



AT THE INAUGURATION OF CENTENARY CELEBRATIONS OF THE YOGA INSTITUTE, MUMBAI BY HON'BLE PRESIDENT OF INDIA. SEEN ALSO ARE MAHARASHTRA GOVERNOR, CM AND OTHERS

DRK's News Letter



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Yoga for Holistic Health, Harmony and Happiness

This Newsletter focuses on three recent major events marking the pre-eminence of yoga in all walks of life all over the planet.

- The Centenary celebrations of The Yoga Institute, Mumbai
- The International Conference on Yoga for Therapy, Kaivalyadhama
- Celebration of 100th Anniversary of Yogacharya Dr BKS Iyengar, Bellur

The Yoga Institute – Mumbai – Centenary

On 28th December 2018, the Hon'ble President of India Shri. Ramnath Govind ji inaugurated the Centenary Celebrations of

The Yoga Institute, Mumbai, with the following complements - "I am happy to be here for the commemoration of the centennial celebrations of The Yoga Institute, which means 100 years of teaching, training, research and spreading the goodness of yoga in India and across the globe".

The two-day celebrations attended by thousands of Yoga enthusiasts also saw the participation of the Governor, the Chief Minister of Maharashtra, the Mayor, the Union AYUSH Minister and several Spiritual Masters and prominent artists. I had the privilege of inaugurating the specially prepared documentary on the history and contribution of The Yoga Institute.

Origin

Paramahansa Madhavdas Ji was born in 1798 in Bengal. In 1916 at the age of 118 Madhavdas ji was in Mumbai at Madhabaug for a discourse where Yogendra ji met him and became his disciple.

The Yoga Institute had a humble beginning in Mumbai on 25th December 1918. Yogendra ji founded The Yoga Institute at "The Sands", The residence of Dadhabhai Naoroji in Versova in 1918. He used therapeutic yoga



DRK with the Hon'ble President of India



With Gaur Gopal Das

to cure various ailments. He traveled to America and founded a yoga institute at Harriman in New York in 1920.

Yogendra Ji returned to India and respecting his father's wishes, married Sitadevi and remained as a "householder yogi". Wrote many authoritative texts on yoga based on ancient scriptures.

Since then Yogendraji went on to spread what was then considered the secret knowledge of yoga among the masses as he believed it should improve the lives of householders.

He along with Sitadevi, fondly known as Mother spread the knowledge of Yoga to the world, particularly women and children. The books written by both of them are preserved in the Crypt of Civilisation to be opened only 6000 years later.

Born in 1929, Shri Yogendra Ji's son, Dr. Jayadeva Yogendra was a simple man and a true yogi dedicated to a life of yogic discipline and simplicity. Until February 2018 he carried on the Founder's legacy in his silent and simple way, as President of the

Yoga Institute and also edited the monthly journal 'Yoga and Total Health'.

A dynamic and charismatic personality Smt. Hansa Ji, wife of Dr. Jayadeva Yogendra is presently carrying on most efficiently the duties as Director of The Yoga Institute.

She is ably supported by the young and dynamic Hrishu Yogendra, the Assistant Director and Pranee Yogendra, editor of Yoga Sattva, the monthly newsletter of The Yoga Institute, India.

The institute, where even today over 2000 yoga enthusiasts come for learning and practicing yoga every morning and evening has made a huge contribution to the world by having created over 40,000 yoga teachers.

The institute is not only teaching yoga but has become a school of life preparing men and women to live fuller lives. There is an overwhelming need in the society today for more such schools teaching not only yoga for physical and mental health, but also the art and science of leading a healthy, harmonious, compassionate and caring society.

Yoga as Therapy - International Conference at Kaivalyadham

Yoga as Therapy was the subject for discussion at the 9th International

Conference on Yoga at Kaivalyadham – the Oldest Yoga Research Institute in the world.

Founded in 1924 by Swami Kuvalayananda is virtually a university of yoga. It doesn't just teach, but has carried out substantial and innovative studies into almost every aspect of Yoga's practice.

