

Weekly Yog Youth Shivirs for Holistic Health and Self Management

सर्वांगीण स्वास्थ्य और आत्मप्रबन्धन का साप्ताहिक योग युवा शिविर



*Conducted by: C.M. Bhandari, IFS (Rtd.), Former Ambassador of India,
Patron: Mawra Gramvikas Sanstha (MAGRAS) and
Founder: Devamber Ayrogya Dham (DAD, Pictured above)*

*Venue: Village Mawra Ranikhet, Dist. Almora, Uttarakhand.
Weekly camps from Sunday, 3 May to Saturday 14 June 2014
Starting every Sunday afternoon and concluding by Saturday noon.
Seats limited, on first come first served basis group bookings preferred.*



Stunning views of snow clad mountains can be seen from Ranikhet and many places enroute while driving from Ramnagar to Ranikhet.



Arogya Dham as seen from north east

General Information and Guidelines

Why the Yog Youth Shivirs in village setting for Holistic Health and Self Management?

Present day living has become indoors. This is particularly so for youth in urban areas where there are either no facilities to venture out in Nature – safety, security and polluted air concerns further restrict outdoors or Youth are too preoccupied with their home assignments, computer or cell phone chats, net surfing or TV/Video games. The result is they are leading a very sedentary life, which is directly impacting on their physical, mental and causal levels of existence. Bronchitis, obesity, hypertension, diabetes, etc. are no longer uncommon with children. Breathing process disorders and faulty body postures in normal situations further lead to ill health. The practical experience provided during the interactive workshops prepares the Youth adequately to lead a healthy lifestyle and face challenges effectively in their personal lives, more importantly in maintaining mental and emotional balance and healthy inter-personal relationships with both sexes.

YYS-2014 is a unique holistic Youth Health, Personality & Leadership Development Programme. The participants will be living in unpolluted green and serene village environment and will be exposed to several aspects of Naturopathy, Ayurved and Yog (NAY) sciences besides healthy interactions between city and village youths under watchful eyes of the organizers. They will be given scientific discourses from Yog Sutras and Bhagwat Gita to **understand the basics of body and mental health besides human personality that help individuals train a disciplined lifestyle as per their own individual taste, career, ambition, faith and positive outlook towards every goal in life.**

Vision and Objectives

MAGRAS recognizes that healthy happy youth are critical for the family, society and nation besides shaping and building their own careers. Also, socio-economic developments have to go hand-in-hand with spiritual developments. The fact that the economically developed societies of the West are craving for India's Culture, especially the ancient Vedic knowledge and NAY sciences despite the many ills and shortcomings of our society, is a clear manifestation of this reality. Therefore, our Youth have to be empowered with a holistic approach to education and provided with soft skills to become all-round gifted individuals with creative, caring, compassionate, progressive and sensitive personalities.



Yog hall on second floor



Stunning views of mountains from Hall windows



View from Arogya Dham



Comfortable rooms for 2-3 persons with attached bathrooms



School children enjoying a picnic at Gagas river nearby Arogya Dham



Visitors are amazed viewing the heritage buildings: Diplomat family from Lithuania with Mr. and Mrs. Harish Bhandari

What is Yog?

The word 'Yog' now mostly implies physical postures and breathing exercises to majority of people but these are only 2 of 8 steps of the Ashtang Yog. We need correct appreciation of the NAY sciences as presented by a chain of celebrated Rishis and Gurus for thousands of years. The entire Yog science is codified in Patanjali Yogsutras and the fundamental cause of all sufferings is traced back to varying degrees of combinations of (i) ignorance (*Avidhya*) of the reality of things beyond mere appearance, (ii) accepting illusions as reality (*Asmita*), (iii) attachment (*Rag*), (iv) enmity (*Dwesh*) and (v) fear of death (*Abhinivesh*). Permanent happiness is beyond sensual perceptions and lies in absence of sufferings.

Knowledge is both Power and wealth. The richer we are in knowledge, the lighter we feel. A stone gets lighter and lighter as it gets sculpted into beautiful objects. People search God in sculpted statues but a sculptor converts stones into Gods and Goddesses. The ultimate in knowledge is God as nothing exists beyond God.

