



Dr Ajay Bharadwaj

Profile

Publications and Consciousness, Since July 2015

□ Member of the Editorial Board of the **DSVV Souvenir**, October, 2013, 2014, 2015

□ Member of the Editorial Board of **International Journal of yoga &**

Allied Sciences, since 2014

Experience as a Reviewer

- Reviewer and member of the International Journal of yoga and Allied science.
- Reviewed the book: **Kundalini: Stirred**, authored by Swami Ved Bharti, published by Dk Print world, New Delhi,
- **A Hand Book of Yoga Nidra**, authored by Dr. Kamakhya Kumar, published by Dk Print world, New Delhi,
- **Vedic Yoga: the Path of the Rishi**, authored by Dr. David Frawley, published by MLBD, New Delhi

Research Experience

- Supervised 4 PhDs Thesis.
- Supervised Dissertations on different aspects of Contemporary Journalism.
- Completed Thesis titled: **A study of Yoga related coverage in Print Media.**
- **Ph.D. – Yoga and Journalism Dev Sanskriti Vishwavidyalaya- Haridwar, UK, India** in the year 2012
- **Awards & Recognition:** Within the organization and outside the organization
- **Professional Activities & Achievements:** Seminars, Conference Presentations, workshops management etc.
- **Yoga International Seminars/ Conferences/Workshops**
- Participation in International Festival on Yoga, Culture and Spirituality held on March 2010, at DSVV, Haridwar, Uttarakhand, India
- Participation in International Festival on Yoga, Culture and Spirituality held on Oct 2011, at DSVV, Haridwar, Uttarakhand, India
- Participation in International Festival on Yoga, Culture and Spirituality held on Oct 2012, at DSVV, Haridwar, Uttarakhand, India
- Participation in International Festival on Yoga, Culture and Spirituality held on 2014 at DSVV, Haridwar, Uttarakhand, India
- Yoga for Social Transformation, (Bhardwaj, A.) International Conference on Yoga for Social Transformation, Patanjali University, Haridwar, 8th Jan. 2013
- As a facilitator delivered lecture on The Fundamentals of Yoga, in the International Festival on Yoga, Culture and Spirituality, DSVV, Haridwar, 1-6 Oct, 2015
- As a facilitator delivered lecture on The Fundamentals of Yoga, in the International Workshop on Yoga, Culture and Indic Sciences, for the delegation from Latvia, 27th Oct to 7th Nov, 2015
- As a facilitator delivered lecture on The Fundamentals of Yoga, in the International Workshop on Yoga, and Indian Culture, for the delegation from the Republic of China, 22nd to 27th Dec, 2015
- Presented research paper on: Yoga: the way to wellbeing, (Bhardwaj, A.) International Conference on Yoga for Holistic health, organized by the Indian Association of New Delhi Served as a Member of the Souvenir committee published by Indian Association of Yoga, New Delhi

Abstract

Yoga for Social and Global Transformation

The present study aims to analyze the need and importance of yoga for social and global transformation. Yoga works on one's body, mind and spirit. Therefore it is known as the global art. If our body, mind and soul are healthy and harmonious, we can bring health and harmony to the

society, nation and the globe by being a healthy and harmonious organ of the global body of humanity. Yoga is universal in appeal and applicable to the world humanity irrespective of caste, creed, religion or nation. Today on global level we are witnessing several problems like terrorism, religious fanaticism, racial hatred, global warming etc. It is yoga which can give permanent solution to these global problems. There is the need of the moral, ethical and cultural refinement of the individual personality on a worldwide scale by spreading and practicing the age-old philosophy of yoga.

Key words: yoga, social, global, transformation, refinement etc.

Dr. Alaric Arenande



Profile

Dr. Alaric Arenander is a neuroscientist, educator, international lecturer, and leading researcher into the neurobiology of brain development and human potential.

- Over the past 50 years, his work has helped establish the field of neuroscience as science's leading area for exploring human potentiality.
- Dr. Arenander has conducted pioneering research at University of California at Los Angeles, Penn State University at Hershey, University of Wisconsin at Madison, Maharishi University of Management in Fairfield, IA and Maharishi European Research University in Switzerland and Maharishi Vedic University, the Netherlands.

- Dr. Arenander is the Director of the *Brain Research Institute*, President of *The Leader's Brain*, and President of the *Anti-Aging Company*.
- Dr. Alaric travels globally presenting and organizing research with governments, military, education and medical institutions in Africa, Europe, Asia and Latin America.

Abstract

The design principle of the human brain structurally and functionally is to unify diversity. Levels of neural organization of this diversity extend from genome to the complex fiber networks. Tony Nader, MD, PhD, MARR has systematically mapped out the one-to-one correlation of the *Yoga Sūtras of Patañjali* and the cortical association fibers and their ability to unify brain activity. *Yoga*—the complete settling of the mind—is experienced through the process of transcending which, in turn, impacts all the various levels of unification of the brain. During the process of transcending, brainwaves reveal the global brain integration or coherence in the networks of cortical association fibers that support all the levels of unification. This unification through coherence of the mind and the brain uphold the view that the intelligence embedded in the *Yoga Sūtras* plays a fundamental role in the development and evolutionary enhancement of our thinking, feeling and behavior. A live brainwave demonstration of transcending will illustrate the remarkable degree of brain coherence when an individual effortlessly settles to the 'least excited state of the mind—*Yoga*.'

Dr. Anil Maheshwari



Profile

Anil Maheshwari, Ph.D. is a professor of Management at Maharishi University of Management, Fairfield, Iowa. He did B.Tech in Electrical Engineering from IIT Delhi, MBA from IIM Ahmedabad, and Ph.D. from Case Western Reserve University in Cleveland, Ohio. He has taught at business schools in University of Cincinnati, City University of New York, University of Illinois, and others. His research has been published in top journals and conferences. He is the author of five books, some of which have been translated into multiple languages. His book on 'Data Analytics

Made Accessible' was #1 bestseller on Amazon for two years. He also has over 20 years of IT industry experience, including leadership roles at IBM in Austin, TX for 9 years. He blogs on Blissful Living at anilmah.com.

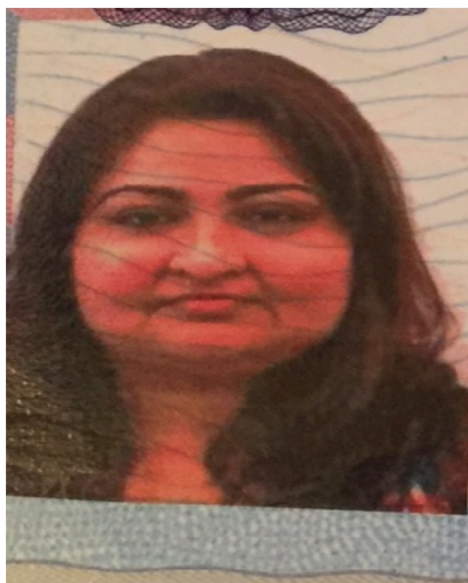
Abstract

Yoga and World Peace: Four Decades of Proven Research

Maharishi Mahesh Yogi's technology of transcendence is capable of developing the collective consciousness enough to make world-peace happen in not too distant a future. This Yoga-inspired, quantum-mechanics-compatible, theory of 'collective consciousness and world peace' posits that small groups of trained meditators can create enough collective coherence to counter hostile and negative tendencies, and generate peace and prosperity around the world. The publication of over 50 statistically impeccable research publications in top scientific journals over the last four decades, has proven the efficacy of this phenomenon beyond doubt. Governments and organizations can thus choose to create world peace and solve some of the grand challenges such as climate change and social inequality, for a very small investment in training their people in Maharishi's technologies of transcendence.

Dr Anjali Kanohia

Profile



Education

University of Houston
Ph.D. Political Science, 2013
M.A. Political Science, 2010
M.P.A. Public Administration, 2006
B.A. Political Science, 2004
B.S. Biology, 2000; Psychology 2001

Certification

Yoga Teacher Training Certificate (S-VYASA University, Bangalore chapter/Houston), 200 hours, 2013

Academic Positions

University of Houston
September 2016 - Present
Program Director (India Studies)
Instructional Assistant Professor
Assistant Director (India Studies)
June 2011 – August 2016
Lecturer

Research and Teaching Interests

India, South Asia
Globalization and health policy
Yoga, Complementary and Integrative Medicine

Courses Taught

Introduction to Government and Politics of India
Politics and Religion of South Asia
Study Abroad; India
Yoga and Philosophy
Introduction to Hinduism

Non-Academic Positions

The City of Sugar Land, TX 2006 - 2008
Management Assistant to City Manager
Tanox Biopharmaceuticals, Houston, TX 2002 - 2004

Research Associate

University of Texas – M.D. Anderson Cancer Center, Houston, TX

1999 - 2001

Research Assistant

Language Skills

English (native proficiency), **Hindi** (native proficiency), **Gujarati** (native proficiency), **Sanskrit** (limited working proficiency), **Latin** (limited working proficiency), **Spanish** (limited working proficiency).

Abstract

Title: Theoretical and methodological challenges and policy prescriptions for evidence-based yoga research.

Yoga is an evidence-based health practice which is becoming increasingly popular as a form of alternative therapy within Western bio-medicine. One big theoretical challenge for yoga to be accepted and well-integrated as mainstream therapy is the lack of consensus on what ‘yoga’ entails. This theoretical challenge is reflected in research studies where lack of standardization and/or regulation is a major, scientific methodological challenge.

Yoga originated in ancient India and has transformed into a global phenomenon, retaining only a fraction of the original historic context and content. Yoga, as we currently know it has been reduced to physical postures, often differentiated by certain schools of practice or well-known gurus in the media. The Western bio-medicine modality has parsed breathing exercises, meditation and nutrition as being external to yoga, and yoga is primarily seen as a form of physical exercise. ‘Yoga,’ therefore, is not being viewed as the eight-limbed path codified by Patanjali.

The current government in India has taken a keen interest in promoting yoga, utilizing it as India’s soft power and helping to set an international agenda for health. India is rightly highlighting this unique heritage as her contribution towards physical and mental health. The creation of International Yoga Day is a punctuation in the status quo of how yoga has historically been perceived. While the policy window for introducing change in the way yoga is portrayed is still open, the Indian government has a fantastic opportunity available in framing yoga in its true, inclusive form, including all aspects of Patanjali’s eight limbs.

The historical absence of organization and ownership of yoga has contributed towards some of the issues mentioned above. The framing of yoga in its true, historical context will help India to utilize yoga more effectively as soft power; alleviate methodological challenges for stakeholders such as researchers, health care practitioners as well as patients and give clear signals to pro-yoga lobbying groups in India and outside of India. This paper will outline a few, key policy prescriptions which will allow the government of India to link yoga to its cultural and historical context and help limit further fragmentation and constant reinterpretation of yoga in the global realm.

Dr Arvind P. Jamkhedkar

Profile



A.P. Jamkhedkar has a master’s degree (Pune University, 1960) in Sanskrit and Linguistics, and his Ph.D. (Deccan College, Pune University, 1966) in Ancient Indian Culture. He taught in the Post-Graduate Centre at Dhule (Pune University 1966-68), Nagpur University (1968-77) and the Mumbai University (1978-2018).

Retired as Director of Archaeology and Museums (1977-97), he is associated with educational institutions like the Centre of Archaeology, Mumbai University, Somaiya Vidya Vihar (Mumbai), and Asiatic Society of Mumbai.

Presently, he the Chancellor of the Deccan College, Pune (Deemed to be University) and the Chairman of the Indian Council of Historical Research.

Abstract

The Word Yoga derived from YUJ in Sanskrit means contact. The word Yoga has different shades of meaning, including the most popular one that means mental and physical discipline and training of the mind and body. Control of mind and body and their training is of great importance in religious traditions of Ancient India, that preached renunciation from the world. Expertise in the discipline of Yoga historically goes back to the time of the Buddha who as an aspirant approached Yoga teacher. As is shown by Sagarmalji Jain. *Aiaranga-Sutta* and *Suyagadamaa* evince evidence of early Jain thought inclusive of Yoga in the ethical conduct of a Jain *Bhiksu*.

The metaphysical doctrines and concepts shaped themselves in the course of rational discourse, and along with their refinement led to more clarity in the ethical conduct, around the turn of an initial century of the first millennium. Debates based on metaphysics and epistemology were common among the different sharamanic traditions (Buddhist and Jain) on one hand and the six *darsanas* on the other that accepted the authority of the Vedas on the other. This can be surmised, the great scholar, philosopher, litterateur, Haribhadrasuri. The rivalries were so bitter that these could end even in death of the defeated rival. Against this background Haribhadrasuri stands out as a very noble personality with an open mind. His very crucial work '*Yogabindu*' is a clear example of his positive attitude in reshaping and reinterpreting his own understanding of the Yoga within the Jain tradition. He shows awareness about Shunyavada of the Buddhist and *Brahma* doctrine of the Vedantins.

However, his understanding of the Buddhist concept of Bodhisattva and its inclusion in the Jain tradition is quite revolutionary. What is more important that the echoes of the inclusion of this concept are seen in the imagery and visual representations of Tirthankara Mahavira as Jivantaswami and portrayal of the effigy of the Jina on the crowns of Yaksha and Yakshis of post 7th – 8th century CE.