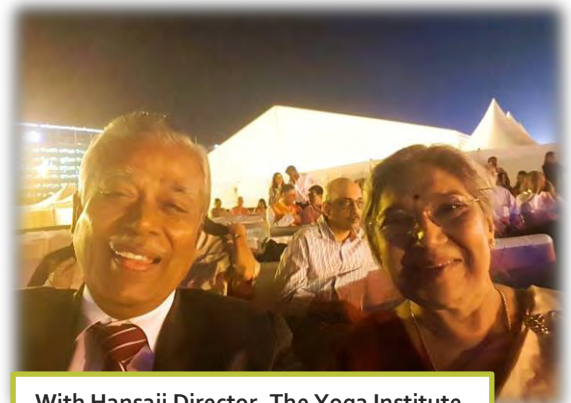
Mahatma Gandhi-ji was given lessons right from 1930's till the end i.e 1948. Swami ji directly advised him and also visited him while he was in Nandi hills. It was Swami Kuvalyananda who immersed Gandhiji's ashes in Nashik.

Swami-ji also directly taught Pandit Motilal Nehru in 1930's, Pandit Jawaharlal in 50's and Indira-ji in late 50's.

Dr. B.R. Ambedkar spent 15 days in Kaivalyadham with Swamiji in 1956, for his migraine.

In 1934 Pandit Madam Mohan Malviya spent a week with Swami-ji.

JRD Tata said on November 28, 1974, "I knew the late Swami Kuvalayananda and, in fact, was a pupil under his supervision at



With Hansaji Director, The Yoga Institute



Addressing at Kaivalyadhama

Kaivalyadhama. I had a highest respect and regard for him and shall, therefore, be happy to be a signatory to the appeal you are making for funds on the occasion of the Golden Jubilee of the Institute”.

Conference on Yoga Therapy

Top researchers, experts and policy makers from various countries attended the Kaivalyadhama Yoga Institute's ninth International Yoga Conference, which took place from December 27 to 30 in Lonavala. The theme of the conference was 'Yoga as Therapy - Scope, Evidence and Evolution'.

Along with Swami Maheshananda (Chairman, Kaivalyadhama), Justice B. N. Shrikrishna (former judge of the Supreme Court of India and Chairman, Kaivalyadhama Advisory Board), P.N. Ranjit Kumar, (Joint Secretary, Ministry of AYUSH) Prof. Rajan Welukar (VC, Rasoni University, O P Tiwari (Secretary Kaivalyadhama) and Subodh Tiwari, CEO, Kaivalyadhama Yoga Institute, I addressed the inaugural session.

Kaivalyadhama's specific aim is to bring together traditional

Yoga with modern science, as neither is thought to be complete without the other. The Swami's view was that society had lost its way, and only a new and happy 'marriage' between the two disciplines could help to regenerate and build a better life for all.

Now there are plans to change the institute's status into a university. So many ground breaking firsts continue to keep Kaivalyadhama at the forefront of Yoga practice as a whole both in India and across the world.

Over the many decades of this good work, a wealth of knowledge has been built, resulting in over one thousand research articles being published at home and internationally.

Several research projects are completed each year in the Department's fully equipped laboratories. These fall into six main categories: physiological, radiology, psychological, sports, biochemical, and neurological.

Yoga could not be complete without a learned body of writings, and it is the role of Kaivalyadhama's Philosophico Literary Research Department to provide what may be the world's most comprehensive archive specifically on Yoga.

Developing Standards in Yoga Therapy

36 participants from America, Europe, SE Asia, Australia and India participated in the discussions towards developing standards in Yoga and Yoga Therapy.

Presentations were made on behalf of International Association of Yoga Therapy in many countries, and in Australia, USA and Scandinavia in particular.

It was pointed out by the delegate from Sweden that integrated yoga therapy has been introduced into the health care system in Sweden, where 10 percent of the population practice yoga regularly.

It was suggested that the Australian and IAYT models should be taken into account to assist setting standards for Yoga Therapy.

