

# Swasti Yoga diaries

## Yoga Career Tips

Planning on being a jet-setter and travelling the world teaching yoga? From finding best yoga teacher training courses, understanding classical yoga texts, international yoga certification to global yoga opportunities. These career secrets at Swasti Yoga will definitely help you get going!



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# Swasti Yoga diaries

## Living Yoga legend

And the mammoth work of Prof. Dr. Manmata Gharote Sir to the field of pure yoga research

## Yoga as Kurma

Discover the immense power of yoga developing self-control and non-attachment de-addicting you

ISSUE 2 October I 2019



Scan the QR code for attractive discounts on courses.

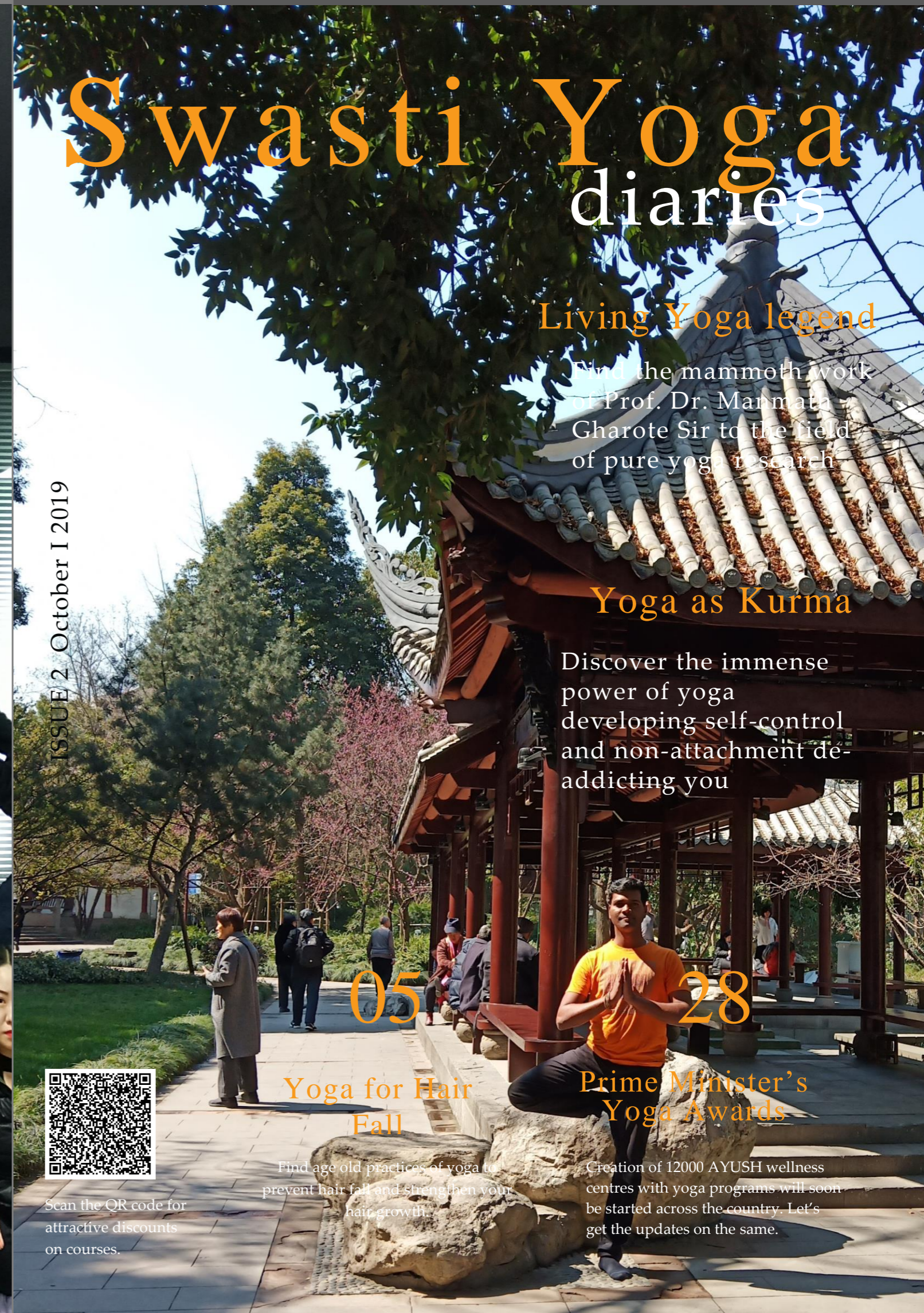
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## Yoga for Hair Fall

Find age old practices of yoga to prevent hair fall and strengthen your hair growth.

## Prime Minister's Yoga Awards

Creation of 12000 AYUSH wellness centres with yoga programs will soon be started across the country. Let's get the updates on the same.





## Switzerland welcomes Swasti Yoga

Pragati Gugale, certified Yoga trainer taught Hatha and Ashtang Yoga to Swiss nationals. Hearty Congratulations Pragati!



## Wakad branch At Sungrace Yoga

Swasti Yoga started its seventh branch with the support of Madhuri Patilji for Level 1 students (Sunday batch).



## YCB Yoga exam, Baner

Dr. Vikas Chothe, Lead examiner conducted YCB exam for TQCert students



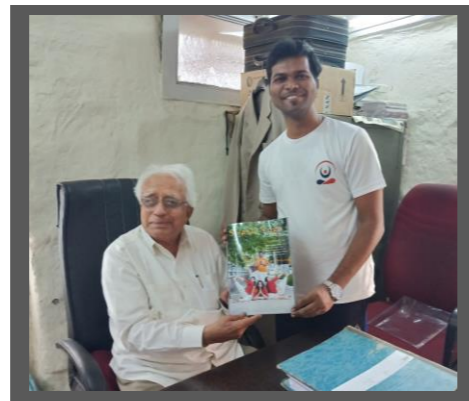
## Swasti Yoga diaries launch

Swasti Yoga magazine was launched in July 19 at hands of Prof. Dr. Gharote and Dr. Rakshe



## IIT Powai Swastians awarded Yoga seminar certificates

Students pledged to undertake research in yoga and publish papers in conferences and yoga journals



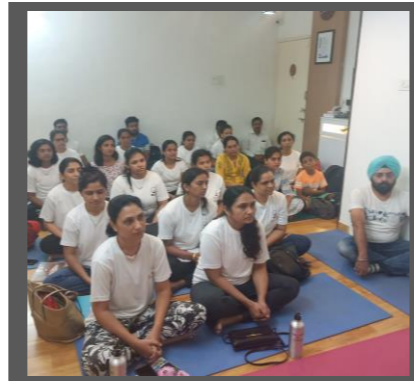
## Dr. P.H.Kulkarni Sir blessed Swasti magazine

Prof. Kulkarni gave valuable feedback on Swasti Yoga magazine launch and propagated it to doctors through Deerghayu International journal.



## Bachpan Playschool includes Swasti yoga syllabus

Swasti teacher Mrs. Rema Krishnan teaching yoga to playschool kids developing their overall personality.



## Meditation Vihangam yoga Session

Swasti Yoga organized a meditation workshop which gave a new insight in the subject.



## Yoga therapy Clinical batches

Students are learning bed side clinical examination and integrating yogic practices with it.

[www.swastiyogacentre.com](http://www.swastiyogacentre.com)

# Hello Travellers

## Learning's from 2019

Yoga is not just an activity but has now become a global movement. Whether it is the G20 summit or World Economic Forum, the global leaders are discussing and practicing yoga moves. Last month we had a majestic program in New Delhi where a lot new policies and programs related to yoga and wellness were launched by our beloved Prime Minister. On the commemorative postal stamps releasing ceremony of 12 eminent, legendary master healers of AYUSH, Modiji said that all AYUSH healthcare facilities will now be connected with AYSUH grid. This will prove to be helpful in improving evidence based research, standardization of treatments, building trust towards alternative treatments.

