

Kshema Samachara

MARCH 2009

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Editor's Note

As a young kid, there were umpteen reasons for me to cry foul about life! Many, not surprisingly totally unfounded. However, my elders had made one precept very clear to me right at the onset, that Life is Never Fair! But that only added to my woes! How could Life not be fair?! And all I did was to talk these frustrations out to my friends, or relatives or whoever cared to listen! The very act of sharing had brought immense relief many times. Years later, I am now witnessing with wonder how an act as natural as that, under a regulated environment with the aid of a facilitator can heal minds, mend hearts and give hope to affected families world over. "Support Group Meetings" have been a corner stone in the rehabilitation process advocated by YogaKshema. This process of shared learning that encourages active participation by the members under a non-judgmental atmosphere has essayed a key role in hastening the recovery process for many illnesses. In the case of chronically ill patients it brings about the ability for both the survivor and their caregivers to find a new hope and strength in facing the challenges lined for them. It is for this reason, that YogaKshema firmly believes that the caregiver should also be an integral part of any rehab process involving a chronically ill patient and in fact conducts support group meetings exclusively for caregivers.

When participants share their experiences and feelings with other companions, it builds a bond that is knit together by their common life circumstances. The isolation that many subject themselves to, more often than not, builds a fort around the self, slowly leading to a depreciation of the body and mind. Support Group Meeting breaks through this shell and helps build that camaraderie that is essential for "shared-learning". And because this is done in a therapeutic way, under the supervision of a facilitator, it does not degenerate into a casual social gathering, but rather develops into a powerful tool that aids tremendously in improving the Quality of Life for the participants. The potential of this system is yet to be fully explored and utilized for the betterment of the community.

And hence, YogaKshema has always been a strong proponent of Support Group System and has incorporated it into its phases of rehabilitation. Having administered more than 100 support group meetings over the past 2 years, we have been witness to the phenomenal power this holds in aiding the rehabilitation. The month of March saw several different support group workshops being held. This newsletter brings to you a bird view of the same. We hope that the medical community shall soon use this wonder tool to its fullest potential and bring light to the many families groping in darkness, unable to meet the challenges of their daily life. This edition is dedicated to them and to the countless people who have benefited by this system.

-Praveen Shivashankar

Activities at Ashraya Seva Trust, Rajajinagar

Representatives of YogaKshema have been conducting recreational therapy sessions comprising of music, and discussions in Ashraya Seva Trust, an Old Age Home based in Rajajinagar area of Bangalore. These activities have been conducted through the co-

ordination of Sri. Prabhakara & Smt. Seetha Prabhakara, residents of Malleshwaram Area. In the month of March, a group of 20 people from Sukruta Bhajana Mandali visited Ashraya through YogaKshema and sang Bhajans along with the residents. They also interacted with

them. The members of the study group that is being coordinated by Sri. Prabhakara & Smt. Seetha have also decided to visit the Old Age Home every month and interact with the residents.

Workshop on Quality Of Life

YogaKshema conducted a Support Group Meeting workshop for improving the Quality of Life. This workshop was held on 9th, 10th, 16th and 17th of March. The meet focused on understanding what Quality of Life was all about and its differences as compared to Standard of Living. Having a high standard of living doesn't nec-

essarily mean having a good quality of Life. The participants also discussed about ways of improving one's Quality of Life. Specific emphasis was placed on the ANTs - Automatic Negative Thoughts and the role it plays in deteriorating the Quality of Life. The group consisted of 18 participants. There were women and men from all

different walks of life - house makers to professionals who shared the platform provided to exchange views in a shared-learning atmosphere. These participants have been continuously attending the subsequent support group workshops aimed at improving the Quality of Life. The first of such meetings was held on 31st of March.

Yoga & Mind-Body Medicine

Dr. Usha Vasthare, was invited to speak at a women's Yoga Center in Gandhi Bazaar. It was held on 21st March. The talk was aimed at sharing information about YogaKshema and its activities. There was a question and answer session during which Mind-Body medicine concept

was discussed. The role of Yoga in mind-body medicine was explained and also the emphasis on making life style changes was touched upon. Going further on life style changes, the role of thoughts in improving the Quality of Life was explained by Dr. Usha. It was emphasized that

Thoughts are real and have a huge bearing on creating our reality. It was pointed out that rather than changing our behavior, one needs to start with changing our thoughts, beliefs and attitudes.

In Brief

1. The Support Group Meeting for the Stress Management session participants was held on 29th March. Participants from the Quality of Life improvement program were also present in this meeting.
2. There was an exclusive support group workshop held for quality of life improvement on 31st March.
3. Dr. Usha Vasthare visited Sandhya Deepa old age home as part of the monthly visit programs. She has started conducting lalitha sahasranama chanting with the residents of the old age home since they requested for a monthly chanting program. Following this, the volunteers also visited the Sandhya Deepa Old Age home.
4. Sri 'Kagga' Chandrashekar, spiritual consultant of YogaKshema visits Sri Rama Vrudhashrama every week to conduct interactive spiritual discussions based on Bhagavatam as requested by the residents.
5. On March 30th, there was a live phone-in program with Dr. Usha Vasthare on Zee TV Kannada Channel. The phone-in program was on Nutrition. There were several callers and most of them were related to weight reduction. Dr. Usha stressed on making life style changes which would effectively counter the increase in weight.