The conference resolved, "since therapy is an inclusive part of Yoga, which is taught on a day to day basis all over the country, efforts should be made to



Book release at the Kaivalyadhama Yoga Institute



With Swami Maheswarananda & Justice BN Sri Krishna

develop sustaining standards for a Yoga Therapy Course".

"The curriculum for medical students should not only include all the Yoga practices, but should also cover the philosophy, psychology, ethics and the rationale of Yogic life style".

"Increased Research into the efficacy of Yoga practices and their effects is the need of the hour. The results of these researches should be preserved and disseminated so that more and more people, including Yoga Therapists and Teachers get their benefits".

"Therefore, a Research Resource Bank with adequate networking capacity should be created and all made aware of it". The above resolutions were circulated to all the stakeholders, besides the AYUSH Ministry of Government of India.

Yogacharya Dr. BKS Iyengar

17th December 2018 marked the Centenary Celebrations of one of the greatest of Yogacharyas of the Century – Padma Vibhushan Dr. BKS Iyengar, whom I had the

privilege of knowing very closely for several years.

He had shared with me his very difficult period of childhood. Throughout his childhood, he struggled with malaria, tuberculosis, typhoid fever, and general malnutrition. "My arms were thin, my legs were spindly, and my stomach protruded in an ungainly manner," he wrote. "My head used to hang down, and I had to lift it with great effort."

The legendary Shri T. Krishnamacharya became his Guru. At the age of 18 he came to Pune to teach, thus ending his further studies and practice of yoga under his Guru's guidance and with little knowledge of English.

Due to his sheer commitment and determination he perfected the asanas and learnt more about yoga on his own. He has studied and practiced Yoga continuously for over 75 years. He told me that regular and sustained practice of yoga made him healthy and strong.

Even the Oxford dictionary lists the word "Iyengar" as a type of Hatha yoga. He told me that there are over 6000 qualified Iyengar Yoga teachers in the world in over 40 countries with over

180 Iyengar Yoga Associations worldwide.

Iyengar's thorough study, understanding and mastery of Yoga are unrivalled in modern times. Having taught in all five continents, he has won worldwide respect and recognition for his achievements. He has made Yoga accessible and relevant to people everywhere, no matter what their physical or mental ability.

While the Sage Patanjali's treatise on yoga was compiled in the 5th century, Guruji has made it possible for ordinary humans to find the meaning, purpose and power of Yogasanas through regular practice and practical search.

His unrelenting emphasis on correct anatomical alignment and methods of working have refined the therapeutic aspects of Yoga.

Even at the age of 95, he remained a cherished and formidable figure. An author of over 14 books, he was a treasure of knowledge and information.



With Yogacharya Dr BKS Iyengar at his residence at Pune



With the Yogacharya BKS at a function at Bangalore

"Light on Yoga" is a classical masterpiece that has sold millions of copies the world over. He has been honoured with several awards, titles and doctorates the world over.

Iyengar was awarded the Padma Shri in 1991, the Padma Bhushan in 2002 and the Padma Vibhushan in 2014. In 2004, Iyengar was named one of the 100 most influential people in the world by Time magazine.

Some of his disciples include eminent personalities such as J Krishnamurti, Jayaprakash Narayan and Achyut Patwardan. His teachings have been appreciated by Dr Rajendra Prasad, the first President of India, Pope Paul VI and many others. He taught Sirsasana (head stand) to Elisabeth, Queen of Belgium when she was 80.

A fortuitous meeting with Yehudi Menuhin in 1952 was instrumental in introducing Guruji to the western world and many luminaries like the Queen Mother of Belgium. Among his other devotees were the novelist Aldous Huxley, the actress Annette Bening and the designer Donna Karan, as well as

prominent Indian figures, including the cricketer Sachin Tendulkar and the Bollywood actress Kareena Kapoor.

Although he lived in Pune, he has a strong affinity for the village where was born, Bellur in Karnataka. He has adopted the village and invested a lot of his time and money to better the quality of the life of people there, particularly in the fields of health and education.