The government has decided to take AYUSH global and with Yoga the window has been opened. It is not going to be too long when the world will be officially accepting AYUSH treatments and having cost effective and universal healthcare based on these ancient forms of treatment. With the same intension, the government is about to start 4000 AYUSH centers this year and 12500 in the next three. These centers will play a crucial role in health promotion through yoga; creating job opportunities to YCB certified Level 1 and Level 2 Yoga Professionals. The Yoga Certification scheme is also helping bring standardization in global yoga schools and professionals through quality yoga practices and accreditation.

We at Swasti Yoga aim to increase the quality of Yoga professionals through authentic yoga and scientific research for humanity at large, supporting the FIT India movement. The first issue of Swasti magazine was well received and we hope you enjoy this as well!

To The Spirit of Union!

Dr. Vikas Chothe

Editor-in-Chief

Dr. Shwetambari Chothe

Editor

## Mantra of the month- Suryanamaskar mantra

ॐ ध्येयः सदा सवितृमण्डल मध्यवर्ति ।

नारायणः सरसिजासन्संइविष्टः ।

केयूरवान मकरकुण्डलवान किरीटी ।

हारी हिरण्मयवपुधृतशङ्खचक्रः ॥

Dhyeyah Sada Savitru Mandala Madhyavarti - Narayanah Sarsijasana Sanni Vishthah ।

Keyurvan Makar Kundalavan Kiriti - Haari Hiranmaya Vapur Dhruta Shankha Chakrah ।।

Always worship the Sun (Our Energy Source) sitting at the centre of galaxy,  
on lotus, wearing Keyur, Makarkundal Crown, holding Conch and Chakra and having  
glittering golden body.

आदितस्य नमस्कारान् ये कुर्वन्ति दिने दिने ।

जन्मान्तरसहस्रेषु दारिद्र्यं दोष नाशते ।

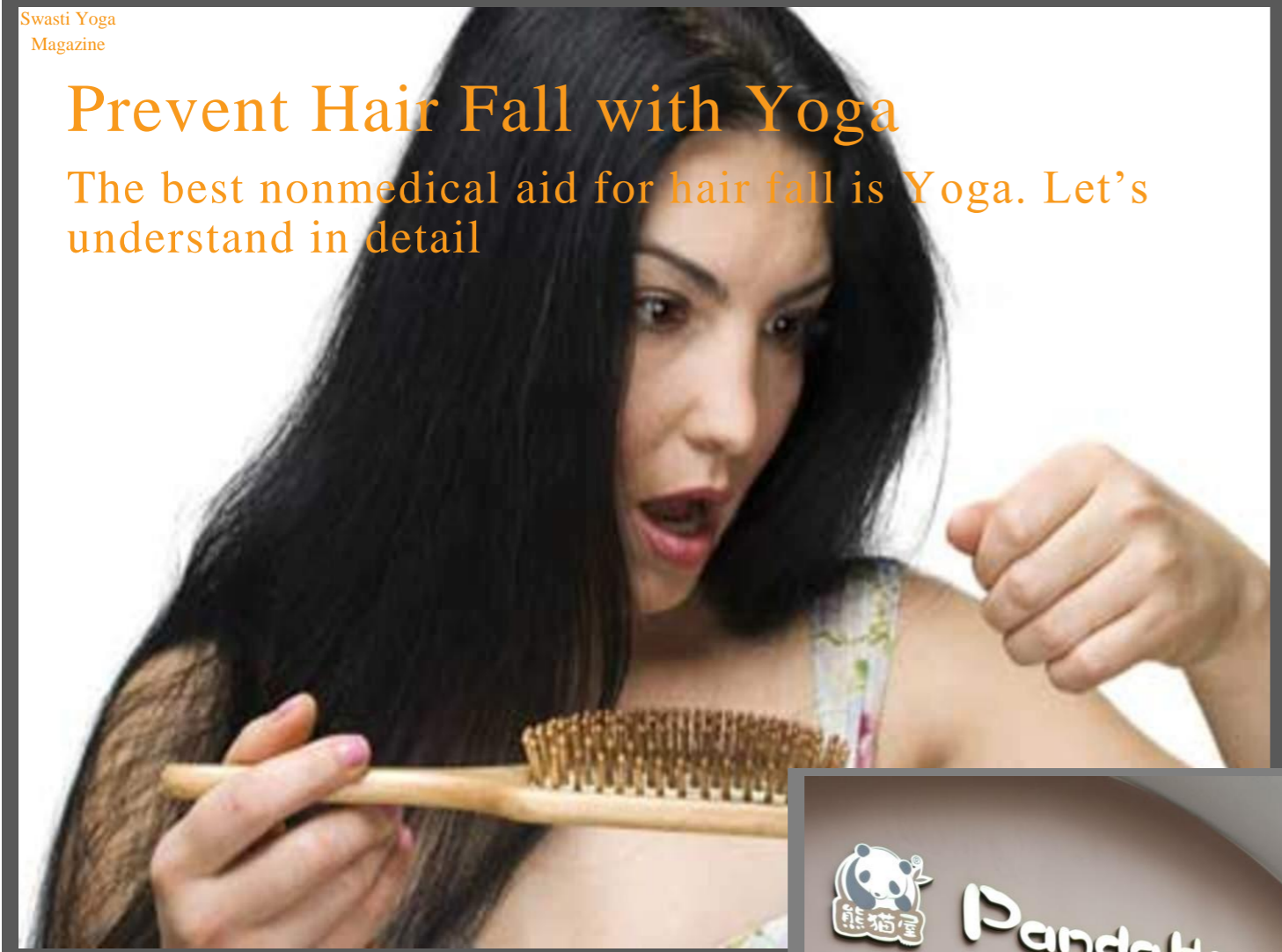
Aadityasya Namaskaran Ye Kurvanti Dine Dine ।

Janmantara sahasreshu daridryam dosha jayate ।।

Those who regularly perform Surya namaskaras attain healthy long life. They  
become strong, knowledgeable and have courage to fight with valour. They possess  
brightened personality.

# Prevent Hair Fall with Yoga

## The best nonmedical aid for hair fall is Yoga. Let's understand in detail



**Y**oga has always proved to work for a healthy body, healthy skin and healthy hair. Yes, this means that if you are practicing few yoga poses for hair growth, it also benefits your entire body.

### Science behind Yoga

Inversion asanas enhances blood circulation in the head or the crown region. This in turn nourishes the roots of the hair and as a result one can observe the changes in the hair over a period of time.

Pranayama help tremendously in hair fall problems. Pranayama help to regulate our breath and calm the mind. With regular Pranayama the oxygenation in the body increases, normalize functioning of the endocrine system, which in turn work towards a complete well being.

Regular yogasanas as well as Pranayama help to reduce stress, normalize the functioning of all the systems of the body.

Following the yogic pillar of ACHAR helps in overall health n wellbeing and working on yogic pillar of VICHAR helps to controls the thoughts n keep the mind calm with practice of meditation techniques.

### What is Hair Fall?

Hair loss, also known as alopecia or baldness, refers to a loss of hair from part of the head or body.

Everybody loses some hair every day. But losing more than 100 hairs per day can cause bald spots to appear on a man's head. In case of a woman, there is thinning of the hair on the top of her head. Hair fall is not a life-threatening condition. But it can become seriously jeopardize one's self-confidence.



### What are the types of hair loss?

**Involutional Alopecia**- It is the natural gradual thinning of hair with age.

**Androgenic Alopecia**- Male pattern baldness is marked by gradual hair loss from the frontal scalp and the crown and the hairline receding.

