

# Swasti Yoga diaries

## Yoga Career Tip

Planning on being a jet-setter and travel world teaching yoga? From finding best training for AYUSH yoga certification to mock exams and international yoga opportunities, these career secrets will definitely help you get going!

### Contact Info

Swasti Yoga Centre, Empire Estate, M-2, 001, Near Jai Hind Collections, Chinchwad  
Pune 411019

Branches: Chinchwad | Koregaon Park | Karvenagar | Mumbai  
eMail: swastiyogacenter@gmail.com, www.swastiyogacentre.com



# Swasti Yoga diaries

## Little One's Yoga

Interesting story on how to teach your little ones the art of union and help them prepare for future!

## Yoga as Medicine

Discover the immense power of yoga healing a wide range of diseases from PCOD to stress. Understand the benefits of Yoga therapy.

08

What to eat?

30

YCB Yoga Certification

ISSUE 1 July I 2019



Scan the QR code for attractive discounts on courses.

This is the burning question of the affluent society. Yogic texts guide us in this aspect in an interesting way.

The Yoga certification scheme has undergone a lot of modifications in the recent years. Let's get the updates on the same.



## Championship

Swasti Yoga asanas

More than 100 students participated from Lonavala to Pune



## Healthcare

D.Y. Patil Ayurveda College

Dr. Vikas Chothe was invited as guest speaker on stress management



## Physiology

CARC, College, Akurdi

Understanding blood components and other tissues



## Seminar

National Yoga at NIN Pune

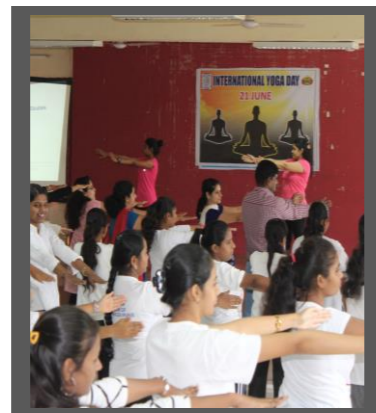
Students of Swasti Yoga actively participated and volunteered too.



## IIT Powai

Swastians at Yoga seminar

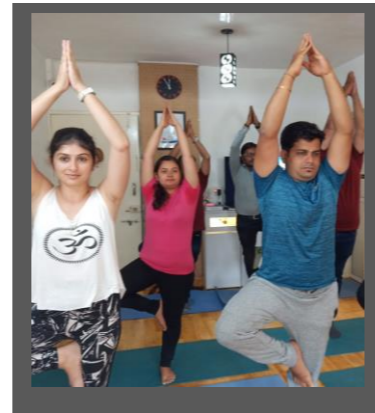
Attended research seminar on advances in yoga



## Modern College

Yoga Day celebrations

Pharmacy, BBA, BCA students doing yoga



## Yoga Day

Celebrated at Swasti Yoga

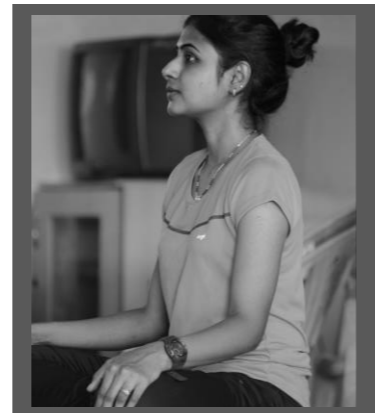
Students enjoyed the IDY protocol and pledged to spread awareness



## Cadaver

Dissection and lab tests

Visit to anatomy, physiology and PSM dept. of Ayurveda College.



## Experience

And togetherness

Faculty and students of Swasti Yoga learning and teaching

## Hello Travellers

Yoga is not just an activity for old or diseased. With International Yoga Day being celebrated since last 5 years, the popularity and awareness of the benefits of yoga has grown manifold globally. This year too we, Swasti Yoga Centre celebrated Yoga Day at various schools, colleges, government institutions and clubs spreading the message to thousands of people.. Corporate companies like Kalyani Maxwheel, Dabur and

colleges like Modern College, D.Y. Patil University, LMF medical college and Medi-Jain Organizations celebrated Yoga Day with Swasti Yoga Centre.

We have started Yoga therapy with Level 3 sandwich course to create the hunger for application of yogic practices, clinical examination, diagnosis and case taking and not jump on claiming cure for diseases. Lack of proper healthcare knowledge hinders the role of yoga professional in hospitals and clinical settings.

下次光临  
YOU AGAIN AT RAFFLES CITY

The bad side clinics which is a unique speciality of this course will help yoga students learn from consultants live on patients. T.K.V. Desikachar used to say that the role of Yoga as therapy should be to improve the quality of life of patient and not to cure disease.

This is the first issue of Swasti Yoga diaries- a magazine covering the manifold aspects of yoga through students, teachers, researchers and common man's perspective. We thank everyone for all their love, blessings and wishes in making this magazine diary come true.

To The Spirit of Union!

