

16th International Conference on Frontiers in  
Yoga Research and its Applications (INCOFYRA)

# YOGA WORKS... BUT HOW?

योग - the Science of Holistic Living

December 25 to 27, 2006



*Organised by:*

**Vivekânanda Yoga Anusandhâna  
Samsthâna**



*Venue:*

**The Heritage School, Kolkata**

# Yoga Works... But How?

My Dear Brothers and Sisters,

The large scale popularity of yoga triggered by 'health consciousness' in the WEST had invoked the dormant yoga in Indian Blood. The mass movement of Sri Sri Ravi Shankar (Art of Living), Dr. Pranav Pandya (Gayatri Pariwar) infusing the 16 Sanskaras in life using Gayatri Mantra as the tool and Swami Ramdev (Patanjali Yog Peeth) bringing yoga to millions through its benefits by "Kapalabhati Kriya". People at large are convinced that yoga works.

But how, is the question being answered by VYASA research over the last 30 years. As directed by Swami Vivekananda, combine the best of the West with that of the East, we in the non-profit registered society VYASA devoted to examine the usefulness of yoga took to exacting scientific research. The paper "Integrated Approach of Yoga Therapy (IAYT) for Bronchial Asthma - a control trial" published in British Medical Journal in 1986 made VYASA go global. Subsequent research in collaboration with Royal Free Hospital in London and Middlesbrough General Hospital in UK established the usefulness of yoga for Diabetes and Rheumatoid Arthritis respectively by 1990. Dr. Horia Crisan from University of Heidelberg carried it further to Anxiety Neurosis while Dr. Vedantan from Denver Colorado USA established the usefulness of yoga chair-breathing for handling acute episodes of Asthma. Since then there have been many studies examining the usefulness of various dimensions of yoga for clinical conditions.

The key features of yoga are to relax the body, slow down the breath, calm down the mind, transform violent negative emotions to cultured softer positive emotions and work in tension-free blissful awareness.

The next set of research to examine the mechanism involved started with some physiological and immunological studies by VYASA on meditation, IAYT for cancer, etc. Other research studies all-over the globe have started this dimension of research by getting funding from NIH etc., going down to understand the changes in the genetic levels.

The international conferences started in 1991 in Prasanti Kutiram to network all the researches going on round the globe, to disseminate the findings to yoga teachers and researchers at large. Since then VYASA itself has organized nearly 30 national and international level conferences all-over the globe.

The year VYASA has planned for 4 conferences round the globe. The last in the series is our conference in Kolkata from December 25-27. To go to the latest depths of Yoga Works... But How?, we welcome all our yoga teachers as also others to participate in this maiden conference to make it a big success.

With Love,

नागन्द्रः

Prof. H.R. Nagendra

*India will be raised, not with the power of the flesh, but with the power of spirit.*

*Swami Vivekananda*

## CONFERENCE VENUE



# The Heritage School



Kolkata, the birth place of Swami Vivekananda, is known for its spiritual heritage. Greatest masters of spirituality emerged from here and revitalized the spiritual fabric of our country. The insights gained through his own inner research by Sri Ramakrishna Paramahansa and propagated by his genius disciple Swami Vivekananda, triggered off a new dimension of this ancient wisdom. The multi-dimensional approach of Work, Worship, Philosophy and Psychic Control emerged to provide solutions to the problems of the hi-tech era.

Kolkata is the capital of West Bengal with Ganga, the sacred river sanctifying the land and merging with the Bay of Bengal depicting the journey of human beings to expand and merge with the ultimate state of absolute freedom. Dakshineswar, the sadhana place of Ramakrishna Paramahansa and Belur, the head quarters of Sri Ramakrishna Mission, are just across the corner for a worthwhile enchanting visit. Kolkata during December has probably the best-weather of the year with very pleasant temperatures varying from 10° to 15°C.

The Kalyan Bharti Trust has established The Heritage School, located on the outskirts of Kolkata, amidst spacious, serene, green, unpolluted landscape. Here, traditions of the ancient Gurukul system strike the right balance with state-of-the-art educational technology. The guiding light of The Heritage is its motto “Atma Deepo Bhawa” or “Be Your Own Light”. Heritage students are encouraged to explore, reach out and seek answers for themselves. The teachers are encouraged to innovate, guide and, most importantly, become “first learners”.

