



AHYMSIN

Association Of Himalayan Yoga Meditation Societies International

AHYMSIN Annual Report – 2010

Due to Guru's grace, the collective strength, spirituality and mindshare of each pearl of our **Sangha**, our universal family Our mission experienced yet another successful year.

We have progressed and we have learnt. Each experience has contributed towards our endeavor to continuously improve and evolve without losing the sight of our goal i.e. **dedicated to making available and teaching the Himalayan Yoga Tradition as taught by Swami Rama of the Himalayas.**

Recently in the BoD meeting, the **Spiritual Guide** requested his following views to be distributed widely:-

1. The only fundraising activity needed is **LOVE**. That is how SVB has managed this far.
2. The only administrative improvement needed is **LOVE**.
3. Teaching **LOVE** can stop wastage and also save money.

Spiritual Guide's views and knowing that everything is knitted well at a Divine level makes this document irrelevant. However, we are obligated to fulfill constitutional requirements. AHYMSIN office is pleased to share the Annual Report 2010 with you.

Annual Report may not be all conclusive. You may please contribute by sending in your inputs to make the report more comprehensive. We will publish them as an addendum.

We thank each one of our family members from the core of our heart. May the Lineage and the Guru continue to shower their blessings.

Sadhana Mishra
General Secretary

Rajah Indran
Executive Director

cc: Swami Veda Bharti – Spiritual Guide
Dr. Mohan Swami – The President
David Hume – Sr. Vice President
Carolyn Hume – Director Communications



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“Dedicated to making available and teaching the Himalayan Yoga Tradition as taught by Swami Rama of the Himalayas”

AHYMSIN

Annual Report 2010



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1. AHYMSIN VISION and NEED

“Dedicated to making available and teaching the Himalayan Yoga Tradition as taught by Swami Rama of the Himalayas”

To reiterate what is stated in the AHYMSIN constitution...

1. The Association of Himalayan Yoga Meditation Societies International (AHYMSIN) is a world-wide affiliation of centers and initiates.
2. Mahamandaleshwara Dr. Swami Veda Bharati provided the impetus for founding AHYMSIN and serves as the Spiritual Guide.
3. Purpose of AHYMSIN is to teach and make available the knowledge of yoga meditation within the Tradition of the Himalayan Masters, as interpreted by Swami Rama of the Himalayas.
4. Activities include teaching the science of yoga, carrying out research and publication in the field of yoga and related branches of knowledge and performing acts of charity for the benefit of humanity.
5. AHYMSIN is registered as a non-profit society with the government of India.

Our Spiritual Guide, Swami Veda Bharati has clearly stated that:-

Quote

1. “The only fundraising activity needed is LOVE. That is how svb has managed this far.
2. The only administrative improvement needed is LOVE.
3. Teaching LOVE can stop wastage and also save money.

These are principles of spiritual economics, spiritual administration, spiritual sociology.

Please do not say that administrative needs, economic planning and Swami’s views are incompatible.

Learn.

That is what you are here for.” *Unquote*



2. AHYMSIN - Gathering of the Sangha

AHYMSIN family gathered at Swami Rama Sadhaka Grama, Rishikesh between 1-12 February 2010, after 3 years.

“From February 2007 to February 2010, for three years the entire AHYMSIN family undertook the observance of reciting a special mantra:

ityuktā sā tadā devi
gambhīrāntah-smitā jagau
durgā bhagavatī bhadrā
yayedam dhāryate jagat

The meaning and the purpose of this mantra was explained at that time – to bring stability, to bring stability to our individual hearts and minds, stability in our spiritual practices; thereby stability in our emotions; thereby stability in our body language, verbal language (voice, tone), all manner of our communication, and through that, stability in our relationships, in our families, in our communities, and through that stability, expanding its circles, stability in our spiritual family. I have been delighted and gratified that so many participated in this observance, and I have seen, witnessed the stability it has brought to our spiritual family, the results of which are visible in the satsanga, the gathering of the aspiring souls of the sangha, of the fraternity that came together here at Swami Rama's Sadhaka Grama from February 1 to 12,” Swami Veda explained before introducing the new practice.

“Brothers and Sisters” was the way that AHYMSIN President Dr. Mohan Swami referred to Guru family members at the Gathering of the Sangha and perhaps those words capture the feeling of sangha that many experienced. He reminded us that Gurudeva Swami Rama taught us love.

People from around the globe filled SRS to explore the idea of and to experience sangha, to discuss AHYMSIN, to elect a new Executive Committee, to have the purnahuti of the Ityukta mantra, and to be initiated into the new spiritual practices for the years 2010-2013...and in this process of sharing, there was much laughter and many loving actions as well as a deepening of community.



Zia Rawji eloquently likened sangha to a human body, where the various parts all work together as an expression of one body.

And in the small and also the large group discussions, old and young shared, male and female shared, all colors shared, all religions shared, many countries shared. And this sharing reached into deep personal areas with a trust that allowed the sharing of the pleasant and the unpleasant, the perceived successes and failures, current perceptions and concerns...

Pre-event letters had been sent to leaders of affiliated centers asking for nominations for the AHYMSIN Executive Committee. Those nominated were asked to either accept or not accept the nomination. When this process was completed, there emerged a list of candidates, and the AHYMSIN family confirmed these individuals as the new Executive Committee.

In addition to the meetings, there were daily meditations, hatha yoga, and fire ceremony with punctuations of music and dance. SRSR residents worked and worked as well as being active delegates.

Into the fire was offered the Ityukta practice.

Contributed by – Carolyn Hume



2.a. AHYMSIN Executive Committee 2010

Post election in February 2010, the new Executive Committee is as follows:-

Spiritual Guide: Swami Veda Bharati

President: Dr. Mohan Swami

Executive Director, AHYMSIN (ex officio): Rajah Indran

Senior Vice President: David Hume

Vice Presidents: Atem Ramsundersingh, Shi Hong

General Secretary: Sadhana Mishra

Assistant Secretaries: Jean Tan, Linda Billau, Sonia Van Nispen

Treasurer: Narindar Pushkarna

Elected members: Chander Khanna, Daniel I. Jalba, Feroze Nasrullah, Idriss Raoua Ouedraogo, Jim Nelson, John Barry Stutt, Iida Fuku, Willem Meijer, Winthrop Harewood, Wolfgang Bischoff

1 Representative TTP, Chuck Linke

1 Representative DMT, currently Bhola Shankar Dabral

1 Representative Himalayan Institute Kanpur, H. P. Manchanda

1 Representative SRSG, currently Adhikari Bhoi

1 Representative Adhyatma Samiti, currently Carolyn Hume

Swami Veda reminded us that there is no Executive Committee, there are no officers, there are only initiates...a family of initiates.

The Executive Committee reconfirmed the mission as it came forth from the meeting in Port Dickson, Malaysia, in 2008.

Our Mission

- To liberate ourselves and others and demonstrate pure spirituality and love in all our action (not in-action);
- To make available the knowledge and teachings of Swami Rama and the Himalayan Tradition
- To reach out to a large number of people
- To ensure continuity, evolution and sustainability of the Himalayan Tradition by developing the capacity of the next generation of teachers and masters in the AHYMSIM family
- To provide charity and solidarity services to those in need



2.b. The New Practice

Swamiji introduced the new practice,

“Now it is time for us to go further, to seek wisdom and the wisdom of enlightenment by the grace of the Guru. Our next gathering of this kind will be from February 25 to March 11 [2013]. Part of that time, nine days, will be satsanga in total silence, the rest of the time for other contemplations and deliberations. Imagine 300 people in silence on the sacred grounds for nine days, silently devoting their bodies, prana, hearts and minds to a merger with infinity, with the serenity of the Divine Being! What energy it will generate, not only for the participants on location to feast upon, but what rays will go emanating from it to the entire sangha on all continents wherever our Gurudev's disciples meet in meditation!

“The mantra for this time, for this period is two mantras: The first part is the akhanda-mandalākāram mantra, to seek the grace of the Guru, to seek the awakening of the Guru Chakra so that we all may become linked with that endless chain of the lineage which may confer upon us an open door through which we may enter the portals of wisdom. The second part will be an expanded version of the Gayatri mantra.”

1. New AHYMSIN 2010 Practices:

This link contains an Introductory Talk given to those were at SRS in February 23, 2010, in which Swami Veda explained the significance of the previous Ity-ukta mantra practice (2007-2010) and then introduced the New Mantra (Akhanda Mandala + Expanded Gayatri) which will be used by the sangha for the next three years (2010-2013):

<http://www.ahymsin.org/main/index.php/Swami-Veda-Bharati/new-ahymsin-2010-practices.html>

2. 2010-2013 Practice:

This link contains the most information on the New Spiritual Practices (2010-2013). It has Swami Veda's Ten Recommendations for refining one's sadhana in the next three years. It also contains the New Mantra Practice with the Devanagari Script, its English transliterations, and a phonetic version (below).



It also tells where to get Audio Files (CDs or Downloads) of the pronunciation of the New Mantra, a link to Swami Veda's Introduction to the New Practices on Youtube, possible Sankalpa (commitments) that a person can make in working with the New Mantra, and a list of elders in the Tradition that can be consulted for Spiritual Guidance.

<http://www.ahymsin.org/main/index.php/Initiates/2010-2013-practice.html>

3. 2010-2013 Practice Transcript:

This link has the transliteration of the New Mantra along with an explanation of the last part of the Expanded Gayatri: *OM āpo jyotī raso amrtam brahma bhūr bhuvah svar OM*. It also contains instructions on how to do an Advanced Practice of the New Mantra using the breath, the sankalpa to use when doing it, and the mantra to use at the end of spiritual practices. There is also a request from Swami Veda's to read his booklet, *Special Mantras*.

<http://www.ahymsin.org/main/index.php/Worldwide/2010-2013-practicetranscript.html>

(If this does page does not come up, type in "2010-2013 Practice Transcript" in the Ahymsin SEARCH engine. The same can be done with any of the articles listed.)

4. The Akhanda-Mandala Mantra:

This link contains Swami Veda's translation of the Akhanda-Mandala Mantra, which is used along with Expanded Gayatri Mantra as part of the New Mantra Practice.

<http://www.ahymsin.org/main/index.php/Swami-Veda-Bharati/akhanda-mandalkram-mantra.html>

5. Further advice on new practices (2010-2013):

This link contains Swami Veda's explanation of the seven *vyāhrtis* – "divine utterances" used in the Expanded Gayatri mantra practice:

<http://www.ahymsin.org/main/index.php/Swami-Veda-Bharati/further-advice-on-new-practices-2010-2013.html>



3. AHYMSIN Head Quarter in India

3.a. Roles and Responsibilities of AHYMSIN Head Quarter

The Spiritual Guide shared his expectations from AHYMSIN Office on 26th February, 2011

1. AHYMSIN H.Q. are not here to exercise 'control' over everybody's initiative. Where we have come so far has been through the personal, self-motivated initiative of many guru-inspired individuals.

Long ago, at the Meditation Center, Gurudeva said to Swami Veda:

Let people do.

2. AHYMSIN H.Q. is there to
 - Receive information
 - Disseminate information and inspiration
 - Co-ordinate where co-ordination is necessary
 - Give (a) recognition and (b) any necessary support to
 - local leaders and to
 - swamis/initiators/travelling teachers/spiritual committee members; render help to organize their programmes
 - to make further success of programmes at SRSB

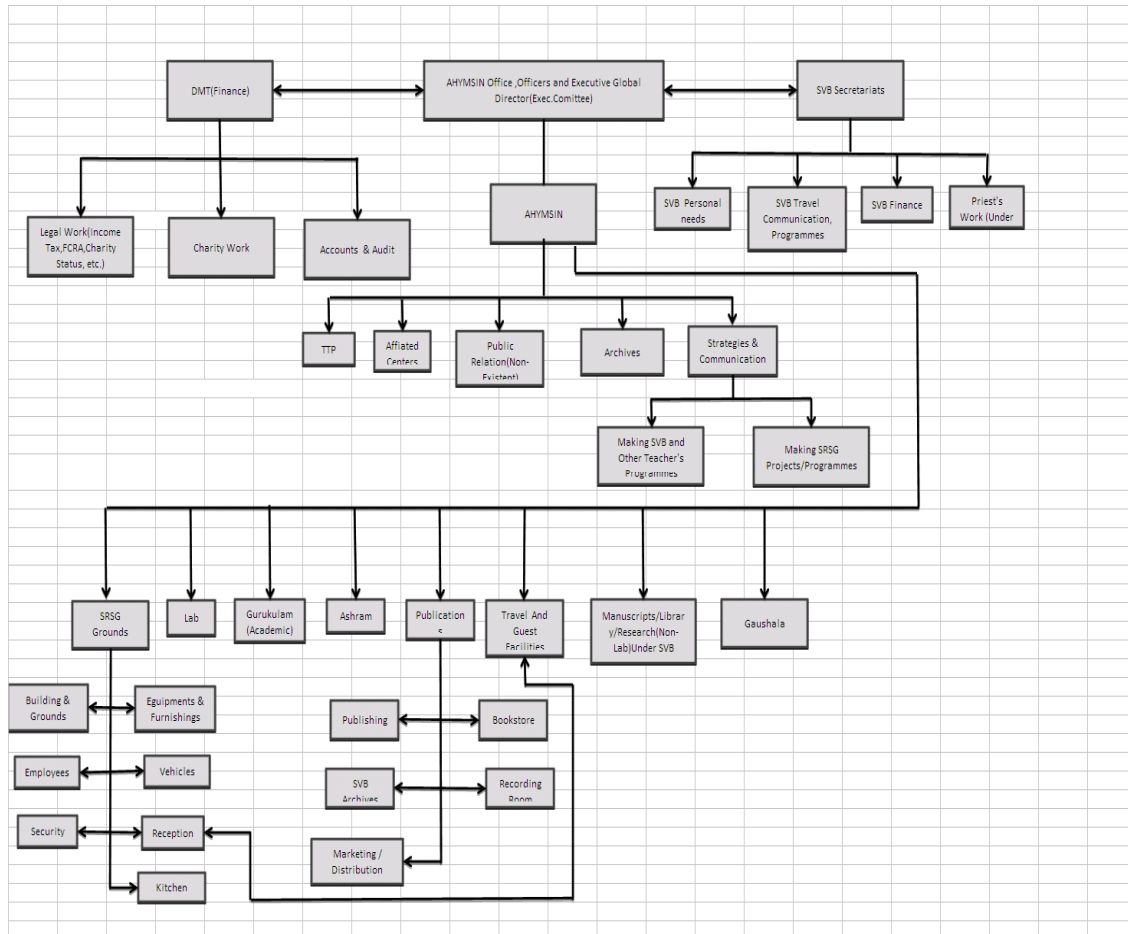
Contributed by – Swami Veda Bharati



3.b. AHYMSIN Organization Chart

Executive Global Director, Datuk Rajah Indran released the organization chart of SRSR campus in the month of November, 2010

An illustration:



Executive Global Director also built a detailed document on roles and responsibilities of each member – Staff or volunteer, at SRSR. The document is available with AHYMSIN Office, Rishikesh.

Contributed by – Rajah Indran



3.c. SRSG – Campus

The campus is spread in Five acres of grounds

There are 71 buildings and structures that include (a) 32 rooms in Gurukulam buildings (b) 4 dormitories in same (b) 12 apartments.

The campus hosts minimum 50 people (in low season), or 100+ or 150+ people eating 3 meals a day.

There are 10 active offices:-

1. AHYMSIN main office
2. Svb' office
3. Library
4. Manuscripts room
5. Publications Department
6. Reception
7. Vidya-mandiram (Education Office, organising all teaching)
8. Dhyana Mandiram Trust office
9. Construction Office
10. TTP office.

Contributed by – Swami Veda Bharati



3.d. Training and Development at SRSR Campus

AHYMSIN has tremendous value for the staff and volunteers and recognizes that it is their dedication, commitment, selfless service that has taken the mission thus far. People at the campus are open to all kind of trainings even beyond “Spiritual” workshop. The response for such training was extremely encouraging.

When the new Executive Committee was formed, Executive Global Director, Datuk Rajah Indran, initiated the effort of imparting training at SRSR campus. His efforts began to take shape soon after he assumed his new role.

In the month of February 2010 (20th and 21st), a two day workshop was held at Meditation Hall, SRSR Campus, Rishikesh, India for SRSR residents on **Power of Ownership**.

Objective of the Workshop:

1. Day 1 - Interact with all at the campus and get a written feedback
2. Day 2 - Share the outcome of the workshop and agree on the next steps; Identify 20% critical actions that will solve 80% of the problem.

Post the Workshop, written feedback was taken from all present with an intent to understand where Gurukulam should move directionally.

Key Questions asked:

1. What are the 3 things you like about Gurukulam
2. What are the 3 things you think need improvement in Gurukulam
3. Self assessment questions on “Ownership”

Answers to the questions:

The top responses received

A. What are the 3 things you like about Gurukulam?

1. Swamiji, his love, guidance and his teachings
2. Opportunity for intense study of texts and self
3. Yoga Classes and Meditation
4. Mixed culture therefore opportunities to learn from others



B. What are the 3 things you think need improvement in Gurukulam?

1. Discipline
2. Duration and Continuity of the courses.
3. Insufficient teachers with requisite competence
4. Gurukulam needs positive and disciplined leadership

Next Steps:

1. Outcome was shared with the stakeholders of Gurukulam and SRSG campus.
2. Post the feedback received from the workshop on 4th April, 2010 another workshop was conducted on Guru (the thing people like about the most) and Discipline (the thing people would like to see improved)

Contributed by – Sadhana Mishra



3.e. AHYMSIN Office 2010 - India

AHYMSIN Office Accomplishments 2010 Annual Report

Role of AHYMSIN Office:

- Running the International Organization and planning for the success of the Himalayan Yoga Tradition mission into the future and
- Effectively using these international resources for the success of the programmes at SRSG now and into the future.

The work of the Ahymsin office can be organized into the following categories:

- I. Operational
- II. International Organization
- III. Outreach Programs in India
- IV. Communications
- V. Marketing & Promotion
- VI. SRSG Programmes and Events
- VII. AHYMSIN Departments at SRSG

The activities for the next three months (15th March – 15th June) are listed by category below.

3.e.i. Operational

1) Financial: Final accounting for Events at SRSG

Ityukta/Ahymsin 1st – 14th Feb 2010

Final accounting showed balanced financial spreadsheet. Details submitted to the BOD.



Study of Texts/Shiva Sutra event 1st – 30th November 2010

Final accounting showed balanced financial spreadsheet. Details submitted to the BOD.

Activity: End of fiscal year report

This report will be submitted to the income tax office and registrar's office the first week of April 2011. It includes the financial accounting for the past fiscal year and all the required legal documentation to maintain AHYMSIN as a charitable society under section 12A and section 80G which allows tax deduction to donors. The legal documentation for AHYMSIN includes financial accounting, minutes of the BOD meetings, bylaws with signatures of trustees, complete inventory of fixed assets of AHYMSIN (includes office, goshala, library, manuscript room and lab) and the completed, ongoing and future activities of AHYMSIN. Meena and Atul are preparing and collecting the documents with our chartered accountant, Chander Sacher.

Activity: Approval for electronic sweep machine

We have applied and been approved for an electronic sweep machine through Axis Bank. The application was submitted with Nina Pal and Swami Veda's signatures. The Ahym sin office has now received the machine and has begun to accept donations by credit card.

Activity: Accounting for Ahym sin Departments at SRSG

The Gaushala shows a loss of Rs 25,000-35,000 per month.

The Manuscript Room has submitted application for grant money from an Indian government agency which supports translating and archiving of manuscripts.

The Lab appointed two people, one a full time employee and the other a volunteer (working with Manu).

Library – Mamta is ordering books in anticipation for Children's Retreat

Activity: Cash Budget

The annual financial spreadsheet for the Ahym sin office and departments will be completed by Meena and Atul by the first week in April, closing the books for the past fiscal year. The Annual Budget document will be submitted to the BOD in April



The projected income/expenses for 2011-13 has been submitted to Rajah Indran. Please refer to the attached separate document.

2. Office personnel

This has been another year of transitions and lack of stability in terms of personnel in the Ahymzin office. Carolyn Hodges, former Ahymzin Office Director, has a new role in Ahymzin Global Education. A database/office clerk was hired, performed well, but then left abruptly at the end of the year. Visa issues have also affected volunteer personnel. For a time, there was only one staff person actually working in the Ahymzin office. Swami Veda has said that Ahymzin will not become stable until there is stability in the Ahymzin office. To address this concern, two ashramites have been added to the Ahymzin office salaried staff recently. Both will need training and one has no background with computers and will need additional training in computer skills.

Staff roles and responsibilities:

Office manager: Meena Sharma with support from Carolyn Hume & Carolyn Hodges

Accounts: Meena Sharma with assistance from Atul Kumar (part of the year)

Database and general office clerk: Rahul Baloni

Office clerk: Pramod Sahu

Communications: Carolyn Hume

Newsletter: Carolyn Hume, Stephan Hodges

Video editing, photo archive, graphic designer: Peter Nazran

Promotion of Ahymzin and SRSB: Peter Nazran

Database: Peter Nazran and Stephan Hodges

Website: Stephan Hodges

Event planning & execution: Meena Sharma, Carolyn Hume, Carolyn Hodges

International Centers: Rajah Indran

Promoting travelling teachers & programs worldwide: Carolyn Hume

Outreach programs: Vishnu Panigrahi

Activity: Annual staff evaluation

Meena Sharma, office manager, will conduct staff evaluations on a regular basis.



3.e.ii. International Organization

Activity: Ahymysin directory

A draft of an Ahymysin directory has been submitted to Rajah Indran.

Activity: Regional AHYMSIN

AHYMS-A (North America) meets on an annual basis.

Ahymysin-Asia was formed and the leadership named.

Ahymysin-Europe is has not been formally incorporated as of yet.

Activity: New Centres

New centres have been formed in Mauritius (Geeta Currimjee), Orissa (Sudhir Chaitanya), Bangkok (Thaniya Kevallee) and in Australia (Daniel Jalba) bringing the number of affiliated centres to 51.

Activity: Legal documentation for Centres

It has been noted that many of our existing centres, especially those brought in at the beginning, have not submitted signed copies of the essential paragraphs as required for affiliation. The policy will need to be clarified and a plan implemented. Certificates of affiliation also need to be sent to all of our Centres. These could be sent the same time as the new Ahymysin directory.

Activity: Support the developing Centres

Rajah and the BOD are currently assessing what has been done up to the present and what is needed to help the developing centres.

3.e.iii. Outreach in India

Activity: Outreach programmes

Vishnu Panigrahi is the coordinator for outreach programs in India. Please see report of activities in the last year under AHYMSIN – Outreach section

A partnership has been formed with Seema Dental College to teach yoga to the students and faculty there. A six session introductory course will commence on March 15th. 50 students have signed up for the course.



3.e.iv. Communications

Carolyn Hume has been named Communications Director for Ahymysin.

Activity: Database

Good progress in building a comprehensive and accurate database was made during the past year. In addition to entering contact information from guests and new initiates, a request was sent to all Centre leaders to compile a list of initiates associated with their Centre. Many Centre leaders sent in these lists.

Unfortunately, our database clerk resigned at the end of 2010 and since then the work has languished. We now have a new database clerk who will begin receiving training in the entry and management of the Civi-CRM database management program. He will be addressing the four month backlog of new contacts.

On a related note, the Ahymysin gmail contact lists have not been updated for the last four months. This will be another task for the new database clerk.

An online registration for “SVB’s database” has been set up on the Ahymysin website and has gotten good response. However, the SRSB guests and new initiates who have not registered online must still be entered into the database from printed forms.

It is desirable to designate a computer at Mandala for online guest registration which will be linked directly to the database. This will eliminate the cumbersome procedure now in place. There is some resistance to this but hopefully the reservations will be resolved soon and guests will be able to enter their own contact information into the database directly.

Activity: Newsletter

Carolyn Hume and Stephan Hodges have now accepted primary responsibility for publishing the monthly Ahymysin newsletter. People can now subscribe to the newsletter from the Ahymysin website and from the newsletter.

The upcoming events section of the newsletter has been expanded to include the activities of the traveling teachers.



The newsletters are archived on the Ahymzin website and are sent to all our associated webmasters and newsletter writers.

Activity: Electronic Mass Mailings

Electronic mass mailings such as newsletters and full moon announcements are now done through the Civi-CRM program, avoiding the limitations of gmail.

3.e.v. Marketing

Activity: Promotional video and slideshow for SRSB

A beautiful, three minute promotional video for SRSB has been made with leadership from Pierre Lefebvre in collaboration with Peter Nazran and Carolyn Hume.

A promotional slideshow for SRSB has also been made by Rajah Indran and Peter Nazran.

Activity: Publicizing the programmes of SVB and traveling teachers

Calendars are now online for nearly all of our traveling and international teachers. Regular updates of Swami Veda's programmes are publicized by email, website, and newsletter and also by snail mail in India. Regional leaders are sending in flyers of their retreats so Ahymzin can publicize them. Postcards for the 2013 events and the 2011 Children's Retreat have been printed and distributed widely.

Activity: Yoga Youth 2011

Planning for this event is ongoing. Lela Pierce is overall director for this project. An organizational timeline has been created. Teachers and volunteers are being organized. The program is being developed. Registrations have been collected into an excel document and will be uploaded into Civi-CRM shortly. An online registration form will also be ready shortly. The SRSB team, headed by Nalini Bahari, is meeting on a semi-regular basis to plan onsite logistics.

Activity: 2013 All Teachers and Sangha Gathering

This event will be held 28th Feb through 9th March 2013 and will consist of 10 days of inspiration from SVB and other leading teachers and experts. On 10th



March there will be a final offering of the current three years of Gayatri practice and introduction of the new Ahymzin community practice. On 10th March SVB will begin his 5 years of silence. 11th – 19th March, the entire Sangha will take 9 days of silence. Pierre Lefebvre and Vikas Sharma are leads for this event. A promotional postcard has been printed and distributed widely. E-announcements have been made and will be repeated on a regular basis.

3.e.vi. AHYMSIN/SRSG Major Events

Activity: Sufi Yogi Dialogue 28th January – 2nd February 2010

AHYMSIN in partnership with Global Peace Initiative of Women (GPIW) held a dialogue with 40 or more scholars and practitioners from the Yogic and Sufi spiritual traditions in Rishikesh from January 28th to Feb. 2nd, 2010 on the theme of human unity. The goal for this Sufi-Yogi dialogue was to bring greater understanding of how shared spiritual values can help foster a deeper sense of human unity and lead to a more peaceful world community.

Activity: The Ityukta/Gathering of the Sangha Feb 1-14 2010

The global Sangha met to complete the practice of the Ityukta mantra, receive the next three year practice, and accomplish Ahymzin annual meetings and election of new BOD.