**Alopecia Areata**- Sudden hair loss in patches in young adults and children. It may lead to total balding (alopecia totalis). In over 90% of people having this condition, the hair grows back within a few years.

**Telogen Effluvium**- Hair growth cycle changes lead to a temporary thinning of hair on the scalp.

**Scarring Alopecia**- It leads to irreversible hair loss. Inflammatory conditions of the skin like folliculitis, acne and cellulitis, results in scarring that destroys the hair's ability to regenerate. Tightly woven hair and hot combs may result in irreversible hair loss as well.

### What are the causes of hair fall?

1. Local skin disorder
2. Post acute illness
3. Stress
4. Systemic illness
5. Nutritional Deficiency
6. Lack of scalp hygiene
7. Hormonal

### Dr. Shwetambari Chothe

Director- Swasti Yoga Centre.

As a MD doctor she tries to inculcate the scientific aspects of yoga into practices. Her classes are a balance of physical strength, mental well-being and dedication to the philosophy of yoga. She is a Level 2 AYUSH certified Yoga Teacher with great experience in helping her patients with Homoeopathy and Yoga therapy.



### Yogasanas

1. Adho Mukha Svanasana or Downward Dog Position.
2. Vajrasana or Diamond Pose.
3. Uttanasana or Standing Forward Bend.
4. Sirsasana or Head Stand Pose.
5. Ustrasana or Camel Pose.
6. Sarvangasana.
7. Matsyasana.

### Pranayamas

1. Anulom Vilom Pranayama
2. Bhramari Pranayama
3. Bhastrika

## Food for Health- Your Guide to the Treasure Trove of Vitamins and Minerals

**W**e normally eat food just to satisfy our hunger or to satiate our taste buds. How often do we make an effort to eat a healthy balanced meal which gives us all the vitamins and minerals that our body needs?

The human body consists of a number of enzymes, nutrients, minerals, and vitamins. The ratio of these vitamins and minerals in the body keep varying based on age, stress levels, activity levels, etc. At times our body might get deficient in certain vitamin and it can cause severe health issues

To combat such illness, it is essential that we eat healthy meals and help replenish our bodies with all the required vitamins and minerals. Thus, we have curated a list to aid you in identifying food items which provide us with essential vitamins and minerals and should be part of your daily meals. Let's take a look.

### 1) Vitamin C

Vitamin C can easily be called one of the most important vitamins for the human body. It helps in fighting infection and builds immunity in the body. Research and studies have also claimed that Vitamin C helps in preventing cancer!

*Food items which are rich in Vitamin C are all citrus fruits such as grapefruit, orange, lemon, etc.*

### 2) Vitamin D

Vitamin D is very important for good bone health. Vitamin D deficiency which can lead to bone health issues like rickets in children and Osteoporosis. Vitamin D is available in sunlight and thus being out in the sun for a few minutes in a day is encouraged. Vitamin D also helps in absorbing calcium from food items and providing it to the bones.

*Food items which provide Vitamin D are milk products like cheese, yogurt, small fish, peas and beans. It is also present in vegetables like broccoli, kale, and Chinese cabbage.*

### 3) Vitamin E

Vitamin E provides the body with the required nutrients which help it in staying fresh and healthy. Vitamin E is good for skin and brain functioning. Deficiency of vitamin E in the body can lead to bad skin, hair fall, inattentiveness, etc.

*Food items containing Vitamin E are all seeds and nuts like almonds, cashews, wheat gram, and whole-grain products.*



### 4) Zinc

Zinc plays a major role in maintaining the body's metabolism. It ensures proper growth in childhood and is also essential for pregnant women for a healthy foetus.

*Food items which provide us with Zinc are red meat, oysters, nuts, whole grains, dairy products, and poultry.*

### 5) Iron

Another essential mineral for a healthy body and mind is Iron. Iron is a key component in building the haemoglobin in the blood. Healthy haemoglobin translates into good oxygen in the body tissues. Lack of iron can cause anaemia and in severe cases can also result in death.

*Food items which provide iron substitutes are green leafy vegetables, banana, pomegranate, raisins, nuts, lentils and poultry.*

### 6) Calcium

Calcium is required by our body to build our bones. It is also integral to other body functions like blood clotting, muscle contraction and heart function. Our bones and teeth make 90% of all the calcium in our body.

Calcium helps children grow and it also helps women during pregnancy. It is important that we include calcium-rich food in our diet or consume calcium supplements.

*Food items rich in calcium are milk, cheese, yogurt, breakfast cereals, soy, and bread.*

### 7) Magnesium

Magnesium is used by the body extensively to carry out all its functions like maintaining blood glucose levels, blood pressure, brain functioning, muscle functioning, and protein production among other things. Fatigue, nausea, loss of appetite and in severe cases seizures and muscle cramps are deficiency symptoms.

*Food items containing a high quantity of magnesium are legumes, nuts, spinach, and whole grains.*

### 8) Potassium

Potassium acts as an electrolyte in the body and is responsible for proper heart functioning, nerve signal transmission, muscle contraction, etc. Symptoms of potassium deficiency are

constipation, weakness, bloating, abdominal pain and in certain extreme cases, intestinal paralysis.

*Food items which provide us with potassium are potatoes, beetroots, banana, leafy vegetables, plums, and avocado.*

Besides vitamins and minerals, our body also needs proteins which are found in dairy products, lentils, and lean meats.

Thus, these are some of the most important vitamins and minerals which are required for a healthy body and mind. It is essential that we include all or few of the above-mentioned food items in our daily diet to ensure that we are consuming a healthy meal and providing our body with enough fuel to function well.

### Priyadarshani Rajarajan

an avid writer, blogger, yoga trainer pursuing her certified yoga Level 1 course from Swasti Yoga, Chinchwad. She is also the proud recipient of Swasti Yoga Propagator Award 2019.

## OM Gurubhyo Namaha

**G**uru is the person taking you from darkness of ignorance to the light of knowledge. We have seen a lot of self-proclaimed gurus in modern world, but very rarely we encounter with living yogis who are showing path to the global yoga community. One of them is our beloved Prof. Dr. Manmath Gharote Sir.

Dr. Manmath Gharote Sir, son of Legend yogi Dr. M. L. Gharote ji received his training and teachings of yoga since childhood from his father himself. Dr. Manmath Gharote Sir has continued the tradition of Scientific Yoga and done extensive research in pure and applied yoga through his institute- The Lonavala Yoga Institute (India). "Yoga Pradipa" is a newsletter published by the institute shedding light on yoga helping students. He has edited and published many important classical texts with critical edition like Yogopanishads, Goraksha Shatak, Hatharatnavali and Hathpradipika. He has published catalogues, digests, glossaries of yogic texts to help critical studies. His other important works are:

1. Yogic Techniques
2. Hatha Pradipika Vrutti by Bhojamaja
3. Kumbhaka Paddhati
4. Yuktabhavadeva of Bhava Mishra
5. Swami Kuvalayananda
6. Siddhasiddhanta paddhati
7. Encycloaedia of Traditional asanas- This includes 900 titles of asanas, 1100 asana illustrations, 100 applications of padmasana and 60 types of shirshasana
8. Hatha tattva kaumudi
9. Guidelines of yogic practices
10. Evolution of Yoga- Thorough this various theories on evolution process according to Hatha yoga, Vedic scriptures are being described.
11. Therapeutic references in Traditional Yogic texts- This includes references of shatkarmas, asanas, pranayanma, mudra and bandhas in various diseases with reference to classical hatha yogic texts.
12. Amanaska yoga
13. Amruta vakyam

His immense contribution has helped inspire millions of yoga scholars, practitioners and researchers to work in fundamental research in yoga.