Dr. Vikas Chothe

Editor-in-Chief

Dr. Shwetambari Chothe

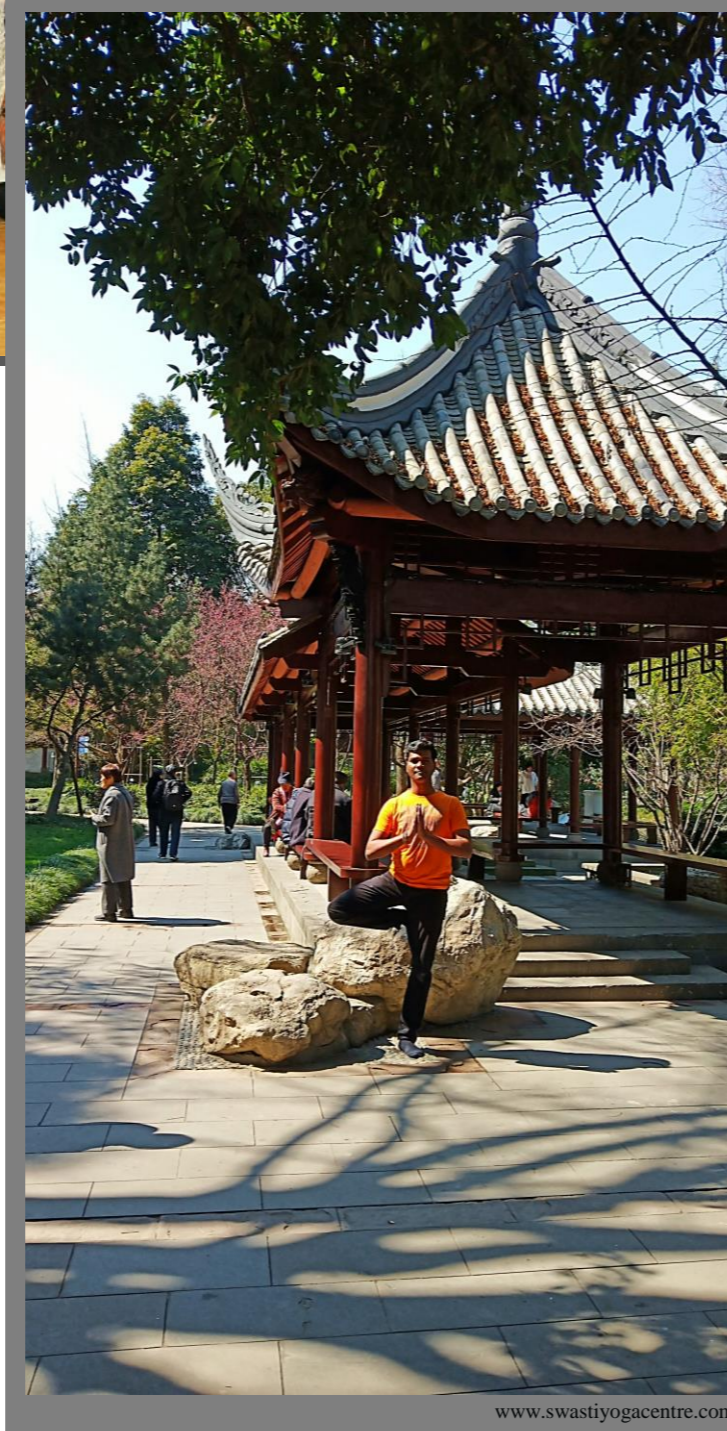
Editor

## Discover Swasti

**S**wasti is a sanskrit term which means auspicious. Swasti Yoga Centre started its journey eight years back promoting yoga in PCMC. Soon later with International Yoga Day and Certification of Yoga Professional scheme, Swasti Yoga Centre started certified yoga training courses to provide the best quality yoga training for government of India yoga exams.

Swasti Yoga Centre's mission is to ensure authentic and legitimate practice of the age-old Indian tradition of yoga, get authentic yoga certification by India government, create positive change in the lives of the people and provide overseas local employment. Soon within 2 years Swasti Yoga Centre has five branches across Pune and Mumbai.





# F

## Foundation Course

# 1

## Yoga Protocol Instructor

This foundation course for youths and adults will help beginners and yoga enthusiasts gain insight into traditional yoga, creating a strong foundation of yoga principles and practices.

Duration -2 months part time

Eligibility- no educational criteria

Medium- English, Marathi and Hindi

Certified Yoga Professionals (Yoga Protocol Instructor) can teach basics of Yoga / common Yoga protocol developed by the Ministry of AYUSH for International Day of Yoga for prevention of diseases and promotion of health. They can conduct Yoga practice /classes in societies, RWA etc.

Duration of course- 4 months part time

Medium- English, Marathi and Hindi



# 2

## Yoga Wellness Instructor

The certified course will give in depth knowledge about yoga philosophy, human systems and integration with yoga practices, improve practices of yogic cleansing processes, ashtanga yoga, hatha yoga and many more.

Yoga Wellness Instructor will have to teach Yoga for prevention of illness and promotion of wellness in schools, Yoga studios, work places, Yoga wellness centres/ Primary Health care centres etc

Minimum age: No age limit

Duration of course: 6 month as part time

Medium: English, Marathi and Hindi

# 3

## Yoga Teacher , Evaluator and Yoga Therapy

This certified course will give in depth knowledge about yoga and it's integration with primary prevention and disease management, improve practices of yoga teaching in Yoga educational Institutions, training courses, hospitals and many more.

Job Description: Master Trainers in Yoga educational Institutions, Yoga training Courses and training programs. He or she can also act as Evaluator and assessor of Yoga professionals. Can teach in studios, Institutions, colleges/ universities/ Institutions of higher Learning.

Eligibility: The candidate should be graduate in any stream from a recognized University or equivalent.

Duration of course: 9 month as part time

Medium: English



## Yogic Diet: Age old way of food consumption!

**Y**ou are what you EAT! This saying is not a myth. Food is the first interaction with the outside world a body has and it has the biggest impact on our health. Yoga is about shaping your body and mind and diet is integral form of well being of the human race. The technical

term for Yogic food is MITAHAR which means moderate diet. Yogic diet is intelligent way to provide energy to the body to function at its best. As per Mitahar Sutra, your diet should be as follows:

The food should be well lubricated, sweetened and pure, should be offered to almighty and then eaten filling only 3/4th of your stomach. Yogic diet also emphasizes on right food choices. In Yogic philosophy, Rajasic, Tamasic and Sattvic are the qualities (Guna) present in nature and the food which is Sattvic in nature should be consumed. Does that mean Yogic diet should be taken only by Yogis? No. The Mitahar concept applies to everyone. The Sattvic food is considered the purest diet and suitable for all of us!

### Vegetarian Food:

The first principle of Yoga is Yama and it highlights the concept of **Ahimsa** which means non violence. The non vegetarian food is obtained out of himsa and therefore should be avoided. The trauma an animal goes through while being slaughtered, results in fear hormones which goes into their blood which makes the food tamasic and therefore non vegetarian food is not considered in Yogic diet. The reason why people eat meat, is to obtain protein but the daily dose of protein can be fulfilled with pulses, legumes and nuts. One ore theory postulates, the food we eat should be as far as possible, **genetically** . And plants have the most different DNA compared to human beings. Hence **vegetarianism!**

### Chewing of Food:

The 30% of food should be digested in the mouth which means we have to chew the food thoroughly. In our traditions, it is said to chew one morsel of food for 32 times. This helps in breaking down of the food in small particles with help of saliva and makes it easy to digest in the stomach. Also it helps in reducing overeating.

### Eat Mindfully and with gratitude:

With the invention of TV and mobiles and other electronic gadgets, the less attention is given to the food we are eating and results in



GirlChildDay

overeating. Yoga strongly discourages overeating and blames it for bad health. The concentration while eating has to be only on eating and nothing else. When we eat, life is getting sacrificed whether it is plant or animal based and therefore one should be truly thankful while eating food. There are many who do not have enough food to satisfy the hunger for a single time and therefore food should not be wasted too.