Dr Dayashankar Vidyalankar

Profile



Name	:	Dr. Dayashankar Vidyalankar
Contact details	:	+19178157129 Usa, 9319089383, 09811604041 E-mail: dsvyog@gmail.com , dsvyog@yahoo.in
Educational Qualifications	:	M.A., Ph.D. - M.A. (Vaidik Sahitya, Gold Medalist) in 2003 - P.G. Diploma (Manava Chetna evam Yoga Vigyan) in 2005

- **Ph.D. (Vidya Vachaspati)**
"Maharshi Dayanad ki Drishti Mein Rajya Vyavastha ka Vaidik Swaroop" in 2008
- Diploma in Naturopathy and Yoga Science from Akhil Bhartiya Patrika Chikitsa Parishad, New Delhi in 2012

Professional Qualifications : **Yoga, Naturopathy and Marma Chikitsa & Vadic Havan and all Values expert .**

Working/Teaching Experience : Taught Yoga, Dharma, Darshan, Sanskriti at Jaspal Rana Siksha evam Takniki Sansthan (B.P.Ed College) in 2009-10

Research Publications:

- **A number of Research Papers including "Maharshi Dayanand ki dristi mein Rajdharm"**
- **Light of Nation in 2011 Maharshi Dayanand ki dristi mein Shiksha**

Research Credentials

- **Presented Research Paper** on the subject entitled "Maharishi Dayanand ki drishti mein Nyaya Vyavstha at 'World Veda Conference' held at Gurukul Kangari (Deemed University), Haridwar in 2009 and in **Rashtriya Ved Sangosthi** held at Gurukul Kangari University Haridwar in 2010. **sented Research Paper on 'Vedeshu Pranvidya'** in a Conference held in Gurukul Kangri, Haridwar in 2010.
- **Participated in First International Conference on 'Yoga for Health and Social Transformation'** held at Patanjali University, Haridwar in 2011.
- **Presented a Research Paper entitled "Maharishi Patanjali Ke Anusaar Hinsha Ka Swaroop"** at Indian Philosophical Congress organised by the Deptt. of Philosophy, Gurukul Kangari Vishwavidyalaya, Haridwar in 2011.
- Attended **Seminar on 'Maram Vigyan evam Maram Chikitsa Prashikshan'** held in 2011 organised by Gurukul Kangari Vishwavidyalaya.
- **Presented a Research Paper entitled "Jiwan Mein Vedon Ki Upadeyata"** held at 46th Session of All India Oriental Conference in University of Kashmir in 2012.
- Presented **Research Paper on 'Positive Thinking in Vedas & Upnishad Literature'** in a Conference organized at Gurukul Kangri, Haridwar.
- Presented **Research Paper on "Prachin Vedic Sahitya Mein Varnit Aushadhi Vigyaan"** in national seminar on "Ancient and spiritual sciences" organized by the center of scientific spirituality studies, Department of Oriental studies Dev Sanskriti vishwavidyalaya- Shaktikunj, Haridwar on 2014.

Social, academic, Yogic, vedic & Indian cultural activities

Promotion of Yoga and vedic Culture in USA

- *Chief guest and Speaker at Hanuman Jayanti and Holi festival in Edison, New Jersey*
- *Chief guest and Poet At 'Kavi Sammelan' in New Jersey*
- *Yagna Brahma In Vishva Kalyan Shanti Ygna & Prayer and global Peace*

Conference at Albert Palace, New Jersey in 2018

- *Chief Guest and Speaker at Gurudwara Sahib Hickswille, NJ*

Achievements on International visits to promote Yoga and Indian Art & Culture

2018:

Yoga & Indian culture Acharya (Asst.council officer,New York,USA) at India in New York.

2017:

At the International Gita Forum held in Trinidad & Tobago, command on Vedic knowledge & the teachings of The Gita had a huge impact on the local community.

2016:

While on deputation by Indian Council for Cultural Relations (ICCR) in Bangkok,Thailand for 2nd International Day of Yoga (IDY), practice and benefits of Yoga were shared amongst more than 5000 participants.

2015:

Deputed by Indian Council for Cultural Relations (ICCR) at Consulate General of India, Birgunj, Nepal. During the stay had conducted 10 Yoga camps where in apart from yoga asana's suggested alternative remedies and marma- chikitsa were also discussed.

- **Participated in “International Yoga, Ayurveda, Astrology Festival’ held at Moscow, Russia** from 7 to 29 June 2010.
- Participated in activities of Nehru Yuva Kendra,Haridwar in 2001.
- **Second place in All India Tri-language Elocution Competition** held at Gurukul Kangari (Deemed University) in Hindi group held in 2002.
- **Delivered Lecture on ‘Darshan, Yoga and Veda’** organised by **Lok Sabha Employees Association** at Parliament House on 1st April, 2004.
- Participated in Tri-language Declamation Contest in Hindi group in 2005 held at Gurukul Kangari and was awarded with Consolation prize.
- **Organised Yoga Camp** under the banner of Patanjali Yog Samiti evam Bharat Swabhimaan Trust at Kaimur (Bihar).
- **Donated Arsh Sahitya (Vedas, Yog Darshan, Manusamriti, Satyarthprakash, Brahmavigyan, Rigvedadi Bhashya Bhumika, Karamphal, etc.)** to the disciples, listeners and **Lok Sabha Library** in 2006.
- Dedicated to publish literature for overall grooming vis-à-vis guidance of our youth and preservation of our ancient Indian Vedic rituals and rendered monetary and intellectual help towards it from time to time.

- Attended Yoga Coaching Camp at Rana Institute of Shooting Sports, Dehradun held in 2008.
- **Delivered Discourse** to the students of O.P.Jindal School, Raigarh, Chhattisgarh on **Yoga** in 2009.
- **Organised Yoga Prashikshan Shivir** for students and teachers in different D.A.V. Public Schools at Ratawar (Bihar) and Pusauli (Bihar) in 2009.
- **Delivered Lecture on Ramayana, Mahabharata, Vedas and Upnishads** at Chaudhary Pratap Singh Memorial Collage of Education, Gurgaon.
- Worked as Adviser for the Magazine 'Light of Nation'
- **Performed a Special Yagya in 2007 at Dehradun for recognizing Sanskrit Language as a Second Language in Uttarakhand State** wherein all the eminent leaders of and Sanskrit Scholars were presented and with rigorous efforts, **today Sanskrit could get its status of Second Language in the State of Uttarakhand.**
- **Organised a Convocation** with the help of Gurukul Kangri's students on the subject '**Vedic Education for India to regain its status of Vishwa Guru**' which was **graced upon by S/Shri LK Advani and then Chief Minister Gen. BC Khanduri** 2008.
- **Extended financial help and intellectual services** from time to time **for the purpose of publication of useful Vedic literature** for guidance of our youths and in order to preserve and foster the ancient Indian Vedic Traditions and rituals.
- Was **main instrumental for bringing Divya Yog Mandir and Bharat Swabhiman Andolan and Shri Rajiv Dixit ji on one platform** to unite and work together for inclusive development of our people and eradicate social abuses from our Society.
- **A sheer Devotee to Arya Andolan** and regular **Yagya performer.**
- Chief Guest, All India Railway Welfare Inspectors Conference & Workshop on 'How can we be more customers oriented' held at Haridwar on 5th July, 2014.

Member/Advisor in Indian Government Committees

- **Member, ZRUCC on Northern Railway since 30.11.2011**
- **Member, Railway Advisory Committee, Haridwar**
- **Member: National Board for the promotion and Development of Yoga & Naturopathy. Ministry of Ayush .Govt of India**
- **Ex.Consultant of Yoga & Naturopathy In CCRYN Ministry of Ayush.Govt.of India.**

Social Activities

- Served Kushtha Rogis (Leprosy patients) continuously for more than three years at Divya Prem Seva Misson, Haridwar during 1997-2000.
- Participated as **Swayam Sevak for 240 hours in Rashtiya Seva Yojana (N.S.S.)** organised at Gurukul Kangari University Haridwar during 1998-2000 sessions.
- Continued working for general awareness to the masses with regard to amenities being provided by the Indian Railways.

Sports activities

- **Silver Medalist** in **10 meter Air Pistol event** of 7th **Uttaranchal State Shooting Championship** held in 2008.
- Participated in 8th Uttaranchal State Shooting Championships in 2009 in **.22 Standard Pistol 25 mtr. event** (NR) and **.177 Air Pistol in 10 mtr. event** (NR).
- **Won Silver medal** in 9th **Uttarakhand State Shooting Championships** in 2010 in **10 mtr. Air Pistol event** (NR).

Personal particulars:

Date of Birth : 06.07.1977

Mother's Name : Smt. Chandrawati

Fathar's Name : Late Shri Ramlalit

Marital status : Married

Spouse's name : Dr. (Smt.) Purna Arya

Address : Vednidam Yoga Sansthan,
Shri Ram Vihar, Haripur Kalan Via Raiwala,
Near Shantikunj, Haridwar, Distt. Dehradun,
Uttarakhand

Present Address: Consulate General of India
3 East 64th Street, New York, NY, 10065

Contact No. Mob.+1(917)815-7129 , Tel.(212)774-0688 (Usa,) 9319089383,
9811604041(India)

Abstract

①
"विरव शक्ति व आदर्श अनुशासन का आधार
योग"

डा० दयशंकर विद्यालंकार
आचार्य योग और भारतीय संस्कृति
का.सलेट जनरल आफ इण्डिया
न्युयार्क, अमेरिका

योग हमारे प्राचीन ऋषि-मुनियों की अमूल्य विधि है जिसे भारतीय परम्परा की आधारशिला माना गया है। योग के बिना जीवन "बिना पानी के मद्दली, बिना सात के साधू तथा बिना प्राण के शरीर के समान है। योग एक ऐसी विद्या है जो जीवन में शारीरिक सुख, मानसिक सन्तोष तथा आत्मिक सात को प्राप्त कराती है, इसके बिना जीवन की पूर्णता असम्भव है।
वैद कहता है, - "तमेव विदित्वाऽत्रिभृत्युमेति, ①
नाऽद्यपन्था विद्यतेऽयताय ॥ पञ्च ५०/

अर्थ एवं परिभाषा →

योगशब्द संस्कृत की "युज" धातु से निष्पन्न होता है ② युज धातु के तीन अर्थ हैं - युजिर् योगे, युज संयमने, युज समाधौ, अर्थात् जुड़ना, नियंत्रण तथा समाधि। परन्तु युज समाधौ धातु से निष्पन्न योग शब्द है सर्वोपपुस्त है जिसका अर्थ है समाधि।

महर्षि पतंजलि कहते हैं - अब हम योगशास्त्र का उपदेश करते हैं

③ (अथ योगभूशासनम्) जिसका फल है - चित्त की वृत्तियों का निर-
अवधि-त्रिपमत

②

तथा उसके द्वारा समाधि की प्राप्ति, "तदा दृष्टुः" वास्तविक स्वरूप का ज्ञान

अनुशासन ही योग है - योग अत्यन्त प्राचीन ज्ञान का अनुशासन है इसको क्रम से जीवन में धारण करते हुए चलेंगे तो जीवन का उद्देश्य - धर्मार्थ काम मोक्ष चार पुरुषार्थ की शीघ्र प्राप्ति तथा अवलक्षण में व सम्भव है। योग के आठ अंग हैं:-

३। याग, विवर्ग, असत, प्राणायाम, प्रत्यहार, धारणा, ध्यान और समाधि वास्तव में ये आठ अंग नहीं आठ सोपान हैं, मोक्ष रूरी मंजिर जो पाते के जो जीवन का अन्तिम पुरुषार्थ है।

इन्ही आठ अंगों का पालन करके आदर्श अनुशासन चरित्र निर्माता व संसार में महान सुख को प्राप्त किया जा सकता है। दूसरा कोई उपाय नहीं है।

६



Dr Fred Travis

Profile

Dr. Travis received his Masters and PhD in Psychology from Maharishi University of Management in 1988. After a two-year post-doctoral position exploring brain changes during sleep, he returned to Maharishi University of Management as director of the Center for Brain, Consciousness and Cognition.

He teaches undergraduate and graduate courses on brain and consciousness. He has authored 83 papers and book chapters that investigated effects of Transcendental Meditation practice on: (1) normal child development, (2) ADHD in children, (3) posttraumatic stress in veterans and refugees, (4) brain patterns of higher states of consciousness, and (5) brain patterns of world class performers.

Abstract

Yoga and the Neuroscience of Higher States of Consciousness

The Upanishad state that the state of Yoga is a fourth major state of consciousness. Research distinguishes Yoga from waking, sleeping and dreaming in terms of distinct subjective descriptions and defining physiological patterns. In addition, with regular experience of the state of Yoga, enlightenment develops as the integration of Yoga with waking, sleeping and dreaming. Science also identifies subjective descriptions and brain patterns that characterize enlightenment. This talk will review the science that validated the deep insights of the Vedic tradition.

Prof. Dr Gangadhar Nair



Profile

Prof. Dr. Gangadharan Nair Gopalapillai (71, b.1946) hailing from a remote village in Kerala, India, occupies a remarkable place among the Sanskrit scholars for his pioneering task of popularising spoken Sanskrit along with traditional S'astras in the modern scientific age. His learning in traditional Sanskrit disciplines started in his childhood when his father taught him the fundamentals of Sanskrit literature, Koshas and Ayurveda. Swami Vidyananda Tirthapada, grand disciple of Chattampi Swamithe reputed social reformer mendicant of Kerala, taught him Panini's Sutras in an ancient tradition prevalent in Kerala from a time before Patanjali the author of the Mahabhashya. Swami also taught him Vedanta based on the Bhagad Gita. At Govt.Sanskrit College, Thiruvananthapuram, Nair studied Panini's grammar and other S'astras under famous scholars like Prof.M.H.Sastri (late), Prof.V.Venkataraja Sarma, Prof.Balarama Panikkar, Prof.R.Vasudevan Potti, etc. He had the rare opportunity of studying Panini Sutras in three streams -- ancient Kerala Tradition, Bhattojidikshita-Nages'abhata tradition and modern linguistic method. He has post graduate degrees in Sanskrit grammar and Russian language and literature. He was awarded Ph.D. degree for his studies in grammatical etymology. In honour of his erudition in several Sanskrit S'astras, he has been recently awarded Mahamahopadhyaya degree (honoris causa) by Shri Lal Bahadur Shastri National Sanskrit University.

