದಿಯಾಗಿದೆ. ಫಲವು ಭವಿಷ್ಯತ್ಕಾಲದಲ್ಲಿ ಪ್ರಾಪ್ತವಾಗುವಂತಹ ಪರಿಣಾಮ. ಅದರ ವ್ಯತ್ಯಾಸ ಸಾಮಾನ್ಯ ಮನುಷ್ಯನಿಂದ ಅಸಾಧ್ಯ, ಆದ್ದರಿಂದ ಸಮರ್ಥವಾಗಿ ನೆರವೇರಿಸಬೇಕಾಗಿರುವುದು ಸ್ವಧರ್ಮಾನುಸಾರ, ಆಶ್ರಮಾನುಸಾರ, ಶಾಸ್ತ್ರಾನುಸಾರ ವರ್ತಮಾನ ಕರ್ಮ ಇದರಿಂದಲೇ ಉದ್ವೇಗ, ಆತಂಕಗಳಿಗೆ ಪರಿಹಾರ ಮತ್ತು ದುಃಖ ನಿವೃತ್ತಿ.

13 'युक्ताहारवहिरस्य युक्तचेष्टस्य कर्मसु' - ಭಗವದ್ಗೀತೆ 6-17
14 'न हि कल्याणकृत् कश्चित् दुर्गतिं तात गच्छति' - ಭಗವದ್ಗೀತೆ 6-40
15 'योगस्थः कुरु कर्माणि संज्ञं त्यक्त्वाऽत्मशुद्धये' - ಭಗವದ್ಗೀತೆ 2-48

Yoga & Sports



SHUTTLE BADMINTON TOURNAMENT
@ Prashanti Kutirma, May 2012



CRICKET TOURNAMENT

@ Prashanti Kutiram, May 2012



Lakshmi Amma Memorial Rolling Cricket Trophy



Yoga Philosophy Radio Talk Show program is started

–“Açık Radyo.”
94.9

For the first time in Turkey, a yoga philosophy talk show program is started 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 started the talks in May 8, 2012 with the topic “Happiness according to Yoga”, and the second program covers the topic “What is karma, what is destiny”. The listeners can participate the program via their questions through facebook and twitter.

Shiva painting created by inspiration

Inspired by the Shiva - Shakti stories told during YIC courses, Bilge Siyahi, one of the participants created the beautiful Shiva acrylic painting and gifted it to Istanbul Yoga Center.



Yoga philosophy is ranked in Bestseller lists

5	Evde Yoga Ayça Gürelman
10	Bilginin Sırrı Jnana Yoga Swami Vivekananda
11	Fiilin Sırrı Karma Yoga Swami Vivekananda

The books published by Purnam Publishing, the publishing wing of Istanbul Yoga Center continued being ranked in

the bestseller lists in health category. The book “Yoga at Home, according to Vivekananda Yoga University” that is co-authored by Dr. Nagendra, Dr. Nagarathna and Ayca Gurelman is ranked #5 in the month May 8. Jnana Yoga-Secret of Knowledge by Swami Vivekananda is ranked as #10 bestseller book, whereas Karma Yoga - Secret of Action by Swami Vivekananda is ranked as #11.

Pranayama Workshop in Değişim Factoring

A stress management and pranayama workshop with a breakfast event is organized for the white collar employees of Değişim Factoring Company. Değişim Factoring is a part of FİBA holding, one of the biggest holdings in the finance industry in Turkey. 50 people learnt the correlation between the stress and breathing patterns and learnt how to practice sectional breathing and full yogic breathing.

Bhakti Yoga by Swami Vivekananda is ranked as #3 bestselling book!

Purnam Publishing, the publishing wing of Istanbul Yoga Center, published the Turkish edition of the third book of the yoga quadrilogy by Swami Vivekananda. Bhakti Yoga - The Yoga of Love is published by 20th of April, 2012. Just after 15 days of its launch, the book is ranked as #3 bestselling book in health category.

Çok Satanlar 20	
3	Sevginin Sırrı Swami Vivekananda
12	Evde Yoga Ayça Gürelman
15	Fiilin Sırrı Karma Yoga Swami Vivekananda

YIC of S-VYASA in Istanbul

The winter YIC batch (weekend program) is

about to end soon in Istanbul. The program wrap ups are done in the month may, as well as the the oral and written examinations. The participants will be awarded with sVYASA Certificate, after they finish writing their essays, in addition 20 hr internship. The students that want to take Yoga Bharati TTC program will continue their education 50 extra hours, to be awarded with Yoga Bharati - Yoga Alliance approved certificate.