### Balanced Diet:

What is that? The wholesome food.( Pathya). Yoga discriminates the pathya and Apathya foods. Pathya foods are whole grains, legumes, pulses, nuts, seeds, sprouts, milk and dairy, fresh fruits and vegetables, ghee, sugar, honey,

jaggery. Pungent, sour, too hot or cold, stale, very spicy food, alcohol is Apathya food. The packaged food: biscuits, ready to eat, instant cooking meals, soft drinks is apathya food. The consumption of food packed in plastic is to be avoided. Tiffins should be of glass or steel. The food should be cooked in steel or mud pot vessels. The food should be fresh, grown local and seasonal. Today's nutrition comprises of prescribing food which older generations have not heard of. These are imported, fertilizer grown and not good for health as well as environment and are to be kept away from regular use. Also Indian food gives importance to variety of food to be used in each season and timing of day. Use of different grains and millet through the day is recommended for good health.

### Timing of eating:

Eating on time is the most important way to consume the Saatvic foods.

The gap of 2-3 hours has to be maintained between dinner and sleep. Eating at regular interval makes the optimum energy flow in the body. Eating right food in right amount and at the right time is the wisdom which Yogic diet propagates. It is the most logical way to consume the food to acquire energy.

Along with eating well, being active throughout the day, breathing deeply and slowly, and sleeping as much as needed are the particulars to obtain the maximum benefits of Yogic diet. Following Yogic diet will result in fit body and eventually mental, social, spiritual, emotional and intellectual well being.

Divya Ghole

B.Pharmacy, MBA Marketing and certified Yoga Instructor from Swasti Yoga is also now our trainee yoga faculty

# Our beloved and respected Prof. Dr. P. H. Kulkarni Sir

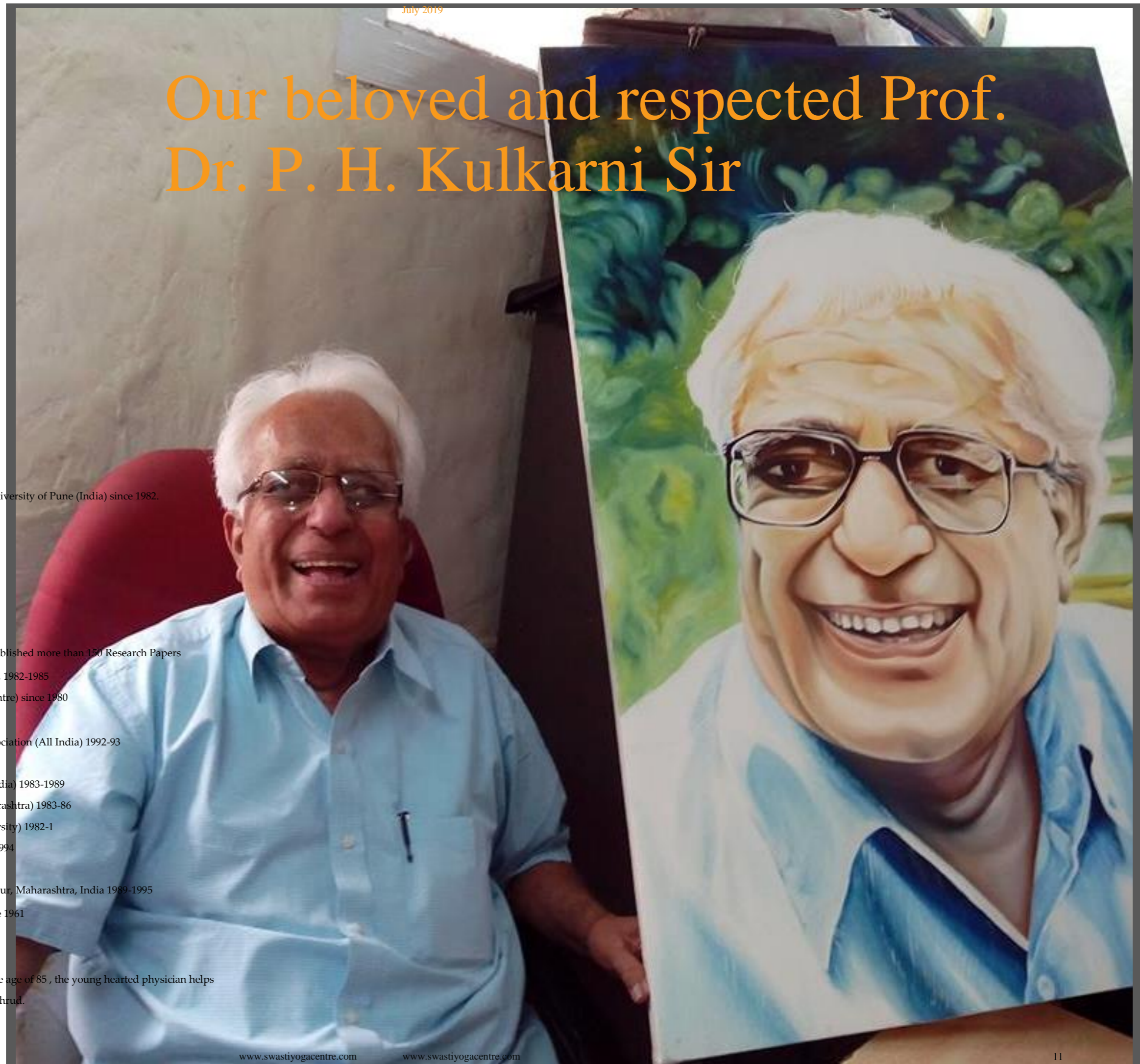
## Guru Pournima

**G**uru is the person taking you from darkness of ignorance to the light of knowledge. Like Bhisma pitamaha we are fortunate to be blessed by Dr. P. H. Kulkarni Sir- legendary Ayurveda physician, professor and researcher. Swasti Yoga has always received guidance at intervals in its journey. Let's know more about him in this issue.