“It is important to Train Volunteers in Community Service”- Dr. Usha Vasthare

'Deena Bandhu' a home for destitute and orphan children, housed in the interiors of Chamarajnar, held a unique symposium to inspire young scholarship holders of the Desai Goudar Foundation to contribute to the society. Dr. Usha Vasthare, the founder of YogaKshema Rehabilitation & Wellness Center was also one of the guest speakers on this occasion. There were many dignitaries present and speakers from different walks of life.



Swami Nityasthananadaji from Ramakrishna Mutt, Mysore spoke on personality development. Dr. Prabhushankar, noted Kannada writer spoke on the life and ideals of Sir. M. Vishveshwaraiah. There was also a panel discussion on challenges of work ethics with a special reference to Social work and issues related to integrity, ethics and honesty.



Dr. Usha Vasthare, spoke about the difference between community service in the East and West. With her vast experience in being involved in community service both in India and abroad, she was able to narrate many experiences of her, and also compare and contrast the community service system as it exists in India and Abroad. She also spoke of her experience having started YogaKshema in Bangalore. There was an emphasis placed on the importance of training for anyone who is interested in community service. In USA, anyone who wants to contribute to the society through community service is encouraged to undergo relevant training in order to provide effective services. The need for the same to be done in India was also emphasized.

VOLUNTEER PROFILE:

Name: Sri Harsha D J



Sri Harsha D J works as a software engineer at Cognizant Technology Solutions in Bangalore. He has been a volunteer with YogaKshema since a year now.

He is basically from Hyderabad, Andhra Pradesh and has completed his B.Tech from Hyderabad.

His hobbies include acting, dancing, playing basketball and chess.

He has also involved himself extensively in community service. Through the Everest Group of Cognizant he has been conducting several community service activities at orphanages, in various slums and also helping out YogaKshema in its various activities.

COMING UP IN APRIL:

1. **Anniversary Special Edition** - A special report on YogaKshema as it completes 2 years of its inception. A peep into what is YogaKshema and who are the faces of YogaKshema!
2. **Stress Management at Saragur** - A special report on the exclusive stress management session conducted at Swami Vivekananda Memorial Hospital, Saragur, Mysore District.
3. **Open House & More workshops** - More details about another Open House and other workshops being conducted.
4. **Media & YogaKshema** - Several more highlights on the YogaKshema as the media both on air and television showcase our work and our mission.

Participants interested to know more about our programs may please contact the center by emailing us at yogakshema.india@gmail.com or can call to +91 9980993850/ +91 9945563867.

YOGAKSHEMA REHABILITATION & WELLNESS CENTER

A registered Not-For-Profit Organization www.yoga-kshema.org Email: yogakshema.india@gmail.com

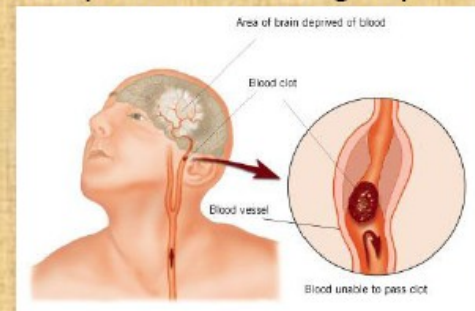


STROKE AWARENESS MONTH

ACT F.A.S.T: BE A STROKE HERO!

National Stroke Association, USA has recognized the month of **MAY** as Stroke Awareness Month. Yogakshema announces FREE Stroke Awareness Workshops for interested groups.

- Stroke is Brain Attack!
- Learn to recognize symptoms of STROKE
- Learn to manage and control the risk factors
- Act F.A.S.T by understanding stroke symptoms
- Reduce the incidence & impact of Stroke!
- Spread Hope about Stroke Recovery



The talk shall be for 2 hours. To organize the talk in your friends circle/organization/institution please contact at 9980993850/9980274122 or write to us at yogakshema.india@gmail.com

Cooking Corner - Heart Healthy Nutrition Tips!

Introducing Complex Carbohydrates in your daily diet.

Regularly used, highly polished white rice although looks good and tastes great is not a healthy choice of carbohydrates. Instead of using white rice use the following recipe which follows heart healthy nutritional guidelines for usage of complex carbohydrates.

The following recipe serves four people:

Brown Rice/Kerala Red Rice	4 table spoons
Millet	4 table spoons
Broken Wheat	8 table spoons
Barley	4 table spoons

Soak for a few hours before cooking.

Add a handful of sprouted moong beans, to make it a wholesome meal along with your favorite finely diced vegetables such as green beans (15), carrots (1), knol khol (1/2), and chow-chow (1/2).

Once the rice is cooked, add a spoon of MTR Puliogare powder (dry), a pinch of salt, sugar and four spoons of your favorite oil (unheated).

For feedbacks, suggestions and more details E-mail: yogakshema.india@gmail.com

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