**We salute to the spirit of the Legend-** Prof. Dr. Manmath Gharote Sir

# The voice of powerful master

## Our beloved and respected Prof. Dr. Manmath Gharote Sir



# Legends that taught us – Ahimsa

2<sup>nd</sup> October – 150<sup>th</sup> birth anniversary

El Sabarmati Ashram

L'Ashram de Sabarmati

سابارماتي اشرام

Сабармати Ашрам

萨巴尔马蒂阿什拉姆



October 2019

## DAWN of my SOUL!!

Two years back, a best accident happened to me – YOGA! And that's the point where I stopped searching outside and got a hint from inside. Where I expected Yoga to work on my body and mind, it choose soul instead. I received a lot more than what I thought and imagined. Over these two years, circumstances didn't change but my perception did!

# A

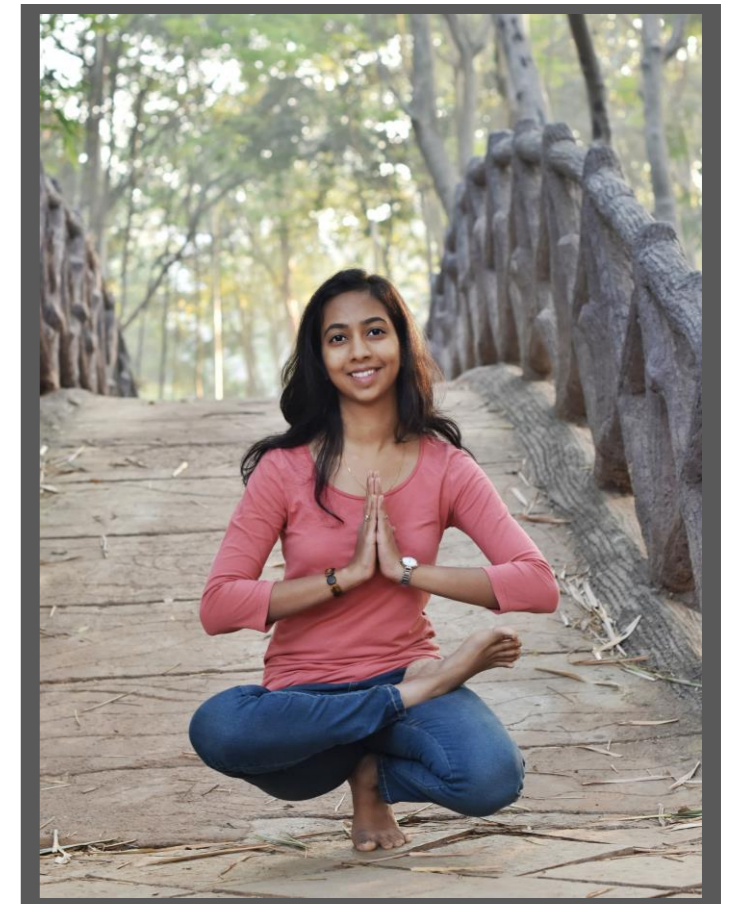
fter a few months of Yoga practice, I felt an energy change in me that went beyond my understanding. Trying to understand this energy shift I realized that there is something more to the mere general assumption - 'Yoga for stress relief and healthy body'. Life went into a different orbit!

Yoga deepened my spiritual understanding! For me spirituality is not going to *Tirtha Yatra* or wearing an orange *angavastram*. It's realizing one's own right path. 'Eat – Sleep - Work' was not making sense at all!!!! Purposeful, meaningful I was looking for. My own inner voice made more sense than Googled quotes. Everyone has their own path. No one knows how to live your life better than you. And you know it from SOUL!

'If I get this, I'll be happy – If I achieve this, I'll be motivated' we keep saying. We keep on searching happiness and motivation in the world. Yoga taught me to search it in myself. All the motivation, happiness, compassion is within YOU! Actually its vice a versa - When you connect YOU with YOU, only then YOU can connect with this world. Yoga literally means connect, may be this the CONNECT.

Yoga is not about bending more than yesterday, it is about living better that yesterday. It's not about just living in peace, it's about living life more deeply. When you are happy, it also gives a sense of keeping your surrounding happy. I guess that's the right path!

Yoga has shown my SOUL a totally different world! That's why I call it as DAWN OF MY SOUL!!



Nishigandha Kokate

An engineer from PCCOE turned certified Level 1 AYUSH Yoga Professional and wellness blogger. She is a die-hard, passionate yogi now pursuing her advanced Level 2 Yoga Teacher Training and Yoga Therapy Courses at Swasti Yoga. As calm and gentle faculty she is very popular amongst Swasti students.



**W**henever we talk about Yoga the first impression is nothing but asanas and Pranayama. On deeper thought it's not only a philosophy to read or hear but the way to have harmonize balanced lifestyle. The literal meaning of yog says "Union" This union can be of anything like friendship of human beings or Pancha mahabhutas or of a soldier arriving home after a war. escribed things which can help any kid to mold like a mud and shape his life in a harmony.

Swami Satyanand Saraswati has said,"The destiny of whole world depends on the little children.If you want to see the silver lining on the horizon it is not you and me ,but the children who have to be spiritualized"

Let's see how this magic candy can help to develop following Qualities for children.

Let's see how this magic candy can help to develop following Qualities for children.

**1.Curiosity:-** first few years of physical growth is accompanied by innate curiosity.Its aroused by outside stimuli.Before the age of seven or eight play and fantasy constitutes child's world.Kids are fearless but playful.Introducing yogic games will be entertaining and provide an environment for unfolding & balancing the total personality of any child.

**2.Social Skills:-** Age eight is a turning point to introduce discipline and concentration.it's not only about prayers or chants but involvement of kid in day to day chores.Its nothing but the beginning of Karma Yoga followed with Yamas(Ahimsa,Satya,Asteya,Bhrahmacharya,Aparigriha)

**3.Resilience:-** Children have many unexplained and unexpressed thoughts .Mostly what speaks is their Action and we call it Disobedience.The reason could be psycho-physiological and my answer says teach Omkar, Suryanamaskar, Aasanas,Nadi-shodhan pranayama etc.

**4.Integrity:-** A mother' often tell her child "Always do Right!"Child's ability to understand the concepts and ideas , which forms ongoing technical and moral education .Usually it begins from the age of eight years. At the same time start of Cognitive development is observed so again perfect time to inculcate Yogic culture through Yamas& Niyama's(Shaucha,Santosh,Tapa, Sadhya ,Ishwar-Pranidhanani),Mudras ,Yog Nidra etc.

**5.Resourcefulness:-** Chanting of Bij Mantras, Maha-mantra Aasnas and Pranayama creates a transformation in life of the child. They learn by experiencing the consequences of their action and transition of awareness is established.

**6.Creativity:-** Let the meditation unfold stability,creativity and tranquility.Name about 10 flowers and let the kid visualize any one of them.He keeps on moving his awareness from the colour of the flower to the garden, the sweet and refreshing smell and so on.

**7.Empathy:-** The imbalance between psychological growth and certain tendencies is observed in children from the ages of seven to twelve.Yogic games,Breathing practises,trataka or meditation can emerge negativity into like mindedness or togetherness.

**8.Assertiveness:-** The development of language ,communication can be improve through chanting,Simha Mudra,Bhramari etc. Also improves concentration levels in any of the activity.

Lets try to incorporate a system of discipline for furthering an integrated development of future generation.

**Sayli Mulay**

Level 2 AYUSH Certified Yoga Teacher and faculty at Swasti Yoga. She has been teaching yoga at various hospital and centers in Pune since past 5 years and has won various yoga asana competitions at state and national level.





# Yoga in Switzerland- Where nature wants you back My Travelogue



Europe was an actually big adventurous trip with evergreen memories, experiences and relation with new culture and new people. Best part of trip was that everyone was so keen to know about yoga, when I used to introduce them about my country.