Dr. Nair's teaching career extended for a period of over 38 years in Colleges and Sree Sankaracharya University of Sanskrit, Kalady. He retired as Professor and Head of the Department of Sanskrit Grammar in the University in 2007. During his tenure in the University, he occupied several positions simultaneously like Dean; Director of Main Centre; Chairman, Centre for Vedic Studies; Director of Planning and Development; Chairman of Publication Committee, etc. Even after retirement, he served two terms as Dean and one term as member of Syndicate in the same University. In addition to teaching hundreds of undergraduate and post-graduate students, he produced 21 Ph.D.'s and guided several M.Phil. students. He continues to teach online students in India and abroad advanced texts like Mahabhashya, Nirukta, Vedas, Vakyapadiya, Major Upanishads, Arthas'astra, Laghus'abdendus'ekhara, etc. His students conversant in chaste Sanskrit include executives and professionals in Science, Technology and Medicine in India, America and Europe.

Dr. Nair served several universities and other academic and cultural organizations. He was member of Senate of Cochin University of Science and Technology; member of Senate of the reputed Rashtriya Sanskrit Sansthan (University), Tirupati; U G C nominee on the Advisory Committee for SAP III of Department of Sanskrit, Rabindra Bharati University, Kolkata; Expert member, Adhyayan Mandali, A.P.Singh University, Rewa, Madhya Pradesh; Chairman/ Member of P G Boards of Studies (Sanskrit) of several Universities; Online faculty for American students appearing for M.A. Sanskrit examination of Indian Universities. He is now Chairman, Chinmaya International Foundation Research Institute; Member, Academic Council, Chinmaya Vishva Vidyapeeth(university); Hon.Professor, Sukrtindra Oriental Research Institute, Cochin: Member of Editorial Board for the Research Journals (1) Brahnavidya, Theosophical Society, Adyar, Chennai; and (2) Journal of Sukrtindra Oriental Research Insitute; Chairman of Editorial Board for research

journal Dhimahi published by CIF; Adviser to the research journal Shodh Navneet, Gonda, Uttar Pradesh; Patron-Kulaguru, Viswa Samskrita Pratshtanam (Sanskrita Bharati); Patron, Online Sanskrit Newspaper *Samprativartah*; Project guide for www.amaravaani.org; etc.

Published more than 150 research papers; authored books like *Sanskrita Vyakarana Charitam* ; coauthored books; co-edited *Complete Works of Sri Sankaracharya*, published by S.S.University of Sanskrit; edited with Girija *Evolution of Paninian Grammar, Vision and Mission of Swamy Vivekananda, Swamy Vivekananda – Reconciling Material And Spiritual Welfare*.

Recipient of several honours/awards like *Panditaratnam, Mahamahopadhyaya* degree, *V Krishnan Thampi memorial Gold Medal, Kaliyath Svamiyar Smaraka Suvarnamudra, etc.*, Prof. Nair is always serving Indian Culture.

Abstract

Yogasutra for Universal Welfare

Yoga is in the lime light in recent times, especially since June 21 was declared International Yoga Day. As a physical Culture, Yoga gained popularity in the U S A by the middle of the last century due to the efforts of Gurus like Krishna Murti, Yogananda, and Mahesh Yogi. In this country there have been a number of experts in Yoga. Most of them were practitioners of Asanas (Yogic postures) which have therapeutic effects and gymnastic values. To understand the holistic approach of the Yoga Science towards a balanced co-existence of humans, animals and everything else in Nature, one has to study Yoga Sutras with an open mind devoid of all prejudices. I am happy to note that I have seen some serious studies in this country.

All philosophical systems of Ancient India, irrespective of their classification into orthodox and heterodox on the basis of their approval or disapproval of Vedic rituals, had a commitment towards a peaceful society. Dharma was the guiding principle for them, except for the extremely sinister philosophy of the Charvakas. The six orthodox systems classified into three pairs, viz., Samkhya-Yoga, Nyaya-Vais'eshika, and Purva Mimamsa-Uttara Mimamsa, had contributed in a graded and structured manner to the evolution of the Indian society into a civilized and cultured one. Of all these six systems the only one that deals with physical wellbeing and brain development of man is Yoga. There is a long line of exponents of Yoga before Patanjali, the author of Yogasutras. Yogasutras are the earliest systematic treatment of the basic principles of Yoga philosophy available today. The classification of Yama and Niyama, the description of Samadhi and its obstructions, etc., are commonly accepted by all schools of Vedanta.

The popularity of Yoga today is not due to the misinterpreted and misunderstood supernatural powers (*Siddhis*), but to its therapeutic value and preventive uses in health care and effective method of controlling the mind. The Great Master with a wide range of knowledge and a liberal outlook oriented to the society, Patanjali, teaches in Yogasutra the way to control the activities of the mind to achieve concentration and ability to make use of the full potential of our brain. He is aware of the dangers of a selfish man getting high powers of the brain. So he gives warnings and takes precaution to lead an aspirant on the path of Dharma by making him strictly observe Yama and Niyama in addition to the other steps of Yoga process. All the eight steps of Yoga are important and effective to make a man achieve the maximum of his intellectual ability and to make a spiritual seeker attain a state of tranquility conducive to his pursuit of Moksha (Liberation). Pranayama and Asanas have therapeutic value in the treatment as well as prevention of ailments like Asthma, Blood pressure, diabetes, etc. They have also Gymnastic values. However, the most important steps are Yama and Niyama because they promote the social relevance of Yoga. A study of the Yogasutra can convince us that Yoga can develop in four major dimensions -- Individual, Social, Health and Spiritual. In fact, the aim of Yoga is Universal welfare.

Dr Gary Kaplan



Profile

Dr. Gary Kaplan is a neurologist and Clinical Associate Professor of Neurology at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. Dr. Kaplan received the Albert H. Douglas Award from the Medical Society of the State of New York for outstanding achievements as a clinical teacher interested in promoting and improving the medical education of physicians. He is also a nationally recognized expert on the effects of the Transcendental Meditation program on stress-related illnesses, and

has appeared on CNN, NBC and CNBC and other national television programs speaking about the latest research on Transcendental Meditation and its effects on health.

Abstract

Yoga and health are intimately connected. Yoga refers to the union of the individual physiology with its basis, the transcendent unified field which underlies human physiology. The practice of yoga is the regular experience of this unified field by means of transcending sensory experience to arrive at the most settled state of the mind, an unbounded state of awareness. The physical aspects of yoga practice help to prepare the mind for effortless transcending, and the result of regular transcending is to infuse the physiology with this unbounded awareness. This creates a new style of functioning in the nervous system, psychologically characterized as a state of fulfillment and efficiency in action, and physiologically characterized by coherence of cortical electrical activity as measured by EEG, and increased autonomic nervous system stability. Health benefits associated with this practice include normalization of blood pressure, improved cardiac performance, decreased anxiety, less deleterious and more adaptive responses to stress, and an increase in measures of self-actualization.

Dr. Gayatridevi



Profile

Dr. Gayatridevi, did her BAMS, from Nagarjuna university, PhD from University of Mumbai for her thesis.

“Ayurveda and Yoga, Philosophical Foundations and Practical Applications.” She has been practicing Ayurvedic medicine for more than three decades. Authored Ayurveda Text books “Padartha vijnana Made Easy”, “Prasuti Tantra Made Easy”, “Stree Rogavijnana Made Easy” and “Kayachikitsa Made Easy” which serve as textbooks and reference books for students of Ayurveda both at graduate and post graduate level. She translated “Asanas-

Why and How” into Telugu language. Presenting Ayurveda programs on Television and writing columns in magazines for the past two decades.

Abstract

Keywords: Health, Disease, Mind, Ayurveda, Yoga, Psychosomatic Disorders

As per the fundamental theory of *Ayurveda*, the *tridoshas* – *vata pitta* and *kapha* – play the most important role in the health of human beings. Imbalances in the three doshas lead to diseases. *Ayurveda* details the causes for imbalances, which include *ahaara* and *vihaara*. Further *Ayurveda* recognizes the importance of the three *gunas* – *sattva*, *rajas* and *tamas* also in the well being of human beings. While *sattva guna* by itself does not lead to any imbalances, *rajas* and *tamas* certainly do.

Ayurveda, thus, takes into account mind related aspects also in designing and delivering treatments. The *dharaneeya vegas* like *lobha*, *shoka*, *bhaya*, *krodha* and *irshya*, which themselves are correlated to *gunas*, impact the *doshas* of the body. Hence they are likely to result in psychological and psychosomatic disorders.

Sattvavajaya chikitsa of Ayurveda, which comes under the purview of Yoga, has methods of treatment for such disorders. The methods include *yama*, *niyama*, *asana*, *pranayama*, *pratyahara* and *dhyana*.

The paper identifies the psychological factors leading to diseases and also presents the methods from *Ashtanga yoga* as treatment. It proves the strong relationship between *Ayurveda* and *yoga* in this regard.

Dr. Karen M. Aoki



Profile

Currently assistant professor of Maharishi Vedic Science at Maharishi University of Management. Recently completed a doctoral degree in 2017 in Maharishi's program for reading Vedic literature. Certified teacher of Transcendental Meditation® since 2010. Classical flutist trained at the Eastman School of Music.

Abstract

Enlivening Samadhi through Maharshi's program for Reciting Vedic literature in Sanskrit

The Maharishi Reading Vedic literature program —a doctoral level research track offered through Maharishi University of Management —is designed to accelerate the stabilization of Samādhi, the foundation of Yoga philosophy. The research phase consists of 3-4 hours of Sanskrit recitation per day from a selection of 36 branches of Vedic literature in addition to twice-daily practice of the Transcendental Meditation technique and the advanced TM-Sidhi program. This procedure is set up to cultivate the nervous system to maintain Samādhi in and out of meditation for the purpose of supporting inner and outer fulfillment in every field of life.

Dr Madhavi Narsalay



Profile

Dr. Madhavi Narsalay is Assistant Prof and Head, Department of Sanskrit, University of Mumbai. She has teaching experience for more than 20 years. She has been awarded the Performance based Incentive Award of the University of Mumbai, 2009 and has been felicitated by the then Governor of Maharashtra.

Seminars with paper presentations: 50

Publications: 25 including one book, 3 edited books, Papers published in International Publications like the Monash University, Australia and Navarra University, Spain, Cambridge Scholars Publishing House, UK

Dr. Madhavi Narsalay has designed the syllabus for the paper Yoga and Meditation at the MA level. She was a speaker at the International Yoga Day, celebrated at Chandigarh in June 2016. She is the member of the Board of Studies of the Yoga Institute of Kaivalyadham, Mumbai.

Abstract

Origin and influence of Yoga philosophy: An investigation into the *Upaniṣads*

The *Upaniṣads* epitomize the philosophy espoused by the Vedas. They are also termed as Vedānta, which is the end of the Vedas literally, but figuratively they are the zenith of the Vedas. They discuss creation, sustenance as well as the dissolution of the Universe, the nature of the soul and its relationship with the Ultimate Reality. The roots of the six systems of Philosophy, which include Yoga are seen in *Upaniṣads*. The number of *Upaniṣads* varies from ten to one hundred and eight. Ten or thirteen *Upaniṣads* are regarded as the primary and earlier *Upaniṣads*. The remaining are later *Upaniṣads*.

The paper is divided into two parts:

- i) Reconstruction of the early Philosophy of Yoga through the thirteen primary *Upaniṣads*: This will include:
 - a) *Kaṭhōpaniṣad*: Philosophy of Yoga is based on the principles of Sāṃkhya Philosophy. The salient principles like *mahat*, *buddhi*, *citta*, *guṇas* are discussed in the *Kaṭhōpaniṣad*.
 - b) *Māṇḍūkya* and *Muṇḍaka Upaniṣads* propagate the significance of Omkāra. The Philosophy envisaged in the *Māṇḍūkya* is developed by Gauḍapāḍa as *Asparśa-yoga*
- ii) Influence of Yoga Philosophy: This part of the paper will discuss the impact of Philosophy on the later *Upaniṣads*. The later *Upaniṣads* have incorporated the principles of Yoga Philosophy. The means (*sadhana*) of Yoga have found place in them. The *Yogatattvopaniṣad* and the *Yogarājopaniṣad* discuss about *Mantrayoga*, *Layayoga*, *Haṭhayoga* and *Rājayoga*. The influence of the *Yogasūtras* of Patañjali are evident on these texts.

The paper will conclude with a comment on the inter-relationship between earlier and later Upaniṣadic Philosophy and the Yoga Philosophy.



Mr Mario Orsatti

Profile

Mario Orsatti is Executive Director of the Center for Health and Wellness, a division of the David Lynch Foundation, where he oversees Transcendental Meditation programs for CEOs and leading executives at the top banks and financial institutions in America, government and military leaders in Washington, D.C. as well as TM programs in schools, colleges, and universities. Mr Orsatti has been teaching Transcendental Meditation for 45 years and is recognized internationally as one of the most experienced meditation teachers. Mr. Orsatti serves on the Executive Council of the David Lynch Foundation, supervising the implementation of Consciousness-Based education programs for over 1 million children worldwide.