Prof. Dr. P.H. Kulkarni (birth date- 9th March 1935)

- Ayurveda consultant (India and Abroad) and Professor since 1961.
- Ayurveda research guide for M.D. (Ayurveda) and Ph.D. (Ayurveda) University of Pune (India) since 1982.
- Author or editor of more than 300 Ayurveda books / CDs.
- **President** -
  - International Ayurveda Association
  - Italian Ayurvedic Professionals Association
- **Founder Director** - Ayurveda Academy & Institute of Indian Medicine
- **Past President** - Rotary Club of Pune Shivajinagar, Dist. 3130
- **Research Work** - Guide of more than 200 Ayurveda Research Projects Published more than 150 Research Papers
- **Academic** - a) Dean, Faculty of Ayurvedic Medicine, University of Poona, 1982-1985  
b) Founder Director, Institute of Indian Medicine (Ayurveda Research Centre) since 1980  
c) President, Ayurveda Education Committee, Jyothinath, Italy
- **Administrative Positions President** - a) National Integrated Medical Association (All India) 1992-93  
b) European Ayurveda Academy since 1998 (for life time)
- **Member** - a) Central Council of Indian Medicine, New Delhi (Govt. of India) 1983-1989  
b) Maharashtra Board of Research in Ayurveda, Bombay (Govt. of Maharashtra) 1983-86  
c) Board of Studies in Kayachikitsa (Ayurvedic Medicine) (Poona University) 1982-1  
d) Board of University Teaching and Research (Poona University) 1982-1994  
e) Faculty in Ayurveda (Banaras Hindu University) 1985-87  
f) Board of University Teaching and Research, Shivaji University, Kolhapur, Maharashtra, India 1989-1995
- **Teacher** - a) Professor, Tilak Ayurveda Mahavidyalaya, Pune, India since 1961  
b) Research Guide, University of Poona since 1982  
c) Professor, Emeritus since 1998
- **Ayurvedic Physician** : Ayurveda Consultant since 1961. Even today at the age of 85, the young hearted physician helps his patients with Ayurveda and yoga lifestyle daily from his clinic in Kothrud.

Salute to the spirit of the Legend- Prof. Dr. P. H. Kulkarni Sir





## Yoga with spice of Digital marketing!

It is need of changing lifestyle and age of information technology that we simply present our yogic thoughts or knowledge which can be easily accessible to all. Today, no marketing strategy is complete if it does not incorporate digital strategy and expression. Understanding digital requires thinking beyond any one tool or channel, and towards changing perception of community. In context of yoga industry, it is easily considered as fitness regime or kind of exercise!

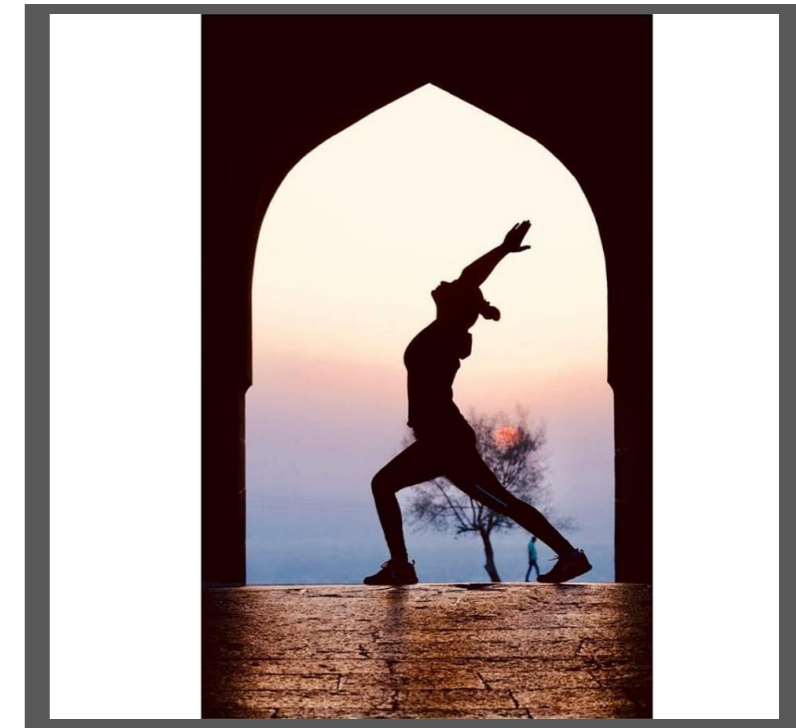
**W**ell yoga is beyond body& only few people can understand that. So rather changing people's perspective first of all we simply focus on how we engage people in yoga!! It is kind of window shopping people will see product

with their perspective, then once they entered in shop to buy specific thing we will show them different uses & benefits of same product.

Digital is not just a set of marketing channels – it's a different way of thinking about how people engage with media just like Swasti Yoga has its own platform on digital media. Digital enables you to segment your audience and customise messages in a valuable and measurable way, the yogic concept you are having in mind you can present it in digital accordance. Digital marketing is most easy way to give platform to our inherent desire towards contributing knowledge about our Indian Yoga.

This is User-friendly technology which used by everyone so why don't we make it as our marketing tool. People are not passive consumers; they are empowered as publishers, editors and commentator, even they are more conscious when it comes to Yoga & lifestyle because everyone has ruff idea about yoga.

The conversation is multi-directional we can easily reach toward targeted audience. So here are few ways to use digital sources which yogi can easily use like Internet, Websites, blogs and streaming media audio or video, radio, T.V. etc. Additional internet marketing technologies (SEO,SMO etc.) may be required to attract the desired consumer demographic. You can say its digital medium to reach at a place you



desired. It is need of changing lifestyle that we can simply present our yogic thoughts or yoga knowledge with another way.

Ruttuja Bhusey

Digital media marketer, Certified Level 2 yoga wellness instructor.

She is now leading the Mumbai branch of Swasti Yoga.



**I**t is a great way to usher tiny tots into a healthy regimen ... yoga is a multifaceted subject .It will provide children with sound physical and mental health and lead to balanced growth. So it is very important to bring yoga as a subject in schools.

**Children get both physiological and psychological benefits by doing yoga.**

#### Standing Asanas

Helps to improve the arches of feet

Builds up chest

Improves balance

Increases concentration

#### Sitting Asanas

Corrects flat feet

Makes knee joints flexible

Helps in digestion

#### Forward Bending Asanas

It gives good massage to abdominal organs

Increases spine elasticity

#### Inverted Asanas

Increases blood circulation to brain. Improves memory and will power.

#### Prone Asanas

Strengthens the back, hips and thighs

#### Twisting Asanas

Provide relief from stiff neck and sore back

#### Backward Bending

It corrects the rounded back and shoulder, improves respiration

More than these, we can create awareness on kids by practicing various animal forms like Bhujangasana and marjarasana and form like vrikshasana. When they stretch like a dog , balance like a flamingo, breathe like a tortoise or stand strong and tall like a tree , they are making a connection between the macrocosm of their environment and the microcosm of their bodies ..