India is widely known for yoga either due to its roots or because of the influence of our Prime Minister Mr. Modi who has been able to uplift the spirit of Yoga not only in India but all around the world. So it was a proud feeling for me for being an Indian Citizen.

Out of my willingness about yoga and it's increasing social awareness about certified yoga examinations conducted by Government of India, I had planned one free yoga session in Zurich, Switzerland with the help of my brother.

Initially before the start of the session, I was very nervous when I got to know about the experience of participants. Some of them had an experience of practicing yoga from 4 to 10 years. Yoga was included in their school curriculum. But when I asked them about history, origin of yoga, about right alignment of yogasana and its effect on our body and on our mind, they barely had any answer to it.

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

## YOGA Certification Board

MORARJI DESAI NATIONAL INSTITUTE OF YOGA  
MINISTRY OF AYUSH, GOVT. OF INDIA

**About Yoga Certification Board**

Millions and millions of people across the globe have benefitted by the practice of Yoga which has been preserved and promoted by the great eminent Masters from ancient time to this date. The practice of Yoga is blossoming, and growing more vibrant every day. There is mushrooming of Yoga centers and professionals whose credentials are not verifiable and therefore there is an urgent need to introduce a...

That time I really felt the necessity to spread awareness about traditional yoga practices and it's authentic roots. Yoga is not just about postures or social platform to work out. It is more about the union of our body, mind and soul.

Apart from conducting this public yoga session, I also got to come in contact with many different local people during my trip in Croatia, France and Switzerland. While speaking to these people about yoga, I

realized how interestingly they listen to it and want to know more about it. People used to openly discuss their problems that they are facing in their life and how yoga or meditation could help them overcome this. It was my pleasure that I could impart the knowledge and power of meditation to them and hope that it will help those people at some point in their life. Therefore, I urge to all today's as well as tomorrow's yoga instructors and teachers to spread the right word about yoga to the world so that the real authenticity of yoga and its roots get passed on correctly to the future generations of humanity.

YogPragathi  
Pragati is an AYUSH Level 1 certified Yoga Instructor and has special interest in Astang Vinyasa Mysore style too. She is motivated for the spread of cause of yoga and conducts sessions for individuals as well as community. She has helped many with her warm flow and restorative yoga classes.



# Yoga spin

October 2019

They are all ready for today's session for sometime,  
Dressed in their fineries they are raring to go.  
I know each of them with all their eccentricities,  
I guess I now know them at least partially to the core.

With a smile we start and the class begins  
They have prepped up for this, they smile and they grin..

A stretch here, a twist there,  
A bend here, a pull there.

They seem energised and I decide to go further,  
But the minute the intensity increases, they start to lather.

I just wink and go with the flow,  
They are already panting and ask me to go slow!

The strict disciplinarian in me pops her head out,  
Nothing doing... Time for serious workout !

With a grumpy face they accede,  
And so in the class we all proceed.

Now comes the fun part when they start looking at the clock,  
Makes me feel it's back to nursery and I'm teaching hickory dickory dock!  
Sweating profusely they think they have given their best  
Oh hail the torcherer! Now we need some rest. .

I smile again n cajole them to give their best shot,  
The last set and no more for it's timeout!!

Reluctantly they participate, cribbing under their breath,  
It's a tough call they all tell me, it feels close to death

Finally we are done and all just drop in a heap,  
I try to be encouraging, as you sow so shall you reap

We all laugh and talk and discuss about the class,

Come prepared for abs tomorrow I say, they unanimously yell. . Nah! We will pass!!

Raksha Sharma

Yoga enthusiast and HR manager. She is pursuing her Certified Level1 course from Swasti Yoga Koregaon Park branch.





# RESEARCH OF YOGA

## Yoga Research in Ancient Time

The word Yoga is derived from the Sanskrit verbal root 'Yuj' which means union between individual self to supreme self. As we all know this is an ancient science of India which has been introduced and developed by

lot of great sages. Research in yoga gave new dimensions like Ashtang yoga gave rise to the mental form (stoppage of mental modifications) while Hatha yoga gave rise to more practical and physical form of yoga (Yoga of balance).

The great Indian sage Patanjali for the first time compiled that yogic knowledge in his text 'Yoga Sutras', so he is considered as the father of Yoga. We can say the process of research started from here.

## Yoga Research in Modern Time

Yogic exercise is a combination of physical postures breathing exercises and relaxation techniques .And as time passes this meaning remains the same but the way of presentation changes according to the lifestyle of human being. For this lot of legends in India are responsible .Some followed Ashtang Yoga some followed Hatha Yoga. Some invented new methods also. To list the name of few : T. Krishnamachari (Ashtang Yoga ) B. K. S. Iyengar (Iyengar Yoga) Sri Sri Ravi Shankar (Art of Living) Swami

Jaggi Vasudevji (Isha Foundation) Swami Ramdevji ( Patanjali Yogpeeth) so on and so forth. One more remarkable work done by introducing Suryanamaskar in Yogic lifestyle by Raja Pantpratidinhi (from Aundh-Maharashtra) and Krishnamacharya. Because of this impactful work done by so many legends, lot of research has been done to know the exact effect of the Yoga on human body as well as mind.

## Need for Yoga

Modern lifestyle has become fast and stressful leading to mental and physical diseases. This is happening because of following reasons:

- Eating of unwholesome food
- Living in unhealthy places
- Doing things at unseasonable hours
- Association with the wicked
- Longing after improper things
- Evil desires and bad thoughts

These all negative approaches can be changed by adopting yogic lifestyle.

## Research Findings

### At Physical Level:

- Relaxed muscles, low metabolic rate, loosen joints.



## Yoga practice at Swasti

- Body used necessary amount of energy during normal activity
- At crucial time or under high stress body gets all the necessary strength to deal with it.
- It slows down the breath which helps in harnessing the energies for systematic development of the physique and psyche.

### At Mental Level:

- It erases weaknesses in the mind and builds will power into it.
- Obstacles becomes challenges and challenges converts into opportunities
- Calms down the mind

After starting practice one can experience following benefits:

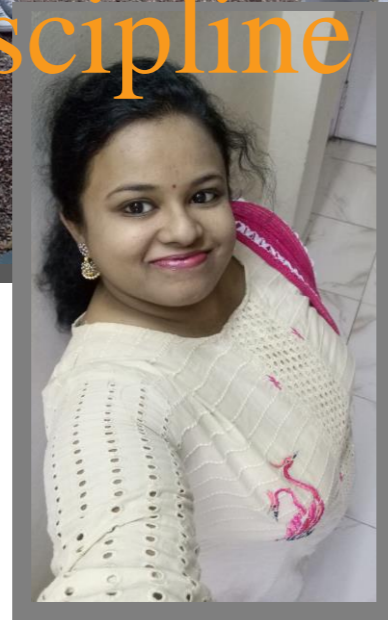
- Performing 12 postures in one cycle of Suryanamaskar reduces visceral fat, bring flexibility to the spine and limbs and enables the practitioner to breathe right. It brings harmony between the body mind and spirit.
- Asanas brings flexibility, strength and endurance to the body as well as mind. Regular practice cure and prevent some of diseases.
- Yoga has some breathing techniques which called Pranayama. Breathing influences almost all the systems of the body. So it helps to maintain the natural rhythm of all body organs and allows their functions to go a long way.

- Pranayama gives the breath a natural rhythm by controlling the process of inhalation exhalation and retention .It increases lungs capacity so helpful for the respiratory diseases.
- It improves inner peace, sleep, sharpens the memory and refines the concentration.
- Right breathing not only calms the mind but also control negative emotions such as anger, depression, jealousy, hatred, greed and arrogance.
- Yoga practices consisting of asana, pranayama and meditation improves overall personality of human.
- It also improves all dimensions of general health.