The summer YIC batch (weekday program) will start in June 15. The applications to the program is closed with eagerly waiting 20 participants.

Istanbul Yoga Center is the exclusive sVYASA Center in Turkey.

Istanbul Yoga Center web site: www.yogamerkezi.com

Purnam publishing web site: www.purnamyayinlari.com

Feedback from SINGAPORE

Singapore
April 17, 2012

To:
Ms. Riri (Yoga Guru)
Raja's Apartment,
Balestier Road,
Singapore

Dear Madam,

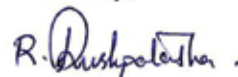
We would like to extend our sincere appreciation and also would like to thank you for mentoring my son Darshan Ramadass in his weekly Yoga session class in your premises. He has been attending your class for the last two months and we would like to share with you that we have noticed very positive progress in his confidence, energy level, concentration and behaviors. He is enjoying your Yoga class very much and looking forward for the forthcoming classes eagerly.

As a mother, I am making sure that he practices Yoga everyday at home that has been taught in your class. He happily practices those with my assistance and it creates more positive energy in his day-to-day life.

I once again appreciate your energy, motivation, approach of teaching that influences my son in a very positive way.

Thank you,

Yours truly,



Pushpalatha Ramadass

S-VYASA launched its facilitation centre at Chennai



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru launched its facilitation centre at Chennai on Saturday 5th May 2012. Yoga aspirants from Tamil Nadu in general and citizens of Chennai in particular had been insisting for a long time that S-VYASA should have a prominent presence there through its activities. S-VYASA's participation in "4th Hindu Spiritual & service Fair" at Chennai also gave a boost in this direction. The wish has come true with S-VYASA starting its facilitation centre at 'Pettukola Towers' in Kilpauk area, Chennai which is centrally located in the city.

The following are the activities planned at S-VYASA Facilitation Centre, Chennai:

- Yoga Instructor's Course (YIC) at Chennai as non- residential course
- Information & registration facility for all courses of S-VYASA (residential & distance education)

- Yoga Therapy consultation and booking facility for Arogyadhama at Bengaluru
- Regular Yoga practice & Yoga therapy programs at Chennai
- Stop Diabetes Movement, Stress Management Workshops, Personality Development Camps & Counseling
- Sales of all Yoga, Yoga therapy & research publications – books, DVDS, charts, Yoga apparels, Yoga mats etc

The centre and 1st YIC course was inaugurated by two senior faculties of S-VYASA, Dr K Subrahmanyam, Pro-Vice Chancellor and Dr T M Srinivasan, Dean of Div. of Yoga & Physical Sciences. The program was conducted by Sri Subramanian, Coordinator of south India and Umamaheshwari, centre in charge. The program commenced with invocation and installation of Divine at the new centre with puja which was followed by a small get together. While Dr KS highlighted the multifaceted benefits of Yoga and established its relevance to people of all ages and all walks of life, Dr T M S threw light on the research contributions of S-VYASA. Subbu





Bhaiya gave a bird's eye view of S-VYASA's background, multiple activities and faculty members and also about the activities at the Chennai facilitation centre. A good number of well wishers and students attended the program; Prasadam was served for all.



For further details Contact:

S-VYASA Facilitation Centre

190 B, Poonamallee High Road,
Pettukola Towers, 9th floor, Apt. C,
Kilpauk, Chennai - 600 010
(near Pachiappa College and
precision diagnostics)

Phone: 9381311100

e-mail: vyasa.chennai@gmail.com

web: www.svyasa.org

www.svyasa.biz

Correction: To SDM Branch Contact Details published in 13th page of May, 2012 issue

Northern Region

1 New Delhi Kewal Kishor 09810746546

Eastern Region

Orissa
2 Bhubhaneswar 09437010658
sbm658@gmail.com

Western Region

Maharashtra
3 Mumbai Vasundhara Maheshwari 09769563699

Southern Region

Tamilnadu
1 Chennai Uma Maheshwari 09380560781
2 Salem Saravanan 08754272666
3 Madurai Subramanian 09379686407

North Eastern Region

Assam
1 Guwahati Sumant 0361-2411444
09435708835 csumant.111@gmail.com
2 Tejpur Pratibha 09707473292
prativaterson@gmail.com

News from VYASA, Tollygunge, Kolkata

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

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

On 2nd April, 2012 Sixth batch of "*Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)*" was started.