Activity: Study of Texts/ Shiva Sutras Retreat 2nd – 30th November 2010

People from around the globe filled Swami Rama Sadhaka Grama in Rishikesh for the Shiva Sutras Study from 2nd – 30th November 2010. Most had been studying in preparation during the preceding year or longer. In addition to Swami Veda, teachers included Pandit Shivananda, Swami Prayag Giri, Dr. Stoma Parker, Swami Nityamuktananda Saraswati, Swami Niranjana, Swami Vachanananda, Father Nathan, Jagadananda Das, and Chandramani as well as artists sharing their sadhana in dance, song, and music. We had the privilege of a surprise visit from Dr. Bettina Bäumer, the most outstanding German-speaking scholar of Kashmir Shaivism. . She gave a 45 minute talk without preparation that was full of warmth and humanity. Swami Veda spoke of having wanted to meet her for the last thirty years.

Activity: Yoga Nidra Retreat 24th February – 14th March

Nearly 200 people participated in this ambitious retreat which was divided into three parts: 24th February – 2nd March - Intensive Yoga Nidra Practicum,



3rd – 6th March - Yoga Nidra Conference, and 7th - 14th March - Assimilating the Experience. The following themes were explored: Yoga Nidra and states of Yoga Nidra as defined by Swami Veda; Philosophy and Mythology of Yoga Nidra; Systems of Study; Textual references; Cultural references; Various applications/uses for Yoga Nidra such as self-healing and creativity; Anatomy and Physiology; Psychology, mind and emotions; Referencing Sleep, Death, Samadhi, Prakriti Laya; Stages of relaxation, Concentration, Meditation; and Guidelines for teaching Yoga Nidra to students.

3.e.vii. AHYMSIN Departments

Activity: Goshala

Activity: Lab.

Activity: Manuscript

Activity: Library

Activity: Technology

Activity: Video

Contributed by – Carolyn Hodges



4. AHYMSIN LAB - Meditation Research Institute (MRI)

4.a. Objective and Overview

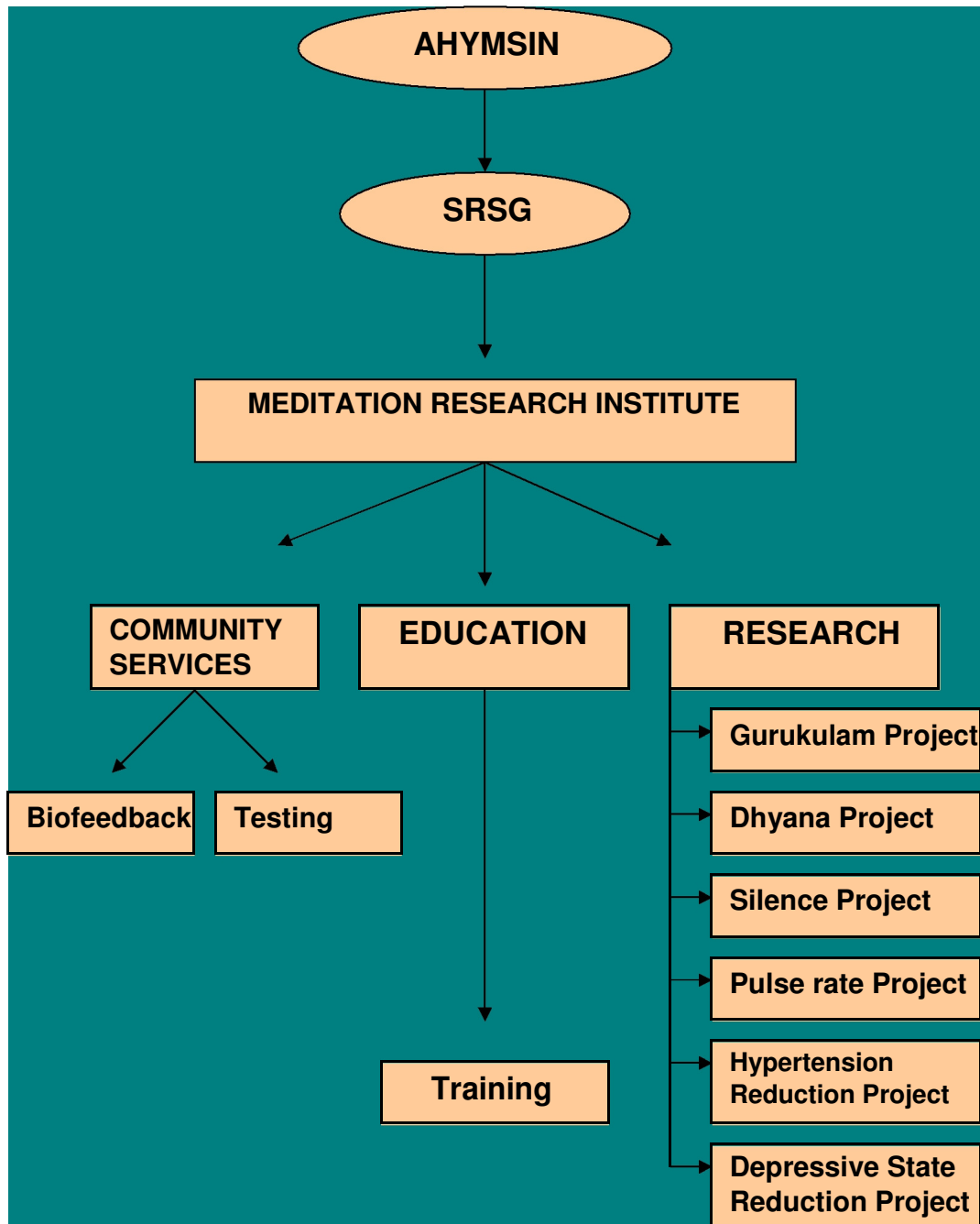
- i. To present yoga/meditation and biofeedback in a way that is helpful, applicable, practical, appealing, and comprehensible to all people today.
- ii. To contribute to the scientific knowledge of yoga/meditation.
- iii. To help ashramites, ashram guests and visitors to the ashram to be more effective in their yoga/meditation practices and to help them better understand their relaxation, postural, breathing, and meditational processes through the meditation and relaxation tests and biofeedback training offered at our Institute.
- iv. To expand the Institute's services to other sites of the Rishikesh area, by bringing some of our lighter and cheaper equipment to other Himalayan Yoga Tradition sites.
- v. To expand our Institute's education program to other parts of India and the world by actively participating in the TTP programs and other HYT programs taking place in other parts of India and overseas.
- vi. To record Swami Veda Bharati's brainwaves when he is doing different meditation techniques from the Himalayan Tradition.

4.a.i What is Biofeedback?

Biofeedback amplifies the tiny signals produced by the body and brain. A person may then become aware of the otherwise imperceptible changes that take place all the time in the mind-body continuum and observe them on a screen in real time. In other words, biofeedback is a technique that trains people to improve their health by controlling certain bodily processes that normally happen involuntarily, such as heart rate, blood pressure, muscle tension, and skin temperature. Electrodes attached to the skin measure these processes and display them on a monitor. With the help of a biofeedback therapist one can learn to change one's heart rate or blood pressure, for example. At first one uses the monitor to see one's progress, but eventually one will be able to succeed without having to rely on the monitor or electrodes.



4.a.ii. Organization Structure





4.a.iii. Project Summary

The Meditation Research Institute at Swami Rama Sadhaka Grama ashram was created in 2005 to bring together the ancient wisdom of the Himalayan traditions and contemporary science. It aims to present the former in a way that is appealing and comprehensible to all people today. Its main objectives are to document the various meditative techniques of all traditions and to test their effectiveness with scientific tools and methods; and to help people to attain deeper levels of relaxation and wellbeing through its biofeedback methods.

4.b. History of Meditation Research Institute

In 2005, Swami Veda Bharati decided to establish a research laboratory at the Swami Rama Sadhaka Grama ashram. His teacher, Swami Rama, had interacted on numerous occasions with scientists from all over the world, most famously with Elmer Green at the Menninger Foundation in 1970, where Swami Rama demonstrated exceptional abilities to self-regulate his brain and body, research later used as an important contribution to Green's book *Beyond Biofeedback*. In March 2006 Dr Shivadatta (Subodh) V Prabhu from Kolhapur, India, gave the initial directions on how to set up the lab and offered lectures and guidance on neuroscience research to the SRSG ashramites. A few months later, neuroscience student Assal Habibi from the USA assessed the lab's state and gave recommendations. Dr. Anil Singhal from HIHT also was very helpful in starting the lab's activities and came regularly to the ashram for that purpose. In September 2006 Dr. Evgenij Coromaldi from Germany came to the ashram and started doing the first systematic readings of meditative physiological parameters with the ProCom Infiniti system. Dr. Manuel Fernandez, who at that time was doing retreats in the Himalayas, also came down to the ashram and was introduced to the lab work by Coromaldi. Then in 2007, thanks to Assal's advice, a state-of-the-art 72-channel BioSemi recording system was acquired.

In March 2008 Dr. Arnaud Delorme from France and Dr. Rael Cahn from the



USA came to visit the Meditation Research Institute for the first time and a collaborative agreement was established with them. Construction involving a soundproofed and partially electrically-shielded room was completed by October 2008.

A grant from the Bial Foundation was awarded to Dr. Delorme for the Dhyana Project at the Meditation Research Institute and in 2009 the BioSemi equipment was upgraded with a respiration belt, GSR sensors, additional EEG electrodes and caps. Testing started shortly after that with the help of Dr. Delorme's PhD student Claire Braboszcz.

Later in 2009 noted meditation/yoga researcher Dr. Shirley Telles from India joined the Meditation Research Institute as nonresident honorary scientific co-director, a position that she currently shares with Drs. Delorme and Cahn.

In January 2010 Dr. Cahn received a Francisco Varela grant from the Mind and Life Institute to expand the research program at the Meditation Research Institute into novel areas of investigating the ways that meditative practices affect the neural underpinnings of self-related processing.

4.c. Resources

Our current staff consists of a Managing Director, a Board of three Scientific Directors, three Technicians, and occasional on-site assistant researchers (so far two of them).

The Managing Director reports to the head of AHYMSIN and Swami Veda Bharati and his duties are:

- i. Manage the Institute's staff and supervise its daily needs;
- ii. Ensure quality of activities and that research is kept at high international scientific levels;
- iii. Mediate between the Board of Scientific Directors, AHYMSIN authorities, Meditation Research Institute's staff, and Ashram



- staff;
- iv. Conduct and assist in research projects (the Dhyana project plus other projects such as the Gurukulam longitudinal study and projects on silence meditation retreats, hypertension reduction and other projects with Dr. Shirley Telles), biofeedback training, and meditation tests for guests and other ashramites and visitors when technicians are not available to do them or need help;
 - v. Complete the conclusions for the meditation test reports;
 - vi. Report to AHYMSIN and Ashram authorities, including Swami Veda about the Institute's activities and projects; Train future yoga teachers on basic lab methods;

4.d. Programs Offered

We are currently offering programs in the areas of:

1. Community Services
2. Education
3. Research

4.d.i. Community Services Program

The community services program consists of training on biofeedback and testing the meditational and relaxation states. The services are the following:

1. Biofeedback training

i. Learning to lower blood pressure by working with the breath

Training to lower blood pressure with the "Resperate" device. In the first half-hour training session there is an explanation on how to use the device. Subsequent daily training sessions of 15 min each (ideally for three to four weeks) are recommended to achieve an effective reduction of one's blood pressure.

ii. Improving heart rhythm coherence

Improving heart rhythm coherence, which is a key indicator of stress as well as of a wide range of maladies, with the HeartMath's Freeze-



Framer software. The software measures heart rate variability (not just the pulse but also the rhythmic patterns of the heart beat that are more coherent or conducive to one's own physical and emotional health and harmony) and provides some games to train oneself in high heart coherence. The first session of 50 minutes duration has an explanation on how to use the software. Subsequent daily training sessions of 20 minutes each (as many and for as long as needed) are recommended to achieve heart coherence.

iii. **Improving diaphragmatic breathing**

Monitoring of one's own diaphragmatic breathing to see if it is smooth, without jerks, long, deep, noiseless, and without pauses between the breaths can be done by looking at real-time breath wave graphs. 30-minute sessions are scheduled as needed.

iv. **Reducing migraines by raising skin temperature**

Monitoring of one's own diaphragmatic breathing to see if it is smooth, without jerks, long, deep, noiseless, and without pauses between the breaths can be done by looking at real-time breath wave graphs. 30-minute sessions are scheduled as needed.

v. **Managing stress by lowering skin conductance**

This training can help reduce headaches by learning to increase the skin temperature of the hands. 30-minute sessions are scheduled as needed.

vi. **Reducing muscle tension**

This training can help reduce muscle tension in any part of the body, especially forehead and chin. 30-minute sessions are scheduled as needed.

vii. **Reducing stress by lowering skin conductance**

This training can help managing stress and tension in body and mind by learning to lower electrical conductance in the skin of the hands. 30-minute sessions are scheduled as needed.

2. Testing

i. **Diaphragmatic and chest breathing**



Diagnostic test to see to what extent one is breathing diaphragmatically and also to check if one's breath is smooth, without jerks, long, deep, noiseless, and without a pause between the breaths.

ii. Relaxation (muscle activity, heart rate, skin conductance, skin temperature, respiration amplitude and rate)

Relaxation test (muscle activity, heart rate, skin conductance, skin temperature, respiration amplitude and rate) This test checks how deeply one can relax, including the reading of muscle tension or EMG, heart beats per minute, skin conductance or galvanic response, skin temperature, volume of each breath, and number of breaths per minute.

iii. Meditation with ProComp Infiniti

Meditation test with ProComp Infiniti (EEG plus five other physiological parameters);

4.d.ii. Education Program

- i. It consists of teaching the ashram's staff and Gurukulam students who will become yoga teachers about our biofeedback and tests available so they can refer other ashramites and visitors and their future students to our lab when deemed appropriate.
- ii. Training the TTP students on basic biofeedback techniques, emphasizing the Himalayan Tradition principles of systematic relaxation and meditation, posture and breathing in either mitrasana, sukhasana or shavasana with a type of diaphragmatic breathing that is slow, deep, smooth, continuous, and noiseless.

4.d.iii. Research Program

- i. Its main goals are to document the different meditation techniques of the Himalayan traditions as currently taught by Swami Veda Bharati and to better understand meditation by studying different meditation



traditions and techniques through advanced neurophysiologic technology and methodology, which include a BioSemi 64 + 8 channel EEG device, psychophysiological sensors and software's and a sound-reduced, partially electrically-shielded

4.e. Projects on-the-roll

- i. **Gurukulam student's project** - We have completed three years of testing the ashram's Gurukulam students every 2-3 months as part of a longitudinal study to see their progress in meditation. Tests were performed using a one-channel electro-encephalography system (ProComp Infiniti) and now we are entering the data analysis stage of that project so we can publish about it in the near future.
- ii. **Dhyana (Advanced Meditator Attentional Study) Project** - We are part of an international research project started by Dr. Delorme and Dr. Cahn and Dr. Delorme's graduate students and assistants to compare attentional and affective states, among other things, of advanced meditators coming from diverse Hindu and Buddhist traditions. Our Meditation Research Institute serves as the main site for the acquisition of the data. Experiments are being performed with the 72-channel BioSemi electro-encephalography system.
- iii. **Silence project** - We are comparing the brain activity before and after silence retreats that go from a few weeks to several months of duration. Data is being gathered with both BioSemi and ProComp Infiniti EEG systems.
- iv. **Pulse rate project** - Together with Dr. Shirley Telles from Patañjali Yog Peeth, we are planning to start a study that will compare the pulse rate of people before and after meditation and see how their meditation practice helps them over a period of time to reduce their high pulse rates into a more relaxed and healthy range.
- v. **Hypertension-reduction project** - We are about to start a project together with Dr. Shirley Telles from Patañjali Yog Peeth on sitting posture, breathing, systematic relaxation, and multimodality



- biofeedback (heart rate variability and skin temperature) for the reduction of chronic high blood pressure (hypertension).
- vi. **Depressive-state-reduction project** - We are planning to start a study of the effects of meditation on the reduction of depressive states, together with Dr. Prabhu from Grenoble University in France.

4.f. Meditation Research Institute Strategy

1. Effective Communication Strategy

- i. Our first strategy for this project is to create an effective communication with the Ashram's and HYT's programs in India and overseas, to contributing to heightened levels of body/mind awareness thus developing the teaching and technology of the Himalayan Tradition while providing a financial contribution to AHYMSIN as we continue to grow and obtain grants and extramural financial support. In this project we are in constant contact with most areas of SRSR such as AHYMSIN, Mandala Office, Teacher Training Program, Gurukulam, Public Relations, Tourism Services, Publications, Manuscripts, Library, and Records, Internet Networks, and so forth. *In a Nutshell, How are We going to Establish this Communication*
- a. **AHYMSIN Department** – This department provides us with financial support for equipments, staff salary and maintenance and guides the Managing Director on how to proceed for large-scale, long-term plans and projects.
 - b. **Mandala Office** – It is the first door, the reception to Ashram. All guests come first there, where they are given brochures and information about our Ashram and the Meditation Research Institute and are invited to an orientation to the lab during the first days of their stay at the Ashram.
- ii. **Teacher Training Program** - Here people come from the all over the world to learn from the Himalayan Yoga Tradition and its yoga/meditation techniques for physical, mental, and spiritual wellbeing. Manuel Fernandez teaches for the TTP program a class on biofeedback methods. He is currently getting TTP certification so he can teach biofeedback courses for HYT-TTPs in India and overseas. During his lectures Manuel Fernandez motivates TTP students to come the



Institute, where they are offered testing and training.

iii. **Gurukulam Department** - The Gurukulam Department sends Gurukulam students to train on biofeedback and lab techniques at our Institute, so these students later when they become yoga teachers can better refer their own students to these lab techniques and trainings if needed. Also this department together with Mandala does the time schedule for Ashram's guests, which includes a tour and an orientation to the Meditation Research Institute during the first days of the guests stay at our Ashram. It is important that both the tour and orientation are held during the first days of stay at the Ashram, as in the past many guests have not been able to benefit from the Institute's services because they have learned about the lab too late during their stay.

iv. **Public Relations** – We give orientations to the guests and visitors who come to our Institute, explaining them our upcoming projects and offering them good service and hospitality. We have been interviewed twice for the Hindustan Times and the interviews have been published, positively contributing to the overall Himalayan Tradition's, AHYMSIN's, and Ashram's image to society.



Additionally, this year new leaflets about the Meditation Research Institute were released in English (5,000 copies), Spanish (1,000 copies), and Hindi (1,000 copies).. Thanks to Peter Nazran and Pierre for their help.

A new booklet on the Himalayan Yoga Tradition for an upcoming workshop in Delhi has been produced and sent. Thanks to Peter Nazran



and Jelle.

- v. **Tourism Services** - This area is still opened to be explored, but it could include, among other things, visits to the places of the yogis from different traditions that the Meditation Institute has contacted for the Dhyana project. The lab itself can also be a site of tourist exploration, in which tourists can have a brief orientation about biofeedback and yoga/meditation research and then get to practice with some of the biofeedback devices.
- vi. **Publications Department** - In the next two to three years we expect a series of publications on the findings of the researches conducted at the Meditation Research Institute. Perhaps some of these articles, in a simplified form, could be gathered as an anthology and published by our Publications Department.
- vii. **Manuscripts, Library, and Records** – We have used the resources available at the Ashram’s library to develop our research projects—for example, the hypertension-reduction project—and expect to continue using those resources as we continue developing our projects. Likewise, the Meditation Research Institute houses the Meditation Research Library, which consists of most of the books and articles on meditation and biofeedback, brain, and physiology that Swami Veda has collected over the years. We are as well subscribed (through Swami Veda’s personal subscription) to Yoga Mimamsa journal among other publications and continue to enrich our library and files through book donations to Swami Veda and also through files sent to us via email.
- viii. **Internet Networks** – We are actively engaging the Ashram’s Internet Networks as we heavily rely on online work for our projects and networking. For information about our community services and education programs, people can see the AHYMSIN website’s link on the Meditation Research Institute:
<http://www.ahymsin.org/main/index.php/Meditation-Research-Institute/>. For information on our Dhyana project, interested people can explore the website set up by Dr. Arnaud Delorme and Dr. Rael Cahn: www.meditationresearchinstitute.org. For any other online inquiries, we can be contacted by e-mail at mrilabrsrg@gmail.com. or



at the staff's personal email addresses.

2. Improving building infrastructure strategy

- i. Another important strategy for our project is to improve our building infrastructure, as explained above. If we move to an Ashram duplex cottage, such as twin cottages 20 and 20A, then work will be minimal, quick, and cheaper, as we will only need to build a door between the two cottages in the dividing wall and refurbish one of the rooms to make it soundproof. If we decide to build a new building altogether or refurbish the storage rooms by the mango tree near one of the Ashram's exits, then the work will take much longer to be accomplished and it will require much more money. To get that money we may first have to rely on AHYMSIN's / DMT's help. Later on we might be able to rely on some private donations, and also on grants, when available. All grants we have approached so far do not fund construction initiatives, but we will continue looking for some that may fund construction as part of a research project that needs better infrastructure to be carried out.

4.g. Meditation Research Institute – Road Map

The Meditation Research Institute's will continue its efforts towards offering community services, education, and research as follows:-

Non-medical, non-invasive interventions: Biofeedback is a safe, powerful, and drug-free intervention. It is a learning process which helps us to gain control of our body's responses to stress, anxiety, physical tension and sensory stimuli.

Body Awareness: One of the primary functions of biofeedback is the "mirroring" effect of sending back information about oneself that would otherwise be difficult to acquire. Biofeedback returns physiological information to us that was otherwise not readily accessible without the assistance of the instruments. With biofeedback training, a person may be able to effect change upon body areas that previously were not under volitional control.

Developing the Himalayan Tradition teaching mission and its technologies: We are working toward enriching the Himalayan Tradition teachings and



technologies by documenting them with new scientific findings and insights.

Open a new opportunity: We have one of the best instruments in India for EEG research, the best instruments in India for biofeedback training, a friendly staff, a great spiritual environment, and high level of research being conducted at our Institute, so people are feeling compelled to approach us for personal assistance or to establish collaborative research work.

Increase our profitability: If we continue growing and contacting and enrolling people and resources for our projects and as our publications begin to appear we will become more profitable in many ways (through some direct sources, like getting grants or more paying visitors to our lab, and some more indirect sources, like attracting sponsors and donations to AHYMSIN and the Ashram).

Attract the best employees: We can attract the best employees because of the appropriate setting for relaxation and meditation projects and trainings we have, and our excellent equipment and friendly staff, as mentioned above. But we first have to increase the salaries of our employees. With low, non-competitive salaries it will be very difficult to maintain good-level employees at the Meditation Research Institute. Also, to attract the best employees we need to improve our infrastructure, as mentioned above.

To promote our Ashram: This has been explained above. The promotion of our Ashram will occur through lectures about the Meditation Research Institute given locally and internationally, courses given at TTPs locally and internationally, services offered in other Rishikesh and India/world sites, services given to guests and visitors, and our upcoming publications, among other things.

To summarize:

- i. We will continue developing our three programs (community services, education, and research), as explained above.
- ii. We will continue working on three research projects: the Dhyana, Gurukulam, and Silence projects. Soon we will start three more projects: Pulse rate, Hypertension reduction, and Depressive state reduction projects.
- iii. We will start publishing the results of our research in the next two to three years.



- iv. We will move our lab to a larger building with at least six rooms (one soundproofed) and two bathrooms (possibly twin cottages 20 and 20A or otherwise a new or refurbished building).

4.h. Meditation Research Institute – Scientific Board Of Directors’ List of Publications (Selected)

1. Dhyana Project Researchers:

- i. Cahn, R., Delorme, A., Polish, J. (2010) Occipital gamma activation during Vipassana meditation. *Cognitive processing*. 11(1):39-56. [PDF](#), [Pubmed link](#).
- ii. Braboszcz, C., Hahusseau, S., Delorme, A. (2009) Meditation and Neuroscience: from basic research to clinical practice. In "Integrative Clinical Psychology, Psychiatry and Behavioral Medicine: Perspectives, Practices and Research". Editor: R. Carlstedt. Springer Publishing. [PDF](#), [Amazon link](#).
- iii. Cahn, B. R. and J. Polich (2009). "Meditation (Vipassana) and the P3a event-related brain potential." *International Journal of Psychophysiology*, 72(1): 51-60. [PDF](#), [Pubmed link](#).
- iv. Cahn, B. R. and J. Polich (2006). "Meditation states and traits: EEG, ERP, and neuroimaging studies." *Psychol Bull* 132(2): 180-211. [PDF](#), [Pubmed link](#).
- v. Cahn, B. R. (2007). Neurophysiologic Correlates to Sensory and Cognitive Processing in Altered States of Consciousness. Neuroscience department. San Diego, UCSD. Ph.D: 294. [PDF](#).

2. Conference abstracts:

- i. Braboszcz, C. and Delorme, A. (2009). Lost in Thoughts: an EEG study of Mind-Wandering, Thirteenth International Conference on Cognitive and Neural Systems, May 27-29, Boston (MA, USA).
- ii. Cahn, R., Delorme, A. and Polich, J. (2009). Time Frequency Analysis of Meditation During Oddball Processing: Theta, Alpha, and Gamma Findings, Cognitive Neuroscience Meeting, March 21-24, San Francisco (California, USA). *Journal of Cognitive Science supplement*, A5.
- iii. Delorme, A. and Hahusseau, S. (2009). Meditation and emotion exposure, SRS, Meditation and Pain Management International Conference, Feb 22-27, Rishikesh, India.
- iv. Delorme, A., Westerfield, M. and Makeig, S. (2005). Neural dynamics of thought-full



versus thought-free responses in orbitofrontal cortex, CalTech, Pasadena CA, June 24-27, 2005.

3. Hypertension-reduction and other projects under Dr. Shirley Telles' supervision:

The Year 2009

1. Telles, S. (2009). Practicing yoga postures possibly increases relaxation and reduces anxiety. *Medical Science Monitor* [In Press].
2. Telles, S., Gaur, V., and Balkrishna, A. (2009). Effects of a yoga practice session and a yoga theory session on state anxiety. *Psychological Reports* [In Press].
3. Kumar, S., and Telles, S. (2009). Meditative states based on yoga texts and their effects on performance of a cancellation task. *Perceptual and Motor Skills*, 109(3): 1-11
4. Subramanya, P., and Telles, S. (2009). Performance in psychomotor tasks following two yoga based relaxation techniques. *Perceptual and Motor Skills*, 109: 1-14.
5. Telles, S., Singh, N., and Joshi, M (2009). Risk of posttraumatic stress disorder and depression in survivors of the_Bihar floods. *Indian Journal of Medical Sciences*, 63(8): 330-33.
6. Telles, S., Naveen, K.V., Balkrishna, A. and Kumar, S. (2009). Short term impact of a yoga program on obesity. *Medical Science Monitor*, [In Press].
7. Patra S., and Telles S. (2009). Heart rate variability during sleep following the practice of cyclic meditation and supine rest. *Applied Psychophysiology and Biofeedback*, [In Press].
8. Subramanya, P., and Telles, S. (2009). Effect of two yoga-based relaxation techniques on memory scores and state anxiety. *Biopsychosocial Medicine*, 3(1): 8-12.
9. Subramanya, P., and Telles, S. (2009). Changes in middle latency auditory evoked potentials following two yoga based relaxation techniques. *Clinical EEG and Neuroscience*, 40(3): 190-195.
10. Patra, S. and Telles, S. (2009). Positive impact of cyclic meditation on subsequent sleep. *Medical Science Monitor*. 15(7): CR375-81.
11. Telles, S., Naveen, K.V and Balakrishna, A. (2009). Use of Ayurveda in promoting dental health and preventing dental caries. *Indian Journal of Dental Research*, 20(2): 246.
12. Joshi, M. and Telles, S. (2009). A nonrandomized non-naïve, comparative study of the effects of kapalabhati and breath awareness on event- related potentials in trained yoga practitioners. *Journal of Alternative and Complementary Medicine*, 15(3): 281-5.
13. Joshi, M. and Telles, S. (2009). Effect of four voluntary regulated yoga breathing techniques on grip strength. *Perceptual & Motor Skills*, 108: 1-7.