With changing lifestyle medical field also accepts the need and importance of yoga as a part of treatment. Slowly but steadily people other than Indians have also adopted yogic lifestyle. Rather than adopting yoga after some mental or physical illness it will be better if yoga is introduced in schools as preventive lifestyle. Hence, all of us need to put efforts to extend the awareness and importance of Yoga in our lifestyle for better future. So to achieve this goal lets pray...

## Mansi Hereker

She has been studying, practicing yoga since long. She is an AYUSH certified Level 1 yoga instructor and now pursuing Level 2 at Swasti Yoga.



Very often we come across this word “De-Addict”. What does it really mean?. Is it only about quitting few habits of drugs, alcohol or even smoke or we can assign more meaning to it? Addiction is not only about habits of few substantial things but it can be said as ones compulsiveness towards any activity which is

harming mentally, physically, emotionally and sometime financially too.

Broadly, we can illustrate compulsive behavior as urge to satisfy desires for anything one is obsessed about. It can be food, smoke, alcohol, sex and even list is endless, which may expose people to depression, brain fog, low concentration levels, low confidence, anxiety etc. More often people who try to come out of these conditions and addictions often fall flat and repercussions occur after a certain period of time. The main reason to this can be:

- 1) MOTIVATION WITHOUT ACTION :, or
- 2) ACTION WITHOUT MOTIVATION!!!

True, so after this analysis one may think what the solution is. A solution that is not philosophical one but more logical, helpful and can be implemented in our daily lives.

Here, are some suggestions which will definitely help to ease out the pain of compulsiveness i.e. to De- Addict yourself:-

- **Commitment and Willpower:** The question is how to get in the action. COMMITMENT is the only key to get motivated, inspired and acts accordingly and will power is the key to stay committed and motivated. Every time when one commit something and fulfill it, the muscle named willpower gets a boost.
- **Yoga :** One may think yoga as just one form of exercise, but it is much more than that. When one practices yoga on daily basis he/she can feel changes yoga does from within, relieves depression, anxiety and endless physical and mental disorders, helps you to think properly. If not possible to practice all the asana on daily basis or got bored atleast inculcate the habit of doing Suryanamaskars daily. Only practicing suryanamaskar will calm the mind significantly.



- **Physical activity and one Hobby:** Any Physical activity along with one hobby in which you are good at. Yoga is best, but in case one is bored with the idea of doing yoga practice daily, one can opt to hit the gym, walk, run or cycle in morning, there are hell lot of options available to chose your pick. Along with this at least assign 2 days for any hobby which you were good during your younger days , it may be cricket , Badminton, lawn tennis, etc. choose wisely. These things will help your body to release Dopamine a stress reliever Hormone, which will help to De-addict.
- **Right Nutrition and sleep:-** Often people with compulsive behavior have few deficiencies, as nutrition exercise is compromised greatly, get the test done and start the right nutrition, it plays a major role in making body fit and steady. Eat all kinds of local and seasonal fruits and vegetables,

seeds, dry fruits and importantly avoid packaged food, always have a habit of planning meals and sweet tooth options in advance. Having right nutrition and peaceful quality sleep are important .

- **Prayers and meditation:** Prayers are comforting and can do wonders in times of failures. Whenever we fallback in our commitment, will power and discipline, prayers and meditation are the only thing one can do to come again on track.

And last but not the least do inculcate the habit of practicing meditation, pranayams, chants, mantras etc. Try to do it every morning and just before sleep. Again initially just decide to do and then fix a time to practice.

“Get addicted to mediation to De- addict from everything”

Ok now enough of gyaan , now steps to how to put all these things together.

- a) Commit yourself first.
- b) Ask for help from parents, family and friends, or join some class to cope up things initially.
- c) Even if one fails, then also ok failure is a journey and not the destination, try to get back on track.
- d) Maintain a dairy to track yourself, it will help to figure out what went wrong.
- e) Avoid screen time on T.V, mobile, laptops etc.
- f) Fix the schedule & try to stick to it.

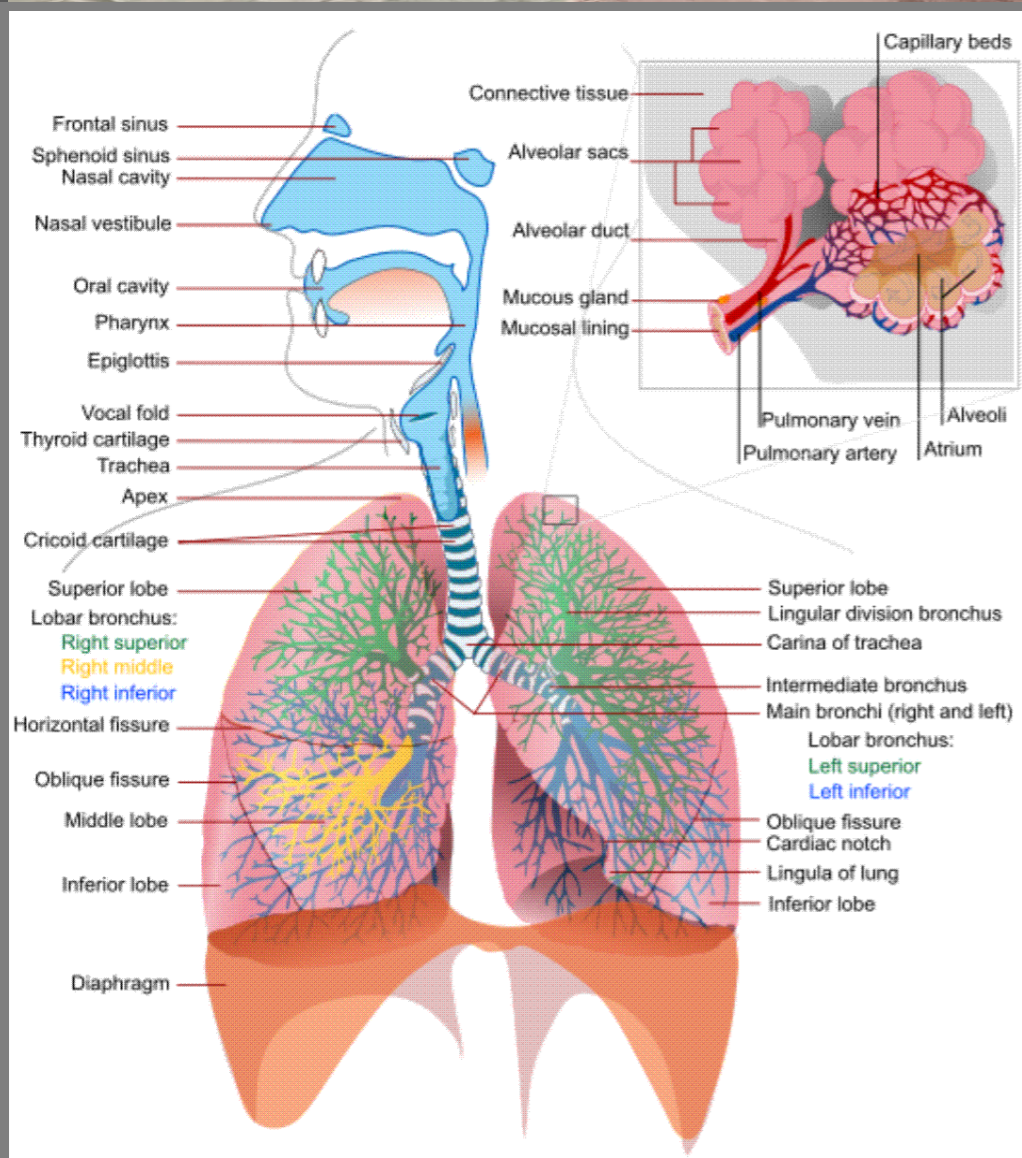
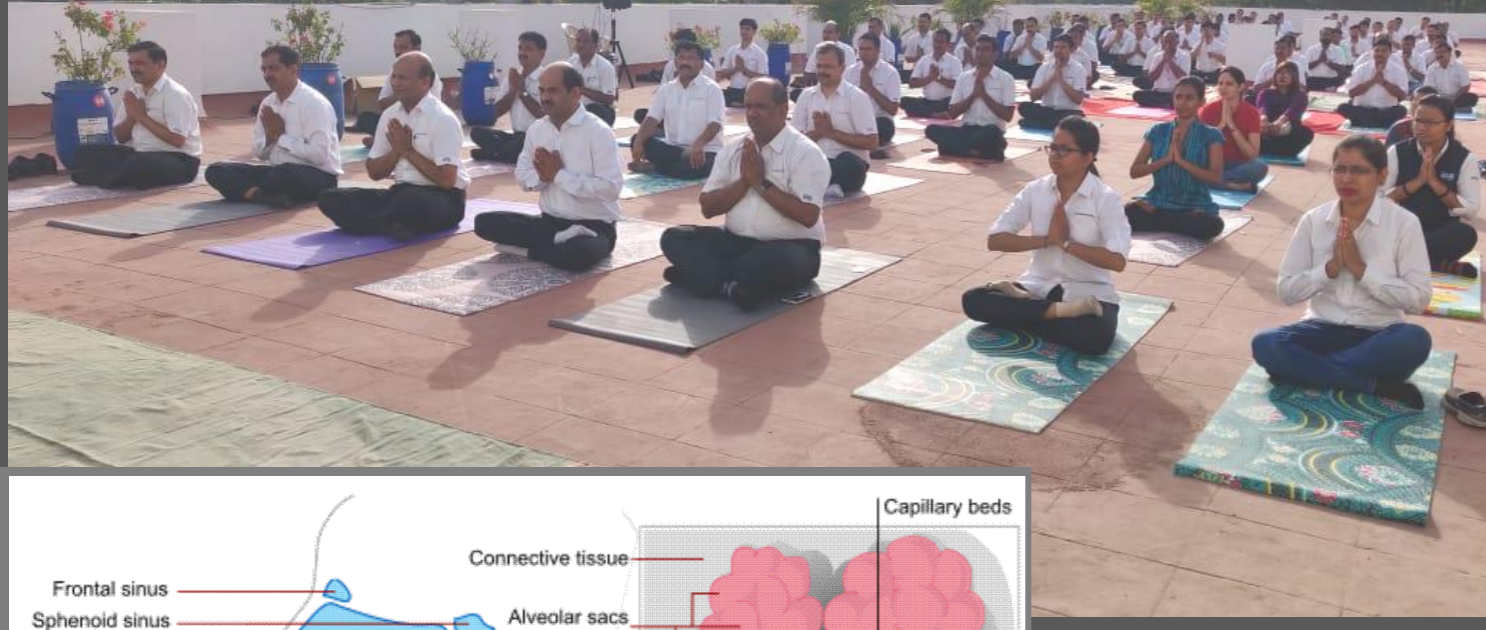
Finally there is no one thing or effort you can do and get the results, it is a journey which has to be planned and moved cautiously. Just remember “Every small step towards goal is moving more closer to goal, doesn’t matter whether it was successful or unsuccessful one “ .

