/svyasayoga

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# Yoga Sudha

A Monthly Journal of SVYASA (Deemed to be University)

S-VYASA
Research Team
@ **Prayagraj Kumbh Mela 2019**

p4

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# Message from The New Vice Chancellor

## Dr. B R Ramakrishna

BSAM, BAMS, MD (Ayu), MSc, PhD (Yoga)

March 3rd, 2019
Prashanti Kutiram, Bengaluru

*My Dear Brothers & Sisters,*

Greetings from Prashanti Kutiram…

At the outset, I prostrate at the holy lotus feet of the great monk of India and paragon of **S-VYASA** Deemed to be University, Sri Swami Vivekananda Maharaj, the Spiritual and Scientific embodiment of the whole Universe.

I express my whole hearted respects and tributes to the Souls of Smt. Lakshmi Amma, Sri H V Sheshadriji, Prof. Satyanarayana Shastriji and all others who have contributed for the VYASA Movement and S-VYASA University.

I am highly indebted to our Guruji, Dr. H R Nagendraji, Hon'ble Chancellor of S-VYASA, for officiating me as Vice Chancellor and his total dedication and sacrifice for the birth and overall progress of multifarious activities of Prashanti Kutiram.

My special thanks and gratitude to the service of Dr. R Nagarathna, who is the pillar of Arogyadhama, a holistic center of healing.

I acknowledge the services rendered by Prof. Ramachandra G Bhatji, Former Vice Chancellor of the University, Prof. N V C Swamy, Prof. Raghuramji and others in the progress of the University.

I assumed the charge on 6th Feb 2019. In this context I pledge myself to continue the heritage and tradition of the University 'Be & Make'. Unite Best of the East with that of the West to Serve the Humanity through the Vision and Mission of Yoga to achieve Health, Happiness and Harmony for all.

I would like to take S-VYASA, a Yoga University to a greater and greater height by incorporating discipline, zero tolerance of indiscipline, hygienic environment and good facilities for studies as well carrier build-up.

In addition to Academics, the University will encourage extracurricular activities, research and overall personality development.

In this occasion, I seek the blessings of all the learned and elders and co-operation and support by all the stake holders to fulfil the Dreams, Vision and Mission of the founder pillars of the VYASA Movement and S-VYASA Deemed to be University.

*Pranams…*

तं विद्याद्दुःखसंयोगवियोगं योगसंज्ञितम्

# Yoga Sudha

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# EDITORIAL

The coming up of NITI Aayog to set up a AYUSH Wing to discuss the role of AYUSH systems in health care delivery systems is noteworthy. The members of the committee consisted of both Allopathy and AYUSH Experts to go with an open mind to examine the usefulness of integration. The meeting deliberations came with a nice resolution that in-depth research has to happen in the field of Ayurveda as is being done in the field of Yoga. It is laudable that AIIMS-Delhi has been able to continue the good research in most departments and nearly 25 research projects integrating Yoga with Allopathy is going on under the leadership of Dr. Gautam Sharma. He also has been in the NITI Aayog Committee giving his valuable inputs in the meetings. Recently, AIIMS also has come forward to start a similar Center of Advanced Research in Integrative Medicine. It has been resolved that enough funds should be allotted if we want AYUSH systems should come up in the world spectrum. The available research has been summarised and sent to AYUSH Ministry and also to NITI Aayog for portraying the same in the portal. A summary of such a research table is also presented here below:

| Key words | No of Citations in PubMed |
|---|---|
| Yoga | 4,817 |
| Meditation | 6,215 |
| Ayurveda | 5,120 |
| Naturopathy | 1,272 |
| Acupuncture | 29,653 |
| Hydrotherapy | 19,838 |
| Massage Therapy | 14,761 |
| Fasting Therapy | 39,802 |
| Magneto Therapy | 276 |
| Unani | 519 |
| Siddha | 361 |
| Homeopathy | 5,770 |

■ *Dr H R Nagendra*

# ब्रह्मसूत्रम् (Brahmasūtram)

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

## आत्मगृहीतिरितरवदुत्तरात् (ब्रह्मसूत्रम्-३-३-१६)

Ātmagṛhītiritaravaduttarāt (Brahmasūtram-3-3-16)

**Meaning:** *The Supreme Self is meant, as in other texts (dealing with creation) because of the subsequent qualification.*

It is a well known fact that the entire pada (Br. Su. 3-3) is dedicated for contemplation, Upasanam (Total channelization of mental energy) as prerequisit for practice of Dhyana. There are innumerable varities of seekers seeking things for different reasons; for instance, knowledge oriented seeking, centered at intellectual understanding while posing questions such as what, why, when and how etc. However, when the seeking is for sakshatkara only, focusing and channelizing the mental energy becomes inevitable. According to the traditional perspective, Jnana and Dhyana go hand-in-hand. These two sections are dealt with reasonably well in this Adhikarana.

The word ATMA expresses varieties of meanings:

यच्चाप्नोति यदादत्ते यच्चात्ति विषयानिह ।
यच्चास्य सन्ततो भावः तस्मादात्मेति कीर्त्यते ॥

॥ लिङ्गपुराणम् १-७०-९६ ॥

*Yaccāpnoti yadādatte yaccātti viṣayāniha ।*
*Yaccāsya santato bhāvaḥ tasmādātmeti kīrtyate ॥*

॥ Liṅga Purāṇam 1-70-96 ॥

'Since it pervades, absorbs, and enjoys (all) objects in the world, and since from It the world derives its continuous existence, therefore It is called ĀTMĀ.

That which pervades, that which observes and that which uses sense organs to perceive the external world are the three etymological meanings of word ATMA. The last mode of meaning involves deeper sense of understanding in terms of interaction with the universe; namely, it is that which continues to exist and that which is source of existantial continuity of the world is called ATMA.

One of the statements from Aitareya Upanishat is as follows:

आत्मा वा इदमेक एवाग्र आसीन्नान्यत्किंचन मिषत् ।
स ईक्षत लोकान्नु सृजा इति ॥

॥ ऐतरेय उपनिषत् १-१ ॥

*Ātmā vā idameka evāgra āsīnnānyatkiñcana miṣat ।*
*Sa īkṣata lokānnu sṛjā iti ॥*

॥ Aitareya Upaniṣat 1-1 ॥

In the beginning, all this verily was Atman (Absolute Self) only, one and without a second. There was nothing else that winked. He (Atman) willed Himself: "Let Me now create the worlds".

After having a sankalpa to create the universe, ATMA created everything in a specific sequence, starting from *Ambha* (water).

Glancing these statements ends in assuming a creative power elaborated in Puranas and other texts as *Saguna* Brahma or as *Hiranyagarbha* *p16...*

# S-VYASA Research Team
## at Prayagraj Kumbh Mela - 2019

**Prayagraj, Jan 15 – Mar 10:** A team of researchers from S-VYASA Yoga University visited Kumbh Mela at Prayagraj. They studied impact of Kumbh Mela and Shahi Snaan on consciousness field using REG (Random Event Generator) device. A survey was conducted to understand spiritual practices of Sadhus and their belief about Shahi Snaan. Subtle energy level of few sadhus was also studied using electro photonic imaging (Bio-well).

The Kumbh is the largest public spiritual gathering in the world. The Mela draws millions of pilgrims over the course of approximately 49 days to bathe at the sacred confluence of the Ganga, the Yamuna, and the mystical Sarasvati. Primarily, this congregation includes Ascetics, Saints, Sadhus, Sadhvis, Kalpvasis, and Pilgrims from all walks of life.

During the Kumbh Mela, a number of

ceremonies took place. The traditional procession of Akharas called 'Peshwai' on elephant backs, horses and chariots, the shining swords and rituals of Naga Sadhus during 'Shahi Snaan', and many other cultural activities including Yoga Kumbh Utsav that attracted millions of pilgrims.

Prof. K Subrahmanyam, Adviser to Chancellor of S-VYASA attended the Conference

22 crore devotees took holy dip in 49 days. Prayagraj Kumbh Mela 2019 has been placed in the Guinness World Records in three sectors. It includes largest traffic and crowd management plan, the biggest painting exercise of public sites under paint my city scheme and biggest sanitation and waste disposal mechanism.

Hon'ble Prime Minister, Shri Narendra Modiji performing the Ganga Puja

A Research Team from S-VYASA

# Inauguration of **Tejas ONGC Boys Hostel @ VYASA Campus,** Prashanti Kutiram, Bengaluru

**Bengaluru:** Tejas ONGC Boys Hostel was inaugurated on Feb 3rd in the august presence of following dignitaries.

- **Dr. Alka Mittal,** Director (Human Resources), ONGC, Delhi
- **Dr. H R Nagendra,** Chancellor, S-VYASA
- **Shri M Krishnappa,** Honb'le MLA, Bengaluru South
- **Smt. Tejaswini Ananthkumar,** Managing Trustee, Adamya Chetana Foundation
- **Shri R Ravichandran,** IRS, Principal Director, Income Tax Investigations
- **Smt. Geetha Ravichandran,** IRS, Principal Commissioner of Income Tax
- **Shri Mukunda ji,** Joint Gen. Secretary, RSS
- **Dr. R Nagarathna,** CMO, Arogyadhama

The Two Blocks, North & South were built at VYASA Campus, Prashanti Kutiram, Jigani, Bengaluru, with having sponsored by ONGC under CSR Fund.

## During the Inaugural Ceremony…

Registrar of S-VYASA, Dr. Srinidhi K Parthasarthi welcomed the gathering.

Dr. Alka Mittal appreciated the role of S-VYASA in propagation of Yoga.

Shri Mukundanandaji lauded the research abilities of S-VYASA and remarked 'A time will come when everything will be measured by Yogic Parameters'.

Shri M Krishnappa mentioned that it was a matter of great fortune and pride that Prashanti Kutiram lies in his constituency and assured full

Dignitaries after the Inauguration of Tejas ONGC Boys Hostel - *visible on the backside*

cooperation and support.

Pujya Guruji, Dr. H R Nagendra expressed gratitude towards M/s ONGC for their magnanimous support.

