

வாழ்க வையகம்!



ADHI
COLLEGE OF ENGINEERING & TECHNOLOGY



Youth Red Cross

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Kanchipuram District, Walajabad, Tamil Nadu 631605

*Department of Science and Humanities & YRC jointly organize
with the association of*

Sankarapuram Manavalakalai Thavamaiyam

(Affiliated to Walajabad Manavalakalai mandram Arakkattalai)

Adhi College of Engineering and Technology, Kanchipuram -631605

A TWELVE DAY WORKSHOP ON YOGA FOR HUMAN EXCELLENCE

(FOR FIRST YEAR STUDENTS)

FROM 13-02-2023 TO 24-02-2023

Department of Science and Humanities & YRC jointly organize a twelve day **Workshop on Yoga for Human Excellence Feb-2023** with the association **Sankarapuram Manavalakalai Thavamaiyam (Affiliated to Walajabad Manavalakalai mandram Arakkattalai)** with a mission to **Transform our students' life with Health, Peace, Happiness & Prosperity** and to impart knowledge about culture, ethics, values and spiritual principles in a modern idiom to the youth by employing a scientific and rational approach. It helps the youth to unfold their hidden potentialities and achieve excellence in every field of life. In short, it is an effective human resource development program which can lead to total human fulfillment. Human excellence is indeed the right prescription for the Indian youth today who wish to succeed in a modern, competitive and global environment without losing inner poise and the intrinsic joy of life.

The workshop offers courses on the following values to BE Students who are studying in our College:

Personal Values

- Importance of Human Excellence
- The purpose and philosophy of human life
- Analysis of Thought
- Refinement of Desires
- Neutralization of Anger
- Eradication of Worries
- Self-Realization
- Physical well- beings
- Kayakalpam

- Meditations

Family Values

- Mutual blessing for family peace
- Exercising restraint in family life
- Harmony in family
- Blissful marital life
- Greatness of good family relationship
- Family life and spiritual development
- Love and Compassion
- Greatness of Womanhood
- Food is medicine

Professional Values

- Concepts of Personality Development
- Self Development & Leadership Traits
- Intelligent quotient(IQ),Emotional quotient(EQ),Spiritual Quotient(SQ)
- Time Management
- Cause and Effect
- Professional Ethics
- Empowerment of Mind
- Passion for Excellence

Social Values

- Evolution of man
- Man in Society
- Disparity among Human beings
- Social Welfare through purity of mind

National Values

- Enlightened citizenship
- Emerging India
- India and Peace
- Service and Sacrifice
- Unity in Diversity

Global Values

- Racial Discrimination and solution

- Ecological Imbalance and Solution
- Political upheavals and Solution
- Cultural inequality and solution
- Man is the cause and man is the solution

The Workshop consists of

- **Simplified Kundalini Yoga (SKY) Meditation**
- **Physical Exercises**
- **Kaya Kalpa Yoga**
- **Introspection I to III**

Simplified Kundalini Yoga

By sincere practice of meditation, the senses come under the control of our mind and we do our actions with constant awareness of the cause and effect system. Kundalini is the life-force; the energy of the body and mind. Simplified Kundalini Yoga is the practice to utilize the life-force for the object of meditation; merging the mind with the life-force takes one to the subtlest frequency, which enhances awareness and furthers intellectual sharpness and understanding.

Simplified Kundalini Yoga (SKY) meditation practice

In SKY practice various stages of meditation are given to an individual

- A trained master initiates the student into meditation practice, intensifying the working center of his life-force at Aghna Chakra (between the eyebrows) so as to focus there and meditate.
- After a few days of the initial practice, energy increase in the upper centers may be felt excessively. At this point the student is taught Shanti Yoga.
- The next stage of practice is Thuriya Yoga, which is meditation at the crown chakra, i.e. Sahasradara or Brahmarandra.
- Higher level techniques of meditation include Thuriateeth Yoga where the fractional state of consciousness unites with the infinite state of consciousness. By sincere practice the student can advance from the limited body consciousness to soul consciousness and ultimately to God consciousness.
- A separate technique of meditation is also taught to strengthen the mind and body in resistance to the adverse effects of planetary transits.
- Practices are also given to understand and increase one's personal bio-magnetism for physical and mental optimum strength. One is also taught to use biomagnetism for helping others by passing energy in certain cases.

