



GLOBAL YOGA SUMMIT 2023

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December 23rd & 24th, 2023



योग स्फ़ान्दान

souvenir - edition 2



Sri. Sri. Ravi Shankar Guru ji
Spiritual Leader, Yoga Guru
Founder, Art of Living Foundation

I am glad to learn that the Rotary Bangalore Global Yoga is once again hosting the Global Yoga Summit. This year's theme 'Mental Health' is particularly relevant to our times as a significant part of the world's population grapples with aggression and depression. A violence-free society, a disease-free body, a stress-free mind, an inhibition-free intellect, a trauma-free memory, and a sorrow-free soul is the birthright of every individual. The age-old wisdom of yoga, when harmoniously integrated with the practice of asanas, breathwork and meditation, acts as a potent elixir for promoting well-being in all dimensions of our existence. Regular interaction and sharing of knowledge is necessary to make yoga the first choice for addressing mental health issues. I am sure that the Global Yoga Summit will serve as an effective platform for it.



Prof. Dr. AV Srinivasan
Chief Functionary,
Sri Paripoorna Sanathana Charitable Trust®

Dear Chairperson, distinguished dignitaries, and esteemed delegates, I hope this message finds you in good health and high spirits. I am writing to express my heartfelt wishes and appreciation for the Global Yoga Submit 2023, which promises to provide a remarkable platform for research scientists to present their scientific papers on AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy).

The initiative you have undertaken is truly inspiring, as it demonstrates a deep commitment to the integration of the AYUSH System of Medicine into the global healthcare landscape. This innovative approach not only recognises the immense potential of traditional systems of medicine but also highlights the importance of evidence-based research in furthering their acceptance and adoption.

By providing a platform for research scientists to present their scientific papers, you are fostering an environment that encourages collaboration, knowledge sharing, and the exploration of new frontiers in AYUSH. This not only benefits the scientific community but also holds immense promise for the millions of individuals who can potentially benefit from the advancements in AYUSH treatments and therapies.

I commend your vision and dedication in organising this Global Yoga Submit, which undoubtedly serves as a catalyst for progress in the field of AYUSH. Your efforts will undoubtedly contribute to the growth and development of this ancient system of medicine, enabling it to reach new heights of recognition and acceptance worldwide.

As we embark on this collective journey, I am confident that the Global Yoga Submit 2023 will serve as a platform for groundbreaking research, insightful discussions, and the exchange of ideas that will shape the future of AYUSH. I extend my best wishes to all the participants, dignitaries, and delegates, and I eagerly look forward to witnessing the transformative outcomes that emerge from this event.

May this summit be a resounding success, and may it pave the way for a future where the benefits of the AYUSH System of Medicine are accessible to all.



Dr. Aralumallige Parthasarathi Guruji
International Scholar &
Expert Dasa Sahitya

The days of are gone when ASANAS were thought as YOGA. This is the age of Complete Comprehensive YOGA. Yoga has become GLOBAL. In India millions and millions are practicing YOGA, in America more than 38 million Americans are practicing it and many more worldwide.

Besides the obvious physical benefits, YOGA can in huge reservoir of mental benefits. Proper YOGA can release 'happy, positive, feel good chemicals in the brain'. YOGA can elevate heart-rate and make the muscle work effectively. All types of oppression, supression and depression can be eliminated and depressive disorders can be cured. Today we are in the age of stress. YOGA will reduce the stress and can increase zeal, enthusiasm and self motivation. Proper breathing can ease anxiety levels. A good YOGA exercise can keep in improving the sleep.

Proper breaking and meditation can help in improving the brain health and heart functioning. By regular practice of YOGA, one can become cool, calm and clear. YOGA gradually relaxes the mind. It helps in improving Focus, Concentration and Precision.

Body and mind are always dependent and they go together. YOGA can help in improving the through process and audits and decision making. Regular practice of YOGA makes a person physically healthy, mentally sound and alert. Such people can become most successful in life by contributing better for their family, community, country and the world. World Health Organisation has correctly defined Health as "a state of complete physical, mental and social well being and not merely the absence of disease or infirmity." Mental health brings in emotional stability and powerful positive interaction. Emotional intelligence in automatic byproduct of good YOGA system.

I am happy that GLOBAL YOGA Summit 2023 held at Palace Grounds, Bangalore-India has taken up YOGA & mental health as its main theme and I am sure the proceedings and deliberatons of the summit will benefit the world at large.

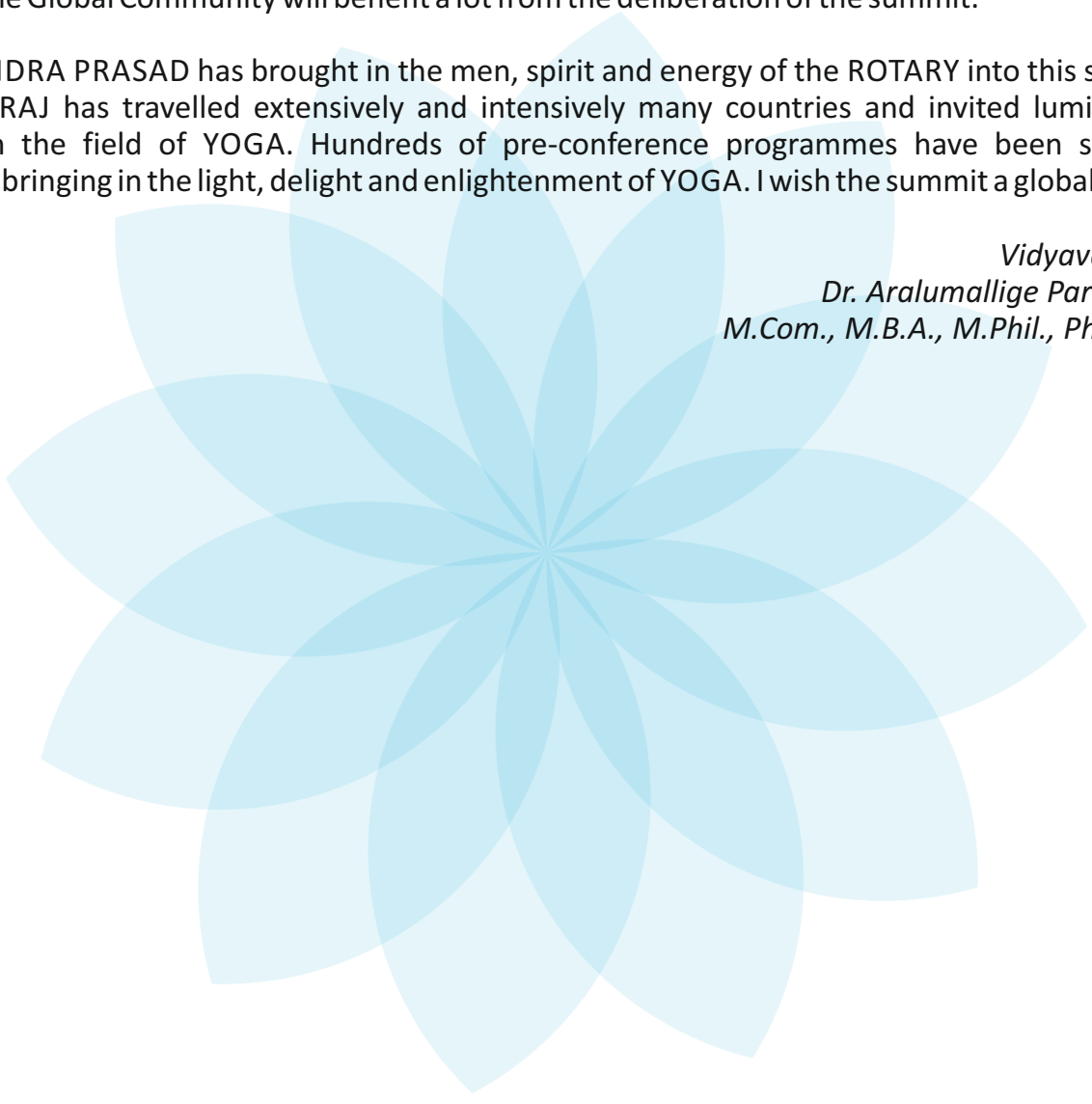
Heartfelt congratulations to Dr. NAGENDRA PRASAD and Dr. YOGI DEVRAJ for organising GLOBAL YOGA Summit-2023 at Palace Grounds on such a massive scale. Infact both of them are instrumental in attracting thousands and thousands of YOGIS, YOGA SADHAKAS, Teachers, Yoga Researchers and Yoga students, for the Summit.

The future belongs to those who are strong with stamina and stability, both mentally and physically. Sound and healthy mind is the strong foundation on which you can develop super structure of physical development.

I am happy that this summit has taken up “Yoga and Mental Health” as the conference theme and I am sure that the Global Community will benefit a lot from the deliberation of the summit.

Dr. NAGENDRA PRASAD has brought in the men, spirit and energy of the ROTARY into this summit. Dr. YOGI DEVRAJ has travelled extensively and intensively many countries and invited luminaries and scholars in the field of YOGA. Hundreds of pre-conference programmes have been successfully conducted bringing in the light, delight and enlightenment of YOGA. I wish the summit a global success.

Vidyavachaspathi
Dr. Aralumallige Parthasarathy
M.Com., M.B.A., M.Phil., Ph.D., D.LITT



FOREWORD



ಡಾ.ಆರ್. ವಾದಿರಾಜು
ಪ್ರಾಧ್ಯಾಪಕ - ಲೇಖಕ - ಸಂಘಟಕ

ಕವಿ ಮತ್ತು ಸಹೃದಯಿಕವಿ ಹೃದಯಕ್ಕೆ ಸಮಾನವಾದ ಹೃದಯವುಳ್ಳವನು ಸಹೃದಯಿ. ಕಾವ್ಯವನ್ನು ಓದುವಾಗ ಕವಿಯ ಹೃದಯದೊಂದಿಗೆ ಇವನ ಸಹೃದಯವು ಸಮಾನವಾಗಿ ಮಿಡಿಯುತ್ತದೆ. ಸಹೃದಯಿ ಕವಿಯ ಇಂಗಿತ. ಆಶಯಗಳನ್ನು ಸಹಾನುಭೂತಿಯಿಂದ ಅರಿತು ಕವಿಯ ಅನುಭವಗಳಿಗೆ ಸಕಾರಾತ್ಮಕವಾಗಿ ಸ್ಪಂದಿಸುತ್ತಾನೆ. ಪ್ರತಿಭಾ ಶಾಲಿಯಾದ ಕವಿಯಿಂದ ಸೃಷ್ಟಿಸಲ್ಪಟ್ಟ ಕಾವ್ಯವ್ಯಕ್ತ ಫಲ ನೀಡುವುದು ಸಹೃದಯಿ ಯಿಂದಲೇ, ಸಹೃದಯಿ ಯಲ್ಲಿಯೇ. ಯಾವುದೇ ಕವಿಯ ಕಾವ್ಯ ಸೃಷ್ಟಿಗೆ ಸಾರ್ಥಕತೆ ಸಿಗುವುದು ಓದುಗನು ಅದನ್ನು ಓದಿ ಮೆಚ್ಚಿ ಭಾವಪರವಶನಾದಾಗ ಮಾತ್ರ.

ಕವಿಯೊಬ್ಬನ ಕಾವ್ಯ ಪ್ರವರ್ಧಮಾನಕ್ಕೆ ಬರಲು ಕಾರಣರಾದವರು ಓದುಗರು. ಓದುಗರ ನಾಡಿ ಮಿಡಿತವನ್ನು ಅರಿತವನು ಮಾತ್ರ ಯಶಸ್ವಿ ಕವಿಯಾಗಲು ಸಾಧ್ಯ. ಆದ್ದರಿಂದ ಕವಿ ಮತ್ತು ಸಹೃದಯರನ್ನು ನಮ್ಮ ಯೋಗ ಯೂನಿವರ್ಸಿಟಿ ಆಫ್ ದಿ ಅಮೇರಿಕಾಸ್ ನ ಕನ್ನಡ ವಿಭಾಗದ ಸಾಹಿತ್ಯ ಸಂಭ್ರಮದ ವತಿಯಿಂದ ಡಿಸೆಂಬರ್ 24 ಭಾನುವಾರ 2023 ರಂದು ಕವಿ ಮತ್ತು ಸಹೃದಯಿ ಎಂಬ ಅಂತರರಾಷ್ಟ್ರೀಯ ಕಾವ್ಯ ಸಂಭ್ರಮವನ್ನು ಬೆಂಗಳೂರಿನ ಅರಮನೆ ಮೈದಾನದಲ್ಲಿ ಹಮ್ಮಿಕೊಂಡಿದೆ. ಈ ಕಾವ್ಯ ಸಂಭ್ರಮವನ್ನು ಖ್ಯಾತ ಸಾಹಿತಿಗಳಾದ ಡಾ. ಸುರೇಶ್ ಪಾಟೀಲರು ಉದ್ಘಾಟಿಸಲಿದ್ದಾರೆ. ಲೇಖಕ ಡಾ. ಆರ್. ವಾದಿರಾಜು ಅವರು ಆಶಯ ಮಾತುಗಳನ್ನು ಆಡಲಿದ್ದಾರೆ. ಜೊತೆಗೆ ಈ ಕಾವ್ಯ ಸಂಭ್ರಮದಲ್ಲಿ ಉದಯೋನ್ಮುಖ ಕವಿಗಳಿಂದ ಪ್ರೌಢ ಕವಿಗಳ ವರೆಗೆ ಎಲ್ಲರನ್ನೂ ಒಳಗೊಳ್ಳುವ ಹಾಗೆ ವ್ಯವಸ್ಥೆ ಗೊಳಿಸಿದ್ದೇವೆ. ವಿಭಿನ್ನ ಅಭಿರುಚಿ ಮತ್ತು ಚಿಂತನ ಮನೋಭಾವದ ಕವಿ ಕವಯತ್ರಿಯರನ್ನು ಸ್ವಾಗತಿಸುತ್ತೇವೆ.

ಬೆಂಗಳೂರಿನಿಂದ ಅಲ್ಲದೆ ಬೇರೆ ಬೇರೆ ರಾಜ್ಯ ಮತ್ತು ದೇಶಗಳಿಂದ ಕಾವ್ಯ ಸಂಭ್ರಮದಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳಲು ಕವಿ ಮತ್ತು ಸಹೃದಯರು ಆಗಮಿಸುತ್ತಿದ್ದಾರೆ. ಈ ವಿಶೇಷ ವಿಶಿಷ್ಟ ವಿಭಿನ್ನ ಕಾವ್ಯ ಸಂಭ್ರಮವನ್ನು ಸೊಗಸಾಗಿ ನಡೆಸಲು ಉದ್ದೇಶಿಸಲಾಗಿದೆ.



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Nurturing Psychological Well-being: A Comprehensive Approach to Mental Health

Introduction

Mental health cannot be separated from physical health. They both are equally important for a person. Our society needs to change its perception of mental illness or disorder. People have to remove the stigma attached to this illness and educate themselves about it. Mental well-being is a pivotal aspect of our overall health, influencing thoughts, emotions, and behaviors. Unfortunately, societal stigma often obstructs open conversations and proactive measures concerning mental health. This article aims to underscore the importance of mental health, exploring its diverse facets, and advocating for a holistic approach to nurturing mental wellness.

Understanding Mental Health

Mental health encompasses emotional, psychological, and social well-being, shaping how individuals cope with stress, relate to others, and make decisions. Recognizing mental health as an integral part of daily life is the initial step toward constructing a resilient and thriving society.

Overcoming Stigma

A substantial hurdle to addressing mental health concerns is the lingering stigma tied to mental illnesses. People frequently refrain from seeking help due to apprehension of judgment or discrimination. Establishing a culture that promotes open conversations about mental health is crucial. Educational endeavors and awareness campaigns play a pivotal role in dispelling misconceptions and eradicating the stigma surrounding mental health.

Impact of Lifestyle Choices

Lifestyle choices play a crucial role in mental health, with adequate sleep, regular physical activity, and a balanced diet contributing to overall well-being. Forming healthy habits can enhance resilience to stress and elevate mood. Additionally, restricting the use of substances like alcohol and recreational drugs, which can adversely affect mental health, is imperative.

Role of Social Connections

Human connections are fundamental to mental health, with strong social support acting as a protective factor against mental health challenges. Conversely, loneliness and social isolation can be risk factors for various mental health conditions. Cultivating meaningful relationships,

both online and offline, is vital for fostering a sense of belonging and emotional well-being.

Mindfulness and Self-Care Practices

In the pursuit of mental wellness, integrating mindfulness and self-care practices can be transformative. Techniques such as meditation, deep-breathing exercises, and journaling assist individuals in managing stress and enhancing self-awareness. Self-care involves intentional actions to prioritize mental and emotional health, whether through leisure activities, hobbies, or seeking professional support when necessary.

Balancing Work and Personal Life

Achieving a healthy work-life balance is crucial for mental well-being, as chronic work-related stress can contribute to mental health issues. Individuals should strive to set boundaries, take breaks, and prioritize leisure activities to avoid burnout and maintain a positive mental state.

Cultivating Resilience

Resilience, the ability to bounce back from adversity, plays a pivotal role in mental health. Cultivating resilience involves developing coping mechanisms, adapting to change, and learning from setbacks. Building resilience empowers individuals to navigate life's challenges with a positive mindset.

Holistic Nutrition and Mental Health

Nutrition impacts not only physical health but also mental well-being. Consuming a balanced diet rich in essential nutrients can positively influence mood and cognitive function, underscoring the importance of exploring the connection between nutrition and mental health in a comprehensive well-being approach.

Promoting Mental Health in the Workplace

Employers can significantly contribute to mental health by fostering supportive workplace environments. Initiatives such as employee assistance programs, mental health days, open communication channels, and flexible work arrangements create a culture that values mental well-being.

Artistic and Creative Outlets

Engaging in artistic and creative pursuits provides a therapeutic outlet for expressing emotions and fostering a sense of accomplishment. Activities such as painting, writing, or playing a musical instrument contribute positively to mental health.

Environmental Connection

Connecting with nature has shown positive effects on mental well-being. Spending time outdoors, practicing ecotherapy, or having indoor plants can promote a sense of calm and reduce stress.