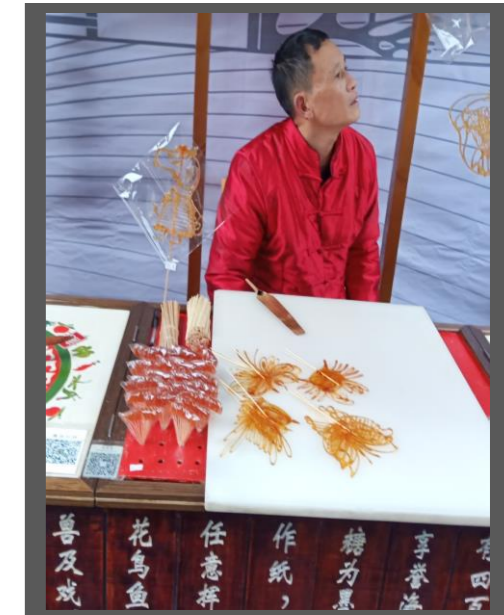
#### Rema Krishnan

Level 1 Certified Yoga Instructor and personal yoga trainer practicing in Empire Estate, Chinchwad. Rema is now pursuing her Level 2 Yoga Wellness Instructor course and actively works in promotion of yogic lifestyle in community.



Swasti Yoga





## Yogic Diet for Weight loss

**E**ver wondered why your weighing scale keeps showing the same weight (or maybe more!) even after enrolling for yoga lessons? If you're nodding your head in agreement, then continue reading as we explain why Yoga is not just about the asanas and how you can achieve weight loss through a yogic diet. For most of us, Yoga is an exercise regime where we stretch, bend, breathe and hope that it makes us fit. But Yoga is so much more than just a few asanas. It is a way of life which teaches us how to stay healthy, how to calm our minds and body, and how to come close to nature. To gain the true benefits of yoga, one should also learn the yogic way of living which involves keeping your mind calm through meditation and following a yogic diet.

### What is Yogic Diet?

As per ancient texts and teachings, food can be of three varieties- Sattvic, Rajasic and Tamasic.



Sattvic food is both pure and natural which helps the body to regenerate and stay healthy. Fresh fruits, whole grains, green vegetables etc. are all types of sattvic food. **Sattvic diet is also known as the yogic diet.** On the other hand, Rajasic food contains a lot of spices and is usually very hot, salty and spicy while Tamasic food tends to emit a strong smell like onion, garlic, meat, alcohol etc. It is believed that both these types of food have an adverse effect on our mind and body.

### Yogic Diet and Weight Loss

Adapting to a yogic diet leads to natural weight loss without the use of any harmful medicines or crash diets. One should keep the following points in mind when following the yogic diet.

- One should avoid eating canned or stale food as it is considered unhealthy. Fresh fruits and vegetables with limited seasoning form part of the sattvic diet.
- One should never overeat. It is advised that you should stop eating when you are 3/4<sup>th</sup> full.

- It is essential to properly chew the food and eat at regular intervals.
- Food should be eaten in silence where you can be aware of each morsel that you are putting in your mouth. Eating while talking or watching TV is against the teachings of the yogic diet.
- Spicy, hot, sugary, caffeinated drinks and food should be avoided along with alcohol as they create havoc with the body's digestive system and mind.

These are the basis of yogic diet, which when followed consciously, not only help in keeping you healthy physically but also make your mind calm and stress-free.

Priyadarshani Rao

Level 1 student at Swasti Yoga Centre, Chinchwad

Recipient of 2019 Swasti Yoga Propagator Award (student)

She was introduced to Yoga 11 years back when she was pregnant with her first child and since then she has never looked back. Since seven years

she is coaching kids about yoga, food habits and life skills through her Centre- Brighter Future. Priyadarshani takes multiple yoga sessions for her society members and senior citizens too. She believes that yoga is a lifestyle science and encourages people to practice yoga in the form of asana, pranayama, meditation and healthy food habits. She reminds her students that the path to everything good always starts with pain. It is up to them to decide whom they let win- their minds or their bodies.



# A trip to Vienna City is the experience of a life time

# Y

oga has become quite mainstream even in Europe. The Indian Embassy, Austria invited the founder of Swasti Yoga Centre, Dr. Vikas Chothe as an esteemed speaker where he contributed with his in depth knowledge on Preventive Yogic Lifestyle for modern non-communicable diseases. We congratulate Indian Embassy, for organizing and coordinating such a beautiful event.



## Schonbrunn palace, Vienna

# Yoga Experience for Kids



**Y**oga has become quite mainstream for adults in recent years, but have we ever considered sharing the practice with our children? Yoga can benefit kids significantly, and in some ways, possibly even more so than it nourishes adults. Here are just some of these benefits:

### 1. Yoga is non-competitive.

In today's world, we hear so much about being the best and achieving the most. Yoga teaches kids that their bodies are different; different bodies do different things and all of them are okay. There is no one better or worse at yoga than anyone else; we are all just exploring our bodies and learning from them in our own way. Yoga is truly for everybody.

### 2. Yoga teaches self-acceptance.

In the same way that it provides children an opportunity to learn something that is non-competitive, it also teaches kids to accept and cherish themselves as they are. Again, with society sending so many messages of inadequacy, yoga teaches kids to love themselves. Learned young, this incredibly valuable lesson arms kids with the tools to fight off the increasing feelings of self-doubt that come during the teen years and beyond.

### 3. Namaste: The light in me sees the light in you.

Yoga teaches acceptance and tolerance of others. In practicing yoga, kids learn early in life that all living beings are to be cherished and respected as they are, thus helping to create more peaceful local communities and a more peaceful world in our future.

### 4. Yoga encourages healthy habits.

Any exercise program begun in childhood helps kids to remain physically active and healthy as a lifestyle. However, yoga takes that further by teaching not only the healthy habits mentioned above, but also a healthy approach to eating and the ability to calm oneself and focus the mind.

### 5. Focus. Focus. Focus.

We live in a world of distractions. More and more these days, kids seem unable to focus on anything for any decent length of time. Yoga can help with that. It teaches kids to be present, and to concentrate and focus on their breathing. They learn how the breath can help them throughout the day, in any situation. They learn to focus on the pose by learning correct body alignment, and in so doing, learn to focus on their bodies and how



When children learn to accept and love themselves for who they are, to see the good in others, to calm their minds, and to be aware of their innate capabilities, they learn tools for resilience.



they function—guiding each limb or part of the body through the nuances of the pose.

### 6. Yoga teaches calming techniques.

Young kids deal with frustration most typically by crying and throwing tantrums. When they learn proper, healthy breathing techniques and tools to focus the mind, they begin to learn how to apply those tools in their everyday lives and to react appropriately to any situation. I know as an adult, I see improvements in this area in myself. Just imagine if I had learned more of these techniques as a child!