He says, "Yoga teaches us to cure what need not be endured and endure what cannot be cured."

"When I practice, I am a philosopher. When I teach, I am a scientist. When I demonstrate, I am an artist".

Google's doodle honoured BKS Iyengar, on his 97th birth anniversary. Through a fun, animated doodle which features a person identical to Iyengar flitting between different Yoga 'asanas' (postures) between the letters of G-O-O-G-L-E, the search engine giant said, "BKS Iyengar, it's been said, could hold a headstand for nearly half an hour well into his eighties."

"His style—Iyengar Yoga—is characterized by tremendous control and discipline, which he exercised in ways not limited to confoundingly long headstands," said Google.

Dr. BKS Iyengar popularly known as Guruji all over the

world told me "I always tell people live happily and die majestically". Accordingly, he led a remarkably happy, healthy and majestic life till the very end.

Prime Minister Shri. Narendra Modi has paid his tribute on the Centenary Celebration of the Yogacharya "As an admirable Guru and an outstanding scholar, BKS Iyengar made a phenomenal contribution in popularising Yoga throughout the world. As a teacher, he possessed fine qualities of the head and heart. He had made it his mission to provide a healing touch to humanity. Like a true Guru, he himself devoted countless hours in learning, practicing and perfecting techniques of performing 'Asanas'.

The celebration of the Birth Centenary year of B.K.S Iyengar are an occasion to practice Yoga and bring about unison of the body, mind and soul, which will be an ideal tribute in his memory."



Life size Bronze statue of the Master at Bellur, his birthplace, Karnataka



With Dr. Rajmohan Gandhi and Dr. Shailesh Nayak at NIAS

National Institute of Advanced Studies (NIAS)

"India in 2047: A Global Leader." Is the Senior Executive Programme, which I attended this month at NIAS, Bangalore.

It was organised by this unique institution conceived and founded in 1988 by Mr. JRD Tata.

He sought to create an institution to conduct advanced multidisciplinary research. He teamed up with Dr Raja Ramanna, the first Director of the Institute to give shape to a vision that they both shared.

Housed in a picturesque green area within the Indian Institute of Science Campus (IISc) in Bangalore, the Institute serves as a forum to bring together individuals from diverse intellectual backgrounds, in the natural and life sciences, humanities, social sciences, and conflict and security studies. Over the years, the Institute has evolved and today has four Schools on the above subjects. Within the four Schools, there are multiple programmes

ranging from Security to Social Sciences.

The Institute is truly a Vasudaiva Kudumbakam in its research approach focussing on human security, economy, education, energy and environment, animal sciences and heritage.

Besides the regular faculty, the Institute also has a young army of Research Associates. It has a small but a substantial PhD programme; its scholars besides pursuing their own independent research also assist the multiple programmes at the Institute. NIAS in fact is a microcosm of a larger University!

Annual Programme for the Senior Executives

It was in 1989, JRD Tata and Dr Raja Ramanna started the annual programme for the senior executives at the NIAS.

With participation from the Government, Private and Public sectors, the executive programme was conceived as a residential program, where the future leaders interact with eminent people who act as the faculty. The lectures are led by inspiring thinkers and acclaimed experts from various fields.

The Program draws on the experience of leaders in corporate, government and academic institutions and civil society. Over the years, many of the alumni of this Program have

occupied higher positions in Government service, while other have become leading lights of the corporate sector.

I participated in this programme along with Dr Kiran Kumar, Former Chairman, ISRO; Dr Sudhir Mishra, CEO & MD, BrahMos Aerospace; Mr Ricky Kej, 2014 Grammy® Award Winner; Mr Yashwant Sinha, Former Minister of Finance and Former Minister of External Affairs; Mr. SS Meenakshisundaram, Former Advisor, Planning Commission; Amb. Muchkund Dubey, Former Foreign Secretary; Dr G Padmanabhan, Chairman, Bank of India; Mr Anil Swarup, Former Secretary, Dept of School Education and Coal; Prof SD Muni Professor Emeritus, IDSA; Lt Gen (Dr) Prakash Menon, Director, Strategic Studies, Takshashila Institute; Prof Rajmohan Gandhi, Biographer, Historian and Former Member of Parliament; Mr B Muthuraman, Former MD & VC, Tata Steel; Philanthropist Ms. Rohini Nandan Nilekani and Amb Shyam Saran, Former Foreign Secretary.