14. Telles, S., Dash, M. and Naveen, K.V. (2009). Effect of yoga on musculoskeletal discomfort and motor functions in professional computer users. *Work*, 33: 1-10.
15. Telles, S., Raghuraj, P., Arankalle, D. and Naveen, K.V. (2008). Immediate effect of high-frequency yoga breathing on attention. *Indian Journal of Medical Sciences*, 62(1): 20-22.
16. Telles, S., Patra, S., Montesoo, S., and Naveen, K.V. (2008). Effect of yoga on somatic indicators of stress in healthy volunteers. *Journal of Indian Psychology*, 26(1&2): 52-57.
17. Joshi, M., and Telles, S. (2008). Immediate effects of right and left nostril breathing on verbal and spatial scores. *Indian Journal of Physiology and Pharmacology*, 52(2):197-200.
18. Raghuraj, P. and Telles, S. (2008). Immediate effect of specific nostril manipulating yoga breathing practices on autonomic and respiratory variables. *Applied Psychophysiology and Biofeedback*, 33(2):65-75.
19. Krishnamurthy, M. and Telles, S. (2007). Effect of yoga and an ayurveda preparation on gait, and mobility in older persons. *Medical Science Monitor*, 13(12): LE 19-20.
20. Telles, S. Nagesh Shreevidya and Naveen K.V. (2007). A comparison of the bilateral elbow joint position in yoga and non-yoga practitioners. *Journal of Indian Psychology*, 25: 1-5.
21. Padmasri, G. and Telles, S. (2007). Frontalis EMG amplitude during relaxation changes during yoga relaxation based on initial levels. *Journal of Indian Psychology*, 25: 16-23.
22. Telles, S., Puttige, R. and Kalkuni Visweswaraiyah, N. (2007). An Ayurvedic basis for using honey to treat herpes. Comment to: Topical honey application vs. acyclovir for the treatment of the recurrent herpes simplex lesions. *Medical Science Monitor*. 13(11): LE17-17.
23. Telles, S., Naveen, K.V. and Dash, M. (2007). Yoga reduces symptoms of distress in tsunami survivors in the Andaman Islands. *Evidence-based Complementary and Alternative Medicine*, 4(4): 503-509.
24. Telles, S., Raghuraj, P., Maharana, S. and Nagendra H.R. (2007). Immediate effect of three breathing techniques on performance in a letter cancellation task. *Perceptual and Motor Skills*, 104(3 Pt2):1289-1296.
25. Krishnamurthy, M.N. and Telles, S. (2007). Assessing depression following two ancient Indian interventions: effects of yoga and ayurveda on older adults in a residential home. *Journal of Gerontological Nursing*, 33(2): 17-23.
26. Sarang, S.P and Telles, S. (2007). Immediate effect of two yoga-based relaxation techniques on performance in a letter cancellation task. *Perceptual and Motor Skills*, 105(2): 379-385.
27. Telles, S., Dash, M., Manjunath, N.K., Deginal, R. and Naveen, K.V. (2007). Effect of yoga on visual perception and visual strain. *Journal of Modern Optics*, 54(9): 1379-1383.



28. Manjunath, N.K. and Telles, S. (2006). Pulmonary functions following yoga in a community dwelling geriatric population in India. *Journal of Indian Psychology*, 24(1): 17-25.
29. Manjunath, N.K. and Telles, S. (2006). Therapeutic application of a cold chest pack in bronchial asthma. *World Journal of Medical Science*, 1(1): 18-20.
30. Naveen, K.V. and Telles, S. (2006). Psychophysiological effects of colored light used in healing. *World Journal of Medical Science*, 1(1): 21-23.
31. Sarang, S.P and Telles, S. (2006). Cyclic meditation – a moving meditation –reduces energy expenditure more than supine rest. *Journal of Indian Psychology*, 24(2): 44-51.
32. Telles, S., and Naveen, K.V. (2006). Effect of yoga on somatic indicators of distress in professional computer users. *Medical Science Monitor*, 12(10): LE 21-22.
33. Sarang, S.P., and Telles, S. (2006). Changes in P300 following two yoga relaxation techniques. *International Journal of Neuroscience* 116(12): 1419-30.
34. Telles, S. and Visweswaraiiah, N.K. (2006). Comments to: Health realization/Innate health: Can a quiet mind and a positive feeling state be accessible over the lifespan without stress-relief techniques? *Medical Science Monitor*, 12(6): 13.
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Contributed by - Manuel Fernandez and his team



5. Go Shala at SRSR Campus

Objective and Future Plan

Spiritual Guide, Swami Veda Bharati addressed concerns raised in Go-Shala. He said;

“In working with cultures, a person and a group needs to understand the sentiments in the culture (which international monetary fund, world bank etc. fail to do). Practical decisions then:-

- (1) Need to be fitted within that sentiment and
- (2) Communicated in that sentiment

For five thousand years, it has been a deep rooted sentiment in the Vedic-Hindu civilization, in which we are operating in India, that the presence of Mother (Ganga, Go-mata and other manifestations) is a presence of grace and blessing.

The cows here are sent out to wander in the morning, unescorted; and come back home in the evening. (Oh, but their swallowing plastic is a horror story)

People here have a personal relationship with these children of God.

One day I was walking on the *bund* outside our (Swami Rama) Ashram. A lady was also returning from her walk or an errand. The milch-buffalo in the ashram next to us was truly anxiously waiting for her. She said from the top –“yes, yes, go to your place; I am coming”. The buffalo was so excited to see her back that she jumped around like a dog. It was an incredibly fulfilling sight, to see this relationship between two creatures of God.

The go-mata is not kept for milk but first for the Presence and then the milk. For example, I do not find the smell of go-shala in the meditation hall offensive; it generates all kinds of sentiments in me.



It is in the context of that sentiment that we need to communicate our decisions”

He further adds – “No one is asking my opinion about the go-shala. All sorts of emotions are generated.

On my own initiative, I have requested Swami Chetan Bharati to convey to Sukhmeet that there will not be more than 15-16 cows.

Selling the ever-milk-giving mother, a sentient being, is against Swamiji’s conscience. When more cows are born, we will donate them to other ashrams.”

Contributed by – Swami Veda Bharati



5.a. Go Shala Inventory

Sl.No	Name of the item	Nos	New	Old
1	Cows	8		
2	Young Calves(F)	3		
3	Young Calve (M)	1		
4	Small Calvs	5		
5	Grass Cutting Meshin	1		Old
6	Meshin Motor (Grass Cutting)	1		Old
7	Steel Drum	2		Old
8	Water Pipe (Plastic)	1		Old
9	Steel pot	12		Old
10	Woden Net for straw cleaning	1		Old
11	Plastic Pot	3		Old
12	Balti (Steel Bockets)	3		Old
13	Milk Drum	1		Old
14	Majoring Cup (1 liter)	1		Old
15	Majoring Cup (1/2 liter)	1		Old
16	Silver vessel	1		Old
17	Coper vessel	1		Old
18	Steel teen	1		Old
19	Iron tob	1		Old
20	Plastic tob	2		New
21	Electric Heter	2		Old
22	Wooden Box to feed grass	1		Old
23	Music System	1		Old
24	Fans	2		Old
25	Wooden self	1		Old
26	chairs	4		old
27	wire plaire	1		old
28	wire cutter	1		old
29	hammer	1		old
30	hand hoe	10		old
31	trolly to carry dung	1		old
32	spade	4		old
33	bed	2		old
34	pathal(wood cutter)	1		old

Contributed by – Swami Sukhmeet



6. AHYMSIN Audio, Video and Photography Dept.

In 2010, the Audio, Video and Photography Department carried out the following activities:-

1. Maintain archives:-
 - a. Photographic
 - b. Audio
 - c. Video
2. Translation
3. Graphic design for AHYMSIN and SRSG
4. Film Video and Photographic events, Programmes AHYMSIN - SRSG.
5. SVB booklet design
6. SVB book design
7. Support AHYMSIN and SRSG office
8. Painting blocks 1 and 2 SRSG campus

In 2011, a basic outline of production and activities done and still undergoing. The department will undertake following projects/activities

1. AHYMSIN Brochure
2. SRSG Brochure
3. SRSG Travel Brochure
4. Meditation Research Institute Lab Brochure
5. AHYMSIN Yoga for wellness Brochure
6. Various Designs and prints for Swami Veda Bharati Invitations and mail outs
7. 2013 Design card
8. Siva Sutra filming, Archiving and editing
9. Yoga Nidra filming, Archiving and editing
10. SVB Siva Sutra 19 dvd edits
11. SVB Yoga Nidra filming Recording, editing and production
12. Ashutosh Sharma Extended Hatha Yoga Filming Editing and production
13. Ahymsin Intro 3minute video editing and shooting, Production and you tube transfer
14. SRSG Website production



15. All Photographic shooting and Archiving
16. All video shooting, Archiving, editing and production
17. Training Staff in Ahym sin office, Back-up and Support
18. Basic Back up and support IT Computers
19. SVB Book and Booklet Design
20. SRS G general Graphic design work

Contributed by – Peter Nazran



7. AHYMSIN Outreach Programs

1. The Outreach Programmes within India are taking off.
 - i. AHYMSIN has successfully conducted Yoga camps
 - ii. Made presentation to the Corporation
 - iii. Discussions are on with a leading Medical college in Uttarakhand
 - iv. Introductory sessions conducted at a School in Greater Noida

2. Soon there will be many AHYMSIN centres in India.

Outreach program and new centers in India will take time to mature.

In the meanwhile we need to have a pipeline of teachers. There are not enough teachers to fulfil the demands.

- **Need more teachers**
- **Need Indian initiators**

Contributed by – Swami Veda Bharati
Additions by - Sadhana Mishra



7.a. One day Yoga Meditation Camp – Sri Krishna Industrial Training Institute; Dehradun; India

The outreach department organized a one day yoga meditation program in Sri Krishna Industrial Training Institute in Dehradun on 11th December 2010.

The organizer, Sri Raviji, who is also the owner of ITI, came himself to Swami Rama Sadhaka Grama (SRSG) and transported the teachers. Sri Raviji has come to SRSG ashram many a times and has brought his groups two times for yoga camps.

He is inspired by the Himalayan Tradition, and he is willing to inspire other students so that they help themselves and society. Raviji suggested that we make a curriculum for the students for their physical, moral and spiritual growth.

In the service to Gurudeva, yoga camp was successfully conducted. The curriculum of the camp included “Basics of meditation” and “Joints and glands.” There was also a lecture on “Yoga for Students”. About 25 students and teachers participated in the first class. They were inspired, and they understood the necessity of yoga and meditation in their life.

This effort has culminated into our permanent place of teaching where SRSG students will go once in a month to help the ITI students and in the process gain the experience of teaching.

Dehradun is the capital of the Himalayan State of Uttarakhand in which Rishikesh is a holy town. Dehradun is also Swami Veda Bharati's birth place and the city where KHEL operates.

Contributed by – Vishnu Prasad Panigrahi



7.b. Himalayan Yoga Meditation Seminar, Ranchi; India

Sri Bankat Garodia sponsored a yoga meditation seminar at Chinmaya mission Ashram, Ranchi, India, 28th Dec to 31st Dec 2010 with Pandit Vishnu as the teacher of the program, that included practicums of the basics of meditation, joints and glands, hatha yoga, pranayama, and preparation for yoga nidra. There were also theory classes on Yoga in Daily Life, Science of Breath, and Emotional Purification.

The purpose of this outreach programme:

1. To get experience
2. To train about 200 people
3. To plant a seed for the future
4. To start a centre
5. To spread Himalayan Yoga Tradition teachings in India
6. To improve the quality of our teachings
7. To give opportunity to the Gurukulam students for teaching



Pandit Vishnu reached Ranchi on 27th December and stayed in the host's house. It was a wonderful visit, very friendly. In the evening Pandit Vishnu went to the venue with Sri Bankat Garodia. They bought more than one hundred blankets for sitting. It was a very big and beautiful hall of Chinmaya ashram.

Next day on the first day of the camp Swami Madhavananda welcome Pandit Vishnu. He was the one of the instructors in Siddhabadi ashram. Now he has been running the Ranchi centre for 4 years. He inaugurated the camp and also attended some of the classes. He was also inspired and said to come every year.

On the first day, Pandit Vishnu taught basics of meditation. It was a wonderful class for them. They have translated the basic out line handout that Pandit



Vishnu took into Hindi. He gave 4 handouts regarding nadi-sodhanam, joints and glands, basic class, and 2 minutes meditation.

This is the first meditation camp in Ranchi in this way. People were more interested in meditation than other forms of yoga because they are practicing asanas and pranayama. But when Pandit Vishnu taught Yogasana and pranayama, they felt that they did not know that also what they felt they had known. Pandit Vishnu told them his purpose was not to convert, but to help in their practice. Many want to connect with us, and they want to continue the practices in their lives. They are very eager to meet Swamiji and see our ashram. Many people have already started doing 2 minutes meditations many times, mainly before every meal.

They have learnt how to eat, how to sleep, how to walk, how to do each and every activity. Some said life had changed in these 4 days of program. Some said they have received a new dimension in life.



You will be happy to hear one thing about their experience. Some people saw the light in the forehead, some felt pranic vibration in the whole body. Some felt their body were lifting up, some felt the whirlpool of energy in the heart centre.

Shashiranjana Jaiswal ji described how much inspiration he got. He is the close devotee of Swami Niranjana nanda whose home he stays in sometimes. He said he has had many experiences with many gurus and he has learned from many traditions, but what he got from our tradition it is unique for him. He told me to stay with him when I come next time.

The last day the host distributed the envelopes to the participants for Guru dakshina, which was generous enough to cover all the expenses incurred in this project as well as provide a donation to the ashram.

In addition, they bought a number of our books and expressed the desire for our books to be in Hindi. Most of our books are not available in Hindi, but



“Sadhana” is. Pandit Vishnu offered 10 Hindi books of Living with the Himalayan Masters to the organizers.

News of our program appeared in many newspapers.

The host took Pandit Vishnu to many spiritual and beautiful places there in Ranchi. His new car was always available for me to go anywhere.

Pandit Vishnu went to Yogada Society, the international centre founded by Paramhams Yogananda. It is a very nice place like Sadhana Mandir, vibrated by His energy. Many foreigners were there to practice. Pandit Vishnu gave a Living with the Himalayan Masters book to the main Swami of Yogada Ashram as a gift. He said he had already read it and he had heard about Swami Veda. He is one of the family relatives of Pandit Rajmani Tigunait.



Pandit Vishnu gave a Living with Himalayan Masters book to Swami Madhavananda. He was so happy and wants to come to our ashram in June. He has opened the door of his ashram forever. The trustees wanted to have the regular class of meditation and yoga there. From the next day the yoga classes have been going on regularly in Chinmaya

mission ashram. SO in one way our centre there has already started, and we just need to water this seed to make it a tree.

Pandit Vishnu felt it was a very successful camp and hope in the blessings of Gurudeva we will teach the tradition all over the world.

Contributed by – Vishnu Prasad Panigrahi



7.c. Children's Yoga: Himalayan Yoga Classes in Sevashram School, Jharsuguda; India



Vishu held classes for the children in Sevashram School, Tareikela, Jharsuguda.

This is his village where he studied and received primary education. He loves to be there to share yoga teachings with the teachers and students alike.



Contributed by – Vishnu Prasad Panigrahi



7.d. Children's Yoga: Himalayan Yoga Classes in Saraswati Shishu Mandir, Tareikela; India



On 1st January, Vishu along with his family members had a **Yoga Party - Picnic** with spiritual practices.

On 5th January, classes were conducted at Saraswati Shishu Mandir. There is an ashram named as

Ananda Nilayam that was started by an uncle of Pandit Vishu more than 10 years ago. Pandit Vishnu was also involved in organization of this ashram. Currently, Saraswati Shishu Mandir has residential and non- residential schools running. All the students were happy in the yoga classes and in meeting Pandit Shivananda from Poland.



Contributed by – Vishnu Prasad Panigrahi



7.e. Lecture on “Live to die peacefully” Bandbahal Town; Odissa

Pandit Shivananda and Vishnu Pr. Panigrahi delivered lecture on 4th January at Bandbahal Town, Odissa on “Live to die peacefully”.



The first day of Pandit Shivananda in Orissa started with spiritual discourse. People were very happy to have his presence and were inspired with his Hindi talk on spirituality. About 40 people attended the programme followed by dinner.



Contributed by – Vishnu Prasad Panigrahi



7.f. Seminar in ethics and human values by UGC

In this seminar three people from our ashram participated. Pandit Shivananda, Vishu and Pierre Lefebvre.

On the first day Pandit Shivandanda's first discourse inspired many, touching their hearts. People became friendly with him in a very short time. All the scholars were speaking in English and wearing western clothes. They saw a westerner speaking in Hindi and wearing Indian clothes.



The next day Pierre wore dhoti/kurta and started the technical session in Hindi. He spoke on the first ethics to be an Indian truly. All the professors and scholars and students were inspired. After that, no



body spoke in English; all spoke in Hindi and the local language Oriya. Because of Shivananda and Pierre this seminar became an international seminar.



In this college, Pandit vishu has established the yoga department. Time to time yoga meditation classes are conducted on a regular basis. Four professors, including the Principal, were trained in our ashram, Swami Rama Sadhaka Grama and also applied that training in their classes.

The college paid for AC train fare and two days hotel cost. This seminar was for two days on 7th and 8th January 2011. In the evening of 8th all three went to Nav Prabhat Ashram founded by Sri Bhagabandevji.

Contributed by – Vishnu Prasad Panigrahi



8. AHYMSIN Charities and Community Service

8.a. Kumbh Mela 2010

The Kumbha Mela, the most sacred of all the Hindu pilgrimages, culminated on April 14th in the sacred *Maha Kumbha Sahi Snan* – the royal bath. Thousands of holy men and women (mahamandaleshwaras, monks, saints and sadhus) in addition to the pilgrims who journeyed from villages far and wide in India, gathered to take a dip in Mother Ganga on this most auspicious of days. For the past month or so, millions of people have journeyed to Haridwar for the Kumbh Mela. In addition to the major event of the ritual bath, other activities include religious discussions, devotional singing, mass feeding of holy men and women and the poor, and religious assemblies where doctrines are debated and standardized.



Swamiji's article on "Going on a Pilgrimage" in The Times of India dated 9th April, 2011 well coincided with the big event "Kumbh Mela 2010".

Swamiji being Mahamandaleshwara, disposed off his duties by participating in the Kumbh Mela and organizing a Bhandara for all at Rishikesh.

Contributed by – Sadhana Mishra



8.b. Divya Prem Sewa Mission Project



A new Sewa Project was started by sadhakas at SRSB on 3th August 2010. The project enjoyed the support of Mr. Rajah Indran (Ahymzin Global Executive Director) and Ms Jackie Hsu.

There is a residential school named Vande Mataram Kunja, located in Ganga Bhog Pur Village, about 6km from SRSB. At the school there are 200 children, ages 5-16. Their families are very poor and some are affected by the disease of leprosy. The children come from thirteen different states in India. They are looked after by the Divya Prem Sewa Mission.

A group of ashramites went there and organized a satsang. Brahmachari Sukru Chaitanya delivered a small inspirational talk to the small children. Geeta and Swami Sukhmit sang bhajan and kirtan, making a spiritual and joyful atmosphere. All the children were very happy with this concert.

After the Satsang, the sadhakas served prasadam to all. We donated a bhati (gas stove) which is very much needed by them. The inspiration and support of our Guru lineage guided us and strengthened us along this path.



Contributed by – Adhikari Bhoi and Br.Sukru Chaitanya



8.c. Project Neem Plantation

Project Neem Plantation has been undertaken by Himalayan Yoga Meditation Association, Ludhiana as humble service and thanksgiving to Mother Earth. Neem is selected for its varied health benefits. The Association aims to develop an exclusive Neem Nursery so as to make its plantation, a regular feature.

For further details, please visit:

<http://www.facebook.com/pages/Himalayan-Yoga-Meditation-Society-Ludhiana/127910867225147>

Contributed by – Carolyn Hume



9. AHYMSIN New Initiatives 2010

9.a. Celebrate your Birthday or initiation

WHAT IS A BHANDARA?

- Swami Veda Bharati

People of all ancient cultures have the concept of 'food as a worship offering'. It is one of the commonest expressions of 'sacredness' in India. It is known by different names in different parts of the country. It comes under the category of *punya-arjana*, 'earning good karma'. In a country like Thailand where thousands of monks may be fed, the English translation for this category of acts is 'merit-making'. Not merry-making but 'merit-making'.

Our friends and members outside India (or outside the ancient culture areas of Asia, Africa) need the explanation below.

The Sikhs, for example, have a 24-hour 'langar' in their gurudwaras (the Sikh temple, literally 'Guru's Gate') where anyone may come and eat. In the World Parliament of Religions that I attended in Barcelona in 2006, the Sikhs had established a 'langar' in a large seaside space where thousands of Parliament participants ate three times a day. Recently when Heathrow airport in London was snowed under and thousands were stranded, the Sikhs established a 'langar' to distribute food and drink to the passengers.

At all sacred, festive and sorrowful occasions, people are fed in a worship context and form.

It has to be borne in mind that this is not a 'social' celebration, but a worship offering to God whose "temple you are". It is done with that sense. For the purpose of bhandara, that worship attitude, mood and mien is maintained. The yajamana (one offering the worship) chooses to serve the food to the entire line of 'human deities sitting in a line' with the help of others. If s/he cannot be present, those who serve do so on his/her behalf.

Many Ashrams in Rishikesh and Haridwar depend entirely on the concept of daily bhandara offerings by the devotee members.

A bhandara offering is made, just a few examples here,

- To commemorate the dear departed ones
- To celebrate a wedding or a birthday

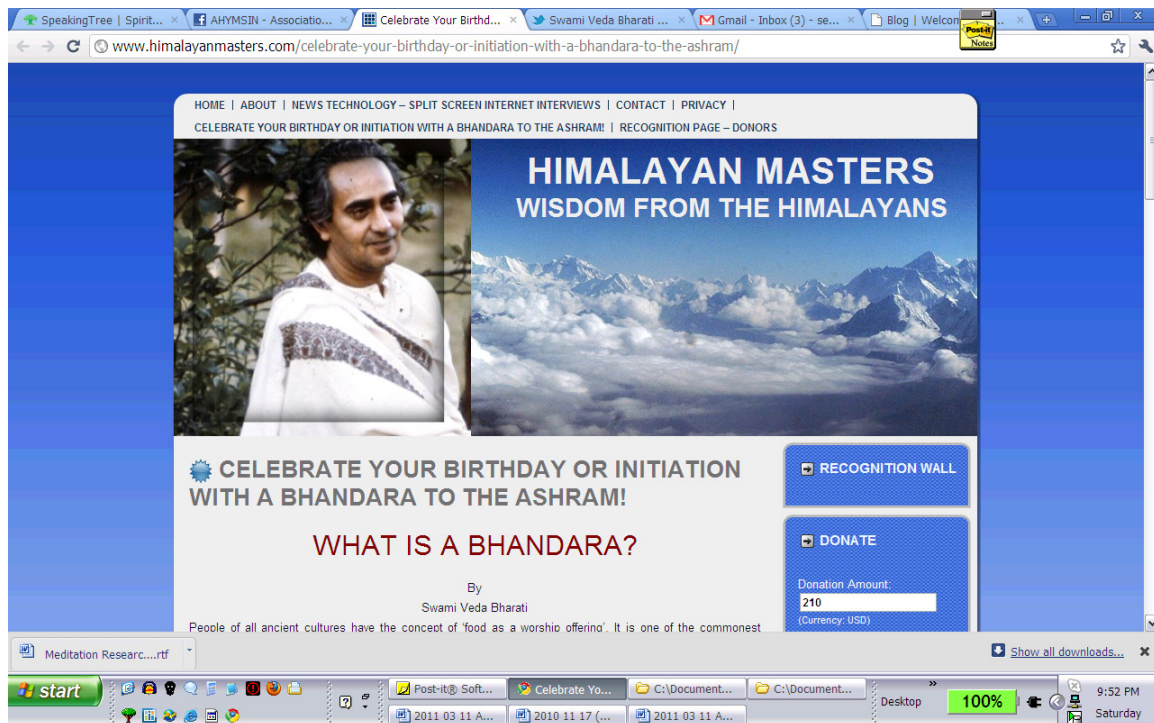


- To celebrate one's initiation anniversary
- To complete 40-or-such days of silence
- On guru-purnima or any other sacred day
- At the end of, or even every day throughout, a purashcharana by fire offerings
- And so on.

We are now encouraging all our members and friends to offer a bhandara to the Ashram on their birthdays or initiation anniversaries.

In the western countries (and some modernized levels of Indian society nowadays) a person celebrating a birthday receives gifts; in India s/he gives gifts. The kings and other well-to-do people would often do *tulaa-daana* (literally 'scales donation'). One gets oneself weighed on the scales, oneself sitting on one pan of the scale, and the other pan filled with grains, coins, silver, gold or even gems – whichever of these one can afford. These, equal to one's weight, are distributed to the poor, needy or the sacred personages.

For further details please visit: <http://www.himalayanmasters.com/celebrate-your-birthday-or-initiation-with-a-bhandara-to-the-ashram/>



Contributed by – Swami Veda Bharati and Carolyn Hume



9.b. Interactive Knowledge Dissemination on a virtual platform

The purpose of AHYMSIN is to teach and make available, by all legally permissible means, the knowledge of yoga meditation within the Tradition of Himalayan Masters, as interpreted by Swami Rama of the Himalayas.

One of the mediums that is emerging strongly for knowledge dissemination is the internet and networking websites. With boundaries becoming irrelevant in the virtual world, not only knowledge dissemination has become a lot easier and organizations have become more accessible and responsive.

AHYMSIN made significant progress to reach out to the seekers virtually.

The following networking sites have been launched in 2010:-

1. <http://ko-kr.facebook.com/group.php?gid=337565598059&v=wall&ref=mf>
2. <http://www.swamivedablog.org/>
3. www.speakingtree.in
4. <http://twitter.com/swamiveda>

Cont/d.....



9.b.i. Launch of AHYMSIN facebook in Feb 2010

<http://ko-kr.facebook.com/group.php?gid=337565598059&v=wall&ref=mf>

The purpose of AHYMSIN facebook account is to share experiences, experiments, reading materials, images, events in this community of free minds who are spiritually, socially and scientifically engaged in life. People who care for progress through selfless and skill full service to others.