Abstract

A Yoga Based, Consciousness-Based Solution to Trauma and Stress in Society

The epidemic of trauma and toxic stress is taking a terrible and costly toll on large segments of society. To address this escalating crisis, the nonprofit David Lynch Foundation has offered to more than one million at-risk young people the Yoga-based Consciousness-Based Education (CBE), which offers as part of a school's standard academic curriculum, the twice daily practice of Transcendental Meditation. Published scientific research shows a statistically significant improvement in brain and cognitive functioning, test scores, grade point average, and graduation rates along with a marked decrease in suspensions, expulsions and dropout rates, particularly among students attending under-resourced schools. In fact, preliminary results from a new \$3 million study conducted by the University of Chicago Crime Lab on 2000 public high school students found those who practiced Transcendental Meditation had higher attendance rates and a nearly 50% reduction in involvement with the criminal justice system. In addition, a \$2.4 million study funded by the US Department of Defense showed a dramatic reduction in the symptoms of post-traumatic stress among meditating veterans from the Iraq and Afghanistan wars compared to nonmeditating controls. This data is garnering the interest of US Government leaders who seek evidence-based, cost-effective solutions to chronic problems confronting society today.

Prof. Dr. Mohd. Sanaullah



Profile

Prof. Dr. Mohd. Sanaullah (M.A., PhD), a senior Professor of Arabic associated with Aligarh Muslim University Aligarh (India) since 1991, is author of 11 books in English, Arabic and Urdu on comparative philosophy, history, yoga, Sufism, literature, language and culture. His works include books such as *The Arab-Romance Parnassus* (Aligarh Muslim University, 2006) and *The Arab Legacy in Latin Europe* (Aligarh, 2003) in English, while *Islam and Modernism* (Aligarh Muslim University, 2017), *Postmodern Arabic Literary Narrative* (Aligarh Muslim University 2015), *Perspectives on Language, Literature and Culture* (Aligarh Muslim University 2011), *Arabs in Spain: Historical and Literary Perspectives* (Department of Arabic, AMU, Aligarh 2010), *Existentialism in Modern Arabic Poetry* (Aligarh Muslim University, 2007), *Orientalism: Analysis and Critique* (Tauheed Educational Trust, Kishanganj, Bihar, 2004), *Existentialist Poets of West Asia* (Aligarh, 2003), *Dante and Islam* (Aligarh, 2002), etc, present perspectives on spirituality, history and culture in Arabic and Urdu languages.

Prof. Sanaullah has published more than 200 papers and articles on topics of philosophy, yoga and literature in English, Arabic and Urdu languages in a number of national and international journals

of repute such as *Bulletin Academia de Studii Economice din Bucuresti* (Romania), *Arab History (Attarikh Al-Arabi)* (Morocco), *Journal of Linguistics* (Menturi University, Constantine, Algeria), *Journal of Manuscriptology* (Adrar University, Algeria), *Journal of the University of Kuwait* (Kuwait), *King Saud University Journal* (Saudi Arabia), *Hamdard Islamicus* (Pakistan), *Islamic Studies* (Pakistan), *Islam and Modern Age* (Jamia Millia Islamia, New Delhi), *Thaqafat Al-Hind* (ICCR, New Delhi), *Journal of the Arabic and Persian Studies* (Calcutta University, Kolkata), *Journal of the Indian Academy of Arabic* (Aligarh Muslim University, India), etc, besides a number of book-chapters such as 'Elements of Yoga in Sufism', in *History of Yoga* (Vol. XVI Part, pp. 629-652, ed. By S.P. Singh, PHISPC, Centre for Studies in Civilizations 2010, ISBN 81-8786-44-3) and 'Perspectives on the concept of basic elements in Islam', in 'The Cosmic Elements in Religion, Philosophy Art and Literature', by Kala Acahrya, Ignacio Arellano, Mariano Iturbe, Prachi Pathak, Rudraksha Sakriker (eds), *Servicio de Publicaciones de la Universidad Navarra, 2015. Biadeg. Biblioteca Aurea Digital del Grisco. 34. ISBN 978-84-8081-481-2*, etc.

He has attended and presented papers in over 150 national and international Conferences and Seminars in India and abroad (Denmark, The Netherlands, Poland, Russia, Romania, Italy, Turkey, France, Spain, Morocco, Algeria, Tunisia, Egypt, Jordan, Kuwait, Saudi Arabia, Bangladesh, etc). He has been Visiting Professor in 2015 in Emir Abdelkader University, Constantine, Algeria. He has appeared in a number of TV programs on national and international channels such as *Al-Majd TV Channel*, Saudi Arabia, *Bashker TV* (Russia), *DD Urdu* (India), etc, on topics of yoga, interfaith dialogues and cultural legacy of India. Prof. Sanaullah has been actively engaged in interfaith dialogues and seminars in India on platform such as Indian Council of Philosophical Research (ICPR, New Delhi), Centre for Studies on Civilizations (New Delhi), Chinmaya Foundation (Kerala), K.J. Somaiya Bharatia Sanskriti Peetham (Mumbai), Chandigarh Yoga Festival (Chandigarh Administration), etc.

The Government of India conferred upon him President's award **Maharishi Badrayan Vyas Samman** in 2006, in recognition of his contributions towards a synergy between Arab-Islamic legacy and ancient Indian wisdom, especially Yoga and Sufism. He has been honored by a number of international Universities in the Arab world.

Prof. Sanaullah has been partly theme of an international conference in Jordan organized by the Aal-Al-Bait University on 23-24 April 2013 in collaboration with the International League of Islamic Literature, Riyadh (Saudi Arabia).

Abstract

Yoga in Sufism: Content, Context and the Hermeneutics

Contrary to canonically institutionalized epistemology, the Spiritual philosophy of Islam stemming from ontological amalgamation of the lover with the beloved projects the subject and the object in a non-dualist fashion, though the former helps the later achieve the goal if the Seeker is driven by cognitive and practical devotion. The goal of the inward life in Islam is to reach the Divine as both the Transcendent and the Imminent by the supreme expression (*sha-hada*) of the Ultimate Reality: *La ilaha illa Allah*, purporting to a safeguard from the debilitating effect of dualist externalization. This goal is sought to be achieved in Islam by meditation called *tasfiyah*, *tahliya* and *tajliya*: terms very close to *layayoga*.

Such a confluence dates back to early years of Sufism in Islam as a number of grand Sufi masters of Arabia and Persia (Mansur Al-Hallaj, Farid Al-Din Attar, etc) are known to have assimilated Indian wisdom, besides Indian Sufi Seers interacting with Yogis and augmenting their spiritual journey with Indian vision and practices of *hath-yoga*, *pranayama*, *dharana* and *samadhi*.

The *Rājayogic* processes of concentration and absorption of the essence of *mantrayoga* holds sublime position amongst the yogic systems beyond *hathayogic* methods of *prānāyāma* (breath-control). It well-suits the spiritual virtuosity of a man who, though not wandering in the forests of the Himalayas, is desirous of controlling the sensory-intellectual oscillations around and within himself, and irradiating himself with the Supreme Consciousness, the Upnishadic One-and-All Brahman which is all sublime, splendor and joy, but definitely beyond the reach of mind-matter limitations. Religiosity and ritualistic worships have a part to play in this yoga, if *dharna* is to be

identified as spiritual realization of God, or the spiritual principle, divine in character and operative along with the principle of cosmocity with the manifestation of original creativity.

Through *Rājayoga*, a Yogi purifies his consciousness to the highest degree and transforms it into the *samprajñāta-samadhi* or super-conscious concentration, and, finally absorbing the super-purified and super-illuminated consciousness completely into Supreme Consciousness in *asamprajñāta-samadhi*. *Layayoga* achieves this final goal by arousing *Kundalini* and getting all the cosmic principles absorbed into it. Sufi system of *Latāif* which is partially confirmatory of the Yogic *Kundalini*, is an advanced method of *murāqaba* (meditation) to purify the human sensory-consciousness in order to irradiate it with *wojoodi* and *shohoodi tajalliyāt* or Supreme Being's Ultimate Illuminations of *jalāli* (majestic) and *jamāli* (beatific) natures, especially in Naqshbandiya Sufi order of Islam.

With certain exceptions in Suhrawardia and Naqshbandia orders, Indian Sufis had a constant interaction with Hindu Yogis and *Sidhdhas*, and the legacy of *Baḥrul Ḥayāt* of Shaikh Mohammed Ghaus Qawaliori, the *Shattāri* rituals of Yoga elaborated in *Risāla-i-Shattāria* of Shaikh Bahauddin ibn Ibrahim Ansari Qadiri, the *ṣalāt-i-m'akoos*, the *chilla-i-m'akoos*, the cross-legged sittings of the Qadiris, several forms of Indian hymns employed by the protagonists of *Zikr Jahrī* or loud litany, the institution of *Sama'*, the spiritual rituals depicted in *Risāla-i-Ḥaq Nūma* of Prince Dara Shukoh (1615-1658), the ethics and conducts of the Qalandars and the Malamatis, all of this and that plead for a strong case of resonance with clear clauses of imprint and influence. The Yogic thoughts in Indian Sufism owes much to such academics on part of great Sufis and their political patrons who did not hesitate to applaude the spiritual legacy of their motherland and incorporated it to the ascension apparatus of their own initiations.

Dara Shukoh translated fifty Upanishads, including *Brahadaranyak Upanishad*, into Persian with the help of the Kayasthas under the title *Sirr-i-Akbar*. The Arabic and Persian adaptation of *Amritkund*, a Sanskrit classic, as *Hauz al-Ḥayāt* and *Baḥr al-Ḥayāt*, by Shaikh Muhammad Gauth Gwaliori (1500-1563), available now only in Persian, as the Sanskrit original and its Arabic translation are lost, serves as a manual of yogic practices, such as breath-control, the yogic contents of *Risāla-i-Shattaria*, and works of Shah Azaduddin Mohammad Chishti Sabiri Amrohawi (1667-1759), especially his *Satya Sarovar* in Sanskrit language which was his study of Vedanta philosophy, forms a respectable legacy of Indian Sufi-Yogic traditions.

Indian influences on Sufism can easily be founded in all major *silsilas*, or orders of Islamic mysticism, such as Chishtia, Qadiriya, Suhrawardia and Naqshbandia, and some other sub-sects like Sabiria, Shattaria, Firdausia, Qalandaria, Owaisia, Madaria, Suhagia, Rasulshahi, Shahbazia and Malamatia. All these *silsilas* are attributed to Hazrat Ali, the fourth caliph of Islam. The *Himia*, *Simia* and *Rimia* practices of Sufis had much to do with the Indian *Gorakhnath* inclinations. The *Ḥaḍarat Khizr* has been identified with *Gorakhnath* of the Hindu yogi path. The *Ḥaqqiat e Muhammedia* as elaborated in *al-Ifazāt al-Aḥmadia fi Sharḥ al-Ḥaqqiah al-Muḥammadiyah* of Shah Wajihuddin Alawi Gujarati (d. 1580) and interpretation of this *Ḥaqqiah* in terms of incarnation goes a long way in collaboration with the Indian mystic pantheist traditions. Ibrahim Shattari's interpretation of that reality as prototype of the souls and bodies incorporated into the soul and body of Muhammad constitutes the pantheist canon of Sufism in India. The *Pirzadas*, the *Chajju panthis*, the *Husaini Brahmans*, etc, have a definite mixture of Hindu and Muslim notions and practices.

The orders of non-Arab origins like Chishtia, Qadiriya and Naqshbandia, and of the Arab origin like Suhrawardia had significant role to play in popularizing Sufi traditions in Sind and Punjab. The Chishtis and Qalandars represented a hybrid cult originated from a syncretistic spiritual pluralism less akin to the path of Suhrawardis, although they shared the same Gnostic epistemological theosophical platform.

I have dealt with theme in a number of researches, deliberations and lectures in India and abroad (Emir Abdelkader University, Constantine, Algeria, etc).

The present paper aspires to project essence of Yoga (*Bhutshuddhi*, *Chakra*, etc) in Sufi practices of *tazkiyah*, *tasfiyah*, *latāif* and *waḥdat* represented chiefly by Gnostic seers of Islam (Hallaj, Ibn Arabi, Suhrawardi, etc) and Sufis of diverse orders (Chishtiya, Qadiriya, Suhrawardiya, Naqshbandiya, etc).



Dr. Peter Scharf

Profile

Peter Scharf earned his B.A. in philosophy at Wesleyan University and his doctorate in Sanskrit at the University of Pennsylvania, after which he taught Sanskrit and Indian philosophy at Brown University for 19 years. Since 2011, he has held several visiting professorships: at the Maharishi University of Management Research Institute, the University of Paris Diderot, the University of Hyderabad, and the Indian Institute of Technology Bombay. He is currently a Visiting Professor in the Language Technology Research Center at the International Institute of Information Technology in Hyderabad. He has been practicing the Transcendental Meditation program for nearly 45 years and teaching it for more than 35.

In 2002 he founded the Sanskrit Library <sanskritlibrary.org> to bring Sanskrit texts and manuscripts together with linguistic software and lexical resources and to serve as an intelligent interactive Sanskrit educational platform. He has obtained more than a million dollars in grants for projects that produce a new paradigm of access to primary cultural materials of India, and has digitally catalogued and digitised thousands of Sanskrit manuscripts at Brown University, the University of Pennsylvania, and Harvard University, aligned manuscripts with corresponding digital text allowing focused access to sought passages in the manuscript images, and developed image-text alignment software to automate the process. He digitised some forty-five Sanskrit lexical sources and integrated them to allow simultaneous lookup. These lexical sources include not only the major bilingual dictionaries, but also indigenous thesauri, lists, specialised dictionaries, and monolingual Sanskrit dictionaries usually neglected by the scholarly community. In view of the success of these projects, he was awarded a prestigious International Blaise Pascal Research Chair in Paris for a year where he brought Indian theories of semantics and syntax face to face with modern computational linguistics and directed a project to build a tagged corpus of Sanskrit texts. He is currently developing a computational implementation of Pāṇinian grammar based on an XML formalisation of the *Aṣṭādhyāyī* he completed last summer, and is investigating the use of Pāṇinian models of verbal cognition in computational syntax for which he was invited to be a fellow at the Indian Institute of Advanced Studies in Shimla.