## PRE-CONFERENCE PROGRAMS (Dec 15 - 24, 2006)

1. HIMALAYA- a Yoga Olympiad starting September 11, 2006.
2. Yoga Therapy [IAYT] camps in different parts of Kolkata (Dec 15-24, 2006). Nine tracks of yoga therapy introduce the latest updated techniques of Integrated Approach of Yoga Therapy under the expert guidance of Dr. R. Nagarathna MD, FRCP.

### PRE-CONFERENCE

Inauguration: December 15, 2006

10.00 am

# 16th INCOFYRA

# 16th INCOFYRA

## MAIN CONFERENCE

Inauguration: December 25, 2006, 10.00 am

Valedictory: December 27, 2006, 04.00 pm

## PROGRAM OUTLINE

For each conference the theme is different and special. For this conference we have selected the theme 'Yoga Works... But How?', for the last three decades, institutions across the world have been investigating the physiological effects and clinical benefits of practicing yoga. Most of these studies have documented the health benefits and some of them have convincing evidence. In recent times there have been attempts to understand the underlying mechanisms. Hence it is important to deliberate on existing evidence and strategies to understand the mechanisms at system, organ and cellular level sub-serving the health benefits of yoga.

Health has many facets, viz., physical, mental, emotional, and spiritual. The ancient Indian science yoga has been found (both experientially and through objective research) to improve different aspects of health. In this conference our emphasis is to study yoga as 'a science of holistic living'. This would cover both traditional insights and scientific evidence. To cover the dimensions of yoga as a science of holistic living we have planned three main sections. These are: (1) Yoga and consciousness, (2) Yoga and health, and (3) Yoga in education and management. Under each of these three sections there will be three sub sections which will be discussed as symposia.

**Yoga and Consciousness:** There is an interest among philosophers and scientists that the brain can itself be the basis of being conscious (of) itself and in the mediation of attributes and manifestations of consciousness - one of which may be generating thoughts and experiencing emotions. These ideas would be discussed at the conference.

**Yoga and Health:** It is now understood that health is shaped by a variety of factors - beyond the physical- these include a person's emotions, both positive and negative, as well as their spiritual beliefs and attitude towards life and the world around.

**Yoga in Education and Management:** Education today is very goal oriented. There is an emphasis on developing analytical and logical reasoning, and abilities reasoning, and abilities related to mathematics, the sciences, and logic. These faculties are functions of the left cerebral hemisphere. Emotions, intuition, and aesthetics are functions of the right hemisphere and are often neglected. This would be discussed during the conference

## YOGA EXHIBITION

Holistic vision of Yoga, a perspective of published yoga research results, list of yoga institutions and courses, etc. will feature this unique exhibition.

## YOGA INSTITUTIONAL STALLS

Apart from sale of books, publications, audio and video cassettes, yoga institutions will display their research highlights, courses conducted by them and also set up a cell for guidance in sadhana. Special equipment used in yoga research will be on display.

### MORNING & EVENING SESSIONS: DECEMBER 25-27, 2006

TIME	PROGRAM
06.30 am-07.30 am	Advanced Yoga Techniques
07.30 am-08.15 am	Yoga chanting-a community activity (Maithri Milan)
08.15 am-09.00 am	Breakfast
09.00 am-10.00 am	Closed door special sessions/personal time
06.00 pm-07.30 pm	Cultural sessions (except on Dec. 27, 2006)
07.30 pm-08.30 pm	Dinner

## CONFERENCE STRUCTURE- 2006

TIME	NAME OF THE SESSION
<b>Dec 25, 2006</b>	
10.00 am-11.30 am	Inaugural Ceremony
11.30 am-11.55 am	Tea Break
12.00 am-01.30 pm	Key Note Session: Yoga and Consciousness
01.30 pm-02.30 pm	Lunch Break
02.30 pm-03.30 pm	Poster presentation Session
03.30 pm-03.55 pm	Tea Break
04.00 pm-05.00 pm	Oral Prize paper session
<b>Dec 26, 2006</b>	
10.00 am-11.30 am	Key Note session: Yoga in Education and Management
11.30 am-11.55 am	Tea Break
12.00 am-01.30 pm	Parallel Scientific Sessions: Three tracks IA: Yoga and Consciousness, IIA: Yoga and Health & IIIA: Yoga in Education & Management
01.30 pm-02.30 pm	Lunch Break
02.30 pm-03.30 pm	Parallel Scientific Sessions: Three tracks IB: Yoga and Consciousness, IIB: Yoga and Health & IIIB: Yoga in Education & Management
03.30 pm-03.55 pm	Tea Break
04.00 pm-05.00 pm	Parallel Panel Sessions: Yoga and Consciousness Yoga and Health & Yoga in Education & Management
<b>Dec 27, 2006</b>	
10.00 am-11.30 am	Key Note Session: Yoga and Health
11.30 am-11.55 am	Tea Break
12.00 am-01.30 pm	Parallel Scientific Sessions: Three tracks IC: Yoga and Consciousness, IIC: Yoga and Health & IIIC: Yoga in Education & Management
01.30 pm-02.30 pm	Lunch Break
02.30 pm-03.30 pm	Parallel Panel Sessions: Yoga and Consciousness, Yoga and Health & Yoga in Education & Management
03.30 pm-03.55 pm	Tea Break
04.00 pm-05.00 pm	Valedictory