AHYMSIN facebook account has facilitated coming together of a network of people with different cultural backgrounds and from different countries who recognize the existence of a mind-field that unifies all beings in our multiverse, as taught by the Lineage of Masters from the Himalayas through H H Swami Rama.

An Illustration:

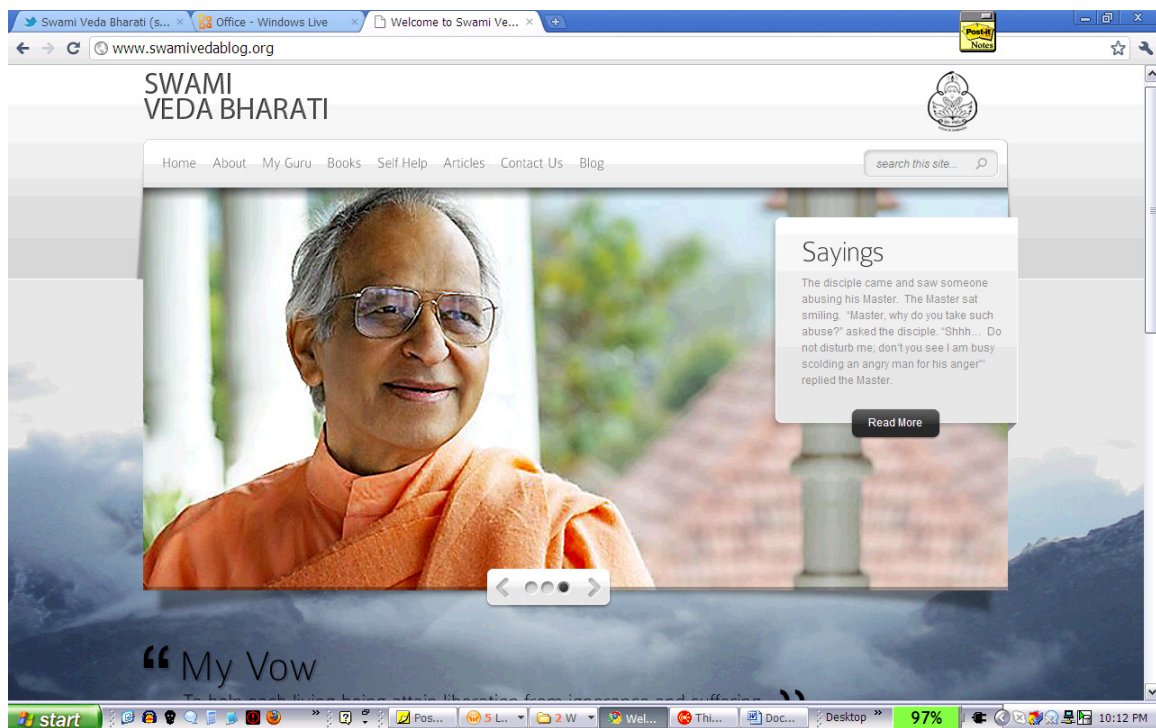


4.b.ii. Launch of Swami Veda Blog in Oct 2010

<http://www.swamivedablog.org/>

True to the purpose of the mission, his vow and personal ideology, The Spiritual Guide of AHYMSIN has started using his blog as a medium, to share his experience and knowledge of yoga meditation in the virtual world.

An Illustration:





9.b.iii. Swami Veda permanent space in India's leading spiritual networking website in Nov 2010

www.speakingtree.in

The leading media house of India – The Times of India group launched first of its kind global spiritual social networking site “The Speaking Tree” website on 16th November 2010.

The Speaking Tree approached AHYMSIN office with a request for Spiritual Guide to help virtual seekers on a permanent basis.

Whilst Swamiji is providing guidance to as many people as possible, he has also requested other Swamis and Pandits to help in providing answers to the virtual seekers. Currently, the team members, in alphabetical order, are Chandramani, Lalita Arya, Ma Gita Bharati, Ma Richa Bharati, Ma Sewa Bharati, Ma Turiya Bharati, Ma Radha, Michael Smith, Pandit Vishnu Chaitanya, Stoma Parker, Swami Chetan Bharati, Swami Nityamuktananda, Swami Ritavan Bharati, Swami Sukhmeet, Swami Tat Sat, Swami Tattvananda, Swami Uttamananda, Swami Vachananada and Tejas Chandaria.

An Illustration:

The screenshot displays the homepage of the Speaking Tree website. The header includes the site logo and a search bar. The navigation menu is located below the header. The main content area is divided into several sections: 'Speaking Tree Picks' featuring a featured article, 'Trending Topic' with a highlighted article, and 'Meet The Masters' showcasing profiles of spiritual leaders. The bottom of the page shows a Windows taskbar with various application icons and system information.



9.b.iv. Launch of Swami Veda's Twitter account in Jan 2011

<http://twitter.com/swamiveda>

To share crisp and small spiritual thoughts with people, who are multitasking, are constrained by time but want to get befitted by deep spiritual thoughts as well as the serious seekers who contemplate on each thought, Spiritual Guide of AHYMSIN posts tweets on a regular basis

An Illustration:

The screenshot shows a web browser window displaying the Twitter profile of 'swamiveda'. The browser's address bar shows 'twitter.com/swamiveda'. The profile page includes the following information:

- Name:** Swami Veda Bharati
- Location:** Rishikesh, Uttarakhand - INDIA
- Web:** <http://www.swamiv...>
- Bio:** Swami Veda an international spiritual leader and peacemaker was born in 1933; teaching the Yogasutras from the age of 9 and Vedas from the age of 11
- Stats:** 2 following, 165 followers, 2 listed
- Tweets:** 54
- Following:** silverwaggle, Arjoon Ramroop
- More like swamiveda:** silverwaggle, Arjoon Ramroop
- Recent Tweets:**
 - "That's you!" (less than 20 seconds ago via web)
 - "To hear Divine Mother recite Her poem in your mind, go mentally silent through meditation. Soft serene music cannot be heard in noisy place" (less than 20 seconds ago via web)
 - "My Vow" To help each living being attain liberation from ignorance and suffering. Design by August28 Inc. www.a28inc.in" (about 24 hours ago via web)
 - "Could you give me scientifically accurate 'technology' for 'smile' and I will teach you meditation 'technique'! Meditation is mind smiling" (2:56 PM Mar 11th via web)
 - "Do not suffer disciplines of yoga. Enjoy its pleasures. Pleasures of serenity are greater pleasures than pleasures of excitation" (11:23 AM Mar 9th via web)

Contributed by – Sadhana Mishra



10. AHYMSIN EVENTS

AHYMSIN Events are being organized world over.

Each center is engaged extensively in carrying our AHYMSIN objectives. This report contains some of the events that took place in 2010. Please also refer to section AHYMSIN – Asia, Australia, Americas, Canada and Europe.

The list of activities is not conclusive. For further information please write to ahymsin@gmail.com or reach out to individual centers.

Cont/d.....



10.a.i. AHYMSIN India – Rishikesh: Sufi-Yogi Dialogue by Global Peace in alliance with local partnership and support from AHYMSIN

Global Peace Alliance

Discovering a common higher ground for universal dialogue

Rishikesh: Hindu and Muslim religious leaders from India, Pakistan and Afghanistan converged on the banks of the Ganga at Rishikesh between January 27 and February 1, holding discussions and exploring ways to work more closely to help ease tensions in the region. The unique Sufi-Yogi Dialogue, representing the mystical core of Islamic and Hindu traditions, was organized by the Global Peace Initiative of Women. The Dialogue was facilitated by Dena Merriam, GPIW founder and convener, along with Swamini Pramananda, and hosted jointly with Swami Veda Bharati of the Swami Rama Sadhaka Grama and the Association of Himalayan Yoga Meditation Societies International.

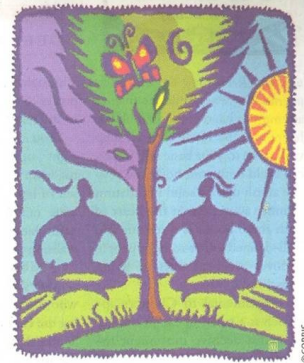
Sharing Vedantic, Kashmiri Shaiivite and Sufi perspectives, participants were unanimous on the



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need to draw from collective spiritual wisdom to promote action for peace and planetary healing. Moved by their experience together and the new sense of kinship, delegates expressed a longing for a deeper and ongoing exchange. Another meeting will take place in April in Pakistan and one in Afghanistan later this year. Inspired by the visit to Swami Veda Bharti's ashram, Pakistani Sufi Guru Rehman Muhaiyadeen proposes to set up a Sufi practice centre in Lahore. In Kashmir, a Hindu-Muslim youth summit is to be organized in spring by Kashmiri pundit Ashima Kaul, Sufi Aslam Sahib, and Vedanta teacher Swamini Pramananda. The Sufi-Yogi Dialogue is the prologue of a far more ambitious plan to establish a network of spiritual relationships throughout the region, opening up free flow of ideas.

For more information, visit www.gpiw.org



As you know there was a Sufi-Yogi Dialogue in Rishikesh in February 2010, part of which was hosted by AHYMSIN at Swami Rama Sadhaka Grama. The same also got a news coverage on 28th February, 2010 in The Speaking Tree, The Times of India Supplement.

In April 2010, there was a second Sufi-Yogi Dialogue in Nepal. Swami Veda took part in this dialogue too.

Carolyn Hume found a video made at this event. It starts with music, song, and prayer from various spiritual traditions followed by Swamiji talking: <http://vimeo.com/11492939/>

To read the GPIW report of this second dialogue, you may want to visit: <http://www.ahymsin.org/main/index.php/Asia-Events/sufi-yogi-dialogue-deepens-april-8th-12th-2010.html>

It starts with a quotation by Swamiji: **"The idea of the unity is not just that God is one, but also that in God we are one."**



10.a.ii. Sufi-Yogi Dialogue - The Nature of Oneness; New Delhi

The event was held at the Dargah of Hazrat Inayat Khan, New Delhi, India, on February 7, 2011. It was organized by the Global Peace Initiative of Women

This was the fourth in a series of dialogues between practitioners in the Sufi and Yogic traditions on the nature of the Divine Reality, the path of awakening, the relationship of the Self to the Divine and the nature of oneness. This fourth dialogue was to explore the deeper understanding of oneness in the Sufi and Yogic traditions. What does it mean to be one with the Divine and all of creation? What does oneness mean in the context of relationships among the human family? How does this affect our perception of everyday reality?

The agenda was:

9:30am **Opening Session: Invocations to the Divine Beloved**

Chanting of Bhajans – Swami Mangalananda
Chanting from the Koran by Waris Miyan

10:00am-12:30pm **Morning Session: Knowing Oneness with the Divine**

What is the relationship of the human to the Divine? Can we know oneness with the Divine Reality? What does this mean in the Sufi and Yogic context? What is the nature of the Self -- who can know itself to be one with the Divine?

Welcome by Dena Merriam, Founder, GPIW (USA)

Opening statements (Approximately 15 minutes each):

- Swami Veda Bharati
- Khwaja Hasan Sani
- Swami Asangananda Bharati,
- Pir Zia Inayat Khan,
- Sraddhalu Ranade
- Waris Miyan

Followed by discussion, moderated by Dena Merriam



12:30pm-1:30pm Lunch

1:30pm-3:30pm Afternoon Session: Bringing the Consciousness of Oneness into the Human Context

Can we affect the collective consciousness, the state of society, by manifesting or holding the consciousness of oneness? How can this lead to greater human unity and help create a more caring and compassionate society? How do we bring this consciousness into the present moment so that we can deal effectively with the problems at hand?

Opening statements (Approximately 15 minutes each):

- Swami Mangalananda
- Syed Aslam Andrabi
- Swami Asangananda Bharati
- Sheik Ahmed Shah
- Dr. Meem Zaffar,

Followed by discussion moderated by Deepa Patel

3:30pm-4:00pm Closing Chants and Prayers

Chanting from the Koran by Pir Zia Inayat Khan
Bhajans by Swami Mangalananda

The details have been covered in the AHYMSIN Newsletter – February 2011.

You can look at the precious moment of the event at:

<http://www.swamivedablog.org/>

Contributed by – Sadhana Mishra



10.b. TTP - Rishikesh

The November 2010 TTP group was blessed with the rare opportunity of attending a course taught by Swami Veda Bharati and other knowledgeable teachers. As part of a course on the Shiva Sutras held during the month of November 2010, Swamiji lectured on Kashmiri Shaivism nearly every day. The course on Kashmiri Shaivism was held simultaneously with TTP and was attended with open curiosity to learn the secrets of the yogis. Swamiji meticulously shared the ancient knowledge from his own experience and understandings. Everyone feels so grateful for the opportunity to have heard the origins of the universes and learn how to be guided to the inner universes through the breath.

The students in Level One, Two and Three Programs came from countries spanning the globe yet there was a feeling of “one mind” in the atmosphere. Students, this time around, were from India, Finland/ Greenland, Turkey, Taiwan, China, USA, Holland, Italy, Chile, Belgium, UK, Israel.

Our faculty was international as well coming from Holland (Sonia van Nispen), Canada(Savitri Jugdeo), USA (Swami Ritavan Bharati, Ma Radha Bharati, Dr. Stoma Parker, and Peter Fabian), Malaysia (Judy Rajah Indran), Chile (Manuel Fernandez), and Germany(Ashutosh Sharma).

It was a beautiful group of likeminded souls.

Contributed by – Carolyn Hume



10.c. Shiv Sutra November 2010, Rishikesh

People from around the globe filled Swami Rama Sadhaka Grama in Rishikesh for the Shiva Sutras Study from 2 – 30 November. Most had been studying in preparation during the preceding year or longer. In addition to Swami Veda, teachers included Pandit Shivananda, Swami Prayag Giri, Dr. Stoma Parker, Swami Nityamuktananda Saraswati, Swami Niranjana, Swami Vachanananda, Father Nathan, Jagadananda Das, and Chandramani as well as artists sharing their sadhana in dance, song, and music.

We had the privilege of a surprise visit from Dr. Bettina Bäumer, the most outstanding German-speaking scholar of Kashmir Shaivism. She gave a 45 minute talk without preparation that was full of warmth and humanity. Swami Veda spoke of having wanted to meet her for the last thirty years.

We all felt so richly blessed, and people expressed this so strongly during the closing ceremony that it came to be a thanksgiving celebration.

Here is just one such expression of that happiness: “Thank you so much for having us! Never in my life did I expect to be so blessed as to be a part of this incredible experience. You will all be in my heart forever.”

Below you will find some quotations from Swamiji’s lectures provided by Stoma.

Quotations from Siva sutra captured by Stoma are available under “Precious moments” section of Swamiji’s blog.

Swamii Veda Bharti has also posted commentary Mantra 1 to 26 in his blog <http://www.swamivedablog.org>

Swamiji begins with a personal note in his blog

“My ambition has been to do a book of SONGS TO MIND that would include songs addressed to mind by many Indian Saints; a glimpse of which is in LIGHT OF TEN THOUSAND SUNS where few of the compositions are paraphrases of their saying. For now, just the shiva-sankalapa hymn which arya-samaj gurukulas sings as hymn before students go to sleep, or used to be when I was a child...”



10.d. Yoga Nidra Conference 2011 - Rishikesh

24.02.11 to 02.03.11	: Intensive Yoga Nidra Practicum
02.03.11	: Shivaratri
03.03.11 to 06.03.11	: Yoga Nidra Conference with Swami Veda and Others
07.03.11 to 14.03.11	: Assimilating the Experience

Much scientific research has been done on (1) sleep and (2) yoga and related practices of relaxation and meditation methods. One of the neglected areas of research is what is known in the yoga circles as yoga-nidra, that is, yoga-sleep. Many teachers are guiding students in a variety of yoga-nidra practices, some true to the ancient methods and some quite innovative and contemporary. However, yoga-nidra itself is a term that is need of a definition.

We proposed a conference of, or more a dialogue among (1) sleep researchers and other neurologists and (2) practitioners of yoga meditation with emphasis on yoga-nidra methods under the following proposition of the definition of yoga-nidra:

Proposed Definition

Yoga-nidra (Yoga Sleep) is to be defined as the experience of a state of Conscious Sleep in which the subject is showing all the symptoms of deep non-REM sleep, producing delta (1-4 hertz) brain waves, and is at the same time fully conscious of the events in his surroundings. However, a lower state of yoga nidra begins with theta brain waves during which volitionally directed intuitive creativity begins.

Update: Please also see "[The Four States of Yoga Nidra](http://www.swamivedablog.org/)" article for a deeper discussion and definition. This is also posted as a blog in <http://www.swamivedablog.org/>

The presenters in the conference will

1. Define sleep from the perspective of yoga, Vedanta, Buddhism and other related traditions,



2. Define yoga-nidra (Yoga Sleep),
3. Present a variety of preparations for entry into yoga-nidra state,
4. Present any researches or propose possible avenues of research in the phenomenon of conscious sleep exhibited by some yogis under the definition given above,
5. Explore the possible implications and applications of yoga-nidra practices to
6. Help alleviate the fact and some of the effects of sleep disorders,
7. Provide suggestions for reducing the stress caused by the contemporary social phenomenon of sleep deprivation,
8. Look into the yoga-nidra practice as a partial substitute for the common sleep in a society that is so pressed for time,
9. Use yoga-nidra for creativity and for enhancing intuitive faculty,
10. State the ancient methods that lead one beyond yoga-nidra.
11. The practicums, led by those proficient and experienced, will
12. Guide the participants through preparatory practice of yoga-nidra,

and,

The personnel of the Swami Rama Laboratory of Meditation Research will, on selective basis, undertake EEG testing of the changes in brain wave patterns of participants during the above practices.

Contributed by – Carolyn Hume



10.e. “The Holistic Health through Himalayan Yoga and Meditation” workshop; Pune, Maharashtra, India; 28th March-4th April 2010



First of all I pay homage to my Guru Swami Rama of the Himalayas by whose grace the Holistic Health workshops were completed successfully. Humble pranams to Swami VEDA Bharati our inspiration for this effort.

We were indeed fortunate that Swami Ritavan Bharati came to Pune and stayed with us – we consider ourselves blessed indeed. Mr. Ram Prakash senior student of the Gurukulam also came for the workshop and fulfilled his role admirably. The workshop comprised primarily of about an hour on the Joints and Glands exercises conducted by Mr. Ram Prakash followed by a short session on Pranayam and about 20- 30 minutes of meditation conducted by Swami Ritavan Bharati.

To start at the beginning-

26.3.10: Arrival of Mr. Ram Prakash at 7 am and Swami Ritavan Bharati at 6 pm.

27.3.10: At 11 am met with Dr. K.B.Grant the Managing Director and Mr. Bomi Bhote the CEO of Ruby Hall Clinic. Meeting of all those who helped in organizing the workshop at various venues with Swamiji between 3 and 5 pm – group meditation done, and a good interactive session followed.

28.3.10: At 5.30 am our first session at the third floor terrace of Ruby Hall Clinic a 550 bedded hospital, the premier medical facility of Pune, only one accredited by the National Board of Hospitals. 55 people attended. This was followed by a trip to Allandi the Samadhi of Sant Gyaneshwar about 25 kms from Pune.



29.3.10: At 5.30 am the second session at RHC was conducted being a Monday the number was less about 45 people. In the evening a small group attended at home with Swamiji.

30.3.10: Last day at RHC a smaller group attended a group photo was taken at the end of the session.

31. 3.10: At 5.30 am at the Poona Club Room 21 about 50 people came for the workshop. A really good interactive session followed with loads of question



and answers. A similar evening small group meditation conducted at home.

1.4.10: At 5.30am again at Poona club, about 40 people attended. Everyone was very appreciative. Both the Hon. Secretary Mr Shanti Sanghvi and Secretary Col. Jamwal attended and felicitated both Swamiji and Mr. Ram Prakash and organized

breakfast at the club. At 11 am we were invited to the residence of Mr. Satish Mehta, owner of Emcure Pharmaceuticals. Mrs. Bhavana Mehta had organized a meet of about 30 women for a seminar sort of program not a workshop- Swamiji spoke explained the principle of the Himalayan Tradition and conducted a few pranayam exercises and meditation- was very much appreciated. Evening 5.30 pm saw us at Chowkhidani a Rajasthani park with restaurant and several rides – a bit of fun hosted by Mr. Harish Mehta.

2.4.10: At 7 am we were conducting a workshop for executives of Emcure Pharmaceuticals in the Ballroom of St. Lauren's Hotel Hinjewadi Pune. The workshop went well as there was no sound disturbance. This was followed by breakfast. At 11 am we were heading for Lonavala and really enjoyed the trip to the Kaivalyadham Yoga Ashram and what should we see in the bookshop a souvenir which had Swami Veda Bharati smiling at us!

3.4.10: At 5.30 am again- we were at the Maidan next to the Ganesh Temple Kalyani Nagar, to conduct our first public workshop nicely organized by local politician Mr. Ramesh Kamble. Nearly 80 people attended and the workshop



went really well for by now we had become experts at presenting the salient features which distinguish our system from others and emphasizing the right points. At 4pm we were at the Bishops School Harding Hall to conduct yet another workshop for an NGO called Connecting people working for preventing suicides- 19 people attended. Too hot in the Hall but Swamiji conducted the Nadishodhanam in such a way that all cooled off!



4.4.10: Second day at the Ganesh Temple maidan Kalyani Nagar , our last workshop (a little sad and a little glad)- successfully completed good attendance, group photo and smiles all round. Swamiji left by the 6.30pm flight to Delhi, the festival was over and it was time to say good bye.

5.5.10: At 5pm even Mr. Ram Prakash left and the home is quiet now as I pen this report.

Conclusions

- A database has been formed of over 200 members who we could contact for future programs.
- A core group has been identified- Dr. Venkatramani the solid support throughout, Mrs. Pratibha Mehta who helped throughout the event, Mrs. Namita Thappar, Mrs. Seema Mehrotra, Anil Malik.
- A proper package for the basic course has to be defined especially if the system has to be sold to the masses. A fee can be levied if the delegate has a concise curriculum.
- There would have to be a continuous back up of the Ashram for the centre when it gets formed with regard to resources. A proper Hindi speaking Guru is desperately required to impress the public at large (feedback received).
- Leaflets, books, CDs of GOOD quality both audio and video would be required. There would have to be a profit margin for the centre to run expenses.



This has now to get translated into regular practice in Pune and the formation of a proper centre.

Experience is the best teacher and in the future more such events can be organized.

HARI OM

Contributed by - Dr. Shirin Venkatramani



10.f. AHYMSIN Europe – Hungary



Seven day silence retreat on the shores of Lake Ballaton in Hungary
July 12-17 2010

Main Facilitator: Stephan Anthony Parker

AGENDA

Prayers	: 6 AM.
Hatha with Ashutosh	: 6:30-8:30 A.M.
Breakfast	: 8:30-9:30 A.M.
Free	: 9:30-10:30 A.M.
Morning session with Swami Ritavan	: 10:30-12:30.
Lunch	: 1-2 P.M.
Digestive breathing, journaling, subtle body practice	: 2-3 P.M.
Vigorous exercise (swimming)	: 3-4:30 P.M.
Afternoon session with Swami Ritavan / Ashutosh	: 4:30-6:00 P.M
Dinner	: 6-7 P.M.
Evening session with Stoma	: 7:30-9 P.M.
Prayers and meditation with Stoma	: 9 P.M.
Did 1 1/2 days of sthala-samadhi together.	



[10.g. AHYMSIN Europe – Lithuania](#)

Himalayan Tradition Retreat: July 26-30, 2010



Stoma (Dr. Stephen Parker) visited the Soham Yoga Camp in Dzukijos National Park in Lithuania, July 26-30, 2010.

Dr Stoma was asked to give talks about the Himalayan Tradition based on one person from that Center having visited SRSG in January 2010.

Report from Lithuania

This was even more lovely than I had hoped. Among the campers there was a real sense of family and perhaps 1/3 of the people there were kids. The camp sits beside a large lake where we swam every morning before dawn in the misty waters. In the afternoon they sat me down under a tree on a slope above the lake. I gave talks on "An Introduction to the Himalayan Tradition," "Subtleties and Breath, Prana and Pranayama," and "Vedanta Sadhana and Psychology." The talks seemed well received.

The family feeling was so strong that while I had not intended to talk about mantra initiation on the first visit there, there was a strong inner urge to do so. Sixteen people decided they wanted initiations, so the next day was a long one. With a lot of help from Darius Plikynas, who invited me to Lithuania on behalf of the Soham Center, and Rokas Zemkaukas and Kristijanos Paskevicius, a couple of 15 year olds who were very eager to help, we managed to get everyone initiated before I left.



In addition to the usual lectures, asana classes and satsanga sessions, there was a talent show and a folk music concert. At the end of the concert, near dusk, people wanted to keep singing and so they formed a circle and began to sing traditional rounds addressed to the setting sun, doing a slow shuffling dance step as they sang. I was talking to several people when suddenly someone grabbed my arm and pulled me into the center of two circles moving in opposite directions singing these beautiful rounds. They sang with such love that I was (almost) speechless. I felt as if I stood in the heart of Lithuania.

Contributed by – Stoma (Dr. Stephan Parker)



10.h. AHYMSIN Europe – Italy

Theme of the seminar: "The ancient wisdom of the Upanishads to rediscover the Inner Master and learn the art of living"

Event Date: 27th to 30th June 2010

Sponsors: Event was sponsored and organized by the Himalayan Yoga Institute Italia

Once again the splendid scenario of La Verna, famous for the Sanctuary and the places linked to the mystical experience of St. Francis of Assisi, was the frame for the European Retreat of meditation and Yoga of the Himalayan Tradition, in the presence of Swami Veda Bharati, Swami Ritavan Bharati and, for the first time in Italy, Swami Nityamuktananda.



There were about 180 participants, both from Italy that from abroad. Groups from throughout Europe: Greece, Netherlands, France, England, Austria and the United States and Taiwan.

The days, accompanied by a mild climate and in the quiet of the generous nature around, have allowed time and rhythms of study in respect of the silence and the practice of each.

For some it was the conscious choice of silence, for others the word as the choice of sharing and reflection with the other.



For all, a personal time to live in the unity of the place, of the opportunity and themes touched by Swami Veda, Swami Ritavan and Swami Nitya.

Each of them communicated their experience, presence, so different and unique... in the moments of meditation, study, of deepening, in the answers to the numerous questions of the participants.

And, in the Great Hall, the presence of another great spiritual pilgrim, researcher seemed floating around ... St Francis.

The Holy, during Lent, received the stigmata of Jesus Christ here in La Verna, and these places seem still reverberate a so deep presence of love and respect for the Creation to have infected all those present.

In the morning there were the Morning Prayers and Meditation as opening of the day, to follow the practice of Hatha Yoga and the Contemplative Walk guided alternatively by the teachers of HYI-Italy: Lucia, Danilo, Debora, Dianella. The practices for foreign guests were guided in English;

Meetings reserved for the Teacher Training Programme conducted by Swami Ritavan and Swami Nityamuktananda also took place at the same time.