Conclusion

Prioritizing mental health is an investment in overall well-being and the well-being of society. By dispelling stigma, adopting healthy lifestyles, fostering social connections, incorporating mindfulness practices, maintaining a work-life balance, cultivating resilience, paying attention to nutrition, promoting mental health in the workplace, engaging in artistic pursuits, and connecting with the environment, we can create a culture that values and supports mental health. It is essential to recognize that mental health is not a luxury but a fundamental aspect of a fulfilling and meaningful life. Together, let us create an environment that ensures everyone has the opportunity to thrive mentally and emotionally.

Raju Adhikari

Emotional Well-Being Institute (EWBI),
Geneva

The Post-IQ Humanity: Intelligence, Emotions and Human Well-being

Ever since the development of IQ tests in the early 20th century, modern humanity has been heavily obsessed with our mental performance, particularly our academic, mathematical, and linguistic prowess. Now, scientific studies have revealed that there are separate parts of our brain, one that governs our intelligence and the other our emotions and that both are important for our well-being. Consequently, the fields of emotional intelligence and emotional well-being are receiving significant attention. In other words, feeling good and doing good are as important as thinking sharply and knowing quickly. This partly validates the ancient Vedic concept of mind (अन्तःकरण) as being composed of Mana (मन, emotional), Buddhi (बुद्धि, intellectual), Chitta (चित्त, heart-mind or emotional intelligence), Ahamkara (अहंकार, I-making or ego), and Smriti (स्मृति, memory). This line of thinking looks at both intelligence and emotions in a holistic manner. However, the modern-day economy and lifestyles are exhausting us emotionally, and the consequences have been that mental health problems are on the rise, and emotional well-being has been an urgent public and occupational health concern to the world. In such a context and realizing that emotional well-being is the basis of happiness, fulfillment, motivation, productivity, effectiveness, efficiency, resiliency, and self-direction, a first-of-its-kind global institute named the Emotional Well-Being Institute (EWBI) has been established in Geneva. This institute is working with consortium partner institutions and countries to advance research and academics aimed towards flourishing emotional intelligence, health, and well-being. This presentation will share the vision, mission, and objectives of the institution and concept of Spiritual Yoga and Meditation hub and the strategic significance of this collaboration in advancing the emotional well-being of individuals, groups, communities, and nations for positive engagements towards building flourishing societies. Being the land of yoga, meditation, and Vedas, South Asia is considered a major region to make scientific and scholarly contributions in the domains of emotional intelligence, health, and well-being.



Dr. M.K. Nagaraja Rao
International Yoga Acharya
Chairman Academic Council YUVA

On Mouna -The Silence.

It is well said that 'a fool is known by his speech and a wise man by silence'. Perhaps you are exhausting your most energy during your conversation with others. A conversation may be so inevitable that you feel it is essential. So begins the dialogue that consumes your time and energy. But you can conserve your most energy just by being an observer of events around you and not taking part in an unwanted conversation. Take care of your speech as you take care of your health and never be in a hurry to respond. Observe the talk of others calmly by keeping aside all your pre conceived ideas. It enables you to be more rational and logical in responding to their talk. It provides you a great strength to react aptly in the conversation with others. Silence is the best state where the mind relaxes and provides an opportunity for the individual to think calmly. It serves as a most effective tool to attain a strong will.

Mouna:

Mouna means silence. It is all about silencing of the mind. Yoga philosophy describes silence as one of best practices to keep the mind and body in a state of harmony. It acts as a motivator for all activities of the body and the mind as well. Indeed it influences all the activities and even the restful state of the mind. It can control a turbulent mind and enhance the state of quietness of it. Silence conveys more ideas, than a speech could do. It never leads to a confrontation, rather controls it and enhances the placidity. Practice silence for at least few minutes a day it brings you a lot of tranquility for the whole day. If you practice silence for few hours it enables you to be much stronger in managing your emotions, like anger, grief etc.

Aspirants of yoga should know about the significance of silence. Sage Patanjali and many other sages have advised to have the practice of silence as a part of healthy lifestyle. Of course practice of silence is not a total absence of speech, and it indicates a meaningful speech as the situation needs. Vyasa in his commentary to the yoga sutra of Patanjali tells us about the needs and benefits of silence for a yoga aspirant. He speaks about two types of silence that helps the yoga aspirant to succeed in attaining the state of Samadhi. One is akaramouna the other one is kashamouna.

Silence and interactions: silence in yoga is not about the absence of speech but it is all about the absence of interactions. The interactions create a lot of upsets and leads to a struggle to reset it. The silence keeps you away from interactions and enables you to act befittingly with

the prevailing situation. So please keep yourself away from ever noisy situations and interactions to it.

Akaramouna:

This is the first type of practice of silence wherein the act of speaking is brought to a halt. But there could be a few interactions through gestures or with a staring at others, through which you are trying to express the thoughts and emotions.

Kashamouna:

This is all about total silence, even avoidance of any interaction or reaction. Interactions and reactions happen during sense perception. When you look at an object or when you hear a sound or when you taste or smell or touch – all these lead to interactions and reactions. It is suggested to be like a log of wood that never reacts for any stimulus, you cut it with a saw or drive a nail to it, shows no reaction. In the same way maintain total silence whatever be the stimulus from outside never react for it. When you are practicing yogasana maintain an internal silence, stop reacting with your thoughts with a complete orientation on the movement and the postures, it is the time of silence not speaking with the outer world rather a pleasant observation of the inner self.

Benefits of silence:

Research says that there are numerous health benefits from silence. It has its impact on the body and the mind as well. Basically it encourages your mindfulness and stimulates creativity. It helps in improving focus and concentration and helps in promotion of self-awareness. All the more it helps in controlling of racing thoughts. Silence stimulates endocrine glands and it creates impact on metabolic activities. It is learnt that the blood pressure is comfortably lowered during silence, reduces the cortisol, and stimulates growth of brain cells.

Learn, Practice alternate nostril breathing i.e., nadishodhana pranayama. This helps in calming, controlling your thoughts. You are silent when you are alone but from inside there is a conversation going on, it is created and even interrupted by your own emotions. Stop that unwanted conversations with self.



Shri Rajendra Damodara Yenkanamoole
 Founder Vasudeva Kriya Yoga
 Australia, India, USA

Realise your full potential through Divinity in Yoga

Abstract: The application of yoga extends beyond the physical and mental levels. All great achievers are referred to as 'yogis' because they manage to transcend the limitations of the body and mind. The divinity in yoga aims to overcome our physical and mental limitations, realizing our full potential by connecting to the Universal Light that resides in the hearts of all.

If a river, without reaching the ocean, dries up halfway through or merges into a pond, its journey is wasted. Similarly, if humans settle for ordinary things without realizing their full potential, their lives are wasted.

Yoga is divine, and divinity is an integral part of yoga. Yoga means to connect to the higher possibilities in life. A ladder is given to all of us to connect to higher possibilities in life. The bottom rung of the ladder is the physical body with senses. Higher than this is when there is good coordination between the senses and the mind. Higher than this is when the mind comes under the sway of our intellect. Higher than that is God. Yogacharya beautifully talks about our pancha kosha in Bhagavad Geeta:

इन्द्रियाणि पराण्याहुरिन्द्रियेभ्यः परं मनः । मनसस्तु परा बुद्धिर्यो बुद्धेः परतस्तु सः - BG 3.42

indriyāṇi parāṇyāhur indriyebhyaḥ param manaḥ manasas tu parā buddhir yo buddheḥ paratas tu saḥ 3.42
The senses are superior to the gross body, and superior to the senses is the mind. Beyond the mind is the intellect, and even beyond the intellect is the soul.

Yoga is a wish-fulfilling cow and a tool for realizing our potential. People approach yoga as physical exercise to improve flexibility or tone the body. Some approach yoga for overcoming physiological conditions. Some approach yoga for addressing psychological issues. Some approach yoga for relaxation and clarity in thinking. Yet, a rare few approach yoga to realize the source of the Universe – God realization.

If we approach yoga only as physical exercise, we get benefits only at the physical level. If we approach yoga for mental health, we get benefits on both physical and mental levels. If we approach yoga as enriching the intellect, one benefits at the intellectual, mental, and physical levels. However, if we approach yoga for God's realization, we get benefits in layers of our personality. All other benefits are by-products of yoga, and the main product is establishing our connection with the Soul of the Universe that resides in every heart. Like when it is flooded, all lakes, ponds, and wells are inundated with floodwater. One who approaches yoga to get the main product gets benefits in all other aspects of their life. Bhagavan Shri Krishna says this:

आपूर्यमाणमचलप्रतिष्ठं समुद्रमापः प्रविशन्ति यद्वत् । तद्वत्कामा यं प्रविशन्ति सर्वे स शान्तिमाप्नोति न कामकामी ॥ 2.70'

apuryamanam achala-pratishtham samudram apah pravishanti yadvat tadvat kama yam pravishanti sarve sa shantim apnoti na kama-kami 2.70

Just as the ocean remains undisturbed by the incessant flow of waters from rivers merging into it, likewise the yogi who is unmoved despite the flow all around him attains peace, and not the person who strives to satisfy desires.

We are not here to get settled for ordinary things in life but for the best. The best in us comes out when our goals in life are great. Like the majority, if our goals in life are ordinary, we also become ordinary. Working like a bonded laborer, reading the scriptures without the urge to know the inner meaning, or contemplating ordinary things in life are far inferior to what a yogi can achieve in one life's time. Bhagavan Shri Krishna urges all to be different to make a difference in and around us by becoming a yogi.

तपस्विभ्योऽधिकोयोगी ज्ञानिभ्योऽपिमतोऽधिकः कर्मिभ्यश्चाधिकोयोगी तस्माद्योगी भवार्जुना । 46

tapasvibhyo 'dhiko yogi jñānibhyo 'pi mato 'dhikah karmibhyaś chādiko yogi tasmād yogi bhavārjuna 2.46

A yogi is superior to the tapasvī, superior to the jñānī, and even superior to the karmī. Therefore, O Arjun, strive to be a yogi. Set the goal on the highest, not get settled for by-products in life, and be intensely energetic to pierce through all obstacles and to realize your journey. The Kathopanishad talks about the aim of yoga:

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत । कश्चुरस्य धारा निशिता दुरत्यया दुर्ग पथस्तत्कवयो वदन्ति

uttiṣṭhata jāgrata prāpya varānnibodhata | kśurasya dhārā niśitā duratyayā durgam pathastatkavayo vadanti 1.3.14

Arise, awake; having reached the great, learn; the edge of a razor is sharp and impassable; that path, the intelligent say, is hard to go by



Yogini Wendy Manders
Yoga Teacher, shala Yoga
Sucasa / Practitioner,
Netherlands

Yoga and interpersonal relationships Sattvic mind

A sattvic mind is a prerequisite for healthy positive interpersonal relationships. At the same time is having a pleasant luminous mind the result of Patanjali's guidance in how to behave with other people in such a way that it is not accumulating thoughts.

Points of interest

From my experience, being a teacher of Yoga in the Netherlands, there are a few main points of interest in understanding the role of Yoga in the establishment and continuation of interpersonal relationships, leading to pleasantness of mind and a happy life.

- There is a big variety of reasons for people to commence with yoga. We will explore the reasons for doing yoga and the importance of Abhyasa (practice) and Vairagya (non-attachment) on achieving the benefits or aim of Yoga.
- We are social human beings, living in a society with a need to connect with, and communicate and interact with others. People thrive on having sufficient and qualitative interpersonal relationships. Some main reasons to continue the practice of Yoga are: being part of a community, engagement in social interaction, receiving personal guidance from a teacher.
- Yoga is a practice for the mind, to establish a mind that is calm, sattvic, pleasant. Different practices of Yoga will help reaching this state of mind (Yogas Citta vritti nirodhah 1:2 PYS) and with practice, understanding grows that Yoga leads to introspection and reflection.
- Because of Svadyaya (study of scriptures and Self) we learn about ourselves and how to interact with others.
- We all have the power to behave in such a way that it will be of benefit for the whole society. Our attitude towards others will influence the mind of the other as well as our own mind. We alone are responsible for our own behaviour. We cannot blame it on the other person. We have a responsibility to take care of ourselves. We can help ourselves and others by staying active and be in connection with people around us. If we can approach the other with a calm and undisturbed mind, we can get along with all.
- 1:33 PYS Maitri karuna mudita upekshanam sukha dukha punya apunya vishayanam bhavanatah citta prasadnam (1:33 PYS) We are showing our strength and self-confidence when our approach towards the happy person is friendly, the unhappy person is with compassion and the virtuous person is with delight. And with the wicked person we can be indifferent.

Yoga for a pleasant mind and a happy life.

Practicing Yoga is not merely for a healthy body, it is an approach for a healthy mind. No matter what was the reason for starting a yoga practice, looking back on your Yoga journey will bring the understanding that you don't need to look for a reason to be happy. Happiness is already here. With Yoga, valuable relationships are build, a strong stable body and a calm sattvic state of mind as a result of Abhyasa and Vairagya are established. One aim of Yoga is reached, to have a pleasant state of mind and living a healthy social life.



Sri. K K Subramani
 Founder, Cauvery
 Kanya Gurukulam

Yoga for Mind

Yoga deals more with the mind than with the body. Vasista defines yoga as a method to calm down the mind. Yogaha manaha prashamana upaya. Shri Krishna defines yoga as equanimity of mind. Yogaha samatva utchayate. Patanjali defines yoga as the control of the mind. Yogaha chitta vritti nirodhah. Almost all the available definitions deal more with the mind than with the body. Even the great ashtanga yoga lays stress on the treatment of mind. Except one word, asana all other words or limbs of ashtanga yoga lay stress on the psychic treatment or psychological treatment.

Patanjali's eight limbs of yoga start with Yama. In Yama, all the five sublimbs are directly connected with the mind. The very first one speaks of Satya or Truth. The second is Ahimsa or nonviolence in which mentally too one should not injure others. Aparigraha is not to accept anything from anyone. Astheya is ownership of nothing. The rishi advocates trusteeship but not ownership. Finally it is Bhramacharya which is, "the mind being established in Bhraman". Nowhere does Patanjali speak of physical exercises. However, good diet and good exercises contribute to the healthy wellbeing of the mind. Laying more stress on the body without the mental wellbeing may not serve the purpose.

In Niyama, we have five sublimbs. They are Sowcha which is more purity of mind than the purity of the body. Santosha is hundred percent mental and that is contentment. Third is Svadyaya which is self-study highlighting "who am I?" and the consequent self enquiry. This has nothing to do with the body. Tapasya and Ishwara pranidhana or two hundred percent concentration of the mind and surrender at the feet of the Almighty.

Asana is more settling down of mind than any particular posture of the body. In Pranayama, we regulate the breath. Pratyahara and Dharana are a pair, highlighting "eliminating the unwanted and assimilating the required". All these steps or limbs contribute to Dharana which is absorption in meditation. Finally, the seven steps, so far described, lead to mental peace or trance state of mind or Samadhi. Where, are the bodily asanas highlighted?.

There are several ways developed by the recent researchers to moderate the mind, calm down the mind, cool down the mind and transcend the mind for bhramanandha.



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Achieve Mental Wellness - Regulate Your Thoughts

ABSTRACT

Our day-to-day functions and activities are executed jointly by three bodies: Physical, subtle and spiritual. One of the chief components of the subtle body is the Mind. Our health is influenced significantly by the state of our mind. It contributes to our behavior and personality and achieving our goal. We need to make conscious effort daily to keep our mind healthy. Mind comprises of thoughts pertaining to feelings, emotions, likes, dislikes, desires. Selected thoughts facilitate varied actions through physical body and it further builds new thoughts like a loop. As per a new study, thousands of thoughts cross our mind through the day, where an average person has 6200 thoughts per day. Scientific studies confirm the role of mind in sculpting our brain and subsequently it influences our perception of the world for better or worse. In response to the thoughts that run through our mind, our body is physically reacting and changing.

SUMMARY

We will examine the link between thoughts and Mental Wellness as per scientific study. Also, we will adopt the practices and techniques stated below so that we can achieve the objective.

- A live example of thought formation in one's mind.
- Pictorial Depiction of thoughts: Here illustrative visuals will be shown and participants will have to identify the thoughts based on facial expressions. Practice session on awareness of one's thoughts with reference to the visuals above and its impact on one's mind.
- Examining thoughts in your control and outside your control.
- Reflection on one of your past thoughts and its impact on present: Here we shall focus on Identification of triggers, the need for Mental Cleaning Process and regulation of your thoughts.
- Focusing on thoughts in your control: Here few examples will be taken such as Inward focus for nurturing intentional action, goal and purposeful living; Emotional Wellbeing; Self-examination and learning from actions/responses.
- Thought Regulation Exercise: A real time lesson will be shared from ancient wisdom. This will be followed by practice technique based on the Chariot Model explained in our Indian Knowledge system. There will be a short-guided practice session based on this tool and thereafter Reflections of the practice.

CONCLUSION

Mind management is essentially thought management or thought regulation in order to put life-sustaining positive thoughts into practice. You have to keep focusing on your Goal path and Holistic growth. To start changing your thoughts, you need to be aware of the triggers of your thoughts. You have to also observe the patterns of thoughts that you have in response to those triggers. Here, there is a need to adopt a Mental cleaning routine. Hence, you have to use appropriate meditational tools and techniques to stay grounded in order to achieve Mental Wellness.



Smt. Prema Nagesh
Founder & Director,
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Pranayama - The Art of Right Breathing

PRANAYAMA comprises two integral components: Prana, representing "energy," and Ayama, embodying concepts of stretch, extension, expansion, regulation, restraint, and control. It's crucial to recognize that Prāṇ, is often misconstrued as mere breath. Instead, Prāṇ is a subtle life force energy that pervades the breath and varieties of animate and inanimate objects.

The Fourth Limb Of Ashtanga Yoga Of Maharishi Patanjali

Pranayama is the fourth limb of Ashtanga Yoga according to Maharishi Patanjali. After practicing Asanas, the control of inhalation and exhalation comes into play. It's important to note that breath isn't exactly Prana, but Prana influences the breath's movement in specific body parts, like the lungs and heart.