With Rohini Nandan Nilekani, Philanthropist and Chairperson, Arghyam, Foundation



With Dr. Suba Chandran, Prof & Dean,
School of Conflict and Security Studies, NIAS

The speakers looked at what should India start doing from today in various spheres, if it wants to be recognised as a global leader in 2047 (hundred years since India's independence) by rest of the world.

I spoke about the history of Indian Police, particularly the developments since independence and the reforms that ought to be brought about in the police and administration of criminal justice service to ensure better policing, internal security and administration of criminal justice by the year 2047.

I emphasized on the need for insulating police, prosecution, administration and judiciary from political and outside influence. I also spoke on the need for professionalizing the police and all stakeholders in the administration of criminal justice to ensure that everyone in the society are assured of security of person and property besides efficient and good governance and delivery of justice with fairness, integrity and transparency.

A well-known environmental scientist Dr. Shailesh Nayak, who is now the Director, NIAS has many more plans to further

fully utilise the enormous infrastructure available at this pet project of Mr. JRD Tata.

Importance of Sanskrit language besides the mother tongue

The importance of the study of Sanskrit language came up by my participation in two major events –

1. Samskrita Yoga Conference at Bangalore

I participated in a conference on "Relevance of Samskritam and Yoga for strong nation building", at the insistence of Sri Sri Sri Jayendrapuri Mahaswamiji, Sri Kailash Ashrama, RR Nagar, Bangalore.

Everyone including, Sri Sri Jayendrapuri Mahaswami and Sri Anant Kumar Hegde, Union Minister of State for Skill Development & Entrepreneurship spoke in Sanskrit language.

I alone spoke in English regretting that I did not have the opportunity of learning Sanskrit in my younger days. And also spoke about the importance of Sanskrit as a language and the value of Vedas.

I recalled my being invited years ago to participate and deliver the special address at the First Convocation of Veda Agama Samskrutha Maha Patashala,

Ved Vignan Maha Vidya Peeth of Art of Living.

With great hesitation I accepted the invitation to address the graduates in the presence of great Masters in Vedas and Sanskrit Sri Sri Ravishankar ji, Founder of Art of Living and Pujya Sri Dayananda Saraswati, great exponent of Vedanta.

There again I regretted that I did not have the opportunity of learning Sanskrit and studying Vedas in my childhood in a small village. However I emphasised on the value of Vedas and Sanskrit.

I quoted from the address that Pt Jawaharlal Nehru made at the Constituent Assembly. Though considered an atheist, he stated, "If I was asked what is the greatest treasure that India possesses and what is her finest heritage, I would answer unhesitatingly that it is the Sanskrit language and literature



JRD Tata with Dr. Raja Ramanna



accomplished Tabla player and an admirer of Sanskrit poetry. He says "Patterns, in numbers and nature, inspired me to pursue mathematics".

He became Professor at the young age of 28. He helped production of film on mathematical genius Srinivasa Ramanujam.

He explained in detail how the knowledge of Sanskrit language helps in mastering mathematics and numbers theory law. *Watch his video here:* <https://youtu.be/4wVufz5j954>

Pranoy Roy on NDTV has described Prof. Manjul Bhargav, as "the bewildering genius, one of the greatest minds India has ever created. He has been awarded a prize which I consider even greater than the Nobel Prize - has recently won the Fields Medal in mathematics - why do I say it's possibly even greater than the Nobel Prize because this highest global award in mathematics is given only once in every four years".