A magical moment, the morning of the second day, dedicated to a silent walk, all together, almost a pilgrimage, made through the woods to reach the Sanctuary of La Verna and visit the holy places of San Francis.

Places of prayer, contemplation and intimate union with the Divine. For all, as Swami Veda well reminds us, a moment of profound harmony of the personal space with the space that welcomed the Holy's sadhana.

The seminar also hosted the Teacher Training Programme of Himalayan Yoga Institute - Italy, followed by a final Satsanga, in the presence of Swami Veda and Swami Nityamuktananda.





Curious note... such course began here in La Verna, four years ago, in the presence of Swami Veda and this year it was concluded with Swamiji's blessing in the same place.

We have had our moments of fun and personal relax... excellent food and generous and effective the staff of the two hotel facilities (the Oasi di San Francesco and the Pastor Angelicus).



To heat the atmosphere and hearts... an artistic evening with dances, theatre, music, bhajan: Ariele, Gianantonio,



Luigi... masters of singing and sound, have performed inviting the public to participate.

Sabina has danced and recited some extracts from the Mahabharata



and, the group of young Greek girls sung one dodecafonia on ancient traditional music.



So the art, in its sacred function, has allowed the emotions to move and participate with genuine enthusiasm.



The book-space, together with the texts now known, has allowed an exchange also about news.



Finally ... there are no words, so able to contain the wisdom and the beauty, the depth and the passing on of love shared in the Swamiji's teachings who, as always, didn't spare himself in giving precious depths of views and recalling "the fragrance of God", of how each tiny particle of Being is that "deep honey" ... ambrosia... leading gently to repeat Ishavasyam idam sarvam; reminding those present "Sarvam, one of the names of God, you are..."



Hari Om

Contributed by – Christina Nobile and Randall Krause



10.i. Joyful Living with Yoga in Tokyo



A “Joyful Living with Yoga” retreat was held in Narita, Japan, for 3 days and 2 nights, from January 21st, 2011.

Joyful Living with Yoga retreat was held at a hotel near Narita airport, for 3 days and 2 nights, from January 21st, 2011, at Narita View Hotel and organized by HYMS Tokyo

With Swami Veda Bharati and Swami Nityamuktananda, the retreat was attended by around 60 people, not only from Japan but also from Asian countries including Korea, Malaysia, and Taiwan.

Beginning with releasing body’s tension by Hatha yoga, seekers listened deeply about Love in 5 hours of 2-days lecture by Swami Nitya. True love is without any barrier, and protecting only own family, only own boyfriend/girlfriend, only own community, and only own country is not love but possession and attachment.



By protecting such part of us, we make barrier around us and become less concerned about others. She explained simply and clearly about such self-deceived love that we have a tendency to go in, or that we actually have gone in.

Swami Veda told us that anger is the biggest poison for us and it is harmful for not only our own mental and physical health but also our surroundings. This has much influence on environmental pollution. When everyone has awareness and focuses on making ourselves and our surroundings better, than protecting natural environment, this world will be better.

By Fuku lida from HYMS Tokyo, organizer of the retreat, there was 2 hours Ki massage practice by pairs that makes smooth flow of prana.

Welcome event was Otome Bunraku by Japanese famous puppet show group Hitomiza. It has been really exciting, and both audiences and players enjoyed together.

In conclusion, with Swamiji's lead, we had a recording of his guided meditation for future use of Japanese practitioners.

This recording with Japanese translation by Fuku lida will be come down in Japan.

Also some mantra initiations were given by Mr. Rajah Indran.

The retreat was really a productive one.

Organized by HYMS Tokyo

Editor's Note: Himalayan Yoga Meditation Society of Tokyo is an affiliated centre of the Association of Himalayan Yoga Meditation Societies International (AHYMSIN). Fuku lida is centre leader. Their website:

Contributed by – HYMS Tokyo



Hopes for the Next Decade” and Swamiji was the last speaker to give an overall conclusion. Most of audience were in the younger generation and were business people, Swamiji lead a meditation and brought everyone into deep silence. People were impressed with the power of silence. The energy flow surrounded such a long time that it was even felt after Swamiji left the chair on the stage. The founders of TEDx Taipei, Jason Hsu and Kevin Peng, expressed their special appreciation, because no one had been able to lead all the audience into such a feeling of peace and joy before.

TED stands for Technology, Entertainment and Design. They hold international conferences all over the world consisting of innovative and experienced leaders of those areas.

On the 18th, Swamiji guided over 50 people in a special meditation session. He provided special guidance to those who were initiated on how to meditate with their personal mantras. A participant shared with us that she had never felt such concentrated energy that was so soothing, relaxing, yet strong.

Contributed by - The Himalayan Yoga Meditation Society of Hong Kong



10.k. New Minds for a New Economy: shifting from Recovery to Renewal - Singapore

Event was held in Singapore on June 4th, 2010

Overview

Swami Veda Bharati dealt with **the overall concept of the mind and how it can be prepared for renewal of our systems**. He shared the concept of intuitive knowledge, its origins in Eastern and Western Philosophies, and its qualities and characteristics. He also provided an overview of methods and paths to awaken the creative force within each of us.

Program

6.00pm Registration and Welcome (with Refreshments)

6.30pm Word of Welcome by Atem S. Ramsundersingh

6.45pm Lecture by Swami Veda Bharati

8.00pm Questions & Answers

Organization: This event was hosted by the **Himalayan Yoga Meditation Society of Singapore**, with support of friends and students of Swami Rama of the Himalayas and Swami Veda Bharati in Singapore.

Liaison and communications was made by the **Foundation Asia-Europe Dialogue and Exchange for Sustainable Development The Netherlands** (still known as Foundation Asia-Europe Dialogue and Exchange for Sustainable Development The Netherlands) in close cooperation with Association of Himalayan Yoga Meditation Societies Network (AHYMSIN), India.

Contributed by - Carolyn Hume and Sadhana Mishra



11. AHYMSIN Asia

AHYMSIN-Asia was formed in at Sokid Villa, Kota Kinabalu, on the 5th of December 2008, in Sabah, in the presence of Swami Veda Bharati.

Since 2010, The Ahymsin-Asia scheduled a retreat in Jan 2011 in Narita, Tokyo.

Details of the same are covered under AHYMSIN Events - 9.(ix) Joyful Living with Yoga in Tokyo.

Contributed by – Jean Tan



11.a. Japan

Center name: HYMS (Himalayan Yoga Meditation Society) Tokyo

Year established: 2005

President's Name: Fuku Iida

Number of initiates: 23

Number of members but non-initiates: 3

Events, lectures, retreats organized since 2010

Jan.21-23. 2011: Retreat at Narita - Joyful Living with Yoga with Swami Veda Bharati. Main Speakers were Swami Nityamuktananda (love without attachment), Hatha Yoga (Fuku Iida, Judy Indran), Other speaker (Rajah Indran)

Visiting/travelling teachers to the center: Swami Nityamuktananda

Qualified local teachers:

- Fuku Iida
- Akiko Kakizaki
- Tomomi Kakizaki

Activities:

- Weekly Hatha classes (Mon to Thurs)
- Rajah Yoga class (bi-weekly)
- Full Moon Meditation
- Teacher Training (monthly)
- Ayurveda Session with Doctors from HIHT

Publications:

Walking with A Himalayan Master in Japanese - Book written on the Himalayan Tradition, Swami Rama and/or Swami Veda

Translated books written by Swami Rama and/or Swami Veda

- Meditation and Its Practice (Japanese)
- The Art of Joyful Living (Japanese)
- Conscious Living (Japanese)
- Sacred Journey (Japanese)



Future Plan/Event: Ayurveda Session (May. 2011)

Contributed by – Fuku lida



11.b. Hong Kong

Center name: The Himalayan Yoga Meditation Society of Hong Kong

Year established: 2008

President's Name: Shi Hong

Number of initiates: Around 10.

Number of members but non-initiates: 3 – 5 friends (non-initiates) who join us for meditation on a regular basis.

Events, lectures, retreats organized since 2010

Sastang by Swami Veda (Jan 2011); none during 2010

Visiting/travelling teachers to the center: None

Qualified local teachers: None

Activities:

Full Moon Meditation.

Publications:

Journal of a Spiritual Pilgrimage, by Shi Hong (Chinese, published 2011 in Taiwan and soon in China)

Translated books written by Swami Rama and/or Swami Veda

- Heart Yoga, a collection of SVB's lectures (Chinese, Published 2009 in Taiwan and China)
- Kundalini Yoga, How do you want your Kundalini Served (Chinese, Published 2010 in Taiwan and China)
- Joy Yoga, a collection of SVB's lectures (Chinese, Published 2011 in Taiwan and soon in China)

Future Plan/Event:

- Encourage more people from Hong Kong to visit the ashram.
- Form study group

Contributed by - Shi Hong



11.c.i. Kota Kinabalu, Sabah, Malaysia

Center name: AHYMSIN Malaysia Kota Kinabalu (Sabah) Branch

Year established: 1992 as Himalayan International Institute, 2007 as AHYMSIN Malaysia K.K (S).Branch

President's Name: Joseph Wong

Number of initiates: Since 1992 more than 50, remain active about 20.

Number of members but non-initiates: 20

Events, lectures, retreats organized since 2010

Normally have a retreat once a year but none in 2010.

Visiting/travelling teachers to the center: None in 2010

Qualified local teachers:

- Datuk Rajah Indran
- Datin Judy Rajah
- Datuk Hiew Thien Choi
- Joseph Wong

Activities:

Hatha Yoga 3 - 4 times per week.

Publications:

None but maintained an extensive library on books written by Swami Rama and Swami Veda.

Translated books written by Swami Rama and/or Swami Veda

Datuk Hiew (President of Ahymsin-Asia) have started and completed translating Swami Rama's "Sadhana" into Mandarin a few years back. It has yet to be re-edited and published.

Future Plan/Event:

- Retreat in May 20th - 22nd, 2011
- Teachers Training for Level One

Contributed by - Datuk Hiew and Joseph Wong



11.c.ii. Keningau, Sabah, Malaysia

Center name: Keningau Himalayan Yoga Association

Year established: 2004

President's Name: Judy Chin Kar Tein

Number of initiates: 9 initiates.

Number of members but non-initiates: 15 ordinary members.

Events, lectures, retreats organized since 2010

Normally have a retreat once a year. On 10 - 11 Dec 2010, there is a yoga retreat with theme "HIMALAYAN YOGA" lead by Datuk Rajah, Datin Judy Rajah, Datuk Hiew and Joseph Wong.

Visiting/travelling teachers to the center: None in 2010.

Qualified local teachers:

- Datuk Rajah Indran
- Datin Judy Rajah
- Judy Chin

Activities:

- Routine hatha yoga class, every Monday, Wednesday and Friday
5.30 - 7.00pm
- Just started a kids yoga class in January 2011, every Saturday
afternoon 2.30 - 4.00pm.

Publications/Translations: None

Future Plan/Event:

- Conduct an annual yoga retreat at the end of the year
- We have submitted our application to the Registrar of Societies in Malaysia and still pending for approval.

Contributed by - Judy Chin



11.c.iii. Kuala Lumpur, Malaysia

Center name: Operational but yet to be formalized in KL

Year established: N/A

President's Name: N/A.

Number of initiates: 8, actual number unknown.

Number of members but non-initiates: N/A

Events, lectures, retreats organized since 2010

In December 2010, Ma Radha led group of 28 students in Yogashakti (run by Shilpa) in full moon meditation and later, a smaller group of initiates in OM Kriya lecture and practice.

Visiting/travelling teachers to the center:

Ma Radha Bharati

Qualified local teachers:

- Rahulan
- Mohan Swami
- Shilpa Ghatalia

Activities:

Monthly session of Full Moon Meditation led by Balraj at Yogashakti.

Publications/Translations: None

Future Plan/Event:

- Continue with monthly Full Moon Meditation at Yogashakti
- Gather interests to participate in the Yoga Retreat organized by the KK center

Additional information

Shilpa Ghatalia has generously agreed to let us use her studio to conduct classes whenever there is no class and on donation basis. Her studio is located in the heart of the city and is truly a sanctuary that will inspire great peace &



tranquility. It is surrounded by lots of greenery, fresh air, the sound of water and birds.

Contributed by – Balraj



11.d. Thailand

Center name: Thai Center

Year established: Operational since 2010. To be formalized.

President's Name: Thaniya Kevalee

Number of initiates: 3 initiates

Number of members but non-initiates: 1 regular but we have three more start coming to learn how to meditate as guided by Himalayan tradition. Not sure if we can count them as members yet.

Events, lectures, retreats organized since 2010

- Small group meditation with SVB at Eric's home on Jan 28, 2011.
- Public lecture by SVB at Thammasart Association on Jan 29, 2011.
- Love the first step towards inner unfoldment in February - All sessions by Ma Radha; 3 sessions at the Thai Center and 1 sessions at Bangkok Yoga Center
- Ma Radha also lead small group of students from Thailand, Malaysia and Singapore through OM Kriya practice.

Visiting/travelling teachers to the center

As above.

Qualified local teachers:

- Sopa Thomchotiponse (completed TTP level 1)
- Thaniya also guided people according to his own experience.

Activities:

- Weekly practice session on Sunday with 3 initiates and 1 regular non-initiate member. Three new people who just start coming are here on Saturday morning - we have weekly class but it just started so hard to say how it would develop from here.

Publications/Translations: None

Future Plan/Event:

- Under planning stage. We are now establishing group email system and we might send out some translation works of Swami Rama and Swami Veda to them occasionally.



- Also, plan to work more with other yoga studios here to bring some teaching of Himalayas to their members.
- We also plan to bring more teacher, especially those who specialize in Hatha Yoga so we can introduce Philosophy of Hatha Yoga in greater depth to the people here. No definite timetable yet.

Contributed by - Thaniya Kevalee



12. AHYMSIN - Australia

Center name: Himalayan Yoga Meditation Society of Australia

Year established: 2010

President's Name: Daniel Jalba & Usha Harris

Number of initiates: 15 initiates

Number of members but non-initiates: 60

Events, lectures, retreats organized since 2010

- 2 Weekend workshops on Himalayan Yoga Tradition
- 1 Course on Yoga Nidra
- 1 Course on Meditation

Visiting/travelling teachers to the center: No visits of international teachers yet.

Qualified local teachers: 4

Activities:

- Full Moon Meditation
- 2 per week meditation classes
- 1 per week yoga classes
- Additionally, Interfaith symposia, e.g. on silence practices, spirituality and violence

Publications/Translations: None. We speak English

Future Plan/Event:

- 3 weekend workshops, evening lectures & multi-faith peace meditation with Swami Ritavan Bharati in April
- 'Meditation in various faiths' - multi-faith symposia in September
- Expand regular classes and teaching on multiple locations, adding specialty classes such as on stress management.

Contributed by – Daniel I Jalba



13. AHYMSIN – Americas

The information provided here is not conclusive. To list a few activities undertaken by AHYMSIN – Americaicas

1. **July 23 to August 8, 2010:** The Meditation Center hosted **“2010 Himalayan Yoga Meditation Congress”** in Minnesota, USA

2. **July 27, 2010:** **“Guru Purnima”** broadcast was held at 7:30pm CDT (Central Daylight time), for 1 hour. Model of the broadcast was - Skype with 3 centers (Milwaukee, Indianapolis, and SRSB) and a live broadcast for everyone else.

3. **August 8, 2010:** There was a public internet broadcast by Swamiji via Shoutcast (with video to SRSB ashram in India), Aug 8 from 7-8:30 pm (Central time, USA). The lecture was titled **"Peace on Earth Meditation with a Recitation of the Lord's Prayer"**.

4. **October 9, 2010:** **What is right with the mind and the world?** at La Jolla Yoga Center, La Jolla, California, USA between 4 to 6 p.m. Michele Hebert and Mehrad Nazari, Phd were Program Coordinators.

5. **October 14, 2010:** **"Himalayan Yoga Day"** at Asilomar Conference Grounds, Pacific Grove California, USA.

Schedule:

1p.m. - Randall Mokshadeva Krause talk on Swami Rama's concept: "Be the Architect of Your Own Life."



2p.m. - Jan Semling lead Deep Relaxation to prepare for time with Swamiji.

3p.m. - Meditation with Swami Veda Bharati

After the meditation with Swamiji, Mary Mohs and Ron Valle conducted a workshop "Celebrating Life!"

Contributed by – Carolyn Hume and Sadhana Mishra



14. AHYMSIN – Canada

Toronto, Canada, Swamiji lectured on **“Is Yoga a Religion”?**

July in **Toronto**, Canada, Swamiji lectured on Is Yoga a Religion?, The Relevance of Eastern Philosophy to Modern Minds, and What is right with the World - The Human Urge for Peace as part of a large event, the Inspire 2010 – Dharma Convention co-chaired by Chander Khanna, Executive Director, Himalayan Yoga & Meditation Society of Ontario

Contributed by - Carolyn Hume and Sadhana Mishra



15. AHYMSIN – Europe

Details of major activities are available under AHYMSIN Events. The list of activities is not conclusive. It is advisable to reach out to individual centers to get a comprehensive list of events and activities. For example:

- i. 7 Day silent retreat - Hungary
- ii. Himalayan Tradition retreat - Lithuania
- iii. Ancient wisdom of Upnishads - Italy

Contributed by - Carolyn Hume and Sadhana Mishra



16. AHYMSIN Adhyatma Samiti or Spiritual Committee - 2010

According to the AHYMSIN Constitution, the Adhyatma Samiti, or Spiritual Committee, shall help and assist the Spiritual Guide in carrying out his/her duties and fulfill his/her plans and projects and carry out all the duties of the Spiritual Guide in the event of his/her death or incapacity, in the case that no successor has been appointed. In the event of the Spiritual Guide's death or incapacity, the Samiti, by total consensus and unanimity, may appoint a Spiritual Guide if one has not been appointed by the predecessor.

Members of the Adhyatma Samiti are appointed by the AHYMSIN Spiritual Guide, Swami Veda Bharati.

In November 2010, the Adhyatama Samiti membership was changed by Swamiji, and now is composed of

- 1a. Swamis initiated by Swami Veda Bharati to vows of Sanyasin
- 1b. Swamis who have received their vows from a different order but have been under Swami Veda Bharati's guidance at Swami Rama Sadhaka Grama for a minimum of five years.
2. Mantra Initiators

The above members of the newly constructed Spiritual Committee may choose to include not more than three members in addition, to be decided by group consensus.

At this time, members of the Adhyatma Samiti include Alexander Benjamin, Carolyn Hume, Helen Choe, Linda Billau, Ma Radha Bharati, Ma Richa Bharati, Ma Sewa Bharati, Ma Turiya Bharati, Mrs. Lalita Arya, Nina Johnson, Pandit Hari Shankar Dabral, Rajah Indran, Savitri Jugdeo, Stephen (Stoma) Parker, Swami Chetan Bharati, Swami Nityamuktananda Saraswati, Swami Ritavan Bharati, Swami Sukhmeet, Swami Tat Sat Bharati, Swami Tattvananda, Swami Uttamananda, Wolfgang Bischoff, and Yoong.

Members of the Spiritual Committee have kept busy with activities and sewa. These include:

- guiding centers and acting as center leaders
- providing spiritual guidance to individuals



- teaching locally, regionally, and internationally
- teaching at conferences
- teaching at Swami Rama Sadhaka Grama
- teaching and helping to set curriculum in HYT-TTP and the Gurukulam
- participating in interfaith activities
- representing AHYMSIN at international conferences
- serving as Swami Veda's personal assistant
- serving on the AHYMSIN Executive Committee
- inspiring participation in Full Moon Meditations
- writing books, poems, inspirations, letters, news articles, and compositions
- helping to make spiritual practices known to individuals
- participating in regional AHYMSIN meetings
- being involved with charitable activities
- directing a charity
- being tested in the lab
- helping to plan conferences and retreats
- working in/with the AHYMSIN Office
- developing individualized retreats for visitors at SRSG
- acting as mantra initiators
- doing outreach work through other organizations
- aiding in the dissemination of information
- helping care for the ashram cows and planning the goshala
- helping with communications, newsletters, news bulletins, and websites

Rajah Indran acts as AHYMSIN Executive Director.



Information about the Upcoming Events in which members of the Adhyatma Samiti are teaching can be found at <http://www.ahymsin.org/main/index.php/Upcoming-Events/upcoming-events.html>. It is not complete.

Questions about spiritual practice may now be asked to members of the Adhyatma Samiti by writing to adhyatmasamiti@gmail.com or by using this link: <http://www.ahymsin.org/main/index.php/Contact-Us/Adhyatma-Samiti-Spiritual-Committee.html?catid=33>.

Contributed by - Carolyn Hume



18. Dhyana Mandiram Trust

Reg Off: 90 DARYA GANJ, New Delhi, 110002
Swami Rama Sadhaka Grama
Virpur Khurd, Virbhadra Road, Rishikesh, Uttrakhand
Tel: +91-135-2454834/2450093
Email: dhayanamandiram@gmail.com
Non profit: U/S 80 G (vi) of the Income tax act 1961
No DIT (E) 2007-2008/D-1200/101/dt 14.04.2008
FCRA Registration No: - 347900134/10.2.2009

Details of activities and report of DMT

Introduction:

Dhyana Mandiram Trust was set up in November 1, 2004 in New Delhi. The purpose of the Trust is to teach yoga meditation within the tradition of the Himalayan masters, as interpreted by Swami Rama of the Himalayas. In order to do this, the following activities have been carried out:

1. Education:

- i. The 'Gurukulam' (Swami Rama Institute of Meditation and Interfaith studies) project has been set up at the Swami Rama Sadhaka Grama ("SRSG") campus in Rishikesh. We provide an academic and meditational campus where eligible students are encouraged to stay for a minimum of three years (and up to ten years) to study yoga meditation within the tradition of the Himalayan masters.
- ii. Qualified students are provided with free (or subsidized) accommodation, teaching, books, clothing, medical cover, food and pocket money. To understand yoga and meditation practices in its proper context, the following subjects are taught alongside: the six schools of Indian philosophy, Sanskrit, Ayurveda, English, Hatha yoga and pranayama. The emphasis here is always on the practice, awareness and self-realization of the studies, and not just the academic study of these topics.



- iii. The students, teachers and staff of SRSB were provided with education, food, clothing, transportation, lodging, medicine and medical help. The comprehensive services allow people from many backgrounds and tradition to study and live together in true harmony. We have good gardens, sufficient computers and healthy food so that students can develop holistically. Further, we also strive to provide a family like atmosphere.
- iv. Students were selected from remote areas of Orissa, Bihar, Garhwal and Punjab.

S.N.	Year	No. of Students	Activities
1	2005-2006	23	Vedic Teachings, Free Lodging, Boarding, Food, Clothing, Medical etc.
2	2006-2007	15	Vedic Teachings, Free Lodging, Boarding, Food, Clothing, Medical etc.
3	2007-2008	38	Vedic Teachings, Free Lodging, Boarding, Food, Clothing, Medical etc.
4	2008-2009	20	Vedic Teachings, Free Lodging, Boarding, Food, Clothing, Medical etc.
5	2009-2010	28	Vedic Teachings, Free Lodging, Boarding, Food, Clothing, Medical etc.



2. **The hosting of guests at SRSG.** Visitors can come to our campus and benefit from the meditative and academic environment. Guests are provided with classes and practical lessons in yoga meditation and related subjects like food, Ayurveda, silence and stillness.

- To get a wider understanding of meditation, lecturers of other backgrounds and religions are also asked to present their meditation tradition.

To progress in the understanding of yoga and meditation practices, the following are undertaken:

- Attend and host lectures, discussions and conferences – this sometimes includes paying for transport, accommodation, food and gifts for senior practitioners who come to SRSG.
- Host research into scientific benefits of certain practices by conducting analysis and bio-feedback training at our meditation lab.
- Communicate with teachers, centers and magazines around the world to share and exchange ideas.
- Organizing lectures by Swami Veda Bharati (and other advance teachers trained by him) in India and abroad. For example, around 1 December 2007 Swami Veda attended the 1st National Conference on Spiritual Science in Hyderabad. At this event, Swami Veda Bharati was awarded the Lifetime Achievement Award by the organizers. Also this year in 2010, swamiji has also received a distinguished award at the conference in Patanjali Yoga Peeth, Haridwar under the direction of Swami Ramdev.
- Distribute pamphlets, booklets and brochures to spread the teachings of yoga and meditation. We also distribute free copies of spiritual books and related material.

S.N.	Year	No. of Guest Visited
1	2005-2006	354
2	2006-2007	527



3	2007-2008	380
4	2008-2009	950
5	2009-2010	1064

3. Grants and support to other Institutions

In addition to the above activities which are mostly in our campus, we also extend significant donation and support to other like-minded organizations. In particular, the following charity related organizations are supported:

- Sadhana Mandiram Trust, Rishikesh – for the charitable activities carried on by the trust.
- Navprabhat Public Charitable Trust Orissa – for support of their school for the poor.
- The organization for the For The Visually Handicapped, Garhwal – for student medical support.
- Karveer Peetham, Kolhapur Maharashtra – for helping to spread Vedic teachings.
- Panchayati Akhara – medical help for sadhus.
- Patiala University, Patiala, Punjab – for inter-faith conference workshops.
- Akshya's helping in H.E.L.P. Trust, Madurai – for mission to feed the mentally ill.

S.N.	Year	Amount INR
1	2005-2006	409287.00
2	2006-2007	791778.00
3	2007-2008	850127.00
4	2008-2009	522610.00
5	2009-2010	1887800.00



4. Projects and welfare activities for the society

- i. Further, we have started two charitable activities outside the campus (1) Mahila Silayi Kadhai Kendra; and (2) public dispensary. This organization provides a sewing school and dispensary in the village where SRSB is located. It provides sewing teachers and scholarship for girls to attend classes on the first floor, and a dispensary that provides small scale medicines to the residents of the village and visiting sadhus on the ground floor of “Panchayat Bhavan”, A community hall provided to the trust by village Panchayat.
- ii. Short courses on topics like hygiene are also provided. Broadly, the sewing school has had about 200 graduates and the dispensary gets about 50 to 60 OPD patients a day.
- iii. From the village nearby were given scholarships to study sewing so that they can be learn a skill, be independent and take up jobs to earn an income. 76 girls graduated from the school so far.
- iv. **Hygiene Program** - ~ 15 toilets constructed in the village of Virpur Khurd, Rishikesh. To improve hygiene conditions at the village, these toilets were constructed by us. Further, this was supplemented by an awareness program for all those in the vicinity of our campus.
- v. **Medical help to poor and Sadhus:** Medical help was given to villagers from the dispensary. Further, a medical camp was organized at our campus to improve the understanding and education of the villagers of basic medical requirements.
- vi. **Scholarship to the village girls and boys** –Boys and Girls who are below the poverty line were selected by merit from the nearby village school to support them academically for a better future for their families.