In the Bhagavad Gita, yogis use breath control to calm the senses and concentrate the mind, offering the controlled breath to the Supreme Lord. Ultimately, Pranayama guides towards the union of the individual soul (Jivatma) with the Supreme Soul (Parmatma).

Breath As An Involuntary Activity

Breathing is usually involuntary activity which is an extremely useful feature of our bodies that gives us the luxury to concentrate on other things while breathing. We also have the ability to take control of our breathing, which ancient texts refer to as Pranayama or Kumbhak.

The focus of texts such as Patanjali Yoga Sutras, Bhagwadgita, and Hatha Yoga is on breath—the subtle force that governs our inhalations and exhalations. Sages of the ancient times have proposed that by consciously controlling our breath, we can access hidden energy within ourselves.

Pranayama acts as a bridge between the two- Body & Mind. It brings order to the complexities of body and mind.

Benefits Of Voluntary Breathing

- The art of Right Breathing is an essential need in modern times. Stress and lifestyle disorders affect the autopilot system of the human mechanism
- Modern-day diseases are due to lifestyle disorders and affect the involuntary mechanism of the body. Pranayama is a way of harnessing that life force energy.
- First benefits at the physical level: Understanding the concept of the union of the body, mind and breath is significant.

- Higher benefits at spiritual level: युज्यते अनेन इति योगः (Yujyate Anena iti yogah). Yoga is a tool to connect the self with the supreme using the lower instruments of body, mind, and breath.

Breathing Awareness & Correction

- Sway with the Swaras: To conquer stress symptoms, grasp the rhythm of your breath. It's like deciphering a secret code that your brain understands, much like a computer with its binary language.
- De-stress Cheat Code: In moments of stress, outsmart your brain by using the Right Breath. Think of it as a cheat code to reboot and unwind.
- Decode Emotional Upheaval: When negative emotions like anger or irritation stir up, your breath pattern might go haywire—arrhythmic, short, or stuck in the chest. Identify this signpost of stress within.
- Switch to Deep Breaths: Once you spot stress, don't search for it outside. Instead, switch your breathing style to deep or abdominal breathing. It's like giving your brain a signal to relax.
- Change Your Response: Stressful situations may linger, but you have the power to alter your response. You might not change the world, but tweaking your outlook can make all the difference.

CONCLUSION: HYP 2/15 says the way a lion, tiger or elephant is trained and tamed, gradually master the pranayama through controlled practice

In Hathayoga Pradeepika swami Swatmarama says

पराणायामेन युक्तेन सर्व-रोग-कष्टयो भवेत् ।
अयुक्ताभ्यास-योगेन सर्व-रोग-समुद्गमः ॥ १६ ॥

By systematic and diligent practice, all diseases are eradicated, and improper practice will lead to all ailments. The body of man is a chariot, the sense organs its horses, the mind the charioteer and prāṇāyāma the whip. (Chapter 373, Agni Purāṇa).

"Pranayama is to yoga as the heart is to the human body."
– BKS Iyengar



Yogini Kaliji (Kali Ray)
renowned yogini, founder of TriYoga®
USA

Mudra / Lalita Sahasranama Article Mystical World of Yoga Mudrās

Mudrā has two meanings: a gesture to impart bliss and a sign, symbol or seal. Mudrās are powerful tools that can be utilized to enhance the practice of yoga and meditation. They facilitate the flow of energy within the body and can serve as conduits for healing energy. Mudrās flow from inside out, guided by prāṇa, or they can be practiced to awaken prāṇa flow. Open your hands to the wonders of the universe with mudrā flow. Allow the hands to connect you with the divine.

The usage of mudrā includes:

Yoga: to direct energy, Dance: to express emotion, Ritual: to perform ceremonies

There are different types of mudrā:

Body: yoga mudra, Eye: netra mudra, Hand: hasta mudra, Locks: tribandhas

Yoga, a holistic practice that unites the mind, body and spirit, offers a wide range of techniques to enhance our overall well-being. Among these techniques, yoga mudrās hold a special place. The word mudrā is derived from the Sanskrit language and can be translated as "seal," "mark," or "gesture." Yoga mudrās are incorporated with yogāsana and prāṇāyāma to increase and direct the flow of prāṇa (life energy) throughout the body while deepening the meditative and spiritual experience. Whether you are seeking to calm the mind, increase prāṇa or support healing, the mudrās offer a variety to suit your needs.

A glimpse into the mystical mudrās of Lalita Tripura Sundarī: Devī mudrās, associated with Śrī Lalita in ancient texts, are believed to encompass at least 1000 hasta mudrās. However, many of these intricate hand and finger gestures have gradually been lost over time. While texts have described some of these mystical gestures, the absence of visual references makes it challenging for most individuals to replicate them accurately. However, those rare yoginīs who possess a deep understanding can tap into the spontaneous wisdom of mudrās from within. These ancient texts and hymns offer glimpses into the sacred and mystical world of Lalita and Her divine expressions. Understanding the significance of these mudrās and narratives will deepen our connection with the Mother Goddess, blessing our spiritual journey.

Chapter 42 opens with the expression of the mudrās observed in the practice of śrīvidyā sādhanā:

Agastya inquired:

Hayagrīva, elucidate the various hand gestures that fill Śrīdevī with delight. ||1||

The revered yonimudrā is initially delineated in verses 17-18:

Hayagrīva explained:

The middle fingers are bent and placed atop the index fingers, while the small fingers are positioned in the middle of the ring fingers. All the fingers are then joined together and pressed by the thumbs. This initial mudrā is known as yonimudrā. ||17-18||

O celestial sage, these mudrās bring delight to Śrīdevī and should be employed in the appropriate sequence during worship. ||19||

It is believed that for each of the 1000 names, there exists an associated hasta mudrā. When chanting Lalita Sahasranāma, the hands are suggested to be positioned in one of the following mudrās: jñāna, añjali, or preferably, yoni.

The regular recitation of Lalita Sahasranāma enhances the benefits of chanting due to the profound vibrations inherent in this rhythmic Sanskrit melody of mantras. The benefits include:

- Develops a deep connection with the Divine Feminine, Lalita Tripura Sundarī.
- Elevates consciousness to a higher frequency, fostering spiritual growth.
- Enhances focus and strengthens memory through meditative repetition.
- Increases sattvic energy, fostering a sense of Devī Mātā in the heart.
- Chanting together inspires a sense of community support and unity.
- Positive transformation as one strives to manifest a dharmic life.
- Facilitates a one-pointed state for dhyāna (meditation) practice.
- The sacred names provide protection from unwanted thoughts.
- Purifies the mind and awakening the buddhi, the higher intellect.
- Creates a positive and harmonious energy in the environment.
- Serves as the gateway to receive divine grace and blessings.
- Deepens devotion and surrender to the Divine Mother, Devī.



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Effects of Yoga and Meditation on Physical and Emotional Health

ABSTRACT:

Constant practice of Yoga and meditation balances the excitatory hormones and inhibitory hormones which in turn protect the practitioners from Non-Communicable diseases such as Blood Pressure, Diabetes, Cholesterol, etc. Emotional health facilitates the practitioners to keep their health intact.

SUMMARY AND FINDINGS:

Emotions are the base of human life. Human life is impossible without emotions. In fact, it is the emotions that is life. Brains and other hormones are the source of emotions. Emotions may be the source of many Non-Communicable diseases. Emotions may be positive or negative, intelligent or idiotic, pleasure or pain, animosity or friendship, likes or dislikes, pleasant or unpleasant, happiness or unhappiness in nature. The nature of emotions cause many diseases. For example,

Extreme HAPPINESS, ANXIETY AND TENSION will damage heart and lungs

FEAR will damage kidney and urinary bladder

ANGER, ANIMOSITY AND HOSTILITY will damage liver and glad bladder and

WORRIES AND SADDNESS will damage stomach and spleen

Our actions and its results and reactions to the actions of others cause emotions in man and women. The emotions are unavoidable and they are responsible for our ill health. Therefore, it is pertinent to control and balance our emotions (technically balancing excitatory and inhibitory hormones and balancing serotonin and melatonin) with the help of certain yoga asanas and meditation that will help the practitioners to do away from the Non-Communicable diseases. The yoga interventions such as padmasana, vajrasana, bhujangasana, halasana, salabasana, koormasana, sarvangasana, arms, hip and legs rotations, neck rotations and a few meditation techniques such as Thought therapy, simple 20 minutes silent meditation, mindfulness meditation will balance those hormones and thus keep our body and mind healthy. Especially, we can watch our breath while we are in 20 minutes silent meditation. We also practice meditation 24 hours by thinking what we do and doing what we think and just concentrating or witnessing what is happening at present not thinking about the future or the past.

CONCLUSION:

Constant practice of yoga and meditation will increase the secretion level of certain hormones such as GABA, Glutamate, Serotonin, Melatonin, oxytocin and integrate our brain functions efficiently in order to keep our mental, physical wellbeing intact and prevent us from Alzheimer's, Parkinson's and Huntington's Diseases.



Dr. Ashley James Deans, Ph.D.
Executive Vice-President,
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Consciousness - Based Education

Bringing the state of Yoga — the complete settling of the mind — for full integration of mind and body, the basis of permanent world peace.

The most widely researched means to gain the state of Yoga — the complete settling of the mind — is the simple, natural technique of Transcendental Meditation and its advanced programs, founded by Maharishi Mahesh Yogi.

The benefits for the individual and society are documented by more than 700 scientific research studies, conducted at over 300 universities and research institutes in 30 countries. Today these technologies of consciousness are taught in hundreds of schools and universities worldwide in the context of Consciousness-Based education.

Traditionally, there are 8 main aspects of Yoga, all of which are interconnected. Research shows that the Transcendental Meditation program leads to spontaneous positive results in all these eight aspects for the individual; and with the group practice of the advanced TM-Sidhi program, including Yogic Flying, by at least the square root of one percent of the population, these same desirable characteristics are reflected in the whole society.

From December 29th, 2023, to January 13th, 2024, a group of 10,000 peace creating experts from around the world, exceeding the square root of one percent of the world's population will gather in Hyderabad to produce a global influence of coherence and harmony. Such groups will then be made permanent by introducing Consciousness-Based education in schools and universities so that world peace can be maintained on a permanent basis.



Yogini Sri Minakshi Giri
(Maria Kulagina)
Yoga & Meditation,
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Obtain mental health through the power of yoga-sadhana

Modern world is living in the high-speed race under the flood of information and digits and people all over the world are losing the calmness of the minds under effect of ever-lasting stress. They are captured into a cycle of the circumstances which is very difficult to come out. They approach to modern psychology but in fact it rises up the waves of thoughts keeping it restless.

According to yoga philosophy our consciousness either is defocused jumping between multiple objects without the ability to concentrate on them steadily, nor takes the form of an object on which it is focused. If the object of our keen interest carries out negative qualities it influences our mind in a destructive way. If the object of our concentration raises up the desire to possess it, and after it comes to our hands making us fearful to lose it, it will arise a strong feeling of attachment which will throw us into the way of uncontrollable sufferings.

Pure traditional yoga-sadhana accurately maintains thin layers of human psycho-energetical structure which are called **koshas** in Sanskrit. Being beyond the visible sphere of perception they are closely interconnected and influence the condition of each other.

- Physical body
- Energetical or vital body
- Mental body
- The body of intellect and wisdom
- The body of bliss

To awaken the last two bodies the strength and clarity of mental body is required. Unless it's not gained the ability of deep concentration on one object, the endless thoughts as endless waves on the surface of the ocean will cover the transparency of the consciousness, hiding the light of inner truthful nature and its utmost wisdom.

Here in this essay, we will make an accent on how to maintain the first three koshas in a yogic way and build up a steady platform for the spiritual seeker to touch the divine spheres of reality.

In the concept of Mahanirvana Yoga we have created a unique program of Mahavipassana retreats which help people to calm down the minds and feel their true nature through pure yogic technics of pranayama and meditation performed in silence traditionally called as mauna asceticism. Our breath, being the vital source of life and a subtle bridge between the physical and mental bodies, manifests itself in prana maya kosha, which presents the systems of nadis – the subtle energetical anatomy of human-beings. The quality of prana and the speed of its flow inside the channels effects the condition of the third kosha, which is

the cradle for our thoughts and imagination and also the storage of all the images and emotions we have ever seen and experienced. This kosha is thinner than the pranic body and can be regulated only by the instruments of yogic pranayamas and dhyana - practices of meditation with different types of concentration (dharanas).

The programs of Mahavipassana are held in pure natural environment, yogis caves and mountains, places of power and divine bliss going along with pure yogic food and detox herbal drinks. It everything gives a strong transformational effect on the participants, purifying the psycho-energetical structure, calming down the waves of mind, opening different dimensions to the consciousness.

We are continuously investigating the effects of basic pranayamas such as sukha-pranayama, purvak-pranayama, samaveta-pranayama, nadi-shodhana pranayama, villoma and anuloma-viloma pranayamas, kapalabhati kriyas along with different types of kumbhakas on different categories of people, youngsters with their fast-type mind attached to the gadgets and elders with slow down mental tendencies, people under the stress overwhelmed by strong emotions, increasing gradually the intensity and duration of pranayama's practice. It brings to the astonishing results of their ability on concentration opening the gates to regular practices of meditation, releases the stress, calms down the nervous system and restores common health, more over it raises up the positive way of thinking which becomes the steady basis for their spiritual growth.

The meaning of the Vipassana – to see the things as they are, and it definitely clears up the subtle vision of the spiritual reality after all layers of human structure are purified and strengthened. The buddhistic vipassana tradition which became more popular nowadays is originated from yogic wisdom of the past which had been existing long before this culture and we are blessed and honored to revive the source of the yogic tradition in the period when it is so much in need and required by the time itself.



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Yoga and the Digital Detox: Finding Mental Clarity Amidst Technological Overload of yoga-sadhana

Abstract:

People today struggle to keep their minds clear in the face of an incessant stream of technology stimuli in an era characterized by constant connectedness and digital omnipresence. This abstract delves into the mutually beneficial relationship between the digital detox movement and yoga, illuminating how the age-old discipline may operate as a transforming means of attaining mental equilibrium amidst the onslaught of technology.

While the digital age has brought about previously unheard-of levels of connectedness and convenience, it has also raised worries about social media fatigue, information overload, and the decline in mental health. With its all-encompassing method that incorporates breathing exercises, physical postures, and awareness, yoga stands out as a ray of hope in this digital age.

This investigation explores yoga techniques and tenets that encourage a deliberate disengagement from technology to promote emotional stability, mental clarity, and increased self-awareness.

People learn to disconnect from the constant demands of digital devices and fully feel the richness of the present moment by engaging in deliberate breathwork, meditation, and mindfulness activities. A key component of yoga is focused breathing, which acts as an anchor to keep practitioners rooted in the present moment and offers a break from the digital world's distractions.

Yoga's asanas, or physical postures, help practitioners develop a sense of embodiment and self-awareness. Yoga helps people to re-establish a connection with their bodies and develop a greater awareness of their emotions and bodily sensations in a culture where digital interactions frequently take precedence over physical presence.

The abstract will clarify how mindfulness functions in yoga as a defence against the mind's incessant interaction with electronic gadgets. It will examine how deliberate breathing exercises and meditation—two essential yoga practices—offer a haven for people looking to escape the never-ending pressures of the digital world.

Moreover, the abstract will discuss the yoga concept that promotes mindfulness and helps people detach from technology by focusing on the present moment.

By combining traditional yoga knowledge with modern technological difficulties, this abstract seeks to provide light on the transforming power of yoga in promoting mental health and clarity.

It will go over the rise in yoga retreats, seminars, and neighbourhood projects that support digital detoxification and provide people the skills and techniques they need to reassess their relationship with technology and achieve mental equilibrium in the digital age.

In the end, these abstract aims to add to the expanding conversation on the relationship between technology and yoga by providing a comprehensive method for obtaining mental clarity during the complexity of the contemporary world.



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Self-Talk with Visualisation technique is a Great Medicine For Mental Health – Here's why.

Dear friends, my experience over the years proves that Self-Talk with Visualisation is the Gateway to Mental Well-being. Yes you heard correctly. Let me explain in detail. In a world that often feels fast-paced and overwhelming, the importance of mental health cannot be overstated. As individuals navigate the challenges of daily life, finding effective strategies to maintain and enhance mental well-being becomes crucial. One such strategy gaining recognition is the use of visualization techniques. Visualization involves creating mental images to promote relaxation, reduce stress, and improve overall mental health. In this article, we will explore the impact of visualization techniques on mental well-being and how incorporating them into daily routines can lead to positive outcomes. Simultaneously in the realm of mental health and well-being, the power of self-talk also plays a vital role.

For example: I am very healthy and happy mentally and physically. My brain is very strong and dealing with every situation very easily.

All the happy hormones are getting released in my body. When coupled with visualization techniques with this self-talk, the method becomes a potent tool for fostering positive change and resilience. I experienced the profound impact of combining self-talk with visualization techniques in the pursuit of improved mental health.

Self-talk can be positive self-talk and negative self-talk.

Positive Self-Talk - Positive self-talk involves cultivating an optimistic and constructive inner dialogue. It includes affirmations, encouragement, and thoughts that uplift and motivate. Positive self-talk can contribute to enhanced self-esteem, increased resilience, and a more optimistic outlook on life. Examples of positive self-talk include statements like "I can handle this," "I am capable," or "I have the skills to overcome challenges." & **Negative Self-Talk** - Negative self-talk, on the other hand, involves critical, pessimistic, or self-defeating thoughts. This type of inner dialogue can contribute to stress, anxiety, and a diminished sense of self-worth. Examples of negative self-talk include thoughts like "I'll never succeed," "I'm not good enough," or "I always mess things up." Negative self-talk can be a hindrance to mental well-being and may contribute to the development or exacerbation of mental health issues. So one should not talk like this at all.

The Impact of Self-Talk on Mental Health:

- **Emotional Well-Being:** The way individuals talk to themselves can significantly impact their emotional well-being. Positive self-talk is associated with improved mood, reduced stress, and increased emotional resilience.
- **Behavioural Patterns:** Self-talk influences behavior. Positive

self-talk can encourage proactive and constructive actions, while negative self-talk may lead to avoidance, self-sabotage, or a lack of motivation.