Dr. R Nagarathna briefed about 'Check for Name' Project which will immensely benefit in combating diabetes in the surrounding villages of Prashanti Kutiram. Representatives of the villages were also present and the Project was launched by all the dignitaries.

The program concluded with a speech and vote of thanks by the Vice Chancellor of S-VYASA, Dr. Ramachandra G Bhat.

Lighting the Lamp by all the Dignitaries

Address by the Chief Guest,
Guests of Honor and others

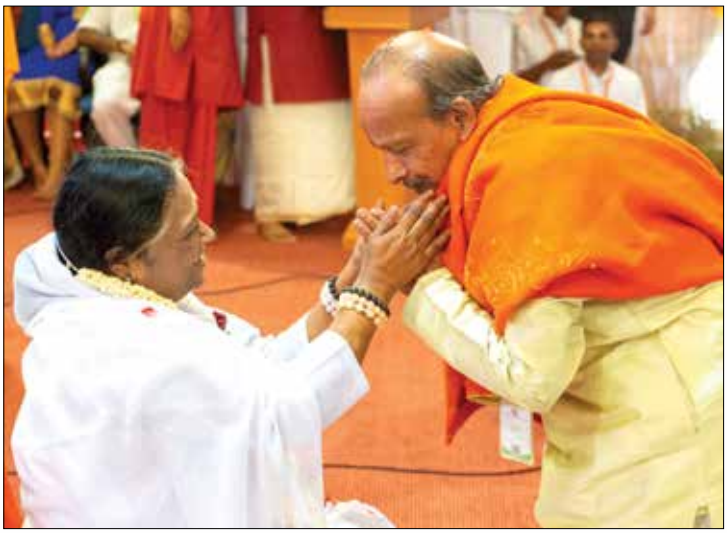
# Chandigarh Program of the Chancellor

**MoU** between S-VYASA and Post Graduate Institute of Medical Education & Research (PGI) of Chandigarh

Guruji at an Event in Chandigarh

Guruji with S-VYASA Family @ Chandigarh

# Programs of the Former Vice Chancellor



Bengaluru: Blessings from Mata Amritanandamayi

Honored at Bharatiya Shikshana Mandal-Hyderabad

At an International Conference on Prakriti Premi Pragati

Recently, **Rigveda Samhita Swahakara** was conducted in VVSS, Janaseva, Bengaluru, for 7 days. It was organized in collaboration with Anvesana - S-VYASA, Mythic Society - Bengaluru and MSVVP - Ujjain

# 70th Republic Day Celebration

**Bengaluru, Prashanti Kutiram:** Saturday, the 26th January, 2019, we celebrated India's 70th National Republic Day. At 6.45 am, students, faculty, staff gathered at the amphitheatre opposite to Swami Vivekananda statue. A beautiful flower arrangement and Rangoli in the form of India's map graced the entrance.

The Chief Guest for the occasion was Dr. Satya Prakash Swamiji from VISHWA Foundation, Canada, Dr. Veena Gandhi and Shri Sharat Gandhi, well-wishers of Prashanti Kutiram, also graced the occasion. Dr. Veena Gandhi is a Gynecologist in the USA and has been associated with the Ekal Vidyalaya movement in India. Her husband, Shri Sharat Gandhi has been associated with the Vishwa Hindu Parishad movement in the USA.

The Program began with Geeta Chanting. Then our Chancellor, Dr. H R Nagendra 'Guruji', Vice Chancellor, Vidwan Prof. Ramachandra G Bhat, Registrar, Dr. Srinidhi K Parthasarthi ascended the dais with the Chief Guest and Dignitaries present. The student choir inspired the gathering with a beautiful patriotic song. Then the Registrar welcomed the Chief Guest & Dignitaries to the celebration sharing with the audience, their inspiring life stories.

Later, the Chief Guest and

Dignitaries hoisted our Rashtriya Dhwaja. Shri Kiran Kumar N S led the gathering to standing in attention and paying our salutations to our National Flag along with singing the National Anthem.

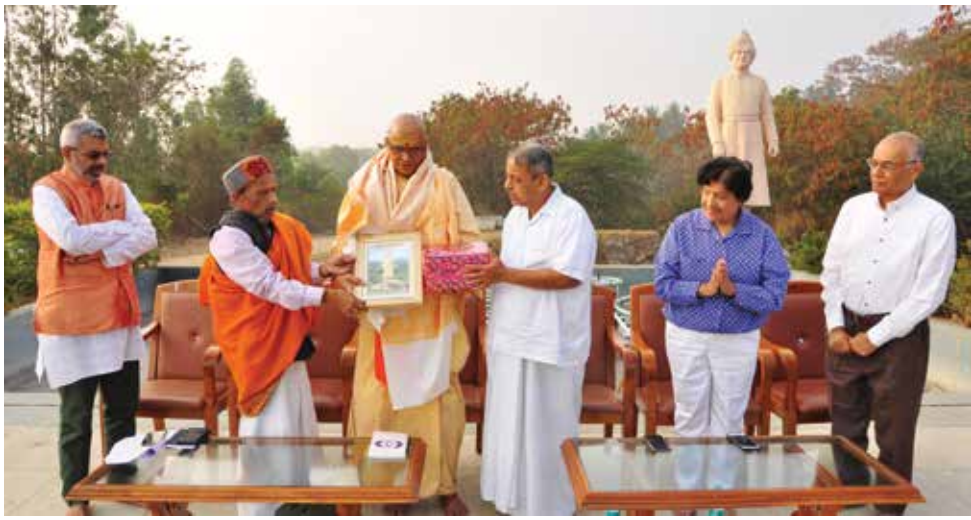
Following this, our Vice Chancellor Vidwan Prof. Ramachandra G Bhat addressed the audience on the occasion of our 70th National Republic Day, reminding us of the resilience that our country and its culture bear.

Then the Chief Guest, Swami Satya Prakashji inspired the audience with his thought-provoking poetry and words about our Country and the role we all have to play in the future to spread Yoga and its rich knowledge to all corners of the world.

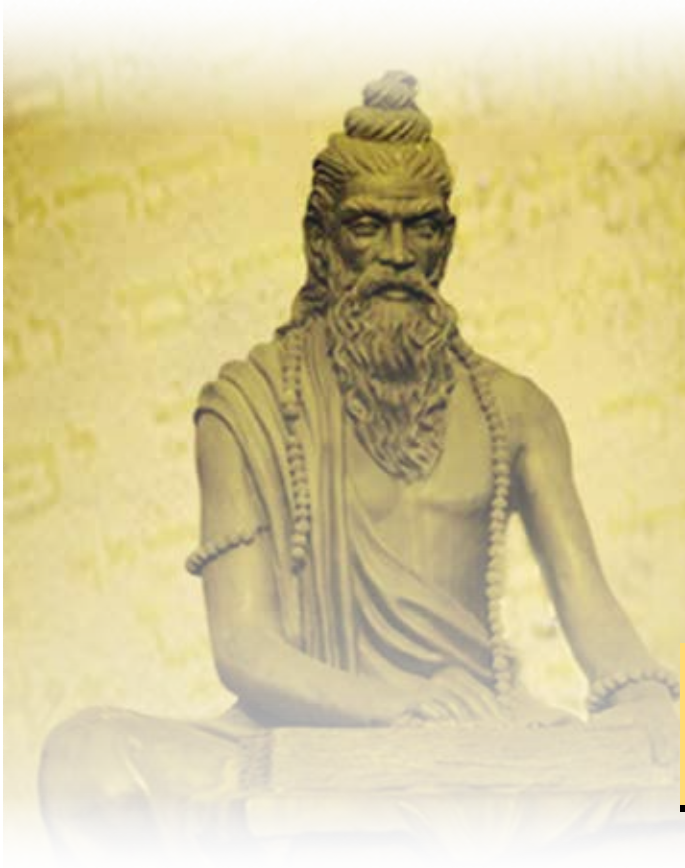
This was followed by another wonderful presentation of a bilingual version of 'Ae Mere Watan Ke Logon' by the student choir. Then the guest for the occasion was felicitated and Dr. Veena Gandhi addressed the audience impromptu, sharing that this was the most memorable Republic Day Celebration she had experienced in a long time.

Finally, the Chancellor, Dr. H R Nagendra 'Guruji' shared with the audience, the excellent efforts being put in by the Indian Government to spread Yoga to all corners of the country, how Yoga is becoming an important aspect of the Integrative Model of Medicine, further plans for World Yoga Day and collaborations with Universities all over the world for Research Projects. He thanked all the faculty members for the enduring efforts and showed a promising picture of the role that this University and its members have to play in the future of Yoga and its role in healthcare globally.

The celebration concluded with a beautiful rendition of the complete version of our National Song, 'Vande Mataram' by Sheela didi. One and all left the venue with a feeling of pride to belong to this Matrubhoomi.