### 7. Children learn self-awareness through yoga.

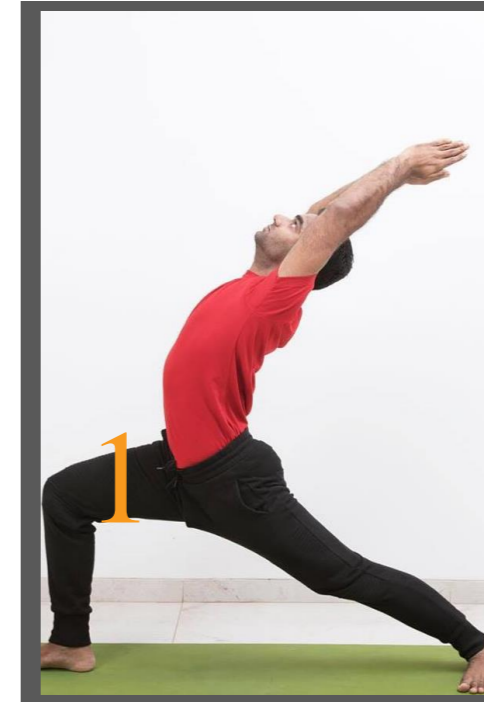
Again, in guiding their bodies through the poses, children learn more about their bodies and what they are capable of. They learn more about their minds, and how they can affect not only their own attitudes and approaches to life, but also the attitudes of others. They learn that they can achieve this through their own thoughts and how they choose to react to any given situation. This awareness of the body, mind and spirit, and of what can be achieved when all three work together, helps children develop into more confident, kind, responsible adults.

### 8. Yoga supports positive mental health in children.

When children learn to accept and love themselves for who they are, to see the good in others, to focus and calm their minds, and to be aware of their innate capabilities, they learn tools for resilience. Maybe most importantly, yoga teaches children that relaxation is not only allowed; it is encouraged. Relaxing is not easy and learning to relax takes practice. Yoga provides space for the mind to slow down and settle. Children are always told that they need to be engaged and productive. Their little minds are leaping from one activity to another all day long, often right up until they crash at bedtime. Yoga teaches kids that it doesn't have to always be like that. If children can learn how to relax and be still, they will be able to handle better the stressors and pressures that will begin to hit them as they get older. Children are natural yogis. Their innate trust in others, combined with their lack of inhibitions, allows them to receive the teachings of yoga and grow from them in inspiring ways. Adults have a lot to learn from the way children receive yoga! If we can lead them there, they will not only benefit, but they will enjoy it immensely.

Written by: Parigha Bhutada  
Level 1 Yoga Instructor student (Koregaon park batch)

# Yoga Therapy- Something beyond bodily exercise!



1

**Krushit Kumar**

Certified Level 1 Yoga Instructor and Fitness and Health focused professional working since 4 years. Experience of working with school children, personal trainer in yoga. Swasti Family welcomes Krushit as Intern yoga faculty.

2

**Nishigandha Kokate**

Certified Level 1 Yoga instructor, IT professional. Now pursuing Level 2 and Yoga therapy courses at Swasti Yoga. Along with this she has joined as Swasti Intern faculty. Swasti Family welcomes her on board.

It's a general misunderstanding that yoga is only for fit and able people. The fact is that, almost any suitable and smart exercise can suit entire range of human circumstances. With any physical restriction yoga will benefit physically, physiologically and emotionally.

Regardless of age, fitness, state of health or belief system, yoga therapy is suitable. It stands out from all health modalities, enhancing the ability to cope with the stress of life.. The art of yoga therapy is to combine and change a variety of accessible yoga tools in line with the individual's requirement to obtain particular results.

The tools of yoga that are used includes:

1. Postures or movements (Asanas)
2. Regulation of the breath to balance the physiology (Pranayama)
3. Meditative practices for psychological and emotional wellbeing (Dharana and Dhyanam)
4. Guidance for a healthy and harmonious life (Yama and Niyama)
5. Chanting
6. Visualization
7. And many other subtle concepts to reflect the inner self

Remaining part of the article will be published in next issue..

-Netra Kumar

AYUSH certified Level 1 Yoga Instructor

## Traditional Yoga Centre in Adelaide, South Australia.

Netra Kumar, our Swasti Yoga student has now started Yoga Centre for the people of Adelaide, promoting health, peace and happiness through traditional yoga. Swasti Yoga Family wishes her great success in her endeavours.



5

**Mihika Deshpande**

Certified Level 1 Yoga Instructor and Graphic Designer. Welcome Mihikaji as intern yoga faculty at Swasti Yoga. (Karvenagar branch)

