

I slept & dreamt that life was joy. I awoke & saw that life was service. I acted and behold, service was joy.
-Rabindranath Tagore

Editor's Note

Change is the order of Nature. Dynamism and change represent the factors that ensure freshness in the entire cosmos! The past couple of months have been witness to the metamorphosis that YogaKshema as an organization has undergone. This change has been in terms of the diversification of the activities that we have been conducting, the audiences we have catered to and the impacts these have had. Nevertheless, the underlying philosophy – the founding tenets of YogaKshema viz. Rehabilitation & Wellness have always remained guiding forces behind these activities. Even as this newsletter is being formed, there are newer workshops and educational sessions that are being formulated that we hope shall transform the lives. As lofty an idea as it may seem, I would like to emphasize that its efficacy is indubitable.

As on the organizational front, so also in the newsletter that portrays its activities! I am sure that our patrons can look forward for more and diversified information in the upcoming editions as well as in the current. We at YogaKshema have been constantly striving to provide you with the necessary information on our activities, which ensures transparency and accountability on our part to the thousands of supporters that we have been garnering all these years. This edition brings to you the happenings of the months of April & May together. We are planning on releasing an anniversary edition of the newsletter focusing on our journey so far. And hence in order to cover for the months lagging, we are reporting the events of the April & May months for the benefit of our patrons.

As we strive to provide you with the updates, we also seek your candid feedbacks on making our efforts more fruitful and beneficial. Do write to us and share your suggestions.

-Praveen Shivashankar

Act **F.A.S.T** - be a stroke hero

- Face:** Ask the person to smile, does one side of the face droop?
- Arms:** Ask the person to raise both arms, does one arm drift downward?
- Speech:** Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence clearly?
- Time:** If the person shows any of the symptoms, time is important.

Get to the hospital fast, brain cells are dying

Stress Management At Swami Vivekananda Memorial Hospital

YogaKshema Rehabilitation & Wellness Center, not too long ago, had developed a unique Stress Management Workshop for the benefit of working professionals. We had a fully fledged report on the same which was conducted for the benefit of software professionals a couple of months ago. However, the same cannot be applied for all the professions as the challenges each one faces varies depending on the nature of work, environment it is carried out in, work force and several other factors. Hence every stress management session that is being developed is honed to suit the professionals that are intending to attend the workshop. The efficiency of the administration of this workshop is more so determined when we have a focused group that can benefit, through an organization. In the month of April, such an effort was carried out in collaboration with Swami Vivekananda Memorial Hospital (SVMH), in Saragur of Mysore District. The association of YogaKshema and SVMH has been longstanding. We have been conducting various training programs for the benefit of the staff of SVMH. The idea of conducting a stress management workshop that details the physiology of stress, the factors that trigger it and how it can be turned into a benevolent force than a banal one, appealed to the administration of SVMH. Duly enough, the trainers from YogaKshema marked their presence on the 10th & 11th of April, 2009 to conduct the Stress Management Workshop.

The workshop was conducted for two days, for 2 separate groups of staff. The first day comprised mostly of general staff and Program Managers of Swami Vivekananda Youth Movement. The second day consisted of nurses, trainers and trainees. The workshop was conducted by Dr. Usha Vasthare, Sri Yoga Krishnamurthy, and Praveen Shivashankar (That's me!!). The first session included the talk by Dr. Usha which focused on understanding the physiology behind Stress and how it is triggered. This was followed by a talk on Mind-Body Connection. I focused on bringing home the facts on stress and how it was dealt using instances from the epics and also quotes from the literary works. Sri Yoga Krishnamurthy conducted sessions that helped them realize and practice some yogic exercises and postures, and breathing techniques to combat stress. An early morning, hour long Yoga Session was also held for the benefit of the interested participants on the 11th morning. He took questions and answered to the concerns of many participants.

After the sessions were done, we were taken around the facility of SVYM. A tour of their hospital facility, the tribal school was conducted and extensively enriched and inspired us. For me personally, it was a moving experience, immensely inspirational to observe in such close proximity how by determination and sheer grit and hard work, man can achieve miracles. With my faith in the human capability reinforced, I headed back to Bangalore, and to this day, look forward to returning to Saragur, for a new lesson to be learnt!

Personality Development For Children & Mothers

YogaKshema conducted a unique workshop on personality development for children. This workshop had primary focus on the aspect of Neuroplasticity and how it can be adapted to make improvements in studies, life style changes and overall Quality of Life. Our Yoga consultant Sri 'Yoga' Krishnamurthi was also part of this workshop and he demonstrated to the children how to relax their stress using breathing exercises. Sri Kaggera Chandrashekhara introduced the spiritual angle to the whole workshop. There are successive support group meetings being conducted for the benefit of the participants of this workshop. The effectiveness of the workshop conducted for children is further enhanced when their parents are included in it. The role of a mother in grooming the child, understanding his/her requirements is undoubtedly high. Keeping this in mind, we conducted a similar workshop for the benefit of the mothers. It is important to note that the mothers of the children who attended the earlier workshop requested for a workshop so that they would also be able to effectively contribute to the development of their children. As the challenges they face as home makers and parents are different, the workshop focused on Automatic Negative Thoughts and ways and means of combating it. A support group meeting for the benefit of the participants has also been started and meets once every month.