# LIST OF EXPECTED SPEAKERS

## Track I: Yoga And Consciousness:

### Key Note Speakers:

Prof. H.R. Nagendra, Vice-Chancellor, SVYASA, Bangalore

Prof. E.C.G. Sudarshan, University of Houston, Austin, TX, USA

### Invited Speakers & Chairpersons:

Prof. Bikas K. Chakrabarti, Saha Institute of Nuclear Physics, Kolkata

Dr. M. Srinivas, Former Scientist, BARC, Chennai

Prof. Ramachandra Bhatt, Dean, Division of Yoga & Spirituality, SVYASA, Bangalore

Prof. Prabal Kumar Sen, Dept. of Philosophy, University of Calcutta, Kolkata

Prof. D.C. Nath, Dept. of Psychology, University of Calcutta, Kolkata

Prof. Sabuj Kali Sen, Dept. of Philosophy, Visva-Bharati, Santiniketan

Prof. B. Datta Roy, Saha Institute of Nuclear Physics, Kolkata

Prof. Dipak Ghosh, University of Calcutta, Kolkata

Swami Advaitanandaji, Acharya, Chinmaya Mission, Kolkata

Prof. Amita Chatterjee, Center for Cognitive Science, Jadavpur University, Kolkata

## Track II: Yoga And Health

### Key Note Speakers:

Dr. R. Nagarathna, Dean, Division of Yoga & Life-sciences, SVYASA, Bangalore

Prof. Shirley Telles, Joint Director-Research, VYASA International, Bangalore

### Invited Speakers & Chairpersons:

Dr. W. Selvamurthy, Chief Controller, R & D, DRDO Lab. (Life-sciences), New Delhi

Dr. S.S. Badrinath, President, Sankara Nethralaya, Chennai

Dr. Lorenzo Cohen, MD, Anderson Cancer Center, Houston, TX, USA

Prof. Madan Mohan, Dept. of Physiology, JIPMER, Pondicherry

Prof. U.S. Pandey, General Secretary, APPI, Lucknow

Dr. B.T. Chidananda Murthy, Director, CCRYN, New Delhi

Dr. Iswara Basavareddy, Director, MDNIY, New Delhi

Dr. Nandini Kumar, Dy. Director General, BMS-TM, ICMR, New Delhi

Dr. Naveen K.V., Assistant Professor, SVYASA, Bangalore

Dr. Ender Sarac, Memorial Hospital, Istanbul, Turkey

Dr. Neslihan Iskit, Memorial Hospital, Istanbul, Turkey

Prof. K.K. Deepak, Dept. of Physiology, AIIMS, New Delhi

Dr. Shamanthakamani Narendran, Consulting Yoga Therapist, SVYASA, Bangalore

Dr. Raghuvanshi, Rabindranath Tagore Int. Institute of Cardiac Sciences, Kolkata

Dr. Manjunath N.K., Assistant Professor, SVYASA, Bangalore

Dr. Satish Gupta, Consulting Cardiologist, JWGHRC, Mount Abu

Dr. Chaya Purushotham, Assistant Professor, SVYASA, Bangalore

Dr. Mahesh Kanojia, MD, Anderson Cancer Center, Houston, TX, USA

Dr. Raghavendra Rao, Scientific Officer, SVYASA, Bangalore

Dr. Ajay Kumar, Secretary, IMA-Bihar, Patna

## Track III: Yoga in Education and Management

### Key Note Speakers:

Prof. N.V.C. Swamy, Dean, Academic Affairs, SVYASA, Bangalore

Prof. S.K. Chakraborty, Former Professor, IIM, Calcutta

### Invited Speakers:

Prof. Rathindranarayan Basu, Former Vice-Chancellor, Calcutta University, Kolkata