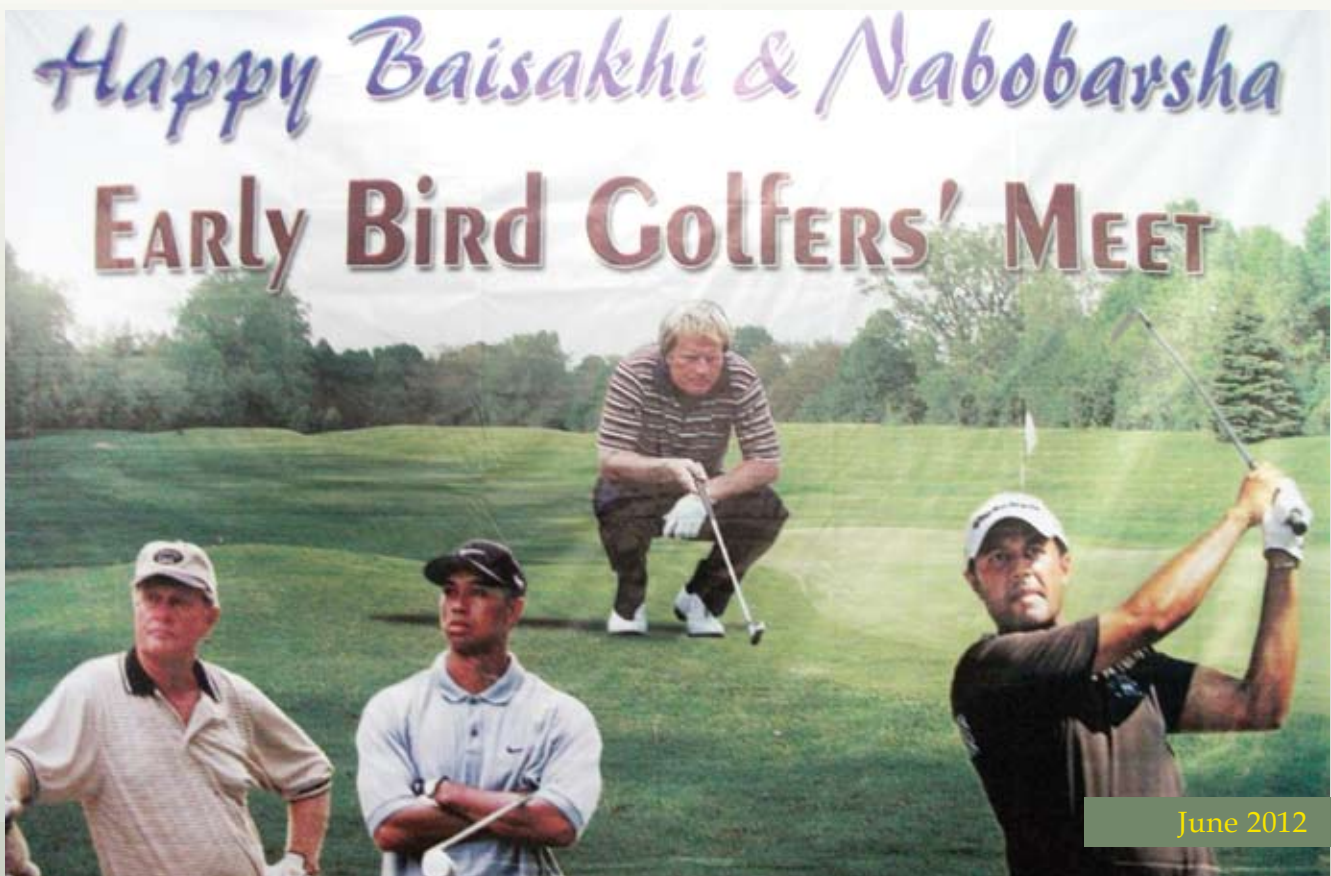
On 2nd April 2012 **Executive Body Meeting** of VYASA was held at 6, Lyons Range, Kolkata.

On 14th April, 2012 at 2.00 PM a **teacher's meet** held at Eknath Bhawan for the teachers of VYASA Tollygunge & VYASA Salt Lake. It was presided by the Chairman of VYASA, Kolkata.