All the Best

**Mansi Muke**

Level 1 Yoga student at Swasti Yoga and engineer by profession. Mansi likes to live the philosophy of yoga and believes in preaching by practice.

# URT - Upper Respiratory Tract Therapy



In Patanjali Yog Darshan, yoga is defined as to control the inner behaviour of mind and body (Pa.Yo.D.1/2)

When the body is physically healthy, then the mind is clear, focused and stress is under control. Proper breathing and thinking goes hand in hand. If you are able to control your breaths you can control your mind too. This makes pranayama - the science of breath very important in yoga.

Respiration consists of:

**Ventilation** – or breathing is the movement of air from the atmosphere to the lungs (inhalation) and out (exhalation) again.

**External Respiration** – is the exchange of gases across the respiratory membrane of the lungs.

Gases Transport – is the transportation of O<sub>2</sub> in the blood to various parts of the body, mainly bound to the protein haemoglobin in red blood cells.

Internal Respiration – refers to gas exchange across any respiratory membrane during metabolism.

Respiratory anatomy can be split into;

Upper Respiratory Tract – mouth, nose, nasal cavity, sinuses, epiglottis and larynx

Lower Respiratory Tract – trachea, bronchi, bronchioles, lungs and alveoli.

The respiration process:

Part 1 – Flow of air into the nasal passage:

First, air is sucked into the respiratory system through the nostril. How does this occur?

The diaphragm is a muscle which separates the abdominal cavity from the thoracic cavity. In fact, it is anchored on the lower ribs. So, during inhalation, the diaphragm moves down, creating a negative pressure in the thoracic cavity. Consequently, this draws in air from the atmosphere.

Next, the movement of the diaphragm is against the movement of the rib cage and abdomen. So, both systems expand to allow the downward movement of the diaphragm. As a result, a reverse pressure is created within the abdomen and rib which forces the diaphragm to move upwards again. Consequently, there is an upward movement of the diaphragm which changes the intra-thoracic pressure from negative to positive, resulting in air being forced out of the lungs.

Importantly, breathing is a reflex action. Also, it is a parasympathetic process which is controlled by the medulla oblongata. In fact, the rate of breathing is dependent on the concentration of O<sub>2</sub> / CO<sub>2</sub> and blood pH. Additionally, the pons control the speed of inhalation (speed of the movement of the diaphragm).

Part 2 – Flow of air and awareness.

Initially, when breathing in, air crosses the sinuses. Uniquely, sinuses are pockets of air which secrete mucous into the nasal cavity through orifice called ostia. These open into small recesses called meati and are protected by shelf like projections called turbinates.

Next, the incoming air is compressed at the bridge of the nose, called septum. This is a venturi like structure which results in the air getting compressed when entering the nose. Therefore, due to the venturi effect in the septum, the air exits the septum into the nasal cavity under pressure which is lower than atmospheric pressure. Consequently, this causes the air to swirl within the nasal cavity.

Part 3 - URT flow of air into the Pharynx

Now, the air now passes over the soft palate into the pharynx. The pharynx consists of 3 parts;

Nasopharynx corresponds to the passage behind the nose, oropharynx corresponds to the passage behind the mouth and laryngo pharynx corresponds to the passage within the throat area.

The pharyngeal muscles play a critical role in holding the throat, neck, blood vessel and cervical spine in place. Also, the pharyngeal muscles hold the alignment of the nasal and oral passages so that passage of air and food is unrestricted.

Crucially, the soft palate and epiglottis play an important activity in digestion. During swallowing, the soft palate prevents the upward passage of food into the nasopharynx while the epiglottis covers the trachea. Consequently, the food gets guided into the oesophagus, so the no food enters either the wind pipe or the nasal area.





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Any activity to increase health of the URT will require improvement in the health of the thyroid. Vipareetakarani, sarvangasana, matsyasana, bhramari, ujjayi and bhastrika pranayama are critical.

Breathing is a psychosomatic process which affects the overall health of the body. Hence it is important to ensure breathing is deep, regular and rhythmic to ensure that stress is eliminated from the system. Nadishuddhi pranayama and dhyana are important.

It is important that the practitioner also keep a clean digestive system as it affects the breathing cycle. Pavanamuktasana, shalabasana and dhanurasana are critical.