S.N.	Year	Activities	Amount INR
1	2005-2006	Hygiene and Awareness Programme	93000.00
		Medical Help	46730.00



		Sadhu Medical Welfare	100000.00
		Scholarships	20000.00
2	2006-2007	Sewing School, Charitable Dispensary	358997.00
		Sadhu Welfare	22785.00
		Staff Visitors Welfare	205827.00
3	2007-2008	Sewing School, Charitable Dispensary, Sadhu Welfare, Scholarships	130486.00
4	2008-2009	Sewing School, Charitable Dispensary, Sadhu Welfare, Scholarships	66758.00
5	2009-2010	Sewing School, Charitable Dispensary, Sadhu Welfare, Scholarships	226359.00

Contributed by – Bhola Shankar Dabral



18. AHYMSIN - Publication Department

18.a. Activities performed by AHYMSIN Publication Department

What does Publication department do?

Our Spiritual Guide, Swami Veda Bharati elaborated on the activities undertaken by AHYMSIN Publication Department.

1. Running the bookstore.
2. Working with distributors and agencies the Publ. Dept has contracts with.
3. Archiving, cataloguing, svb's writings and recordings – a big task. Keeping it all updated. They cannot keep up with the constant output of svb and, now, other advanced teachers.
4. Collecting translations of svb works in 20 languages and archiving the same
5. Printing some of svb's booklets; expense often covered by Publ. Dept. (sometimes by svb)
6. Sending out books/booklets free at svb's request for Mission purposes at his discretion
7. Distributing/ mailing svb's writings, for example:-
 - a. 800 copies of WIRWW book recently mailed free (Publ. Dept. covered the printing and mailing costs)
 - b. 400 copies individually mailed to members of Indian parliament -- and such other projects.
8. Editing the recordings, past (there is an enormous backlog) and current ones. Takes 2 hours to do basic editing of one CD. In addition,



right now they are also cleaning up some of svb's very old (1958-1972) research field work recordings.

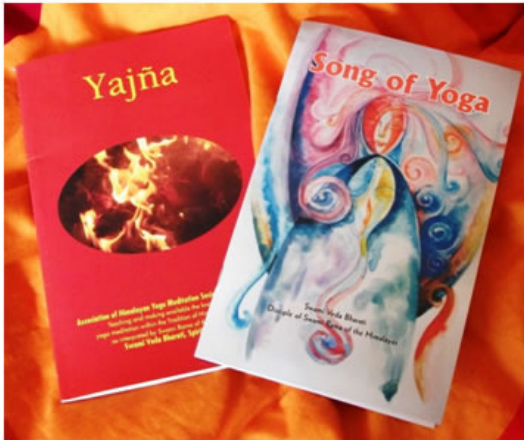
9. Supplying the CDs for special courses etc.
10. Maintaining other audio-visual resources.
11. They are now well experienced in these works and very valuable to the continuity of this work. They have often worked without taking time out for food or sleep when work was needed for a purpose.

Contributed by – Swami Veda Bharati



18.b.i. Two New Booklets by Swami Veda Bharati – April 2010

In his usual mellifluous style of written presentation Swami Veda introduces



the reader in his SONG of YOGA to the fundamentals of yoga. “In human beings,” he writes, “there are certain innate urges. One of these is everyone’s interior being intuitively feeling the call for spiritual liberation.”

This booklet like many others is an attempt to bring to yoga and meditation seekers the basic tenets of the Himalayan tradition in simple terms. It

however also introduces the inter-cultural threads of this practice that have been the vehicle of spiritual bridge building across the history of humanity – a humanity seeking Peace and expressing it in Joy.

In one of the chapters the author tells us what yoga might be in an almost sutra-like style – the mystical: “Yoga is the wandering mendicant singing his ecstasy of solitude”; - the practical: “Yoga is to reach out to those with whom we have disagreed.”

This booklet is a simple but inspiring read. The cover presents the painting of a rising kundalini surrounded by swirls of the mind energies. It is by a New Delhi artist known for her mystical works,

YAJNA (The Ceremony of the Fire Offering) is another booklet of articles by various writers and Excerpts from Walking with a Himalayan Master by Dr. Justin O’Brien.

Swami Veda explains the esoteric significance of the Fire Ceremony, Pt Dabral tells of the protocols to be observed before, during and after the ceremony. Dr. Parker advises on the practice of intensive japa with the fire offerings and Sw. Nityamuktananda tells of the power of transformation. There is an excerpt from Swami Veda’s recent book WANAM on the fire ritual and a sketch by Jennifer Strange of an artist’s journey through Dante’s Divine Comedy.



One of the main lessons imbibed from participating in a Fire Ritual is the offering made reciting – Idanamama – this is no more mine – and with the final Swaahaa - all is done. The true impact is felt when performed with the focused mind.

Anyone fascinated by these types of rituals will find this an informative booklet.

Photo & text by Lalita Arya

For more information contact Ahymzin at SRSR ashram, Rishikesh, India.

April, 2010

Contributions: Photo & text by Lalita Arya

Contributed by – Carolyn Hume



18.b.ii. New Book Release “What is right with the world – Human urge for peace” by Swami Veda Bharati – May 2010

It is my hope that after reading this book we will have a greater understanding not only of what is right with the world - Swami Veda Bharati

The book was internally released in May 2010. The book also got coverage in the Times of India supplement “The Speaking Tree”. Sakina Yousuf Khan writes:-

“At a time when everybody seems to be talking about what is wrong with the world, Swami Veda Bharati's book *What is Right with the World: Human Urge for Peace*, comes as a whiff of fresh air. It is an extremely positive piece of writing much needed in an atmosphere of doom and gloom that we find ourselves in. The author has integrated inner peace with world peace and universal peace; a rare combination. "Peace," writes Veda Bharati, "is not merely an absence of war. Peace, like love, is experiential. We know experientially when we are in love. So do we know when we are at peace."

The clash of civilisations stems from various reasons and much is written about this problem. Swami Veda Bharati focuses on practical and universal solutions to these conflicts. He emphasises the need to discuss and debate our differences, rather than stand in opposite corners and shout at each other. He sets the tone in the introduction to the book with these lines: "May all opposites in

SHELF LIFE

Holding Out Hope

REVIEW

What is Right with the World: Human Urge for Peace
By Swami Veda Bharati
Publisher: Association of Himalayan Yoga Meditation Societies International (AHYMSIN)
Pages: 311
Price: Rs 325

SAKINA YOUSUF KHAN

At a time when everybody seems to be talking about what is wrong with the world, Swami Veda Bharati's book *What is Right with the World: Human Urge for Peace*, comes as a whiff of fresh air. It is an extremely positive piece of writing much needed in an atmosphere of doom and gloom that we find ourselves in. The author has integrated inner peace with world peace and universal peace; a rare combination. "Peace," writes Veda Bharati, "is not merely an absence of war. Peace, like love, is experiential. We know experientially when we are in love. So do we know when we are at peace."

The clash of civilisations stems from various reasons and much is written about this problem. Swami Veda Bharati focuses on practical and universal solutions to these conflicts. He emphasises the need to discuss and debate our differences, rather than stand in opposite corners and shout at each other. He sets the tone in the introduction to the book with these lines: "May all opposites in the universe be seen as complementary and thus help to complete us who are yet incomplete beings in spiritual evolution." Veda Bharati, who has been researching world peace for several years now, takes us on a journey of rediscovery of the perennial peace process throughout our history. By exploring how people perceive each other and respond positively to each other in an atmosphere of harmonious living, he gives us a deeper understanding of the idea that respecting diversity is the key to peace.

The value of this volume lies in bringing home to us the commonality of good values and thoughts embedded in all religions. What is heartening is the liberal references with practical examples from all religions that the author provides. Talking of the universality of certain religious practices, he asks: "Who decreed that people of almost all faiths should kneel or bow in one form or another in the presence of Divinity; when was it agreed among various religions that prayers should be counted on rosary, mala or tasbeeh, who determined that sacred or holy water, whether from Jordan, Ganga or Zamzam should be an important component of religious observance for Christians, Muslims, Buddhists, Taoists and Hindus?"

In sum, a thought-provoking and inspiring book written in a simple, clear and easy-to-understand style. ■

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WHB to 58888 or call at 09910118888

Contributed by – Sadhana Mishra



18.c. Accomplishments and Road Ahead

Talking on the **Accomplishments and achievements**, Swami Veda Bharati says:-

1. In USA, a publications committee has been formed, led by (a) Wesley van Linda (b) Anil Saigal (c) Carol Weiler.
 - Svb's friend who wishes to remain un-advertised has donated initial capital of \$10000. Awaiting further \$15000 windfall from somewhere
 - This committee will arrange to do professional editing and designing, and printing for western market.
 - Wesley does the marketing of all HIHT books through Lotus Press; he will do the same for svb and our other teachers books
 - The design will be sent to India (Bhola Shankar and Publications Department) who will
 - Print for Indian market
 - And for in-house distributions
 - And for free distributions
 - Will find ways of improved marketing in India, through distributors etc. which Bhola Shankar has investigated extensively
2. There is a plan for creating and marketing audio-libraries of svb lectures as CDs etc. Swami Chetan Bharati has begun to put the courses together. Some capital has been reserved for the same. It is hoped that by the end of this year the marketing will begin
3. There are more than a dozen books being edited/re-edited for printing/re-printing
4. There are 35000 pages of transcripts of svb lectures sitting in the basement of Meditation Center. These are being (a) digitalized and (b) slowly being converted into books.

Contributed by – Swami Veda Bharati



18.d. Publications Department Overview 2010

Introduction: The prime purpose of setting up AHYMSIN Publishers was to promote the teachings of Himalayan Tradition. The publication is an activity of Dhyana Mandiram Trust and has four areas of operations that comprise of Publications, Distributions, Production and Sales. The production is done by the small production Unit and the Sound Recording studios.

18.d.i. Publication of Books

In total so far we have published 26 books and seven CDs. Following are the books and booklets that were released in the year 2010:

1. Supplement to Wanam
2. Consciousness-Measurable and Immeasurable
3. Peace, Poverty, Planet, One Aspect, One FaceYajna
4. Dhyana Ka Aarambh
5. Beginning Meditation
6. Song of Yoga
7. What is right with the World
8. Tattva Samasa
9. What is Srividya?
10. Smriti Yoga

The following **eight new titles** are under the pipeline; as soon as our joint project of publication with AHYMSA Publishers USA is finalized, they would be released soon for India and SE Asia distribution and sale. (For North America and Europe – AHYMSA Publishers USA will be the prime publisher/distributor)

1. Mind the Playground of God
2. What is right with the world?
3. A Dog named Mind
4. Kundalini: Stirred or Stilled?
5. Night Birds (Hindi)
6. Mantra: Initiation and Practice (Hindi)
7. Sugam Sadhan Marg- By Swami Shivananda Saraswati (Hindi)
8. Sadhana Ke Panch Stambh (Hindi)



Publicity of books: The department follows a complete procedure for the publicity of every single new title either written by Swami Veda Bharati ji or a teacher in the tradition, which includes:

- i. Sending complementary copies to the different spiritual magazine like the Life Positive, the Eternal Solutions, the East West series for reviewing.
- ii. Information regarding the release and availability of a new title is send to different centers via emails
- iii. Complementary copies are sent to all the people who have given their contributions in the form of their valuable creative ideas and writings for formulating the book.
- iv. Complementary copies are also sent to different VIPs as per Swami ji's instructions.

Along with publicizing new books, we also take active part in book fairs, seminars, conferences and arrange to set up a book stall during any conference outside or an event outside in which catalogues of both the books and any other publicity material related to the Ashram is distributed among the attendees.

NOTE: 2100 books (in the FY 2009-10 and running FY till date) has been sent complementary as per Swamiji's instruction or as part of publicity promotion.

- **400 copies of What is Right with the World** were sent to the Member of Parliament of India with a personalized letter from Swamiji.
- **1000 copies** were sent to Europe for distribution in European Parliament. The task was further taken care by Holland and Italy centers.
- **500 copies of Wanam** books were distributed on its release at the Egyptian Embassy. The release was jointly organized by Egyptian Embassy, Embassy of Burkina Faso and AHYMSIN Publishers.

Note: All the expenses (printing, publishing, packaging, mailing for complimentary, etc.) were taken care by AHYMSIN Publishers from its own budget only.

Routine Operating Procedures: From Dec 2010 onwards, we have initiated a new process of circulating a monthly report to the ground management at SRSG about the operating procedures of the department which includes all the



relevant information such as income and expenditure of the month, total sales at the bookstore, stock position at the end of the month number of visitors, etc. as part of information sharing with the management.

The Bookstore: The details related to the bookstore have been covered under the “Sales” heading.

Coordination with the related agencies: Working with distributors and agencies, which are in our contracts list.

18.d.ii. Distribution of Books

We are authorized sub-distributor of Himalayan Institute Publication books in India, also distributes Swami Veda’s books allover the world. Number of other Yoga Institutions considers us as their distributor/local center for publications such as Aurobindo Ashram, Krishnamacharya Yoga Mandiram, J.P. Vaswani Trust, Bihar School of Yoga and Shivananda Ashram, Rishikesh. We also distribute books through Mail Orders, VPP and any other acceptable mode of shipping.

We stock a number of like minded publications in our bookstore.

18.d.iii. Production

Small Production Unit

- Our CD Production Unit is involved in production of high audible quality CDs of Swami ji’s lectures, editing and digitalization of 5000 plus hours of Live Audio recordings of SVB. We are pleased to announce that we have digitalized all the 5000 plus hour audio cassettes totally in house. This laborious task was taken at the time of opening the unit as a long term planning towards creating a proper archive of Swamiji’s published/unpublished work.
- The next step to digitization was taken to edit all the five thousand hours plus audios. So far, we have edited around 40 percent of total audios available with us.



NOTE: In the year 2010 alone we have edited 220 lectures. (Just to be mentioned here: In the process of editing, an hour audio takes around three hours for full editing.)

- Archiving and cataloging of Swamiji's valuable transcriptions: We have also started systematically archiving the transcriptions/translations etc. of Swamiji's published/unpublished writings. The long term plan for the archive is to have archived every single published/unpublished writings, talks, interviews, letters, article, etc. of Swamiji's work.
- Cataloging of lectures: Along with that the cataloging of digital recording of Swami ji's lectures is also being done.
- Fulfilling orders: As an ongoing activity all kinds of CD orders are fulfilled by the small audio unit. It includes promptly editing, burning the CD and make it available for a particular order on time.
- Editing (mostly cleaning up) some of Swami ji's very old (1958-1972) Research field work recordings for archive collection and future research on the very subject.

18.d.iv. Sales

- We have 1788 titles of books by different authors and different institutions/publishers
- Number of visitors who visited the bookstore FY 2009-10 were 1400. For the running financial year until March 1, 2011 we have 1300 visitors so far.

18.d.v. Publications Team

Following is the brief introduction of the eight personal working/serving in our department.

- Mr. Bhola Shankar Dabral: Master in Economics and Business. Serving the Ashram since 1998. Oversee the entire operations.
- Mr. Sushil Kukreti: Master in Economics, Diploma in Computers. Serving the Ashram since 2001, taking care of the Accounts, banking, cash and other postal/mailing work.



- Mr. Jay Prakash Bahuguna: Bachelor in Science, Diploma in Computers and Diploma in Quality Management. Diploma in Sound Recording and Reproduction from Mumbai University. Serving the Ashram since 2004, taking care of the Basic CD Production Unit. Presently working as a Sound Engineer in the in-house sound recording studio. Residing in the campus and 24 hours available.
- Mr. Ravindra Bahuguna: Master in Mathematics, Diploma in Computers and Diploma in Quality Management. Serving the Ashram since 2004, taking care of the Basic CD Production Unit.
- Ms. Aruna Bijalwan: Master in Geology, Diploma in Computers and Diploma in Typing. Serving the Ashram since 2006, taking care of the Book Store, Stock and inventory. The in charge of the bookstore.
- Ms. Deepti Raturi: Master in Geology, O-Level in Computers. Serving the Ashram since 2006. Manager of publication office, taking care of the Official management.
- Mrs. Sunita Nakoti: Bachelor in Arts, Diploma in Computers. Serving the Ashram since 2004, taking care of the Bookstore, packing and storage house.
- Mr. Gaurav Mishra: High School, Diploma in Computer Designing and Diploma in Computer Hardware. Serving the Ashram since 2006, taking care of the Basic CD Production Unit.

18.d.vi. Future Plan

- We have joined hands with AHYMSA Publishers USA for joint publications and production. We will be taking care of India and SE Asia sales and distribution and AHYMSA Publishers will be taking care of North America and Europe.
- Setting up a mass distribution system in India and SE Asia for the above books/audios.
- A dedicated e-commerce website for publications.
- A dedicated separate sub-unit (archive unit) of publications for archiving every single written, spoken word of swamiji.
- Creating an audio library from the audio archive for study and research-series of audios on systematic practices/study.
- Outsourcing marketing efforts.

Contributed by – Bhola Shankar Dabral



19. AHYMSIN – Recording Room

SVB collected and contributed funding for the same, separately from regular SRSR expenses. SVB's plan on recording room is held up because of his health and dearth of time.

The plans include:

- (1) Re-do some of the old recordings of meditations etc.
- (2) Preserving some of the Vedic recitations etc. For example, we have had traditional reciters of Vedas record their recitations, that are preserved now.
- (3) Some research: for example, we took brain wave patterns of reciters in the recording room, (by moving the equipment from the Lab for the purpose), while they were reciting recording the Veda, and we found an amazing result¹, not recorded in scientific literature before. Now the plan is to compare the same with recitations/reciters of other sacred texts of the world (Avesta, Pali, Tibetan, Hebrew, Aramaic, Quran). This will require close working together of the Research Lab and Recording Room.
- (4) One main objective for which the recording room was established – its realizing is just now beginning. That is, meditation methods, in orderly sequences recorded in major 20 or more languages. This will require training the speakers of these languages to 'guide' and record the meditations in a meditative voice, in their own language, to be effective.

Contributed By- Swami Veda Bharati

¹ Normally when we are speaking we cannot produce alpha brain waves but the Veda reciters were producing alpha while reciting.



- Recording of Varun Pal ji, a profound Indian classical musician for the future production of “meditation music” series.
- Recording of Mantras in the voice of Chandramani ji of the Mantras for Gurukulam students for study and practice.

All the above recordings were done in view of future production, archiving, etc.

Contributed by – Bholu Shankar Dabral



20. SRSB Hospitality and Travel

Travels services at SRSB have been available for guests since Sadhaka Grama was founded. These services have been modest in their scope, (taxi booking being the primary service) but available none the less and duly taken advantage of by guests, residents and staff. They have expanded steadily and were formally recognized as a department of SRSB in 2007.

1. Insight Travel – SRSB Travel Department (hereafter “Insight Travel”) is a branch of DMT/AHYMSIN.
2. Insight Travel is acting as an independent entity with an individual accounting and individual bank account. The annual balance of the Insight Travel will be integrated in the DMT by the end of the year.
3. The goal of Insight Travel is to reach out and to connect more people to the Himalayan Yoga Tradition and to earn revenues for SRSB.
4. In order to reach this goal, Insight Travel creates and arranges Insight Touring trips and packages. *And partner with Trip India to do the same.*

20.a. Activities

In terms of daily services the Travel Department at SRSB has been doing:

- the booking of taxis for Ashram guests for various purposes
- the booking of trains or local flights
- the providing of references (of travel options and providers)
- the planning (and execution) of outings and tours to local sites and those of the Himalayas of Uttarakhand. The outings and tours included:
 - a. Mountain tours organized for groups of 7 or more in Oct. 2007, 2008, 2009
 - b. Mountain tours organized for groups of 2 to 5 in March 2007, Spring 2008, 2009 and 2010
- the inclusion of Ashramites (students) as guides on selected outings and excursions



In terms of a **strategic revision**, the Travel Department at SRSB has been

- Integrating Mr. Siddharth Veera as a new member of the leadership team. He is a former employee of Kouni Destination Management, a Swiss International Travel Company. He brings his expertise of the travel industry in a spirit of service.
- defining structural and communicational elements of SRSB Travel Department in terms of (still in progress):
 - Goals and means
 - legal and financial status
 - features of tour design
 - USP and Corporate identity (CI)
 - Communication

20.b. Unique and Single Proposition (USP)

Insight Travel receives its uniqueness from

- a) its association with the **unbroken lineage** of the Himalayan Tradition as represented by Swami Rama of the Himalayas
- b) the **authentic practices** taught by Swami Veda Bharati at the Swami Rama Sadhaka Grama

Insight Travel can be clearly distinguished from other travel-service providers.

20.c. Features of Tour Design

1. Travels designed by Insight Travel are journeys for thoughtful people focusing on
 - i. individual insights
 - ii. possible spiritual experiences
2. Consequently, the travelling atmosphere is marked by



- i. Opportunities for hatha yoga and meditation with daily routines of practice when appropriate (e. g. yoga groups guided by members of SRSG staff)
 - ii. carefully chosen excursions and sights which allow participants to stay relaxed, internally silent and balanced.
3. information about cultural and historical background of sites from qualified guides (members of the Gurukulam or professional guides)
4. In general, a tour designed by Insight Travel will include a stay at the SRSG Ashram in order to inform travelers about the teachings of the Himalayan Tradition, the practice of pilgrimage and cultural sensitivities.
5. Standard tourist sights and excursions are included as far as necessary in order to integrate a broader range of travelers.
6. Education on attitudes and behavior so as to respect and maintain awareness of the sanctity of holy places

20.d. Destinations

Insight Travel (In some cases in partnership with Trip India) will start by offering a limited range of tours which will vary in duration and distance from SRSG.

Examples:

- Delhi / 1–4 days
- Agra 1-2 days
- Vasistha Cave and Rishikesh local (Bharat Mandir, etc.) / 1 day
- Haridwar / 1 day
- H.I.H.T and Center for Rural Development / 1 day
- Himalayas / 2–12 days

20.e. Communication

In order to promote its offers, Insight Travel will:

- set up a Website with individual Domain
- in partnership with Ahymzin/SRSG set up an SRSG website with Travel services as a component
- develop promotional information such as fliers and brochures (print and electronic formats)
- improve communication within existing mediums such as the Ahymzin newsletter/travel announcements page



These communication-tools will be applied in the first step, in order to contact travelers which

- are already at the SRSG (> print materials in the office, in the cottages, etc.)
- plan a stay at the SRSG (> website)

Thus, links from other websites connected to the SRSG and the Himalayan tradition are essential.

In a second step, direct mailings to connected organisations / affiliates abroad and to other travel agencies as well (to give SRSG material) will follow. This step will include personal email-correspondence with constant contact partners at these connected organisations / affiliates who will function as multipliers (intermediaries or disseminators – multipliers is not correct usage).

20.f. Corporate Identity (CI)

In a first step, elements of a CI for website and printed materials are defined and will be further developed.

20.g. Next Steps

Next steps will be

- Finalizing the system for issuing receipts to guests appropriate to the service provided. Acquiring said bill books from service providers.
 - To do research on and compiling information about particularly sensitive sacred areas that should either be avoided by „tourists“ or open to only a select few.
 - an analysis of the segment of the travelling market – especially spiritual tours – in terms of services and prices
 - seeking legal advice about the design of contracts, obligatory insurances, etc.
 - training guides with an emphasis on the training of Education Department staff and students for local sites
 - preparing printed information material for guests regarding taxi services and their costs
 - designing of tours / pilgrimages and packages
 - linking people to other SRSG Depts.
 - formalizing the integration of the Travel Dept. and the Ed Dept.
- Goal:



- Ed office provides students/ashramaites/ to act as guides for local excursions organized by the Travel/Mandala office. Ed office and Mandala communicate regarding these needs.
- A goal is to improve the information on the checklist of learning activities to include certain must do tours (such as to SMT and HIHT). This will mean collaboration and communication between Mandala and Education office.
- Develop promotional material in electronic and hard copy form.
- Confirm clearance to develop promotional material of the mountain tourist facility from Mr. Shailandra Tripathi
- Disseminate the promotional material
- Analyze the existing record of packages (of programme, stay and excursions) offered to groups and finalize standard costs and suggested contributions
- Coordinate and work together better with TTP with the goal of including excursions in the India experience for teacher trainees.

Contributed by – Silvia Baratta



21. Himalayan Yoga Teacher Training Program

21.a. Role of TTP

TTP is (HYT-TTP) based in USA is under Yoga Alliance and we follow the criteria of this organization along with Swami Veda's criteria. Yoga Alliance (YA) is an international organization which regulates the quality of the teachers.

TTP also provides education in a compact and systematic way in a 2 week time (140 required hours with a 60 hour addition home study hours) to students who wish to become a certified yoga teacher. The requirements are that they attend three levels and graduate with 600 recorded hours with mentor assistance.

The activity of this department in Rishikesh is to put on 2 trainings a year one in the spring and another in the fall. The third one is operated in the USA. However the manager in Rishikesh office receives the registrations and communicates with the office in New Jersey for all USA participants.

21.b. Operations

Teachers are booked for retreats, as they discuss among themselves, who is available to come to which retreat. If the income is enough then they are reimbursed for their expenses usually when they submit their vouchers to the NJ accounting office.

21.c. Staff

Staff in Rishikesh is one person Maryon Maass who is the office manager and coordinator in Rishikesh of the programs. She relies on volunteers to assist her with the programs and office assistance. More and regular office assistance is needed. The need for a Hindi speaking office assistant will be needed in the near future as the program expands, as it is rapidly, in India.

Collections are made in the TTP office and reported to the NJ accounting.



21.d. Summer Program

Summer programs are not directly under the TTP office, but Maryon Maass will be active in outreach programs with the current Gurukulam Students to oversee the quality of the teachings.

Other Summer programs: Maryon Maass will be assisting the TTP registrations on campus and some off campus students regularly as the Mentor for the TTP Program. Dr Manju is also a student but acting as a Mentor for the Hindi speakers.

Development of a full out Indian TTP is in the thoughts of the whole organization. We will again need more Hindi to develop this program for full operation and out reach. It is considered urgent at this day in time. We had 6 very educated and very interested, impressive Indians who participated in March 2011 and they were all eager to have more information. All realizing that it will take translations to include more of the Indian populations.

21.e. Legal

We have a contract with Shobha from Haridwar who has translated the TTP home study book (currently in its editing stages as of March 23,2011). She completed Level 1. She will continue Level 2 and 3 home study books as she can over the summer of 2011).

21.f. Marketing

Marketing is mostly done in the USA. In India we rely on the Website. However it only answers questions to the people of the West. It does not address the Eastern world or the many cost variations that are possible as, virtually each country has a different price possibilities and it may turn away some students who feel they cannot afford the fees per level.

Our Newsletter both on AHYMSIN and our own TTP website will produce some interest. Most enquires come from AHYMSIN. It is not clear why that is. Perhaps there is no connection to the TTP Site or it is not easy to find. This may not come under marketing, but ***we created a CD of all the recordings which are online on the TTP home study*** site as well as printouts



made possible for the NON-ONLINE students to have which are useful for their homework during level 1. These are not translated into Hindi.

21.g. Future Plan

In the very near future we can see a split from the USA YOGA ALLIANCE accreditation process here in Rishikesh, to create an appropriate system for the countries of Asia and India. We are currently looking at various possibilities and are at an exploratory stage.