Vedic Knowledge tells us: **Yatha Pinde Tatha Brahmande**, meaning as is the body so is the Universe. Knowing your body's constitution and working helps understand the mysteries of the entire Universe. Yog Science gives us this empowerment to face the present era of Technology and Management. Internet, ICT, digital technology, cell phones, mass media, etc. control our lives. Nature's laws, spiritual world, relationships, emotional management, etc. have taken a back seat. Management of Time, Resources, Money, HR etc. are important and taught in every management institution but do we really know our own reality? Who is managing every action of ours? Where is the entity inside that we call 'I' and drives every individual on different paths ranging from crazy delusions to inspiring heights in life, the entity that takes us to moments of ecstasy or lands in crisis, raises us to sky or takes us down to greed, lust, anger, jealousy, delusion, depression, etc.? These issues are now increasingly affecting the performance of individuals and interpersonal relationships and, therefore, are becoming part of modern education and HR training schedules. The deeper aspects of Yogic practices precisely deal with these issues and are being adopted even by Western societies.

Body health depends on Lifestyle. Timely intake of fresh and healthy food, water and sleep in moderation and efficient ejection of waste from body is critical for body health as body is primarily made of food, water and air. Also, body has nine doors – two ears, two eyes, two nostrils, one mouth, one sex organ and one excretory organ. If we can ensure that all these doors are managed in such a way that only right and needed things enter the body, harmful things are stopped from entering and waste generated by body is efficiently excreted, then body health is ensured. Ayurved is a



View from heritage homes during monsoon season



At its peak there were more than 20 heritage homes of 6 generations of Bhandaris.



Swami Surendra Puri Ji in Mawra Village, 1st June 2013



Yog teachers with C.M. Bhandari at his heritage home

fully developed medical science to ensure health of the physical body.

The first five limbs of Ashtang Yog, viz. *Yam, Niyam, Asan, Pranayam* and *Pratyahar* are designed to tune in the physical and subtle bodies to a relaxed state so that the individual's Innernet can perform to maximum level. The definition of Yog does not talk of physical postures but of Thought Management. This is because nothing happens without the triggering Thought from memory. That is why Sage Patanjali, the author of Yog Sutras, defines Yog as the art of managing thoughts to stay in a serene state (“*Yogah Chittavritti Nirodah*”). The last three limbs of Ashtang Yog, viz. *Dharna, Dhyana* and *Samadhi*, deal with management of the thought process. It starts with *Pranayam* and then moves on to meditation. Meditation is the crux of Yog science. This is the panacea for thought management, which in turn can take care of all stress levels. What is Stress and how does Yog perform Stress Management through meditation will be the main focus of our workshops. Why does stress result in health problems? Stress engages the mind all the time and prevents it from overseeing the vital autonomic functions of the body. Without mind's participation, the brain is unable to communicate with the concerned vital endocrinal organs to perform. So, that is our integrated reality and if we can be our own masters, we would know precisely steps to be taken to ensure that we do not have health issues at all but if we do, then we also know the way to deal with them.

Participation charges

Registration charges for workshops payable to MAGRAS: Rs.500

Non Residential: Local participants - Rs. 100 per day per head (No boarding & lodging. Only mid-day meal and refreshments shall be provided. This payment could also be in kind by volunteering to work in running the camp activities).

Residential: (including board and lodge)

International participants - US \$ 25 per day per head

Indian participants - Rs.750 per day per head

Daily Program will include: Yog - Theory and practice, including discourses on Lifestyle and wellness issues with scientific citations from Yog Sutras and Bhagwat Gita: 2 hours; Practice of *Yogasana* and *Pranayam*: 2 hours; GK/Vocational counseling for local students/field visits for city students: 2 hours; *Shramdaan*: 2 hours;

Separate program for Adults and Elderly who may wish to accompany their children, after ascertaining their needs and



C.M. Bhandari conducting Yog class



Swami Suryendu Puri ji conducting the Surya Kriya



Village children in deep meditation



All participants with Swamiji



Village folks attending the annual 9-day Katha in June at village shrine

interests. All outdoor excursions to nearby touristic attractions will be charged extra on actuals basis for transport and other expenses.