- **Helps Cope Strategies:** Positive self-talk is often a component of effective coping strategies. When faced with challenges, individuals who engage in positive self-talk are more likely to approach problems with a problem-solving mindset, seek support, and persevere in the face of adversity.
- **Helps improve Self-Esteem and Confidence:** Positive self-talk contributes to the development and maintenance of a healthy self-esteem.
- **Helps Managing Stress and Anxiety:** Positive self-talk can be a valuable tool for managing stress. By adopting a more optimistic and empowering internal dialogue, individuals can reduce the impact of stressors on their mental well-being.

In summary, self-talk is a powerful aspect of mental functioning that influences thoughts, emotions, and behaviors of individual. Recognizing and consciously shaping self-talk toward a more positive and constructive direction can be a key component of promoting Mental Health and Well-being.

The Additional Positive Impact of Self Talk with Visualization Techniques in Improving Mental Health

- **Cultivates Positive Mindsets:** When individuals engage in positive self-talk while simultaneously visualizing favorable outcomes, they create a synergy that cultivates a positive mindset.
- **Helps Stress Reduction and Anxiety Management:** Negative self-talk is often a contributor to heightened stress and anxiety. Helps in Goal Achievement and Motivation: Self-talk combined with visualization is a powerful tool for goal setting and achievement.
- **Builds Emotional Resilience:** Visualization techniques, when coupled with positive self-talk, contribute to emotional resilience.
- **Enhances Self-Compassion:** Positive self-talk encourages self-compassion, fostering a kind and understanding inner dialogue.

At last I can say that, The fusion of Self-Talk with Visualization Techniques represents a dynamic approach to improving mental health. I strongly recommend this Medicine to those suffering from mental issues and as a precautionary Vaccine to those also to those who think they are mentally healthy. Let's join hand together in improving Mental Wellbeing



Dr. Chinta Mani Nath Yogi

Thinker, Spiritual master, Educationist & Peace activist.
Nepal

Five Simple Formulas for Easy Life

Life itself is a series of sadhana (Sadhana is a practice undertaken in the pursuit of a goal). It is a key feature of human to perform sadhana throughout the life. However, there's a difference between the sadhana that one performs to achieve worldly materials and the sadhana that one does to achieve peace and happiness with enlightened soul. It is a lot easier to buy things with money. To earn we do sadhana, but the sadhana that one does to earn livelihood and the Sadhana that one does to achieve the true goal of life are quite different from each other. We may be perfect to learn the various formulas to make life successful; but this worldly life may not satiate the inner thrive for spiritual life, for which we need simple and practical sadhana that makes life happy, joyful and peaceful. A person with several responsibilities in life should always practice the following five simple and practical tools of sadhana.

- Swadhyaya: Literally swadhyaya means study of self for spiritual awakening. It is well said, 'swadhyayanma pramada' which means no one should be careless in search of knowledge. It is also said, 'swadhyaya pravachanavyam na pramada'. This means that none should be careless about the study and speech. Those who do not have studied about their own self should not give mass speeches. One who studies sincerely and gives mass speeches, s/he can make a wider effect in the society. The modern students say that swadhyaya one starts performing after 60 is absolutely wrong. And, a few scholars often believe that swadhyaya is for prime of life which should be carried out right from the early age. One needs to know the art of time management rather than complaining about time and age. Those who don't understand the real meaning of swadhyaya may be highly educated with bookish knowledge, but they can be uproar inside. Pseudo happiness is sure to engulf these people.
- Sadhana : Sadhana is a discipline undertaken in the pursuit of a goal. There are many people running for materialistic happiness, but rarely few for the everlasting happiness. Materials can just provide facilities but not long-lasting peace and comfort. According to the paths that we are following, sadhana can vary. Generally sadhana can be divided into three:
 - i. Professional sadhana
 - ii. Yoga sadhana
 - iii. Mantra sadhana
- Satsanga : Satsanga has been derived from the Sanskrit word where 'sat' means true and 'sanga' means company. Therefore, the etymological meaning of satsanga is the company of the highest truth. The company of a guru, listening to or reading scriptures, reflecting before acting, discussing and finding out the eternal truth and putting it into daily life is satsanga. Satsangatye nisangatwam, nisangatye nirmohatwam, Nirmohatye nischalatatwam, nischalatatye jivanmukti. Satsanga purifies the mind and soul as bathing helps to have a clean body. Satsanga makes this life as a lotus flower which blooms through mud but remains mud-less. Therefore, satsanga is necessary for every aged people.
- Sadachar : Sadachar means right conduct. It is often known as good moral character. A person with good character is respected and taken as a role model but a person who does not have a right conduct is taken as a worse form of humankind. It is said that 'Acharah paramo dharmah'.
- Sewa : Sewa (service) is soul of the philosophy of eastern civilization. That's why it is said, 'Gyanam bhara kriya bina,' which means knowledge that does not make one service oriented, is treacherous. Service can make one free from bondages and desires. Service to humanity is service to God.



Dr. Vishwanath Guruji

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Pratiprasava - A Holistic Approach to Mental Well-being

In the pursuit of mental health, individuals often seek a variety of practices and techniques that extend beyond conventional therapeutic approaches. One such holistic concept gaining attention is "Pratiprasava," particularly when coupled with the transformative power of Yoga Nidra. Rooted in ancient traditions of yogic science, Pratiprasava holds the promise of mental rejuvenation by unraveling past memories and emotional imprints.

All the experiences and sufferings are there within us and it is not there in the external world. These are deep-rooted in our mind. For an example, the memories of an unpleasant incident happened in anyone's childhood, becomes a blockage which lies dormant in the sub-conscious mind. This will directly affect the person's physical and mental health, thereby creating a negative impact in the personal, professional, family and social life.

According to our yogic science, the afflictions of the mind, the accumulated memories and emotions can be identified, cleansed and released through the practices of meditation, yoga-nidra and pratiprasava. The modern psychology has also identified the use and effectiveness of these practices and is providing a platform to further study the implications and efficacies with scientific research.

To release such kind of blockages, an ancient technique "Pratiprasava" (Re-birthing) given by Sage Patanjali is applied to retrieve the unpleasant memories of the past and releasing the same by re-experiencing and re-living those instances in the subconscious level. In modern science, this supreme technique is addressed as 'Regression Therapy'.

Study of PRATIPRASAVA from Patanjali yoga sutra is the part of yogic science which is a significant and profound way of clearing our ignorance carried from the past. Pratiprasava – Regression Therapy brings realisation and understanding of the incomplete experiences by clearing misperception of the past. Study of Regression Therapy is working with our past memories to transmute ignorance to realisation of the experience with elevated knowledge.

Patanjali Yoga Sutra 2.10:
ते प्रतिप्रसवहेयाः सूक्ष्माः ॥

Te pratiprasava-heyah sukshmah | |

The sutra explains that these (kleshas) which are subtle (sukshma) through resolving them backward (pratiprasava) into their origin can be reduced, eliminated (heya).

Pratiprasava, in its essence, is a Sanskrit term that translates to "going back" or "returning to the source." In the context of

mental health, it involves a process of revisiting and releasing stored emotional and mental stress from the past. This concept aligns with the understanding that unresolved issues and suppressed emotions can manifest as mental health challenges.

The unique aspect of Pratiprasava is its ability to access the subconscious mind, allowing individuals to explore and release deeply rooted memories and emotions. As the practitioner remains in an altered state of mind, the mind becomes receptive to transformative suggestions, facilitating the cleansing of past traumas and stressors.

The practice often involves setting an intention at the beginning of a Yoga Nidra session, directing the subconscious mind towards the resolution of specific issues or the release of certain emotions. This intentional focus, combined with the deep relaxation induced by Yoga Nidra, facilitates a cathartic experience, allowing individuals to let go of the mental baggage they have been carrying.

Pratiprasava in my experience is bringing realisation to the unrealised memories of our past. By connecting to the source of our past experiences, re-living with those memories, realising that situation with wisdom clears the confusion, brings clarity, initiates healing and experience inner freedom. The journey of Pratiprasava often commences with self-reflection, where individuals delve into their past experiences, acknowledging and understanding the emotional imprints they carry. This self-awareness is a crucial first step towards "mental well-being", as it enables individuals to confront and process unresolved emotions.

Regression therapy focuses on understanding and resolving significant past actions, experiences, events believed to be interfering with present mental and emotional wellness. This therapy helps in dealing with psychosomatic diseases, changing the repetitive negative patterns, releasing the negative imprints and thereby improving the quality of life and boosting self-confidence.

Pratiprasava coupled with Yoga Nidra presents a holistic and integrative approach to mental well-being. By acknowledging, releasing, and transforming past memories and emotional imprints, individuals can embark on a journey towards mental clarity and balance. This ancient wisdom, harmonized with modern understanding, emphasizes the interconnectedness of mind and body in the quest for holistic mental health.



Omkar S.N.

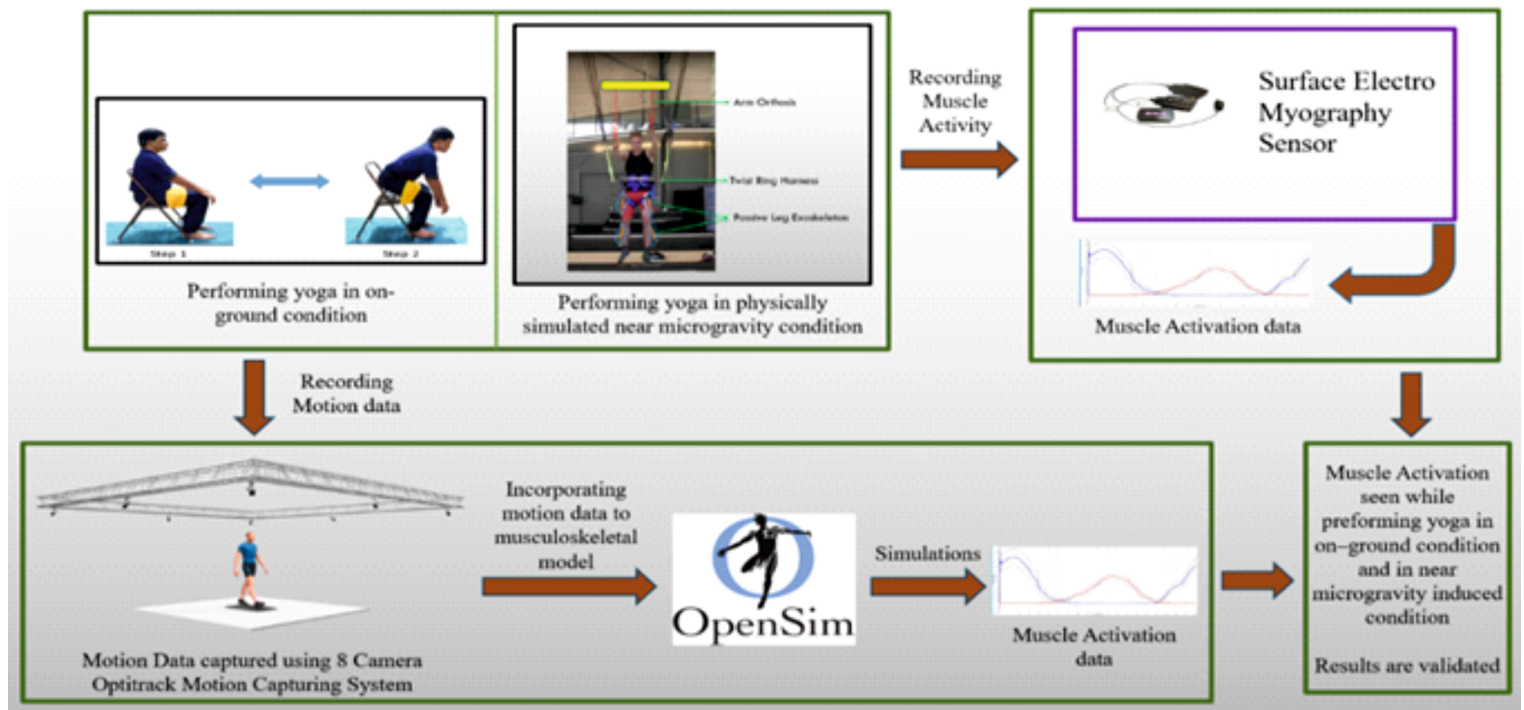
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A compact system to perform yoga postures during long-term space travel

Gravity plays a crucial role in governing the functional movements of the human body by exerting a downward force. This force is pivotal for sustaining day-to-day activities such as walking and running, as the lower limb supports the entire body weight. The muscles in the lower limb are instrumental in executing these movements. In the absence of gravity, bones and muscles experience no external load, leading to muscle deconditioning, including loss of strength, muscle atrophy, and reduced force generation. Additionally, cardiovascular weakness and bone deconditioning, particularly in the lower extremities, may occur.

During extended space missions, astronauts exposed to microgravity encounter similar effects, including muscle deconditioning, bone atrophy, and cardiovascular weakness. The aim of this study is to develop a compact in-flight exercise system to counteract these microgravity-induced effects. The system incorporates elastic materials such as springs, resistive bands, and bungee cords, along with body and ankle harnesses supported by structures. Utilizing a motion capture system (OptiTrack) and human body simulation software (OpenSim), the system facilitates standing yogic postures (e.g., Utkatasana, Tadasana, Virabhadrasana 1 & 2) and simple resistive exercises for muscle conditioning.

While astronauts perform yogic postures using this system, they are induced to a condition mimicking 1g, akin to Earth's gravitational force. This simulation promotes muscle activation, contributing to astronaut health and mitigating the adverse effects of prolonged space missions.





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Nandi Breathing: Attaining Tranquility of Mind through Himalayan Yoga

Introduction

Yoga, with its roots in ancient India, has evolved into a diverse range of practices that not only promote physical well-being but also cultivate mental and spiritual harmony. Among the myriad yoga techniques, the Himalayan tradition stands out for its deep spiritual insights and emphasis on tranquility of the mind. One such profound technique is Nandi Breathing, a Himalayan Yoga practice that aims to bring about inner peace and serenity.

Nandi Breathing

Nandi Breathing takes its name from Nandi, the sacred bull and vehicle of Lord Shiva in Hindu mythology. This technique is deeply intertwined with the symbolism associated with Nandi, representing strength, stability, and a calm, meditative presence. The practice involves a rhythmic and controlled breathing pattern, incorporating pranayama (breath control) and mindfulness to achieve a state of mental tranquility.

Steps to Practice Nandi Breathing:

Comfortable Seating: Begin by finding a comfortable seated position, either on the floor or on a chair. Ensure that your spine is erect, allowing for an unobstructed flow of energy.

Relaxation: Close your eyes and take a few moments to relax your body and mind. Release any tension or stress you may be holding.

Awareness of Breath: Shift your focus to your breath. Observe the natural rhythm of your breath without attempting to control it initially. Be aware of the inhalation and exhalation.

Rhythmic Breathing: Gradually, start to establish a rhythmic pattern of breathing. Inhale deeply and slowly through your nose, allowing your lungs to fill with air. Exhale slowly and completely through your mouth. Maintain a steady, controlled pace.

Mental Focus: As you continue the rhythmic breathing, bring your awareness to the space between your eyebrows – the third eye or Ajna Chakra. Visualize the energy flowing in and out with each breath, creating a sense of balance and calmness.

Mantra: Integrate a simple mantra, such as "Om Namah Shivaya" (I bow to Shiva), with your breath. Chant the mantra silently or audibly as you breathe. This adds a vibrational element to the practice, enhancing its meditative quality.

Benefits of Nandi Breathing

Stress Reduction: Nandi Breathing helps to release stress and tension from the body and mind, promoting a deep sense of relaxation.

Improved Concentration: The rhythmic breathing and mental focus involved in Nandi Breathing enhance concentration and mental clarity.

Balanced Energy Flow: By directing attention to the third eye, practitioners aim to balance the flow of energy within the body, fostering a sense of equilibrium.

Emotional Well-being: Regular practice of Nandi Breathing may contribute to emotional stability and a greater sense of inner peace, providing a valuable tool for managing emotions.

Conclusion:

Nandi Breathing, deeply rooted in the Himalayan Yoga tradition, offers a pathway to tranquility of the mind. By combining mindful breathing, mental focus, and the symbolism of Nandi, practitioners can experience a profound sense of peace and inner strength. As with any yogic practice, consistency and patience are key to unlocking the full potential of Nandi Breathing, allowing individuals to embark on a transformative journey toward mental and spiritual well-being.

PAPER PRESENTATIONS

ABSTRACTS

Balasubramaniam

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Perceptual Motor Skill Between Football and Basketball Players

Speed and endurance are important components that requires in every game for improvement of performance. Endurance is one of the components for fitness, speed is also another components such muscle reaction with quick alteration of contraction and relaxation of muscles. Speed performance cannot be difference between speed and endurance of football and basketball players of university level. The total 30 samples university level football and basketball players were selected divided in two equal groups of 15 each.

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A Comparative Study on Kabaddi Players Men and Women of Bidar District

The purpose of the study was to compare the physical fitness between men and Women kabaddi players of Bidar District. Total 50 kabaddi players (25 each) of 18 - 22 years age were randomly selected from different colleges of Bidar District. Only selected corporeal variables i.e. the speed and explosive strength were measured by using respective techniques and equipments. The between-group differences were assessed by using 't' test. The level of $p \leq 0.05$ was considered significant. The study revealed that the men kabaddi players had significantly higher in speed and explosive strength ($p < 0.05$) than the women kabaddi players of Bidar District.

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Comparative study on the impact of yoga between Asanas and Pranayamas on cardiovascular response in healthy life style of youths

Cardiovascular morbidity is increasing recently in India. Stress and autonomic dysfunction are associated with cardiovascular morbidity. Yoga is the best lifestyle ever designed. Based on limited scientific research, yoga (meditation, asanas, and pranayamas including relaxation) therapy is known to improve cardiovascular autonomic functions.

The present study is focused to compare the effect of 6 months of training in relaxing asanas and pranayamas on blood pressure (BP), pulse pressure (PP), heart rate (HR), and rate-pressure product (RPP) in young healthy volunteers.