Abstract

The Technology to Develop Cosmic Consciousness

While yoga is familiar world-wide as a set of light physical exercises, and meditation as some sort of mental calming practice, often associated with the religious practice of Hinduism, it remains little known as a comprehensive method for the development of higher states of consciousness. Classical yoga formulated in Patañjali's *Yogasūtras* presents the systematic science and technology to develop cosmic consciousness. The text presents in 195 concise aphorisms (*sūtras*) an explanation of how past impressions limit awareness and predispose a person to react to circumstances, practices to settle and purify awareness to free oneself of these predispositions so that one sees the world with clarity and is able to address circumstances suitably to the individual case. The work systematically leads one to a higher state of consciousness in which the individual is established in his own nature, pure consciousness, perceives the truth spontaneously, and is free from suffering.



Pranav Patel

Profile

Pranav is the **CEO of Chanakya Aanvikshiki Pvt Ltd**, an expert in Leadership Training & Mentoring, who has been involved in training leaders and aspirants from various fields including Corporate, Politics and Public Services. He has done extensive research on “**Kautilya’s Arthashastra**” in a 6 months residential major research program, at **The University of Mumbai** under the guidance of Dr Radhakrishnan Pillai, Deputy Director at the Chanakya International Institute of Leadership Sciences.

He has done his **M.A. in Leadership Sciences** from **Chanakya International Institute of Leadership Sciences, Mumbai** and is pursuing **Post Graduate Diploma in International Relations** from **The University of Mumbai**. He has recently received award of excellence while doing his **International Fellowship in Election Campaign Management** from the **University of Akron, Ohio, US** in the historic **2016 US Presidential Election**. He has done a certificate course in ‘**Election and Campaign Management**’ from the **MIT School of Governance, Pune** and in ‘**Socio - Political Leadership**’ known as “**Netritva Sadhana**” from **Rambhau Mhalgi Prabodhini, Mumbai**. He was involved in the strategic planning team for one of the candidate from Mumbai for the **2014 general elections in India**. Pranav has done his **Post Graduate in Business (Marketing)** from **Massey University, Auckland, New Zealand**. He is a **Certified Financial Planner (CFP)** and candidate for **Level 2 Chartered Financial Analyst (CFA) – USA**, with an experience of 8 years in the Banking Industry where he has worked in the capacity of **Associate Vice President** in Banks like **HSBC & Standard Chartered Bank**

Pranav was part of the organising team for the “**International Yoga Festival 2016 – Academic Conclave**” – Chandigarh.

Abstract

Chanakya's model of Good Governance - *Yogakshema*

Recently the terms "Governance" and "Good Governance" are being increasingly used in development literature. Bad governance is being increasingly regarded as one of the root causes of all evil within our societies. Major donors and international financial institutions are increasingly basing their aid and loans on the condition that reforms that ensure "Good Governance" are undertaken. Thus, “Good Governance” is one of the prime focus of the Government in most of the countries as on date. United Nations defines “Good Governance” as being participatory, consensus oriented, accountable, transparent, responsive, effective and efficient, equitable and inclusive, and follows the rule of law.

Chanakya defines a ruler's duties in the administration of the country are three-fold:

- **Raksha** or protection of the state from external aggression,
- **Palana** or maintenance of law and order within the state and
- **Yogakshema** or safeguarding the welfare of the people.

According to Chanakya a **Rajarishi** is one 'who is ever active in promoting the **Yogakshema** of the people and who endears himself to his people by enriching them and doing good to them' {Kautilya Arthashastra, 1.7.1}. The word, **Yogakshema**, is a compound made up of **yoga**: the successful accomplishment of an objective and **kshema**: its peaceful enjoyment. Thus, peaceful enjoyment of prosperity, i.e., the welfare of the people, is given as much importance as knowledge, self-control and observance of dharma. Chanakya over-reached the modern concept of “Good Governance” in his concept of **Yogakshema** which aims at an all-round development, material as well as spiritual, of the society as well as of the individual. It involves the well-being of the last person in the country, the poorest of the poor. The

Yogakshema Model of Governance, contained within itself most of the elements that are present in the models prevalent today. But, the biggest difference is that the **Yogakshema** model perceives welfare in a wholesome integral manner, whereas the present day models perceive development as an activity that involves the accumulation of wealth without any reference to ecology, ethics and moral aspects of an individual and the society. Thus, elements of ethics and spirituality are absent in the present day models, whereas they are very centre of **Yogakshema** model.



Dr Priya Vaidya

Profile

Dr. Priya M Vaidya is an Assistant Professor, Department of Philosophy, University of Mumbai. She was recently awarded the Tata –Heras Postdoctoral fellowship (2015) [Research on: Analysis of Swami Vivekananda's more than 200 letters- establishing its connect to life and learning].

She was awarded Ph.D. from University of Mumbai (2001) (Thesis on: Philosophy of Education according to Swami Vivekananda and Sri Aurobindo) under the guidance of Prof. Dr. Shubhada Joshi.

She is a recognised Ph.D. guide as well as a Member of Board of Studies M.A (Leadership Science) & Ancient Indian History Culture, Archaeology and Buddhist Studies); University of Mumbai She is a visiting faculty at the M.A (Leadership Science program), Chanakya International Institute of Leadership Studies, University of Mumbai since 2016 till date.

Dr. Priya Vaidya received Yoga training from SYASA, Bangalore, India. Dr. She has a teaching experience of more than twenty years at the undergraduate as well as post graduate level together. Her teaching assignments at the post graduate study programme -focus upon the diverse aspects of Philosophy - in particular- papers on Yoga (Yoga Psychology and Meditation, Yoga Value education, Samkhya Yoga Ethics, Schools of Yoga ,Yoga text study etc.). Her M.Phil. teaching assignment focussed on (Sri Aurobindo's text: Foundations of Indian culture).

She was invited to author a book on ***Swami Vivekananda: Praxis of Education –published by Vivekananda Kendra, Chennai.***

To her credit are more than 22 research papers published in national and international journals on application of dimensions of Indian philosophy (Yoga, thoughts of great Indian philosophers etc. in context to education, management, environment).

Her articles on Sri Aurobindo's thoughts on education were published in Rbhu (magazine published from Calcutta). She was invited to write a column for three months reflecting upon the aspect of Value quotient – its relevance to the adolescents in Divya Marathi newspaper (newspaper published and circulated in Maharashtra, India.).

Dr. Priya Vaidya has presented research papers on invitation at IIM (Ahmedabad, Lucknow & Kozhikode), Benares Hindu University, Jadavpur University, University of Hertfordshire etc. She was invited to Hertfordshire University as a resource person to focus on Sri Aurobindo's thoughts on Education. She was recently invited to participate in Hindu-Christian dialogue conference organised by the Focolare Movement in Italy in the first week of June, 2018.

Dr. Priya M Vaidya has designed and conducted more than 25 workshops and 2 training programmes (based on the diverse aspects of Indian philosophy) for Government employees, teachers, students, health care professionals etc.

She was treasurer of The Bombay Philosophical Society (BPS) and is currently the joint Secretary of (BPS) since 2015 till date. She is the Life Member of The Asiatic Society of India, Indian Science Congress. Paraplegic Foundation of India. She is a member of the Prabhat Chitra Mandal (Film Society) in Mumbai.

She extends her voluntary service at the Spandan Holistic Centre, Mumbai (which reaches out to slow learners, mentally challenged children etc). She is a poet and writer by choice. She received formal training in music (tabla) from Shri Shanmu Khananda Sangeet Sabha, Mumbai, India.

Abstract

Swami Vivekananda's approach to Yoga: Its relevance to transformation based leadership for Peace

The realm of Indian philosophy in general and thoughts of Swami Vivekananda in particular reveal its rich spiritual framework. These insightful thoughts are relevant across centuries and nations. This paper emphasizes the spirit of Swami Vivekananda's thoughts on Yoga. The unique aspect of Swami Vivekananda's interpretation of Yoga is his effort to emphasize the practical realm of Yoga without altering the theoretical crux.

The paper attempts to reflect upon Swami Vivekananda's thoughts on Yoga with reference to nurturing transformation based leadership for peace. Leadership today at the national and global level is in the process of transition. Problems such as that of disease, discrimination, degradation and destruction etc distress our leaders today. Erosion of human values has increased indifference, inequality and negated the possibility of introspection. Thus, the prospect of nurturing peace within and in the external world has become intricate.

The need of the hour is not to merely advance through growth of technology. It is most crucial to develop our pace to grasp the psycho-spiritual dynamics of human life so as to initiate peace within and in the world at large- to explore the possibility to manifest freedom. This is possible if we, as individuals are oriented to become leaders to cope with our own Self so that we are able to fulfill our conscientiousness to become leaders to take care of the society for co existence to progress. The role of Yoga as viewed by Swami Vivekananda is significant in this context.

Swami Vivekananda's philosophy in general and his focus on the four Yoga viz. Karma, Bhakti, Jnana and Raja Yoga is unique and relevant. The four Yogas, are not exclusive of each other. The divisions into four Yogas are made only on the foundation of the dominance of one type of character or another. All the Yogas have a common goal and that is freedom. The spiritual framework of the four Yoga nurtures the approach to move from the ordinary to the extraordinary realm of human life.

For instance, a Karma Yogin may not indulge in any metaphysical speculation nor believe in any higher force. His sole aim is to realize selflessness through performance of action based on his proper outlook of the world in which he has to live. The moral energies are conserved when actions are oriented by pure love and performed by total detachment. This enhances excellence and enables spiritual evolution in the human person essential for Self awareness and social progress.

The system of Raja Yoga extends to human persons –a scientifically worked out technique for attainment of spiritual perception about nature of man as well as the universe. The science of Raja Yoga offers means for training us to look within –so as to observe the internal states to further harmonize.

In the discipline of Bhakti, the practice of renunciation does not consist in destroying anybody's affection but orienting them God ward in a gradual way. Bhakti implies continuous attraction of the mind to God under all circumstances. It is not motivated by any thought of return but find its fulfillment in the loving service of Him.

Dimensions of Jnana Yoga reflect in a deep way man's true nature- precedence of spirit over matter. It conveys the spiritual nature of man and the presence of the Universal spirit within. Jnana Yoga

conveys the essence of higher knowledge which is essential to make life qualitatively better and living purposeful. Thus, the paper highlights Swami Vivekananda's viewpoint on Yoga in context to transformation based leadership for peace from the standpoint of exploration, elimination and elevation. Swami Vivekananda's four Yoga do not sermonize about freedom as well as peace but convey the pragmatic path towards it. In fact, his thoughts on Yoga commence participative learning to discover the elusive aspects of human personality, divulge ways to reduce inner weaknesses and convey techniques to move towards elevation.

This pathway of the four Yoga viz. Karma, Bhakti, Jnana and Raja Yoga reflect upon the essence of transformation leadership -by focusing on the quintessence of selfless action, dimensions to know devotion so as to explore divinity, reflections to grasp discriminative knowledge indispensable for detachment and experiential ways to preserve mental hygiene and purity of the body. These thoughts of Swami Vivekananda will positively help leaders to transcend from the ordinary temptations of everyday life so as to investigate the extra ordinary facets of higher life. This will undeniably help the future leaders to search the potentialities within and enthuse them towards peace, progress and prosperity.

This paper conveys a Self designed training programme module on transformation based leadership for peace and freedom based on the thoughts of Swami Vivekananda. This 21 days holistic training programme is for future leaders in the world who are keen to transform oneself and the society at large in some significant way. The distinctive dimension of this programme is –its theoretical and pragmatic components with reference to each Yoga in itself and all the four dimensions of Yoga together. This will facilitate the future leaders to comprehend the essence of Swami Vivekananda's thoughts on Yoga and pertain it in all possible ways to manifest transformation. This will improve the possibility of peace and inspire many to practice freedom.



Dr Radhakrishnan Pillai

Profile

Dr. Radhakrishnan Pillai is a Ph.D from the University of Mumbai, Department of Philosophy. He trains leaders and aspirants from various fields including corporate world, politics, academics, administration, military etc. He has done an extensive research on "Kautilya's Arthashastra", the well known book on leadership written in 4th BC from Chinmaya International Foundation (CIF), Kerala. He did his MA in Sanskrit and a PhD. in Arthashastra from University of Mumbai from the

department of Philosophy. He is a certified management consultant from the International Institute of Management Consultants.

He is currently appointed as the Deputy Director of Chanakya International Institute of Leadership Studies (CIILS), of University of Mumbai. Dr Pillai is also the Director at SPM Foundation and Founder Director of Atma Darshan Pvt Ltd (a Spiritual Tourism Company) & Chanakya Aanvikshiki Pvt Ltd (a Leadership Training & Mentoring organisation).

With nearly 25 years of combined working and business experience he is a well known leadership speaker, author, trainer, and personal mentor. He has written nearly 200 articles and papers for various magazines, newspapers and journals. He has also hosted a radio show "Ask Chanakya" on Moksha Channel of Worldspace satellite radio. He has represented India in various national and international conferences including the World Philosophy Congress in Athens, Greece, Academy of Management (AOM) in San Antonio, Texas, USA, Indian Philosophy Congress (IPC). He has also chaired session at Afro-Asian Philosophical congress (AAPA), taught in Germany, Dubai, Muscat, Singapore, Indonesia, UK, Hongkong, Bahrain etc. And closely works with universities across the globe on various projects.