His grandfather was a Sanskrit scholar. He had lots of mathematics textbooks on his shelf from ancient India. He used to read those books. According to him mathematics is an art and a creative Subject. At Princeton University he developed a course where for Freshers in the first years he taught mathematics through poetry and classical Indian music

and then magic tricks. He taught just to get people to realize that mathematics is connected with poetry and with music. *Watch his full interview here:* <https://youtu.be/2MCK3eVwTw>

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Knowledge of Sanskrit helps in many ways

Sanskrit is the main liturgical language of Hinduism and used to be the *lingua franca* that helped all of the different regions of Greater India communicate with each other. Most of the greatest literary works to come out of India were written in Sanskrit, as well as many religious texts. Sanskrit is the language of Hindu and Buddhist chants and hymns as well. Today, only about 1% of the population of India speaks Sanskrit, though it is protected as a scheduled language and is the official language of one Indian state, Uttarakhand.

Besides its importance to Hinduism, Sanskrit is also a philosophical language used in Jainism, Buddhism, and Sikhism.



Addressing Samskrita Bhatati function with Union Minister Anant Kumar Hedge, HH Sri Sri Jayandrapuri Swami, Dr. Hampa Nagarajaiah, Kannada Scholar

and all that it contains. This is a magnificent inheritance and so long as this endures and influences the life of our people, so long will the basic genius of India continue. If our race forgot the Buddha, Upanisads and the great epics, India would cease to be India."

I emphasised while one's mother tongue is most important, Sanskrit also is a valuable language to be learnt for learning ancient heritage, culture and traditions of India, besides pursuing the modern Maths, Science, and IT.

2. Sanskrit again at INFOSYS Science Prize 2018

The same evening I attended the popular annual Infosys Science Prize award ceremony, where eminent scholars in various fields – chosen by an International jury headed by Nobel Laureate – were recognized and awarded 100,000 US dollars per head for further research projects.

The Chief Guest was the young Prof Manjul Bhargava (44) Professor of Maths, Princeton University USA. He is an



Dr. Manjul Bhargava, Brandon Fradd
Professor of Mathematics at Princeton
University

Austronesian, Sino-Tibetan, and many languages of Southeast Asia show Sanskrit influence as well. Some have said that there are even words in English that were originally Sanskrit words.

More than 95% of the Sanskrit literature has nothing to do with religion, and instead it deals with philosophy, law, science, literature, grammar, phonetics, interpretation etc.

No language in the world has its alphabets arranged in such a rational and systematic manner as Sanskrit.

There are an estimated over 30 million Sanskrit manuscripts today with a conservative estimate of 7 million in India

itself. This means there are orders of magnitude more manuscripts in Sanskrit than in Latin and Greek put together.

Sanskrit has a highly inflected grammatical structure, which contributes to a great conciseness of the language. What one can express in Sanskrit in one word, an English speaker often would need four to six or even more words to express the same idea.

Poetry in Sanskrit is extraordinarily diverse, with over 100 common meters, and books of prosody listing over 600 meters.

Sanskrit has been proven to help in speech therapy, increase concentration and in learning maths and science better.

Research has shown that the phonetics of this language has roots in various energy points of the body and reading, speaking or reciting Sanskrit stimulates these points and raises the energy levels, whereby resistance against illnesses, relaxation to mind and reduction of stress are achieved.

Sanskrit is the only language, which uses all the nerves of the tongue. By its pronunciation, energy points in the body are activated that causes the blood circulation to improve. This, coupled with the enhanced brain functioning and higher energy levels, ensures better health. Blood Pressure, diabetes, cholesterol, etc. are controlled.

"Sanskrit was at one time the only language of the world. It is more perfect and copious than Greek and Latin." -- Prof. Bopp

"Sanskrit is the greatest language of the world." -- Max Muller

"India was the motherland of our race and Sanskrit the mother of Europe's languages...Mother India is in many ways the mother of us all." -- Will Durant

"The Veda was the most precious gift for which the West had ever been indebted to the East." -- Voltaire

"Be not afraid. Think not how many times you fail. Never mind. Time is infinite. Go forward: assert yourself again and again, and light must come."

- Swami Vivekananda

"Put your heart, mind, and soul into even your smallest acts. This is the secret of success."

- Swami Sivananda