Benefits

- Reduces the mental frequency.

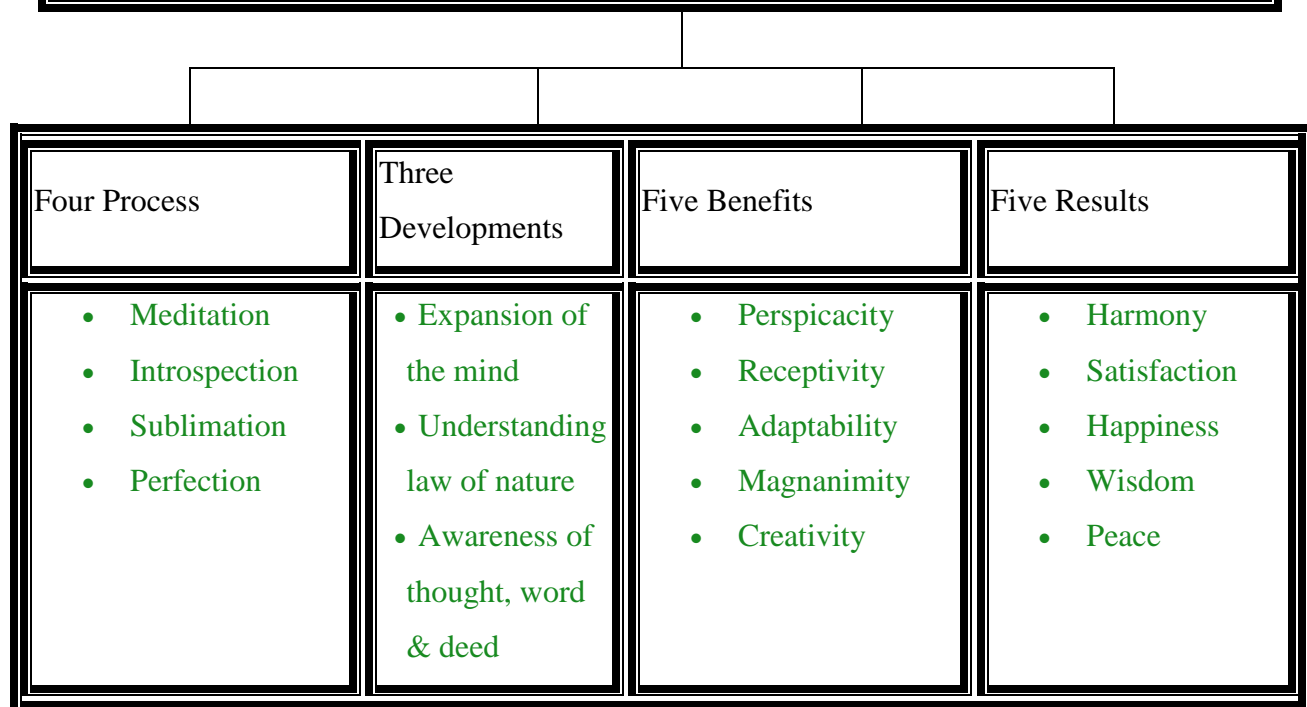
- Enhances awareness.
- Improves intellectual sharpness and understanding.
- Increases the will power and concentration.

"One recent study found evidence that the daily practice of meditation thickened the parts of the brain's cerebral cortex responsible for decision making, attention and memory. Sara Lazar, a research scientist at Massachusetts General Hospital, presented preliminary results last November that showed that the gray matter of 20 men and women who meditated for just 40 minutes a day was thicker than that of people who did not.