Importantly, to optimise the health of the URT, one should also follow:

Diet – eat small and multiple meals as this affects the movement of the diaphragm and in turn, rhythm of breathing.

Weight – bring weight down to recommended levels.

Water – drink plenty of water.

Sleep – affects stress and catabolic rebuilding of the body and homeostasis.

Anusha Bhavsar

Level 1 AYUSH certified yoga instructor and a passionate yoga trainer. She has helped many to incorporate yoga as their lifestyle.



The URT health is affected by the following parameters;

Air – atmospheric air enters the body through the nose and mouth. So, poor quality of air can induce infection. Therefore, to prevent this, the first line of defence are the tonsils. In fact, tonsils are lymphoid tissue which try to trap and destroy antigens.

Food and water – Next, diseases borne by food and water are also handled by the tonsils. However, since food and water travel into the alimentary canal, there is further protection in the small intestine in the form of peyer's patches.

Temperature – Essentially, optimum air and food temperature ensure the maintenance of the health of the URT tissue.

Solutions to URT Health using Yoga:

The health of the URT may be divided into the following areas;

Increased resistance to air and water infection by strengthening the adenoids and the pharynx. Vipareetakarani, sarvangasana, matsyasana, bhramari, ujjayi and bhastrika pranayama are critical.

Increasing strength and flexibility of the pharyngeal muscles. Arda-matsyendrasana, shirasasana, vipareetakarani, sarvangasana, matsyasana and ujjayi pranayama address this aspect.





# Prime Minister's Yoga Awards 2019

On the occasion of the 2nd International day of Yoga on 21st June 2016 at Chandigarh, the Hon'ble Prime Minister Mr.Narendra Modi had announced Awards for the promotion and development of Yoga. The AYUSH Ministry developed the guidelines for the awards. Nominations for the awards were invited through open advertisement.

This year for 2019, overall 79 nominations received under different categories and among which following delegates has been selected for the Award and on 30th Aug 2019 they has been rewarded by the Hon'ble Prime Minister Mr.Narendra Modi. PM Modi posted the congratulatory message on Twitter in Spanish, French, Arabic, Russian, Japanese and English.

### Winners of Yoga Awards 2019

- Bihar School of Yoga, Munger (National Category)
- Swami Rajarshi Muni of Life Mission (Individual Category)
- Japan Yoga Niketan (International Category)
- Antonietta Rozzi, Italy (Individual-International category)

**Winners of 2018 Yoga Awards** are Vishwas Mandalik, Nasik (Individual-National category) and the Yoga Institute, Mumbai (Organisation – National category). The winners were felicitated with a trophy, a certificate and a cash award

### Government Initiatives for Yoga Promotion:

- The Modi government has taken the task of rebranding and promoting Yoga seriously. With the aggressive policies of AYUSH ministry and vision of the Prime Minister Modiji, sun salutations and yoga practices are becoming as popular globally as they are in India.
- In the first speech in UN itself, The International Yoga Day proposal was passed with a majority of 177 nations across the world. The Union government has launched a website and Yoga geet (song) relating to International Day of Yoga.
- In order to leverage a proper health care legacy, the National Health Policy 2017 recommended introduction of Yoga in school and at work places as part of promotion of good health.
- In order to promote Yoga as a part of education, the Union Government decided to introduce Yoga Education in Universities.
- Yoga was inscribed in the UNESCO's list of Intangible Cultural Heritage of humanity in December 2016.

Manasi Hereker – Certified Yoga instructor and Level 2 students at Swasti Yoga

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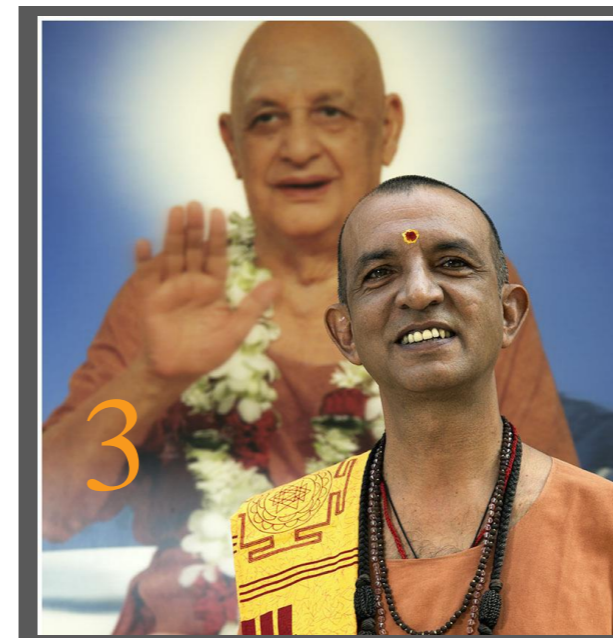
**Swami Rajarshi Muni Chairman, Lakulish Yoga University, Chharodi, Gujarat.**

Swamiji is a practicing Yogi who founded the Lakulish International Fellowship's Enlightenment Mission (Life Mission) in 1993. He was administered yoga deeksha by Swami Kripalvananda in 1971. Swami Ji has touched the lives of thousands of people through Yoga.



**Ms. Antonietta Rozzi Founder President of Sarva Yoga Italy**

Ms. Antonietta Rozzi is a practicing Yoga Teacher from Swami Shivananda Yoga Tradition having more than 42 years . She is the founder president of Sarva Yoga International and worked for promoting Traditional Indian Yoga and Yoga Therapy in Italy and Europe for over four decades.



**Bihar School of Yoga, Munger, Bihar**

Bihar School of Yoga, Munger was founded in 1964 by Sri Swami Satyananda Saraswat and is known for more than 100 publications, Yoga techniques developed through a synthesis of many approaches based on traditional vedantic, tantric and yogic teachings. Bihar School also guides medical research in association with many reputed hospitals, organizations and establishments.



**Japan Yoga Niketan**

Japan Yoga Niketan established in 1980 and has been a torch-bearer of Yoga in Japan. The Institute is instrumental in bringing institutionally certified Yoga professionals into Japan. Their publication, 'Yoga Therapy Theory: Modern Methods Based on Traditional Teachings of Human Structure and Function' is respected for its authenticity.

# Seminar on Nadanusandhan and Swasti Magazine launch



To develop yoga standards and parameters, help patients with yoga therapy, improve competencies of Yoga trainers Swasti Yoga was started eight years back. But the Teachers training courses were started a couple of years back to help yoga students to appear for Yoga Certification exams.

Since then Swasti Yoga has trained thousands of students to get certified and confidently practice yoga and help the society. Swasti has now 7 branches in Pune and Mumbai with many affiliate international centres in Cambodia, China, Italy and Austria.

To help develop interest into philosophy of yoga and classical texts many seminars are organised from time to time. Dr. Manmath Gharote Sir as usual gave an enthralling speech on the topic- **Concept of Nada, in context with mantra yoga, hatha yoga and Vedanta.** The daylong seminar was well attended by more than 50 students of Swasti Yoga. The decades long

experience of Gharote Sir helped students in moving towards the ultimate goal of understanding Self!

The seminar was organized by Research wing of Swasti Yoga. Along with research, Swasti Yoga has three more verticals added recently as- Yoga therapy, Yogic diet and Kids Yoga.

To promote scientific article writing and paper presentation, Swasti Yoga started a quarterly magazine- Swasti Yoga diaries in July which was launched during the seminar. The official magazine contains articles by Swasti teachers and students about yoga updates, experiences, career updates and topics of interest to society creating yoga awareness. Separate space has been reserved for classical mantras, sutras, yoga legends and experiences of international yogis.

We hope that Swasti Yoga diaries become a popular platform expressing student's yogic way of life, motivating others to follow the same!