On 14th April 2012 on the occasion of Poila Baishak & Bengali New Year on behalf of VYASA Mr. Sanatan Mahakud was invited to a Special Programme "**Early Bird Golfers Meet**", organized by Vivekananda Centre for Human Excellence, Kolkata.

From 18th April 2012 a group Yoga class has started for the students of *Institute of Leadership, Entrepreneurship & Development (iLEAD), Kolkata*. Yoga classes are being conducted by Mr. S.S Kamila.

On 30th April Sixth batch of "*Foundation Course in Yoga Science for Wellness (F.C.Y.Sc.W)*" was concluded.



4th Vardhapan Divas of Maharshi Dadhichi Hospital



The 4th Vardhapan Divas of Maharshi Dadhichi Hospital was celebrated on the 20th May 2012 by the Trustees of Sankalp (Charitable Trust) and VYASA Yoga Centre at the center at Maharshi Dadhich Hospital, Santacruz (E).

The inaugural address was given by Shri Bimalji Kedia. The program started with a melodious bhajan sung by Shri Chandruji Bahirwani. The chief guest Smt. Rani Mansaramani, the wife of Late Shri Mansaramani an educationist and philanthropist who had donated a sum of Rs 11 lakhs for Maharshi Dadhich Hospital, was felicitated with shawl, shreephal and memento.

The Annual Report for the year 2011-12 was presented by Shri S. S. Gupta, Chairman of Sankalp Trust. He highlighted the five star facility of the dialysis center. The patients are charged Rs.600/- per dialysis nowhere in the entire city of Mumbai dialysis is done at this cost which is not a compromise on quality. A team from Jaslok and Hinduja hospitals appreciated the high standards of quality, cleanliness and hygiene and the reasonable cost. This is all possible due to the able support of Dr Rajesh Kumar in-charge of the dialysis center and the chairman of All India Organization of Druggist and Chemist, Shri Jagannath Shinde who has helped to procure the medicines at a reasonable cost. The Annual Report also mentioned how the initial donation of Rs. 51 lakhs by Friendship Saree

helped to start the dialysis center. He said a donation for a second dialyser reprocess machine will be of immense help to reach the dialysis to more and more patients.

VYASA Sankalp Yoga Center Annual Report 2011-12 was presented by the Chair person Dr Bhagwati K Dadhich. The report showed the success and growth both in terms of courses and participants during this period. The past year presented with great challenges and opportunities.

The Vice-Chancellor of S-VYASA University Dr H R Nagendra and the Dean division of Yoga and Physical Sciences; Dr R Nagaratna visited the center and delivered lecture series and conducted workshops. The events organized by the Yoga Center reached the cross section of the society. Free random blood sugar test camps, one day Maitri Yoga picnic to Keshav Shrsti and Global Vipassana Center, Art of Living Bhajan Sandhya on the occasion Shri Ramkrishna Paramhans jayanti were organized. Yoga classes for police, personality development camp for children, programs for senior citizens, and stress management workshops for corporates and yoga classes for the age group of 2-14 years children and meditation workshop were conducted.



The last year's journey has been quiet enriching and rewarding in terms of spreading the awareness of Yoga for positive health. 115 therapy participants were treated for psychosomatic ailments, 38 students were trained in the Yoga Instructor's Course and Dynamic Energizing Course.

The trustee Shri Ramesh Mehta, Seva International brief the audience about the activities of Seva International, highlighting some of the ongoing projects for dumb, deaf and mentally challenged at Panvel and the project at Kutch for the earth quake victims. The yearly patron donors of Rs 1 lakh, an initiative to maintain the reasonable cost and high quality of dialysis were felicitated with mementoes of appreciation.

The patients who were under going dialysis on a regular basis narrated their experience and gave a very positive feedback. They are now independent and now don't feel the need to be accompanied by their relatives. One of the patients expressed how he is able to carry out his day to day activities energetically. Another patient also mentioned the weight gain after he has started coming to this dialysis center. Program ended with the small speech of Shri Bapusaheb Mokashi (Kokan Prant sanghchhalak) and the chief guest Smt Rani Mansaramani and not to forget Dr Durgaprasad S.Dadhich who spoke the words of encouragement for the good work to go on. The function concluded with the recitation of the Shanti Mantra.

This program was attended by the 90 friends and well wishers.

Light refreshments were also served.