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Mental Well Being Among Athletes and Non-athletes

Mental well being means ability to balance in one's ability living. In other words it is the ability to face and balance the reality of life. Mental well being is a complex phenomenon depends on a set of familiarly personal, psychological and social variables. Mental well being is as an important feature as the physical health of person to make him complex with balance mental disposition of the children to cope with life more effectively productively. Good mental well being depends on the good state of both mind and body.

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A Comprehensive Study - Influence of Yoga on Physical Health

Yoga, an ancient practice originating from India, has gained popularity globally for its holistic approach to well-being. Yoga has long been recognized as a practice that promotes physical health. Previous studies have shown that yoga has many health benefits, stimulating the relaxation response both physically and psychologically. The Interconnectedness of Body, Mind, and Spirit Yoga is a holistic approach to health promotion that focuses on the interconnectedness of the body, mind, and spirit. This interconnectedness is central to understanding the impact of yoga on physical health. Physical Benefits of Yoga One of the major physical benefits of yoga is improved flexibility. Yoga helps to increase flexibility by stretching and elongating muscles. This review explores the existing literature on the relationship between yoga and physical health. The study aims to summarize and analyze the scientific evidence supporting the positive effects of yoga on various aspects of physical health.

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The legal recognition of yoga under intellectual property laws

Yoga stands as an integral part of every ones' healthy existence to bring the positive life both in physical and psychological. Yoga is a practice that connects the body, breath, and mind. Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. A regular yoga practice can promote endurance, strength, calmness, flexibility and well-being was developed as a spiritual practice thousands of years ago. Yoga is now a popular form of exercise around the world as traditional knowledge. There has been a lot of confusion and fuss around the traditional knowledge being turned as proprietary to some individuals who turn to Intellectual Property Rights to seek shelter. Many yoga practitioners and centers have often claimed rights over their yoga practices and poses. The global phenomenon on yoga and IPRs in marketing increasing interest in protecting Yoga as Intellectual Property in different forms like Patents, Trademarks, Copyrights and Geographical Indications. The inclusion of yoga in the Traditional Knowledge Digital Library (TKDL) confirm the origin of yoga as the Indian traditional knowledge will operate as a barrier to foreign corporations seeking to profit. However, there are other issues and misconceptions about IPRs need to clarify before the world at large.

M. Manimaran

Mental Health

Mind is a kind of activity that is included in the field of thinking with the fields of seeing, hearing, consuming, speaking, feeling and consuming. Mind is the power that drives the human being. The mind is invisible. But internal energy is infinite. The body is like a running machine. Its parts require maintenance to keep them running smoothly. The body works as the mind, the subconscious mind. Mental health is an important factor in our lives and if we neglect it, we may face some serious consequences. Regular communication with a therapist is important to improve mental well-being

Yoga not only gives strength to the body, but also to mental health, peace of mind and spiritual fulfillment. Everyone can live a long and healthy life if they practice yoga properly and regularly.

Dr. Manjunath Sahadevappa

Aerobic fitness between throwball and volleyball female players

The purpose of the present study was to find out the comparison of physical fitness component of throw ball and volleyball among female players of Bidar District. The sample of the present study was 30 female sports persons who had participated at University level. The age of the female palyers ranged between 18 to 21 years. Speed is the scalar quantity that is the magnitude of the velocity. Further, the data of pre test and post test was collected through standardized tools 50 yard dash (speed) and standing broad jump (strength) and data was analysis by 't' test. After comparing of the present data, it was found that throw ball female players was of high speed and strength compare to the volley ball players.

It is concluded that there is a significant difference in the strength among throw ball and volley ball players.

Dr. Gayathri Narayanan

Effect of a novel non-stressing exercise technique, “slow yoga with cloth -clip/squeeze-ball focused-resistance pressure”, combining yoga with focused resistance -pressure applications using cloth-clips/squeeze-balls, in improving and accelerating physical and mental health recovery in chronic ailments: A case report

Alternative-medicine therapies, such as yoga and acupressure, are widely used for treating a variety of chronic ailments. However, the rate of healing obtained using these techniques can be fairly slow, and desired health benefits may be achieved only after several months or even years. Slow recovery may not be favorable for weak/old patients, particularly for those who are on long-term medication (most of which are known to cause chronic side-effects too, including liver/kidney damage). Additionally, these techniques may not be sufficiently suitable or preferred for addressing certain health issues, such as poor bone-density, which are common in chronic patients (who are also likely to suffer from poor mental health due to prolonged physical disability). Since exercise-based therapies are beneficial for both physical and mental ailments, highly effective non-stressing exercise routines which can address both the fundamental health issues as well as the side-effects of medication, fairly quickly, are required for a meaningful recovery and rehabilitation of chronically ill patients. In order to safely accelerate healing and recovery, a novel and versatile non-stressing exercise technique, “slow yoga with cloth-clip/squeeze-ball focused-resistance pressure”, has been developed with a specific methodology to combine yoga stretches with focused resistance-pressure applications (in the form of squeezing/pressing actions using multiple cloth-clips/squeeze-balls), as a safe and efficient approach to rapidly enhance blood circulation and relaxations in both the peripheral and the core muscle groups simultaneously, as well as to consistently improve strength in muscles and bones, with frugal effort. This may lead to faster recovery from chronic osteo muscular or nervous disorders. Applications of this technique on a weak middle-aged participant, with chronic poor posture and several adverse side-effects from long-term usage of psychiatric medication, showed very significant and rapid improvements in both physical and mental health. Therefore, this technique may be very useful in facilitating drug prevention/withdrawal treatments.

Dr. Madayya

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Impact of pranayama on stress and coping among housewives in Bidar

A Study was conducted to assess the effectiveness of pranayama on stress and coping among house wives in selected community, Bidar. Quasi experimental one group pretest posttest design was adopted for this study. Simple random sampling technique was used to select 60 samples. Pre test was done to assess the level of stress and coping among housewives by using structured interview schedule. Pranayama was implemented to the house wives for 21 consecutive days. Post test was done on 24th day of intervention. The data were gathered and analyzed by descriptive and inferential statistical method. The result of the study showed that most of the housewives had reduction in stress and increased level of coping through pranayama. The level of stress among housewives was moderate and most of them had high level of coping. Pranayama is an effective intervention to reduce stress and attain high level of coping among housewives.

Sunita, Jyoti Amita & Mr. Swami Bandayya

Effect of Trataka on sleep quality among young medical students with parental history of hypertension- An interventional study

Sleep is a physiological need of the body and mind. It rejuvenates both physically & mentally. Medical profession challenges the affect of both physical and mental well-being in long run. Children of hypertensive parents exhibit high sympathetic activity and prone for cardiovascular and neuropsychological impairments. In the present study it is experimented to assess the effect of Trataka on quality of sleep in young medical students. Assessment of quality of sleep quality in young students with parental history of hypertension using PSQI index before and after the Trataka intervention and compared the pre and post intervention results. Sleep being an important determinant of mental health. Trataka has significant effect on quality of sleep if practiced regularly.

Girish Jange

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Role on Emotional Intelligence and Aggression on The Performance of Basketball Players

Emotional intelligence and aggression are also independent variables of the study. Therefore, the sample was administered with emotional intelligence and aggression inventory before making a final selection. Further the sample was administered emotional intelligence scale and given sports games events like Basket ball. Thus there are an equal number of respondents belonging to two groups of aggression.

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Framework to elevate modern sustainability using ManoYoga

The modern sustainability is to be viewed as a subset of the larger Vedic Sustainability philosophy. The logical starting point can be viewed as human birth. Humans are beings with strong emotions which cannot be discussed without delving into our greatest faculty MIND. ManoYoga is all about thinking RIGHT and invoking RIGHT emotions of positivity to inner self and outer ecosystem. To understand how MANOYOGA will act as a force multiplier in the realms of modern sustainability. Vedic philosophy states that just as infants we display emotions towards our mother, we need to similarly build emotional relationship with the Panchabhutas, the five elements of nature. Manoyoga will help us to be in the present moment and recognize our emotions to the natural elements and change our emotions with the five forces as foundation the next stage for the human is to define the purpose of life. This is defined by the four Purusharthas, purpose of human life. A human being must begin the journey of transformation through Karma and aim to reach ultimate purpose of life Moksha. The modern ESG theories are imperative, however it is only a tip of the iceberg and present a piecemeal solution which may not suffice in the long run. Fortunately, we don't need to reinvent the wheel, but leverage learnings from ancient sustainable wisdom and Manoyoga philosophy of our ancestors Chart - Framework to elevate modern sustainability using ManoYoga.

Ms. Girijamba, Dr. E. Aravind Raj, Mr. Bakka Ashok Kumar & Mr. Shivanand Y

Yoga as An Intervention in Tertiary Care Mental Health Centres

Mental illnesses, often known as mental disorders, are problems that have an impact on your thoughts, feelings, perceptions, emotions, and behaviour. They impact a person with mental illness's biological, psychological, and social functioning. Hospitalised patients with acute illnesses may be more likely to struggle with psychological issues. The use of pharmaceuticals will be a major part of the treatment plan, but complementary therapies like yoga will also be very beneficial. These therapies can improve mental clarity and calmness, body awareness, relieve chronic stress patterns, relax the mind, focus attention, sharpen concentration, and improve overall health. A few examples of yoga interventions are story-telling, colouring pages, bhajans, satsanga, yoga therapy, and yoga games for patients in tertiary care mental health centres. This paper describes the ways in which different yoga activities can support restorative interventions.

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Effects of Yogic Breathing and Pranayama on Various Emotions and Mental Health

Mental health is generally having a positive outlook, being comfortable with yourself and others. This will enable to meet life's challenges and demands. To succeed in such challenges and demands in life person should be mentally stable. Emotional stability is very much important in mental health. Emotional stability is the foundation of sound mental health and basis of all round development in life. But unstable and immature emotions are the root causes of mental disorders, behavior disorders as well as personality disintegration. Since last several decades, it has been a major cause of all behavioral actions. Yogic breathing and Pranayama's are more effective on these emotional actions. Objectives of the study – To test hypothesis, the theoretical data was collected from various people in regular yoga practitioners. Emotions - some examples – sadness, anger, cry, anxiety, surprise, happy, fear, etc Method – Few samples of senior citizens who have been doing pranayama and yogic breathing in age group above 50 Yrs. Analysis of these theoretical data have proved that Pranayama and yogic breathing is an effective practice in balancing all emotions and improving mental functions through the stabilization of Prana in the nadis. Yogic breathings - Deep Breathing Practices , sectional breathing (in various technics) etc Different Pranayama s – Anuloma – viloma, Chandrabhadan - Suryabedana Nadishodhan Pranayam Ujjai, Shithali Shitkari , Sadanta Bramari, Mantra Chanting – Om Chanting and Meditation. Through these different

pranayama. Consequently, an emotional reaction comes under control by virtue of elevated consciousness and an individual achieved the state of emotional stability from negativity to positivity. Therefore, it is concluded that the Pranayama and yogic breathing is an effective tool for achieving emotional and mental stability. The main importance is breathing awareness in improving mental health. Conclusion- Breathing is the main key to balance and control all emotions and in improving mental health. And can bring lots of changes in different behavioral emotions. From - • Negative - Positive • Hatred - Love • Jealous - Forgiveness • Doubts - Faith • Sorrow - Thankfulness • Fear - Compassion • unhappy – Happy.

Anil Kumar

Yoga therapy - Case studies

As per life style prescribed in Astanga yoga of Patanjali various patients were treated and Case studies are discussed. 1. Five and half year boy was suffering from Astma by name was treated and after 6 months he got relief from Astma. Earlier he was using 3 to 4 nebulizers a day for breathing and now he is not using the same. 2. A 66 yr. old male was able to sit in Padmasana in 20 days of yoga practice. Also his BP and sugar level came to normal and also relieved from constipation, sinus, shoulder pain and feeling energetic and happier after 3 months of yoga practice. 3. A 68 yr. old male was able to sit in cross legged position comfortably which was not possible earlier and his wheezing problem stopped after one month of yoga practice. 4. A 48 yr. lady who was not able to sit on floor since 5 years due to Sciatica was able to sit on the floor after 4 months of yoga practice and was able to do asanas in standing, sitting, supine and prone postures.. 5 24 yr. old lady was not able to sleep and was taking sleeping tablets. After 3rd day of starting yoga she told that she was able to sleep without tablets. 6 A doctor, 30 yrs, has reduced her weight by 2 Kgs and her stomach reduced 4 inches in one month of Yoga practice . Yoga is a daily dose of positivity and feeling very happy for the whole day. Even her 51 yr. old mother was not having energy due to Covid19 and was named Dynamic mother after 15 days of practice and reduced 4 inches of stomach in 2 months.

Hiremath Kp

Yoga For Mental Health

A state of balance between the individual and the surrounding world. A state of harmony between oneself and others. A coexistence between the realities of the self and that of other people and that of the environment

Characteristics:

1. A mentally healthy person is free from internal conflicts and he is not in war with himself
2. He is well adjusted and he is able to get along well with others also he accepts criticism and will not be upset.
3. He searches for identity.
4. He has strong sense of self-esteem.
5. He knows himself, his needs, problems and goals.
6. Asanas and Pranayama to maintain Mental Health
 1. Shavasana
 2. Vishramasana
 3. Sukhasana
 4. Sahaja Pranayama
 5. Nadishuddi Pranayama
 6. Brahmari Pranayama
 7. Meditation

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Impact of Yoga on Mental Health During Hormonal Imbalance

Stress and its related disorders such as anxiety and depression are common culprits behind hormonal imbalance in individuals. Yoga with its proven ability to significantly reduce stress offers a practical approach to restoring hormonal balance. Yoga guides our attention to our breath, fostering mindfulness and an inward journey. This inner exploration seeking peace within can have a profound healing effect on our hormones and the endocrine system. We have shown the positive effects of yoga in females suffering from hormonal imbalance. Following by natural techniques feel more balanced more relaxed more healthier and happiest.

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Importance of Yoga in Physical Education and Sports

The purpose of this study was to evaluate how Yoga can be beneficial for both physical and mental benefits to the body and mind of a sportsperson. Yoga has been practiced from ancient years. It can be over whelming at first to find a style of yoga that resonates with you. If you are a competitive athlete, it is best to tailor your yoga practice to your training schedule because a particular sport can develop certain muscle groups while ignoring others. Yoga is one of the spiritual systems in India which underlines the importance of working with the body to establish healthy behaviors and thoughts. The physical postures, called asanas in Sanskrit, are among all its techniques that got. It will be recalled that athletics and gymnastics are part of the Physical Education program. Once there was a time when people said "it's not the winning itself but the nobly competing that really matters," when the place where competitions took place was sacred and the respect between competitors was essential. The term Physical Education has been understood in many different ways in our modern society. Others claim it's the "self-schooling," which educates the self to gain certain talents and abilities, as is used in athletics.

In reality, the representation "physical education" originally means "bodily education." It uses the work with the body as a strategy to achieve the noblest educational goals: autonomy and ethics in our relationships with one another and with the environment. This will be recalled that athletics and gymnastics are part of the Physical Education program. Once there was a time when people said "it's not the winning itself but the nobly competing that really matters," when the place where competitions took place was sacred and the respect between competitors was essential.

Nataraja GY

The Meaning, History and the Importance of Yoga in the World Today

Today, we are living in a 21st Century, the most scientifically developed era with all modern Medical Science and many kinds of technologies to have good and better health and to raise the health standards of all. These inventions and advanced facilities made life of human beings more comfortable today. Still many health-related problems are not able to solve successfully by these modern methods or medicines as new kinds of health problems or new kinds of diseases are developing in the world as we are witnessing. Due to different kinds of pressures facing by the man in their life, People in the world are adopting, relying on the olden and golden method of our techniques like Yoga, Prayer, Meditation, Positive thinking etc. even today to find solution or to solve many kinds of health-related problems which were successfully adopted and practiced by our ancestors or elders since from ancient period. It is also proved in many health-related problems even in modern times which are successfully solved or cured by practicing these techniques. Actually, yoga gives solace to restless minds of the people and also it acts as a boon to the sick people. When the body is physically healthy, the mind is clear, focused and stress is under control then it helps to maintain healthy relationships socially. The main goals of "practicing Yoga in the Life of a man" are to have good Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us etc. Yogic techniques are known to improve one's overall performance in the life. Today the Practice of Yoga is becoming a very popular in the world and many people are adopting the practice of Yoga for their good and healthy life.

Ms. Monica Khialani

Nritya yoga a modern tool that heals the mind through movement

Ancient man was not exposed to as many mental disorders as modern era man since centuries the ancient man was not very expansive whereas modern man has many sensory distractions due to high and effective technology to connect the world and situations around. Nritya yoga is a modern approach to the ancient yogic practices that lead body movements like asanas to the stage of samadhi through your mental movement alignment dharana to dhyana. Ancient yoga nritya yoga trauma happens through the body and gets healed through the body: - ancient man used yoga as a modality to achieve 'sthira sukham asanam' and it was much easier to lead from within, as his mind was more internally focused and not wander through distractions. Whereas the modern man has to struggle first to establish a connection of his mind to his body as it is wavering across through modern-era distractions. Human sheaths of the existence work in the order of 'annakosha [outersheath ie physical body] moving ahead and connecting to the vignyanamaya kosha [fourth sheath - the mental body] this physical sheath called the human body speaks to you equally as the mind does this mind carries many kleshas ie many tribulations viz kshipta, mudha, vikshipta, ekagraha, nirodhah, as mentioned in the patanjali sutra. To such an unstable mental state occur many psycho-somatic disorders and mental illnesses. Hence breathwork alone can create a difficult pattern to handle the release of these disorders of the mind, so having control of the body and using this mode through somatic applications and rhythmic patterns puts a modern man at ease to accept the healing process. Everything in our life ie around us is rhythmic viz seasons,

days, circadian cycle etc likewise inside us is also a rhythmic cycle – viz heart beats, pulse, hormonal cycle etc hence we as a species easily connect to the rhythms or patterns viz a. Breathwork along with b. Somatic movements [dance] these together make nritya-yoga, a modern-era modality. This modality of nritya yoga should not just be used as a therapy but also a tool as a lifestyle.

