



Volume 5

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KSHEMA Samachara

I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.
-Albert Schweitzer

Editor's Note

Mankind or even creation for that matter is confronted by multitudinous problems that constantly threaten its survival. These factors are innumerable in count and devastating in its effects. One among this that has plagued the creation is negligence. The idea of negligence in itself betrays a feeling of complacency. A lackadaisical attitude towards matters which are primal for our existence, which may even spring from a sense of pseudo-superiority we perceive in comparison to other creatures. Alarming as this aspect may seem, it is nevertheless a fact. We treat our environment, our surroundings, the Nature and its resources with gross negligence and needless to say, we treat our fellow human beings the same way. On the outset, tackling a gigantic problem such as negligence which we have come to accept as part of our "human nature" may seem impossible. However, does it warrant a license to vandalism?

Many of the problems that are discussed during the support group meetings conducted by YogaKshema bring to foray, issues that are directly or indirectly the byproducts of negligence. The negligence with which we treat our relationships, people or attributes that matter to us, even ourselves in many cases, has led to an outbreak of problems. Support Group Meetings help provide a platform in which the affected understand and learn from each other the ways and means of coping and changing the affliction mounted on them. Simply put, the negligence of which they become a victim is eased out to a certain extent with the help of "collective and collaborative" learning and support system. YogaKshema has been inundated in the past few months with several calls of S.O.S! And these have begun to transcend the geographical boundaries too! Media which has helped us immensely in spreading the message and motive of YogaKshema, has also helped in opening the gates to many lost voices that have finally found their platform!

Yet, it is not out of pride but deepest humility that we acknowledge the effort we are putting forth in tending to the cries of pain. For, we have understood that these cries would not have emanated had it not been for our own negligence. So the next time, we stoop to spit on the road, throw that litter in a public place or defile it, the next time we feel the impulse to utter harsh words or commit hurtful actions, let us stop and think a while, whether our act is one of concretizing the structure of humanity and benevolence or a hammer strike that shall render a tear in the fabric of the creation!

-Praveen Shivashankar

Neuroplasticity - The Changing Brain

One of the prime factors that man had always used to distinguish himself from other creatures in this existence was brain. Everything that has been achieved by man since his descent in the modern form is attributed to this mass made of 70% of water. And yet, the brain remains to be the single most mysterious organ of human body. It is famously said that we use very less of our actual brain capacity. And mankind has started realizing the tremendous potential of this organ only less than a decade since. One such path breaking discovery forms the corner stone for a concept that has become famous as NEUROPLASTICITY – signifying the ability of the brain to change itself!



YogaKshema Rehabilitation & Wellness Center has been conducting focused workshops on Neuroplasticity as part of its wellness programs. Dr. Usha Vasthare has in her career spanning several years, extensively worked in the field of brain and brain disorders. She has put forth her know-how and the most recent advances in the brain study in this workshop to create a comprehensive module that helps a common man also to understand the nuances of brain and its plasticity so that he/she can learn the specific skills needed to explore the potentials of the brain to better their quality of life.

Dr. Usha Vasthare, conducted a special talk on Neuro-plasticity at the Downtown meeting of Rotary Club West held at Country Club in Bangalore. The president of the Rotary Club West, Mr. Chandramohan Pishu, presided over the meet. The event was organized with the help of the Rotary club coordinator Ms. Jyothi. The talk was held on 12th June. Dr. Usha began with a brief introduction about the brain, its anatomy and classification of its parts. She later on discussed the concept of Neuroplasticity and demonstrated the same through a simple experiment. She went on to elaborate on the significance of this new discovery and its potential in treating several psychological and behavioral anomalies, as well as its use for rehabilitation. The talk was followed by question and answer session.



Similar talks on Neuroplasticity were also held at the Institute of Wood Sciences and Technology, Bangalore on June 19th as well as a talk was aired on Radio AM 612.

Here & There

1. June 3rd & 4th :- Monitoring & Evaluation for counselors at Swami Vivekananda Memorial Hospital, Saragur
2. June 12th, 19th, 26th :- Visit to Sri Rama Vruddhaashrama by Kagga Chandrashekhar
3. June 15th & July 7th :- Visit to Sandhya Deepa by Dr. Usha Vasthare
4. July 19th :- Visit to Sandhya Deepa by the volunteers
5. July 23rd :- Focused Support Group Meeting

A.N.Ts & YOU: Negating the Power Within

Thoughts have the capacity to make or mar a personality. And yet, these are amongst the most neglected of human aspects. Often quoted is the fact, that while a lot of emphasis is placed on learning facts, there is absolutely none or very less attention given for learning how to think our thoughts! And this negligence on our part results in the mind wallowing in constant negative thoughts that on a long period of time prove detrimental to the wellbeing of not just our body but our life and of those around us!