Prof. Amiya Kumar Dev, Former Vice-Chancellor, Vidyasagar University, Kolkata

Prof. G. Misra, Dept. of Psychology, University of Delhi, Delhi

Sri N.V. Raghuramji, International Co-ordinator, VYASA, Bangalore

Prof. Panduranga Bhatta, IIM, Calcutta

Sri Sraddalu Ranade, Sri Aurobindo Ashram, Pondicherry

Dr. M. Venkatesh, Assistant Professor (Hon.), SVYASA, Bangalore

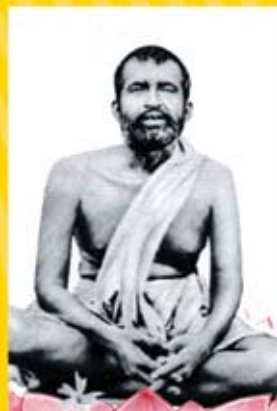
Sri Arvind Pandey, DIG (Crime), Bihar Police, Patna

Swami Anubhavananda, Satbhavana Trust, Ahmedabad

Sri T. Mohan, Registrar, SVYASA, Bangalore

## ORGANISING COMMITTEE

<b>President</b>	: Prof. H.R. Nagendra
<b>Vice-presidents</b>	: Sri H.K. Chaudhary, Sri H.P. Kanoria, Sri Sajjan Bhajanka, Prof. N.V.C. Swamy Dr. R. Nagarathna, Prof. Subramaniam Dr. Ramchandra Bhat, Sri R.S. Agarwal Sri B.G. Bangur, Sri R. Somani
<b>Chairman</b>	: Sri Bishnu Dhanuka
<b>Vice Chairman</b>	: Sri Suresh Kejriwal
<b>General Secretary</b>	: Sri Pradip Kr. Agarwal
<b>Secretaries</b>	: Sri R.M. Acharya Sri Amarendra Narayan Lal
<b>Finance Committee</b>	: Sri Sajjan Bhajanka, Sri Bishnu Dhanuka
<b>Souvenir Committee</b>	: Sri Bhanu Prakash Agarwal Sri Mridul Kotriwala, Sri Suresh Panda
<b>Program Committee</b>	: Sri Sanatan Mahakud, Sri Balaram
<b>Reception Committee</b>	: Sri R.K. Poddar, Smt. P.N. Samantaray
<b>Publicity Committee</b>	: Sri Satyabrata Dey, Sri Kailash Bagaria Sri Shatrughna Singh, Sri A. Mukherjee
<b>Accounts</b>	: Sri R.K. Jha, Sri K.K. Sharma, Smt. Bimala Mishra
<b>Scientific Committee</b>	: Dr. Shirley Telles, Dr. Naveen K.V., Dr. Manjunath N.K., Sri S.K. Patra, Dr. Shamantakamani N, Dr. Chaya P, Sri Sanjay Kumar, Sri Subramaniya, Kum. Meesha & Sri Ranjan Jain



# CALL FOR PAPERS FOR POSTER PRESENTATIONS

Scientific research papers on Yoga and its applications and review papers are invited for poster presentations. Last date for submission of Abstracts is December 1. The papers will be peer reviewed and acceptance or otherwise will be intimated before December 10. Ten best posters will be selected for 'Oral Prize Paper Session'. (Email: anvesana@gmail.com)

## REGISTRATION CHARGES

Main Conference	General	Students
Residential*	Rs. 2000/-	Rs. 1500/-
Non-residential	Rs. 1000/-	Rs. 700/-
Day Rate for conference	Rs. 400/-	Rs. 300/-

(\* includes simple ASHRAM Boarding and Dormitory accommodation.)  
Payment by Cash or DD favouring: "Vivekananda Yoga Anusandhana Samsthana"  
payable at Kolkata.



### Distance from The Heritage School to:

Ruby Hospital	1.7 km
Science City	5.0 km
Salt Lake Stadium	9.0 km
Park Circus	8.5 km
Victoria Memorial	11.5 km
Gariahat Crossing	6.0 km
Kalighat Metro Stn.	8.0 km
Alipore	10.0 km
Ultadanga	13.0 km

Venue:

### The Heritage School

994 Madurdaha, Chowbaga Road, (Behind Ruby General Hospital), Anandapur  
P.O.: East Kolkata Township, Kolkata 700 107, West Bengal, India  
Ph: +91 33 24430448~52 (Extn. 318), Fax: +91 33 24430453, Email: vyasa@heritageit.edu  
**Helpline: Santosh: 9830019595, Shiba: 9830201234**

## Vivekānanda Yoga Anusandhāna Samsthāna

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