Eligibility for SKY meditation practice

The SKY meditation can be practiced by those who have attained physical maturity (age above 14).

Simplified Kundalini Yoga (SKY) Meditation



Simplified Physical Exercises

Maintains general fitness; develops the immunity system and thus acts as a preventive and as a curative to various diseases.

Yogiraj Shri Vethathiri Maharishi after years of intense research has systematized a series of exercises that is suitable for all climates and all sections of the human community in the contemporary age. In the human physical system, the subtle life-force and the gross body are linked by three media: blood, heat and air. If the normal quantity and quality of these media and their circulation are adversely affected, the harmony between the body and life-force is disturbed and the result is pain.

For maintaining good health one must guard against disturbances in the body, life-force and the three media of blood, heat and air. Neglect, improper or over-indulgence in food, sleep, work, sex and use of

thought-force cause disturbance to the normal functioning of the body in various ways. Natural causes such as climatic changes, hereditary imprints and changes in the planetary configurations and radiation also can disturb the health and mind. It is not possible to change any of these natural forces, but we can always be cautious in our own actions and thus avoid harmful results, and practice regular exercise to maintain the required fitness.

If spiritual development is to take place, the body must be free of diseases and pain to the maximum extent. Therefore, all spiritual aspirants are first and foremost advised to take up this system of physical health that would enable one to reap much more benefits in spiritual practices.

The benefits of different stages of Simplified Physical Exercise are as follows

Hand Exercise

- Hands and shoulders are strengthened.
- Arthritis, Numbness, Trembling of hands, pain in the joints etc. are reduced in a few days and cured with prolonged practice.
- Improves the functioning of lungs.

Leg Exercises

- Legs are strengthened and flexible.
- Blood circulation is regulated in the lower abdomen.
- Curative and preventive for sciatica and arthritis in feet and legs.
- Foot reflexology activates and benefits all the organs of the body.

Neuro-Muscular Breathing Exercises

- Regulates the endocrine system and oxygenates the blood.
- Ventilates the lungs fully, purifies the blood and increases vital energy.
- Helps cure chronic headache, migraine, asthma, allergies and sinus conditions.

Eye Exercises

- Refreshes and tones the sense organs, facial nerves and vital organs.

Kapalabhati

- Clears the congestion in the nasal passage.
- Helps to cure sinusitis.

Makarasana

- Regulates the endocrine system.
- Reduces the excessive sugar in urine and blood.
- Reduces kidney stones.
- Relieves menstrual discomfort.
- Keeps the spine and spinal nerves flexible and healthy.
- Strengthens the backbone and the spinal cord.
- Removes unwanted flesh and strengthens the body.
- Regulates the menstrual system.
- Massages the abdominal organs gently – liver, spleen, intestines, kidneys, pancreas.

Acu-Pressure

- Blockages due to short-circuit of electrical energy are removed.
- A preventive for heart ailments.
- Helpful in alleviating insomnia.

Massaging

- Refreshes and tones the sense organs, facial nerves and vital organs.

Relaxation

- Removes tension and relaxes muscles all over the body.
- Stress relief and Stress management.
- Brings down blood pressure.
- Removes recurrence of heart trouble.
- Gives a wholesome rest to the entire system.

Kayakalpa Yoga

Restructuring the body in a natural way, Kaya Kalpa helps cure and prevent diseases. It relieves the practitioner of many of the troubles of aging.

Kayakalpa Yoga is an ancient wonderful technique of the Siddhas(saints) of South India for the enhancement of life energy.

In Sanskrit, the term "Kaya" means "body and "Kalpa" means "immortal". The Science of Kayakalpa delineates the manner in which the human body can be immortalised.

Kayakalpa has a threefold objective

- Maintaining youthfulness and physical health,
- Resisting and slowing down the aging process,

- Postponing death until one reaches spiritual perfection.