S-VYASA Yoga University invites you for

SRIMAD BHAGAVATA KATHA

by

Prof. Prema Pandurang

3rd to 9th June, 2012 at Prashanti Kutiram, Jigani, Bengaluru

For further details and registration contact before 15th May 2012

The Manager, S-VYASA, Bengaluru 560 019 ; Email: subbu.vyasa@gmail.com

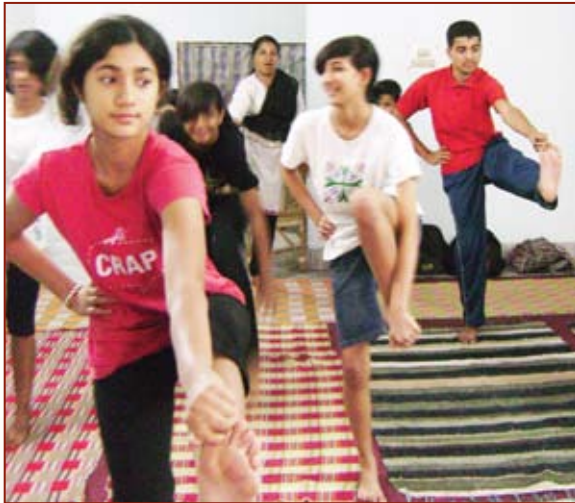
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News from Guwahati - April, May

Regular yoga and Yoga therapy classes is being conducted in Vyasa center. Following is the table for it.

Vyasa Guwahati has started a new chapter i.e. Home Yoga, The participants who are not able to come to our center we go to their home and conduct the classes as per their physical conditioned.



Participant details is as under.

Sl. No	Courses	Nos of Participants
1	Promotion of positive health	25
2	Yoga Therapy	15
3	Home Yoga	3
4	Sampoorna Yoga for Children	11
5	Yoga Instructor Course	4

Sampoorna Yoga for Children:

From 1st April to 10 April 2012 we have organized a 10 days Sampoorna Yoga Classes for students. All together 11 Students benefited through the classes. In the Sampoorna Yoga we have taught them the techniques of Concentration & Memory development along with Stamina Building practices. In valedictory program we have given the certificates to all participants by the hand of Sri Ajit Jana, Joint Convener of Vyasa Guwahati. All the students have enjoyed the classes and 4 of them are coming for regular follow up class on every Sunday to our center.

Yoga Instructor Course (YIC):

We have started a YIC from 19 May 2012 of 6 Months duration. All together 4 participants have enrolled for the course. The course will continue up to November 2012. The course will have 100 hrs classroom study and 50 Hrs Field work in which the participants will assist Vyasa Yoga Instructor in different classes.





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- * MPhil (Counseling & Yoga Therapy)
- * MD (Yoga & Rehabilitation)
- * MSc (Yoga)
- * BSc (Yoga)
- * PGDYT (Post Graduate Diploma in Yoga Therapy)
- * PGDYTD (Post Graduate Diploma in Yoga Therapy for Doctors)
- * NTTTC (Naturopathy Therapist Training Course)
- * ATTC (Ayurveda Therapist Training Course)
- * YTOT (Yoga Therapy Orientation Training for Doctors)

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**SPRING
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starts on

Jan 12

**AUTUMN
Semester**

starts on

Aug 01

Salient features of S-VYASA:

- State-of-the-art infrastructure
-Audio-Visual Library,
Biggest Yoga Research Digital Library
- Eminent Faculty
- Intensive Learning and Research Opportunities
- Emphasis on practical 'hands-on' experience through Intensive Training, Internship & Field work at World Class Hospitals including MD Anderson Cancer Center, Texas, USA, NIMHANS, Narayana Hrudayalaya, St.John's Hospital, Bengaluru and others
- Active Placement and Student Counseling Cell
- Arogyadhama - biggest Holistic Research Health Home (hospital) in the world
- Study Tours, Extra Curricular, Cultural & Sports Activities



for more details contact...

Course Co-ordinator

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

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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)

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BSc (Y)

Bachelor of Science in Yoga

MSc (YEd)

Master of Science in Yoga Education

MSc (Y)

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PGDYT

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YIC

Yoga Instructor's Course

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For details contact... Course Co-ordinator

Ek Nath Bhavan, No.19, Gavipuram Circle,

Kempegowda Nagar, Bengaluru - 560 019

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

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For all details of the Scheme visit us at
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- » You are Welcome to contribute towards your B&L of Rs. 3000 per month
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Write us to at

The Co-ordinator, Project Seva Vrati, VYASA, 'Eknath Bhavan', #19
Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560019

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