Himalayan Yoga Tradition - Teacher Training Program (HYT-TTP)

C/o Swami Rama Sadhaka Grama

Tel: +91 135-245-0802

Fax: +91 135-245-0831

<http://www.himalayanyogatradition.com>

Contributed by - Maryon Maass



22. AHYMSIN Events 2011

Yoga Youth and Children's Retreat

22-31 December 2011 at SRSB, Rishikesh, India

Objectives:

To teach some of the basic practices of yoga from the Himalayan Yoga Tradition – as taught by Swami Rama and Swami Veda Bharati – to the younger generations of our spiritual community, so that “the grace and the practices and teachings of the Guru may continue into next generations and meditation may become a family centered experience.”

To guide and encourage each child to grow and flourish on the path of yoga with a sense of self confidence, spiritual awareness, and self discipline, so that they are able to conduct their lives peacefully and healthfully throughout their entire lives.

To provide an excellent opportunity for everyone to learn at the feet of Swami Veda Bharati and to share in his constant state of love and to receive these blessings.

To strengthen the global community and provide opportunities for everybody to share/exchange ideas cross culturally, thereby eliciting better cross-cultural understanding and encourage world peace among the younger generation.

To more strongly develop a curriculum for teaching the methods of yoga and meditation to the younger generations and share these methods of teaching with and among teachers and parents of the tradition



2011 Himalayan Yoga Tradition Congress

"Creating Joy: The Art and Science of Yoga"

Yoga & Meditation Teacher Training Events

July 14th – August 10th 2010, Minnesota, USA

HYT Teacher Training offers an integrated program of self-transformation leading to self-realization in the authentic tradition of Swami Rama of the Himalayas. For those wishing to deepen their personal practice, we offer a Continuing Studies program. For those wishing to become teachers, we offer a 200-hour and 600-hour program both registered with Yoga Alliance.

See www.HimalayanYogaTradition.com for more information and to enroll in HYT Teacher Training. All participants must be accepted into this program.

Prana Vidya I and II for Hatha Yoga & Meditation Teachers

Prana Vidya is the meditative style of performing Hatha Yoga asanas and Subtle Body practices taught in the Himalayan Yoga Tradition. This style utilizes a process of gradual relaxation of effort and breath awareness as the practitioner's flow of attention gently moves from physical to pranic to meditative. The practitioner uncovers a new depth of self-knowledge, vitality and self-purification.

These workshops are designed for Yoga Teachers wishing to both deepen their personal yoga practice and enhance their yoga teaching skills. They provide Yoga Alliance continuing education units (CEUs) and provide credits for the Yoga Alliance Registered HYT Teacher Training Programs.

The Level I workshop is offered as a residential Ashram Retreat Program (see sample Retreat Schedule below) and a non-residential program. The Level II workshop is only offered as a residential Ashram Retreat Program. For more information see www.HimalayanYogaTradition.com .

Himalayan Yoga Tradition Evening Lecture Series

The evening lectures on Monday through Thursday are open to the public. Swami Veda will be the speaker on 7/18 and 7/28; Swami Nitya will be the speaker on 7/21; guest speakers will be announced for the other dates.



Himalayan Yoga Tradition Teacher Training & Continuing Studies Retreat

Level I: July 17 to July 31, 2011 (arrive afternoon July 17)

Level II: July 17 to July 31, 2011 (arrive afternoon July 17)

This 2-week ashram-style retreat is a required component of the 200-hour and 600-hour HYT Teacher Training programs. The topics include Meditation, Raja Yoga, Yoga Sutras, Philosophy, Hatha, Pranayama, Anatomy, Yoga Nidra, Psychology, Holistic Health, and Teaching Methodology (see sample retreat schedule below).

Prana Vidya I for Hatha Yoga & Meditation Teachers

July 18 to July 22, 2011 (arrive July 17 for residential program)

This weeklong workshop, beginning Monday morning (July 20) and ending Friday afternoon (July 24), will explore the theory, practice and teaching of the Prana Vidya style of Hatha Yoga. Additionally, an in-depth study of the anatomy & physiology of the physical and subtle body will be included. Participants will have an opportunity to practice teach at least three classes based on the HYT introductory courses (Joints & Glands, Hatha-Level 1, and Integrated Practice-Level 1) in a small group setting and receive individual feedback from Senior HYT Faculty and Mentors. This workshop is recommended for those wishing to enhance their yoga teaching skills. We encourage those currently enrolled in HYT-TTP and those wishing to become HYT-TTP Mentors to attend.

A pre-requisite document including anatomy & physiology terminology, suggested resources and teaching lesson plans will be emailed after paid registration. The Ashram Program and Evening Lecture Series are included for residential program participants.

Prana Vidya II for Hatha Yoga & Meditation Teachers

July 24 to July 29, 2011 (arrive afternoon of July 24).

This weeklong retreat, beginning on Sunday evening (July 24) and ending Friday after lunch (July 29), will take the participants on a journey inwards utilizing the ancient wisdom practices of the Himalayan Yoga Tradition. At



some point in one's spiritual progress an urge to silence arises uninvited. Silence is a fullness of the mind; the mind filled with the flow of an energy stream rising from within. This experiential workshop will provide an opportunity for Yoga Teachers to deepen their personal practice, be guided to deeper states, and learn how to support their students from this deeper state. The program, based on Swami Veda Bharati's book, "The Song of Silence", will highlight HYT Level 2 hatha, pranayama, meditation, subtle body practices, inner dialogue, and sankalpa shakti practices for the teacher and their students.

This retreat is recommended for those wishing to deepen their personal practice and yoga teaching. We encourage those currently enrolled in HYT-TTP and HYT-TTP Mentors to attend. The pre-requisite is to read "The Song of Silence" and begin a personal journal prior to the workshop. The Ashram Program and Evening Lecture Series are included in this event; however, attendance is optional.

For further details regarding accommodation, event fees etc. please visit:

<http://www.ahymsin.org/main/index.php/North-America-Events/2011-himalayan-yoga-tradition-congress.html>



2011 Himalayan Yoga Tradition Ashram Retreat

July 17 – July 31, 2011

University of St. Thomas - St. Paul, Minnesota

The Himalayan Yoga Tradition (HYT) Continuing Studies and Yoga Teacher Training Program (TTP) is recommended to all serious students of the tradition. It is a multifaceted and complete training of Yoga Meditation as taught by Swami Rama of the Himalayas. This program has been designed to pass on the essential principles and practices of the Tradition, which fosters personal development on all levels. For the aspiring as well as the experienced teacher, the program presents all aspects of yoga/meditation in a spiritually inspiring context.

This unique program of ongoing spiritual guidance and home study is for anyone who seriously seeks self-transformation in this lifetime. By drawing from the ancient wisdom of sages such as Patanjali, Shankara, Swatmarama and Swami Rama, students will develop philosophies and skills, which can be applied to workplace situations, personal relationships, and mental and emotional conditions. Our practical, experiential approach to teacher training encourages students to incorporate these skills into their daily lives.

All participants must be accepted into this program. Please complete an application found at <http://www.himalayanyogatradition.com/progression.html> and read more about the program. The 2-week retreat is the cornerstone of our program. It is centered on satsanga and meditation, and includes a comprehensive roster of classes in hatha yoga, pranayama, meditation and other facets of yoga science and philosophy with a highly qualified teaching staff (see HYT Faculty Biographies separately listed on the web site). The lead teachers will be Ma Radha, Dr Stephen (Stoma) Parker, Michael Smith, Paul Emerson, and Peter Fabian. Please see sample schedule below.

Many components of the 2011 HYT Congress such as the Family Picnic on 7/23 and the Kirtan on 7/30, and the Evening Lectures (Monday – Thursday each week) will be included in this retreat.

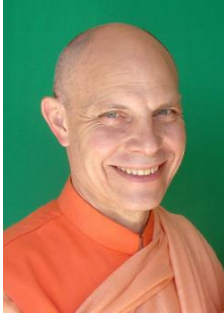
For further details regarding accommodation, event fees etc. please visit:



<http://www.ahymsin.org/main/index.php/North-America-Events/2011-himalayan-yoga-tradition-congress.html>



Silence Retreats with Swami Ritavan Bharati



Come and enter the depths of spiritual stillness and silence with guidance from the silent monk, Swami Ritavan. The schedule is designed for maximum silence with no lectures, only practicums for deepening the experience through practice.

Priority is given to the full-time participants.

Spring

Full Moon Silence Retreat

*Weekend Retreat

Dunrovin Retreat Center

Marine on St. Croix, MN

March 18-20, 2011

Summer

Guru Purnima Silence Retreat

St. Thomas University, St. Paul, MN

July 14 -17, 2011

(4 day retreat)

5 - 10 day Silence Retreat

Dunrovin Retreat Center

Marine on St. Croix, MN

July 31 - August 10, 2011



East European Retreat of the Himalayan Yoga Tradition June 2011

Budapest; June 2011

1. **June 20-22.** - Patanjali Seminar continuation (we will continue from the 27. sutra, chapter two) The Patanjali-seminar will include one or two hatha yoga sessions and three lectures on the sutras each day.

2. **June 23-26.** - East European Retreat with Swami Veda Bharati.

“YOGA IS SAMADHI”

MEDITATION AND INITIATION IN THE HIMALAYAN TRADITION.

Where do the different paths of meditation meet?

Course Details

The course will be taught by

- Swamis and teachers who have studied and practiced for the past 40 years under the guidance of a Himalayan Master, and
- Swami Veda Bharati
- Gejza Timcak will be a special guest teacher

They will all give an experience of deeper meditations and higher steps in philosophy for those who are prepared, and will cover the beginning steps for beginners as well.

Swami Veda Bharati has been teaching and expounding the ancient texts, philosophy, history and practices of meditation for the past 64 years on all continents.

For further details regarding accommodation, event fees etc. please visit:

<http://www.ahymsin.org/main/index.php/Centers/east-european-retreat-of-the-himalayan-yoga-tradition-june-2011.html>



2011 Upcoming Events - Summary

Please visit <http://www.ahymsin.org/main/index.php/Upcoming-Events/upcoming-events.html> to find out more about the upcoming events.

Feb 10th – Apr 30th, SRSG Ashram, Rishikesh, India

Swami Veda will be in Residence at SRSG except for short absences for conferences within India.

Contact: ahymsin@gmail.com

24th Feb – 14th March SRSG, Yoga Nidra Intensive

- 24th Feb. to 2nd March, Intensive Yoga Nidra Practicum
- 2nd March, Shivaratri
- 3rd – 6th March, Yoga Nidra Seminar with Swami Veda and Others
- 7th - 14th March, Assimilating the Experience

For registration or more information, please see read the article in this newsletter, or the full description on the Ahymsin site

7th – 21st March 600 Hour HYT Teacher Training Retreat, Level 1, SRSG

<http://www.himalayanogatradiation.com/india.html>

18th - 20th March, Full Moon Silence Retreat, Marine on St. Croix, Minnesota, USA

with Swami Ritavan. Contact: info@themeditationcenter.org

22nd – 27th March, Himalayan “Insight-Seeing” Tour

[Tour info](#) page and a [downloadable brochure](#).

23rd to 31st March, Barcelona, Spain

with Swami Nityamuktananda See: <http://www.athayoga.info/events>

25th - 27th March, Milan Seminar

with Pandit HariShankar Dabral. Contact: <http://www.yogamt.com/contatti.html>

1st – 2nd April, Seminar, The Yoga Society, Milwaukee, WI, USA

with Stoma. Contact : info@theyogasociety.com

1st – 20th April, programs in Melbourne, Adelaide, Sydney in Australia

with Swami Ritavan Bharati. See: <http://www.himalayanogameditation.org/Workshops.htm>

3rd April, Meeting with "all" UK Initiates

with Swami Nityamuktananda. Contact den.mh@me.com

8th to 19th April, Thailand

with Swami Nityamuktananda. See: <http://www.athayoga.info/events>

20th April - 5th May, programs in Taiwan-Taipei, Tainan, Taichung, Kaosiung

with Ashutosh Sharma and Swami Ritavan. Contact Tinyu at e422@kiss99.com

20th – 30th April, Singapore

with Swami Nityamuktananda See: <http://www.athayoga.info/events>

1st to 14th May, Stillpoint Yoga in Nelson, New Zealand

with Swami Nityamuktananda. See: <http://www.athayoga.info/events>

6th – 9th May, Silence Retreat, Stella Maris Retreat Center, New Jersey, USA

with Stoma



5th – 15th May, programs in Seoul, South Korea

with Helen Choe, Ma Radha Bharati, Swami Ritavan Bharati, Ashutosh Sharma and Silvia Baratta
Contact Helen at helenwonju@gmail.com

21st – 23rd May, program in Malaysia at the foothills of Mount Kinabalu

with Swami Nityamuktananda

24th - 30th May, Teaching at Israeli Yoga Teacher's Association

Swami Nityamuktananda Contact: yogaorg@vision.net.il

25th May – 7th June, programs in Rostov, Russia

with Swami Ritavan Bharati and Ashutosh Sharma. Contact: http://h-yoga.ru/index/rostovskij_centra_gimalajskoj_jogi/0-11

3rd – 9th June, Soham Yoga Camp in Lithuania

with Stoma and Swami Nityamuktananda. See: <http://www.soham.lt/>

10th – 14th June, West European Retreat in Holland

with Swami Veda Bharati, Swami Ritavan Bharati, Swami Nityamuktananda Saraswati, Pandit Ashutosh Sharma

Click for a [downloadable PDF](#) with more information

14th – 16th June: Advanced training for Teachers in Holland

with the same staff as above. See above PDF.

11th – 12th June, Milan Seminar: Shiva Meets Patanjali

with Stoma. Contact: <http://www.yogamt.com/contatti.html>

17th June, Seminar/Dialogue on Meditation and Hypnosis (proposed) in Padua, Italy

with Stoma

20th – 26th June, Hungary

There will be two programs held this June 2011 in Budapest.

June 20-22 - Yoga Sutras retreat

with Swami Veda, Swami Ritavan, and Dr. Stoma Parker. More info here ([Hungarian](#)) ([English](#)). (We will be continuing from the 27th. sutra, chapter two.)

The Patanjali-seminar usually includes one or two hatha yoga sessions and three lectures on the sutras each day. The Patanjali seminar registration fee is 70€ (plus accomodation and meals according to your choice) . The location will be the same as in previous seminars. We only have a limited number of rooms, so if you would like to stay there, then let us know as soon as possible.

June 23rd – 26th - Eastern European Retreat in Budapest, Hungary

The main topic will be yoga nidra, please see the links above for Hungarian and English descriptions, with people from Hungary, Slovakia, Bohemia, Poland, Lithuania, Ukraine, Rumania, Rostov-on-Don in Russia, and perhaps St. Petersburg

“YOGA IS SAMADHI: MEDITATION AND INITIATION IN HIMALAYAN TRADITION”

The course will be taught by Swami Veda Bharati and senior teachers within the Himalayan Tradition. Gejza Timcak will be a special guest Teacher. ([Hungarian information here](#)). ([English information here](#))

28th – 30th June, Hungarian TTP, Level 1, Budapest

Contact: <http://www.himalayanayoga.hu/kapcsolat.html>



1st – 4th July, Retreat in England

with **Swami Veda Bharati, Swami Nityamuktananda.**

“**The Joy of Yoga**”. We often focus on the discipline, the practices and the techniques ... now we take time to focus on Joy and returning to who we really are ...

A workshop with Swami Veda Bharati and Swami Nityamuktananda. All classes and workshops take place at Aware Yoga, Sucklings Yard, Church Street, Ware, Herts SG12 9EN, United Kingdom. Please see: <http://www.awareyoga.co.uk/workshops.php> for more information and directions. You can download a [detailed schedule and brochure here](#).

2nd July – 10th July: Hungarian Silence Retreat at Lake Balaton

with **Swami Ritavan Bharati, Dr Stoma Parker, Ashutosh Sharma.**

Contact: <http://www.himalayanyoga.hu/kapcsolat.html>

9-10 July, Satsang in New Jersey

with **Swami Veda.** Contact: Janice at jfenglund@aol.com

14th July – 10th August, Himalayan Yoga Meditation Congress 2011, Minnesota, USA

“**Creating Joy, The Art and Science of Yoga**” which includes a Guru Purnima Silence Retreat, Guru Purnima, a Family Picnic, 5 and 10 day silence retreats, an AHYMS-A meeting and more. Teachers will include **Swami Veda, Swami Ritavan, Ma Radha, Ma Sewa, Swami Nityamuktananda, and others.** For more information please read the article at: [2011 Congress, Minnesota, USA](#) and download a [poster here](#).

17th – 31st July, Teacher Training Program (TTP), Minnesota, USA

600 Hour HYT Teacher Training Retreat. Levels I and II are offered as well as Continuing Education for Hatha Yoga and Meditation Teachers (Prana Vidya I July 18-22 and Prana Vidya II July 25 - 29): ([more details here](#))

Level II & III Prerequisites: Completing the required home study assignments and receiving mentor and/or faculty approval. <http://www.himalayanyogatraddition.com/>

6th – 12th August, “An Evening with Swami Veda Bharati” at Rancho La Puerta, Tecate, Mexico

See: <http://www.rancholapuerta.com/activities/events/ev110806.html>

13th August, Satsang, La Jolla, California (tentative)

with **Swami Veda.** Contact: <http://www.rajayogis.net/contact>

15th – 19th August, Calgary, Canada

with **Swami Veda.** Contact: info@himalayanmeditation.com

19th - 22nd August – Himalayan Yoga Meditation – Los Angeles (HYMLA)

Swami Nityamuktanada and Randall

Krause. Contact: <http://www.hymla.com/index.php?/Contact/Randall-Krause.html>

21 – 26 August, YMT Retreat in Arezzo — Path of Fire and Light

with **Swami Ritavan Bharati, and Pandit Hari Shankar Dabral.**

Contact: <http://www.yogamt.com/contatti.html>

16th -19th September, Innsbruck, Austria

With **Swami Nityamuktanada** Contact: chit.shakti@devcon.cc

Sept/Oct 2011 Pilgrimage to the Himalayas of India

with **Pandit Hari Shankar Dabral.** The next pilgrimage is planned for Sept/Oct 2011. For more information, info@himalayanmeditation.com



1st October 2011 (Starting date) Training School, Yoga for Teachers, Study and Learning, Florence, Italy

Four-year course (2011-2015) for the Study of Yoga and Meditation according to the Himalayan Tradition in Florence, Italy. Please visit www.himalayaninstitute.it

14th – 19th October, Holland Silence Retreat and Teacher Training Program

Contact: Willem Meijer, mail@wmeijer.demon.nl

21st – 23rd October, 30th Anniversary of Himalaya Institut Deutschland

Contact: info@himalaya-institut.de

24th – 30th October, Hungarian TTP, Level 2, Budapest

with Swami Ritavan, Swami Nityamuktananda, Ashutosh

Sharma. Contact: <http://www.himalayanyoga.hu/kapcsolat.html>

28th October –31st October, Florence TTP

with Swami Nityamuktananda Please visit www.himalayaninstitute.it

28th – 30th October, Colloquium at Gustavo's Ashram, Equador

with Stoma

6th – 19th November, HYT Teacher Training Retreat, Levels 1, 2, and 3, SRSG, Rishikesh, India

at Swami Rama Sadhaka Grama, Rishikesh, India. Please go

to <http://www.himalayanyogatraddition.com/india.html> for more information and to sign up.

20th November - 3rd December, HYT Teacher Training Retreat for Chinese speaking students. Level 1, SRSG, Rishikesh, India

Contact hyt.ttp@gmail.com

22nd – 31st Dec 2011, Yoga Youth and Children's Retreat, Swami Rama Sadhaka Grama, Rishikesh, India

"So that the Grace and the practices and teachings of meditation in our lineage may continue into next generations and meditation may become a family-centered experience." — Swami Veda Bharati

Please visit the [article on Swami Veda's upcoming Yoga Youth and Children's Retreat](#), or the [article in the January 2011 Newsletter](#).

2012 Upcoming Events

1st - 15th August, Congress in South America

2013 Upcoming Events

27th February – 20th March, SRSG, 2013 All Teachers and Sangha Gathering, Swami Rama Sadhaka Grama, Rishikesh, India

- **28th February – 9th March:** 10 days of inspiration from Swami Veda Bharati, other leading teachers and experts.
- **10th March:** Final offering of the current three years of Gayatri practice and introduction of the new AHYMSIN community practice.
- **11th-19th March:** Entire Sangha will take 9 days of silence.



For further information and to confirm your participation in this gathering, please contact the [Ahymzin Event Coordinator](#). You can download a [PDF with Swami Veda's invitation here](#).

Send in your news !

We hope that you share the news of what is happening in your centers [with us](#) so that the news can be shared with the larger global family, so we can learn more about one another and so we can strengthen one another in sadhana, becoming a true “sangha”.

Contributed by – Carolyn Hume; supported by Sadhana Mishra



23. 2013 All Teachers and Sangha Gathering

2013 All Teachers and Sangha Gathering

10th March: Swami Veda Bharati will begin a five year vow of silence.

Swami Veda Bharati plans to take a five year vow of silence on the auspicious night of Shivaratri 2013.

Before Swamiji goes into silence, he invites **all** of the initiates, Swamis, initiators, teachers, and **potential** teachers to Swami Rama Sadhaka Grama in Rishikesh, so he can impart special guidance on secrets of effective teaching and give further spiritual teachings.

There will be 10 a day programme beginning on 28th February and running through 9th of March, 2013. On Shivaratri night, everyone will join Swamiji in his silence for nine days or more.

We invite you to listen to Swamiji invite you himself by going to <http://www.youtube.com/watch?v=pV6ADIY-7fc>

During those five years of silence, Swamiji will not be teaching verbally but he will be giving darshana. He has said that he will not travel during the first year of his silence.

Please consider this event very important, a last opportunity to get direct guidance and teachings from Swamiji before he takes to the vow of silence.

Contributed by – Carolyn Hume; supported by Sadhana Mishra



24. Websites and Newsletters

24.a. Websites

There are many websites associated with AHYMSIN, and you are invited to visit them regularly. In addition to the websites that are to be found on the Affiliate Centers listing, there are additional websites. Some of which are listed below. If you know of any that we have missed, please inform the AHYMSIN Office at ahymsin@gmail.com

1. AHYMSIN website - <http://www.ahymsin.org/> has more than 65 articles from Swami Veda as well as articles written by others in the AHYMSIN family. Upcoming Events and Full Moon information is available as well as articles about upcoming events and past events and an archive of AHYMSIN newsletters. There is also information about AHYMSIN itself, including Swami Rama Sadhaka Grama and its programs, HYT-TTP, the Meditation Research Institute, the Gurukulam, Insight Seeing Tours, AHYMSIN affiliated centers, etc. And provides links for communication and to add your data to the database.
2. Himalayan Yoga Tradition – Teacher Training Program (HYT-TTP), an arm of AHYMSIN, has its own website: <http://www.himalayanyogatraddition.com/>
3. “Swami Rama’s Ashram of the Sadhana Mandir Trust at Virbhadrha Road, Rishikesh (Uttarakhand State), India, shall be the spiritual seat of AHYMSIN for all inspiration and it shall be the moral and spiritual duty of the entire AHYMSIN to help the Spiritual Guide and the Sadhana Mandir Trust Committee to maintain the said Ashram’s active continuity,” AHYMSIN Constitution The website for Swami Rama’s Ashram, Sadhana Mandir Trust is <http://www.sadhanamandir.org/>
4. In addition AHYMSIN is on Facebook at <http://www.facebook.com/group.php?gid=337565598059>



5. Other links we invite you to visit:

1. <http://www.swamiveda.org>
2. <http://www.swamivedablog.org>
3. <http://twitter.com/swamiveda>
4. <http://www.speakingtree.in/public/followers/alm>
5. <http://www.bindu.org>
6. <http://www.meaus.com/friends-of-gurukulam.htm>
7. <http://www.swamiveda.com/>
8. <http://www.yogaineurope.eu/>
9. <http://www.globalmeditationsite.org/>
10. <http://www.meditatiehimalaiana.org/> *(Romanian)*
11. <http://www.himalayanmasters.com/>
12. <http://www.swamiramaofthehimalayas.org/>

YouTube

1. AHYMSIN is on YouTube
http://www.youtube.com/results?search_query=ahymsin&search_type=&aq=f
2. Swami Veda is on YouTube.
<http://www.ahymsin.org/main/index.php/Miscellaneous/swami-veda-on-youtube.html>
3. Swami Rama is on YouTube
<http://www.youtube.com/user/swamiramahimalayas>, and
<http://www.youtube.com/user/SRCindia>

Some Affiliate Centers have websites and/or Facebook pages:

1. Himalayan Yoga Meditation Society of Australia
<http://www.himalayanyogameditation.org/>
2. *East-West Yoga Society of Himalayan Tradition (Canada)*
<http://www.ewyoga.com/>
3. *The Himalayan Yoga Meditation Center Inc. (Canada)*
<http://www.himalayanmeditation.com/>
4. *Sunshine Yoga Academy (Canada) (To be treated as an affiliate center)* <http://www.sunshinyoga.ca/index.php>
5. *Himalaya Institut Deutschland* <http://www.himalaya-institut.de/>



6. Himalayan Yoga Meditation Society of Hong Kong
<http://www.thymshk.org/>
7. Himalayan Yoga Meditation Group of Hungary
<http://www.himalayanyoga.hu/>
8. Himalayan Yoga Meditation Society Ludhiana (India) Facebook
<http://www.facebook.com/pages/Himalayan-Yoga-Meditation-Society-Ludhiana/127910867225147>
9. Himalayan Yoga Institute Italia <http://www.himalayaninstitute.it/>
10. Spazio Shanti (Italy) <http://www.spazioshanti.com/>
11. Himalayan Yoga Meditation Society of Tokyo <http://space-be.net/hyms.html>
12. Himalayan Yoga Meditation Society of Rostov
<http://himalayanyoga.3dn.ru/>
13. Himalayan Meditation and Yoga Sadhana Mandir (South Korea)
<http://www.wjmedcoop.or.kr/club/ttt/>
14. Holistic Yoga Commune & Yoga Research Center (South Korea)
<http://www.yogacommune.com/>
15. Himalaya Institute Switzerland <http://www.himalaya-institut-schweiz.ch/>
16. Taiwan Himalayan Yoga Meditation Association
http://tw.myblog.yahoo.com/hymt_taiwan Facebook
http://www.facebook.com/home.php?sk=group_123732924355599
17. Himalayan Yoga meditation Institute Netherlands
<http://www.himalaya-yoga.nl/>
18. Himalayan Yoga Meditation Society of Bilthoven
<http://www.yogameditatie.nl/>
19. Dhyana Mandiram DBA/ The Meditation Center (USA, Minneapolis)
<http://www.themeditationcenter.org/jnana/index.php> Facebook:
<http://www.facebook.com/pages/The-Meditation-Center/149399797507>
20. Himalayan Yoga Meditation Center (USA, Illinois)
<http://www.hymcillinois.com/>
Himalayan Yoga Meditation Center of Indiana (USA)
http://www.hymcenter.com/Himalayan_Yoga_Meditation_Center_of_Indiana/Home.html
21. The Himalayan Yoga Meditation Society of Wisconsin, Inc. DBA/The Yoga Society (USA) <http://www.theyogasociety.com/> Facebook
<http://www.facebook.com/group.php?gid=95628562436>



22. *Awakening Retreat Center (USA, California)*
<http://www.awakeningonline.com/>
23. *Himalayan Yoga Meditation Society of Los Angeles*
<http://www.hymla.com/> Facebook
<http://www.facebook.com/pages/Hymalayoga/216160912891?ref=ts>
24. *Himalayan Yoga Meditation Society of New Jersey (USA)*
<http://www.southmaincenter.com/class.htm>
25. *Yoga Meditation Society of Trinidad & Tobago Facebook*
<http://www.facebook.com/group.php?gid=47318728604&ref=ts>

In addition, some centers have online newsletters; you can read about this on their websites.