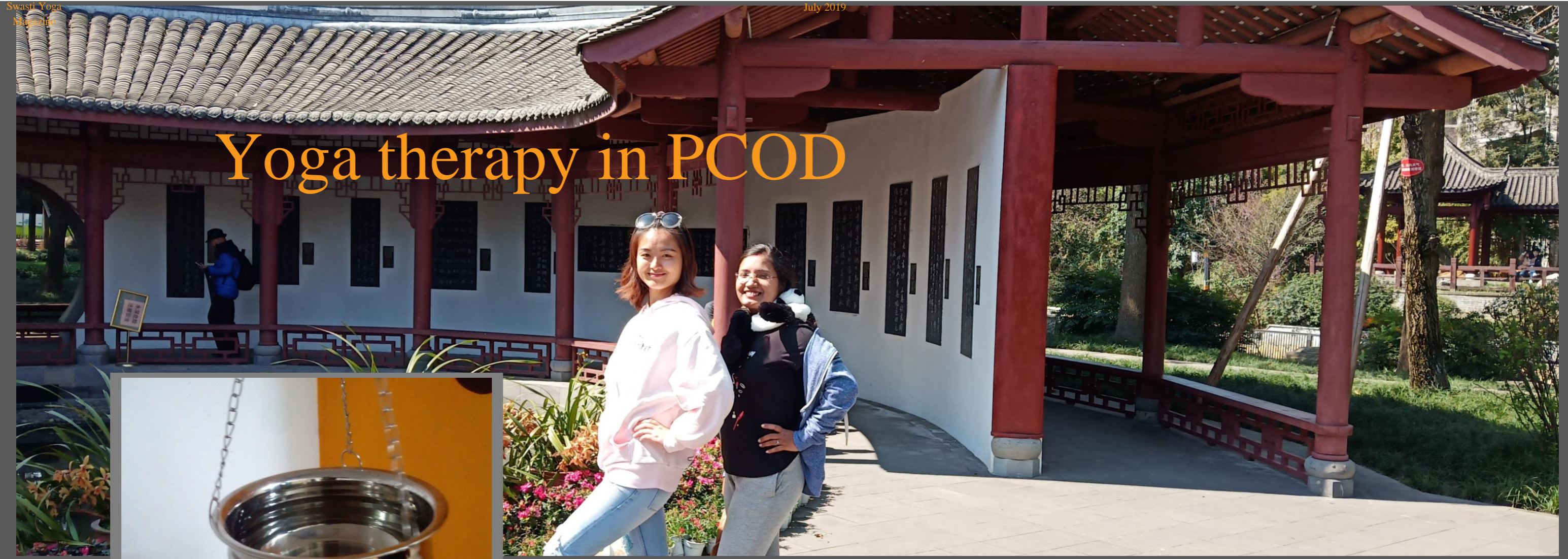


6

**Madhura Kulkarni**

Certified Level 1 Yoga Instructor and Gym trainer. She has also won Best Yoga asana award at Swasti Yogasana Championship. Welcome Madhura to Swasti Intern faculty group. (Karvenagar)

# Yoga therapy in PCOD



**I**n Patanjali Yog Darshan, yoga is defined as to control the inner behaviour of mind and body (Pa.Yo.D.1/2). Yoga in Daily Life is a system of practice of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, then the mind is clear, focused and stress is under control. Nowadays in 21st century it is difficult to follow whole Ashtang yoga but we can definitely adopt some of them like Yama, Niyama, Asanas, Pranayam and Yogic diet for healthy lifestyle. Ayurveda and Yoga goes hand in hand.

Yogic diet and Ayurveda pathya- Apathya kalpana has lots in common. Both dietetic does not count calories but emphasis on the type and quality of food. Ayurveda says, the act of eating is life-giving; It provides simple solutions to common complaints by considering not only what we eat but how we consume our meals and it is directly associated with the disorders in our body. Similarly, healthy lifestyle is a key to healthy life. The food should be nutritious, sweet, lubricating and one's liking. It should be easily digestible and healthy. But now a day's food habits have changed a lot. People are dependent on frozen, ready to make and outside food more than home cooked. Food and lifestyle are pillars of life and it is responsible for good health as well as diseases.

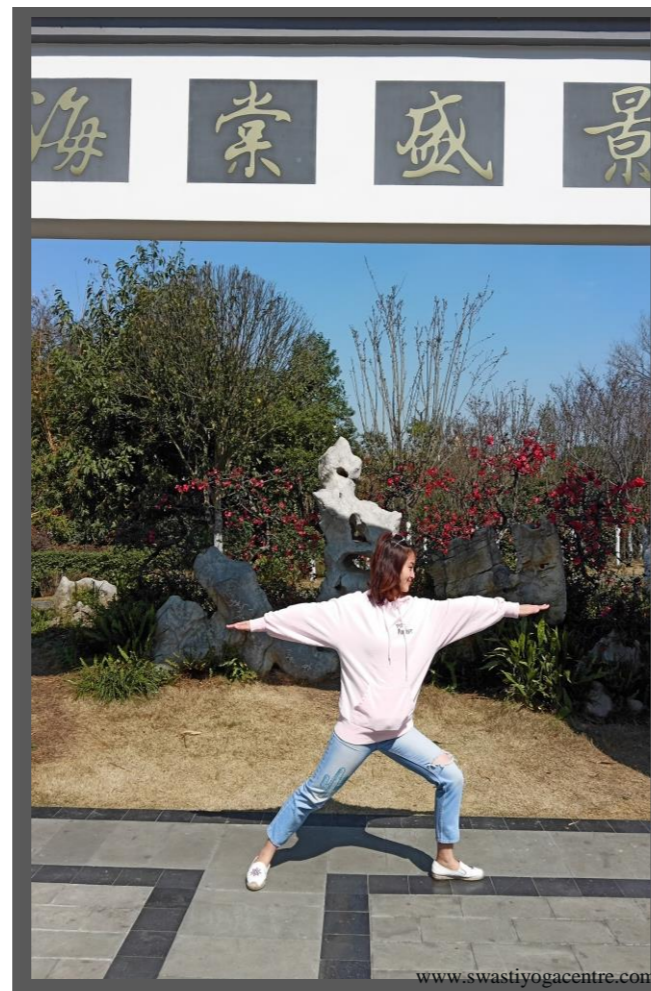


Swasti Yoga in Chengdu, China



**U**nhealthy food and bad lifestyle is root of all disease. Here, PCOD is one of the most common disorders in today's era. Out of 10, 7-8 girls/women are suffering from the same. Ayurveda classifies PCOS as a kapha dosha disorder. There is no direct reference of PCOD in Ayurveda ancient texts but one can definitely correlate it with Artav Vyapad. If not cured, it can also lead to infertility. Pathya Apathya plays a major role in PCOS. The causes of PCOS are due to intake of false type of food and lack of physical activities and mental stress also causes hormonal imbalance leading to PCOS. The symptoms of PCOS are Scanty menses, Dysmenorrhoea, Heavy Bleeding, Excess appetite, Excess weight gain (obesity), Hypothyroidism, Acne, Hair loss, Excessive hair growth on face, Hirsutism, Stress, Depression, Infertility etc.

Daily exercise, practicing some yogic postures helps in PCOS. The management of PCOD through Yoga and diet can include some asanas like Surya namaskara, Sharir sanchalan, Shalabhasana, Dhanurasana, Chakki chalanasana, Pawanmuktasan, Naukasanchalana, Sarvangasana, Chakrapadasana, Pacchimottanasana, Uttanpadasana, Bhujangasana, Supta-vajrasana, Shavasana, Makarasana. Yogasana are great way to bring about the balance in hormonal system too. They build strength and flexibility in pelvic region which is great for reproductive system. Asana practice helps bringing a lot of health benefits yet is not a substitute for medicine.