Dr Pillai's first book 'Corporate Chanakya' has been on the "best-seller" list since its launch in 2010 and used as a text book in various Business schools in India and abroad. The book has the unique distinction of being made into an audio book, world's first management film on Chanakya's teachings - 'Chanakya speaks' and translated into 10 regional languages. His other books are 'Chanakya's 7 Secrets of Leadership', 'Chanakya in You' (got him various awards, including the India's most popular "Crossword Raymond book of the year award", 2016), 'Katha Chanakya', 'Chanakya in Daily Life' & 'Aanvikshiki - Inside Chanakya's Mind' were launched in different parts of USA, 'Thus spoke Chanakya' and the children's book 'Chatur Chanakya'

He is a visiting faculty in many educational institutions in India and abroad including the IIT, IIM, Indian Institute of Science (IISc) among others. He has been a trainer and strategy consultant to organisations like Indian Army, Navy, Air force, Indian police, various NGOs, private, public sector and government organisations including Indian oil, HPCL, BPCL, L&T etc. He has been awarded the Sardar Patel International award 2009 and Aavishkar Chanakya Innovation Research Award 2013 for his research and contribution in field of management & Industrial development. He has been also honoured with the LOKMAT National Education Leadership Award. He is also rated among the top 30 Indian management Thinkers globally by Thinkers50.com

Abstract

Aanvikshiki - Chanakya's Philosophy and Yoga

Kautilya's Arthashastra starts with the teaching of Philosophy called as Aanvikshiki Stapan (Establishment of the Philosophy for a leader). The first chapter of Kautilya's Arthashastra begins with the teaching of Aanvikshiki, the right method of thinking, investigation and analysis.

Aanvikshiki as described by Kautilya includes three schools of Philosophy - Sankhya, Yoga and Lokayata. While these three schools of thoughts existed before Chanakya (4th century B.C.), Chanakya included them together as Aanvikshiki.

Chanakya dealt with Yoga as the base of right thinking. As a leader, being equanimous in all situations and able to take the right decisions is critical and important. Finally leading to the ultimate aim of the philosophy of leadership "Praja Sukhe Sukham Rajnah, Prajanam cha hite Hitam".

"In the happiness of the people lies the happiness of the king. And what is beneficial to the people is his own benefit" (Arthashastra 1.19.34)

Dr Rakesh Varma



Profile

DESIGNATION: Asst. Professor

UNIVERSITY EDUCATION:

□ Ph.D., 2017; Yog; D.S.V.V. Haridwar, UK

Title of the Thesis – Vaigyanik Adhayatmavaad ke paripekshya mai samkalin aadayatmik chintan mai vaigyanik dristi- addayan avam

mulyaankan

- Ph.D. Course Work (Regular), 2010 Yog; D.S.V.V. Haridwar, UK
- M. Sc., 2008; Yog; D.S.V.V. Haridwar, UK
- Ll. B., 1997; Avadh University, Faizabad, U.P.
- B.Sc., 1994; Physics, Chemistry, Mathematics; Avadh University, Faizabad, U.P.

TEACHING EXPERIENCE:

- M.A./M.Sc. Level 03 years
- B.A./B.Sc. Level 11 years
- Lecturer in Dept. of Scientific Spirituality from 2007-2009.

- 6 Year Teaching Experience in Distance Education Center, DSVV, Haridwar & other centers (Jan 2011 to May 2017).

PUBLISHED WORK:

- Paper published in National and International journals : 06
- Paper presented in National and International conferences and seminar : 15

Professional Experiences:

- > **NET** qualified 2017
- > UGC-Sponsored **Orientation Program** at UGC Academic Staff College, University of Rajkot, Gujarat from 3.11.2013 to 28.12.2013
- > Judge in the 14th School state Yoga competition -2014 organized by Uttarakhand state Govt. held at Gayatri Vidyapeeth, Shantikunj, Haridwar on 10-11th November, 2014.
- > Judge in the state Yoga Championship-2014 organized by Uttarakhand state yoga association held at D.S.V.V., Haridwar on 9th November, 2014.
- > Judge in the 15th state Yoga Championship-2015 organized by Uttarakhand state yoga association held at D.S.V.V., Haridwar on 22th November, 2015.
- > Official in the 16th Yoga Championship-2016 organized by Uttarakhand State Yoga Association, held at DSVV Haridwar on 27th Nov, 2016.
- > Official in the Yoga Championship-2017 organized by Gayatri Pariwar Trust, held at Muradabad U.P. on 9th Sep, 2017.
- > Chief Judge in the 15th state Yoga Championship-2015 organized by Uttarakhand state yoga association held at D.S.V.V., Haridwar on 22th November, 2015.
- > Participated sixteen Days “**Training on Research Design**” organized by DSVV, Haridwar in association with SOSREF, Kathmandu, Nepal from 12th-27th April 2009.
- > 16 Days(12-27Apr2009) training on Research Design organized by DSVV Haridwar and Social Science Research Foundation(SOSREF), Kathmandu, Nepal

VARIOUS RESEARCH PAPERS PUBLISHED CONDUCTED VARIOUS YOGA CAMPS

Abstract

World Peace and harmony through Yama- the core message of Yoga

Everyone desires for peace. Who doesn't feel blissful by listening to the inner melody of peace? Peace is the centre of our life. It is the representation of our soul. Peace takes us closer to self realization. The melody of peace resonates from our soul and reaches to our brain and heart, echoing and affecting all the way through our body. Happiness, joy, empathy, affection, kindness, and all these feelings come from the deep rooted inner peace. Unlike all these feelings, inner peace is far from attachment. Human life is complex. Today, most of us are suffering from some or the other mental problems. Along with physical health, mental health needs to be taken care of now more than ever. We keep chasing peace in every stage and phase of life. Change is inevitable. Without peace, everything is chaos and lifeless.

Human life is full of changes and challenges. When one feels unsynchronized with the inner and outer world, it creates a hollow that one peace can fill. For those who are very keen on taking the path of peace, Maharshi Patanjali formulated *sutras* known as *Patanjali Yoga Sutras*. These sutras help us in growing and reaching forward in our journey of seeking peace. Peace helps us to reconnect with ourselves. Particularly *Yama* which is first part of *Astanga Yoga* is essential for that. During tough times in life, peace helps us seek the answers to our problems, already inside us. If every individual starts experiencing the peace within, it won't take much time for the world to be a better place.

Keywords- yama, peace, harmony.

Dr Sanjay Phadke

Profile



Dr. Sanjay Phadke is alumnus of National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore, India and was visiting scientist with Prof. Ernst Pöppel at KFA, Jülich & Munich University, Germany during 1994-95.

He is Senior Consultant of Neuropsychiatry at Jehangir Hospital and Deenanath Mangeshkar Hospital, Pune, and formerly Associate Professor of Psychiatry & Co-investigator of ICMR (Indian Council of Medical Research) Centre for Advanced Research. He is visiting faculty in Germany since 2005 and accredited speaker of the Maharashtra Medical Council.

He heads Center for Behavioural Medicine (CBM) which is instrumental in the decade old **Indo-German 'Neuroscience of Yoga program'** with special focus on Autonomic Nervous System (ANS) research. His team's project for further research on Yoga and Autonomic Nervous System received approval of Department of Science & Technology (DST, Government of India).

He is the Convener of '**International Symposium on Integrating Yoga and Medicine**, Pune 2017' which had participation of about 600 delegates from more than 20 countries and '**International Symposium on Neuroscience of Yoga: From Yoga for Health to Yoga for Wisdom**, in association with Dept. of Philosophy, University of Mumbai, 2016'. Symposium '**Yoga: Science and Concept**' was organized in collaboration with German colleagues at Munich Open University (MVHS) in 2017. He has been conducting training courses and workshops on neuroscience for Yoga teachers in Germany and India. He was invited by Telengana Government for training AYUSH doctors, and keynote presenter of 'Neuroscience of Yoga' at the All India Yoga Conclave, Nagpur, 2017.

He has been recipient of National Merit Scholarship, WHO Young Mental Health Professional mentorship under Prof. Norman Sartorius (former Director, WHO), national & international awards for research work and several invited lectures in India and abroad. His 27 years of professional work includes major contribution to the field of **Disaster Management and Epidemiological Research** in India spanning a decade during the 90's and he was recipient of Government's Letter of Appreciation and Rotary International's Award.

Subsequently since 2005 he **led over 50 industry and public funded international clinical research projects including clinical trial of new medicines** (mainly for US FDA submission) and received recognition internationally as clinical research consultant. He is actively involved in development of emerging technologies for healthcare. He is Co-Chair of the Task Force of Indian Psychiatric Society, and on the Executive Committee of Geriatric Society of India (GSI, PC).

Abstract

Neuroscience of Yoga: Is There Anything Unique About Yoga ?

It is counterintuitive that the human brain which we consider to be the epitome of evolution could be so susceptible to illusions and constrained by heuristics and biases that it actually needs much training to develop some objectivity and reclaim *free will*. The *Ashtāṅga Yoga* of classical *Pātanjal Yogadarshana* offers a very comprehensive framework of transformative training to attain such maturation which is also echoed in latest thinking about brain maturation in neuroscience.

Research in Cognitive neuroscience (related to processes such as perception, thinking, and memory) and Affective neuroscience (related to emotions) is helpful to understand the seemingly abstract concepts of *Ashtāṅga Yoga* in terms of

- (a) the substrate of key processes like attention, intention, sensory-motor and executive control which are sought be regulated systematically through practice of Yoga, and
- (b) the process of learning, neuromodulation and neuroplasticity which supports and leads to refinement of cognition/affect and its positive downstream effect on the body physiology as a whole.

For a long time it was the health benefit associated with practice of Yoga particularly the *āsana* and *prāṇāyāma* (postural and breathing regulation) that attracted attention of medical researchers. It is even more fascinating to study the more meditative aspect of Yoga (*dhāraṇā*, *dhyāna*, and *samādhi* together called *saṁyama*) which finds parallel in the process of creativity which is an actively researched area in neuroscience, and the framework of behavioural change represented by ten dimensions of *yama* and *niyama*, which is sought to be attained through sustained practice for achieving harmonious living. The presentation gives an overview of **uniqueness of Yoga as seen through the lens of neuroscience** and makes a case for Yoga inspired research to the advantage of neuroscience.



Dr Sarath Menon-Chembottil

Profile

Ed.D. Historical, Social, and Cultural Foundations, University of Houston, Houston, Texas

- M.A. Anthropology, University of Houston, Houston, Texas
 - M.A. Sociology, University of Houston, Houston, Texas
 - B.A. English Language & Literature, Calicut University, India
- Lecturer in Sociology, 2008 - Present University of Houston
Professional, Technical, and Work-related Experience and Skills
- Metropolitan Police, The Scotland Yard, Crime Statistics
 - Fluent in Indian Languages

Professional Achievements and Publications

- Comparative Education Scholarship, 1986 & 1987
 - Chancellor's Medallion for Outstanding Service – 1996
 - Presented co-authored paper in “Diversity Challenges in the Western Regional Human Services Conference in March 2010
 - Participated in the annual Seminar on Competing Metropolitan Regions in China, sponsored by the Asian Studies Program Development of the East-West Center in Hong Kong and China, 2004
 - "Perfect Connections: A Survey and Analysis of Workforce Development in the U.S." Presented at the East West Center Association International Conference, New Delhi, India, 1997.
 - "Infusion or Introspection: A Dialogue on Multiculturalism." Presented at the Annual Meeting of the American Educational Studies Association, San Antonio, Texas, 1997
 - "Ethnography and the World System" Presented at the Comparative and International Education Society Conference, Pittsburgh, Pennsylvania, 1991
 - Attended Asian Studies Program Development, Honolulu, Hawaii, July -August 1996.
- Participated in the Summer Institute for Infusing Asian Studies into Undergraduate Curriculum
- Beyond Push and Pull: Explanations for Asian Indian Student Migration to the U.S. " Presented at the Comparative and International Society Conference, Anaheim, California, 1990
 - "Information Processing in the Classroom" Presented at the Annual Meeting of the American Educational Studies Association, Chicago, Illinois, 1987
 - "Students' Perception of Ideology and Curriculum in Schools in China" Presented at the Comparative and International Education Conference, Washington D. C., 1987 Smith, John (2005). The behavior of learning disabled adolescents in the classroom. Journal of Educational Psychology, 120 – 125.

Abstract

Learning to Live in Peace, with Self-Restraint: A Prescription for Enduring Peace

This paper addresses the sub-theme of yoga for world peace. In this paper, I attempt to both review and discuss the stature and role of Yoga on the world scene as a consequence of cultural globalization, of late. Technological and economic transformations globally have paved the way for cultural emissions to traverse continents and cultures impacting human perspectives on the meaning of life and prompting social systems to redefine fundamental concepts relating to life and living. Further to such a discussion, the paper will proceed to focus on the urgency of alternatives to

entrenched values that have historically shaped societies around the world. This paper stresses the importance of linking value to normative considerations to affect fundamental change in the way peoples of the world define existence, and by prescribing a composite approach combining the practice of yoga and imbibing the ancient, uniquely dharmic rationale behind the practice of non-violence.