Srilalitha Avinash

Observational study on effects of trataka on anxiety in adolescents

Anxiety is a common psychological problem and also implicated as a contributor to many chronic diseases which decreased quality of life even with pharmacological treatment. At the present time several yogic practices- meditation, pranayama, and mantra etcetera are playing important role in treating physiological and psychological problems. Hence, the present investigation is aimed to see the effect of Trataka on the level of anxiety among adolescents. Anxiety is proven a persistent psychological problem in adolescents. The research findings of the study concluded trataka significantly decreases anxiety among adolescents. As a gazing or staring meditation, trataka is the technique of spiritual aspirants that is supposed to develop psychic powers and the ability to terminate the restlessness of eyes. By this restless mind also comes to a halt. Regular trataka practice should be done to improve the mental health and wellbeing.

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Upliftment of mental health of Cancer patient by practising scientific pranayama

Mental health is a state of wellbeing in which the individual realizes his or her own abilities, can cope with stress, can work productively and fruitfully. Purpose of this research was to uplift the mental condition of Cancer patient who is facing difficulty during the treatment. Planned to check the mind and body co-ordination. The way you align and tune them determines how well you play with life. Many debilitating symptoms arise from cancer and its treatment that are often unrelieved by established methods. Scientific Pranayama, a series of yogic breathing techniques, improved cancer related symptoms, gave courage to face the situations during the treatment and improve quality of life.

Regular practice of Scientific Pranayama was experimented on my own mind and body- Breast Cancer Patient, which helped to take the treatment in easier way and supported in healing. Taught to other colleague cancer patient which helped them to manage the stress and supported for the treatment.

Acceptance of Cancer. Regular practice of Scientific Pranayama kept my mental health in proper condition. Helped to over the side effects.

Further going to experiment on more Cancer patients for better results. This first study of a pure Scientific Pranayama intervention in population successfully demonstrated that Yogic Breathing is feasible and can be safely recommended for cancer patients. Any increasing in the yoga breathing practice was correlated with improvements in both Cancer chemotherapy associated symptoms and QOL. May be helpful for improving sleep distribution, anxiety, depression and hopes in patients undergoing Cancer treatment. Definitive conclusions on efficacy await further study.

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Prana Vidya

The review explores the existing literature on the prana vidya which can be achieved through ancient yoga practice originating from India and has gained popularity globally for its holistic approach to well-being. The study also analyses scientific research on prana vidya through aura photography.

Panchalingappa J Kavalur & Udaya Bhaskaram

Prabhu Shree Yogi Achyuta Yoga Sadhana

Achyuta Yoga Vidya is a perfect technique, which can lead the individuals from here to eternity, must be taken as a cardinal truth. Not an iota of untruth is built around the system. The Maharishis, siddhas, tapasvins and yogis have brought glory to this divine science by their practice, performance and their achievements, thereby our Master Shree Yogi Achyuta has attained the Yogihood through this vidya of divine origin. The Achyuta Yoga Vidya that we the members of Shree Achyuta Ashrama are practicing is very ancient indeed, as it has a glorious past; what with the rishis and the tapasvins acting as spiritual teachers and even to kings as also to common man. A sort of spiritual democracy existed in the past. The ancient Indian yogic society was based on satya, dharma, tapas, buddhi and jnana. Their life was the harmonious blend of all the above, by and large in the entire society that relied upon values. Achyuta Yoga vidya is a combination of chanting of Pranava with the help of pranana and simultaneously doing pranayama. As Omkara, that is Pranava, is associated with pranayama it will give a loud sound similar to ocean sound in deergha gathi. So some people say that it is similar to Ujjai pranayama. Actually this yoga vidya is called as dahara vidya or Amritha vidya and brahma vidya. It was widely discussed in Upanishads. Achyuta Yoga vidya is similar to what Katha Upanishad has called as Adhyatma yoga and the Svetasvatara Upanishad as Dhyana yoga. In reality, the process of yoga and the technique of performing it is one universal and eternal. Here the pranayama is done in three different gatis. 1. Deergha gathi, or Vishnu gathi 2. Madhyagathi or Rudra gathi 3. Shanthi gathi. Deergha gathi or Vishnu gathi: The Pranava sabdha (sound) is done along with prana apana gatagati forcefully, powerfully and lengthily. This is important. At the upper end, the air should stimulate the olfactory bulbs in the nasal cavity. The heat generated in the gatagati pushes up the heated and purified air, since it expands under heat. At the lower end, the air must reach where the main bronchi of the lung are located. In this process, the vagus nerve and the automatic nervous system get stimulated both of which control, stir and guide the functioning of the organs during Japa. This practice of doing sadhana is referred to as Japa. Madhya gathi or Rudra gathi: Here the length and sound are reduced while doing gatagati and it is done very briskly. Body perspires and we feel heat all over, gatagati is shortened. We descend from sound to hissing and after a few minutes we start fractioning into a point at the gursthana. Shanti gathi: This is the final gati-less state, when we start the dhyana in total silence. Breath is never controlled. We allow it freedom to go where it naturally goes. It is an effortless calm, in which the dhyanestha will observe very many experiences. These three gatis should be done according to ground rules. The prasnopanisad (V.6) states: tisro-matra mrtyumatyah prayukta anyonya-sakta navliprayuktah kriyasu bahabhyantara – madhyamanu samyak – prayukaasu na kanpate jnah The three gatis are inter-connected, and when each gati is used alone, separated from the other two gatis, we cannot prevent death over-powering us. When we do all the three gatis together and do them well enough, there cannot be any doubt about the results, that follow and the improvements that are caused. Even the type of sound is analyzed as to its quality and content by the Chandogya Upanishad (II.22.1 onwards); It is our experience that the sound of each sadhaka in JAPA will bear individual characteristics. No two sounds are like. Let us look at the clue as suggested by an observant reading: The sound that charms the organs, loud and clear, belongs to Agni, The undefined sound (aniruktak) belongs to Prajapati, The soft and smooth belongs to Vayu, The smooth, effortful and strong belongs to Indra, The heron-like (kraunchapakshi) belongs to Brhaspati The sound like that produced by a broken kamsya-vessel quite ill sounding belongs to Varuna. The last one should be avoided. For this pranayama, one should sit in sukhasana and do it. Human life should not be wasted away by reckless and illogical living. Death always keeps itself ready to claim us. Even a mighty mansion falls to the ground when its foundation becomes weak and shaky; similarly, unless the vayu by its vibratory action, produces the needed nutrient to the mighty pranana, the latter is not likely to prolong its stay; a weak pranana will be incapable of ruling the kshetra with the needed authority. That pagan is the sum and substance of human living is emphasized by our texts in very many beautiful ways. Consider the following from Chandogya Upanishad (VII 15.1) Pranava asaya bhuyanyadha va ara nabhau samarpitah, evamasmin prane Sarvam samarpitan, pranah pranena yati, pranah pranam dadati, pranaya dadatri, prano ha pita Prano mata, prano bhrata, prano ha svasa prana Acaryah, prano brahmanah. Even as spikes are fastened to the hub, so on this pranana all this is fastened. Pranana moves by itself, it gives life to all as also life to itself. Pranana is pita, mata, bhrata, svasa(sister); pranana also is Acarya and brahmana – a kind of be-all and end all; the motive force behind all the human activities – physical, mental and spiritual. Note the words: pranah pranam dadati, pranana gives life to pranana itself. How come this? One must understand this in the light of what was explained just above: in the yogic parlance, vayu is the product of pranana with nature quite similar to its progenitor pranana. Upanisadic texts talk as though they are one and the same. Yet they are separate and distinct. The point to note is that when pranana takes charge of the body, external air may not be needed. At birth and soon thereafter it is found that the body does not use its nose for respiration; rather, its breathing is totally aside moving up and down in the wind-pipe rapidly, the eyes always fixed up a gentle touch on the brahma-randhra is enough to feel the pulsation of pranana. This is the state of yoga found naturally among new-born babies. It is to get back this state that one has to resort to the practice of yoga.

Hence the saying that yogic technique is not man-made but God-given. Jesus Christ said “Unless you turn and become like children, you will never enter into the kingdom of Heaven”. (Mathew 18.3) The external air, vayu is called apana. It is made up of many gases and its movement is always downwards. It is impure in its composition. Its oxygen content is around 20%. In the fetus, as said earlier, there is no external air. There the pranana creates vayu. By its very pulsation pranana pushes vayu downwards and pulls it up upwards. This is the sahaja gatagati of vayu, and also called

pranapanagati. This gatagati takes place within the body, in fact, from nabhi to brahmarandhra. The common respiration where in the external air is taken in through the nose and sent out through the same channel, starts after the birth of the baby. In the fetal stage, life and growth is carried out sans the external air. In this regard, Gita says: Apane juhvati pranam prane panam tathapare Pranapangati ruddhva pranayamaparayahah (Gita IV.29) Apana is the downward movement and pranam the upwards movement. Apana (the vayu in downward motion) enters pranam in the form of annah, and pranam enters apana by sucking it in the yogic process and releasing it after nourishing it. This vayumathana when done in a restrained and systematic way, gets the name pranayama. Pantanjali is totally misunderstood by the modern scholars since they all lacked the experience of yoga. He described pranayama as: Svasa prasvasayor gativicchedah pranayama (II.29) It is pranayama when prana and apana (as svasa and prasvasa) is kept as under by pushing out the atmospheric air after annaprasana.

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Pranayama: A Yogic Wisdom towards a healthy mind

As per the latest reports, mental disorders such as depression, anxiety, bipolar disorders, has been taking a toll all over the globe. In such cases people have been opting towards popping pills and supplements. Why keep looking to find a cure in a pill when ayurveda and yoga has a holistic approach to address these issues. Ayurveda has mentioned in brief concepts such as dinacharya, rutucharya and various such concepts for the overall wellbeing of a person. Yoga, on the other hand has explained a wide variety of practices. One such practice is pranayama which is considered as one among the ashtangas of yoga. Pranayama literally means control of prana. It is a breathing practice through which ones mind becomes still and attains a state of calmness. Yoga provides us with various types of pranayama techniques. To mention a few; Kapalbhathi pranayama, Hasta mudra pranayama, Chin mudra pranayama, Nadi shodhana, Sheetal pranayama, Ujjayi pranayama, Bhramari pranayama and so much more. Pranayama relieves anxiety and stress and floods the body with prana, leaving you refreshed and relaxed. It has believed to purify the blood, awaken the solar plexus (chakras) and expand lung capacity as well as improve the digestive system and metabolism. It has also said to strengthen the nervous system and help regulate the endocrine system. Thus to conclude, pranayama has been said to drive out the impurities and disturbances of the mind and cultivate a sense of awareness.

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Psychological Wellbeing through Pranayama

Psychological wellbeing refers to positive mental states, such as happiness or satisfaction Psychological wellbeing has two important facets. The first of these refers to the extent to which people experience positive emotions and feelings of happiness. Sometimes this aspect of psychological wellbeing is referred to as subjective wellbeing.

Psychological well-being, also known as mental well-being, refers to the state of optimal mental health and functioning. It encompasses various aspects of an individual's psychological state, including emotional, cognitive, and social well-being. Psychological well-being is not merely the absence of mental illness. Still, a positive state of mental health that is characterized by positive emotions, healthy thoughts and behaviors, resilience and a sense of fulfillment and purpose in life. Individuals with good psychological well-being are less likely to experience mental health issues like anxiety, depression and stress. It helps individuals to develop healthy coping mechanisms, manage emotions effectively and maintain resilience in the face of challenges, reducing the risk of mental health disorders and promoting mental health. Thinking positively improves one's psychological well-being. In turn, as one's psychological well-being improves, it becomes easier to think positively and feel good after Pranayama.

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Benefits of Yoga Practice for Legal Professionals

Yoga in simple terms can be defined as a spiritual science of self-realization. The origin of Yoga dates back to over five thousand years in the Indian subcontinent. The Indian Sage 'Patanjali' defined Yoga as the process of Spiritual Development. In addition to this, he even came up with the different Postures, known as asanas and various breathing exercise. He also defined the four limbs of meditative stages, as follows 1. Control of Sense – Pratyahara 2. Concentration – Dharana 3. Meditation – Dhyana 4. Enlightenment – Samadhi In the present-day situation is taken into account, it can be said that the concept of yoga has gained popularity in the western world due to the increasing awareness among people around the world and a need for balanced lifestyle. Another vital phenomenon to be taken into consideration is: s hatha yoga. Hatha yoga has become quite popular among the westerns, it seeks to promote health and

well-being through physical exercise. The regular practice of asanas and breathing exercises (pranayama) makes the body strong, supple and healthy. The legal profession is one of the most stressed industries, according to the 2017 UK Health and Safety Executive Work-related stress, depression, or anxiety statistics. The hazards of prolonged stress include heart disease, high blood pressure, weakened immune system, irritable bowel syndrome, and diabetes. Stress influences our cognitive ability, our physical and mental wellbeing, and our behavior.

Pavithra G

Role of diet in mental health

One of the most obvious yet under recognized factors in the development of mental health is nutrition. Just like the heart, stomach and liver, the brain is an organ that requires different amounts of complex carbohydrates, essential fatty acids, amino acids, vitamins, minerals and water to remain healthy.

An integrated approach that equally reflects the interplay of biological factors, as well as broader psychological, emotional and social conceptions of mental health, is vital in order to reduce the prevalence and the distress caused by mental health problems. The role of diet in the nation's mental health has yet to be fully understood and embraced. There is a growing body of evidence indicating that nutrition may play an important role in the prevention, development and management of diagnosed mental health problems including depression, anxiety, schizophrenia, Attention Deficit Hyperactivity Disorder (ADHD) and dementia. Feeding the brain with a diet that provides adequate amounts of complex carbohydrates, essential fats, amino-acids, vitamins, minerals and water can support healthy neurotransmitter activity. It can protect the brain from the effects of oxidants, which have been shown negatively to impact mood and mental health. Evidence of nutrition's protective qualities can be identified across the life course. The links between diet and positive mental health, including healthy brain development, there is emerging evidence that good quality nutrition may play a role in contributing to the prevention of mental health problems and in the management and recovery from these when and if they do occur.

Bandayya Swami & Udayakumara K

Yoga for the Improvement of self-esteem among rural school children

School children, often have psychological problems such as anxiety, depression, and low self-esteem are considered to be most prominent. Yoga is a non-invasive, cost-effect and safe intervention among complementary and alternative medicine which is known to have a positive impact on psychological problems. Hence this study shown the effectiveness of yoga on self-esteem. To study the effectiveness of one month selected yogic practices, for Yoga for the Improvement of Self-Esteem among School Children. The effectiveness of Yoga therapy on improving self-esteem in school children has shown significant result. Thus can be helpful remedy for school children who lack self-confidence and self-esteem.

Subramanya Reddy

Transcendental Meditation

Transcendental Meditation is an effective Yoga practice that can be considered as one of the front-standing tools for establishing a stable mental balance. Once the mind is balanced automatically the body and all its organs get purified and as a result diseases get cured, relations become stronger and life becomes peaceful.

This is the most recommended Yoga practice for the present generation. Most people are quite educated and engaged in software engineering, Finance planning, Real estate, business, and many other important professions where a lot of mental work is required.

The mental pressure generates a lot of stress on the body there are high chances of disturbance in the hormonal system which can result in an abnormal body, organ failure, emotional imbalance, and professional suffocation.

Transcendental meditation in Sanskrit is known as Samadhi Sthithi. It is also known as Stitha Pragna which is explained clearly in the Bhagavad Gita. If someone can read, understand, and experience the Bhagavad Gita systematically there is a possibility that he can experience Stitha Pragna, but it is not so easy because it is a very vast and in-depth knowledge. The Skeleton of Bhagavat Gita is constant of 3 states that is Ahambrahmasmi, Thathvam Asi and Sarvam KalvidhamBrahmasmi.

If a person can somehow realize the state the above 3 states his Raaga, Dwesha, Kaama, Krodha, madha, and Moha get balanced automatically and he experiences Samadhi. Transcendental Meditation is not just a 20-minute process, but it is a continuous way of life you live while you are at the office or at home, or anywhere else.

We at Sanjeevini Datta Kshetra train people to get into this state which requires 5 days of residential training where the person gets all the benefits.

Aditya Varma

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Yoga: A traditional Indian somatic psychotherapy

Medicine Provider , Vedic chanting and Yoga Teacher] Human Life variously seeks out any one or all of the Purusharthas - Dharma , Artha, Kama or Moksha. But like any other organism, the Homo sapiens seek Balance / Homeostasis. Yoga has been variously defined. Sri Krishna in the Bhagavad Gita tells Arjuna "Samatvam Yoga Uchyate" : Equanimity / Balance is Yoga. Yoga evokes this Balance . Yoga is also defined as Union. This union is an Integration of one's Sharira (Body), Satva (Mind), Indriya (Sense Organs) and Atma. This presentation will focus on how Psychology is now embracing Body work, Somatic Awareness, Breath work and Spirituality in its scope for Mental Wellness. Somatic Psychotherapy has roots in the Western Psychology and echoes the applications of Yoga (Indian Psychology). As the Lifestyle disorders increased alarmingly across the world, the focus was on treating problems caused by the Stress response in humans. But pioneers like W. Reich also observed in his patients that there were areas of physical stiffness and by stretching or applying pressure on these parts, there was emotional release and resolution. These modalities which developed through the last century demonstrate remarkable similarity to Yoga practices. Other prominent contributors were Dr Benson who worked on eliciting the Relaxation Response through Yoga, Meditation and Prayer. These modalities work on Regulating the Nervous System Producing Beneficial chemicals in our body: Neurotransmitters Enhancing Immunity :Nitric Oxide etc. Yoga is now an integral part of Mental Wellness and Therapy. It has shown to be beneficial in managing psychological issues such as Stress / Anxiety / PTSD, Psychosomatic conditions or everyday neuroses and in promoting a healthier and happier life.

Saiprasad Y & Renuka Patil

Cases of migraine treated with homoeopathic medicines

Migraine is a neurological disease which usually causes a pulsating, throbbing headache on one side of the head. The pain may be extremely bad and hurt so much that a person may have a hard time following his routine. Most migraines cause headache and nausea and might make the person dizzy or very sensitive to bright lights or loud noises. Patients may see funny patterns, have blurry vision, or may not be able to see at all. Migraines usually last between 4 to 72 hours. In the WHO Global burden of disease study, headache disorder has consistently been the 2nd most prevalent disease in the World. Women are approximately 3 times more likely than men to have migraine. Among people aged less than 50 years old, migraine is the most common cause of disability. Modern medicine doesn't know the cause of onset of the disorder hence cannot figure out the curative treatment for the same. This is a study of four cases of migraine, where individualized Homoeopathic medicines are prescribed and improvement is assessed by The Migraine Disability Assessment (MIDAS). There is scope for Homoeopathy in the treatment of migraine in improvement of quality of life by reducing the intensity, duration and frequency of episodes.