Automatic Negative Thoughts or ANTs is a specialized field in brain study that focuses on dealing with constant negative thoughts that plague most of us. The fact that we tend to accept them as a normal phenomenon has led to an alarming trend of complacency that has resulted in increasing cases of depression, OCDs, High Blood Pressure, suicidal tendencies and general decline in the overall quality of life of the individual as well as his family. Especially in cases of people suffering from chronic illness the power of the ANTs in neutralizing the effects of rehabilitation is extremely powerful and needs to be addressed.

YogaKshema Rehabilitation & Wellness Center has hence recognized and adopted the need for educating people about ANTs as one of its prime activity. We have developed a unique workshop that addresses the physiology behind the ANTs and its effects on the brain, while at the same time addressing how well these ANTs can be combated. The distinction amongst the ANTs that can be as innocuous as mild black ants to the deadly Fire Ants in real time scenarios are clearly enunciated in the presentation. The workshop is followed by Support Group Meetings which elaborate more on the aspects discussed during the presentation and bolsters the understanding amongst the participants, assisting them in developing methodologies to overcome the ANTs in them.

Dr. Usha Vasthare spoke about ANTs and its effects in the Viveka School of Excellence in Saragur. The point emphasized herein was that while the students are exposed to constant and new ideas, the teachers would succumb to monotony over extended period of time, when they are made to teach the same syllabus over and over again. This monotony and boredom invariably breeds Automatic negative thoughts. Hence, ways and means of introducing creativity in teaching was also discussed.

A workshop on “Improving Work Performance by overcoming ANTs” was also held at Deenabandhu Trust, Chamarajanagar. Dr. Usha Vasthare who conducted this workshop, introduced the concept of Standard Operating Procedures which would help extensively in seamlessly running an organization. Having worked with Deenabandhu over several years of time, this workshop enabled Dr. Usha to bring in real time examples that could foster negative thoughts amongst the people working there, which would be detrimental to the quality of work being done. Hence, dealing with ANTs requires that the environment that fosters it should be rectified and fortified to inculcate positive atmosphere and developmental thoughts in the individuals related to the organization. This talk was held on June 6th.

On July 5th a talk was held at Raheja Residency, in Koramangala. The title of the presentation was “Recent Advances in Brain – ANTs”. On July 10th, a workshop was held titled “How to think our thoughts” at Dharani Mahila Sangha, Basaveshwaranagara. All of these talks and workshops focused on creating awareness about the detrimental effects of negative thoughts.

Malaria Awareness Talk

YogaKshema Rehabilitation & Wellness Center conducted a talk on “Malaria” on July 19th. Dr. Ajay Sharma and Dr. Vignesh Pattinam, from Malathi Manipal Hospital were the speakers. They explained the causes for the spread of Malaria, the preventive measures that must be taken to avoid spreading of Malaria and the course of treatment that follows once Malaria is detected. Dr. Vignesh spoke in English which was elaborated on in Kannada by Dr. Ajay. They answered many queries and dispelled wrong ideas in the minds of the listeners.

Volunteer Profile - Megha Nadgir



Name: Megha Nadgir

Profession: Human Resource Management

About: Megha Nadgir is well known to the people all over Karnataka through her famed role in the famous TV soap - “**Mukta**”. But to the family of YogaKshema, she is a reservoir of creativity. For over an year that she has been a part of YogaKshema, her contribution to the activities of YogaKshema has been multifarious. She is an accomplished singer, and is also interested in writing. Her acting skills are already well known.

Megha started off as our volunteer by attending the recreational therapy sessions at Sandhya Deepa. She is currently a member of our development committee in India and actively participates in various programs and training sessions.

Megha works as a human resource executive in Cap Gemini.

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

Visit us @
www.yoga-kshema.org

Coming Up!

The issue of August-September carries with it:

1. A Detailed report on a one-of-the-kind workshop conducted by YogaKshema at the School of Ancient Wisdom.
2. YogaKshema completes a comprehensive rehab workshop at the 4th Old Age Home: Sandhya Kirana of Nightingale Medical Trust
3. H1N1 Awareness Talk
4. A pilot study on Mindfulness

Note: For Volunteering opportunities in the fields of serving the old age home residents, designing newsletters, flyers, brochures, translating from Kannada to English (& vice versa), and many other activities please do get in touch with us by writing to us at yogakshema.india@gmail.com.

YogaKshema is currently seeking a fresh batch of volunteers to participate in its activities.