Dr. Sat Bir Singh Khalsa



Profile

Sat Bir Singh Khalsa, Ph.D. has been fully engaged in basic and clinical research on the efficacy of yoga and meditation practices in improving physical and psychological health since 2001. He has practiced a yoga lifestyle since 1972 and is a certified instructor in Kundalini Yoga as taught by Yogi Bhajan. He is the Director of Research for the Kundalini Research Institute, Research Associate at the Benson Henry Institute for Mind Body Medicine, Research Affiliate of the Osher Center for Integrative Medicine, and an Assistant Professor of Medicine at Harvard Medical School in the Department of Medicine at Brigham and Women's Hospital in Boston. He has conducted clinical research trials evaluating yoga interventions for insomnia, post-traumatic stress disorder, chronic stress, and anxiety disorders and in both public school and occupational settings. Dr. Khalsa works with the International Association of Yoga Therapists to promote research on yoga therapy as the chair of the scientific program committee for the annual Symposium on Yoga Research and as editor-in-chief of the International Journal of Yoga Therapy. He has two Harvard Medical School publications, as author of the ebook *Your Brain on Yoga*, and medical editor of *An Introduction to Yoga*. He is chief editor of the medical textbook *The Principles and Practice of Yoga in Health Care*

Abstract

There is a substantial need in modern society and in our workplaces for behavioral strategies to help cope with the stressful challenges of life and the high burden of both mental and physical disorders. Yoga is a behavioral practice that fosters improvements in physical fitness, mind body awareness and self-regulation of stress and emotion that can address this need. Accordingly, research has been conducted on the implementation of yoga in workplace and occupational settings to determine the potential benefits and a review of this literature suggests that this is a rapidly growing recent field of research. Our laboratory has conducted several research trials on the benefits of yoga for workers and employees both at the workplace and in a yoga retreat center showing the potential efficacy for yoga to generate positive outcomes important for worker health and well-being, especially in high-stress occupations.

Dr Shubhada Joshi



Profile

Retired as Professor & Head Dept of philosophy University of Mumbai (1987 to 2016). Presently is a Director of "Chanakya International Institute of Leadership Studies".

While working as Prof & Head Philosophy, started many certificate-Diploma-Advance diploma Courses such as Yoga theory & Practice,'Vipassana & Buddhisim', 'Jainology', 'Vallabha Vedanta'etc from 1994 onwards. The course are effectively operational to reach out to all those who want to experience the theory-practice combine of Yoga in particular & Indian Philosophy in general ,organised many seminar & conferences related to Yoga Philosophy. In 2016 Felicitated by

Governor of Chandigarh Union Territory of India, for organising a national conference on Yoga as a part of International Yoga day celebrations. Guided a few students for Ph.D. With topics related to philosophy of yoga. (Total 29 students awarded Ph.D)

Invited to present papers in World Philosophy Congress held at Istanbul (Turkey), Seoul (Korea), Athens (Greece), Co-Leader of Indian delegation at Athens.

Active participant for interfaith interreligious dialogue & intercultural dialogue for last almost 20 years. Invited to participate in countries like Italy, France, Germany, Thailand & within India.

Headed the research project on "The study of Arthashastra for five years (2010 -2015) in dept of philosophy.

Expansion of academic activities to strengthen study of philosophy-

From 1994 onwards introduced certificate-Diploma-Advance Diploma in Yoga, theory & practice, Vipassana & Buddhism, Indian Aesthetics, Communal Harmony etc.

Associations-

- BOS of Various Universities like Mumbai, Pune, Baroda, Goa, Karnataka University, Dharwad, Nagpur etc.
- Many academic & administrative bodies like Senate, Academic Council, Research Committees of Mumbai University, M.S University Baroda.
- UCC philosophy panel, ICPR Delhi, RPC-Research & project committee, REC-Hindustan Unilever.
- Secretary General-Indian Philosophy Congress.
- President, Vice-President, Treasurer etc-Bombay Philosophical Society.

Abstract

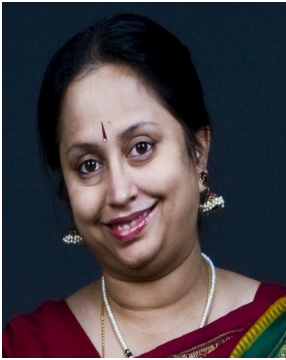
Yoga & Arthashastra: Connect between the two.

The philosophy of Yoga is full of plurality & diversity. The types of yoga such as Raja Yoga, Hatha Yoga, Jnana, Karma Bhakti Yoga etc are explained & practiced in India from ancient times. The Yoga occurs in Arthashastra of Kautilya in the topic 'Vidya samuddesha'. It is this topic which discusses about the topics which are taught to a leader in making as a part of training programme. While commenting on the topic of Yoga, the explanation says that it is Yoga of Maheshwara & it includes mainly 'pratyahara', dharana & 'dhyana' three aspects of the theory-praxis of Yoga. In this presentation, the type of nature of 'Yoga' of Arthashastra is discussed in the light of training of a leader.

- For Arthashastra 'leader' is a 'king' or a 'prince' however, an attempt is made to look at the concept of 'leader' in the present context. Arthashastra discusses the concept of 'Rajrishi' i.e. literally a sage like king, which also means a king or a leader who is wise or enlightened like a sage. The paper discusses the concept of enlightened leader or 'Raja-Rishi' of Arthashastra with the help of some important Sutras of Arthashastra & Commentary on those sutras of Arthashastra.
- The connection between Yoga & 'Raja-rishi' becomes clear not only through the features & characteristics of such a leader but also through the daily routine of a leader as well as the types of powers discussed in Arthashastra. So some light is thrown on all the above mentioned topics. The paper is concluded suggesting that connection between 'Yoga & Wise leader' is relevant even in the present context. It also suggests a syllabus for training of future leaders.
- Important terms & Concepts used are-
- Vidya Samuddesha (the syllabus to be taught to leader), Vriddha Samyoga (Association with the elders), Ari shadvarga (Six Enemies), Rajarishi (Sage like king), Pratyahara (Withdrawal of sense organs from outer world & diverting it to inner, to control mind), Dhyana (Contemplation), Ghora Vritti (the thought action combine where Rajas

(restlessness) predominates,Mudha Vrittis (the thought action combine where Tamas (inertia) predominates).

Dr Siri Rama



Profile

Dr. Siri Rama is a dancer, choreographer, teacher and researcher, trained in the styles of Bharatanatyam and Kuchipudi. She was awarded a PhD in Fine Arts by the University of Hong Kong in 2000 for her research documenting the dance sculptures in the twelfth century temples in Belur and Halebid in Karnataka, India. She is currently an adjunct faculty member at the Singapore Management University, teaching a Humanities course “A Cultural Introduction to India: From Indus Valley to Infosys.” She has earlier created and taught the course “Dance: East and West” at SMU, and courses on dance at the Nanyang Academy of Fine Arts, Singapore and the Indian Institute of

Informational Technology, Hyderabad, India. She is currently serving her third consecutive elected term as President of the Singapore chapter of the World Dance Alliance.

Recently, Dr Siri Ramaswami was invited to contribute chapters on Indian and Malay dance, and the contributions of the non-Indian members of the Singapore arts community to the Indian dance forms, in the books *Evolving Synergies: Celebrating Dance in Singapore*(2014) and *Kala Manjari: 50 Years of Indian Classical Music and Dance in Singapore* (2015) – the latter project was funded by Singapore Memory Project’s irememberSG fund. She was also an invited speaker in the first ever international Bharatanatyam conference in 2014. Over the years, she has presented papers at numerous academic conferences in Singapore, Hong Kong, Taiwan, Malaysia, Thailand and India on the connections between dance and literature, translation, technology, sculpture, and story-telling. She is currently in the process of writing a book tracing the history of Bharatanatyam in her hometown city of Mumbai, India.

As a dancer and choreographer, Siri has performed to rave reviews around the world, including the USA, the Middle East, Germany, Malaysia, Thailand, Taiwan, Hong Kong, Singapore and numerous cities in India. She has trained twenty dancers upto the “graduating” arangetram” performance, and has taught hundreds of students in Mumbai, Hong Kong and Singapore. In 2016, her institution the Kanaka Sabha Performing Arts centre celebrated its 35th anniversary. Her solo, duet and group presentations have traversed both traditional and contemporary themes. Her most recent large scale production “Silk Roots,” funded by the National Arts Council, traced the history and heritage associated with the silk fabric, and involved Indian, Chinese and Malay dancers performing pieces that told the pan-Asian story of silk fabric. She has also choreographed and presented dance dramas that included Indian, Chinese and Malay artistes for the Singapore Indian Fine Arts Society, on Buddhist themes and on the Ramayana. She has served as a member of the panel of judges for the Singapore Youth Festival for the last nine years, and was recognized for her contributions to Indian dance education by the Ministry of Education.

Abstract

Rasa Yoga – interlinking Indian classical dance and yoga

Indian classical dance when viewed by the lay onlooker appears to be a flowing stream of movement which mimics many yogic postures. The ancient Sanskrit text of **Natyashastra** even has a verse which claims that knowledge present in yoga and other disciplines could be acquired through the practice of Indian traditional movement theatre. This paper will look at the points of commonality between yoga and dance as seen by different practitioners of yoga and dance. The common points of intersection are **mudras** or **hastas** or hand gestures, stances or positions of the body and breathing techniques. This paper also puts forth a way of using dance and the methods used in yoga to look at emotional states or rasas and using them as way of dealing with stress and other mental strains in modern life.

Rasa Yoga is a way of mirroring inner emotional states and using techniques used in classical dance to understand and use yoga techniques in different ways. This paper looks at interesting new way of dealing with emotional states using classical dance and yoga techniques.

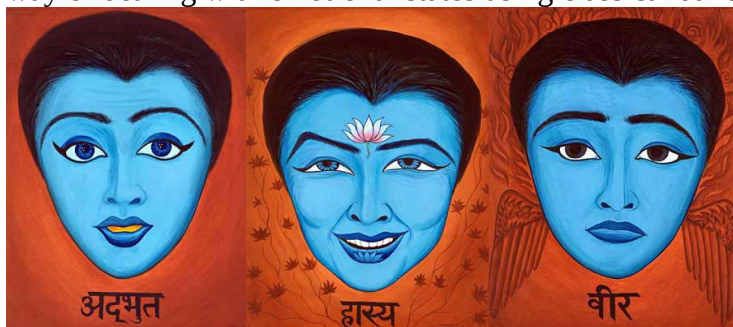


Image courtesy: <http://artsiona.com/Paintings3.html>

Dr Sudha Nair

Profile

Masters Rehabilitation & Exercise therapy (HK)

Bachelors in Naturopathy and Yogic science (BNYS)
Board Certified In Holistic Medicine and Integrative Nutrition (RUGH)
Certified Health (Ayurvedic Lifestyle, Yoga, Meditation) coach
Certificate in Kinesiotaping pain management (HK)
Cibtac honours Therapeutic massage (HK)
Certificate in Reiki healing (India)



Sudha holds a Bachelor's degree in Naturopathy and Yogic science and Masters from HongKong in the field of Rehabilitation science. She practices holistic nutritional therapy, mind body therapy, therapeutic Yoga, exercise rehabilitation for treating varied health conditions.

She is a holistic consultant who believes in **“Every acute disease is the result of a cleansing and healing effort of Nature” and the innate power of healing lies within every individual. The cure is evoking this potential in natural ways by proper eating, breathing, exercising, and thinking, reasoning and meditating.**

Her optimum health concept is based upon the core clinical imbalances arising due to (which underlie different diseases) environmental factors like diet, nutrients (including air, water), exercise, trauma (mental, physical) and toxins (insecticides, pesticides, household cleaning chemicals, drugs) are processed by a person's mind, body & spirit through a unique set of genetic predispositions, attitudes and beliefs. Those core imbalances then influence multiple organ systems through an intricate web of interconnections. Consequently different diseases of multiple organ systems happens in a single person (for example the diagnosis of IBS, Eczema, Depression, Joint pains, Chronic fatigue, Peripheral Neuropathy in a single person) are usually related in their underlying cause(s) and do not need to be treated separate from each other.

She believes yogic sessions are intended to have an optimizing effect in development of concentration and attention, a primary prevention strategy to enhance children's and adult's mental health and physical vigor.

It's a tool for reduction of anxiety, stress, mood states and self awareness and present a healthy mode of exercise for youth who are obese, underweight or IBS.

Yoga advocates a self-accepting, noncompetitive, and nonjudgmental attitude that may be especially appealing to youth with physical limitations, body dissatisfaction, or emotional insecurities. The less threatening approach of yoga may be more enticing than competitive sports as a means to increase children's levels of physical activity and mental well-being. Yoga also help with children's self-regulation.

She focuses in combining evidence-based medicine with the art and wisdom of traditional medicine to achieve an integrative diagnosis and holistic treatment plan for each patient. She's able to effectively address the root cause and rebalance all aspects of mental, emotional and physical well-being. As a Naturopath, her goal is to provide her patients with the guidance and knowledge that is essential for achieving true wellness.

Having background in yoga, nutrition and medical science mean she's well suited for creating a Detox program that removes not just toxins found in foods, but the harmful elements found in other parts of our life, like emotional baggage, pessimistic thoughts and stress

Her detoxification program includes Therapeutic fasting in accordance with vegetable juices and fruits diet. She educates her patients on the role food plays in our health and on our hormones and to understand that many of the foods we eat are toxic to our bodies, while we're deficient in other nutrients. Since then, she advocates for a plant based diet to help people not only lose weight, but fight and prevent disease.

She specializes in Holistic Nutrition, Detoxification, Herbal medicine , Stress management programs, Therapeutic yoga, Body work, Reiki and Mind body therapies to support each patient in their unique healing process.

