

YOGAKSHEMA REHABILITATION & WELLNESS CENTER

Kshema Samachara

Editorial Committee: Lalitha Kandaswamy, Geetha Sundararaman, Divya Vikram



THE POWER OF BRAIN CELLS

Do we want to boost our brain performance, transform our thinking - learning processes, sharpen our intellect and ensure success in all spheres of our activity?

Do we want to lift up our mood, beat anxiety and stress, fight depression, reverse ageing and combat chronic illnesses?

Do we want to protect ourselves against memory loss, mental illnesses, Attention Deficit Disorders and Obsessive Compulsive Disorders?

Do we want relief from hormonal imbalance and in women relief from Pre Menstrual Syndrome and Post Partum Depression?

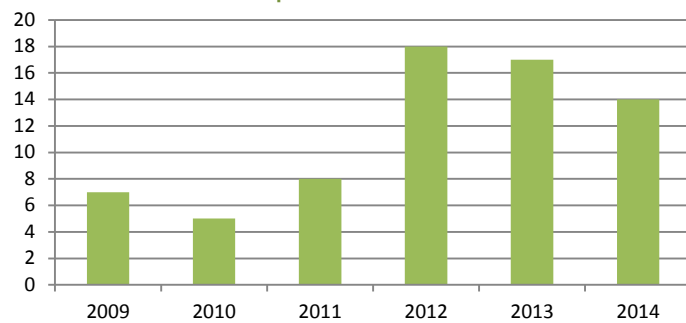
Would we believe that there is a single singular remedy for all the above-said and many more besides? The answer is individual, intense, consistent and regular physical exercise!

Know now that the latest

Neuro-scientific research has proved beyond any doubt that exercise dramatically improves the performance of the brain! Know that brain cells are flexible, adaptive, and can continually form new nerve circuits. Know that there are sensationally performing brain chemicals that are capable of bringing about all the above desirable changes. These brain chemicals with unbelievable but scientifically -proven miraculous powers are groups of chemical neurotransmitters and 'factors' like BDNF (Brain Derived Neurotrophic Factors) nicknamed MIRACLE-GRO.

[Ref: "Spark" by John Ratey (The revolutionary new science of exercise and the brain)]

Number of workshops conducted



"The best way to find yourself is to lose yourself in the service of others" ~ M. K. Gandhi.

Where there is purity of purpose, the vision can be realized with utmost certainty.

In 2007, YogaKshema was conceived and established with an innate self-driven passion of two individuals. We can today marvel at how far conviction can carry committed individuals.

Dear friends, YogaKshema is now in its 8th year, and we are glad to revive its Newsletter **KSHEMA SAMACHARA**.

All activities of YogaKshema are strongly based on the conclusive evidence of the latest Neuro-scientific Research and Findings. Its strategies also include a very strong conviction in Mindfulness Practices intertwined intimately with the age-old wisdom of spirituality. Mindfulness offers a proven path to well-being, along with effective tools for coping with life's many inevitable hurdles.

YogaKshema's varied activities address commonly experienced issues such as Stress, Anxiety, Depression, Automatic Negative Thoughts and Forgiveness. They teach how effective skills can be learned and practiced without much specialized individual training or taking up too much time. Benefits can be reaped by cultivating routine practices customized to suit one's own personal needs.

Dr. Usha Vasthare's endeavors include conducting Lectures and Talks, Workshops, Support Group Meetings, appearing in generalized T.V. Programmes and personalized Individual Counseling.

The Printed Table and Graph clearly depict the varied range of YogaKshema's activities, and how their number and frequency have been steadily increasing over these years. Its impact on and transformation of participants are to be seen and experienced. The change, in each case, is singularly dramatic and very encouraging.

We propose to bring out the latest tidings of YogaKshema through these pages of Kshema Samachara, as a regular quarterly publication. This is a partnership venture and we wish that every reader be a part of this endeavor. You too, are a member of the YogaKshema family.....

~ Editorial Team

Activities for the past six years

Year	Workshops	SGMs*
2009	7	4
2010	5	5
2011	8	11
2012	18	21
2013	17	48
2014	14	31

*Does not include the SGMs conducted at old age homes

Activities of this year Upto June 2014

Types of Programs	#Conducted	# Attendees
SGMs	31	100
Workshops	14	320
Talks	7	825
Counselling	13	15