In order to understand the science of Kaya Kalpa, we have to study the functioning of the human system. This system mainly comprises: (a) The physical body; (b) The mind; (c) The bio-magnetism (d) The life-force; and (e) The sexual vital fluid.

Benefits

- Activates the brain cells to its fullest functional levels
- Increases memory power and grasping ability.
- Develops the immunity system.
- Reduces the effect of hereditary diseases.
- Intensity of chronic diseases like piles, diabetes, asthma and skin diseases is reduced and cured.
- Strengthens the uterus. Menstrual problems are reduced to a great extent.
- Brings about proper arrangement of polarity of body cells.
- Brings about reformation of character.
- Helps in removing unwanted thoughts and habits.

Kayakalpa gives significant physical, mental as well as spiritual benefit by intensifying our life-force. As this practice is a restructuring process of the body in a natural way, no medicines or herbs are involved. Significant results have been observed in various types of chronic diseases and in overall improvement of general health. Kaya Kalpa helps cure and prevent diseases and relieves the practitioner of many of the troubles of aging.

Learning

- The Kayakalpa can be learnt by those who have attained physical maturity (age above 14).
- We need to spend only 3 minutes every morning and evening.
- These exercises are taught in about 3 hours time by the SKY Professors.

Swamiji's Poem on Kayakalpa Yoga KAYA KALPA

" By sublimating and recycling The sexual vital fluid Kaya Kalpa frees you from A variety of earth-bound ills. Your mind develops strength and contentment comes to stay; Charity, compassion and chastity – consciousness Patience, forgiveness and acuity of intellect – All these become part of your nature and belong. Your Thought gets oriented to the Absolute direct and fear of death withers In the effulgence of Wisdom – "

Introspection

The process of analyzing and getting a total understanding of oneself.

Introspection is a practical methodology for sublimating the negative emotions of greed, anger, vengeance, etc., Between Thuriya and Thuriateetham the aspirant has to put himself through some important

psychic practices under the process of Introspection in order to have his character reformed, to get enlightenment and to enjoy peaceful and happy life.

Synopsis

- Practical self-analysis tools designed to take stock of positive and negative characteristics in your personality.
- Eliminate the unnecessary and incompatible aspects of your character.
- Strengthen the habits of good thought, word, deed and discerning and rejecting the habits unwanted.

Five Primary Aspects of Introspection

- Analysis of Thoughts.
- Moralization of Desires.
- Neutralization of Anger.
- Eradication of Worries.
- Who am I – Realization of the Self?.

These practices will make a man to understand the value of his own existence. By constant research and by leading a virtuous way of life, he dissipates the imprints of sins day by day. As a result, the soul becomes pure and perfect and his mind is peaceful.

Benefits

- By exposition and practical techniques of introspection, one is enabled to suitably modify his or her hereditary and past traits.
- One is able to change one's personality and bring out the latent talent and innate strength resulting in cheerful and successful life.
- The process of analyzing and getting a total understanding of oneself. A systematic practice to get this understanding and to lead a life without causing pain to self and others.

Two Fold Moral Principles

- In my lifetime, I will not cause harm to the mind or body of myself or others, in the present or in the future.
- I will try to remove the suffering of others to the maximum extent possible.

Introspection helps us to achieve the two fold moral principle framed by Shri Vethathiri Maharishi to lead a harmonious life.

While Introspection enables us to identify the necessary steps for bringing about a harmonious transformation, Simplified Kundalini Yoga strengthens and provides the necessary power, to our mind and thoughts emanating from it, to complete the transformation.

Stages of Introspection

Undertaken after basic training in physical exercises and SKY meditation, the SKY practitioner, is put into three stages of introspection.

WELCOME TO GRATEFUL

Shri Vethathiri Maharishi's

Simplified Kundalini Yoga (SKY)

Transform your life with Health, Peace, Happiness & Prosperity.