# Ratha Saptami
## in Prashanti



# 48 ಪಾತಂಜಲ ಯೋಗಶಾಸ್ತ್ರ

## ಚಿತ್ತಪ್ರಸಾದಕ್ಕೆ (ಮನಸ್ಸಿನ ಪ್ರಸನ್ನತೆಗೆ) ವಿವಿಧ ಉಪಾಯಗಳು

■ ಶ್ರೀ ರಾಜೇಶ ಎಚ್.ಕೆ.
ಸಂಯೋಜಕರು ಹಾಗೂ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು
ಯೋಗ – ಅಧ್ಯಾತ್ಮ ವಿಭಾಗ
ಎಸ್–ವ್ಯಾಸ ಯೋಗ ವಿಶ್ವವಿದ್ಯಾಲಯ

**ಯಥಾSಭಿಮತಧ್ಯಾನಾದ್ ವಾ**

॥ ಪಾ.ಯೋ.ಸೂ. 1.39 ॥

ನಾವು ಕಳೆದ ಹತ್ತು ಸಂಚಿಕೆಗಳಲ್ಲಿ ಚಿತ್ತಪ್ರಸಾದದ / ಮನಸ್ಸಿನ ಪ್ರಸನ್ನತೆಗೆ ಸಂಬಂಧಿಸಿದಂತೆ ಅನೇಕ ಉಪಾಯಗಳನ್ನು ಪ್ರಾಯೋಗಿಕವಾಗಿ ಮತ್ತು ಪ್ರಾಚ್ಯ ಮನೋವಿಜ್ಞಾನದ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಅರ್ಥೈಸಿಕೊಂಡಿದ್ದೇವೆ. ಪ್ರಸ್ತುತ ಸೂತ್ರದಲ್ಲಿ ಮಹರ್ಷಿ ಪತಂಜಲಿಗಳು ಯೋಗಿಗೆ ಪೂರ್ಣ ಸ್ವತಂತ್ರವನ್ನು ನೀಡಿದ್ದಾರೆ. ಕಾರಣ ಪ್ರತಿಯೊಬ್ಬರ ಚಿತ್ತವು ಪೂರ್ವಜನ್ಮಗಳ ಕರ್ಮಾಶಯಕ್ಕನುಗುಣವಾಗಿ ವಿವಿಧ ಸಂಸ್ಕಾರಗಳಿಂದ ಕೂಡಿರುವ ಕಾರಣ ಯೋಗಿಯು ತನಗಿಚ್ಛೆಯಿರುವ ವಸ್ತುವಿನಲ್ಲಿ ಮತ್ತು ಯಾವ ವಸ್ತುಗಳಲ್ಲಿ ಶ್ರದ್ಧೆಯುಂಟಾಗುತ್ತದೋ ಅದನ್ನು ಕುರಿತು ಧ್ಯಾನಿಸುವುದರ ಮೂಲಕ ಚಿತ್ತಸ್ಥೈರ್ಯವನ್ನು ಹೊಂದಬಹುದೆಂದು ನಿರ್ದೇಶಿಸಿದ್ದಾರೆ.

ಧ್ಯಾನದ ಪ್ರಕ್ರಿಯೆಯು ಬಲವಂತವಾದ / ಹೇರಿಕೆಯ ಮಾರ್ಗವಾಗಬಾರದು. ಸಹಜವಾಗಿರಬೇಕು. **ಮನಸ್ಸಿನ ಏಕಾಗ್ರತೆಗೆ ತುಂಬಾ ಪ್ರಯತ್ನದ ಅಗತ್ಯವಿದೆ; ಆದರೆ ಧ್ಯಾನಕ್ಕೆ ಪ್ರಯತ್ನವೇ ಬೇಕಿಲ್ಲ.** ಮಗು ಶಾಲೆಯೊಳಗಿದ್ದರೂ ಸಹಜವಾಗಿ ಪ್ರಕೃತಿಯ ನಾದಕ್ಕೆ ಮನಸೋತು ಧ್ಯಾನಸ್ಥವಾಗುತ್ತದೆ. ಶಿಕ್ಷಕ / ಶಿಕ್ಷಕಿ ಪದೇ ಪದೇ ಮಗುವಿನ ಮನಸ್ಸನ್ನು ಪಾಠದ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸಲು ಬಲವಂತ ಮಾಡಿದಲ್ಲಿ ಮಗುವಿಗೆ ಅದು ಸೆರೆಮನೆಯಂತೆ ಭಾಸವಾಗುವುದೇ ವಿನಃ ಪಾಠಶಾಲೆಯಾಗಲಾರದು. ನಮಗಿಷ್ಟವಾದ ವಸ್ತುವನ್ನು ಕುರಿತು ಧ್ಯಾನಿಸಿದಲ್ಲಿ ಅದು ಸಹಜ ಮಾರ್ಗ. ಇಲ್ಲದಿದ್ದಲ್ಲಿ ಜೀವನಪೂರ್ಣ ಗೊಂದಲಕ್ಕೊಳಗಾಗಿ ಬದುಕೇ ಅಯೋಮಯ. ಮನಸ್ಸು ಚಂಚಲವಾದ್ದರಿಂದ ಒಂದೇ ವಸ್ತುವಿನಲ್ಲಿ ಸ್ಥಿರವಾಗಿರುವುದಿಲ್ಲ. ಸಂಧರ್ಭಕ್ಕನುಗುಣವಾಗಿ ಬದಲಾಗುತ್ತಿರುತ್ತದೆ. ಆದ್ದರಿಂದ ಯಾವುದಕ್ಕೂ ಅಂಟಿಕೊಳ್ಳದೇ ನಿರ್ಲಿಪ್ತ ಚಿತ್ತರಾಗಿ ನದಿ, ಪರ್ವತ, ಸಾಗರ, ಸುಂದರ ಹೂದೋಟ, ಪ್ರಾಣಿಪಕ್ಷಿಗಳ ಕಲರವ, ಸೂರ್ಯೋದಯ, ಚಂದ್ರೋದಯ, ಮುಗ್ಧಮಕ್ಕಳು, ಸಂಗೀತ ಇತ್ಯಾದಿಗಳನ್ನು ಕುರಿತು ಧ್ಯಾನಿಸುವುದು ಚಿತ್ತಪ್ರಸಾದಕ್ಕೆ ಮಾರ್ಗಗಳಾಗಿವೆ. ಇಂದು ಒಂದು ವಸ್ತುವಿನಿಂದ ಪಡೆದ ಚಿತ್ತಪ್ರಸಾದ ನಾಳೆ ಸಿಗದಿರಬಹುದು, ಆದರೆ, ಅದಕ್ಕೂ ಅಂಟಿಕೊಳ್ಳದೇ ಬದಲಾದ ಪರಿಸ್ಥಿತಿಗನುಗುಣವಾಗಿ ಚಿತ್ತಸ್ಥೈರ್ಯವನ್ನು ಪಡೆಯಲು ಯಾವುದನ್ನೂ ಅವಲಂಬಿಸಬಹುದು.

ಆದರೆ ಸ್ವತಂತ್ರಮಾರ್ಗವೆಂದ ಮಾತ್ರಕ್ಕೆ ತನಗಿಚ್ಛೆಬಂದ ಇಂದ್ರಿಯಾರ್ಥ ವಿಷಯಗಳನ್ನು ಕುರಿತು ಧ್ಯಾನಿಸುವುದನ್ನು ನಿಷೇಧಿಸಲಾಗಿದೆ. ಕಾರಣ ಗೀತೆಯಲ್ಲಿ ಭಗವಂತ ಕೃಷ್ಣನೇ ಉಲ್ಲೇಖಿಸಿರುವಂತೆ ಯಾವ ವ್ಯಕ್ತಿಯು ವಿಷಯಗಳನ್ನು ಕುರಿತು ಧ್ಯಾನಿಸುತ್ತಾನೋ ಅವನು ಕ್ರಮವಾಗಿ ಪತನವನ್ನು ಹೊಂದುತ್ತಾನೆ ಎಂಬುದನ್ನು ತುಂಬಾ ಪ್ರಾಯೋಗಿಕವಾಗಿ ಮತ್ತು ಮನೋವೈಜ್ಞಾನಿಕವಾಗಿ ವಿಶ್ಲೇಷಿಸಲಾಗಿದೆ. **(ಭ.ಗೀ. 2.62–63)**

**ಧ್ಯಾಯತೋ ವಿಷಯಾನ್ಪುಂಸಃ ಸಂಗಸ್ತೇಷೂಪಜಾಯತೇ ।**
**ಸಂಗಾತ್ಸಂಜಾಯತೇ ಕಾಮಃ ಕಾಮಾತ್ಕ್ರೋಧೋಽಭಿಜಾಯತೇ ॥**
**ಕ್ರೋಧಾದ್ಭವತಿ ಸಮ್ಮೋಹಃ ಸಮ್ಮೋಹಾತ್ ಸ್ಮೃತಿವಿಭ್ರಮಃ ।**
**ಸ್ಮೃತಿಭ್ರಂಶಾದ್ ಬುದ್ಧಿನಾಶೋ ಬುದ್ಧಿನಾಶಾತ್ಪ್ರಣಶ್ಯತಿ ॥**