Dr. Somashekar

Efficacy of homoeopathy & yoga therapy in treating atherosclerosis of femoral artery after PCTA - a complementary approach

To know how Yoga can complement homoeopathic treatment and why we need in our day to day clinical practice.

Effectiveness of (Homoeo- Yoga) in management of Atherosclerosis of femoral artery after PCTA

- Long-term narrowing or total blockage of the femoral artery can cause claudication, fatigue and ischemic painful cramping in the calf muscles when walking.
- In extreme situations, a blocked artery in your leg can lead to amputation (removal) of your toes, foot or leg also known as critical limb ischemia (CLI).
- An integrated approach of homoeopathy & yoga therapy has successfully treated atherosclerosis of femoral artery in a post PCTA subject.
- A female subject who is aged about 29years, presented with intense claudicating Pain in right thigh since 5-6 yrs < since 2-3 months, associated with numbness before the pain & formication feeling during pain .

H/O congenital heart disease- Acyanotic coarctation of aorta with s/o difficulty in breathing & headache , uncontrolled hypertension.

- 11-01-2010 Successful stenting of coarctation of aorta- Transcatheter CP Stent (Cheatham –Platinum) using FA.
- started pain in right thigh after 2-3 yrs after femoral catheterization for stenting.
- 14/4/2015 - color duplex study of right LL arteries. - short segment stenosis of the common femoral artery with severe stenosis at the bifurcation. Dampened flow in the LL distal to stenosis.

- 15/04/2015 - CT LOWER LIMB ANGIOGRAM - Suggestion of an elevated internal flap with significant focal short segment stenosis(>70% narrowing)involving right common femoral artery just before the bifurcation
- Worried , cried after asking about her family
- Mother in law used to curse her always for trivial mistakes, never gave back answer to her, but 5 months back mother in law started scolding her in front of the relatives, at that time she couldn't control her anger and she started scolding very badly to mother in law & even she tried to beat her by raising hands.
- Like to stay alone after that incident & suffering from insomnia
- > consolation - doesn't want to hurt anybody, sweet nature.

RUBRICS :

- MIND - AILMENTS FROM - cares, worries, mortification – indignation, honor; wounded
- IND - AILMENTS FROM - reproaches
- GENERALS - FOOD and DRINKS - sweets – desire, arteriosclerosis
- GENERALS - ARTERIOSCLEROSIS
- EXTREMITIES - CLAUDICATIO INTERMITTENS

During the treatment

Rx - 22-11-2018 : Staphysagria 10M - 1 dose , sl tid/1 month

Follow up : 22/12/2018

Generally feeling better : Intensity of pain in thigh , 30 to 40 % claudication pain >

Sleep- very much better > 90%

Rx - pl tid for 1 month

YOGA THERAPY SUGGESTED FOR 3 MONTHS

POSTURES-

- Upward FACED DOG POSTURE- 5 TIMES/ 30 SECONDS
- TRIKONASANA- BOTH SIDES 4 TIMES/ 30 SECONDS
- PADANGUSTASANA- 6 REPETITION
- ANANTHASANA- 2 TIMES
- VIPAREETA KARNI – 3-5 MIN
- PRANAYAMA- SURYA BEDHANA- 5 REPETITIONS
- BRAMHARI PRANAYAMA- 9 TIMES

Chandana M

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Agnihotra: Fire healing -an advancement of ancient wisdom

Purpose: To purify the atmosphere and cleansing of mind, for an individual's physical, mental and spiritually uplifting journey.

Methods: Refers to Yajna (offering to God) casting ghee to cow dung cakes into the sacred fire as per strict rites. But this process is simplified to the current scenario with a convenient way to make the process more effective with divinity.

Results: Enhanced growth and physiology of plants and provide beneficial effects on animals. The energy emanating from the process disseminates a powerful healing effect in the surroundings and the energy is locked in the resultant ash.

Conclusion: The simple yet powerful tool needs to be promoted across the planet for people from all walks of life to experience amazing results that help to transform their lives and heal the planet.

Agni means fire, Hotra means healing.

Agnihotra is a healing fire from the ancient wisdom of Vedas. It is a process of purifying the atmosphere through a specially prepared fire which is performed daily at sunrise and sunset.

The beneficial effects of Agnihotra help to reduce stress, improve overall health and give increased energy.

Agnihotra is the resuscitated fire science which can be performed by anyone from any walk of life.

Components:

- Time- sunrise time, sunset time and any time (between sunrise and sunset)
- Mantra- with mantra (sunrise and sunset) and without mantra

- Ingredients:
 - a. Cow Dung cakes
 - b. Rice- brown rice (unpolished) and white rice (polished)
 - c. Ghee- cow ghee and buffalo ghee
- Pot- copper, mud pot of same size and shape

Now more than ever, humanity is in dire need of a tool which can help to purify the atmosphere, grow pure food uncontaminated by pollutants and return to a state of balance and harmony with our fellow beings and our Mother Earth. Agnihotra is the healing tool to achieve this.

Mamata Kyatannanavar

Study of environmental pollution and its effects on human health

“The natural resources of the Earth, including the air, water, lands, flora and fauna and especially representative sample so natural eco systems, must be safe guarded for the benefit of present and future generations through careful planning or management, as appropriate.” - Principle 2: The Stockholm Declaration, 1972

Environment in its wider sense includes everything which is external to human being. Environment may be defined as an aggregate of all external conditions and influences affecting life development of an organism. Apart from its immediately visible and noticeable unpleasant effects, pollution effects human health in variety of ways by negatively affecting the environment and directly damaging the biological and sometimes the psychological as well. Many legal provisions and mechanisms have been and are being adopted to address the Environmental protection but the rapid changing of global industrial is ationis out pacing those are medial measures which remain insufficient, especially in most developing states.

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Mental Health by Spinal Alignment.

Traditional Bone Setting & Spinal Alignment helps mental illnesses through utilizing a natural, Rnon-invasive, mind-body approach. The goal of Bone Setting is to balance your body ergo and your mind. In addition spinal manipulation can provide a variety of other treatments that reduce the symptoms of anxiety, depression and other mental health issues. Body & spinal alignment uses a mind and body approach to target specific problem areas. The holistic way we work on the resetting of whole musculoskeletal chain involved. Results into the healing from the root cause.

Jagadish V Chalam

www. Jagadishvchalam.com

Face Reading analysis positive thinking

The Positive thinking is the belief that by focusing on positive or negative thoughts, people can bring positive or negative experiences into their life. This helps people to transform their lives and achieve greater success and overcome challenges in career, health, relationships and almost all areas of life. The Law of Attraction training is very helpful in your Life to achieve your goals and solve your problems.

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Dhee dhairya atmadivignyanam manodosha aushadamparam – Ayurvedic approach in maintaining mental health

Mental health is a universal human right. A mental illness is characterized by a clinically significant disturbance in an individual's cognition emotional regulation or behavior. One in every eight people suffers with mental illness according to previous studies conducted. Ayurveda, the ancient Indian system of medicine offers a holistic approach to mental health that integrates mind, body and soul.

Objectives: To prove that one can maintain his/her mental health by following the principles explained in ayurveda.

Methodology: Study design - Literary Study. A detailed study has been done among the available sources of Ayurveda and traced the cause and treatment for imbalance in mental health.

Discussion: Shareera and Manas are the seats of diseases and proper indulgence of these is the cause for happiness. Rajas and Tamas are the Manodoshas when there is imbalance of these a person suffers from manasikavikaras like anxiety, stress, depression etc. Knowledge about one's own body condition plays a major role in treating such illness.

Results and Conclusions: Normalcy of the state of mind can be maintained by concentrating on the terms explained in Ayurveda. Thus, balancing the Manasika Dosha is needed which is the root cause for maintaining mental health.

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Rasavaahini Dushyanti Chintyaanaam Cha Atichintanaat – an Ayurvedic perspective of over thinking with reference to Rasavahasrotodushti

Background of the study: Ayurveda Granthaas stands unique by its presentation through Samskruta Vyaakarana, which are the decoding techniques of entire Shastra. Ayurveda believes in Dosha, Dhaatu and Mala siddhaanta, which has an extra ordinary vyaapti in diagnosis, prevention and treatment. Now-a-days, over thinking is very common amongst the entire public irrespective of age and gender. Ayurvedic view about Atichintana, has been explained mainly as a cause, symptom, sign and is also a method adopted for treatment of various ailments also. Understanding in detail about its clinical utility is much more essential in present scenario.

OBJECTIVES: To prove that Ayurveda Shastra has a wider application and scope in prevention and cure of mental health.

METHODS: Study Design - Literary Study -A detailed literary proof regarding Atichintana has been critically analyzed and its role in manifesting a disease, as a symptom, sign and its role in chikitsa has been brought up here.

DISCUSSION: Atichintana – is a major cause for rasavahasrotodushti, as a result of it, leading to various diseases like Ashradha, Srotorodha etc. If the aadya dhatu is affected, simultaneously all the other dhaatus also gets affected. The praakruta karma of Rasa dhatu is Preenana, and its reduction in body is also leading to Shabdaasahishnuta, which is again a mental illness.

RESULTS & CONCLUSION: Such an understanding about individual cause of each srotas, especially which involves the mind can pave a way for the critical analysis of the scope of Ayurveda shastra in mental health. Thus, Atichintana requires a treatment which is more specific to maanasika level, thus focusing on mental health.

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Unveiling the concept of Mano – Nigraha in Ayurveda

Background of the study: Ayurveda Granthaas stands unique through its uniqueness in its way of explaining about prevention and cure of diseases which affects the mind as well as body. Ayurveda believes in a principle that body and mind are interrelated and each are interdependent. Now-a-days, mental health is a very important factor which has to be prevented and cured. Understanding in detail from the background of Ayurveda Siddhaanta, about the utilities of Mind and its control is much more essential in present scenario.

Objectives: To prove that Ayurveda has a wider application and scope in explaining the principles of Mind body and soul, through which the mental illness can be prevented and cured.

Methods: Study Design - Literary Study -A detailed literary study regarding Mano siddhaanta from the background of fundamental principles of Ayurveda has been critically analyzed and its role in manifesting a disease and its role in chikitsa through the control has been brought up here.

Discussion: Manas can be considered as an individual dravya, its Vishayaas, its karma and its role in control of actions and perceptions and its importance in manifesting diseases. Concept of Satwa awajaya chikitsa is giving a prime importance to Mano nigraha. Any physician who fails to understand the Maanasikaavastha of a patient will fail to cure it also. Manas is given importance in dashavidhapareeksha, as an individual siddhanta and is considered in chikitsa.

Results and Conclusion: Such an understanding about individual siddhanta especially which involves the mind can pave a way for the critical analysis of the scope of Ayurveda Shastra in mental health. Thus, an individual who has a control over his emotions especially at maanasika level can win his life to success.

Mega Pre Conference Workshop "Yujyate Anena Iti Yogah"

108 Days | 108 Speakers | 108 Topics

SL NO	NAME OF THE SPEAKER	TOPIC
1	SRI. VINAY KUMAR S	PANCHA KOSHA VIVEKA IN YOGIC PRACTICE
2	SRI. SUMAN	YIN YOGA PRACTICE
3	SMT MAHANANDA MAHENDRAPAL	UNDERSTANDING OF YOGIC PRACTICES FOR TOTAL HEALTH
4	SMT VEDA	YOGA PRACTICE FOR BACK PAIN
5	VENKATA RAO KARUTURI	CONSTIPATION ,MOTHER OF ALL DISEASES
6	GIRIJAMBA	HOLISTIC APPROACH OF YOGA THERAPY
7	NILAMEGAME	YOGA IS IN SCIENTIFIC WORLD
8	DR.M.BALA THARAMALINGAM	THE PHYSIOLOGY OF PRANAYAMA
9	CHANDRAKALA	JEEVANA DHARMA YOGA RELEVANCE OF BHAGAVAT GEETA IN THE PRESENT GENERATION
10	SUBRAMANYA REDDY	KARMA THATHVA
11	SRI. OMPRAKASH SWARNA	LIBERTY FROM INFERTILITY
12	DR.VASUDEV AGNIHOTRI	BHARATVARSHA TODAY & WAY AHEAD SPECIAL REFERANCE TO JNANA & BHAKTHI YOGA
13	DR.CHAKRAYOGI GURUSWAMY	CHAKRA SCANNING & HEALING WITH INTRODUCTION TO CHAKRAS
14	SRI. SHIVAKUMAR	WHAT OUR SANATHANA DHARMA SAY EARNING MONEY PLAYS MAJOR ROLE THROUGH JYOTISHYAA
15	DR.M.NATARAJ SAMATHA	MEDITATION FOR MANAGER OF LIABETES
16	MR.RAVIKUMAR H.R	SCIENCE OF YOGA -UNDERSTANDING THE ANATOMY & PHYSIOLOGY,OF ASANAS.
17	DR.MAHESH KRISHNAMURTHYJI	NADIPARIKSHA/NADICHIKISTS
18	DR.MADHUSUDHAN RAO	ETHICS IN HEALING /BOTH PARENTS &TEACHERS
19	DR.NIRMALA HIREMATH	IKIGAI
20	DR.VIMALA GOPAL	PHYSICAL.MENTAL SOCIAL WELLBEING THROUGH LALITHA SAHASRANAMA CHANTING
21	SRI.BERNHARD DREKAL	SAMPOORNA HATHA YOGA
22	RAMA CHANDRASHEKAR	INTRODUCTION TO YOGA THERAPY& SPECIALISATION IN YOGA THERAPY
23	SMT.NAGARATHNA B	SOHAM KRIYA IN SECTIONAL BREATHING
24	DR.PREMA M	ACHIEVING MINDFULNESS BY VISHNU SAHASRANAMA
25	SMT..AMUTHA GAVERAPPAN	OBESITY
26	SMT.RAJALAXMI JAYARAM	YOGA CAN HELP REDUCE STRESS
27	SADVI.DIVYA PRABHA MATAJI(LUCY)	THE SCIENCE OF STABLE WISDOM
28	SRI. SWAMY NARAYANANANDA SARASWATHI	SHUBHASHINI
29	DR.BHASKAR TANDEL	SOUL JOURNEY
30	DR.VIJAY TIWARI	IECSME KAMADHENU CHAIR
31	DR. SHIVAPRAKASH M	YOGA IN EDUCATION
32	DR.POORNIMA NARAYAN	YOGA WITH HEIL OF PROPERTIES
33	MS.DEEPTHI BELVADI	ART OF POWER NAPPING
34	SRI.MANJUNATH DESHNOOR	PROP YOGA PRACTICE
35	SMT.GEETHA G.R	KARMA YOGA SHLOKA SANGRAHA
36	DR.D V S R PRAKASH JI	SCIENCE OF YOGA SPECIAL REFERANCE TO SURYANAMASKARA A SCIENTIFIC APPROACH
37	DR.DAKSHINA MURTHY JI	WELLNESS PROGRAMME
38	RTN.GURVEEN KAUR	THERAPUTIC YOGA
39	SMT.DEEPA S MULE	MEDITATION FOR SELF AWARENESS/SELF LOVE
40	SRI. SADVI MEENAKSHI GIRI	SAMYAMA THE HIGHEST STAGES OF YOGA
41	SRI. SANDEEP PANNDIT JI	ADOPT SELF MASTERY FOR FULFILLMENT IN CAREER & LIFE
42	SRI.KIRAN KRISHNA	GARBHA SANSKAR
43	SRI.SURESH KUMAR	SWARA YOGA WITH ADVANCE PRANAYAMA
44	MS.MAMATHA R	MANAGING MONOPAS BY ASANA AND PRANAYAMA
45	SRI.J.SAMPATH KUMAR	YOGA PHILOSOPHY (PANCHAYAT BOOTHA)
46	DR.JALAJA RAMADEVI V TOGALERI	HARI DASA SAHITYADALLI YOGA
47	DR.DAKSHAYANI.T	YOGA FOR OBESITY
48	SRI.KRISHNA PRAKASH	YOGA NIDRA
49	SMT.PREMA NAGESH	BREATH AS TOOL TO CONTROL MIND & BODY
50	DR.KAMLESH MISHRA	MEDICAL YOGA