Stroke Awareness Month - May

The month of May was declared the month for Stroke Awareness by the National Stroke Association (NSA), in USA. In commemoration of the same, YogaKshema conducted several free Stroke Awareness talks in various places in Bangalore. The target audiences included students, senior citizens, professionals and doctors. There were 8 Stroke awareness talks given at various places in Bangalore. The places and the dates are mentioned below:

May 8th – Stroke Awareness at Aashraya

May 9th – Stroke Awareness at Sandhya Deepa

May 12th- Stroke Awareness Talk at AkkaMahadevi Samaja, Kumara Park

May 16th – Stroke Awareness talk at Jain College

May 19th – Stroke Awareness Talk at Brigade Millenium – Wood Rose Club

May 22nd – Stroke Awareness at Sri Rama Vruddhashrama

May 23rd – Stroke Awareness Talk at Malathi Manipal Hospital

May 26th – Stroke Awareness Talk at Malleshwaram Satsangh

The onus of the talks was on understanding Stroke, the symptoms, recognizing a Stroke attack when it happens, the treatment and rehabilitation process and more importantly understanding the factors that cause stroke and what can be controlled to reduce its risk. The F.A.S.T technique (displayed in the cover page) for recognizing stroke when it happens was also demonstrated. Stroke cards, which carried this information was also distributed to the participants. The talk also stressed on newest and latest information on rehabilitation which included the need for rehab as a life-long process, information on Neuro-plasticity, mind-body medicine, etc.

HERE & THERE

The following are the highlights of some programs that happened over the months of April & May, 2009:-

1. The lunch box program on AIR featured Dr. Usha Vasthare, wherein she spoke on the need for comprehensive rehabilitation.
2. On April 16th, there was a special phone-in program conducted by “Suvarna Channel” on Stroke. Dr. Usha Vasthare answered many queries related to Stroke.
3. An open House was conducted on April 25th for the benefit of the people interested to know more about YogaKshema.
4. Talks about YogaKshema, its need and the work being done through our organization were presented at Koramangala Yoga Group and Koramangala Club. These talks were organized with the help of our coordinator Sri Ramalingam.
5. On April 17th Smt. Seetha Prabhakara visited Ashraya Seva Trust and gave a talk on “Human Needs”. The Malleshwaram satsang group also participated in singing Bhajans.
6. Sri ‘Kagga’ Chandrashekar has been visiting Sri Rama Vruddhashrama in Malleshwaram and conducting discourses on “Sri Madbhagavatha” at the request of the residents of the Old Age Home.
7. Dr. Usha Vasthare has been visiting Sandhya Deepa Old Age Home in the past months to conduct Lalitha Sahasranaama chants.

Volunteer Profile - Dr. Ajay Sharma



Name: Dr. Ajay Sharma

Profession: Doctor

About: Dr. Ajay is a medical graduate from J.J.M Medical College in Davangere. He has held positions of a resident at St Martha's hospital and St John's hospital, apart from being a project coordinator and clinical research assistant for a multi research center.

Currently he renders services as a Senior Resident at Malathi Manipal Hospital in Jayanagar, Bangalore. His interests include traveling, reading, music and volunteering. This is what he has to say about being with YogaKshema:

“YogaKshema has been an organization where in I felt at home. An extended family of volunteers from various background and the motto being community service through it's multitude approach. My role has been to provide education about facts and helpful health tips apart from an educator also take part in the recreational therapy.”

Dr. Ajay is a favorite in our Old Age Home programs. His ability to converse in the local language and friendly attitude has won him great admirers amongst the residents of the Old age Homes that YogaKshema visits.

YOGAKSHEMA REHABILITATION & WELLNESS CENTER

“Ratna Kiran”, #22/2, Upstairs
3rd Cross
Shankarapuram
Bangalore 560004

Email: yogakshema.india@gmail.com

***Pain is Inevitable;
Suffering is Optional.***

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www.yoga-kshema.org

Coming Up!

The issue of June-July carries with it:

1. A Special Report on a workshop for teachers at Viveka School of Excellence, Saragur
2. Workshop in DeenaBandhu Trust, in Chamarajanagar
3. Visits to the Old age Homes
4. A Special Report on our Out-Station patients
5. Support Group Meetings & Health Awareness Talks...and much more!

Also look forward for our special ***Anniversary Edition***: A Collectible Edition that profiles YogaKshema like never before! Know the family of YogaKshema! The hands and the faces behind our organization, and learn of its impact from the many who have been benefitted from it. Coming up soon!!