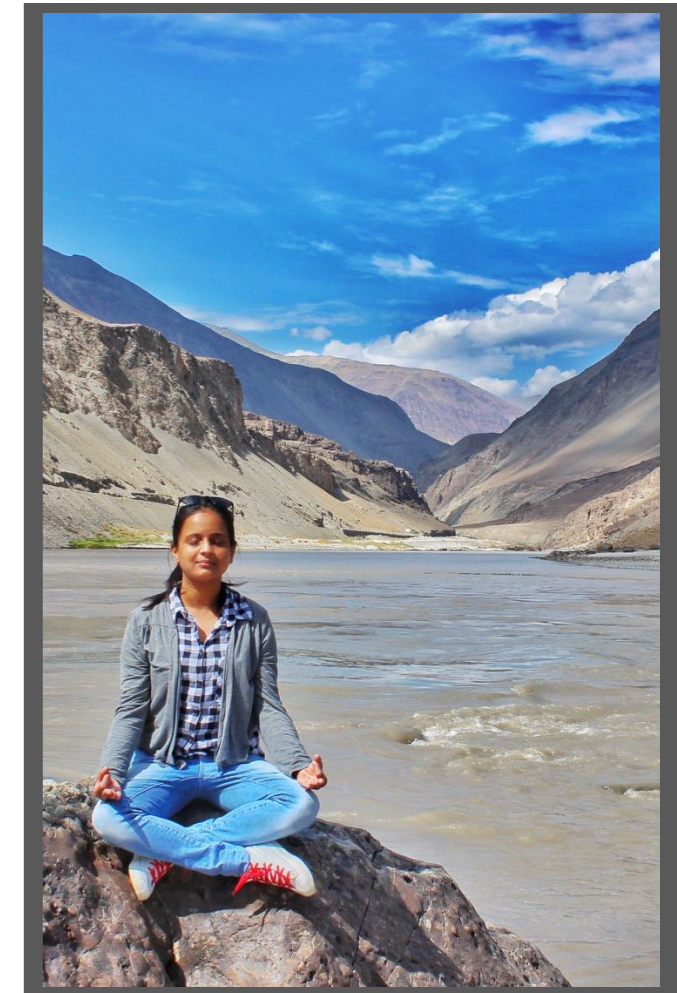


'Prana' is the vital energy needed by our physical and subtle layers. Along with anasans, pranayama practices like nadi shuddhi paranayam, kapalbhati, Om chanting, meditation does help to stabilise body and mind. Foods like seasonal fruits like amla, lemon, jambu, sweet pomegranate, pear and vegetables, green grams, split green grams, wheat, daliya, rajgeera seeds, puffed rice, jowar, bajra, barley, walnuts, garden cress seed (Ahaliv), dates, dry dates, makhan and groundnuts are beneficial. Cow milk, cow ghee, buttermilk, coconut oil, groundnut oil, old jiggery and spices should be included in meal.

PCOS can revert by following proper dietary regimen and lifestyle routine. So, Pathya- Apathya, Yogic diet, Asanas and Pranyama are very important in PCOS. Yoga is not an alternative to medicines but rather a precautionary measure to keep diseases away. So, let's not wait this time for the health issues to come knocking at our door but rather beat it with ease.

Surabhi Pathak

MD Ayurveda consultant and Level 2 Yoga Wellness Instructor (scholar- Swasti Yoga) A passionate photographer, blogger and traveller. We look forward for more interesting articles from Surabhi.



# Swasti Yoga News

## Headlines

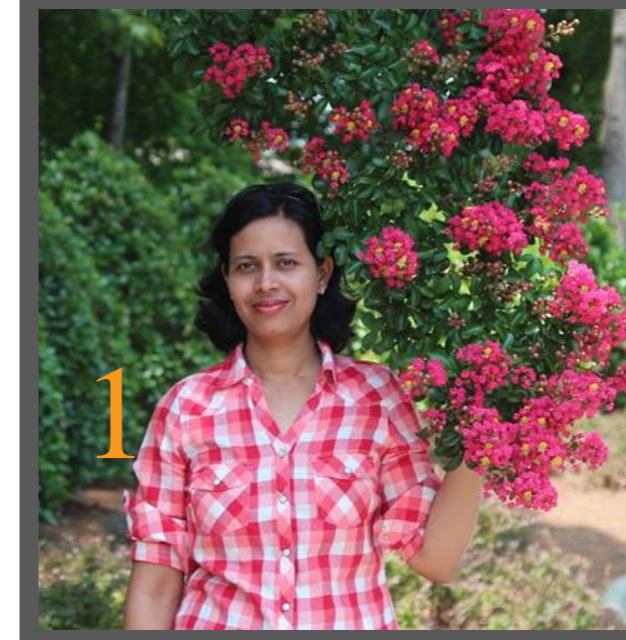


Benefits of Certified Yoga teacher training courses:

1. This program is in affiliation with International Ayurveda Association (IAA), Societa Italiana Prof. Kulkarni Ayurveda (SIPKA RIMINI, Italy) C.I.L.U.S. (Centro Internazionale Lavori Umano Sociali), Italia, Ayurved Yoga, Australia and International Federation of Yoga Professionals (IFYP)
2. Trainers are themselves MD doctors, QCI qualified yoga teachers with vast experience as lead examiners for yoga examinations.
3. It is a transforming experience based on the ancient gurukula teaching system which focuses on personalized yoga training and self-discipline.
4. The syllabus is in line with that designed by AYUSH ministry for Certification of Yoga Professional exams.

5. Post training, candidates can appear for Voluntary Certification of Yoga Professional exams conducted by YCB (Yoga Certification Board)
6. Mock exams will help students prepare for actual YCB yoga certification tests, improving their demonstration and teaching skills. This will train them into a better yoga professional, shaping their yoga career.
7. Qualified candidates would be awarded certificates at International Ayurveda Research Day Conferences (International Convention Centre, Pune) and post-training support will be provided on various levels.
8. Yoga certification is made compulsory hereafter for yoga posts in India and at international level.

July 2019



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1

Dr. Kalyani Kulkarni

Swasti Yoga Academic Excellence Award 2019



2

2

Dr. Deepika Tayal

Swasti Yoga Academic Excellence Award 2019



3

3

Priyadarshini Rajarajan

Yoga Propagator Award 2019



4

4

Dr. Dhvani

Yoga Propagator Award 2019

# Certification and Accreditation Scheme for Yoga Professional and Yoga School



सत्यमेव जयते

आयुष मंत्रालय, भारत सरकार  
Ministry of AYUSH, Govt. of India



**T**o develop yoga standards and parameters, assess competencies of Yoga trainers, certify yoga professionals and ensure homogeneity and excellence amongst practicing yogis Yoga Certification Board was formed.

The Scheme for Voluntary Certification of Yoga Professionals was launched on 1st April 2016 to prevent mushrooming of Yoga experts whose credentials are not verifiable. The Voluntary certification scheme is mentored by AYUSH and owned by Yoga Certification Board(YCB)

Certification of Yoga Professional Levels: **Yoga Education and Training**

1. Yoga Protocol Instructor

- 2. Yoga Wellness Instructor
- 3. Yoga Teacher and Evaluator
- 4. Yoga Master

**Yoga Therapy**

- 1. Assistant Yoga Therapist
- 2. Yoga Therapist
- 3. Yoga Therapy Consultant