Yoga is intended to have an optimizing effect in development of concentration and attention, a primary prevention strategy to enhance children's and adult's mental health and physical vigor.

It's a tool for reduction of anxiety, stress, mood states and self awareness and present a healthy mode of exercise for youth who are obese, underweight or IBS.

Yoga advocates a self-accepting, noncompetitive, and nonjudgmental attitude that may be especially appealing to youth with physical limitations, body dissatisfaction, or emotional insecurities. The less threatening approach of yoga may be more enticing than competitive sports as a means to increase children's levels of physical activity and mental well-being. Yoga also help with children's self-regulation.

Abstract

Yoga in personal well-being: stress management and alternative therapies

We live in a world where time is the biggest concern; we seem to be like those machines who are keyed to perform set number of tasks during the day; we live and breathe unconsciously. We live with physical, emotional and unmindful burden. We live with diseases; we live in ill-health. My teachings and practices help my fellow mates to look at life, the world they live in from a conscious plane.

When Yoga and alternative therapies are combined with healthy eating habits; this becomes a lifestyle or a way of living which is much healthier than calling it a therapeutic tool to heal.

When people are taught or may I say reminded to live consciously, they begin to understand the life they have been living. They understand what happens to their body and mind while they live in stress, eat food that aggravates their physical and emotional ill-health; how the lack of meditation and breathing activities dulls and kills their brain functions.

It is not easy for anyone to wake one day and change their lifestyle; it requires constant reminders; examples, illustrations, coaching and feedback.

This approach results in individual looking at their life consciously and practice mindfulness, they become aware and self-loving. Once I have helped my patients possess these qualities there is no turning back. It becomes a way of life.

Dr Suresh Lal Barnwal

Profile



Education Ph.D. (Yogic Science)

March, 2006, Gurukul Kangri Vishwavidyalaya, Haridwar, U.K., India
M.A. (Yogic Science) 2002 Gurukul Kangri Vishwavidyalaya,
Haridwar, U.K.India

University Gold Medal awarded

B.com (Pass) 1988, Tilkamanjhi Bhagalpur University, Bhagalpur
Bihar India.

Additional

Qualifications

□ Master Choa-Kock-Sui's Pranic Healing Courses, Under All India
Yoga Vidya
Pranic Healing Foundation Trust, Bangalore
o Yoga Vidya Pranic Healing Basic Course

- o Yoga Vidya Advanced Pranic Healing Course
- o Yoga Vidya Pranic Psychotherapy Course
- o Yoga Vidya Pranic Arhatic Preparatory I Course
- o Yoga Vidya Pranic Arhatic Preparatory II Course

□ Basic Acupressure Training Program, under Bhartiya Acupressure Sansthan,
Lucknow

Work

Experience

[July 2001-Till date] Dev Sanskriti Vishwavidyalaya Haridwar, U.K.

[September 2016 -Till Date]

Associate Dean, Art & Allied; Dev Sanskriti Vishwavidyalaya Haridwar, U.K

[October 2014 -Till Date]

Professor & Head , Dept. of Yoga & Health; Dev Sanskriti Vishwavidyalaya
Haridwar, U.K

[May 2010-September 2014].

Associate Professor & Head, Dept. of Human consciousness & Yogic Science

[Jan 2009 – April 2010]

Assistant Professor & Officiating Director (School of Yoga & Health); Dev Sanskriti

Conducted and attended various **Seminars,Workshop and Conferences and Lectures Deliver in various universities. Is a University Examiner for various courses and programs.**

Expert Member, Yoga Committee for University, UGC,MHRD Gov. of India , New Delhi.

Abstract

Approach of Yogic Practices for Holistic Health: A Conceptual

Health is the most important factor for human life. It is the key source for the peace, happiness, well-being as well as satisfaction in life. When we focus on the word holistic health it stands for health which includes physical, mental, social and spiritual wellbeing of the human being. Nowadays Holistic health is very popular concept in health and wellness sector. It refers to all dimensions of a human being i.e. Body, Mind and Soul. There are so many yogic practices which are directly related with physical health, mental health, behavioral perfection and Spiritual Realization. If we go through the yogic literature we have different approaches mentioned in the text books according to the practices. Yogic literature ultimately focuses on Liberation, Kaivlya, Mauksha etc. as the result of all the practices. The Liberation is supreme goal of Yoga/ Samadhi including all limbs. But when

we discuss about the Yogic techniques we find that in all the yogic texts i.e. Patanjala Yog Sutra (Samadhiyoga, Kriyayoga, Ashtangyoga), Gherand Samhita(Ghatastha Yoga/ Hathayoga/Saptangyoga), Bhagvadgeeta(Sankhyayoga, Karmayoga, Atmasamyamyoga) and many others have the approach towards the liberation and for the removal of all types of sorrows/ miseries/sufferings from life but in fact health is one of the byproduct of these practices. There are different schools of yogic studies for the development of the human being and holistic health is the term which indicates a perfect life in all the dimensions and the yogic techniques are the perfect option for the holistic health approach. So the present paper is related with the concept of holistic health and approach of yogic techniques.

Key words: Holistic Health, Spiritual level, Patanjala yog, Hathyog,Atmsamyamyoga.

Dr. Shuvendu Sen



Profile

Dr Shuvendu Sen is presently Director of Medical Education and Associate Program Director of Internal Medicine Residency Program at Raritan Bay Medical Center, Hackensack Meridian, in New Jersey.

A Diplomat from the American Board of Internal Medicine Dr. Sen holds double Master of Science research degrees from Long Island University in Microbiology and Pharmacology and has received postgraduate training in Internal Medicine from Raritan Bay Medical Center, New Jersey, as also in

Nuclear Medicine from Cornell Weill Medical Center, New York. Dr. Sen is the author of Why Buddha Never Had Alzheimer's: A Holistic Treatment Approach through Meditation, Yoga and the Arts, published by HCI Publishers, Florida, available in Amazon.com, Barnes and Noble and all Major Distributors nationwide.

He recently received the 2018 Nautilus Silver Award, bestowed previously to His Holiness Dalai Lama, Noble Peace Prize Winner Desmond Tutu, Deepak Chopra, Mariel Hemingway among others.

Dr Sen has been extensively published in many scientific journals and is the Chief Editor of a medical textbook titled Principles of Clinical Medicine, published by AITBS.

Dr Sen periodically blogs for the Times of India as also for the New Jersey Voices Section of The Star Ledger of USA.

He is the author of best-selling book titled A Doctor's Diary published by Times Group Books.

He is the recipient of America's Top Physician's Award, Men of Distinction Award from New York State Senate, the Oscar Edwards Award from American College of Physicians, Best Physician of the Year Award from Raritan Bay Medical Center, and has been thrice nominated for United States Pushcart Award for his columns and other works of fiction.

An invited speaker for United Nations officials, Indian Consulate in New York, World Religions Parliament, World Book Fair, Indo-Global Summit, City University of New York, among many others, Dr. Sen has been featured by many major television and radio channels nationally and internationally, including Channel 13, CBS, C-SPAN, All India Radio, among others.

Abstract

Yoga in Modern Medicine: Health, Healing, And Hope

- Stress as the 'point of entry' for major diseases, including various cognitive disorders.
- Emergence of Alzheimer's and other forms of dementia as the newest global epidemic with no curative drugs
- Futility of a drug dependent society
- Overwhelming research evidences of Yoga and Meditation as profound and powerful preventive tools in stress, and various cognitive disorders, including Alzheimer's

- From Nalanda University to Harvard University: The breathless journey of Yoga
- Absolute necessity of firm implementation of Yoga and Meditation, not as an 'alternative' but as a mainstream mode of therapy in modern medicine
- Global necessity to include the practice of Yoga as a curriculum from nascent stage of education, including schools and colleges
- Universal, scientifically validated guidelines to guide and govern intelligent and emotional quotient of human lives through the art and science of Yoga

Dr Uma Shankar



Profile

- **Principal** , Head Department of Philosophy, SIES College of Arts, Science and Commerce , Sion, west , Mumbai .
- She was the former Chair Person Board of Studies in Logic & Philosophy , Member of Academic Council, BUTR, RRC and Faculty of Arts, University of Mumbai
- She has supervised 6 PhD students and 5 MPhil students.
- Recipient of Padmashri Sadashiv NimbalkarYoga Mitra Award instituted by Yoga Vidya Niketan for extraordinary contribution in the field of Yoga, January 2017.

Experience

Since June 1993 she is engaged in teaching Philosophy and Psychology to the Under Graduate students at SIES College of Arts, Science & Commerce. For the past fifteen years she has been teaching Advaita Vedanta to Post Graduates at the Department of Philosophy, University of Mumbai.. She has edited and published a book “ Revisiting Vedanta in 21st Century”- the proceedings of the seminar in 2010 and on 100 years of Indian cinema in 2013

Publications :

- ❖ Edited the Proceedings of the Seminar on Indian music: cultural and philosophical perspectives. Also contributed an article on VarkariSampradaya: unparalleled devotion of the saints of Maharashtra.
- ❖ Three articles published in Bhavan’s journal (May, June and October 2017) on “Buddhist meditation, Greatness of guru, Lights of Diwali
- ❖ An article on Water is life : Understanding the significance of water from the wise words of Vedic Seers, in the proceedings of the International conference on ‘Political Economy of water : A social work Response’ organized by College of Social Work ,held (December 2013) Nirmala Nikatean, Mumbai published in Dec 2014
- ❖ An article published on the title ‘Forgiveness and Gandhian Nonviolence: Their Confrontation in Light of Psychological Research’ in Gandhi Marg Quarterly Volume 35, Number 4, January- March 2014 published by Gandhi Peace Foundation, New Delhi.
- ❖ An article on ‘Contribution of Tamil Culture, Language and People to Maharashtra’ in PHISPC Volume VI, Part 8 Perspectives on Maharashtra: cultural-intellectual contributions, July 2013 (ISBN 818758662-1)
- ❖ “The Existential themes in South Indian Cinema with special reference to Tamil & Malayalam movies” ICSSR sponsored Two Day National Seminar on “100 years of Indian Cinema: Issues and Challenges in Retrospection” organized by Dept. of Sociology and Philosophy, R Jhunjhunwala College, Ghatkopar, Mumbai, on 5th and 6th July 2013. (ISBN-13 No. 978-81-925489-2-0)

- ❖ An article “Immediacy of Knowledge Acquisition *Pratyaksha jnana* and *Aparoksha jnana* published in the book “Perception An interdisciplinary exploration: edited by S. Painadath & Sreekala Nair by Sameeksha , Kaladi, January 2013. (ISBN:978-81-8465-269-7)
- ❖ “Pramanas” published by ACPI (Association of Christian philosophers of India) Encyclopedia of Philosophy. (ISBN 817086575-1)
- ❖ Journey to oneself - a tryst with Ramana at the National Seminar on Revisiting Vedanta in 21st century (ISBN no is 978-93-80669-09-0)
- ❖ What makes a good manager? An article in an management journal, Hyderabad.
- ❖ Rasa theory of Madhusudana Saraswathi, Sharanagathi in Advaita Vedanta ,Guru Parampara in Advaita Vedanta tradition,Philosophy of Yoga in Ananthacharya Indological journals.
- ❖ Co authored two books namely on Formal Logic and Moral Philosophy.

She has participated in many National and international seminars and presented papers on various themes like Advaita Vedanta, Religion & Spirituality, Shakthi Worship, Guru Parampara, Saranagathi, Mystics – Shaiva & Vaishnava traditions, Philosophy of yoga, Women mystics of India, Mysticism, Spirituality & Management, Bio ethical issues like Surrogacy, Euthanasia and Suicide, and Science & Religion.

Completed a six week course as a full bright scholar in Religious pluralism at Santa Barbara, University of California, USA, in Aug 2012 . Presented a paper titled “Spiritual Connectivity-mandate in ecological protection ” in the 23rd World Congress of Philosophy held at University Campus, Zografos, Athens, Greece August 2013.

Dr Uma Shankar has organized National Conference on Revisiting Vedanta in twenty-first century She has conducted workshops on Yoga & stress management , Ethics and management , Values and Indigenous management. She has conducted two Exhibitions on Indian philosophy And Importance of Yoga.

Abstract

Concept of Ishwara in Yoga & Bhagawad Gita : A philosophical study

Yoga as darshana is one of the six systems of orthodox India Philosophies which form distinct pairs with complementary philosophy e.g. Nyaya and Vaishesika, Yoga and Samkhya and Mimamsa and Vedanta. Yoga lays down a path of practice of body and mind to bring about this discrimination by the intellect. It explains the psycho physiological instrument Citta and its working as manifestations (Vrittis) which have to be brought to a stay in order to attain liberation. In the sutras of Patanjali, the concept of “Isvara” or God is used as one of the means or objective support for quicker attainment of such transcendental states from PratyakChetana till Samadhi for attaining liberation. In Bhagawad Gita -the Celestial song, Lord reveals the truth to the seeker Arjuna that Ishwara as both Nirguna and Saguna. As personalized aspect depicted Ishwara becomes a strong support in the path of spirituality while seeking liberation. Isvarapranidhana expressed in yoga sutra, is a type of devotion wherein all actions and their fruits are dedicated to Isvara. This seems to compare well with the Gita concept of bhakti and surrender. It is recommended as preliminary step in the path of Yoga. IsvaraPranidhana is Sarvakarmaarpanam – dedication of all actions to God. The idea of total surrender to Ishwara is the mark that connects both the texts philosophically and spiritually. This paper shall attempt to explore this beautiful idea in both the texts succinctly and makes this philosophical study meaningful and fruitful.

Key words: *Yoga, Ishwara, Sutra, Ishwarapranidhana, Bhakti*