How to reach the camp site in village Mawra, Ranikhet?

There are daily trains from Delhi and other state capitals upto Kathgodam or Ramnagar in Uttarakhand. Shatabdi runs from Anand Vihar station in New Delhi at 6.15 am, reaching Kathgodam at 11.45 am, six days a week except Thursdays. Shatabdi returns at 3.45 pm from Kathgodam, reaching Anand Vihar at 9.15 pm. The road journey to Ranikhet along hill slopes may take 3 to 4 hours from both places. After reaching Ranikhet and getting down at KMOU Bus station, please go to the nearby taxi stand for Jalali-Masi road where shared Bolero jeeps will take you to Mawra at Rs. 25 per head. Report at MAGRAS Bhavan or Devamber Arogya Dham after reaching Mawra.

Weather and other Advisories

No need to bring woollens of any kind as the weather will be warm during day and mostly pleasant at night. There is generally good breeze throughout the day and so one does not feel warm in shade or in-doors. But it is very comfortable under fans.

There is water scarcity during May-June and so we request all participants to be very considerate in water economy. Please bring your own towel, one torch with cells and all toiletries you need. Two bed-sheets and one pillow cover will further make you feel at home on our simple but comfortable beds. Drinking water comes straight from natural source but we do have aqua guard water facility installed at DAD. Bottled water is available in local shops on payment.

General Indemnity

While the Organizers will take every possible care for safety and security of each participant and their belongings, **MAGRAS or Devamber Arogya Dham takes no responsibility of any kind for any loss or damage to person or property suffered during the camp, which will be the sole responsibility of the participants themselves or their respective group leaders.**

For bookings or further information: Please contact Shri Kamal Pande kpdiamond2015@gmail.com, cell 9759672179 or Shri C.M. Bhandari at cmbhandari@gmail.com.

योग और आयुर्वेद विद्यार्थे अब दुनिया भर के लोगों का ध्यान अपनी ओर आकर्षित कर रही हैं। लेकिन अधिकांश लोगों जिनमें अधिकतर योग प्रशिक्षक भी शामिल हैं, के लिए योग मुख्य रूप से मात्र योगासनो तक ही सीमित हो गया है और वह भी पूर्णरूप वैज्ञानिक विधि से नहीं किया जाता। इसीलिए वे योगाभ्यास का उतना लाभ प्राप्त नहीं कर पाते जितना कि उन्हें तुरन्त मिलना चाहिए। एक बार यदि आपको कुशल गुरुओं से पहले स्तर में ही योगविद्या की वास्तविक शक्ति का अनुभव हो जाये तो उसके बाद आप स्वयं ही इसकी ओर उत्तरोत्तर बढ़ते जायेंगे। आयुर्वेद और प्राकृतिक चिकित्सा द्वारा हमें भौतिक शरीर के सही संचालन का अच्छा ज्ञान प्राप्त हो सकता है।

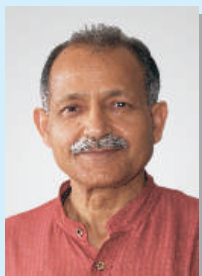
योग का शब्दिक अर्थ है मिलन। योग हमारे अस्तित्व के तीनों स्तरों - स्थूल, सूक्ष्म एवं कारण शरीरों में सामन्जस्य स्थापित करता है। सामान्यतः हमें केवल अपने भौतिक शरीर का ही आभास है जो कि अधिकांशतः ऑटो मोड पर चलता है। हमें अपने सूक्ष्म और कारण शरीरों के विषय में शायद ही कुछ जानकारी हो जबकि इन्हीं के द्वारा स्थूल शरीर का संचालन होता है। यदि हम अपने शरीर के इन तीनों स्तरों का अच्छा ज्ञान और अनुभव प्राप्त कर लेते हैं तो फिर हम अपने पांचों कोषों - अन्नमय, प्राणमय, मनोमय, विज्ञानमय और आनन्दमय को भेदन कर अपने अहम तक पहुँच सकते हैं। यही योग का वास्तविक रूप है: अहम तक पहुँचकर फिर आत्मा से मिलन। योग में स्थापित व्यक्ति हमेशा अध्यात्म शक्ति से प्रेरित हुआ अपने चुने हुए हर क्षेत्र में उत्कृष्टता से कार्य करता हुआ सदैव शान्त और प्रसन्न स्थिति में बना रहता है। कोई भी योग का अभ्यासी यदि अपने व्यक्तित्व में उपरोक्त गुणों के विकास का अनुभव



