

YOGAKSHEMA REHABILITATION & WELLNESS CENTER

KshemaSamachar

a quarterly publication

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Swami Ranganathanandaji, the 13th President of Ramakrishna Mutt and Mission said:

"Are you growing spiritually? Can you love others and feel oneness with them? Have you found peace in yourself and do you radiate it around you? That is called spiritual growth, which is stimulated by meditation done inwardly and work done in a spirit of service outwardly."

We, at YogaKshema, were fortunate for having a spiritual person grace our 7th anniversary celebration as the Chief Guest.

Smt. Srilata Iyer touched our hearts and souls by her serene presence, invigorating talk and divine music.

People committed to service with humility, eager youngsters sharing their vision, time effort and cheerful volunteers made up the august gathering. An air of joy, friendship and warmth with a sense of purpose was the hallmark of the anniversary celebration.

A REPORT ON THE 7TH ANNIVERSARY CELEBRATIONS

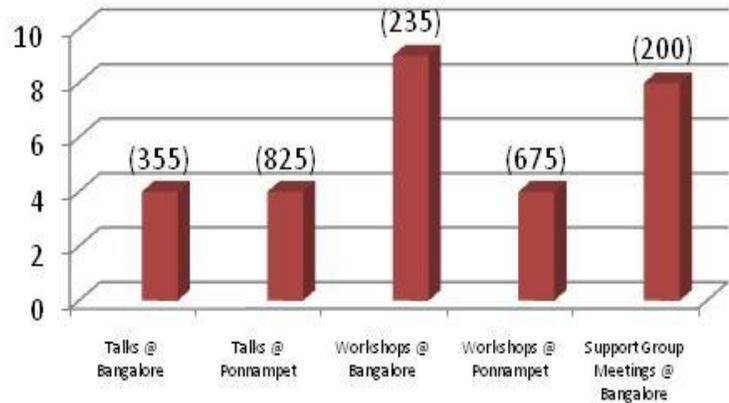
YogaKshema's 7th anniversary, June 22, 2014, was another milestone. It was a special meeting together of seeking minds and feeling hearts, bonded together with a yearning for 'a better me, a better you, and a better society for one and all'. The get-together was impressive, more than a hundred smiling faces, of all ages and in all colors, with a familial familiarity, friendly camaraderie, innate togetherness, bonded strongly by a feeling of purpose, a driven mission and zeal.

The agenda was impressive indeed. A special documentary film was screened showing the different activity fields of YogaKshema highlighting its history, philosophy, vision, as also its forward marching partnership with Nivasa. The content of each frame could speak in volumes. There were brief talks by the various office bearers highlighting YogaKshema's history, philosophy, activities and the tie-ups with other NGOs.

Book Release of three exquisitely colorful and precisely practical informative pocket editions, one on A.N.Ts in English, and two on Depression and Forgiveness in Kannada followed. KshemaSamachar, YogaKshema's Newsletter, was revived with the bringing out of its 1st quarterly for the year 2014.

These publications, on sale at the Book Counter, found a buoyant beehive of busy buyers.

Smt. Srilata Iyer was the august Chief Guest and speaker for the day. Her talk on "Science and Spirituality – the essential confluence for human development and progress" was insightful, profound in meaning and depth and highly relevant to the mission of YogaKshema. This address was followed by a divine and soulful rendering of Bhajans by the Bhajan group, melodiously led by the Chief Guest herself.



Numbers in parenthesis represent the number of attendees



YogaKshema's 7th Anniversary Address by Smt. Srilata Iyer

In her address Smt. Srilata Iyer complimented Dr. Usha Vasthare and her dedicated band of volunteers and support staff.

Science and Spirituality, she said, is the holy confluence of two mighty rivers. The right belief, right feeling and right actions of Spirituality help in the transition from Vigyan to Ananda, a leap from one orbit to another, whereas Science perceives the universe as constantly expanding and in an unending pursuit of the ultimate truth. This is, in fact, the supremacy of the spirit of man which is intrinsically divine.

Practices of the Zen philosophy of Mindfulness aims to rest our minds forever in the Present, is a state of Magical simplicity- a virtual mirage. Its implications are far reaching and dive deep into unfathomable depths of thought processes.

Seers of all great Faiths have sought to describe the indescribable. All religions are intertwined at the roots and meet at the summit.

A symbiosis of the inner and outer light (Antarjyothi and Bahirjyothi) is essential for the confluence of Science and Spirituality and will naturally and eventually lead to true progress.

Neuroscience, she continued, explains how the biological machinery of the brain computes information and how the social mechanisms in the neural networks work together.

Social intelligence, which is caused by the resilience of the human mind and human spirit within the brain, sublimes into spirituality.

She commended the work of YogaKshema. YogaKshema simplifies and spells out practical implementable practices that can bring together the recuperative powers of the body and the healing powers of the mind for desirable and desired outcomes.

She continued to elaborate how the activities of YogaKshema help to cement the ideals of embodiment of service and sanctity with the ideals and research discoveries of current Neuro-scientific practices. Here Neuro-scientific values are used for social welfare programs. The latest concepts of Neuro-sculpting, Cognitive Behavior Training and Mindfulness Practices are brought down to the lay man.

These products of Neuro-scientific findings and research are tools in the service of man. The holiness of life and holistic well-being of every person work hand in hand, transforming lives.

She commended YogaKshema for bringing together people in various different walks of life.

YogaKshema has worked in various ways to cohere the agile minds and the gentle souls with huge hearts in cognitive self analysis and emotional self healing practices to bring about behavioral life changes.

A small yet valuable booklet has been brought out by a well wisher, Mr. G.Subramaniam, Director of J.S. Institute of Banking and Finance Pvt.Ltd .

It includes an introduction of Smt. Srilata Iyer by Smt. Gita Sundararaman, YogaKshema's 7th Anniversary Address titled: "Science and Spirituality" and also the Speech delivered by Smt. Srilatalyer at Sri Ramakrishna Vidyarathi Mandir, on her grandfather Dr.Sarvepalli Radhakrishnan, at Bangalore on 25th June 2014.