ಸದಾ ವಿಷಯಗಳನ್ನು / ಇಂದ್ರಿಯಾರ್ಥ ಸುಖಿಗಳನ್ನು ಕುರಿತು ಚಿಂತಿಸುವವವನಿಗೆ ವಿಷಯಗಳ ಮೇಲೆ ಆಸಕ್ತಿಯುಂಟಾಗಿ ತನ್ಮೂಲಕ ಕಾಮನೆಯುಂಟಾಗುತ್ತದೆ. ಒಮ್ಮೆ ಮನವು ವಿಷಯ ಸುಖಿವನ್ನು ಪಡೆಯಲು ಕಾಮನೆಯ ಸ್ತರಕ್ಕೆ ತಲುಪಿದಾಗ ಅದನ್ನು ಅನುಭವಿಸುವ ಮೂಲಕ ಅಭಿವ್ಯಕ್ತಮಾಡಬೇಕು ಇಲ್ಲವೇ ಆಸೆಯನ್ನು ಅದುಮಿಡಬೇಕಾಗುತ್ತದೆ. ಅದುಮಲ್ಪಟ್ಟ ಎಲ್ಲ ಕಾಮನೆಗಳು ಸುಪ್ತಮನಸ್ಸಿನಲ್ಲಿ ಸಂಗ್ರಹವಾಗುವ ಕಾರಣ ಇವೇ ಸಂಚಿತಕರ್ಮಗಳಾಗಿ ಪುನರಪಿ ಜನನಂ–ಪುನರಪಿ ಮರಣಂ ಎಂಬ ಜನಮರಣ ಚಕ್ರಗಳಿಗೆ ಕಾರಣವಾಗುತ್ತವೆ... ಒಂದು ವೇಳೆ ಕಾಮನೆಗಳು ಅನುಭವಿಸಲ್ಪಟ್ಟಾಗ, ಸುಖಾನುಭವವೇ ರಾಗವಾಗಿ ಪರಿವರ್ತನೆಯಾಗಿ ಚಿತ್ತವನ್ನು ಮತ್ತೆ ಮತ್ತೆ ಚಿತ್ತವು ವಿಷಯ ಸುಖಿಗಳನ್ನು ಅನಿಭವಿಸಲು ಸದಾ ಬಯಸುತ್ತದೆ. ಸುಖಿಕ್ಕೆ ಅಡ್ಡಿಯುಂಟಾಗುವ ಪ್ರಸಂಗ ನಿರ್ಮಾಣವಾದಾಗ, ಸಹಜವಾಗಿ ಸಿಟ್ಟು / ಕ್ರೋಧವುಂಟಾಗುತ್ತದೆ. ಕ್ರೋಧದಿಂದ ಪುರುಷನು ತನ್ನೆಲ್ಲಾ ಶಕ್ತಿಯನ್ನು ಹ್ರಾಸಮಾಡಿಕೊಳ್ಳುತ್ತಾನೆ. ಕ್ರೋಧದಿಂದ ಸಹಜವಾಗಿ ಮನವು ಒತ್ತಡಕ್ಕೊಳಗಾಗುವುದರಿಂದ ಪ್ರಾಣದ ಸಂಚಲನೆಯಲ್ಲಿ ಏರುಪೇರಾಗುವುದರಿಂದ ಶರೀರದಲ್ಲಿ ರೋಗವಾಗಿ ಅಬಿವ್ಯಕ್ತಿಯಾಗುತ್ತದೆ. ಮತ್ತೂ ಮುಂದುವರಿದು ಸಿಟ್ಟಿನಿಂದ ಮೌಢ್ಯತೆ / ಮೂಢತ್ವ / ವಿಚಾರಹೀನನಾಗುತ್ತಾನೆ. ಮೂಢನಾದವನು ಸ್ಮರಣಶಕ್ತಿ / ನೆನಪಿನ ಶಕ್ತಿಯನ್ನು ಕಳೆದುಕೊಳ್ಳುತ್ತಾನೆ. ತನ್ಮೂಲಕ ಮತಿಭ್ರಮಣೆಯುಂಟಾಗಿ ಬುದ್ಧಿಯು ನಾಶವಾಗುತ್ತದೆ. ಜ್ಞಾನಶಕ್ತಿ / ನಿರ್ಣಯ ಸಾಮರ್ಥ್ಯವನ್ನು ಕಳೆದುಕೊಂಡವನು ವಿವೇಕಹೀನನಾಗುವುದರಿಂದ ತನ್ನ ಸರ್ವನಾಶವನ್ನು ತಾನೇ ನೋಡಬೇಕಾಗುತ್ತದೆ. ಕಾಮನೆಗಳಿಗೊಳಪಟ್ಟು ಪತನಹೊಂದಿದವರ ದೀರ್ಘಪಟ್ಟಿಯನ್ನೇ ನಾವು ಇತಿಹಾಸ ಪುರಾಣಗಳಿಂದ ತಿಳಿಯಬಹುದಾಗಿದೆ. ರಾಮಾಯಣ ಮಹಾಭಾರತಗಳ ರಾವಣ, ಧುರ್ಯೋದನಾದಿಗಳ ಪಾತ್ರವೇ ಇದಕ್ಕೆ ಜ್ವಲಂತ ಸಾಕ್ಷಿ.

ಹೀಗಾಗಿ ಚಿತ್ತಸ್ಥೈರ್ಯವನ್ನು ಪಡೆಯಲು ನಮಗಿಷ್ಟವಾದ ವಸ್ತುವನ್ನು ಆಯ್ಕೆಮಾಡಿಕೊಳ್ಳುವಾಲೂ ಜಾಗರೂಕರಾಗಿರಬೇಕಾಗುತ್ತದೆ. ಗ್ರಂಥಾರಂಭದಲ್ಲಿ ಉಲ್ಲೇಖಿಸಿರುವಂತೆ ಮನೋವೃತ್ತಿಗಳು ಕ್ಲಿಷ್ಟವಾಗಬಹುದು ಅಥವಾ ಅಕ್ಲಿಷ್ಟವಾಗಬಹುದು. ಅಕ್ಲಿಷ್ಟವೃತ್ತಿಗಳು ಅಪವರ್ಗಕ್ಕೆ (ಕೈವಲ್ಯ / ಮೋಕ್ಷ) ಕಾರಣವಾದರೆ, ಕ್ಲಿಷ್ಟವೃತ್ತಿಗಳು ಭೋಗದ ಮೂಲಕ ಸಂಸಾರ ಬಂಧನಗಳಿಗೆ ಕಾರಣವಾಗುತ್ತವೆ. ಇಲ್ಲಿ ಶಾಸ್ತ್ರೀಯ ವಾಕ್ಯವನ್ನು ಉಲ್ಲೇಖಿಸುವುದಾದರೆ **'ನ ತ್ವೇವ ವಿಷಯಾನ್ಪ್ರಾಪ್ಯ ಧಾರಯೇತ ಕಥಂಚನ'** ಎಂಬುದು ಯೋಗಿಗಗಳಿಗೆ ಪ್ರತಿಷೇಧ ವಾಕ್ಯವಾಗಿದೆ. ಶಾಸ್ತ್ರಾಧಾರವನ್ನು ಪ್ರಮಾಣವನ್ನಾಗಿರಿಸಿಕೊಂಡು ಆದಿತ್ಯಾದಿ ಗ್ರಹಗಳನ್ನು ಅಥವಾ ನಕ್ಷತ್ರಗಳನ್ನು, ತನಗಿಷ್ಟವಾದ ಪ್ರತಿಮಾದಿ ದೇವತೆಗಳನ್ನು, ಹಠಯೋಗವನ್ನಾಧರಿಸಿ ಆಸನ–ಪ್ರಾಣಾಯಾಮ–ಬಂಧಮುದ್ರಾಸಹಿತ ನಾದಾನುಸಂಧಾನ–ವಿವಿಧ ಚಕ್ರಗಳು ಮತ್ತು ಬೀಜಾಕ್ಷರಗಳನ್ನು ಕುರಿತ ಉಪಾಸನೆ ಮುಂತಾದವುಗಳು **ಯಥಾSಭಿಮತಧ್ಯಾನಾದ್ ವಾ ಸೂತ್ರವನ್ನಾಧರಿಸಿವೆ.**

(ಸಶೇಷ)

... p3

occasionally. But, for real Sadhakas this meaning of Brahma doesn't appeal to be correct as they aim at supreme and beyond all limitations. Contaxtual keen observation leads that ATMA mentioned here should be the source of everything, not just a governing leader of one of the *Urdhva Lokas* (superior worlds). Neither assumption of the worlds is intended meaning here, nor the master of layers of Lokas or worlds. Further, one can read carefully that ATMA created everything, not just the worlds, but *Bhuta* and *Bhautika srishti* (creation of elements and permutations of the elements also). Therefore the word ATMA is not limited to *Loka Swami* (lord of some upper world). For the one aiming at fundamental truth, it has to be really the source and not the product.

Other major Upanishads too synched in this matter to clarify the point that source of the universe should be *Nirguna*, *Nirakara* Brahma only – this concord is teremed 'SANGANA' (synchrony). When other Upanishats tend to explore reality, again the word ATMA has to be understood as all pervasive entity (omnipresent). Aitareya, Taittariya and other Upanishats have a similar way of presenting Brahma. Hence, while Upasanas are the focus, a sadhaka should be careful to understand an intended meaning, not to something unintended. Limited meaning and understanding of ATMA too has its own limited influences, but not a comprehensive meaning.

Thus, this Adhikarana summarises discussion on the word ATMA used in Aitareya Upanishat.

*to be continued...*

# 23rd INCOFYRA

## International Conference on Frontiers in Yoga Research and Its Applications

**Theme:** Yoga as Lifestyle Medicine

**Jan 2-5, 2020 | Prashanti Kutiram,** Bengaluru - 560 105

**Pre Conference Workshops**

Date: Dec 27-31, 2019

Venue: Prashanti Kutiram

Organised by: VYASA, Bengaluru

Technical Support by:

S-VYASA (Deemed to be University), Bengaluru

www.incofyra.com | www.vyasa.org | www.svyasa.edu.in

*My Dear Brothers and Sisters,*

In modern times, management of noncommunicable diseases has become an enormous challenge to the medical fraternity worldwide. It is increasingly being recognized that non-communicable diseases are multifactorial problems and therefore the solutions to these have to be multi-faceted. Evidence based approach is of utmost importance to provide the best possible care for the patients.

Equally important is to develop cost-effective treatments. Modern Medicine, Yoga and other AYUSH systems of medicine approach patient care in their own unique ways. Each system has got its own advantages. Hence it is necessary to explore how these systems of medicine can complement each other in order to provide best solutions for the management of non-communicable diseases.

Hence, we have selected a theme "**Yoga as Lifestyle Medicine**" for 23rd INCOFYRA. This will make an effort to integrate Indian medicine and Modern Medicine with Yoga as basis for integrative medicine by bringing prominent researchers and doctors from all these fields under on one platform. The focus of 23rd INCOFYRA will be on reversal of Diabetes and Heart disease with Yoga as lifestyle intervention.

*We welcome you all to our Prashanti Kutiram campus.*

*With Love*
**Dr. H R Nagendra**
President, 23rd INCOFYRA
President, VYASA and
Chancellor, S-VYASA University

## Conference Objectives

1. To disseminate the research findings in the field of integrative medicine and give directions to future research
2. To translate the available research findings of CAM therapy for NCDs into clinical practice
3. To establish working groups comprising universities, health care providers and policy makers to initiate collaborative research programs
4. To deliver cost effective health care

## Main Conference: Yoga as Lifestyle Medicine

**Jan 2 - 5, 2020:** The 23rd INCOFYRA will make an effort to integrate Ayurveda, Naturopathy, Yoga, Unani, Siddha, Homeopathy and Modern Medicine by bringing prominent researchers and doctors from all these fields under one platform to evolve better cancer care.