Sunrise view from Arogya Dham

करता है तो वह वास्तव में योग मार्ग पर आरूढ़ है। उसे अच्छे-बुरे, सम-विषम ऊर्जाओं और आगे बढ़कर अहम और आत्मा के भेद का अनुभव प्राप्त होने लगता है। योग विद्या के अध्ययन और अभ्यास का यही सही प्रयोजन भी है कि अहम का आत्मा में योग कर दें। योग में स्थित व्यक्ति के सम्पूर्ण कर्म ईश्वर तुल्य हो जाते हैं। वह सबके साथ प्रेम, सहयोग और सेवाभाव से प्रेरित रहता है।

योग विद्या का सबसे अधिक योगदान हमारे विचारों की प्रक्रिया के अनुशासन में है। दूसरे शब्दों में योग विद्या हमारी जीवन शैली और दिनचर्या का नियमन करती है। विचारों का सही संयोजन ही तनाव मुक्त रहने की कुंजी है। वर्तमान की भ्रामक जीवन शैली से मानसिक तनाव पैदा होते हैं जो यदि नियंत्रित नहीं रहे तो असंतोष, चिंताओं, लोभ, क्रोध, भय, ईर्ष्या आदि विकारों को जन्म देते हैं और अंत में अवसाद या फिर पूरी तरह आत्मविश्वास खो बैठने के कगार पर पहुँचा देते हैं। वर्तमान की मायावी चमक-धमक हमें वास्तविकता और प्रकृति से दूर करती है। हम लगातार अपनी इंद्रियों को संतुष्ट करने में व्यस्त रहते हैं परन्तु यह कुछ ही समय का सुख है। वास्तव में मायावी सुख हमारे शरीर को पंगु ही करता है। इसीलिए वास्तविक जीवन शैली जो कि हमें चिरसमय तक सुख शान्ति प्रदान कर सके, का चयन अत्यन्त आवश्यक हो गया है। हमारा विश्वास है कि योग युवा शिविर के माध्यम से आप इस अद्भुत सुख और आनन्द की अनुभूति कर पायेंगे।



Chandra Mohan Bhandari, Formerly Ambassador of India

A Masters in Physics from I.I.T., Kanpur, he joined the Indian Foreign Service in 1974 and retired from active Diplomatic Service in June 2009. He has dedicated the rest of his active life to serving the needy and spreading the work of Divine.

He has been a practitioner of Vedic traditions through Yog and Ayurved for the past four decades, which empowered him throughout his own public career and personal life as a Grahasthi. He has several books to his credit, including the celebrated 3-Volume series on Yog titled 'Yog Shakti' that is no less than an Encyclopedia on the Yog Science. The other notable works are 'Saving Angkor' on Cambodia's ancient Hindu temples (1996, now out of print) and 'A Journey to Heaven: Kailas

Mansarovar' (1998, second edition now available, coffee table).

He travels extensively in India and abroad giving lectures and workshops on Yog and spends his leisure time in his native village in Ranikhet, Uttarakhand in the Himalayas to work with Youth and Women in building a unique model for village economy in the hills with village tourism as its main stay. The successes of past six years are now getting recognition and attracting wider attention. For details, visit www.magras.org; www.sulislaw.pl

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The majestic 10-bedroom Devamber Arogya Dham in Greater NOIDA and its interiors