24.b. Newsletters

If you do not already receive the online newsletters we invite you to sign up for them.

www.swamiveda.org offers a monthly online newsletter, and you can sign up for the online AHYMSIN newsletter at:

http://www.ahymsin.org/main/index.php/component/option,com_civicrm/Itemid,147/view,Profiles/



[25. Kindness, Health, Education & Laughter for Leprosy Families and the Poor \(KHEL\)](#)

KHEL 2010 Annual Report

Introduction



KHEL Charities is a 26 year old non-profit secular organization registered in the US and India, with the majority of service occurring in Dehradun, India. We provide equal opportunity education, support and employment, and we actively promote the ideals of non-violence, tolerance and respect. KHEL believes that it is through one's own efforts that sustainable success is possible; thus, our primary mission is educating impoverished children at Lakshmi Devi Academy (LDA), our K-8 school in Dehradun. Children at this economic level are often too undernourished to focus for a full school day, so KHEL also provides basic needs to the children of LDA and their families. By educating impoverished children, KHEL gives future generations the necessary tools to improve their lives and break the cycle of poverty and social marginalization. In addition, KHEL supports three leprosy colonies in Dehradun and offers aid to other communities.

KHEL's primary mission is educating children, first at LDA and then continuing through to post graduate work, such as nursing and MBA. In order for KHEL to succeed at its mission, it's necessary for us to help the neediest first. It is extremely difficult to say yes to some people who need aid and no to others as there are so many people who need aid in Dehradun. In order to save ourselves the continued heartbreak of saying no, KHEL's policy is that we give aid to adults in the community who are related to our kids (or work for KHEL/LDA) and therefore an integral part of the support system the children need to stay in school, or they live at a leprosy colony and are too ill to support themselves in any way besides begging.

India continues to record the highest number of new leprosy cases in the world. The most recent Indian statistics from 2008 say there were 2.5 lakh



(250,000) new leprosy cases worldwide and India accounted for 137,000 of those (*Times of India*, Feb. 9, 2010). It saddens those of us who work with leprosy patients to see these statistics; because the local government run leprosy hospitals were closed, we were under the impression that leprosy was slowly being eradicated but this is not the case. In the past, the Indian government educated the public on this infection but recently this has been discontinued. It falls on the shoulders of small community service organisations like KHEL to work with the leprosy colonies, educating them on how leprosy is spread and continuing to support them because they society they live in rejects them.

With the aid of our dedicated donors, we educate the residents of the colonies we help on the value of healthy and clean surroundings.

KHEL has been very fortunate that even though this year funds were not enough for all our projects, our main services – the school and the leprosy programs – still continue due to some generous donations from anonymous sources.

Kindness



Last year we discontinued our sewing classes. A few former sewing students asked us to find employment for them. KHEL temporarily contracted them to make 400 yoga suits which were sold to Swami Rama Sadhaka Grama (SRSG), Swami Veda's ashram in Rishikesh. Beni, KHEL's General Manager, coordinated with SRSG. Supporting him was Bhagwat, KHEL's Assistant Manager, and Anirudh, Beni's son who will be finishing high school this year. KHEL also sold other items at SRSG, with all proceeds benefiting KHEL.

KHEL cooperates with the Indian government on all aspects of education. Recently there have been changes to government scholarships that are provided to many groups of children, including minorities, tribals, and certain disadvantaged castes. It is really wonderful to see the Indian government



working so hard to help the underprivileged receive an education! We fully trust the wonderful people who are volunteering their time to take care of the receipt and distribution of funds – Manju Maurya (LDA’s representative), Kamli Bhatt (local government elected official) and Nur Khan Chhman (parent representative). Funds received so far are Rs.130,200 (\$2,870), apply only to students through 5th grade and must be distributed according to Department of Social Welfare guidelines, to which KHEL must present a full accounting. These funds are not used to run LDA or pay teachers, but it certainly helps KHEL that specific students don’t need as much support from us as they did in the past. This is a big achievement for KHEL; many thanks to Beni for his very hard work making this happen!! KHEL would also like to thank to Mr. Khajan Das, who was Minister of Social Welfare during KHEL’s application process.

Volunteer at KHEL/LDA: Shalini, (the daughter of KHEL’s current Director, Stomya Persaud), chose to spend the last quarter of her senior year of high school teaching LDA’s 6th graders basic photography techniques. An art competition helped decide which 5 students would take part. Sanjay, Rani, Aasif, Aabha and Dalvinder were given disposable cameras to document aspects of their lives that are important to them. On working with the 6th graders, Shalini commented, “The poverty these kids live in doesn’t support self expression and they don’t have any way to develop confidence, even though they have amazing grit and commitment. My aim was to expose them to the idea of a positive self image through the camera lens.”

The 8th graders prepared personal biographies to share with Shalini. She conducted videotaped interviews with each of them and was deeply moved by their life stories and their determination to gain as much education as possible. Most of the 8th graders won’t go on to higher education and two of them are seriously ill; ‘Shashi’, a male student, is being kept alive by KHEL with medications and needs to have valves in his heart replaced or he will die before he reaches adulthood (see the complete story in the Health section of this report). ‘Anu’, a female student whose father was educated at LDA, has kerosene burns covering her legs and desperately needs skin grafts to stop recurring infections from bathing in unclean river water and living in a slum environment. KHEL seeks to protect the privacy and dignity of the children we help and Shalini was concerned about this while videotaping the interviews. We don’t use the children’s real names but will continue to share their stories. As Shalini pointed out, “If we don’t tell their stories for them, who will?”

Manmati Subba, LDA’s first Headmistress and most recently its Administrator, found a wonderful opportunity to work for the Indian government in AIDS



education. She served LDA for many years and will be missed! We wish her all the best in her future endeavours. Manju Maurya, who has worked for LDA for over 18 years, received a well deserved promotion to Headmistress. Congratulations, Manju! In addition, Manohar, who used to be a full time teacher, now teaches part time due to his recent promotion to Office Supervisor.

Working with an international funding agency, Indresh Colony has started a candle making business. No profits have been realised yet, but KHEL will continue to offer marketing advice and support. In the Dehradun area, KHEL friends and families are making an effort to buy candles from the Indresh residents. If you are in the Dehradun/Rishikesh area, please contact Beni (Indian cell phone is 358101839 and email is benibhatt@gmail.com) to buy candles; help support this sustainable business venture!

Health



‘Shashi’ needs heart surgery.

‘Shashi’: **total funds needed \$7500.** (Names have been changed to protect the privacy and dignity of aid recipients. KHEL is not responsible for the results of the surgery that is being recommended by qualified doctors at AIIMS in Delhi, India.)

In 2000, Shashi came to study at LDA. Shashi and his family are well known at KHEL; long term malnutrition and slum conditions continue to affect the health of the children and KHEL has repeatedly offered aid. Jaideep, his older brother, was a student at LDA. He contracted a brain infection and KHEL assisted with his medical expenses for several years. Jaideep now works in a barber shop but the brain infection left him with a permanent tremor in his hands; his chances for improving his economic status are slim. Charu, Shashi’s 18 year old sister, looks after the family especially her two young brothers, Sabir and Safeer, both students at LDA; their mother, Shasha, has severe health problems and is often incapacitated. Charu was a student at LDA; her parents worked with KHEL to keep her in school after she graduated



from LDA, but she failed her 10th grade final exams – the pressures of poverty don't allow for the kind of studying necessary to pass a national exam based on two years of academics. This is a family struggling to make enough money to get through another day, and still dedicated to educating their kids because they know it's the only way out of poverty.

In 2001 Shashi's father, Mahant, a fruit cart vendor, approached KHEL seeking medical help for Shashi. For many months, KHEL paid for Shashi's medications and then for an angiogram. In 2003, his health deteriorated and he needed an angioplasty operation to survive. KHEL quickly raised Rs.25,000 (about \$565). Now, this charismatic and charming 8th grade boy needs a heart operation. Shashi is so hopeful and optimistic that we can save him; he walks to school every day to be with his friends and study hard so that when he's well he can continue with his studies and eventually help his family have a better life. He turns pale and gasps for breath when he climbs the stairs at school, but he does it anyway. He recently told KHEL he wants to be a doctor when he grows up.

Raising funds is only the first challenge KHEL, Shashi and his family will face on the long road to making him well. Funding this surgery is the one thing that his optimism and courage can't overcome – this, we must do for him. KHEL has raised \$3,000 from one generous donor. Shashi needs a minimum of \$4,500 more to have a chance to grow into a healthy young man with the bright future that he's working so hard to have.

Leprosy Colonies: There are more than 100 leprosy patients living at the three leprosy colonies that KHEL supports. In addition to dry food rations and medical aid, KHEL helps with medical costs and education of their children, who do not live with their parents for health reasons. Because the families must live apart, KHEL assists with the emotional needs of the residents by providing funds, sweets and fruits for festivals and holidays and by socialising with the residents. In a society where living in an extended family is the norm, being ostracised by society and also separated from their children is a heartbreaking situation for the leprosy colony residents. The KHEL staff also advises on the benefits of living in a clean environment and other health related issues.



Working with an international funding agency, Indresh Colony has started a candle making business. No profits have been realised yet, but KHEL will continue to offer marketing advice and support. In the Dehradun area, KHEL friends and families are making an effort to buy candles from the Indresh residents. If you are in the Dehradun/Rishikesh area, please contact Beni. (Indian cell phone is 358101839 and email is benibhatt@gmail.com) to buy candles; help support this sustainable business venture!

Raguveer, a long time KHEL employee, was suffering from stomach pains. An ultrasound showed no serious problems and eventually he was diagnosed with an infection, which will hopefully clear up with a course of antibiotics. Before he was able to take the medications, his health became worse and he was admitted to the hospital for 5 days. He is feeling better now but KHEL continues to monitor his health.

Sometimes all KHEL can do is offer support to a family going through a painful time. Mrs. K., the mother of three LDA students, lost her husband to AIDS two years ago. She was recently diagnosed with AIDS and is receiving treatment. Although we continue to help her three children with their education, KHEL has no funds to be of further assistance to her and she is completely dependent on her family – her parents are leprosy patients who live at Indresh Colony and can barely support themselves. With more AIDS education, Mrs. K's family might have had a completely different future.

LDA students and other neighbourhood kids had their annual health check-up at LDA, conducted by government officials and nurses. This health check is critical to catching diseases such as tuberculosis and leprosy in the early stages, and also to vaccinate young children against polio and other illnesses. Although some cases of TB and other illnesses were diagnosed, we are happy to report that all LDA students are in good health!

The Medical Fund was implemented by the LDA faculty and staff a few years ago, who continue to manage it on their own. Each staff member deposits a small amount every month. This year, one staff member used the funds. KHEL was not able to match funds this year. Since the purpose of funds such as this one is to help the staff become self sufficient we are seeing a positive result of this endeavour in that staff members are not needing to ask KHEL for aid for health related reasons.



We are sad to report that KHEL's former Manager, Mr. S. Chatterjee, had one leg amputated due to an infection. KHEL's present General Manager, Beni Bhatt, stayed with Mr. Chatterjee and his son in Mumbai, to help with post surgery recovery. Mr. Chatterjee has returned home and is recovering. KHEL provided some funds to help defray the cost of medical equipment. Others also have contributed toward Mr. Chatterjee's medical costs.

Mr. S., a very active member of Indresh Colony, died of a heart. This is a big loss for Indresh since Mr. S. was not as handicapped as many of the residents and they now have no one who can run errands and do other work outside of the Colony. We are very sorry for their loss.

Overall, KHEL has provided about \$16,000 in medical aid to LDA students, their families and leprosy colony residents.

Education



Mr. Ahluwalia, a KHEL Board member, invited LDA's faculty to take part in a writing competition. Many large schools in Dehradun took part and it was an opportunity for our teachers to be exposed to many different kinds of teachers. Manju, Manohar, Asha and Lokender had a great time and will receive certificates of participation.



LDA has been adding a grade each year and this year finally added an 8th grade to complete the Junior High School! The ardent and hard work by Beni and LDA's staff to fulfil the government requirements will eventually lead to the necessary official approval. LDA will be hiring a new science teacher for the incoming 8th graders, and in addition needs a fully furnished science lab. Any donations toward lab equipment would be greatly appreciated!

KHEL subsidizes the education of many students after they leave LDA. There are three nurses in training, one pharmacist and one post graduate student doing her Masters in Hindi Literature. We also support 148 high school to college students.

Sarita, our nursing graduate who is now employed in a Dehradun hospital just paid off the rest of her KHEL loan of Rs7000 (\$180)!! We're really proud of her hard work, and happy that we can now use her returned loan to help another student. Congratulations, Sarita!

We now have 260 students at LDA. It has been a real advantage having middle school students as the younger students look up to these older ones, who tend to set good examples both in studies and on the playing field.

Laughter



The best time to see children enjoy themselves and laugh in abandon is at recess! On Saturdays, the students participate in art, drama, sports, yoga, chanting and a variety of Indian games. The teachers arrange the games so that all the children get to participate have fun and show their skills.

Beni arranged for the staff and faculty to enjoy a day at SRSB. Everyone was happy to meet with Swami Veda, especially the new LDA faculty members who hadn't had a chance to visit SRSB before. It was a memorable trip and an opportunity for everyone to learn some yoga! Swami Veda gave his blessings to all. Thanks to everyone at SRSB who made this visit possible!



Ree, a yoga teacher from Australia, found out about KHEL online. A visit to LDA was arranged during which the children gave a yoga demonstration. Ree wished to make a donation and on Beni's suggestion, joined two of the teachers for a trip into the market to purchase a storage cupboard for the new science lab. She has also agreed to help fund the salary for a new science teacher for one year.

LDA students love to go on field trips! We try to make these outings fun as well as educational. The older students spent an afternoon at the Forest Research Institute (FRI), and learned about its history as a Government University and research station.

Other field trips included attending an Art Exhibit at Grameen Bank and a picnic for senior students, teachers and Ammaji at Dak Pathar Park. The Yamuna River at this point has a large dam and there is a historical marker where, thousands of years ago, the messengers of King Ashoka carved his edicts into a large rock. Ammaji, faculty and staff had lunch together, as they do every year when Ammaji is in India. Flowers were presented to Ammaji, Beni and Manju as thanks for all their hard work that keeps KHEL and LDA running smoothly.

With the help of Mr. Madhav Kamat of EAPL, Bangalore, KHEL distributed shoes and socks to all 261 students of LDA!



LDA hosted a Scout Camp for 5th-7th grade students. Scout Camp is a day camp where middle school students have a day together to practice how to help to someone in case of emergencies such as dog bites, snake bites, and bone fracture. The kids also learn basic rope tying techniques and other first aid. Children learn making rope tie, making stature with their hand, helping hurt person. This is a fun day for the students, giving them time to socialize with each other as well as learn some important safety skills.



USA/Other



Children of MissionHaiti

KHEL has been providing administrative support to [Headwaters/Delta Interfaith](#), a new organization started by Saumya. The earthquake in Haiti brought HDI into partnership with organizations on the ground during the disaster; while these dedicated people were helping victims of this

tragedy, HDI provided social media, networking and fundraising support. HDI also works closely with the [New Orleans Healing Center](#) to revitalize the city based on holistic sustainability and social equity. In addition to providing an inter-faith space and mediation to improve community relations, the NOHC will open in 2011 to bring a much needed [cooperative grocery store](#), fee-subsidized [yoga studio](#) and other services to an underserved area of the city. In August, HDI joined [Hindu American Seva Charities](#) and many other organizations in offering [free Yoga across the country](#). In addition, HDI works with the [White House Council on Faith-based and Neighbourhood Partnerships](#) to help inform at-risk communities about available services and support.

Saumya has also joined the team at The Huffington Post Religion Blog. You can keep up with her posts [here](#).

During the past year, Stomya, KHEL's Director, has been struggling with a chronic illness and was not able to spend as much time working with KHEL as she would have liked. Although she continues to have health problems, she has resumed many of her essential administrative duties.

KHEL makes small contributions to KHEL friends who are working hard to further the causes of health or education. This year, KHEL assisted Marjorie with a cancer awareness marathon, and Chad and Rachel with the MS Walk. KHEL also assisted Mission Haiti, run by long time KHEL friend Jean Madson, to raise funds for the earthquake devastated town of Leogane in Haiti. A few



years ago, KHEL began assisting a group of teenage volunteers who go to Texas in the summer to work with disadvantaged children. Opportunity Camp (OpCamp) gives impoverished children a chance to spend a few weeks in a healthy environment. In the words of the Camp Director, Jackie, 'This group of students would renew the confidence of any doubter of the character of today's youth. They poured out their lives and love into the children that they came to serve and it was awesome to see!'

Via an online competition, KHEL was selected for pro bono consultation with a MN based marketing company, Effectuate, Inc., that is advising on the website upgrade and social networking. Effectuate gives valuable suggestions and continues to offer free consulting. Effectuate was instrumental in finding a professional web designer to work pro bono for KHEL on our new website, which is currently in production.

Thanks to all our donors, volunteers and other helpers who continue to contribute, including LDA and KHEL staff, Swami Veda for his guidance, Beni Bhatt for his management skills and all those who help KHEL to help those in need. We couldn't do it without you!

Contributed by –
Lalita Arya, Founder
Stomya Persaud, Director
Saumya Haas, Volunteer
Beni Bhatt, General Manager



26. Acknowledgement

Every single pearl of the Sangha has contributed to what we are today and what we will be tomorrow. However, do want to acknowledge and thank the team that has actively contributed in providing inputs and consolidating AHYMSIN Annual Report – 2010

1. Adhikari Bhoi
2. Balraj – KL office
3. Beni Bhatt (KHEL)
4. Bhola Shankar Dabral
5. Br.Sukru Chaitanya
6. Carolyn Hodges
7. Carolyn Hume
8. Christina Nobile
9. Daniel I Jalba
10. Datuk Hiew
11. Dr. Shirin Venkatramani
12. Dr. Stephen Parker (Stoma)
13. Fuku Iida
14. HYMS Tokyo
15. Jean Tan
16. Joseph Wong
17. Judy Chin
18. Lalita Arya (including KHEL)
19. Manuel Fernandez
20. Maryon Maass
21. Michael Smith
22. Peter Nazran
23. Rajah Indran
24. Randall Krause
25. Sadhana Mishra
26. Saumya Haas (KHEL)
27. Shi Hong
28. Silvia Baratta (Insight Travel)
29. Stomya Persaud (KHEL)
30. Swami Sukhmeet Singh
31. Swami Veda Bharati
32. Thaniya Kevalee
33. The Himalayan Yoga Meditation Society of Hong Kong
34. Vishnu Prasad Panigrahi



“Dedicated to making available and teaching the Himalayan Yoga Tradition as taught by Swami Rama of the Himalayas”

AHYMSIN

Affiliated Centers



- There are total 55 AHYMSIN Affiliated Centers worldwide.
- If you need any further information on AHYMSIN Affiliated centers, please write to ahymsin@gmail.com or Director Communications - Carolyn Hume hch@olypen.com.
- Information is updated as on 24th March, 2011.



AUSTRALIA

Himalayan Yoga Meditation Society of Australia

Daniel Jalba

Usha Harris

<http://www.himalayanyogameditation.org/>

BENIN

Association Himalayenne de Yoga Méditation du Bénin

Dr. Jean Séhonou

BURKINA FASO

Association Himalayenne de Yoga Méditation du Burkina Faso

Colonel TRAORE Sidiki Daniel

CANADA

1. East-West Yoga Society of Himalayan Tradition

Edmonton

Dave Downing

Alice Levasseur

<http://www.ewyoga.com/>

2. The Himalayan Yoga Meditation Center Inc.

Calgary

Pandit Hari Shankar Dabral

<http://www.himalayanmeditation.com/>

3. Foothills Yoga Society

Calgary

Pandit Hari Shankar Dabral

4. Sunshine Yoga Academy

Calgary

Mirta Romberg

<http://www.sunshinyoga.ca/index.php>

5. Himalayan Yoga Meditation Society of Ontario

Toronto

Chander Khanna

Sharada Bhajan



6. Savitri Jugdeo (To be treated as an affiliate center)

Brampton, ONTARIO

7. Himalayan Yoga Meditation Society of Cambridge

Cambridge, ONTARIO

Gita Morar

COSTA RICA

1. Costa Rica Meditation Center

Dowlat Budhram and Indira Budhram

GERMANY

1. Himalaya Institut Deutschland

Hamburg

Spiritual Director, Wolfgang Bischoff

<http://www.himalaya-institut.de/>

2. Yogazentrum

Bremen

Dr. Roderich Wahsner

HONG KONG

Himalayan Yoga Meditation Society of Hong Kong

Shi Hong

<http://www.thymshk.org/>

HUNGARY

Himalayan Yoga Meditation Group of Hungary

(Himalájai Jóga Meditáció Közhasznú Egyesület)

Joszeff Papp

<http://www.himalayanyoga.hu/>

INDIA

1. Himalayan Yoga Meditation Association of Bangalore

Madhav Kamat



2. Himalayan Centre for Yoga Meditation, Tumkur, Karnataka

Raghavendra Adiga

3. Himalayan Yoga Meditation Society of Mumbai

Pawan Kapoor

Satish Rupani

Shushil Naidu

4. Himalayan Yoga Meditation Society Ludhiana

Sunil Trikha

Facebook Page: <http://www.facebook.com/pages/Himalayan-Yoga-Meditation-Society-Ludhiana/127910867225147>

5. Swami Rama Himalayan Yoga Ashram, Orissa

Sudhir Chaitanya

ITALY

1. Himalayan Yoga Institute Italia – Centro Per La Salute Globale

Firenze (Florence)

Debora Ghiraldelli

Christina Nobile

<http://www.himalayaninstitute.it/>

2. Spazio Shanti

Cremona

Daniele Belloni

Susi Stefanini

<http://www.spazioshanti.com/>

JAPAN

Himalayan Yoga Meditation Society of Tokyo

Fuku Iida

<http://space-be.net/hyms.html>

MALAYSIA

1. Himalayan Institute of Yoga Science and Philosophy of Kota Kinabalu

Wong Yau Teck Joseph



2. Himalayan Yoga and Meditation Society of Keningau, Sabah, Malaysia

Judy Chin Kar Tein

MAURITIUS

Himalayan Yoga Meditation Society of Mauritius

Geeta Currimjee

RUSSIA

Himalayan Yoga Meditation Society of Rostov

Peter Fridman

<http://www.himalayanyoga.3dn.ru/>

SINGAPORE

1. Himalayan Yoga Meditation Centre of Singapore (HYMCS)

Wong Yoong Khiang

2. Swami Rama Meditation Centre

B. Ganesh

Email: swamirama99@disciples.com

SOUTH KOREA

1. Himalayan Meditation and Yoga Sadhana Mandir

Helen Choe

<http://www.wjmedcoop.or.kr/club/ttt/>

2. Holistic Yoga Commune & Yoga Research Center

Lee Sun and Kwak

<http://www.yogacommune.com/>

3. Himalayan Meditation and Sadhana Mandir in San Bon

Lee Su Kyoung

4. Bal Geum Yoga Class

Kim Myeong Ja

5. Beautiful Yoga

Park Jung Sun



6. Joy Yoga (A Corporate of Korean Yoga)

Kim Nam Hyun

SWITZERLAND

Himalaya Institute Switzerland

Antara Hotz,

<http://www.himalaya-institut-schweiz.ch/>

TAIWAN

Taiwan Himalayan Yoga Meditation Association

Taipei

Tinyu Chen

http://tw.myblog.yahoo.com/hymt_taiwan

THAILAND

Himalayan Yoga-Jhana-Kendra

Bangkok

Thaniya Kevallee

Co- Leader: Firenze Sopa Thomchotiponse, Thanawalai, Jaroenjandang

Secretary: Udomporn Prabharatana

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THE NETHERLANDS

1. Himalayan Yoga Meditation Netherlands Society

Manish Dixit,

Feroze Nazrullah

2. Himalayan Yoga meditation Institute Netherlands

Willem Meijer

Louella Gerritsen

<http://www.himalaya-yoga.nl/>

3. Himalayan Yoga Meditation Society of Bilthoven

Marilou Hermens

<http://www.yogameditatie.nl/>



UNITED KINGDOM

1. Himalayan Yoga Meditation Group of UK

Samaresh And Aruna Mukerji

2. Shobhna Chandaria (Tejaswini) (To be treated as an affiliate center)

London

UNITED STATES OF AMERICA

1. Dhyana Mandiram DBA/ The Meditation Center

Minneapolis, Minnesota

Veena Haasl-Blilie

David Onan

Georgeanne Bianchi

Swami Ritavan Bharati, Spiritual Director

<http://www.themeditationcenter.org/inana/index.php?>

Facebook Page: <http://www.facebook.com/#!/pages/The-Meditation-Center/149399797507>

2. Himalayan Yoga Meditation Center

Palatine, Illinois

Anil Saigal

Diane McDonald

<http://www.hymcillinois.com/>

3. Himalayan Yoga Meditation Center

Indianapolis, Indiana

Rose Getz

http://www.hymcenter.com/Himalayan_Yoga_Meditation_Center_of_Indiana/Home.html

4. The Himalayan Yoga Meditation Society of Wisconsin, Inc. DBA/The Yoga Society of Milwaukee

Jyoti Bratz

Wesley Van Linda

John Barry Stutt

<http://www.theyogasociety.com/>

Facebook page: <http://www.facebook.com/group.php?gid=95628562436>

5. Himalayan Yoga Meditation Society of California

Jan Semling



6. Dr. John O’Hearne (To be treated as an affiliate center)

Boulder, Colorado

7. Awakening Retreat Center

Brentwood, California

Ron Valle and Mary Mohs

<http://www.awakeningonline.com/>

8. Himalayan Yoga Meditation Society of Los Angeles

Randall Krause

<http://www.hymla.com/>

Facebook page: <http://www.facebook.com/#!/pages/Encino-CA/Hymlayoga/216160912891?ref=ts>

9. Himalayan Yoga Meditation Society of New Jersey

New Jersey Core Members: Pushpa Amin, Janice Englund, Susan Gould Fogerite, Stephanie Sulpy, Susan Lehner and Barbara Bowie Aschettino

<http://www.southmaincenter.com/class.htm>

WEST-INDIES

1. Himalayan Knowledge and Meditation Centre, Curacao

Henk Soeterboek

2. Yoga Meditation Society of Trinidad & Tobago

Manohar Krishpersad

Leela Rampersad

Alexander Benjamin

Facebook page: <http://www.facebook.com/#!/group.php?gid=47318728604&ref=ts>

End of Report.