## Conference Programs at a Glance

| Date | Program |
|---|---|
| **Dec 27 - 31, 2019** | Pre – Conference Workshop |
| **Dec 30 & 31, 2019** | Himalaya Yoga Olympiad Finals |
| **Jan 2 - 5, 2020** | Main Conference |

## Parallel Symposia

- Consciousness based approach to healthcare
- Reversing NCDs through Yoga
- Yoga: The basis for Integrative Medicine

## Main Conference Program Highlights

| | |
|---|---|
| January 2, 2020: Inaugural Ceremony | |
| January 5, 2020: Valedictory Ceremony | |
| Jan 3 - 5, 2020: Morning Yoga Session | |
| 5:30 – 6:30 am | General Yoga Session, Disease Specific Yoga Session (8 Modules), Advanced Yoga Techniques |
| Common Morning Maitri Milan Session | |
| 7 – 8 am | Bhagavag Gita Chanting |
| January 3, 2020: Scientific Sessions | |
| 9 – 10:30 am | Plenary Talk: Keynote Address 1 & 2 |
| 11 – 1 pm | Parallel Symposia in three tracks: Invited Talk 1, 2 & 3 |
| 2 – 3:30 pm | Poster Presentations |
| 4 – 5 pm | Panel Discussion |
| January 4, 2020: Scientific Sessions | |
| 9 – 10:30 am | Plenary Talk: Keynote Address 1 & 2 |
| 11 – 1 pm | Parallel Symposia in three tracks: Invited Talk 1, 2 & 3 |
| 2 – 3:30 pm | Oral Prize Paper Session |
| 4 – 5 pm | Oral Prize Paper Session / Poster Presentation |
| January 5, 2020: Scientific Sessions | |
| 9 – 10:30 am | Plenary Talk: Keynote Address 1 & 2 |
| 11 – 1 pm | Panel Discussion |
| Common Evening Sessions | |
| 5 - 6 pm | Satsang |
| 6 – 7: 30 pm | Cultural Program |
| Refreshments | |
| 8 am Breakfast \| 10:30 am Tea Break \| 1 pm Lunch \| 3:30 Tea Break \| 7:30 Dinner | |

## Conference Venue - Bengaluru

Bengaluru, the capital of the Karnataka, is fifth largest city in India. It is also known as the 'Garden City of India'. The beautiful parks and gardens and tree-lined streets of Bengaluru make travel to the city a pure pleasure. The year 2000 saw the introduction of Information Technology in Bengaluru and since then, the city has not looked back. It has reaped the most out of the IT Boom in India and boasts of the highest concentration of IT companies in the country. Today, Bengaluru is known as 'The IT Capital of India' and "The Silicon Valley of India'. There are a number of places in Bengaluru that are worth visiting, including gardens, museums, palaces, temples, etc. One of the major attractions of the city is the Vidhana Soudha, the State Secretariat, adorned with delicate Dravidian architecture. For the nature lovers, there is the famous Cubbon Park, stretching over an area of 250 acres. Not to be missed are the amazing museums in the city, especially the Visvesvaraya Technological and Industrial Museum. The Ulsoor Lake of Bengaluru is also quite known for its beautiful locales and boating facilities. Even from education point of view, Bengaluru is very popular. A large number of students come to Bengaluru every year to enroll in the various undergraduate as well as postgraduate programs. The city also boasts of two excellent institutions, namely Indian Institute of Management and Indian Institute of Science.

***Welcome to Bengaluru***

## Prashanti Kutiram

**Prashanti Kutiram** is the headquarters of Vivekananda Yoga Anusandhana Samsthana. It is located 32 kmts away from Bengaluru city. The serene atmosphere, Gurukula lifestyle, modern technology, topnotch research facilities are the unique features of this campus. In its 100 acre spacious campus it houses following:

a. ***S-VYASA University –*** S-VAYSA is Deemed University recognized by the Ministry of Human Resource Development, Govt. of India. It offers Bachelors, Masters, Post Graduate programs in Yoga.

b. ***VYASA –*** VYASA is a registered charitable institution (1986) working for making Yoga as a socially relevant Science. It is recognized as a Scientific & Industrial Research Organization (SIRO) from the Department of Scientific & Industrial Research, Ministry of Science & Technology, GoI.

c. ***Arogyadhama -*** A 250 bedded holistic health home and research center

d. ***Anvesana –*** State-of-the-art research facility for yoga research. The laboratory includes Molecular biosciences, Psychophysiology, Cognitive neuroscience, Sleep medicine, and Psychology and Subtle energy labs.

e. ***VYASA Health Care Pvt Ltd -*** VYASA Health Care Pvt. Ltd. is an outreach partner of VYASA and industry partner of S-VYASA University, aims at establishing wellness and holistic healing centers globally under the brand names Vivekananda Health Global (VHG)™ and Vivekananda Yoga Global (VYG)™ with trade names (VH)™ & (VY)™

f. ***SVYP -*** An exclusive yoga publication house

g. ***Sushruta Ayurvedic Medical College and Hospital -*** With emphasis on high quality practice of Ayurvedic medicine and research. And a naturopathy college, the school of yoga and naturopathic medicine.

h. ***The School of Yoga and Naturopathic Medicine -*** It offers Bachelor in Naturopaty and Yogic Sciences (BNYS), a $5^{1}/_{2}$ year medical graduation program

## Who Should Participate ?

1. Medical professionals
2. Practitioners of Indian medicine (AYUSH)
3. Yoga researchers and yoga therapists
4. Wellness and health industry persons
5. Policy makers

## Pre Conference Programs

### Himalaya Yoga Olympiad

**Starts on -** Oct 1, 2019 | **Finals -** Dec 30 & 31, 2019 **at** Prashanti Kutiram

The objectives of Himalaya (A Yoga Olympiad) is to promote the awareness of yoga and build up a network of yoga students, practitioners, teachers and sadhakas at the national and international levels. We hope to spread the message of yoga as a science of Holistic living to be achieved through Jnána Yoga, Rája Yoga, Bhakti Yoga and/ or Karma Yoga, as proclaimed by Swami Vivekananda. The syllabus, therefore, cannot end with physical demonstration of yogasanas only. It also assesses knowledge and grasp of concept and definition of yoga and its various techniques, for total growth of the individual, including physical, mental, emotional and intellectual development and their spiritual basis. HIMÁLAYA thus aims at helping the youth of our country grow together, and expand their vision, so they leave behind the mad rush of cut-throat competition and selfishness and engage in co-operative, harmonious pro-active living.

## Pre Conference Workshops

Prashanti Kutiram

During the pre-conference workshop, three independent workshop tracks are offered, CME, CRE, and CYE. Participants can attend any one of the track, as all these sessions will be happening in parallel.

### Continuing Medical Education (CME)

CME on holistic healing includes 7 different diseases (Oncology, Cardiology, Mental Health, Rheumatology, Spinal disorders, Metabolic disorders, Endocrinology). The basic principles of Integrated Approach of Yoga Therapy (IAYT) and latest approaches towards Holistic Healing will be addressed. Both theory and practice will be covered in this CME.

**Who can participate?** Yoga therapists, Yoga teachers and doctors

## **Health Exhibition:** Pharma World & Arogya Expo

Jan 2 - 5, 2020 **at** Prashanti Kutiram

Pharma World & Arogya Expo will bring consumers into close contact with Physicians and Industry & knowledge resources offering best options for health care for Holistic living. While pharma world is well known in all modern medical conferences world over supporting the conferences, Arogya Expo is an initiative promoted actively by the Department of AYUSH, Government of India. It aims to support professionals, institutes and industry in Indian Medicine (AYUSH) to showcase their products and services and thereby make people aware that AYUSH systems form safe, effective modes of health care which constitute first choice for large sections of India. For several years, Arogya Expo are organised in different cities of India.

## Conference Organizing Committee

President: Dr. H R Nagendra
Vice Presidents: Dr. Ramachandra G Bhat, Sri T Mohan
Dr. K Subrahmanyam, Prof. Prahlada Ramarao, Prof. K B Akhilesh
Organizing Secretary: Dr. Srinidhi K Parthasarathy
Scientific Committee Chairs: Dr. R Nagarathna, Dr. Manjunath N K, Dr. Ramesh M N
Treasurer: Sri H R Dayananda Swamy
Delegate Registrations & Accommodation: Dr. Shree Varaprasad N S
Technical Sessions and Souvenir: Dr. Rahavendra Bhat & Team
Exhibition and Stalls: Dr. Vasudev Vaidya
Cultural Program: Dr. M K Sridhar, Dr. Sanjib Kumar Patra
Himalaya Yoga Olympiad: Dr. Rabindra Acharya, Dr. Balaram Pradhan, Dr. Vikas Rawat
International Co-ordinators: Dr. Vasudha Sharma, Sri Bhargava M N
Pre-Conference Workshops: Dr. Amith Singh, Dr. Ashween S Bilagi
Hospitality: Dr. R Chndrasekhar, Dr. Bharathi Devi, Smt. Sharada Shankar
Publications: Sri M S Surendra | Media and Govt Laison: Sri Raghu Bengaluru
Transport: Sri Umapati, Sri Mahadevappa B | Website: Sri Pradeep Kumar, Sri Bharatheesha P
Video & Photo: Sri Murulidhara H D, Sri Elumalai
Volunteers - Co-ordinators: Ms. Padmashree G, Dr. Punit Ragavendra, Dr. Vikas Rawat

# Conference Registration

Register before Sept 15, 2019 to gain Maximum Concession

| Individual Programs | Dates | SAARC Countries | | International | |
|---|---|---|---|---|---|
| | | *Before* Sept 15, 2019 in ₹ | *After* Sept 15, 2019 in ₹ | *Before* Sept 15, 2019 in US$ | *After* Sept 15, 2019 in US$ |
| Pre-Conference | **Dec 27 - 31, 2019** | 5,000 | 5,000 | 300 | 400 |
| Main Conference | **Jan 2 - 5, 2020** | 4,000 | 5,000 | 250 | 300 |
| Both Programs | **Dec 27, 2019 - Jan 5, 2020** | 9,000 | 10,000 | 550 | 700 |
| Day Rate for Conference | ----- | 1,275 | 1,750 | 100 | 150 |