SL NO	NAME OF THE SPEAKER	TOPIC
51	SR.JYOTHI KAKADE	HEALING AND SPIRITUALITY
52	PROF.DR.SHIV K	YOGA-THE WAY OF LIFE
53	SRI.ARUL DEV	YOGA OF BODYS DELIGHT
54	SRI.SURESH KUMAR	GARBHA SANSKAR
55	C.N KRISHNA GURUJI	HOLISTIC HEALING
56	SRI.V.ASWATHA RAMAIAH	YOGA FOR SUCCESS
57	SMT.SHOBHA POMANI	LAUGHTER YOGA
58	SMT.VENKATALAKSHMI MADHESWARAN	LIVING A STRESS FREE LIFE THROUGH YOGIC APPROACH
59	SREE LAKSHMAN JI	FASTING THERAPY
60	SMT.RAJASHREE ANAND	GARBHA SANSKAR YOGA
61	SMT.RAMYA VASANTH	YOGA FOR PCOD
62	SRI.VENKATA RAO	SCIENCE & SPIRITUALITY
63	MOHIT TAHILIANI	MASTER YOUR MIND,MASTER YOUR LIFE
64	DR.ADRIAN SURESH	CHAIR YOGA & MENTAL HEALTH
65	SMT.VEDAVATHI S HUKKERI	IMPACT OF SCIENTIFIC PRANAYAMA OF MIND & BODY OF A CANCER PATIENT
66	DR.S.N.SUGUMAR	360 MEDITATION
67	DR.PREM PRABHU	BASIC MEDITATION SESSION THE WONDERS OF BREATH
68	SRI.THOMAS DE GRAEVE	THE ULTIMATE GOAL OF YOGA
69	SRI.PRADHAN THALANKI	YOGA,AURA AND CHAKRAS
70	DR.MANISHEKARAN	HARMOINY ON EARTH
71	SMT.PADMA HEMANTH	POSITIVE ATTITUDE & SELF MOTIVATION
72	MS.SEINA YAMANKA	JAPANESE YOGA & WELLNESS TREND
73	MR.DINO HIRA BIO	PERSONALISED MEDITATION FOR MENTAL HEALTH & HAPPINESS
74	SMT.SHOBHA MARY	YOGA FOR URINE INFECTION & CONSTIPATION
75	SMT.MAHANANDA M	GARBHA SANSKAR
76	DR.BHOLA NATH YOGI	SCIENCE IN HINDU DHARMA/PRACTICE
77	SRI.ATABEY	YOGIC PATH WAY OF INTEMACY
78	SMT.SUBHRA RAY CHAUDHURY	HOW WE CAN GET REVERSE OR MANAGE THE PCOD AND PCOS WITH HATHA YOGA
79	SRI.RAMANJIT GAREWAL	THE ART OF BREATHING
80	DR.DHANVANTHARI S WODEYAR JI	SAMYAMA ,ATMA SAKHATKARA,TECHNIQUES PRACTICAL ASPECTS OF SELF REALISATION
81	SRI.VINOD KUMAR	YOGA (BHAGVAD GITA,PATANJALI YOGA SUTRA,MUNDAKOPANISAHAD)
82	DR.VIJAYARAGHAVENDRA H L	SCIENTIFIC ANALYSIS OF PRANAYAMA,YOGA,FOOD & RITUALS
83	SMT.RADHA T VIJAYARAGHAVENDRA	WOMEN EMPOWERMENT & PERSONALITY
84	GURUJI SHRI.RAMESH SASTRY ,BALI	THE HARMONIOUS MIND
85	DR. VISHWANATH GURUJI	PRASHAMANA REJUVENATE AND RELAX YOUR BODY -MIND-EMOTIONS
86	DR.M K NAGARAJ RAO	KARMA YOGA
87	SIKRISHNADAS SKY	CONNECTION BETWWEN YOGA & DEVOTION THROUGH MUSIC
88	SRI.PUNITH SIPANI	BASICS OF KARMA
89	DR.LAKSHMINARAYANA SHASHENOY	YOGA IN DAY TO DAY LIFE
90	DR.PARAM SHIVAIHA	ACCUPUNTURE POINTS
91	DR.VIJAYKUMAR P.S	YOGA BASED COMPRESSION CARDIAC REHABILITATION
92	SRI.JAGADHISH V CHALAM	FACE READING
93	RAVISHANKAR J.MADAPPA	BHAKTI YOGA
94	DR.G.RADHAKRISHNAN	YOGA THERAPY
95	GURUMAA DR.GAYATHRI	TRAIN YOUR MIND -REDESIGN YOUR LIFE
96	CHANDRAKANTH BIRADAR	YOGA AND MENTAL HEALTH
97	DR.YOGI DEVARAJ	PURPOSE OF LIFE
98	RTN.SAPNA PRIYADARSHI	TAROT GUIDENCE IN DAILY LIFE
99	YOGINI TARA	YOGA AS A WAY OF LIFE
100	DR.BALAJI R	SALUTOGENESIS:THROUGHT YOGA & YOGA THERAPY
101	SMT.KUSHBOO LUTHIYA	DEPTH OF SOUND
102	SRI.APURVA LUTHIYA	FROM THOUGHT TO EXPRESSION
103	SRI.H P RAGHAVENDRA PRASAD	YOGA SIMPLIFIED THE EFFORTLESS WAY TO REMIND A PRACTITIONER FOR LIFE
104	SRI.RASHMI JOIS	IMPORTANCE OF SHOLKA IN YOGA SESSION

Pre-Conference
BHARAT VISHWA GURU
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Sl No.	Contact Name	Topic & brief description of presentation
1	H C Keshava	Satvic food & benefits
2	Shilpa M	Pancha kosha
3	Prajakta Kannatti	Ancient indian martial arts
4	Shreya H G	Sanathana dharma
5	Nandini N	Ancient therapy vs modern medicine
6	Pushpa Latha K S	Face yoga
7	Veena Margutti	Positive thoughts or mindset.
8	Padmapriya	Asana
9	Vageesha A G	Pranayama & yoga
10	Chandana M	Agnihotra
11	Aparna.S	Food and health
12	Dr. Suma H R	Sootika paricharya(post delivery care of women) is a concept practised in every village since time immemorial in india.
13	Nirosha	Yogic journey
14	Jagadisha V	Bhaktiyoga bhajanaaravindam
15	Vanishree Mv	Meditation (active) in daily chores
16	Ashok Tn	Effect of jalneti and sectional breathing for the people suffering from copd in food factory
17	Priyadarshini	Ustrasana - camel pose
18	Shilpa P	Sethubhandasana
19	Somanth U	Shirasana - headstand
20	Mamatha N	My life and soundarya lahari
21	Anshu Hegde	Lifestyle styling
22	C.M.Pushpavathi	Yoga for women
23	Rekha.S.Kumar	ಯೋಗ ಜೊತೆಯಲ್ಲಿ ಆಯುರ್ವೇದ ಮನೆಮದ್ದು
24	Veena R	Yogasana and sahasranama
25	Basanthi	Santana dharma
26	Siri Rakesh	importance of ancient recipes & postnatal care, why we should respect our mother hood journey, what kind of food we need to eat in pregnancy,postnatal & puberty. We are food manufacturers for postnatal care,puberty & baby food as well.
27	Sowmya Shree T	Yoga and pranayama
28	Sanjeev Dadibhavi	Organic dhoop sticks (cow dung based)
29	Anitha Venugopal	influence of indian culture. Brief description on indian tradition, culture, art, knowledge. Influence in my journey.
30	Mithila Manjunath	Om in my life
31	Parvathi M	My learnings and experiences in life after taking yoga as life.
32	Srivathsa S	Ekadashi fasting
33	Sunil Kumar A.M	Yoga asana
34	Pankaja V Raju	Praanayama theory class if possible practical class
35	Radhika N	Patanjali yoga sutras

Sl No.	Contact Name	Topic & brief description of presentation
36	Chaithra	Benefits of sarvangasana in common ailments ☑
37	Saumya Rao	Yoga
38	Vanishree G	Yoga
39	Anitha.S	Homa
40	Dr.Vandana Praveen	hamsopasanae in meditation Infertility case Healing therapy
41	Jayaprakash	Harishadvargagalu
42	Vinod R	Topic related to genetic disorders treated by ayurveda
43	Abhilasha Dangi	Kayotsarg - relaxation is the first step of meditation. Relaxation is essential for today's fast paced life. A practice which is both spiritual and scientific. How to add this practice in daily life.
44	Veena Girish Hannikeri	Yoga influences & experiences
45	Tejashwini	Astavakra gita-communication with janaka
46	Shobha	Yoga and health
47	Nirmala Dadibhavi	About yoga
48	Yashoda	Yoga benefits
49	Girish.N.Hannikeri	Heart rate variability
50	Vedavati. S.Hukkeri	Impact of scientific pranayama on mind and body of a cancer patient
51	Dr. Anuradha R B	Abhyanga
52	Archana M	Yoga - stamina , stability , stretch and strength.
53	Geetha M N	About yoga and it's benefits for health
54	Shilpa Kn	sarvangasana
55	Swarnagowri	Tenets of hindu dharma
56	Jayashree Bewoor Hubli	ಆಧ್ಯಾತ್ಮಿಕ ಚಿಂತನೆ
57	Jnana Sai S R	Personal development
58	Vandana B.P	Siddhasana
59	Dr. Keerthana N	Galactogogue preparations
60	Dr. Niveditha Shetty	Seasonal food practices in tulunadu aati month -traditional immunity boosters for better health
61	Manjula. M. N	Our rituals & the science behind them.
62	Rekha Jayaprakash	Hatha yoga
63	Dr. Harshitha V	Prakruti analysis
64	Vinutha	Pitru paksha : connecting with our ancestors
65	Divya Bs	Integrate spirituality in daily life
66	Dr. Manasa M	Sadvritta and it's aspect in a case of electromagnetic sensitivity syndrome
67	Dr. Shrikanth Acharya	Pranayama:the practise of breathing right
68	Dr.Sahana T	Padaabhyanga
69	Anu Balasubramanya	Yoga practice- key points to remember.
70	Dr. Ajith Kumar	Management of kitibha kushta(exfoliative dermatitis/psoriasis) through ayurveda by considering mental state of the patient - a case study
71	Sushanth Kumar. M.S	Benefits of yoga
72	Shruthi R	Myths and facts about rajaswalacharya
73	Kousalya R	Breathing techniques to activate parasympathetic nervous system
74	Dr. Kavitha P.C	Ayurveda and yoga connecting to spirituality

Sl No.	Contact Name	Topic & brief description of presentation
75	Girijamba	Imparting indian culture and tradition to grand children by grand parents
76	A.M.Rajeshwari	Importance of water(jala)
77	R Mythreyeni	Suryanamaskara and its benefits
78	Kavita Priya C R	Yoga for education
79	Dr. Payaswini Shettigar	ರಜಃಸ್ವಲಾ ಚರ್ಯೆ (ancient science behind menstrual practices)
80	Anitha S	Women empowerment and sustainability growth mindset
81	Aditya Varma	Yoga: a traditional indian somatic psychotherapy.
82	Geetha Te	Hair , skin & generatal nutrition
83	Yogesh P Sajjan	Mental health & happiness
84	Poornima Y N	Face yoga for inner and outer well being
85	Saniya Patil	Important of vachanas
86	Jayanthi Ravishankar	Influence of yoga and healing on health
87	Srujan Margutti	Balanced diet and healthy food habits.
88	Girisha M	Pranayama in ashtanga yoga
89	Veena Sreekant	Lifestyle changes for yoga
90	Rekha C	Holistic approach to menopause.
91	Aruna Udayabhaskar	Yoga and health
92	Veena Lankesh	Plan your daily life
93	Tanushri Sn	Cultural preservation through games and puzzles - ನವಮೂಲ ಸಂಸ್ಕೃತಿಯ ಉಳಿಕೆ ಆಟಗಳ ಮೂಲಕ..
94	Kusuma U	Our role in creating awareness on sanathana darma.
95	Renuka N	Shatkriyas
96	Naren Subramani	the secret of empowering children to their fullest potential - a revisit to modern children's health
97	Harshitha Sm	Ancient methods for self management n life balancing techniques
98	Manjunath M V	You can be a happy being. To be a happy being, practice is the basic requirment. What is the practice, how to practice is the subject.
99	Anil Kumar Shirur	Yoga
100	Anubhuti Chambial	Kapalbhati
101	Swetha	Breathing benifits
102	Satish Nilajkar	None
103	Bhaskar	The science of smiles: exploring the psychology of kindness
104	Amitha Shetty	Yoga for back pain
105	Gundappa Margutti	Effective communication
106	Savitri Shreeram	Why we should learn vedic chants
107	Sudha	Bhagavadgeetha
108	Kavitha Gs	Sangeeta

Pre-Conference

Name	Topic
DR. VISHWANATH GURUJI	MANOYOGA - YOGA FOR MENTAL HEALTH
SRI. DR. NAGARAJA RAO M K	INTRODUCTION TO PATANJALI YOGA SUTRAS FOR YOGIC LIFE
DR. VISHWANATH GURUJI	INTRODUCTION TO MANOYOGA
GURUMAA DR. GAYATHRI	RELAX YOUR MIND, HEAL YOUR BODY
DR. SHOBA RANI R H	MIND-BODY CONNECTION FOR PSYCHOSOMATIC DISORDERS
SRI. PRAVEEN S	MANOYOGA IN SUSTAINABILITY
SMT. MALAVIKA HEGDE	BALANCING LIFE WITH PANCHABHOOTAS
SMT. THEJASHWINI B R	IMPACT OF SURYANAMASKARA ON MIND
SMT. SHUBHA VENGADAKRISHNAN	MEDHA SUKTAM FOR UNLOCKING THE BRILLIANCE WITHIN
MS DEEPTI BELAVADI	MIRACLE MORNINGS - THE MAGIC OF BRAHMA MUHURATA
SRI. VENKATESH	FASTING - NATURAL WAY TO CLEANSE YOUR MIND
SRI. BASAVARAJ HIREMATH GURUJI	ENERGY HEALING; CONNECT-CLEANSE-HEAL THROUGH COSMIC ENERGY
SRI. AKHILESH SHAIENDRA	YOGA NIDRA - YOGIC SLEEP TO TRANSFORM SELF
DR.SAVITHA RAMARAJ	GARBHA SANSKARA
DR.T.UPENDRA	MEDICAL ASTRO NUMEROLOGY
DR.DAKSHINA MURTHY PHD	ACCUPRESSURE
DR.C.N KRISHNA GURUJI	HOLISTIC HEALING
ZERO SIDDARU	KAAYA KALPA THERAPY
SRI. .SUBRAMANYA REDDY	TRANSCENDENTAL MEDITATION
DR.DAKSHINA MURTHY	ACCUPRESSURE
DR.V.CHALAM	FACE SCANNING & HAND WRITING
CHINNAPPA	HOLISTIC HEALING
SRI. .MAHESH KRISHNA MURTHY	NADI PARIKSHA & MARMA CHIKISTHA
SMT.CHANDANA M	AGNIHOTRA
GURU SWAMI	CHAKRA HEALING RELATED TO YOGA & SPIRITUAL ENERGY
DR.VISHWANATH GURUJI	PRATI PRASAVA
SRI. .KRISHNA GURUJI	HOLISTIC HEALING

SPEAKERS



Yogini Kaliji (Kali Ray)

Renowned Yogini,
Founder, TriYoga@
USA



Dr G.N.Bhat (Gopalakrishna N Bhat)

Academic advisor,
Ambika Mahavidyalaya



Dr. M K Nagaraja Rao

International Yoga Acharya
Chairman Academic Council
YUVA, Miami, FL, USA



Dr. Aralumallige Parthasarathi Guruji

International Scholar &
Expert Dasa Sahitya



Rtn. Ravishankar Dakoju

Indian philanthropist and
Real estate investor.



**Henrietta Lucy
Sadvi. Divya Prabha Mataji**

London. England



Dr. Chinta Mani Nath Yogi,

Thinker, Spiritual Master,
Educationist, Peace Activist &
Global Trustee of URI
Nepal



Dr. Ashley James Deans, Ph.D.

Executive Vice-President,
Global Union of Scientists
for Peace, UK



Yogacharya Sri. Bhavarlal Arya Ji

State President, Patanjali Yoga Samithi &
Bharath Swabhimana Trust, Karnataka



Dr. K Subramanyam

Pro -Chancellor
SVYASA Yoga University



Sri. N. Parthasarathi IFS

Former Ambassador
Indian Foreign Service



Sri. Subash Razdan

Chairman and Co-Founder,
The Gandhi Foundation of USA



Prof. Shivarama Varambally

Professor of Psychiatry,
Consultant and former Head,
Department of Integrative Medicine,
NIMHANS



Dr. Janki Santoke

Domain Expert & Reputed
Scholar of Vedanta



Sri. Yogathma Sri Hari Ji

Yoga Guru, Social Activist,
Motivational Speaker



Guruji Shri. V. Ramesh Sastry Ji

Spiritual Leader and Guru
Bali, Indonesia



Dr. Vijayalakshmi I. Balekundri

Former Professor of Paediatric Cardiology
Sri Jayadeva Institute



Dr. Rajshekhar Reddy. P

Neurosurgeon,
Vice Chancellor, YUVA



Rtn Elizabeth Cherian

President of The Alliance
of Health Promotion Geneva



Rtn. Rashmi Tanksali

Founder of Mintorie
e-commerce marketplace



Lt. Gen. Ramesh Halgali
PVSM, AVSM, SM (Retd)
Former Deputy Chief of Army Staff



Dr. Vishwanath Guruji
Mind Coach, Past Life Regression Therapist (PLRT)
Spiritual Solutions Centre



Dr. Jayanti Ranganathan Chavan
Founder President, Dr. T.D. Singh's
Institute of Science and Religion



Smt. Prema Nagesh
Founder & Director, Vyaniti Yoga
Muscut, Oman



Sri. Duke Vashisht
Aerospace Professional
Chandigarh, Bharath



Dr. Mahesh Krishnamurthy
Founder Director,
Nadichikitsa Wellness



Acharya Swami Dr. Nilamegame
Director & Organiser,
University of Reunion



Sri. Rajendra Damodara Yenkanamoole
International Yoga Guru &
Founder, Vasudeva Kriya Yoga, Australia



Dr. S N. Sugumar (Gnanayogi)
Yoga Expert & Prof & Head,
Dept of Economics
Vels University,



Dr. Bhola Nath Yogi Ji
Founder Principal, Hindu Vidyapeeth.
Gorakshanath Sewa Sangh.
Children's Peace Home, Nepal



Rtn. Sapna Priyadarshi
Spiritual Yoga & Wellness Coach,
Author, Corporate Speaker,
NLP Trainer & Reiki Master



**Kalaimamani
Dr. Adrian Suresh Anthony John**
Consultant, Malaysia Association of Natural Medicine
& PracticesAsia's Innovative Yoga Master, Malaysia



Yogini Susanne Strasburger
Yoga Teacher, Germany



Dr. Bhageerathi Kannadati
International Yoga Guru, Dubai



Dr. K Raghavendra Pai
International Yoga Acharya



Sri. V. Ashwath Ramaiah
Corporate Yoga Trainer & Author



Dr. S. N. Omkar
Chief Research Scientist,
Department of Aerospace Engineering, IISc



Yogini Wendy Manders
Yoga Teacher, Shala Yoga
Sucasa / Practitioner, Netherlands



**Yogini Sadvi Minakshi Giri
(Maria Kulagina)**
Yoga Meditation & Musical Experts, Russia



Swami Shri DasBodh Giri
Yogi & Wandering
Monk



Sri. K K Subramani
Founder, Cauvery
Kanya Gurukulam



Dr. Laxminarayan Joshi
Head, Dept of Yogic Science,
Uttarakhand
Sanskrit University



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