- This includes Vegetarian Food and Attendance of all Conference Programs
- **Please Note:** Choose your own Accommodation (Optional)
  Accommodation in Prashanti Kutiram (*limited*) from Jan 5th - 8th (*4 nights*)
  Shared Rooms: ₹ 750/day (4 persons in 1 room)
- **Students & S-VYASA Alumni** are entitled for **50% concession**
  (Student ID card/letter from Principal should be submitted during registration process)
- Registration at S-VYASA campus office is also available
- Mode of Payment: by Cash, Cheque, Bank Draft, Debit/Credit Card, Online Bank Transfer, payable to **VYASA 'Vivekananda Yoga Anusandhana Samsthana'**
- **Online Transfer Details for Indian Nationals:**
  *A/C Name:* Vivekananda Yoga Anusandhana Samsthana; *A/C No:* 31004780111;
  *Bank & Branch:* SBI, Jigani; *IFS Code:* SBIN0011355
- **Online Transfer Details for Internationals:**
  *A/C Name:* Vivekananda Yoga Anusandhana Samsthana; *A/C No:* 31527234022;
  *Swift Code:* SBININBB421; *Branch Code:* 06866
  Fgn Transfer Bank Address: SBI Specialised Banking Branch,
  St. Marks Road, Bangalore, Karnataka, India
- After Online Payment, please Mail a Copy of Payment Receipt to **accounts@svyasa.org** & *copy to* **incofyra@svyasa.org**
- For more details please visit conference website **www.svyasa.edu.in**

## Hotels in the vicinity of Prashanti Kutiram

| | | |
|---|---|---|
| Hotel R V International | 080-2782 6099 / 6100 | 90352 02384 |
| Hotel V Inn | 080-2782 5000 / 1 | 99722 05912<br>99006 49448<br>97406 03111 |
| Hotel Sai Vishram | 080-4040 0400 | |

## Dates to Remember

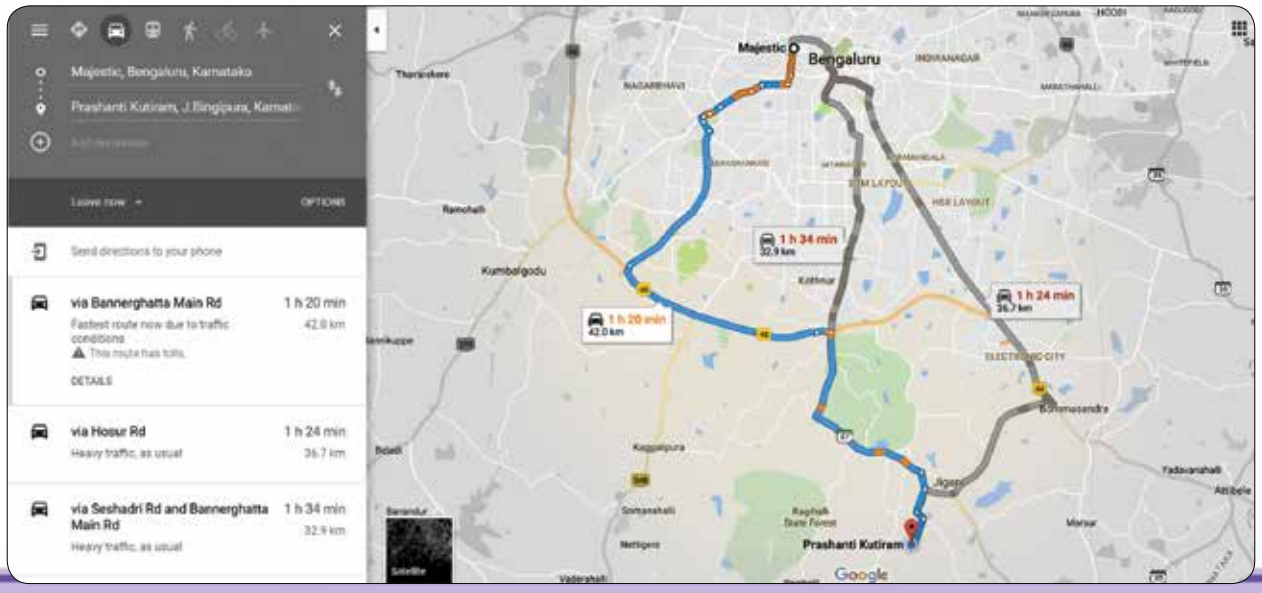
| | |
|---|---|
| Pre Conference programs | **Dec 27 - 31, 2019** |
| Main Conference | **Jan 2 - 5, 2020** |
| Registration to avail early bird offer | **Sept 15, 2019** |
| Last date for Abstract submission | **Nov 30, 2019** |
| The abstracts will be peer reviewed and acceptance or otherwise will be intimated by | **Dec 5, 2019** |

- Scientific research papers and review papers on the theme and related topics in Yoga and Integrative Oncology are invited for oral and poster presentations.
- Submit your abstract on conference webpage. *Please visit conference webpage for details.*
- For any queries please write to **incofyra@svyasa.org**

## Contact

**City Office:** Sri Mahadevappa
'Eknath Bhavan', #19, Gavipuram Circle, K G Nagar, Bengaluru – 560 019
*ph:* 080-2661 2669

**Prashanti Kutiram campus**
Vivekananda Road, Kalluballu Post, Jigani, Anekal, Bengaluru – 560 105
*ph:* +91-80-2263 9963 / 55 | *cell:* +91-70220 24777 | *e-mail:* incofyra@svyasa.org
*web:* www.incofyra.com ; www.vyasa.org ; www.svyasa.edu.in
*facebook:* svyasayoga | *YouTube:* svyasablr




**Route Map to Prashanti Kutiram,** Jigani, Bengaluru

# Mrs. Purnima Datey

PhD Thesis Title: Potential of *Rasāhāra* and Yoga in Treatment of Pre-Diabetes - A controlled trial

## Publications:


1. Datey P. Hankey A. Nagendra H.R. (2017) Lowering Creatinine Levels by Herbal Treatment and Yoga: a Pilot Controlled Trial. *European Journal of Pharmaceutical and Medical Research, 2017; 4(1):452-456.*
2. Datey P. Hankey A. Nagendra H.R. (2017) Combined Ayurveda and Yoga Practices for newly Diagnosed Type 2 Diabetes Mellitus: *A Controlled Trial. Journal of Forschende Komplementärmedizin, 2017; 24*
3. Datey, P. & Hankey, A. (2016) ESTABLISHING THE VALIDITY OF AHARA AND VIHARA IN AYURVEDA: Failure to Observe their Principles as Risk Factors for Disease. Annals of Ayurvedic Medicine, 5 (3-4), 69-77.
4. Datey P, Hankey A, Nagendra HR (2016) Ayurveda Herb Juices and Yoga for Blood Pressure and Pulse Rate: a Controlled Trial. Int J Complement Alt Med 4(3): 00121.


## Social Relevance of the Theses:

In her RCT of Yoga and Ayurveda, Dr Purnima Datey found many new results using her uncle's approach to fresh herbal juices. Not only did her work convincingly demonstrate its primary objective, reduction of blood sugar, it clearly showed that diabetes' side effect of chronic kidney disease can also be cured, one of five original discoveries emerging from her work. Fresh herbal juices are easy to prepare, free of side-effects and preservatives. CKD sufferers have a life expectancy of 5 years or so. The social impact of curing the estimated 12 million in India will be incomparable.

**Background**: Food which is predigested and full of vitamins and minerals of all kinds should be taken to fulfill all bodily requirements. Such food is safe to eat even when blood sugar levels are increased. Food substances should be selected for easy digestion, so that the digestive system works less as for progress on the spiritual path. This thesis hypothesized that *swarasa* (freshly prepared herbal juices) taken as a food supplement to replace breakfast has more therapeutic value than traditional breakfast, and are therefore to be preferred.

Many *Āyurveda* texts like *Yoga Ratnākara*, describe the subtle therapeutic importance of *swarasa* as well as whole herbs. This study discusses forms in which herbs should be taken, *Gunas* of herbs and their food supplements, effects on the body, and quantities appropriate for best nutrition. Their many health benefits make raw foods like fresh fruits and vegetables, herbs, grains, nuts,

and sprouted grains, with more vitamins and minerals than cooked foods. Important dietary components. All are healthy additions to a regular diet providing missing nutrients; nor do they deposit or develop disease-generating *Āma* (toxins).

Many studies have investigated food-related ingredients, such herbs to reduce sugar levels, for newly detected T2DM. Others show how meal time relates to weight loss. Some show that yoga relaxation programs like Cyclic Meditation reduce sugar levels in both new and old T2DM patients. This study reports combined effects of *Rasāhāra* and Yoga.

In *Āyurveda*, diet is a primary pillar of health. Food is an internal factor contributing to health and disease. The review of ancient literature quotes texts stating the importance of *Āhāra-Vihāra* for *Prameha*. Right herbs in correct quantity can restore their health. The scientific literature review concerns importance of breakfast modification, properties of the four herbs and yoga practices used to treat early T2DM and other diseases, to restore health and wellbeing.

The study aim was to conduct a 3-arm controlled trial assessing effects of *Rasāhāra* and *Yoga*, or *Yoga* only on T2DM, metabolic disorder, and *prameha* markers in early T2DM. Objectives included recruiting enough participants to obtain required significances; measuring 5 biomedical parameters every 15 days; pre-post assessment of 10 other biomedical parameters, *Āyurveda doša balas* and related variables; to maintain participants on a regimen restricting variations in diet and lifestyle; and to evaluate any adverse events or side effects.

**Methods:** The study was conducted at Bhopal Central Jail on male subjects, aged 18 to 70 years. Inclusion criteria: pre-T2DM patients with blood sugar levels, FBS: 100-170; PPBS: 150-220 mg/dl. Exclusion criteria: inability to practice *Yoga*; very low BMI; mental disorder; already with diabetes complications. Jail Hospital authorities helped with data extraction costs. The design was a three-arm controlled trial as above, with wait-listed controls under physician's observation. Interventions were as described above: the four *Rasāhāra* herbs were Wheatgrass (*Triticum Aestivum*), *Āmalaki* (*Emblica officinalis Gaertn*), *Gu□uci* (*Tinospora cordifolia*), and *Vāsā* (*Adhatoda vasica Nees*) The Yoga program for Diabetes to Group 1 & 2. Group 2 ate normal breakfast. Group 3 (Controls) followed their normal jail routine. Assessments measured T2DM Markers (BMI, HbA1c, FBS, & PPBS); related parameters, lipid profile, SBP, DBP & pulse rate, Hb and creatinine; Breath Holding Time (*Bhrāmari*), and *Do□a Balas* and related *Gunas*. Data collection was by blinded Jail Hospital personnel. All blood samples were analysed blind to participant groups and trial hypotheses at *Śagun* Pathology laboratories, Bhopal. Data analysis used Excel and Graph Pad QuickCalcs, and SPSS-20 at S-VYASA.

**Results:** for Conventional T2DM Markers BMI no changes; FBS and PPBS decreased for Groups 1 & 2, and increased for Group 3; Hb1Ac remained steady for Groups 1 & 2, but increased for controls. Blood lipid levels Groups 1 & 2 tended to improve values of 'good', and decrease values of 'bad, lipoproteins; Controls did the reverse. Heart and hypertension parameters showed *consistent decrease in standard deviations* for Groups 1 and 2 implying that Yoga's influence is to *normalize* blood pressure, correcting hypertension and raising low blood pressure: striking results. Changes in Hb levels were good in Group 1, none in Group 2, but decrease in Group 3. Changes in Creatinine levels: Groups 1 and 2 improved, but Group 3 got worse agreeing with other studies on Yoga and CKD. Group differences imply that Yoga helps prevent nephropathy, T2DM's deadly complication. Breath holding time increased significantly in both Groups 1 and 2 while it decreased in control group. Seasonal Change: systematic shifts at change of season

were a *Post hoc* discovery of importance to all medical science. Though stated in *Āyurveda,* the phenomenon is not known to medical science.

This first study of *Rasāhāra* and Yoga for pre-diabetes in a prison setting in India shows that prisoners can benefit from yoga prison programs, especially those with elevated blood sugar and blood pressure levels. Follow-up studies should obtain more robust data so that Yoga may be added to India's prison programs. The study was the first to confirm *Rasāhāra*'s value as a food supplement replacing normal breakfast. Those not practicing yoga regularly increased BP and pulse rates. Initially, all participants showed increased *Kapha-Pitta Do□a Balas* confirming *Āyurveda* texts. Group 1 improved in *Kapha-Pitta* more than Group 2, both did better on all *Dosha Balas* than controls, confirming the values of their interventions.

Results point to the efficacy of IAYT Yoga practice combined with strict *āhāra-vihāra* for treatment of newly diagnosed T2DM, especially benefits of breakfast modification. Addition of *Rasāhāra* herbal juices is a cheap alternative to long-term use of chemical drugs, which fail to improve underlying pathology. They support all study hypotheses. Further studies of *Rasāhāra* treatment are merited, particularly in rural areas, where it would be easy to implement.

# Mr. Vasant V Shastri

PhD Thesis Title: 'Evaluation of Yoga Präëäyäma and Vedic Maths Methods in the Management of Math Anxiety and Cognitive Skills in School Children.

## Publications:


1. Shastri, V., Hankey, A., Sharma, B., & Patra, S. (2016). Efficacy of vedic mathematics and yogic breathing in school children: A pilot study. *International Journal of Yoga - Philosophy, Psychology and Parapsychology*, *4*(1), 16–23. http://doi.org/10.4103/ijny.ijoyppp_3_16
2. Shastri, V., Hankey, A., Sharma, B., & Patra, S. (2017b). Investigation of yoga pranayama and vedic mathematics on mindfulness, aggression and emotion regulation. *International Journal of Yoga*, *10*(3), 138–144. http://doi.org/10.4103/0973-6131.213470
3. Shastri, V., Hankey, A., Sharma, B., & Patra, S. (2017a). Impact of pranayama and vedic mathematics on math anxiety and cognitive skills. *Yoga Mimamsa*, *49*(2), 53–62. http://doi.org/10.4103/ym.ym_13_17


## Social Relevance of the Theses:

Together with his wife, Dr Bhawna Sharma, Dr Vasant Shastri demonstrated vast benefits from utilizing the system of 'Vedic Mathematics' in 11th and 12th standards. Maths Anxiety seriously afflicts about ¼ of the population. It was greatly reduced. Marks on 12th standard final exams rose from 68% average to 85% average; about ¼ more students qualified to enter science, technology and business courses at college level, with untold potent social impact for India when widely adopted.

**Background:** Removing math phobia and stress is a challenge for teachers and educators anywhere across the globe. Many students develop stress and Math Anxiety early in life due to inefficient learning environments. Breathing patterns of growing students change under high stress and test anxiety and they become inactive during teaching and learning process. Disturbed working memory, cognitive skills and Math Anxiety affect math performance. Students develop emotional imbalances and aggression. Such imbalances may magnify during their higher education causing serious damage to their personality in general and career in particular. In such scenario any alternative strategies to reduce Math Anxiety and aggression, to improve cognitive skills and mindfulness play major roles in building a healthy personality and also in deciding a student's career by influencing their subject results.

'Vedic Mathematics' by the late Çaìkaräcärya of Puré uses patterns in school mathematics, which benefit teaching, empower students with the feeling "I can", and reducing Math Anxiety. Präëäyäma may assist emotion regulation, managing anxiety and working memory, directly benefitting cognitive faculties. Establishing the efficacy of Präëäyäma and Vedic Maths methods is the need of the present competitive education system.

**Aims and Objectives:** To evaluate the effectiveness of Vedic Maths and Yogä Präëäyäma in the management of Math Anxiety and development of cognitive skills in school children, further assessing results in terms of average exam marks, % of passes, 100% etc.

To measure the changes in Math Anxiety, cognitive flexibility, mindfulness, aggressiveness, emotion regulation, and working memory of students after the Vedic Maths and Präëäyäma practices.

To report the changes in student's Board Examination results conducted and evaluated by Pre University Board, after giving training in Vedic Maths and Präëäyäma.

## Methods

Study 1: (Pilot Study)

Participants: 40 Resident students of 8th, 9th and 10th at Sri Sai Angels School Chikkamagaluru.

Design: 3 group pre-post design. Students were randomly assigned to 3 groups: Yogä Präëäyäma (13), Vedic Maths (14) and Jogging (13). Variables were assessed before and after the seven days workshops.

Assessments: Math Anxiety (MARS-R Math Anxiety Rating Scale Revised), Working Memory (Digit Span), Self-defeating and self-enhancing cognitions associated with performance and anxiety when faced by a test (CCAQ - Children's Cognitive Assessment Questionnaire), Cognitive flexibility, Creativity, and reaction to cognitive stress (STROOP)

Studies 2 & 3: Student participants were randomly assigned to three groups, Yogä Präëäyäma, Vedic Maths and Controls. Study 2 used Präëäyäma and Vedic Maths workshops for 15 days; Study 3 used three different classes randomly assigned to three groups. Two workshops went for 15 days. Data were collected pre and post intervention. Math Anxiety, Working Memory, CCAQ, STROOP, Mindfulness, Aggression, Emotional Regulation and Reaction time were assessed.

Final exam results analysis: Performance on PU Board final exams Mathematics results of two batches were analyzed in detail and compared to those in physics and chemistry.

## Intervention:

The Yogä Präëäyäma group practiced Kapälabhäti, Sectional Breathing, Bhastrikä, Sürya Anuloma, Candra Viloma, Näòé Çuddhi and Bhrämaré over a 30 minutes time period, allowing 5 minutes time for each.

After each allotted 5 minute time period, the group was instructed to start performing the next technique. Each workshop ended with Bhrämaré Präëäyäma.

Participants of Vedic Maths group solved problems for 30 minutes each day after learning different Vedic Maths techniques using Sütras 'vertically and crosswise', 'transpose and apply', 'addition and subtraction' etc. Vedic Maths group learned skills in Speed Multiplication, Squaring and Cubing Numbers, Multiplication of Algebraic Expressions, Solving Unique Algebraic Equations, Solving Simultaneous Equations, Solving Quadratic Equations, HCF of Equations, Partial Fractions, Problems from Differential and Integral Calculus, Conics, Straight Lines, Determinants, and Binomial Expressions.

Subjects in Study 1 Control Group went for jogging during pilot study.

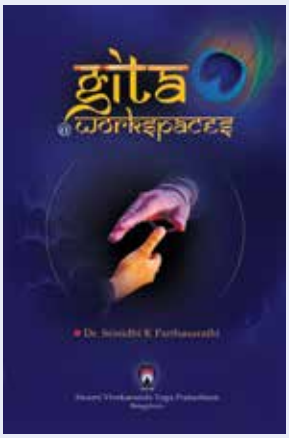
Subjects in Control Groups in Studies 2 and 3 attended their regular conventional maths classes.

## Results:

Overall findings were that reduction in Math Anxiety was highest in the Vedic Maths groups while improvement in cognitive skills was highest in Yogä Präëäyäma groups. Yogä Präëäyäma practices stimulate thinking patterns improving cognitive skills, and mental processes increasing competitive success. Vedic Maths improves pattern finding skills; they may therefore stimulate mirror neurons and endorphin release. The joy element brought by this could be the reason for reduction in Math Anxiety. More research is needed to determine relative effectiveness of Yogä Präëäyäma and Vedic Maths methods.

## Conclusions:

Yogä Präëäyäma methods are effective in enhancing cognitive skills in school students. Vedic Maths methods used along with conventional mathematics teaching is effective in reducing Math Anxiety and improving cognitive flexibility.




## New Arrival: gita@workspaces

By: **Dr. Srinidhi K Parthasarathi**

Published by: Swami Vivekananda Yoga Prakashana (SVYP), Bengaluru
Published in: Jan, 2019 | Price: ₹ 300/-

A journey towards perfection forms the very purpose of every progressive organization. This is the journey which is traversed by both Managers and Spiritual thinkers' alike. The concept of every human being possessing an infinite potential inside of him has inspired many across the world to dwell deep into seeking the understanding of human engineering in a quest to develop and age a man inside and outside him.

Workspaces across the globe have played a major role in developing individuals, teams and the society. Worldwide, workspaces have been accepted as the engine of economic growth and for promoting equitable development. Workspaces provide a platform for pursuit of our self-development process.

"Megatrends 2010" argues persuasively that spirituality applied to work is going to be the defining trend of the 21st century. Countries like Japan China Korea have conceptualized Spirituality in Management and have practiced the same in the operations of their industries. Ancient Indian Wisdom has been a storehouse of ancient management concepts. There has been an increased enquiry and scientific interest in the study of management concepts based on Ancient Wisdom in 4-5 decades. The Bhagavad Gita throws light on the fundamentals of work and decisively constructs the fundamentals of work improvement.

This book '**gita@workspaces**' exhorts the readers towards a startling journey towards exploration of a bygone philosophy with the highest vision of humanity. It offers simple and effective getaway to the organization's capacity to become change agents of the future to conduct its affairs better, by using the established 'truths', as elucidated.

The book which focuses on the application of Bhagavad Gita to workspaces has 12 chapters dealing with the application of Gita to different functions of the workspaces like Marketing, Finance, CSR, Quality Management, Learning organizations, Creative labs, Supply Chain etc. As the twelfth chapter of the Gita deals with Bhakti, application of the tenets of the Gita brought out in each chapter will aid dedication at every workspace.

**Spirituality and Workspace Management are two complex concepts and this book is a conflation of the two vast and wealthy fields.**

# Free Eye Check-up Camp in Prashanti

## Screening of Diabetic Changes in Eye for the People aged above 35 yrs

**Bengaluru, Prashanti Kutiram, Feb 7**: As a part of free medical camp, free eye check-up camp was organized by Shalakya Tantra Department of Sushruth Ayurvedic Medical College & Hospital and Arogyadhama in collaboration with BOSCH, Bangalore.

On that day the camp was started at 10 in the morning and continued up to 4 in the evening. All the staffs of Shalakya Tantra Department and the internees posted for the eye camp and awareness has been created among the inmates of Prashanti.

Totally, 194 persons were screened and in that 2 were having diabetic eye changes and 2 were having cataract changes.

Yoga Instructor's Course (YIC) – 199th Batch – Feb, 2019

Recently, Pro-Chancellor of S-VYASA, **Dr. Prahlada Ramarao** was felicitated by Telangana Academy of Sciences (TAS), Hyderabad for his Outstanding Contributions to Science and Technology

# Workshop on Scientific Writing

**Bengaluru, Prashanti Kutiram:** Two Days Workshop on 'Scientific Writing' was conducted by S-VYASA between Feb 11-12, 2019. Professor Sonal Schneider, Harvard Medical School conducted the sessions. S-VYASA faculties, Research staff and PhD scholars attended the workshop. The workshop was very informative and it helped the students and faculties.

# SMET Program for ONGC Officials

**Bengaluru, Prashanti Kutiram:** During February, 2019, SMET Program (Self-Management of Excessive Tension) conducted for the Officials of ONGC. From Feb 4 to Mar 1, Four Batches were undergone the program and totally 92 participants were there.

# Effort and Sport

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

Any activity performed for attaining happiness, enjoyment or bliss is an effort. Happily established in a state of bliss, if any activity is performed it is sport. All the activities of Sri Krishna are a divine sport or Leela. Similar activity performed by others for happiness is binding efforts.

The entire cosmos has five components, so also every individual. The first and foremost is the cosmic body (Brahmanda) or individual body (Pindanda). The former is macrocosm latter is microcosm. This body is Annamaya Kosha constituted of the five elements which are food to be consumed or to consume. In this body (Annamaya Kosha) there is energy hidden. This latent energy is the cosmic life or individual life (Pranamaya Kosha) only the Annamaya Kosha is visible and tangible. Pranamaya Kosha or life energy is not visible though it is present everywhere. Within these two sheaths is Manonmaya Kosha the cosmic mind or the individual mind. This is also latent in everywhere and every one as inertia, instinct and impulse. Like a robot the animal's plants and the inert mater work without brain or intelligence. They all follow the natural laws and act like robots. Within these three sheaths is the Vignanamaya Kosha the cosmic intellect or intelligence. This has the discriminating ability it can function independently originally, individually and decisively. Human beings are gifted with the brain or intellect to be utilized for further pursuit from the path of truth to attain or reach the core substance called Anandhamaya Kosha or blissful state.

The journey from Annamaya Kosha to Anandhamaya Kosha is an activity, which has to be cautiously and consciously to be perused cultivated in short this is Spiritual Sadhana or a deliberate effort to reach the best. Any mistake anywhere is likely to bring a downfall or disaster. The way is arduous unless it is ardently observed with tenacity of a purpose and sincerity of pursuit. When once the goal is reached or bliss is attained it is all happiness, enjoyment and sport.

Sri Krishna has been established in this absolute state of total bliss and therefore all activities performed by him are a sport. In Bagavadgita therefore the exhortation is 'Yogasthaha Kur karmani' while efforts to reach the highest are likely to be fallible, arduous and ego centric, the activities performed after the attainment of the bliss are undoubtedly, infallible easy and unselfish. The sport therefore of Sri Krishna is free from all blemish and ego. They are a divine sport.

There was a sage he was found pushing a log of wood to a top of a mountain with all difficulty. After reaching the top he would stand and just give a small push to the same log of wood, which would roll down easily freely without friction. The sage would look at it enjoying, clapping, and dancing along with a song when the log of wood rolled down. It is easy to perform every action with ease when we attain the State of Ananda or when we are absorbed in Anandamaya Kosha.

# Annual Athletic Meet - 2019

**Bengaluru, Prashanti Kutiram:** For the Students of S-VYASA, the Annual Athletic Meet was held on Feb 8 & 9. On the first day, Registrar, Dr. Srinidhi K Parthasarathi and Dean of Academics, Dr. R Chandrasekhar kick started the event.

With the aim of Holistic Development of each and every student the following Athletic Events were organized in the serene atmosphere of Prashanti. Almost 500 participants from BSc, MSc, BNYS, MBA, ITEC-YIC (for Foreigners) took part in the event.

- Running - 100, 200, 400, 800, 1200, & 1500 mtr
- Relay – 4x100 mtr
- Shot put & Discuss throw
- Games - Kho-Kho & Fut Sal
- Indoor – Chess & Table Tennis

All the events were conducted under the guidance and supervision of Physical Education Director, Mr. Kiran Kumar N S.

**Cheer-up…**
**Come on…**

तं विद्याद्दुःखसंयोगवियोगं योगसंज्ञितम्

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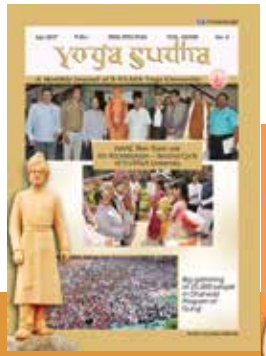


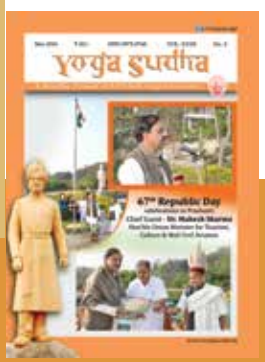


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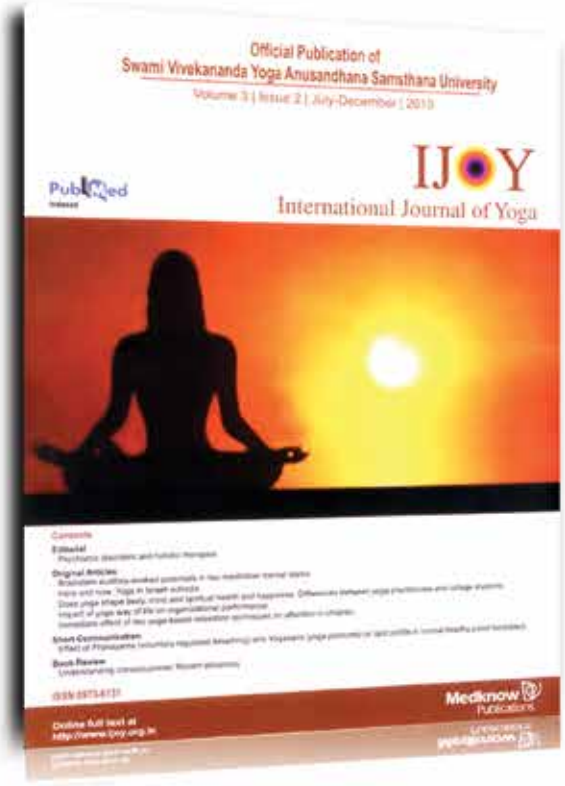


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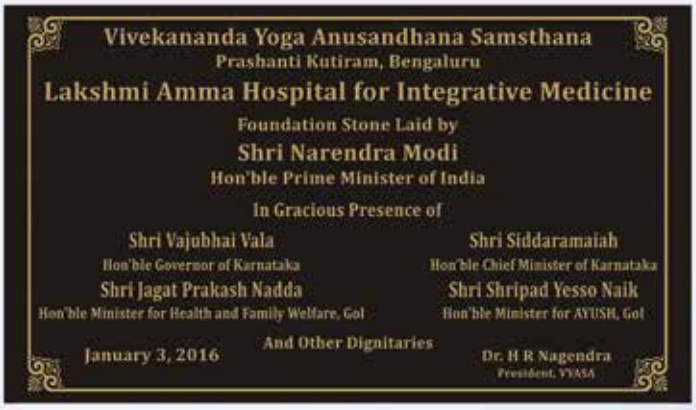

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